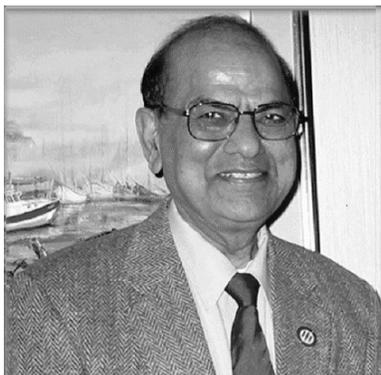


Community Links

March/April 2004

Newsletter

A Message from our President



Prem Dhir

This has been a year of hard work and transition for Community Links. I would like to thank all the transition team for helping Community Links continue to thrive as a provincial organization while we looked for a new provincial coordinator

I am very pleased to welcome Sandra Murphy as our new Provincial Coordinator. Sandra has considerable experience in the voluntary sector, and

has most recently been operating her own training and consulting firm. I am sure many of you will have the opportunity to meet Sandra and our Office Administrator, Anne Corbin in the coming months.

Community Links has continued to work for the benefit of seniors and

others around Nova Scotia. Our Falls Prevention Tool Kit and Training Sessions have been launched to an enthusiastic response. Our Volunteer People School was held in Truro in November/03 as part of the Rural Volunteer Program, and as a participant, I can say that it was a great success.

Our AGM is coming up on May 14 and 15 at Mount Saint Vincent University. I hope to see many of you there, and look forward to working with you for another successful year with Community Links. In the meantime, if you have any suggestions, ideas, concerns or questions regarding the AGM or any other item, please either contact me at (902) [895-9797](tel:902-895-9797) - pdhir@canada.com or Sandra Murphy at (902) 425-1128 - communitylinks@hfx.eastlink.ca.

**Community
Links
AGM
May 14-15
Mount St.
Vincent
University,
Halifax**

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Contact Us: Community Links
PO Box 29103 Halifax, NS B3L 4T8
(902) 425-1128 FAX 422-8201
communitylinks@sportnovascotia.ca

Introducing Sandra Murphy

It is March 17th, St. Paddy's Day, and I'm looking out my window at the snow. Green would be much nicer on this particular day, I'm thinking!

Nonetheless, there is a part of me which has welcomed the storm. I spent 25 years in Newfoundland and every year we waited for "Sheilagh's Brush", the big storm that always hit around the Saints great day. Sheilagh's Brush is a 'broom', of course, and the storm the result of her vigorous activity with that instrument. Perhaps she is engaged in an early spring cleaning that stirs up the snow but opens the door to all the warmth of spring to come.

So today I am looking back at my past life with nostalgia, but looking forward, as I introduce myself to you as the new Provincial Coordinator of Community Links. It is indeed a very great pleasure it is to be doing so. I am also most aware of the great difficulty facing me in trying to fill the shoes of Marilyn More who served the organization with such dedication and with such success for many year



Sandra Murphy

I hope that over the coming months, I'll have the opportunity to meet with many of you as I attend meetings and events around the province. I also hope that many of you will be able to attend our Annual General Meeting on May 14th and 15th. I want to learn more about what is going on in senior and volunteerism issues around the province and also find how Community Links can continue to work with you on issues of concern.

So you might say, I'm looking for an open road to spread out before me and a warm wind behind all our backs.

Nova Scotia CVI Website Launched

Becky Mason, Coordinator of the Canada Volunteer Initiative-Nova Scotia Network announced the new CVI website in January. Co-hosts of the Volunteer Initiative are Recreation Nova Scotia and Community Links. The website includes member listings, useful links, a notice board where you can post

meetings and events for your group, a discussion forum, and a resource library. Membership in CVI is open to any individual or group that supports volunteerism. Visit the CVI website at: www.novascotianetwork.org

Celebrate Volunteer Week April 18-24



Preventing Falls Together-Update



Falls Prevention Workshop-Hants County

The Falls Prevention Project, which is funded by Health Canada and Veterans Affairs Canada, has accomplished a great deal over the past 18 months.

Our falls prevention resource kit, *Preventing Falls Together: A Population Health Tool Kit*, has been published and distributed with an enthusiastic response. Jean Robinson-Dexter, Project Coordinator, has held Tool Kit Orientation sessions with seven Regional Falls Prevention Coalitions around the province. Member organizations have received their Tool Kit binders, which contain a wealth of information about the causes, costs and most importantly, ways to prevent falls. Included in the Tool Kit is everything from home safety checklists to a guide for lobbying governments to improve their own injury prevention strategies. There are also workshops and presentation outlines for groups wishing to do falls prevention training in their communities.

Sandra Murphy, Provincial Coordinator of Community Links, is very confident that the work on Preventing Falls Together will continue. Jean Robinson Dexter will be providing support to the initiative in the short term. The importance of the ultimate goal of the project—reducing the rate of falling among seniors and veterans in Nova Scotia—is now widely accepted by many organizations as they integrate falls prevention into their regular work..

A special thanks goes to Jean Robinson-Dexter, who coordinated the project with such skill and enthusiasm, and to the members of the over 20 organizations involved in the Provincial Steering Committee. In Jean's own words: *"I've been proud to work from the strong foundation of population health and community development that have been the key components of this project."*

To order a copy of the **Falls Prevention Tool Kit** in binder form or on CD, contact Community Links at (902) 425-1128 or by email at: communitylinks@sportnovascotia.ca

- Cost of the Tool Kit in binder form (which includes a CD) is \$75.00 plus shipping
- CD only is \$25.00 plus shipping



Rural Volunteers Program

Where to from here?

Since 2001 the Rural Volunteers Project (RVP) has been working to build the capacity of volunteers in rural areas around the province. The effort has been the result of a unique partnership of organizations with Community Links as the lead agency. Other participants currently include: Canadian Cancer Society, Coastal Communities Network, Heart and Stroke Foundation, Health Promotion Clearinghouse, Recreation Nova Scotia and The Victorian Order of Nurses. Those of you who are familiar with the project will know of the crucial role that the project coordinator, Susan Sanford has played in the development and facilitation of RVP.

In the early days of RVP, groups of individuals from various regions around the province got together to plan a local day of training that would help build the capacity of volunteers and their organizations to better achieve their goals. This first stage was so successful that the project evolved to facilitate the development of coalitions from the various regions which work on an on-going basis to enhance volunteer capacity in rural regions throughout the Nova Scotia. To date, six coalitions are established and each is taking its own approach to the needs of volunteers. Some are continuing to offer training opportunities, one has developed training that will be available through an educational institution, two are undertaking systematic needs assessments, and others are coordinating local volunteer fairs or setting up data bases of regional volunteer opportunities.

As of March 31st, 2004, RVP is at a cross roads. Funding is no longer available to continue Susan Sanford's contract. The Board of Community Links and its partners, however, are working hard to ensure that well established coalitions and those that are developing continue to be supported. The team is working to put a transitional plan in place and to identify funding that will enable work to be done in the regions of the province where coalitions have not been established. In the interim, Sandra Murphy, Provincial Coordinator for Community Links, will be contacting and meeting with existing coalitions over the next few months.

Everyone who has been involved with the Rural Volunteers Project joins in a heartfelt expression of appreciation to Susan Sanford and wishes her every success with her many new initiatives.

Any questions about RVP can be directed to Sandra Murphy at communitylinks@hfx.eastlink.ca or at 902-454-4615 or messages can be left at the Community Links office at 902-425-1128.

**Right Here, Right Now -
Volunteerism
Excellence, Best Practice,
Innovation, Diversity**

Canadian Administrators of Volunteer
Resources

CONFERENCE

June 17th - 19th, 2004

Weston Hotel - Halifax, Nova Scotia

www.cavr.org

Community Fair Held in Freeport on Long Island



The Community Hall in Freeport, Digby County, was filled to overflowing in December as the community engaged in a comprehensive demonstration of health care and other services that are available to the residents of the Islands communities. The variety of services represented was quite impressive, considering that the total population of Long and Brier Islands about 1000.

Among those present were staff from the nurse practitioner pilot project, paramedics and ambulance service, First Responders group and the RCMP. There were presentations and displays from ACATS, the rural alternative transportation service, the Heart and Stroke Society, and many social services departments.

There were demonstrations from projects of the Historical Society and the Bay of Fundy Discovery Centre. Blood pressure and blood sugar testing were also available. The event was well attended, including a group of students from the local high school.

CommunityLinks was also present with a display. We had an opportunity to speak to some of the high school students about the value of volunteering and many of the organizations involved in health care were interested in our new *Tool Kit for Falls Prevention*.

The Community Fair provided a great opportunity for Community Links to broaden our presence in the province. If any of our members is hosting or knows of other such local events, and would like Community Links to attend, contact the provincial office or your area representative..

On the Lighter side

DON'T OVERLOOK THE OBVIOUS--

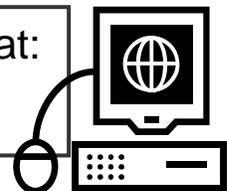


Sometimes we look too hard and think too hard, and the solution to a problem is really very simple and right under our noses. One old gentleman, seated in the doctor's office, was finally called in, and the other waiting patient watched him, in obvious pain and

hunched over his cane, slowly make his way in to see the doctor. A few minutes later, the man emerged, walking completely upright ! The patient who had watched him go in stared in amazement.

"That must be a miracle doctor in there!" he exclaimed. What treatment did he give you?" The old fellow looked at him and said, "Well, the doctor looked me up and down, analyzed the situation, and gave me a cane that was four inches longer than mine."

We're on the web! Visit the **Community Links** website at:
www.nsccommunitylinks.ca

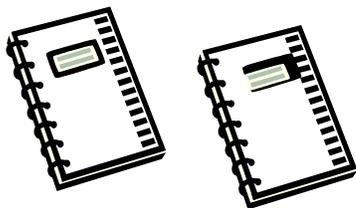


Health Promoters in Nova Scotia 2005 Daily Planner

As a celebration of health promoters in Nova Scotia, Horizons Community Development Associates is developing the *Health Promoters in Nova Scotia Daily Planner for 2005*.

We are inviting submissions from individuals, organizations, and communities across Nova Scotia to be included in the Planner. Our intent is to include pictures, stories, biographies, artwork, quotations, and poems that represent the diversity and scope of health promotion work in Nova Scotia. We will also include information about health promotion initiatives in Nova Scotia, and information about some of people's favourite health promotion resources and websites.

We will donate 25% of the proceeds we generate from selling the Planners to the NS Health Promotion Clearinghouse. For more information please contact Cari Patterson email: cari@horizonscda.ca; phone 582-7940. Information about the Daily Planner is also posted on the Horizons website: www.horizonscda.ca



We expect the Planners to be ready in early October!

The deadline for submissions is May 31st, 2004.

Notes and Notices:

“Celebrating 50+, Living the Good Life”

Where: Champlain Hall in Cornwallis Park, Annapolis County

When: May 8/04.

Cost: \$2.00 for the day, including display booths, entertainment, demonstrations, door prizes, snacks and a lunch

This is an opportunity for seniors to learn about what is available to them in the areas of recreation, health, physical fitness and fun!

For information call Carol Ward at 665-4804 or 1-888-939-1919 or email at wardc@vonannvalley.ns.ca

CB Senior Contact Program

The Cape Breton Regional Police Service, in collaboration with the Cape Breton Council of Senior Citizens and Pensioners are requesting participants as well as volunteers for the Senior Contact Program. This program is provided free of charge. For more information contact:

Cst. Nick Denny (902) 563-5104
or
Cindy Lee MacCharles at (902) 564-8416

Nova Scotia Healthy Communities Conference 2004

May 3-5, 2004

AgriTech Park, Truro, NS

The Nova Scotia Healthy Communities Network is pleased to announce that the *Nova Scotia Healthy Communities Conference*, has been re-scheduled to May 3-5 in Truro at AgriTech Park. The program is designed around the “population health approach” and the determinants of health – income and social status, social support networks, education, employment and working conditions, social environments, physical environments, personal health practices and coping skills, healthy child development, health services, gender, and culture. The conference will include: *workshop presentations, plenary sessions* and a *Healthy Communities Resource Fair*

More information about the conference and registration forms can be found on the Health Promotion Clearinghouse website – http://www.hpclearinghouse.ca/hcn/nshc_conf2003.htm

Registration fee for the conference is \$150, which includes conference materials, meals, and social activities. To register, fill in a registration form and return to:

Natalie Gallaway
Network for Children and Youth
338 Charlotte Street, 2nd Flr
Sydney, NS B1P 1C8
Fax: (902) 563-3491
Phone: (902) 563-3708

Accommodations are available at very reasonable rates on site at AgriTech Park:

To book your accommodation, call
(902) 563-3708.



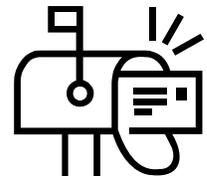
To e or not to e?

Some of you may wish to receive the *Community Links Newsletter* by e-mail. From our point of view, it saves money and paper, and we can get it to you faster.

If you have e-mail, and would like to receive our newsletter in an e-mail friendly format, please send us an e-mail message to:

communitylinks@sportnovascotia.ca

Of course, we are happy to continue mailing our newsletter to you.



LINKAGES :

Have you checked out this web site yet? There is wealth of information about seniors' activities, groups, projects, and lists of reports and documents to read. One of the new entries is the report on “Population Change and Rural Health” - a one-year project completed by Janice Keefe and Katherine Side of Mount St. Vincent University. You can read it directly by going to the Mount site - **www.msvu.ca/mdcaging**



Emergency Preparedness for Seniors

During emergency situations like the severe weather and power outages we have had recently, one of the groups at greatest risk are seniors, especially those living alone. There are steps that we can all take to minimize the risk to seniors:

Contact the local fire department to let them know of seniors who are living alone

Have the fire department do an assessment of the home to identify risks

Post important information in written form and clearly visible—name, next of kin, doctor’s name and phone number, medication



Keep emergency items near to hand, including

- Water for flushing toilets
- Flashlights and extra batteries
- Battery operated radio
- First aid kit
- Manual can opener
- Bottled water
- Non-perishable food that does not have to be cooked
- Extra blankets, groceries and medications

Make it a goal in your community to see that all your seniors have this information and that they can carry out these emergency preparations. Have a phone list or “tree” to make sure every vulnerable person is contacted in case of an emergency. For more information, visit the Nova Scotia EMO website at www.gov.ns.ca/emo, or call EMO at

Membership Form

Join Community Links today - your organization decides its own level of involvement, and membership is free!

Our strength is in our diversity and numbers

Organization: _____

Name of Contact: _____

Mailing Address: _____

Tel # _____ Fax # _____

E-mail: _____ (if available)

Would you like to receive a copy of our newsletter (4 issues a year)

No Yes By mail By email

