

**E-Current- Volume 6, No. 06 June 15, 2010**  
*Want to see your group or event listed here? Email us!*

## HIGHLIGHTS



### Walk for Safe Communities

**When:** July 22nd, 10:00am – 12:00

**Where:** Lutheran Church of Resurrection, 2096 Windsor St

Chebucto Links, Community Links, Safe Communities and The Preventing Falls Together Coalition are coming together to organize a walk to identify and report hazards within our community. These hazards could be anything that interferes with your safety such as uneven sidewalks or a broken crosswalk light. We will be meeting at the Lutheran Church of Resurrection to begin our event. The length of the walk will be a half hour followed by a social. Refreshments will be included.

For more information please email [meaghan@nscommunitylinks.ca](mailto:meaghan@nscommunitylinks.ca)

## EVENTS

### 10 Steps to Healthy Eating

Caregivers Nova Scotia will host a free information session on Healthy Eating with Noelle d'Eon, Sobey's dietician July 28<sup>th</sup>. It will take place at the CaregiversNS office in the Halifax Shopping Centre, Tower 1, Suite 105.

The information session will cover a variety of topics such as: Tips on balancing meals, portion control, key messages for managing cholesterol and blood sugar, and the latest info on vitamin D, omega-3 and whole grains.

Space is limited, Register with Jodi or Brenda by calling (902) 421-7390 or 1-877-488-7390

### 21st Provincial Conference: *Rising Tides: Navigating the Journey*

Join us at the Harbourview Holiday Inn, Dartmouth on October 18th & 19th to learn the most current information on the disease, and treatment and care strategies. The sessions are relevant for individuals working in home support, long term care, acute care settings and all the allied health professions interacting with senior clientele.

For more information or to register please visit [www.alzheimer.ns.ca/](http://www.alzheimer.ns.ca/)

**The Tools for Life** Conference and Exhibit's 5th anniversary. Friday, October 22<sup>nd</sup> at Horton High School. The conference is again open to the general public and admission is free.

More than ever people are looking for information and networking opportunities to make living, learning and working easier and to build stronger inclusive communities. Learn about addressing barriers in our homes, workplaces and community.

For More information please visit [www.tools4life.ca](http://www.tools4life.ca)

Congratulations 50+ Expo Winnners!!  
The 50+ Expo was a fantastic event, thanks to everyone who came to our booth! The three winners of the Community Links Draw are:

Ed Morris  
Doreen Harris  
Thelma Boutilier

Congratulations to the Winner of the Preventing Falls Together Coalition draw:

Donna O'Brien.

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**Creating Bridges: Multiculturalism and Diversity in the 21st Century**

October 13 - 15, 2010  
Best Western Chocolate Lake Hotel  
Halifax, Nova Scotia, Canada

Creating Bridges addresses the themes of multiculturalism and diversity within a range of communities and against the backdrop of the 21st century. How can we create the bridges that close the distance between us? What tools do we need, and how can we ensure that our journey is a safe one?

Registration details (including student rates) and forms can be downloaded from [www.mans.ns.ca/conference](http://www.mans.ns.ca/conference) all registrations must be received by 25 August 2010.

**James Delorey Memorial Road Race/Fun Walk**

The first annual James Delorey Memorial Road Race/ Fun Walk will be held July 18<sup>th</sup> 9:00am-11:00am at the South Bar Fire Hall in Cape Breton. Registration: \$15- 1km Fun Walk and \$20- 5km Road Race.

**Emily Forrest is walking the coastline!**

Emily Forrest is walking around the coastline of NS this summer to promote Heart and Stroke Walkabout. She is currently in Cape Breton. She is looking for other folks to walk with her. She is also looking for accommodations in Port Hawkesbury for the evenings of July 25 and 26.

If you can do either of these please contact Wayne at (902) 563-3751  
[wayne.mckay@gov.ns.ca](mailto:wayne.mckay@gov.ns.ca)



**Mobility now you're going places!**

The Lunenburg PFT will be hosting "Mobility - Now You're Going Places" workshops for the residents at Drumlin Hills in Bridgewater, Lunenburg County on July 6, 13 & 20th from 1-4 PM.

Lunenburg will be hosting another set of Mobility- Now You're Going Places" workshops October 5, 12 & 19 more info will come.

The Annapolis/Kings PFT will also be hosting "Mobility Now You're Going Places" workshops this fall. For more information contact Carla Malay (contact listed below).

**Community Links Hits Facebook!!**

Community Links now has a Facebook page that is dedicated to informing members of upcoming events.

To join, just search NS Community Links in your Facebook search bar.

**Wellbeing and Prosperity for all**

A Conference on Ending Poverty in Nova Scotia. The Conference will be held in Truro Nova Scotia, October 26-28.

For more information or to volunteer please contact Andy Sherin at (902) 494-6469 or email at [endingpovertyns@gmail.com](mailto:endingpovertyns@gmail.com)



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**E-Quiz**

If you are the first person to answer this before the next E-Bulletin, your next cup of coffee or other hot beverage (for the coffee haters) is on Meaghan.

[meaghan@nscommunitylinks.ca](mailto:meaghan@nscommunitylinks.ca)

What gets wetter and wetter the more it dries?

Junes answer: A hole

PFT Provincial Coordinator/  
Eastern NS: Susan King  
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Western NS: Carla Malay  
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HRM: Anne Corbin  
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