



**E-Bulletin - Volume 13, No. 01, January 17, 2017**  
**Want to see your group or event listed here? Email us!**

## HIGHLIGHTS

### January is Alzheimer Awareness Month

This year's campaign is focused on increasing the public's awareness of the 10 warning signs and knowing where to turn to for help. The key campaign message is: Have you noticed...? Know the signs. Speak to your doctor. Call the Alzheimer Society at 1-800-611-6345. You can download a variety of resources by visiting the website at: <http://www.alzheimer.ca/en/We-can-help/Resources>

How can you help? Be **#InItForAlz** by spreading the word that 'It's not just *their* disease. It's *ours* too.' Share Darren Dreger, TSN Hockey Insider's [video](#) with your friends and colleagues. [Make a donation](#) to support vital research. United, we can make a difference.

## OPPORTUNITIES

### What's Next for Your Club or Organization

Does your seniors' club, community group or council need a refresh? We have a workshop for that! Contact our provincial office or the Regional Coordinator in your area:

#### Regional Coordinators

**Provincial Office: Anne Corbin**  
nscapital@AgeingWellTogether.ca  
**Central Nova Scotia: Brenda MacKinnon**  
nscentral@AgeingWellTogether.ca  
**Western Nova Scotia: Carla Malay**  
nswest@AgeingWellTogether.ca  
**Eastern Nova Scotia: Noreen MacLean**  
nscb@AgeingWellTogether.ca

**Count Me In!** Coming in spring 2017, this session starts with a dramatic presentation followed by a discussion of some of the factors that may help us achieve a more positive outlook and a sense of well-being. Participants will be encouraged to set personal goals in the areas of becoming more physically active, and socially connected as well as being open to new learnings and experiences. The atmosphere is casual and interactive, and is meant for a general audience. For more information, or to arrange a session for your group, please contact our provincial office toll free at 1-855-253-9355 or by emailing [director@nscommunitylinks.ca](mailto:director@nscommunitylinks.ca).

## PROVINCIAL EVENTS, PROGRAMS & SERVICES

**Help celebrate Canada's culture of volunteering!** You have until **February 3, 2017**, to give Canadian volunteers the recognition they deserve. Award winners will be recognized at a ceremony and will be able to choose a not-for-profit organization to receive a grant of \$5,000 (regional award) or \$10,000 (national award). For more information, please visit [Canada.ca/volunteer-awards](http://Canada.ca/volunteer-awards) or call 1-877-825-0434.

### Visit Your Library This Winter

Community Café's, help with computer technology, information sessions, knitting circles, art and crafts and much more can be found at your local library. To see a list of library branches, and check out what's happening, visit <http://library.novascotia.ca/map>



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**2017 Provincial Volunteer Awards.**

Each year the awards honour volunteers from across the province for their selfless contributions. Nomination forms are available at <http://novascotia.ca/volunteerawards>

The deadline for nominations is midnight, Feb. 24 2017



**Hiring Immigrants for Success Summit**

Friday, February 10, 2017

Prince George Hotel, Halifax

For information or to register, visit:

<http://tinyurl.com/hjqegjo>

**Save the Date**

**Advance Care Planning for Caregivers - Getting Started.**

Date & Time: Monday, Jan. 23 at 6:30 pm. Registration deadline is Friday, Jan. 20.

St. Luke's United Church

5374 St. Margaret's Bay Road

Freedom Renewal Centre (downstairs)

Upper Tantallon. Please call

902.421.7390 to register or for more information.

**Conversations with My Mother**

Talk by Dr. Françoise Baylis, Novel Tech Ethics, Faculty of Medicine, Dalhousie University

Mon. Jan.23, 2017—6:30 PM; QEII Royal Bank Theatre, Halifax Infirmary, Main Floor, 1796 Summer St. entrance



**Webinar: Age-Friendly and Dementia**

**Friendly:** Creating Inclusive, Supportive Communities, Together

January 24, 2017 2-3:30 Atlantic Standard Time

To sign up and register, : 1. [Create a Login Account](#) 2. [Login](#) 3. Click on the webinar of interest, Click register.

**Feeling the Love** Valentines Dinner and Dance Party February 11, 2017 at the Westin in support of Hospice Halifax. Come out for a great evening and support a great cause. For tickets and information, visit <http://www.feelingthelove.ca/>

**What Could Make You a More Effective Leader?**

Workshop Facilitated by Anne Dodge. Wednesday, March 1st 7-9 pm Kings Volunteer Resources Centre 87 Cornwallis Street, Kentville, NS For info, or to register, contact

1-902-678-1398 or

[www.kingsvolunteerresourcecentre.ca/worksops](http://www.kingsvolunteerresourcecentre.ca/worksops)

**E-Quiz (Open to members only)**

The answer for December was "every time a bell rings, and angel gets its wings." Winner was Dominic Boyd. Congratulations!

**Question for January: More Boomer Trivia**

In the long running series Gunsmoke, what character besides Marshall Matt Dillon appeared in the show for the entire period it was aired?

Email your answer by midnight (AST) on Wednesday January 18, to

[admin@nscommunitylinks.ca](mailto:admin@nscommunitylinks.ca) and your name will be put in a draw to win a \$5 Tim Horton's Gift Card.