

**-E-Bulletin- Volume 3 No. 3, March 15, 2007**

**Highlights:**

- **Celebrating Our Successes:** Falls prevention coalitions from across the province will meet next week at the **Nova Scotia Seniors Falls Prevention Conference and 2nd Annual Coalitions' Meeting** March 21-22, 2007 at the Westin Hotel in Halifax. Coalition members will share their many successes in helping to reduce falls among seniors. Congratulations to all involved!

**Notes:**

- **Call For Presentations:** Are you or your organization providing innovative ways to support the health and quality of life for persons living with dementia and their caregivers? The **Alzheimer Society of Nova Scotia** invites you to submit proposals for presentation at its 18th Provincial Conference, *"Head's Up" For Excellence in Dementia Care*, October 15 & 16, 2007 Wolfville, NS Follow the links below for more info: [http://www.alzheimer.ns.ca/index.php?option=com\\_content&task=view&id=34&Itemid=60](http://www.alzheimer.ns.ca/index.php?option=com_content&task=view&id=34&Itemid=60)  
**Please submit by March 31st, 2007!**
- **Retired Early to Care for Someone?**  
The Atlantic Research Centre for Family-Work Issues at MSVU invites you to participate in a study on caregiving and early retirement. You can participate if you:
  - ❑ are 45 years of age or older,
  - ❑ are living in Nova Scotia
  - ❑ in the last 5 years, you retired or left a job earlier than you planned to care for and adult family member or friend.
 For information, contact:  
Jennifer Byrne 902-4575550  
[jennifer.byrne1@msvu.ca](mailto:jennifer.byrne1@msvu.ca)  
or  
Dr. Aine Humble 902-457-6109  
[aine.humble@msvu.ca](mailto:aine.humble@msvu.ca)

**Opportunities and Resources:**

- **Chronic Pain?** The Arthritis Society is offering two-hour **Chronic Pain Management Workshops** across the province in late March, April and May. Learn practical ways to deal with your pain. This workshop is general enough that anyone experiencing chronic pain will gain new skills to deal with their pain. **To register and for info call 1-800-321-1433 or email [info@ns.arthritis.ca](mailto:info@ns.arthritis.ca).**
- Does your group want help with *Recruiting Members and Volunteers?* Do you have trouble getting everyone involved in *Getting the Work Done?* If so, **Seniors Growing Seniors Skills** is just the program for you. For more information or to arrange for a senior trainer Contact: **Community Links at 902-422-0914 [admin@nscommunitylinks.ca](mailto:admin@nscommunitylinks.ca)**
- **Community Wellness Funds** are available from Community Health Boards (CHB's) around the province to groups and organizations who want to undertake community projects that address Nova Scotia's health promotion priorities. Contact your local CHB for more information, deadlines and criteria.
- **Coastal Radio** is a new community based radio station out of Glace Bay. Non-profit groups can advertise for free. Coastal Radio is planning a program called Seniors On Air. Seniors are invited to tell their stories and produce their own programs. Tune in to 89.7 fm in the Glace Bay area, or listen in on-line anywhere in the world by visiting the website at [www.coastalradio.ca](http://www.coastalradio.ca). For more info, call 902-849-4301 or email to [info@coastalradio.ca](mailto:info@coastalradio.ca)
- **Seniors Canada On Line** has lots of useful info for seniors. Visit [www.seniors.gc.ca](http://www.seniors.gc.ca)



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### Events:

#### ➤ **Coastal Communities Network 15<sup>th</sup> Annual Conference**

April 20 and 21-Tatamagouche Centre

Workshops include

*Community Leadership, Branding*

*Celebrate What's Right With the World*

*Crafters Corner*

Visit CCN's website at

[www.coastalcommunities.ns.ca](http://www.coastalcommunities.ns.ca)

Or call 1-902-485-4754

#### ➤ **GANS Conference**

The 30th Annual AGM and Educational Conference of the Gerontology Association of Nova Scotia will take place on Friday, April 27, 2007 at Rosaria Student Centre, Mount Saint Vincent University, Halifax. The theme of the conference is *Moving Into the Future: Enhancing Age-Friendly Communities*. For more information, contact conference coordinator, CareStrategies Inc. (902) 422-1155 email: [info@carestrategies.ca](mailto:info@carestrategies.ca)

- **Celebrating 50 Plus** will be held at Champlain Hall, **Cornwallis Park** on April 28. Doors open at 9:30am and we will be open until 3:30pm. Cost is \$2.00 per person and that includes about 60 information booths, entertainment, demonstrations and lunch. For information contact Carol Ward @ 665-4804 or [carol.ward@von.ca](mailto:carol.ward@von.ca).

- **Financial Management for Community Organizations Spring 2007 – Four Classroom Sessions, 9 am-4:30 pm April 23, May 7 & 28 and June 18, 2007 Halifax, N.S.** Determining what it really costs to provide services to the community, keeping track of these costs once a program is underway and reporting to managers, boards and funders in a meaningful way is an increasingly important

challenge to non-profit organizations in today's environment. The Financial Management for

Community Organizations course is designed for those whose work is not primarily concerned with accounting or bookkeeping; that is, executive directors, managers or board members. For more info, please contact Chris at [ncm-npsl@Hen.Henson.Dal.CA](mailto:ncm-npsl@Hen.Henson.Dal.CA)

#### ➤ **Community Health Series Free Public Presentation Preventing Falls Together At home and in your community**

✓ **Assess your risks**

✓ **Fitness is your friend!**

**When:** Thursday, April 12, 2-3 pm

**Where:** Royal Bank Lecture Theatre  
Halifax Infirmary Building  
1796 Summer Street, Halifax

**Speakers:** Dr. Glen Ginther, Geriatric Ambulatory Care and Geriatric Day Hospital, Capital Health  
Wendy Lee Hamilton, Physiotherapist and creator of "On the Move" fitness program  
Carol McAllister, Coordinator, Preventing Falls Together

#### **Pre-registration not required**

More info, contact Carolyn Sinyerd at 424-3678 or [Carolyn.sinyerd@cdha.nshealth.ca](mailto:Carolyn.sinyerd@cdha.nshealth.ca)

#### ➤ **Monthly E-Quiz:**

According to Statistics Canada and the Canadian Centre for Policy Alternatives, how many Nova Scotia seniors are living below the "low income cutoff"?

- About 45,000
- About 6,000
- About 16,000

The first three correct answers will win a prize!