

2018



Community Links
Ageing Well Together

*Year of
Ageing Well*



Community Links is pleased to present our 2018 Year of Ageing Well Calendar, offered free of charge to older adults and their families throughout Nova Scotia.

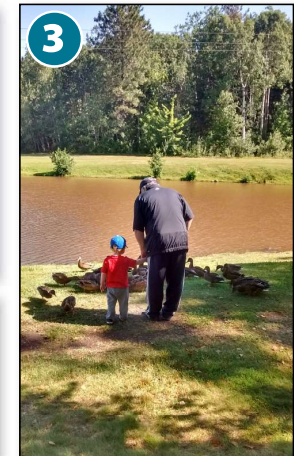
We could not produce this calendar without the generous support of Community Health Boards (14 this year) as well as our business sponsors. Not only do they provide the funding to produce 12,000 copies of the calendar, they are also essential partners in distributing the calendar to households throughout the province.

This year, our calendar committee based our content on the social determinants of health. These determinants include income and social status; social support networks; education; employment/working conditions; social environments; physical environments; personal health practices and coping skills; healthy child development; gender; and culture (Public Health Agency of Canada).

We received many wonderful photos this year of older adults engaged in active living and showing the importance of maintaining social connections. Thank you to all those who submitted photos.

 www.nscommunitylinks.ca
 www.facebook.com/communitylinksassociation
 https://twitter.com/AgeingWell_NS
 902-422-0914
Toll free: 1-855-253-9355

Thank you to all those involved in this calendar!



Congratulations to our photo contest winners:

FIRST PRIZE

CB Trail Blazers Hiking
submitted by Denise Aucoin

SECOND PRIZE

Kayaking on Toney River
submitted by Sharon Lynch

THIRD PRIZE

Scott Cameron & Grandson
Submitted by Amy Cameron

Community Links gratefully acknowledges the ongoing support of the Nova Scotia Department of Health and Wellness.

Calendar sub-committee members Jan Boswell, Anne Corbin, Kerry Karsten, Kim Slauenwhite, Tisha White, Jenny Theriault and Erin Henderson.

There is support out there...

Are you caring for a family member, struggling with a chronic condition, or just needing some information and support? There are organizations across Nova Scotia that can help. Below are a few examples:

Caregiver Support Groups:

Caregivers Nova Scotia
Toll-free: 1.877.488.7390
Email: Info@CaregiversNS.org

Dementia Support Groups:

Alzheimer Society
1-800-611-6345
(toll free within Nova Scotia)
alzheimer@asns.ca

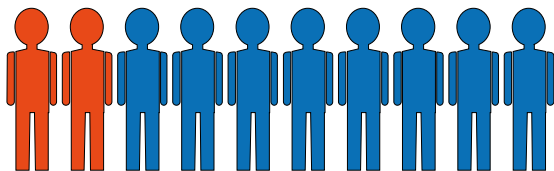
Your Way to Wellness

<http://www.cdha.nshealth.ca/yw2w>
Tel: 888-672-3444
Mental Health Mobile Crisis Team:
902.429.8167 or 1.888.429.8167

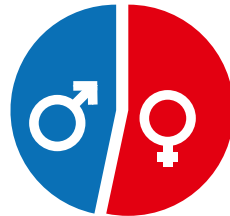
If you aren't finding something you're looking for or want to know if a specific group exists, call 211.



Nova Scotia Seniors by the numbers



19.9% of Nova Scotians are over the age of 65 (2016 Census)



20.3% women;
17.4% men

Giving back

Seniors who volunteer devote twice as many hours per year than younger volunteers. (233hours/year). Seniors also tend to have the highest annual charitable donations than other age groups



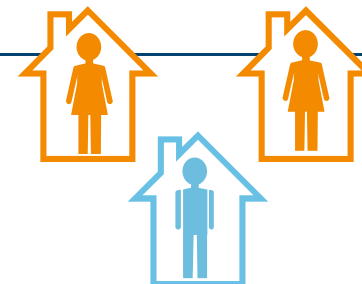
Social

The majority of seniors report being satisfied with life. Approx 60% of seniors are involved in social groups or organizations



Seniors are 4 times more likely to speak Gaelic than those in the 55-64 age range

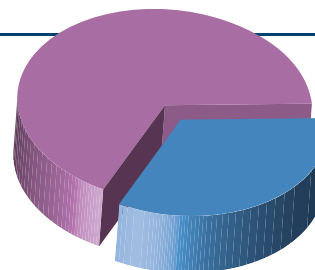
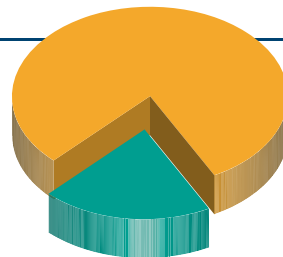
Twice as many senior women live alone 31.5% compared to senior men 16%



The Economy

The 50+ age group is the fastest growing segment of the small business market. People age 65 in the workforce has steadily increased

In 2008, 1 in 4 seniors were self employed

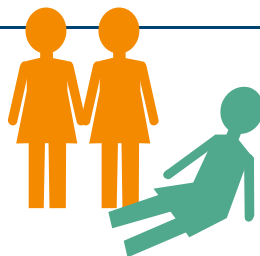


Poverty among seniors has increased since the 1990's with almost one in three senior women having a low income. Approximately 1 in 3 seniors has a private pension.

Health



1 in three women and one in 5 men will suffer an osteoporotic fracture during their lifetime

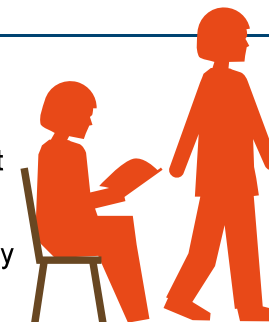


One in three seniors will fall each year

Senior women are twice as likely to be admitted to hospital due to a fall



43% of senior women report that they are at least moderately active



Sources: Statistics Canada, SHIFT: Nova Scotia's Action Plan for an Aging Population; NS department of Seniors Statistical Profile 2009.

Feeling the pinch? Income supports that may help your finances



Most Canadians over age 65 are eligible for Old Age Security (OAS) payments, but depending on your household income, you may also be eligible for the Guaranteed Income Supplement (GIS). Contact Service Canada at 1-800-622-6232 to find out more.

Tax credits – there are a variety of Federal and Provincial tax credits you may be able to claim. For example, the disability amount may be available if you have a chronic condition that affects the functions of daily living. To maximize your credits:

- Talk to a tax professional (fees vary)
- Contact the community volunteer income tax program at this website or call 211 <http://www.cra-arc.gc.ca/tx/ndvdl/vintr/clncs/ns-eng.html>
- Call CRA directly at 1-800-959-8281 (press * to speak to an agent)

You can also put your basic details into the online federal benefits finder to find anything you might qualify for: <http://www.canadabenefits.gc.ca>

Challenge the Myths of Age and Work:

Myth	Fact
Everyone over the age of 65 is retired	In 2016 14% of Canadians 65 and older were still in the work force.
People can't wait to retire	Many people delay retirement for either financial reasons or to stay socially engaged, often working part-time after retirement.
Most small businesses are started by young people.	The 50+ age group is the fastest growing segment of the start-up market.
Retired people are not contributing to society	Older adults are among the highest contributors of unpaid work in our communities.
It's not economical to hire or train older people as they are likely to leave or retire	Baby boomers have shown to be more loyal and less likely to switch jobs. Older workers also bring more experience and previous training to a position than a younger hire.
Older people don't want to work.	Many older adults wish to be working but find it difficult to get a job, largely due to ageism

Sources:

Statistics Canada, SHIFT: Nova Scotia's Action Plan for an Aging Population.

Age Friendly Workplaces: Employment and Skills Development Canada



Paulette and Bill Hamilton at Halifax North End's Northern Lights Festival,

Submitted by Erin Henderson



CB Trail Blazers rollerblading

Submitted by Denise Aucoin



Marguerite Fredericks at Gables Lodge

Submitted by Sheila Stright



Club des aniees banner.

Submitted by Carol Hill-Bojarski

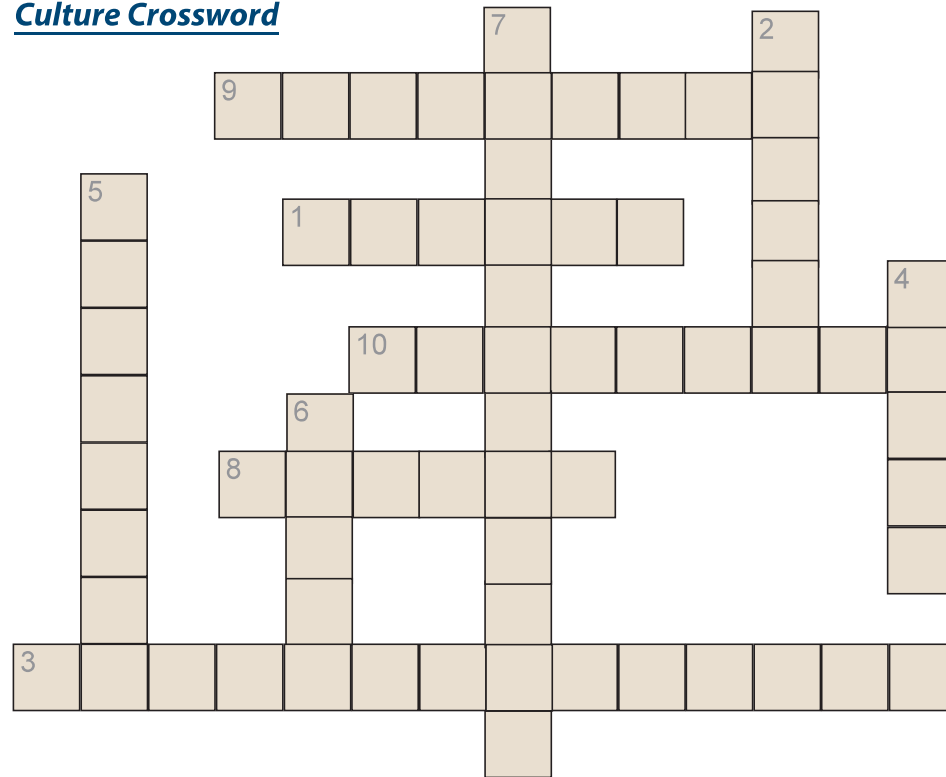
Culture

Nova Scotia has been the home of aboriginal peoples and the landing place for many new Canadians representing many rich cultural traditions.

Test your cultural knowledge with the following crossword:

[Answers on the back page]

Culture Crossword



ACROSS

1. The most common immigrant language spoken in Nova Scotia.
3. The modern name for Chinese New Year, a festival that is held near the midpoint between the winter solstice and spring equinox.
8. A woven cloth that displays colours denoting a family or clan in Gaelic culture.
9. A traditional Acadian potato dish.
10. An Islamic holiday that marks the end of the month long fast during Ramadan.

DOWN

2. Another name for Henna, a decorative skin-staining performed at weddings and other festivals in India.
4. The national sport of the Philippines.
5. The hero and creator of the natural world as told in Mi'kmaq legends.
6. Name for people of Louisiana who are descendants of the Acadians.
7. Type of basket traditionally woven by African Nova Scotians.



Cooking with Friends *Submitted by Sandra Reynolds*



Cape Breton Trail Blazers Bowling *Submitted by Helen Slade*

Staying socially connected amid life's changes

Social isolation is an increasing problem in our society. People may be particularly at risk for isolation following retirement, moving to a new location, developing a chronic illness, or following the loss of a loved one.

Social engagement is important to our physical and mental health. You can map your social network using the diagram on this page. Think about how this diagram may change with different life events. Then think about how you might manage these changes by keeping connected to these networks or creating new social networks for yourself

Source: Social Planning For Later Life developed by the Nova Scotia Centre On Aging in Partnership with Community Links

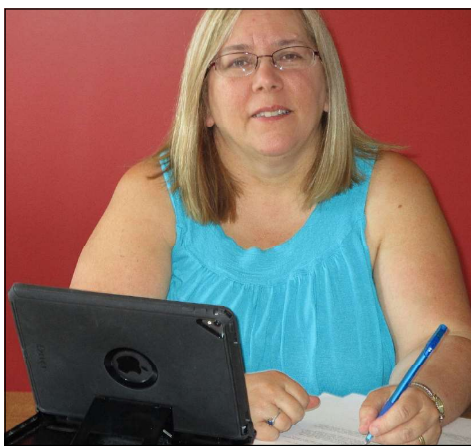


▲ CB Trail Blazers Chair Yoga *Submitted by Denise Aucoin*

▼ VON Tri-County Surf or Turf 2017 Event

Provided by Tri County VON



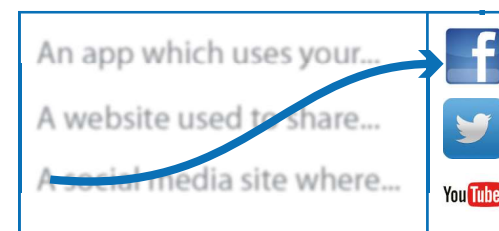











Barbara Palmer
at the Wentworth
Learning Centre
*Submitted by Hope
Bridgewater*

Keeping Up with Technology

It can be hard to keep up with the fast pace of technology these days. Apps (short for applications- we used to call them programs) are being developed every day to serve many purposes.

Test your techno-literacy by matching the symbols to the descriptions below.



An app which uses your computers camera & microphone to enable you to make audio & video calls to any contact who also has downloaded this app.	
A text based social media site where people share short messages (posts). This can be used to follow personal connections, news, celebrities, political figures. A favorite communication tool of the US president.	
A social media site where users have the ability to keep up with and stay involved in the lives of friends, family members and popular media by sharing photos, videos and status updates.	
An online search engine. Simply type in a phrase, question or concept, and it will provide links to online resources that are relevant to the topic	
An application which comes pre-installed on all Apple devices (iPad, iPhone, MacBook) and allows you to make audio & video calls using your devices camera & microphone. Only available to Apple users	
An online streaming service that can be accessed for a monthly fee and can be used to view various TV shows and movies.	
A website used to share & view videos of all kinds, including how-to videos, movies and TV shows, news channel etc.	
A photo sharing site, people use to edit, share photos and view photos. Hashtags can be used to tag photos with a common theme and you can follow friends, organizations, celebrities and more.	
An online pin board: You can create different boards for different topics, such as craft, recipes, decor etc. View boards created by others & find tons of tutorials and inspiration for DIY projects.	

Connecting Across the Generations

A meaningful way to connect with grandchildren is to pass on family histories and stories, traditions and hobbies. Children love to learn new things and it is a wonderful way to interact with grandchildren and could help foster their interests. Here are a few ideas to try:

- Create a family photo album and share it with your grandchildren, be sure to include names, dates and places.
- Fill in a perpetual calendar with important family dates like birthdays and anniversaries.
- If you have old letters, journals or a family bible share it with your grandchildren; read entries together.
- Create a family favourites recipe book with your grandchildren. Share favourite recipes from family members and try making some of the recipes together too.
- Teach a grandchild a craft or skill, like knitting, quilting or woodworking.
- Plan a family history field trip and take your grandchildren to places that were important to you in your life.
- Create a family tree with your grandchildren.
- If you live farther away, start exchanging letters or cards. Children love receiving mail and it is a great way to keep connected over a distance.

Intergenerational
hike, Wentworth
*Submitted by Jordan
Sprague*



Dale West and
Granddaughter
*Submitted by Erin
Henderson*



Lorraine Rossong
& Great Grandson
Jude Swallow
*Submitted by Olivia
Rossong*



Scott Cameron and Grandson at Trenton Steeltown Park
Submitted by Amy Cameron

A New Look at Your Public library

Public libraries now provide programs and services far beyond the borrowing of books and periodicals. The 9 regional libraries and 80 branches in Nova Scotia offer a wide variety of programs and services that make our communities “a better place to live.”

Through the NSPL region map at <https://library.novascotia.ca/map> you can find your local library’s website to view the programs and services they offer.

- **BARA:** Borrow Anywhere Return Anywhere
- Adult Literacy and Upgrading
- Home delivery
- e-books 70,000+ titles available
- Borrow by mail
- Bookmobiles
- Programs for children and youth
- Programs for adults
- Seniors Café’s and book clubs
- Internet access and training
- Help with research

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Active Living for Health and Happiness

Getting out in nature is good for the body, mind and spirit. Keeping active also maintains strength, balance and flexibility, which are all important in the prevention of falls and injuries. This November, celebrate Falls Prevention Awareness Month by being active, outdoors and in. Hike Nova Scotia can provide you

with maps and lists of hiking trails in your area and their level of difficulty. Add to your workout with Nordic walking poles, which improves balance and upper body strength www.hikenovascotia.ca; <http://nordicwalkingnovascotia.ca/> Chair Yoga, Tai Chi and other fitness classes are great indoor ways to

keep fit. Contact 211, your local recreation department or public library for information about available programs.

Doing exercises in our Fitness in the Kitchen Chart at the centre of this calendar provides a good start on your active living journey.

A simple daily walk works too!



Helen Slade Swimming *Denise Aucoin*

Kayaking on Toney River
Submitted by Sharon Lynch



CB Trail Blazers showshoeing *Submitted by Helen Slade*



Be good to yourself

This December, give yourself the gift of self care. Self care is anything that you take time to do for yourself that better your health over all. It can be anything from a hobby you enjoy, taking a mental health day, or making time to do something for you that you keep putting off.

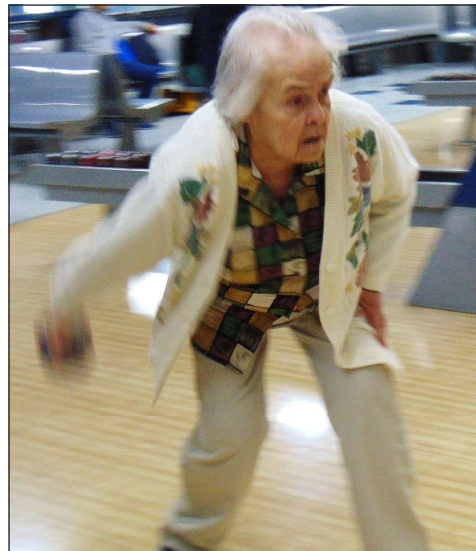
Healthy eating: Eat healthy, whole foods. Try making something new, or making a healthy alternative. Visiting the local farmers market can be a great way to explore new options.

Physical activity: Find a method of exercise or activity that you enjoy, it can be as simple as a walk around the block. Get a friend to join you.

Meditation can lead to better sleep, better physical health, and reduced anxiety, stress, and loneliness. Many resources on meditation are available on line or through the public library.

Start a journal: Writing in a journal can be a good way to organize your thoughts, or recall special memories. It can improve dexterity and help solve problems or reduce stress.

Reach out: Call or write a friend or loved one to catch up or chat about your day. Positive interactions can improve your mood and strengthen your support network.



Wendy Glenn bowling
Submitted by Sheila Stright



Freda Smith
Submitted by Bernie Nickerson



Bernadette Taylor at
Ski Benion
Submitted by Erin Henderson









Elsie Amirault, quilter, Ste. Anne du Ruisseau
seniors *Submitted by Carole Hill-Bojarski*

Dementia – reduce your risk

There are many risk factors for developing dementia including aging, genetics, and life style. While there is nothing that can be done about genetic predisposition or the natural ageing process, some simple lifestyle

changes can help to decrease your risk of developing dementia by keeping your brain and body healthy, active, and engaged.

<p>Be Physically Active</p>  <p>Activity does not have to be strenuous exercise; start wherever you are and set reasonable goals.</p> <ul style="list-style-type: none">• Walk instead of driving when you can <ul style="list-style-type: none">• Join an exercise class that will also keep you socially active• Try a new activity, or start doing one you've always loved regularly	<p>Be Socially Active</p>  <p>Social engagement keeps your mind busy and engaged.</p> <ul style="list-style-type: none">• Stay connected by reaching out to friends and family.• Communicate by phone or online• Accept social invitations and extend some yourself• Join a social or hobby club• Attend community events	<p>Protect Your Head</p>  <p>Head trauma and concussions increase risk of developing dementia. It's important to protect your head at any age.</p> <ul style="list-style-type: none">• Wear a helmet when playing sports or activities with risk of falling• Reduce your risk of falling around your home and community• Wear a seatbelt and drive safely
<p>Make Healthy Food Choices</p>  <p>Healthy foods keep your body healthy and maintain the nutrients your brain needs to function.</p> <ul style="list-style-type: none">• Eat something green every day; choose naturally colourful food• Choose spices over salt and sugar for flavoring food• Mind your portion sizes• Drink lots of water• Plan your meals in advance	<p>Challenge Yourself</p>  <p>Challenging your brain means making your brain process new things, or process old things in a new way.</p> <ul style="list-style-type: none">• Use your non-dominant hand for simple tasks• Learn a new skill, language, or hobby• Play games and puzzles• Shake up your routine by doing something in a different order or taking a new route.	<p>Reduce Stress</p>  <p>Chronic stress can affect the brain itself, or can affect it through the impact that stress has on the body.</p> <ul style="list-style-type: none">• Practice relaxation through exercise, meditation, mindfulness, or hobbies• Take time for yourself• Seek and accept support• Get lots of sleep• Find healthy coping mechanisms that help you deal with stress

For more Information and Brain Health Tips and Games visit <http://www.alzheimer.ca/en/About-dementia/Brain-health>

Managing one's own health – did you know?

One very important part of managing your health is being your own advocate. Did you know that:

- Nova Scotians have access to health information 24 hours a day, 7 days a week by phoning 811. Registered Nurses will answer your call and provide information concerning general medical issues and questions.
- You can make a self-referral to Continuing Care. If eligible, Continuing Care can provide support in your own home for things such as light housekeeping and meal preparation, or support to take care of yourself. Continuing Care services can be reached **by phoning toll free to 1-800-225-7225**.
- People over the age of 65 are covered for a routine eye exam every second year, or will be covered for an exam every year if they have a health condition that affects eye health.
- Any Nova Scotian with a valid health card can make a self referral for any service at NS Hearing and Speech Centres. Many clinics also offer free hearing testing.
- The Self Managed Care Program allows citizens with physical disabilities to hire their own care providers and develop a personalized care plan. If the person does not wish to manage their care so directly, they can appoint a third party Care Manager.
- Seniors who have no private or public drug coverage are eligible for Senior's Pharamacare.
- Emergency Health Services (EHS) have paramedics who provide medical assistance in emergency situations. If EHS is called and you are not transported to the hospital you will not be billed an ambulance fee. There is also an Ambulance Fee Assistance Program that you may be eligible for, depending on your income situation, in situations you were transported to the hospital. For more information regarding the Ambulance Fee Assistance Program you can **phone toll free 1-888-280-8884**.

Sources :

<https://novascotia.ca/dhw/primaryhealthcare/811.asp>

<http://novascotia.ca/dhw/ccs/live-well-at-home.asp>

<https://novascotia.ca/dhw/ehs/ambulance-fees.asp>



Westville Senior Nordic Walkers

Submitted by Clare Steele

Some useful contacts

Provincial Information and Referral Line (24 hour)	211	A person will answer!
Healthlink (24 hour)	811	Talk to a nurse about your health concern
Nova Scotia Road Conditions	511	Recorded message about road conditions
Access Nova Scotia	1-800-670-4357	Email: askus@gov.ns.ca
Alzheimer's Info Line	1-800-611-6345	www.alzheimers.ns.ca
Caregiver's Info Line	1-877-488-7390	www.caregiversns.org
Community Links	1-855-253-9355	www.nscommunitylinks.ca
Crime Stoppers	1-800-222-8477	
Department of Seniors	1-844-277-0770	www.novascotia.ca/seniors/
Gambling Support Network	1-888-347-8888	
Home Care (Continuing Care)	1-800-225-7225	You can self-refer to this service
Income Tax Information	1-800-959-8281	Press * to speak to an agent
Nova Scotia Pharmacare	1-800-544-6191	Email: SeniorsPharmacare@medavie.bluecross.ca
Old Age Security and Canada Pension Information	1-800-277-9914	Press 0 to speak to an agent
Gambling Support Network	1-888-347-8888	
RCMP	1-800-803-7267	www.rcmp-grc.gc.ca
Red Cross Community HELP Program	(902) 424-1420	Health Equipment Loans
Senior Abuse Line	211	Email: stopelderabuse@gov.ns.ca
Seniors Canada On-line		www.seniors.gc.ca
Seniors Info Line (VON)	(902) 454-5755	
Transportation: to find a ride in your area, call	211	www.ruralrides.ca





A crossword puzzle grid is shown on a beach background. The grid contains the following words:

- Across:
 - 1. ARABIC
 - 4. AFRICA
 - 8. TARTAN
 - 9. RAPPIE
 - 10. EIDALF
 - 11. SPRING
 - 12. FESTIVAL
- Down:
 - 2. MATH
 - 3. SPRINT
 - 5. GLOUCESTER
 - 6. CUBAN
 - 7. RIBBON
 - 13. TURTLE