

2020

Aging Well 2020



Aging well together for almost three decades


Community Links is pleased to present the 2020 Aging Well calendar, offered free to older adults and their families in Nova Scotia.

For almost 30 years, we have worked with older adults and organizations that serve them. Our vision is that all Nova Scotians age well in their communities. Our mission is to promote and support age-friendly communities by connecting individuals and organizations.

This year, our calendar is centred on Age-Friendly Communities. These aspects of community life include: transportation, housing, social participation, respect and social inclusion, communication and information, civic participation and employment, community support and health services, and outdoor spaces and buildings.

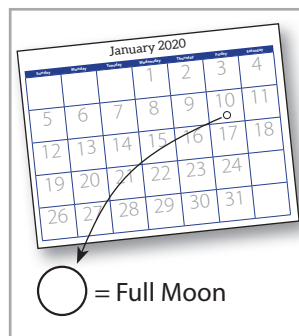
In an age-friendly community, policies, services, and structures help older adults age well by promoting health, safety, access to services, and social inclusion. The best part about developing age-friendly communities is that they become friendly for people of all ages.

Community Links would like to thank our sponsors and distribution partners. If you would like to follow us or become a member contact us at:

 <http://www.NScommunitylinks.ca>
 <http://facebook.com/communitylinksassociation>
 [@AgingWell_NS](https://twitter.com/AgingWell_NS)
 902-422-0914 | Toll free: 1-855-253-9355

Community Links gratefully acknowledges the generous support of the Nova Scotia Department of Seniors.

Calendar Team: Erin Henderson, Helen MacDonnell, Stu Ducklow, Community Links staff and volunteer photo contest judge, Mary MacLellan.



To see all photos submitted to our 2020 Aging Well Photo Contest visit <http://www.nscommunitylinks.ca>. Thank you to everyone who submitted photos.



Congratulations to our photo contest winners!

1

FIRST PRIZE

George Bennett rounding the finish line of the Around-the-Park race at Wentworth park

Submitted by Chris Milburn



2

SECOND PRIZE

Joe and Dian Aucoin on a hike at Salt Mountain

Submitted by Joe Aucoin



3

THIRD PRIZE

Rodney Burke fishing with grandson Chase

Submitted by Karen Burke

Cover photo

Phyllis Roy-Keith and Claire Gemmel enjoying a potluck lunch at Spencer House in Halifax. Photograph by Tyler Colbourne.



January 2020

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	Family Literacy Day																																								

Age-Friendly Nova Scotia

Nova Scotia's population reached an all-time high in 2019, numbering 971,395 by July 1. Our province has one of Canada's oldest populations: one in five Nova Scotians was 65 or older last year. Around the world, more than one billion people are over 60, and the numbers are growing.

With so many of us reaching our later years, paying attention to the changing needs of older adults is critical, while also recognizing the many contributions we make as volunteers, community builders and story keepers, employees and entrepreneurs, friends and caregivers.

The World Health Organization's Age-Friendly Communities (AFC) initiative was developed to ensure policies, services and structures are designed to support and enable older people to age actively and live in security, enjoy good health and participate fully in society, wherever they reside.

Nova Scotia has been working to implement AFC programs since 2006, a commitment reinforced in SHIFT: An Action Plan for an Aging Population in 2017. New energy is being focused on AFC planning and older adults are invited to learn more and engage collaboratively with elected officials, municipal and business leaders, local experts, community partners, key service providers and individuals of all ages to enhance lives in their own communities.

What makes an Age-Friendly Community?


- Pleasant, secure and physically accessible outdoor spaces and public buildings
- Well-designed, affordable and secure housing choices
- Well-maintained and accessible roads and walkways
- Affordable and accessible public transportation
- Secure neighbourhoods
- Respectful relationships
- Supportive health and community services
- Opportunities to be socially active
- Opportunities to participate in suitable volunteer, civic and employment positions
- Information that is easy to access and understand

Sources:

- Nova Scotia Finance and Treasury Board <https://novascotia.ca/news/release/?id=20190930008>;
- World Health Organization <https://www.who.int/ageing/decade-of-healthy-ageing>;
- Public Health Agency of Canada <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/friendly-communities.html>



February 2020

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HomeWarming: the first step to enjoying a warmer home and lower bills

HomeWarming has helped over 10,000 Nova Scotians save on heating costs, enjoy a more comfortable home, and have more room in the budget for other priorities by offering **free** home energy assessments and **free** energy efficient home upgrades.

Janet Swansburg from Moschelle, Annapolis County has lived in her home for over 50 years. Built in the 1800s, her basement had a dirt floor and rock walls. The house was always damp and lost a lot of heat. Janet struggled to pay the heating bills.

"There was so much moisture in the cold weather," says Janet. "The water would run down the window and sit in puddles on the windowsill. I would have to go around and wipe it up two times a day."

Free upgrades, improved comfort and cost

Through the HomeWarming program, her rock wall basement was insulated with spray foam, she received an energy efficient dehumidifier to help with the moisture, as well as a Nest

thermostat and carbon monoxide detector, all at no cost.

With the added comfort to her home, Janet can enjoy her retirement focusing more on the things she loves about living there, like tending her gardens, volunteering and walking her dog Barclay at least twice a day.


"You just get rooted in a place," says

Janet. "I'll stay here as long as I can. As long as I can look after it."

Take the first step to a more affordable and comfortable home with HomeWarming. See if you qualify for **free** home upgrades like draft-proofing, insulation or other efficiency options. Visit <http://www.HomeWarming.ca> or call toll free 1-877-434-2136.



March 2020

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22 World Water Day	23	24	25	26	27	28																																																																						
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Stay connected

Information is out there, but how do you access it?

By phone: 211 is available across Nova Scotia 24/7 to help find services and programs offered by local groups, non-profits, and government departments. Call or text the number 211, call toll free 1-855-466-4994, or visit <http://www.ns.211.ca>

In print: Each year Nova Scotia's Department of Seniors publishes the Positive Aging Directory, a guide to programs and services for older adults. Visit <https://novascotia.ca/seniors/directory/> for more information or to request a copy.

In the community: Local stores, community centres and churches can be great places to learn about local services and events. Look for flyers or posters at these locations.

Local newspapers: Often the best source of local news and events is in the back pages and ads in your local newspaper.

TV & Radio: Many communities have channels which carry local programming and submissions from area residents. Check out Community TV on Eastlink, TV1 through Bell or your local radio station or CBC.

Libraries: Libraries do more than lend books. Many serve as community centres which lend computers and tablets and show you how to use them. Libraries often have programs, workshops, lessons and entertainment. Visit <https://library.novascotia.ca/>, call (902) 424-2457, or email nspl@novascotia.ca for more information.

Online: You can follow many organizations, clubs, groups, businesses, and government departments on social media sites such as Facebook, Twitter, and Instagram.



In an age-friendly community:

- Information is widely distributed
- Information is distributed in different ways (print, radio, online)
- There are public places to post information about local events
- There are formal and informal networks to share information broadly
- Information is published that is relevant to the interests of older adults

April 2020

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Head outside

Nova Scotia offers many opportunities to enjoy the beauty of nature which can enhance wellbeing in a variety of ways.

Physical: Green spaces promote physical activity and can decrease the risk of obesity, cardiovascular disease, walking speed decline and falls.

Social: Green spaces bring people together, offering opportunities for social interaction that may prevent loneliness or social isolation. Parks and other green spaces also create a welcoming space for intergenerational activities and can build a sense of community.

Mental: People who spend time in green spaces report greater life satisfaction, less stress, and reduced risk of dementia.

Equity: Free public green spaces offer equal opportunity for physical and social activity to everyone in a community. This can increase the feeling of community cohesiveness. Parks are a great resource for those who live on low or fixed income.

There are many parks, paths, and gardens in Nova Scotia communities. Find some of them through:

- The Nova Scotia Outdoor Network
- Parks Canada
- Hike Nova Scotia
- Canoe Kayak Nova Scotia
- Paddle Canada



In an age-friendly community:

- Public areas are safe and well lit
- Facilities and equipment are accessible and safe
- Sidewalks and trails are well maintained and accessible
- Public washrooms are available, accessible and clearly marked
- Seating is available



Remember, ticks are active at any temperature above 4°C but don't let this stop you from spending time outside. Wear light coloured clothing, long sleeves and pants with legs tucked into socks. Use deet or another tick repellent, and do a tick check when you get home.

Sources:

Healthy Public Policy, Toronto Public Health, City of Toronto, Toronto, Ontario, Canada
EcoHealth Ontario, Ontario, Canada
Halifax.ca/Nature

May 2020

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Aging well takes a community



AGEING and HEALTH

World Health Organization

Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.

By 2050, 80% of older people will be living in low- and middle-income countries.

► EVERY OLDER PERSON IS DIFFERENT

Some have the level of functioning of a 30 year old

Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

► WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL

- Age-related changes
- Genetics
- Behaviours
- Disease

ENVIRONMENT THEY LIVE IN

- Housing
- Positive technologies
- Social facilities
- Transport

► WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

Development of systems for long-term care

Healthy Ageing: being able to do the things we value for as long as possible #years4head

June 2020

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21 Father's Day National Indigenous Peoples Day	22	23	24	25	26	27 Canadian Multiculturalism Day																																			
28	29	30	<p>June is Brain Injury Awareness Month; learn more from the Brain Injury Association of Nova Scotia at http://www.braininjuryns.com</p>			<div>July 2020</div> <table> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Keep going

Transportation can be a challenge but there are options available.

Try carpooling: Carpooling can be a great option for anyone who doesn't enjoy driving, driving alone or who no longer drives. Having someone else in the car can offer security, social engagement, and other benefits. Consider carpooling to programs or services with other community members, or organize a carpool for regular errands.

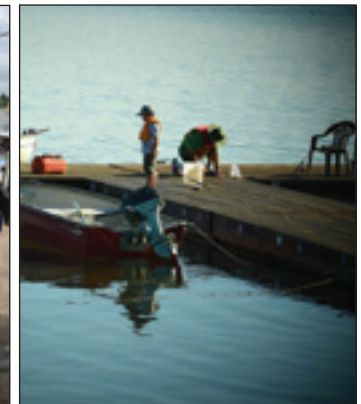
Community transit: Community transit offers Nova Scotians door to door, accessible, pre-booked transportation. Visit <http://www.rural-rides.ca> or call 211 to find a community transportation service provider in your area.

Consider active transportation: Choosing to walk or bike rather than drive can reduce your carbon footprint and keep you physically active and independent.

Get a parking permit: Apply for an accessible parking pass from Service Nova Scotia by completing a simple form and have a medical professional certify it. Visit <https://novascotia.ca/sns/rmv/registration/mobility.asp> or speak to your doctor.

In an age-friendly community:

- Roads are maintained, clear, and appropriately lit
- There is parking available
- Low cost community transit is available
- There are affordable, accessible, and reliable taxis and public transportation
- Sidewalks and rest stops are available to allow for active transportation
- There is clear signage for drivers and pedestrians



July 2020

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Take part



Whether it is playing duplicate bridge in New Waterford or learning chess in Annapolis Royal, choosing a brush for paint night in Yarmouth, signing up for one of over 60 Seniors' College courses offered in HRM, Liverpool, Chester, Mahone Bay and Truro – maybe even trying Pickleball in Arisaig or Economy – there are groups who will welcome you to join in the fun, share pot lucks and summer picnics, celebrate Canada Day and remember the fallen on November 11.

Taking part in local activities can make help you stay healthy and connected, wherever you live.


Unsure if there is a club or centre nearby or how to find out what activities are occurring? Call 211 or check <http://wwwns.211.ca>.



In an age-friendly community:

- There are a range of events and activities for older adults, age-specific or intergenerational
- Activities are held in locations served by affordable and accessible transportation
- Events are accessible and affordable for all
- Home visits are provided for those who do not or cannot leave their homes
- There is a system to include older adults and respect is shown to those who choose not to participate
- Events are well-publicized and promoted to older adults

August 2020

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Be prepared

Not all days are sunny in Nova Scotia so it's important to be prepared for severe weather before it comes.

Emergency kits can be purchased from Canadian Red Cross or the Salvation Army. Get an emergency kit for your car as well.

Know your neighbours: Communities cope better during emergencies when you know the people around you. Knowing your neighbours can help you to:

- know your local emergency teams and contact numbers.
- learn about unique or potential risk areas in your community.
- identify neighbours with unique needs or who live alone.
- facilitate resource and skill sharing, such as who has a chainsaw, generator, BBQ or woodstove? Who knows first aid, or has construction, or cooking skills?
- identify or select community gathering places in case of an emergency.

Stay up to date on government news during severe weather at <http://www.novascotia.ca/emergency/> and find more information at <http://www.Getprepared.ca> During extreme weather and power outages NS Power opens comfort stations across the province and many communities open their own warming stations. Find a list of comfort centres at <http://www.nspower.ca> or call 211.

Every household should have an emergency kit at home with enough supplies for all people and animals in the home for 72 hours including:

- Food
- Water
- First Aid Kit
- Manual Can Opener
- Flashlights
- Extra Keys
- Cash in small bills
- Medications
- Hygiene items
- Important documents including insurance
- Emergency plan
- Charged battery packs or power banks for charging cell phones
- Batteries
- Battery or crank operated radio
- Emergency contact sheets
- Whistle
- Seasonal and warm clothing

September 2020

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Share your knowledge and skills

More people now see retirement as a transition rather than an event. Many continue to work or rejoin the workforce after 65 for financial security, social engagement, or because they like it.

Often this means flexible work arrangements, which benefit both employers and staff. Such arrangements might include:

- Flexible hours or a compressed work week.
- Job sharing.
- Working from home over the phone or online.
- Project based assignments.
- Having the option for unpaid short or long-term leave.

Many retired and semi-retired people continue to use their knowledge, skills, interests, and time to contribute to their communities through volunteering. Volunteer positions don't have to be a huge commitment; there is an opportunity for any interest, and most can be tailored to one's schedule and preferred time commitment.

To find volunteer opportunities in Nova Scotia visit <http://www.volunteers.ca>



In an age-friendly community:

- Opportunities to work and volunteer are available and relevant to older adults' interests
- The paid and unpaid work of older adults is valued and recognized
- Workplace training is available
- Intergenerational work and volunteer places are encouraged and are welcoming
- Older workers are given flexibility in their positions

October 2020

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Check out an Aging Well Together Coalition

Community Link's Regional Coordinators bring together coalitions of community members, stakeholders and service providers to enhance life for older adults across Nova Scotia.

Coalitions work with many organizations to support aging well initiatives. Membership includes representatives from VON, NS Libraries, Senior Safety, Community Health Boards, physiotherapists, occupational therapists, Municipal Recreation, Red Cross, Caregivers NS, Seniors Clubs and community volunteers and older adults.

Coalitions meet monthly except for summer months and December to discuss challenges to older adults, share resources and information, collaborate on projects, and hear from guest speakers.

In an age-friendly community everyone is invited to the table.

Coalitions may take on an advocacy role, perform community walkabouts to note accessibility issues; identify hazards and make recommendations to the local municipality on how to make their community more age-friendly.

To find out if there is an active coalition in your area or to become involved contact info@nscommunitylinks.ca, call 902-422-0914, toll free 1-855-253-9355, or visit <http://www.nscommunitylinks.ca>



Community Links

Aging Well Together

Our Vision...

All Nova Scotians can age well in their communities.

Our Mission...

To promote and support age friendly communities across the province.

Follow Us Online...

www.nscommunitylinks.ca

 @AgingWell_NS

 @communitylinksassociation

Community Links gratefully acknowledges the support of the Department of Seniors

November 2020

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Celebrate with your neighbours

December is a time when many spiritual, religious and traditional events are celebrated. Here's a look at how various holidays and traditions are observed.

December 11-18: Hanukkah (Jewish)

Hanukkah, or Chanukah, also called the Festival of Lights, is an eight-day celebration of the rededication of the Holy Temple in Jerusalem in 165 B.C. Traditions include lighting one of eight candles on a menorah and gift-giving. Wish those celebrating a "Happy Hanukkah."

December 21: Yule Or Winter Solstice (Pagan)

The winter solstice, called Yule in some Pagan traditions, celebrates the return of the sun. Christmas traditions including decorations, gift-giving, and feasting can be traced to Winter Solstice and Norse origins, including the evergreen tree, holly, yule log, and mistletoe. Greetings include "Happy Solstice," "Merry Yuletide," and "Happy Yule."

December 21: Dongzhi Festival (Chinese)

Dongzhi is a Chinese holiday to celebrate the winter solstice and the balance of dark, cold yin with the light and warmth of yang. Say "Happy Dong Zhi".



December 25: Christmas (Christian)

Celebrating the birth date of Jesus Christ, Christmas is one of Christianity's holiest and most joyful observances. Wish celebrants a "Merry Christmas" or "Happy Christmas." Many Orthodox Christians will celebrate Christmas Day January 7, 2020, in keeping with the Julian calendar.



December 21-25: Pancha Ganapati (Hindu)

This is a family-centered festival of giving. The five days of Pancha Ganapati are colorful celebrations of feasting, gift exchanges and music. From

December 21 to 25 wish Hindus a "Merry Pancha Ganapati".

December 26-January 1: Kwanzaa (African-American)

Originating in 1966, Kwanzaa recalls the harvest festivals of Swahili matunda ya kwanza, meaning "first fruits." The seven-day event celebrates seven principles and culminates in feasting and gift-giving. The Kwanzaa greeting is "Habari gani".



Source: https://www.huffpost.com/entry/ask-an-international-etiquette-expert-what-are-decembers_b_5852e4a9e4b091884b61152c

December 2020

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Keep learning

Community Links Regional Coordinators offer free workshops and presentations including the following:



Count Me In!: A presentation and discussion about mental wellness and how to prevent social isolation in communities.



Falls Prevention 101: A falls prevention presentation and workshop that can be tailored to the group requesting it.



Fitness in the Kitchen: A presentation and demonstration of 8 simple exercises that anyone can do in a few minutes anywhere from their kitchen to their office.



Mobility, Now You're Going Places: A workshop that covers how to know if someone needs an assistive device, and what kind of device would work best for them. This workshop attempts to remove the stigma surrounding assistive devices; emphasizing that mobility aids increase independence.



Retirement – It's More Than Just the Money: An interactive session for the recently retired or soon to retire. Explore your social connections and how people can plan to stay connected through the transition into retirement.



Reviving Rural Volunteerism: A workshop that looks at incentives and obstacles to volunteering, particularly among the boomers.



What's Next for Your Club or Organization: This workshop begins with a short presentation and then opens a discussion of your group's assets, challenges, and plans to revitalize. This is a tailored workshop based on the group's individual needs and may involve more than one session.

If you are interested in having one of our Regional Coordinators conduct one of these workshops at your workplace, a club or organization, at an apartment complex, or with another group contact info@nscommunitylinks.ca or call 902-422-0914, toll free 1-855-253-9355.

January 2021

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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 Info Line	1-800-611-6345	http://www.alzheimer.ca
Caregiver's Nova Scotia Info Line	1-877-488-7390	http://www.caregiversns.org
Community Links	1-855-253-9355	http://www.nscommunitylinks.ca
Crime Stoppers	1-800-222-8477	
Department of Seniors	1-844-277-0770	http://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
Nova Scotia Community Transportation Network	1-833-899-2253	http://www.communitytransitns.ca
RCMP	1-800-803-7267	http://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		http://www.seniors.gc.ca
Seniors Info Line (VON)	(902) 454-5755	
Transportation (to find a ride in your area)	211	http://www.ruralrides.ca