

E-Bulletin - Volume 12, No. 11, November 15, 2016
Want to see your group or event listed here? Email us!

HIGHLIGHTS

Do you work in the not-for-profit sector? Are you planning on retirement in the next few years?

The Nova Scotia Centre on Aging and project partner Community Links, would like to extend an invitation to your organization to participate in a pilot workshop on social planning for later life. This workshop is open to "soon to retire" employees of NFP sector organizations in Halifax. The interactive workshop will explore the realities and issues of social connections in retirement and offer strategies and tips to prepare for these aspects of retirement. As a pilot, the workshop will help the team to further refine the content to make it most useful for future participants.

Tuesday, December 6, 2016
Room 201B, Margaret Norrie McCain Centre, Mount Saint Vincent University
9:00 am to 1:00 pm (lunch included)
RSVP: nsca@msvu.ca.

November 20-26 is Falls Prevention

Week in Nova Scotia This year's theme is "Mobility Aids Prevent Falls." You can help promote the week by requesting a page of copy-and-paste email tags like the examples below. Contact admin@nscommunitylinks.ca



Falls Prevention Week Nov. 20-26
Tip: Install grab bars in the bathroom to make your home safer.



Falls Prevention Week Nov. 20-26
Are you ready for a cane or walker? Mobility aids prevent falls.



Falls Prevention Week Nov. 20-26
Keeping physically active lowers your risk of falling.

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

OPPORTUNITIES

Age Friendly Communities Grants

The Nova Scotia Department of Seniors offers grants of up to \$20,000 to support collaborative, innovative, and local initiatives that enhance the social and economic contributions of older adults in communities across Nova Scotia. A wide range of projects will be considered, including planning initiatives that support age-friendly communities and new, innovative programs, policies, services, tools and resources identified through a consultative process.

Deadline for applications is **December 12th, 2016** at 4:30pm and are to be e-mailed to seniors@novascotia.ca

Please visit the website for applications or for more information
http://novascotia.ca/seniors/age_friendly_program.asp

The McMaster Optimal Aging Portal

is a source for healthy aging information that you can trust. Visit

<https://www.mcmasteroptimalaging.org/>

PROVINCIAL EVENTS, PROGRAMS & SERVICES

Count Down to Christmas Raffle

Prescott Group offers 12 draws in December for prizes between \$150 and \$1100 in value. Tickets are \$5 each or 3 for \$10 and can be purchased by phone by calling Janet at 902-454-7387 ext. 21.

Purchase your tickets before Dec 1, 2016 to be eligible for all the draws.

Prescott Group enhances the independence of adults with intellectual disabilities through the development of skills and participation in social enterprise, personal development and employment.

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Be a Santa to a Senior

Home Instead Senior Care partners with local non-profit and community organizations to identify seniors who might not otherwise receive gifts this holiday season. The company then works with local businesses and retail stores to help facilitate the purchase and distribution of gifts by placing trees and ornaments within their various locations. Each senior's gift requests are written on a *Be a Santa to a Senior* bulb. To give a gift, or to volunteer, contact <https://www.beasantatoasenor.com/>

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

Save the Date

FREE Caregiver Stress Management Workshop

Wednesday, Nov. 23rd 1PM – 3:30PM

Canadian Cancer Society
5826 South Street, Halifax

This workshop is open to all family and friend caregivers. Parking Reimbursement is available. To register, or for more information contact 421-7390 or email info@caregiversns.org
Registration deadline in November 21

Caregivers Nova Scotia offers workshops for family and friend caregivers in many parts of the province. Visit the website at www.caregiversns.org or call Toll Free: 1.877.488.7390

The Hospice Society of Greater Halifax

will hold a fundraiser at the Halifax Forum Farmers Market on **Saturday November 19 and 26**. Come out to support a great cause and pick up a unique Christmas gift.

Mental Health in Mid-Life and Beyond

With speaker: Sarah Krieger-Frost, Seniors' Mental Health

Monday, November 28, 2016 1:30 - 3 p.m.

Royal Bank Theatre

QEII Health Sciences Centre
Halifax Infirmary

1796 Summer Street, Halifax

For brochures or inquiries,
Telephone 902-473-8603

All Welcome

E-Quiz (Open to members only)

The answer for October was "The bride stands to the left of the groom at their wedding so he can quickly grab his sword to protect her from any danger" and the first correct answer drawn was received from Jennifer Longley. Congratulations!

Question for November: Boomer TV Trivia

This popular program took place at the ranch owned by Ben Cartwright. What was the name of the ranch, and what US state was it in??

Email your answer by midnight (AST) on Thursday November 17, to admin@nscommunitylinks.ca and your name will be put in a draw to win a \$5 Tim Horton's Gift Card.

Don't forget to 'Like' us on Facebook – *Community Links Association*, or 'Follow' us on Twitter *@ageingwell_ns*