

E-Bulletin- Volume 6, No. 02 February 17, 2010

Want to see your group or event listed here? Email us!

HIGHLIGHTS

Helpline expands to serve all Nova Scotia!

Feed Nova Scotia is now able to offer its helpline service throughout the province. Helpline provides non-clinical, empathetic support, and connects callers with the services that can best be of help to them. Call 421-1188 in the Halifax area, and toll free in Nova Scotia: 1-877-521-1188 to discuss what is troubling you, 7 days a week 8 AM to 8 PM.

EVENTS

Alzheimer Walk for Memories takes place May 16 in Sydney (Waterfront Boardwalk) and Halifax (Central Common). Registration from 12:30, walk at 1:30. Register yourself or your A-Team today:

Online: www.nswalkformemories.ca

Phone: 422-7961 / 1-800-611-6345

Registration fees per person \$20 if an A-Team member / \$25 individual. Early Birds: Register by May 3rd to be entered to win a round trip for two to Montreal, courtesy of VIA Rail!

Local Gatherings for Volunteers and Non-Profits

Volunteers, staff and Board members of organizations will have the opportunity to network, share successes, and discuss opportunities and challenges with a view to strengthening the volunteer sector. The next three gatherings are in the following communities:

Halifax: March 4th

St. Andrews Community Centre

Bridgewater: March 6th

Bridgewater High school

Amherst: March 11th

For a complete listing, to register or for more information on a Local Gathering, visit:

<http://www.gov.ns.ca/hpp/volunteerism/>

OPPORTUNITIES AND RESOURCES

The Department of Seniors will soon be issuing a call for proposals for its **Positive Aging Grants** and the **Age Friendly Communities Grants**. Look for information on their website:

www.gov.ns.ca/seniors

Recreation Nova Scotia is seeking nominations for the **36th Annual Provincial Volunteers Award Ceremony**

For more information and to obtain nomination forms go to www.recreationns.ns.ca/voluneerawards or contact Michelle at Recreation Nova Scotia at 902-425-1128. Nominations must be submitted to Recreation Nova Scotia on or before March 4th.

Atlantic Charities Learning Exchange (ACLE)

offers podcasts on topics related to completing the T3010B annual Registered Charities Information Return. To access these, go to www.atlanticcharities.ca and click on "Listen to Podcasts" in the top left hand corner of the site.

Post your event, volunteer opportunity or news on the **Nova Scotia Volunteer Forum** website at www.nsvolunteerforum.ca

For ninety years, the **Canadian Council on Social Development (CCSD)** has been providing voice and vision to some of Canada's most entrenched social issues. Each decade has brought different challenges of which CCSD has been at the forefront in putting forward unconventional solutions that have become the foundation of Canada's social landscape including

- ❖ Poverty Eradication
- ❖ Disability & Mental Health reform
- ❖ Social welfare reform
- ❖ Aboriginal & Non Aboriginal Reconciliation

To find out more, or to join in the efforts of CCSD, visit the website at www.ccsd.ca

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The **2010 Programs for Positive Aging** (formerly Programs for Seniors) is now available from the Department of Seniors online at www.gov.ns.ca/seniors, or call 1-800-670-0065

The **George Burton Toastmasters Club** invites new senior members to join us 2nd and 4th Tuesdays of each month from 10 to 12 Noon in the Penthouse of Northwood Manor in Halifax. Just come and check us out!



Preventing Falls Together is partnering with the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) and the NS Department of Health Promotion and Protection on a **FREE Regional Workshop** focused on sport and physical activity challenges and opportunities for women 55-70 taking place on Tues, Mar 30, 2010 from 9:00 a.m. to 4:00 p.m. at the Membertou Trade and Convention Centre in Sydney. Lunch will be provided. This workshop is designed for people who work with women 55-70 and provide or want to provide physical activity opportunities for their clientele. Similar workshops will be held in other regions of the province-more information to come.

Email your registration to wayne.mckay@gov.ns.ca or fax to 902-563-2565 by Friday, March 12, 2010. If you have any questions or require further information please contact Wayne McKay at (902) 563-3751 or wayne.mckay@gov.ns.ca

Tai Chi and Wellness sessions are beginning on April 17 at the Wentworth Recreation Centre – co-sponsored by the Pugwash and Area Community Health Board and the Cumberland County Preventing Falls Together coalition. There will be six sessions.

Get a grip on Winter Grit Bags are now being distributed in Guysborough County and Cape Breton. Coalition members thank the Boy Scouts in Guysborough County and the VON Adult Day Program in CBRM for helping to fill the grit bags.

Focus on Footwear HRM Coalition members will offer information on falls prevention with a display at MicMac Mall in Dartmouth on February 19. Come along and fill out a Footwear Report Card.

Planning for the Future

On February 24 and 25, 2010 Preventing Falls Together staff and Advisory Committee members, as well as Community Links staff and Board members will be meeting for a planning session in Debert. In the past 6 weeks, Coalition members around the province have been asked their opinion on the future direction for the PFT program. These responses will form the basis for discussion on how to move forward with the program, possibly in the broader context of age friendly communities.

Contact the PFT staff member in your region to share your opinion or for more information.

PFT Provincial Coordinator/
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Central NS: Brenda MacKinnon
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HRM: Anne Corbin
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