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***Community Links***

*Aging Well Together*

# Aging Well in Difficult Times

COVID-19 has taken a toll on all of us individually and as a province. For that reason, Community Links' 2021 Aging Well calendar is focused on mental health, social connection, community engagement, and overall wellbeing as we navigate these challenging times.

When dealing with difficulties and even tragedies, it is important to remember the little things that keep us going. Keep a pen close to your calendar, not just for marking appointments, but also for marking the days you were able to (safely) engage with a person, group or activity that lifted your spirits. Use this calendar actively, with the hope that, by the end of 2021, you can flip back through it and reflect on a year full of small or large achievements.

Community Links is a non-profit organization focused on ensuring all Nova Scotians can age well in their communities. We would like to thank our distribution partners and the Nova Scotia Department of Seniors for their support with this project.

**Calendar team:** Nicole Havers, Erin Henderson, Leona Graham



# About Community Links

Since 1992 Community Links has promoted healthy aging by supporting the establishment of age-friendly communities and incentives.

**To learn more or become a member:**

<http://www.nscommunitylinks.ca>  
[info@nscommunitylinks.ca](mailto:info@nscommunitylinks.ca)  
Phone: (902)-422-0914  
Toll free: 1-855-253-9355  
Postal Address:  
PO Box 36129, Halifax, NS, B3J 3S9  
 [facebook.com/communitylinksassociation](https://facebook.com/communitylinksassociation)  
 [@AgingWell\\_NS](https://twitter.com/AgingWell_NS)

*Remove and save the centerfold for COVID tips and best practices. Thanks to the Province of Nova Scotia for providing this information.*

# Things To Think About

for the year ahead



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## ***The past year has been challenging for many of us***

### **Master Masking Up!**



Wash or sanitize your hands before putting on the mask and after touching the mask.

Make sure the mask covers your nose and fits securely under your chin.



Ensure the mask fits snugly on your face while still allowing you to breathe easily.



Avoid masks with an exhalation valve. These masks only protect the wearer.

#### **Source:**

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html)

This month, think about 2020, let it go, then consider your needs, hopes, and aspirations for the year to come.

### **Reflection**

Use this space to write down three words to describe the past year.

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Use this space to write down three words to describe your vision of the year ahead.

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### **Renewal**

| DECEMBER |    |    |    |    |    |    | FEBRUARY |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
|          |    | 1  | 2  | 3  | 4  | 5  |          | 1  | 2  | 3  | 4  | 5  | 6  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 | 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 13       | 14 | 15 | 16 | 17 | 18 | 19 | 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 20       | 21 | 22 | 23 | 24 | 25 | 26 | 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 27       | 28 | 29 | 30 | 31 |    |    | 28       |    |    |    |    |    |    |

# Alzheimer's Awareness Month

# January

| Sunday         | Monday | Tuesday | Wednesday           | Thursday | Friday                                  | Saturday |
|----------------|--------|---------|---------------------|----------|---|----------|
| <div>211</div> |        |         |                     |          | 1<br><br>New Year's Day<br>Kwanzaa Ends | 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             |        |         | Family Literacy Day |          |   |          |

## Connecting At A Distance

This month, find ways to stay connected while staying physically distanced.

### Stay Connected While Physically Distancing:



**Phone:** To find local services and programs across Nova Scotia, 211 is available 24/7. Call or text the number 211, call toll free 1-855-466-4994, or visit [www.ns.211.ca](http://www.ns.211.ca).



**Media:** Check out Community TV on Eastlink, TV1 on Bell, CBC, your local newspaper and radio station for programming and submissions from area residents.



**Online:** Use apps and websites (Zoom, Facebook, Facetime, Skype, Email) to connect with friends and family. Try meeting with loved ones for a virtual coffee date or to read to a child in your life. Unfamiliar with social media? Check your local library for technology-related classes.

#### Source:

[mentalhealthweek.ca/  
social-connection-is-the-cure/](http://mentalhealthweek.ca/social-connection-is-the-cure/)

### Did You Know?

It's important to stay connected!

One study found that being socially isolated can be as unhealthy as smoking 15 cigarettes per day.

### Connect

Meet with a friend at a safe distance or give them a call.

Take a class online or in person, write a letter, or play a virtual game.

JANUARY

|    |    |    |    |    |    |    |    |  |  |  |  |  |  |  |  |  |
|----|----|----|----|----|----|----|----|--|--|--|--|--|--|--|--|--|
|    |    |    |    |    | 1  | 2  |    |  |  |  |  |  |  |  |  |  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |    |  |  |  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |    |  |  |  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |    |  |  |  |  |  |  |  |  |  |
| 31 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |  |  |  |  |  |  |  |  |  |

MARCH

|    |    |    |    |    |    |    |   |  |  |  |  |  |  |  |  |  |
|----|----|----|----|----|----|----|---|--|--|--|--|--|--|--|--|--|
|    |    | 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 |    |    |    |   |  |  |  |  |  |  |  |  |  |

**African  
Heritage  
Month**

# February

| Sunday   | Monday             | Tuesday            | Wednesday | Thursday | Friday                 | Saturday |
|--|--------------------|--------------------|-----------|----------|------------------------|----------|
|  | 1                  | 2<br>Groundhog Day | 3         | 4        | 5                      | 6        |
| 7  | 8                  | 9                  | 10        | ● 11     | 12<br>Chinese New Year | 13       |
| 14<br>Valentine's Day  | 15<br>Heritage Day | 16                 | 17        | 18       | 19                     | 20       |
| 21   | 22                 | 23                 | 24        | 25       | 26                     | ○ 27     |
| 28   |                    |                    |           |          |                        |          |

## Affirmation and Gratitude

This month, focus on positive thinking.

### Think Positive Thoughts:



Challenging circumstances can disrupt our routines, making it hard to stay healthy. Prioritize eating a balanced diet and getting between seven and nine hours of sleep per night to maintain your overall health, including your immune system and mental wellbeing.



Reflection: Take time to think of people and/or things that you are lucky to have in your life. Consider the many reasons why the people in your life are lucky to have you.

### Did You Know?

Thinking positively about aging can increase one's lifespan by approximately seven and a half years.

### Activity

#### Positive affirmations:

While maintaining a positive attitude and outlook, complete the following statements. Feel free to cut out this section and put it in a place where you can read it daily.

I am: \_\_\_\_\_

I can: \_\_\_\_\_

I will: \_\_\_\_\_

#### Source:

<https://www.ctvnews.ca/health/5-tips-for-handling-your-mental-health-during-a-second-wave-of-covid-19-1.5125651>



| FEBRUARY |    |    |    |    |    |    | APRIL |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|-------|----|----|----|----|----|----|
|          | 1  | 2  | 3  | 4  | 5  | 6  |       |    |    |    | 1  | 2  | 3  |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 | 4     | 5  | 6  | 7  | 8  | 9  | 10 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 | 11    | 12 | 13 | 14 | 15 | 16 | 17 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 | 18    | 19 | 20 | 21 | 22 | 23 | 24 |
| 28       |    |    |    |    |    |    | 25    | 26 | 27 | 28 | 29 | 30 |    |

National Nutrition Month

Fraud Prevention Month

March

| Sunday                            | Monday                          | Tuesday | Wednesday               | Thursday | Friday | Saturday              |
|-----------------------------------|---------------------------------|---------|-------------------------|----------|--------|-----------------------|
| <div>211</div>                    | 1                               | 2       | 3                       | 4        | 5      | 6                     |
| 7                                 | 8<br>International Womens’s Day | 9       | 10                      | 11       | 12     | <div>●</div> 13       |
| 14<br>Daylight Saving Time Begins | 15                              | 16      | 17<br>St. Patrick’s Day | 18       | 19     | 20<br>Spring Equinox  |
| 21                                | 22<br>World Water Day           | 23      | 24                      | 25       | 26     | 27<br>Passover Begins |
| <div>○</div> 28                   | 29                              | 30      | 31                      |          |        |                       |

### Spring Cleaning Made Simple:



One step at a time: Try doing a little bit each day, or mark a few dates on the calendar when you can dedicate some time to spring cleaning (i.e.: “On the fifth, I will organize my bedroom closet”).



Reduce clutter: Sort unorganized items into “keep,” “donate,” and “trash” piles. Call a local charity such as Big Brothers Big Sisters, The Salvation Army, or Diabetes Canada to see if pickup services are available.



Many hands make light work: Assistance from a trusted friend or family member within your social bubble can help get the job done faster and have fun doing it!

This month, find ways to make a fresh start.

### Spring Cleaning

Spring cleaning is a great way to refresh your home. It can also refresh your mindset.

Studies have found that people with clean, clutter-free homes are more likely to be physically and mentally healthy.

### Sanitize Surfaces

**Tip:** When sanitizing surfaces, check the label on your cleaning products. Bleach solutions should contain 5.25-8.25% bleach, and alcohol solutions should contain at least 70% alcohol to kill bacteria and viruses (including COVID-19).

#### Sources:

[www.symphonyseniorliving.com/blog/spring-cleaning-tips-seniors/](http://www.symphonyseniorliving.com/blog/spring-cleaning-tips-seniors/)  
[www.psychologytoday.com/ca/blog/the-truisms-wellness/201607/the-powerful-psychology-behind-cleanliness](http://www.psychologytoday.com/ca/blog/the-truisms-wellness/201607/the-powerful-psychology-behind-cleanliness)

[www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

| MARCH |    |    |    |    |    |    | MAY |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|-----|----|----|----|----|----|----|----|----|
|       | 1  | 2  | 3  | 4  | 5  | 6  |     |    |    |    |    |    | 1  |    |    |
| 7     | 8  | 9  | 10 | 11 | 12 | 13 | 2   | 3  | 4  | 5  | 6  | 7  | 8  |    |    |
| 14    | 15 | 16 | 17 | 18 | 19 | 20 | 9   | 10 | 11 | 12 | 13 | 14 | 15 |    |    |
| 21    | 22 | 23 | 24 | 25 | 26 | 27 | 16  | 17 | 18 | 19 | 20 | 21 | 22 |    |    |
| 28    | 29 | 30 | 31 |    |    |    | 30  | 31 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |

**Cancer  
Awareness  
Month**

**National  
Poetry  
Month**

# April

| Sunday   | Monday         | Tuesday | Wednesday | Thursday  | Friday      | Saturday |
|--|----------------|---------|-----------|-----------|-------------|----------|
|  |                |         |           | 1         | 2           | 3        |
| 4  | 5              | 6       | 7         | 8         | Good Friday | 10       |
| Easter<br>Passover Ends  | Easter Monday  |         |           |           |             |          |
| ● 11   | 12             | 13      | 14        | 15        | 16          | 17       |
| World<br>Parkinson's Day   | Ramadan Begins |         |           |           |             |          |
| 18   | 19             | 20      | 21        | 22        | 23          | 24       |
|  |                |         |           | Earth Day |             |          |
| 25 ○   | 26             | 27      | 28        | 29        | 30          |          |

### **Methods for Managing Anxiety:**



Journal: Write down your thoughts to release stress and pinpoint emotional and behavioural patterns.



Soothe your senses: Look for essential oils or candles with soothing scents, and enjoy herbal teas, which are naturally caffeine-free.



Exercise to reduce stress: Doing yoga (or chair yoga) is a great way to exercise in a relaxing environment. Check your local community centre or look online for classes or instructional videos.



Get help: If anxiety is persistent and negatively affects your daily life, don't be afraid to reach out by calling 811, or talking to your doctor or a mental health professional.

### **Reminder**

This month, prioritize self-care.

Personal responsibilities and stressful situations are often taxing, and are compounded by external stressors like the pandemic, the economy, and political issues.

Now more than ever, it is important to remember to care for yourself.

### **Monitor**

**Tip:** stay home and call 811 if you have COVID-19 symptoms such as fever, dry cough, shortness of breath, muscle aches, loss of taste, and/or gastrointestinal symptoms.

#### **Source:**

[www.independentage.org/get-advice/health/mental-health/anxiety](https://www.independentage.org/get-advice/health/mental-health/anxiety)

| APRIL |    |    |    |    |    |    |    |    |    | JUNE |    |    |    |   |   |   |  |  |  |
|-------|----|----|----|----|----|----|----|----|----|------|----|----|----|---|---|---|--|--|--|
|       |    |    |    | 1  | 2  | 3  |    |    |    |      |    | 1  | 2  | 3 | 4 | 5 |  |  |  |
| 4     | 5  | 6  | 7  | 8  | 9  | 10 | 6  | 7  | 8  | 9    | 10 | 11 | 12 |   |   |   |  |  |  |
| 11    | 12 | 13 | 14 | 15 | 16 | 17 | 13 | 14 | 15 | 16   | 17 | 18 | 19 |   |   |   |  |  |  |
| 18    | 19 | 20 | 21 | 22 | 23 | 24 | 20 | 21 | 22 | 23   | 24 | 25 | 26 |   |   |   |  |  |  |
| 25    | 26 | 27 | 28 | 29 | 30 |    | 27 | 28 | 29 | 30   |    |    |    |   |   |   |  |  |  |



May

| Sunday                      | Monday                                   | Tuesday      | Wednesday                  | Thursday | Friday | Saturday |
|-----------------------------|--|--------------|----------------------------|----------|--------|----------|
| <div>211</div>              |  |              |                            |          |        | 1        |
| 2                           | 3  | 4            | 5                          | 6        | 7      | 8        |
| 9                           | 10                                       | <div>●</div> | 11                         | 12       | 13     | 14       |
| Mother's Day                |  | Ramadan Ends |                            |          |        | 15       |
| 16                          | 17                                       | 18           | 19                         | 20       | 21     | 22       |
| <div>23</div> <div>30</div> | <div>Victoria Day 24</div> <div>31</div> | 25           | <div>○</div> <div>26</div> | 27       | 28     | 29       |

## Getting Out There

This month, safely appreciate your community.

### Be a COVID-Safe Shopper:



Create a shopping list in advance. Prepare to buy one or two weeks worth of groceries; buying too much can create shortages, whereas buying too little leads to frequent, unnecessary trips.



If you have access to a vehicle, see if your local store has a curbside pickup option. You can also check for seniors' hours.



Stay six feet (two metres) apart from other customers. Be patient and stand back when someone is standing in front of a product you need.



After you come home and put away your groceries, wash your hands for at least 20 seconds.

Keep mask wearing, social distancing, and handwashing in mind when entering other public spaces, such as libraries, art galleries, and craft markets.

#### Sources:

[www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers](https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers)  
[ca.thrive.health/covid19/en](https://ca.thrive.health/covid19/en)

### Local

Small actions like buying locally grown produce or checking out a local-interest book from the library can encourage a feeling of connection.

### Markets

**Tip:** Visit [farmersmarketsnovascotia.ca/](https://farmersmarketsnovascotia.ca/) to find a local market in your area and to learn about COVID-19 precautions to keep in mind while shopping.

MAY

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
|    |    |    |    |    |    |    | 1  |    |    |    |    |    | 1  | 2  | 3 |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |    | 4  | 5  | 6  | 7  | 8  | 9  | 10 |   |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |    |   |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |    |   |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |   |

JULY

**National  
Pride  
Month**

**National  
Indigenous  
Month**

# June

| Sunday   | Monday   | Tuesday                                      | Wednesday      | Thursday | Friday | Saturday |
|--|--|--|----------------|----------|--------|----------|
|  |  | 1<br><br>Intergenerational<br>Day            | 2              | 3        | 4      | 5        |
| 6  | 7  | 8  | 9           ●  | 10       | 11     | 12       |
| 13   | 14   | 15<br><br>World Elder Abuse<br>Awareness Day | 16             | 17       | 18     | 19       |
| 20<br><br>Father's Day   | 21<br><br>Indigenous<br>Peoples Day<br>Summer Solstice | 22   | 23           ○ | 24       | 25     | 26       |
| 27<br><br>Canadian<br>Multiculturalism Day                                       | 28   | 29   | 30             |          |        |          |

### Everyday Mindfulness:

Mindfulness is simply the ability to be present in the current moment. Practising mindfulness can regulate stress, improve understanding, and foster feelings of gratitude. Try these simple exercises at home:



Seeing with fresh eyes: try enjoying nature, food, or art as if you have never seen it before, slowly taking note of each unique aspect of what you are focusing on.



Body scan: focus on each part of your body, from your toes to your head. Slowly move your attention up your body while taking note of and releasing any tension.



Mindful breathing: Take a moment to close your eyes and take a few deep breaths. If you like, place your hand on your stomach to feel your breaths.

#### Sources:

[www.aplaceformom.com/resources/mindfulness-activities](http://www.aplaceformom.com/resources/mindfulness-activities)

[www.mindful.org/what-is-mindfulness/](http://www.mindful.org/what-is-mindfulness/)

This month, try practising mindfulness and other mentally stimulating activities to train your brain at home.

#### Did You Know?

**COVID-19 and other stressors may contribute to feeling either over-engaged due to stress, or under-engaged due to social isolation.**

You may already know that puzzles engage the brain. However, there are many other activities that are mentally stimulating, such as engaging with nature, telling a story from memory, writing letters, and cooking or baking.

#### Attention To Details

**Tip:** Be mindful of your hands. Avoid touching your face in public to prevent the spread of COVID-19 and other viruses.



| JUNE |    |    |    |    |    |    | AUGUST |    |    |    |    |    |    |
|------|----|----|----|----|----|----|--------|----|----|----|----|----|----|
|      |    | 1  | 2  | 3  | 4  | 5  | 1      | 2  | 3  | 4  | 5  | 6  | 7  |
| 6    | 7  | 8  | 9  | 10 | 11 | 12 | 8      | 9  | 10 | 11 | 12 | 13 | 14 |
| 13   | 14 | 15 | 16 | 17 | 18 | 19 | 15     | 16 | 17 | 18 | 19 | 20 | 21 |
| 20   | 21 | 22 | 23 | 24 | 25 | 26 | 22     | 23 | 24 | 25 | 26 | 27 | 28 |
| 27   | 28 | 29 | 30 |    |    |    | 29     | 30 | 31 |    |    |    |    |

July

| Sunday         | Monday                   | Tuesday | Wednesday | Thursday            | Friday                   | Saturday                          |
|----------------|--------------------------|---------|-----------|---------------------|--------------------------|-----------------------------------|
| <div>211</div> |                          |         |           | 1<br><br>Canada Day | 2                        | 3                                 |
| 4              | 5                        | 6       | 7         | 8                   | ● 9                      | 10                                |
| 11             | 12                       | 13      | 14        | 15                  | 16                       | 17                                |
| 18             | 19<br>Eid al-Adha Begins | 20      | 21        | 22                  | ○ 23<br>Eid al-Adha Ends | 24<br>International Self Care Day |
| 25             | 26                       | 27      | 28        | 29                  | 30                       | 31                                |

### Enjoy Summer Safely:



Wear light-coloured, loose fitting clothing and a wide-brimmed hat.



Make sure you have a place to cool off. If you don't have air-conditioning, find a space like a library or a café that does. Bring a non-medical mask for entering public spaces.



Drink water regularly, taking small sips throughout the day to avoid dehydration and frequent bathroom trips.



Avoid the midday heat. If the forecast calls for a hot day, try to get out before 10am or after 6pm.



Know the warning signs of heat-related illness: nausea, dizziness, fainting, breathing problems, chest pain, headache and/or rapid heartbeat — and seek help immediately.

This month, get out and enjoy the sunshine while keeping heat safety and social distancing in mind.

### Natural Benefit

**Tip:** Being in nature reduces stress. If you are self-isolating due to COVID-19 symptoms or having travelled recently, even observing nature from a distance can improve mental wellbeing.

#### Sources:

[www.psychologytoday.com/ca/blog/the-new-resilience/201801/why-connecting-nature-elevates-your-mental-health](http://www.psychologytoday.com/ca/blog/the-new-resilience/201801/why-connecting-nature-elevates-your-mental-health)  
[nscommunitylinks.ca/how-to-handle-the-summer-heat-for-seniors/](http://nscommunitylinks.ca/how-to-handle-the-summer-heat-for-seniors/)

| JULY |    |    |    |    |    |    | SEPTEMBER |    |    |    |    |    |    |
|------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|
|      |    |    |    | 1  | 2  | 3  |           |    |    | 1  | 2  | 3  | 4  |
| 4    | 5  | 6  | 7  | 8  | 9  | 10 | 5         | 6  | 7  | 8  | 9  | 10 | 11 |
| 11   | 12 | 13 | 14 | 15 | 16 | 17 | 12        | 13 | 14 | 15 | 16 | 17 | 18 |
| 18   | 19 | 20 | 21 | 22 | 23 | 24 | 19        | 20 | 21 | 22 | 23 | 24 | 25 |
| 25   | 26 | 27 | 28 | 29 | 30 | 31 | 26        | 27 | 28 | 29 | 30 |    |    |

# August

| Sunday | Monday             | Tuesday | Wednesday | Thursday | Friday | Saturday                             |
|--------|--------------------|---------|-----------|----------|--------|--------------------------------------|
| 1      | 2<br><br>Natal Day | 3       | 4         | 5        | 6      | 7                                    |
| ● 8    | 9                  | 10      | 11        | 12       | 13     | 14                                   |
| 15     | 16                 | 17      | 18        | 19       | 20     | 21<br><br>World Senior Citizen's Day |
| ○ 22   | 23                 | 24      | 25        | 26       | 27     | 28                                   |
| 29     | 30                 | 31      |           |          |        | 211                                  |

### Be Prepared:



#### Home Safety:

Perform routine safety checks, test your smoke detectors every month, and check the forecast to know when an extreme weather event is supposed to occur.



#### Get Your Flu Shot:

It is more important than ever to get a flu shot. There is an overlap between those who are at risk of complications due to COVID-19 and those for whom the flu poses serious health risks (including seniors). Book an appointment ahead of time. If you feel unwell, stay home and call 811 instead of getting your flu shot right away.

### Storm Ready

This month, prepare for emergency situations.

**Tip:** Are you prepared for a storm? Ensure you are stocked up on non-perishable food and have clean drinking water on hand, medication for at least seven days, a battery powered light source (like a flashlight) and a small amount of cash handy.

### Breathe Easy

**Tip:** It is essential to maintain the air quality in your home. Open windows and/or doors when the weather permits. If you have an air-filtration system, ensure filters are changed or cleaned regularly. If you have a furnace, ensure it is regularly inspected by a professional.

#### Sources:

[www.cbc.ca/news/canada/nova-scotia/pharmacy-appointments-flu-shot-covid-19-pandemic-1.5738611](http://www.cbc.ca/news/canada/nova-scotia/pharmacy-appointments-flu-shot-covid-19-pandemic-1.5738611)

[www.canada.ca/content/dam/hc-sc/migration/hc-sc/hl-vs/alt\\_formats/pdf/pubs/seniors-aines/senior-guide-aines-eng.pdf](http://www.canada.ca/content/dam/hc-sc/migration/hc-sc/hl-vs/alt_formats/pdf/pubs/seniors-aines/senior-guide-aines-eng.pdf)

AUGUST

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |    |    |    |    |    |    | 1  | 2 |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 | 3  | 4  | 5  | 6  | 7  | 8  | 9  |   |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |   |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |   |
| 29 | 30 | 31 |    |    |    |    | 24 | 25 | 26 | 27 | 28 | 29 | 30 |   |

OCTOBER

**National  
Arthritis  
Month**

# September

| Sunday           | Monday          | Tuesday | Wednesday         | Thursday        | Friday | Saturday |
|------------------|-----------------|---------|-------------------|-----------------|--------|----------|
| <div>211</div>   |                 |         | 1                 | 2               | 3      | 4        |
| 5                | <div>●</div> 6  | 7       | 8                 | 9               | 10     | 11       |
|                  | Labour Day      |         |                   |                 |        |          |
| 12               | 13              | 14      | 15                | 16              | 17     | 18       |
| Grandparents Day |                 |         | Yom Kippur Begins | Yom Kippur Ends |        |          |
| 19               | <div>○</div> 20 | 21      | 22                | 23              | 24     | 25       |
|                  |                 |         | Autumn Equinox    |                 |        |          |
| 26               | 27              | 28      | 29                | 30              |        |          |



**Community Links**

*Aging Well Together*

***Aging Well***

**October 1st to the 7th  
is Seniors Week in Nova Scotia.**

Older Nova Scotians help sustain families, workplaces, communities, and the province.

**They** care for others, work on community projects, donate time and money to charitable causes, run businesses, participate in employment and politics.

**They are** leaders, guides, and mentors, sharing a wealth of knowledge and experience. Everyone benefits when we value, encourage, and support these diverse contributions.

**Sources:**

[novascotia.ca/shift/shift-action-plan.pdf](https://novascotia.ca/shift/shift-action-plan.pdf)

[www.who.int/ageing/decade-of-healthy-ageing](http://www.who.int/ageing/decade-of-healthy-ageing)

[www.un.org/en/observances/older-persons-day](http://www.un.org/en/observances/older-persons-day)

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This and every month, find ways to appreciate yourself and other older adults in your community.

***Words of  
Wisdom***

Use this space to write down knowledge that you learned through life experience. Keep it in mind or pass it on to someone you know!

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***Did You  
Know?***

2020-2030 is the World Health Organization's Decade of Healthy Ageing. This is an initiative to address the needs of seniors around the globe. Go to: [www.who.int/ageing/decade-of-healthy-ageing](http://www.who.int/ageing/decade-of-healthy-ageing) to find out more.

SEPTEMBER

|    |    |    |    |    |    |    |  |  |  |  |  |  |
|----|----|----|----|----|----|----|--|--|--|--|--|--|
|    |    |    | 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 |    |    |  |  |  |  |  |  |

NOVEMBER

|    |    |    |    |    |    |    |   |  |  |  |  |  |
|----|----|----|----|----|----|----|---|--|--|--|--|--|
|    |    | 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 |    |    |    |    |   |  |  |  |  |  |

**Women's  
History  
Month**

**Nova Scotia  
Seniors Week  
1st - 7th**

# October

| Sunday   | Monday   | Tuesday | Wednesday | Thursday | Friday                                      | Saturday |
|--|--|---------|-----------|----------|---|----------|
|  | <p><i>Celebrate aging and the contributions that older adults make in our communities. Keep an eye out for community events.</i></p> |         |           |          | 1<br><br>International Day of Older Persons | 2        |
| 3  | 4  | 5       | 6         | 7        | 8   | 9        |
| 10<br><br>World Mental Health Day  | 11<br><br>Thanksgiving   | 12      | 13        | 14       | 15  | 16       |
| 17   | 18   | 19      | 20        | 21       | 22  | 23       |
| 24   | 25   | 26      | 27        | 28       | 29  | 30       |
| 31 Halloween   |  |         |           |          |   |          |

### ***Walk This Way:***

These tips will help you get outside safely during this time of the year.



Do the penguin walk: If the ground is covered with slippery leaves, slush or snow and ice, walk like a penguin by bending slightly, walking with flat feet, pointing your feet out, and making small, shuffling steps while using your arms for balance. Go slow and remember to watch where you are going.



Make sure to check the weather forecast before going outside so you can dress appropriately and avoid heading out into a storm.



If it's cold outside, avoid staying out for too long: Aim for short bursts of outdoor activity, followed by cozy but engaging indoor activities.

#### **Sources:**

[nscommunitylinks.ca/do-the-penguin-walk](https://nscommunitylinks.ca/do-the-penguin-walk)

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This month, be proactive about your health and prepare for the winter season while staying active in your community.

***Take  
Note!***

Try marking the days when you did something social or physically challenging in a weather and COVID-safe way.

**Note some of them here:**

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OCTOBER

DECEMBER

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |    |    |    | 1  | 2  | 3  | 4  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 31 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 26 | 27 | 28 | 29 | 30 | 31 |

**International  
Arts & Health  
Month**

**National  
Diabetes  
Month**

# November

| Sunday   | Monday | Tuesday | Wednesday | Thursday  | Friday | Saturday |
|--|--------|---------|-----------|---|--------|----------|
|  | 1      | 2       | 3         |  4<br>Diwali | 5      | 6        |
| 7<br>Daylight Saving<br>Time Ends  | 8      | 9       | 10        | 11<br>Remembrance Day   | 12     | 13       |
| 14   | 15     | 16      | 17        | 18<br>       | 19     | 20       |
| 21   | 22     | 23      | 24        | 25  | 26     | 27       |
| 28<br>Hanukkah Begins  | 29     | 30      |           |   |        |          |

## ***It's The Thought That Counts***

This month, find ways to spend time (rather than money) showing your loved ones you care this holiday season.

### **Top 5 Gifts That Cost Little To No Money:**



**Baked goods:** A large batch of holiday cookies can be split among multiple recipients.



**Recipe cards:** Personalised recipe cards are a great option for one who loves to cook. Make them extra special by writing them out by hand and/or illustrating them.



**Write a meaningful passage:** Find a thoughtful quote, or a passage in a book or scripture. Create a unique gift by writing it out or cutting it out and pasting it onto decorative paper.



**Give homemade gifts:** Try your hand at crafting a gift such as a knitted scarf, a hand-made birdhouse, or homemade jewelry.



**Create a photo album or scrapbook:** Include photos of meaningful memories, or, for a creative twist, include artistic photographs sorted by colour, season, or subject.

### ***Show You Care***

While some people speak the “love language” of receiving gifts, others prefer words of affirmation, acts of service, quality time, or (safe) physical contact. Given that COVID-19 has put a strain on many people financially, it may be time to reconsider gift-giving habits and explore different ways to appreciate loved ones.

#### **Sources:**

[www.5lovelanguages.com/](http://www.5lovelanguages.com/)

[www.marieclaire.com/culture/g776/free-gift-ideas/?slide=29](http://www.marieclaire.com/culture/g776/free-gift-ideas/?slide=29)

[www.huffpost.com/entry/20-gifts-that-cost-nothing-to-make-but-just-might-be-priceless\\_b\\_6282918](http://www.huffpost.com/entry/20-gifts-that-cost-nothing-to-make-but-just-might-be-priceless_b_6282918)

NOVEMBER

JANUARY

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |    |    |    |    |    |    | 1  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 28 | 29 | 30 |    |    |    |    | 30 | 23 | 31 | 24 | 25 | 26 | 27 |

# December

| Sunday   | Monday                           | Tuesday                                   | Wednesday | Thursday | Friday  | Saturday            |
|--|----------------------------------|---|-----------|----------|---|---------------------|
|  |                                  |   | 1         | 2        | 3<br>International Day<br>of Disabled Persons | 4<br>●              |
| 5  | 6<br>Hanukkah Ends               | 7   | 8         | 9        | 10  | 11                  |
| 12   | 13<br>Acadian<br>Remembrance Day | 14  | 15        | 16       | 17  | 18<br>○             |
| 19   | 20                               | 21<br>Dongzhi Festival<br>Winter Solstice | 22        | 23       | 24<br>Christmas Eve                           | 25<br>Christmas Day |
| 26<br>Boxing Day<br>Kwanzaa Begins   | 27                               | 28  | 29        | 30       | 31<br>New Year's Eve                          |                     |

**Provincial Information  
& Referral Lines (24 hour)  
211**

1-855-466-4994

[www.ns.211.ca](http://www.ns.211.ca)

Find services and programs

**811**

Speak to a nurse about health  
and COVID concerns

**511**

Nova Scotia road conditions

**Access Nova Scotia**

1-800-670-4357

[askus@gov.ns.ca](mailto:askus@gov.ns.ca)

**Alzheimer's Info Line**

1-800-611-6345

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

**Caregiver's Nova Scotia Info Line**

1-877-488-7390

[www.caregiversns.org](http://www.caregiversns.org)

**Community Links**

1-855-253-9355

[www.nscommunitylinks.ca](http://www.nscommunitylinks.ca)

**Crime Stoppers**

1-800-222-8477

**Department of Seniors**

1-844-277-0770

[www.novascotia.ca/seniors/](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

[SeniorsPharmacare@medavie.bluecross.ca](mailto: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

[www.communitytransitns.ca](http://www.communitytransitns.ca)

**Seniors Info Line (VON)**

(902) 454-5755

**Grief and Bereavement Services**

[www.cdha.nshealth.ca/palliative-care/  
grief-and-bereavement-services](http://www.cdha.nshealth.ca/palliative-care/grief-and-bereavement-services)

**Seniors' Safety Program**

[novascotia.ca/seniors/  
senior\\_safety\\_programs.asp](http://novascotia.ca/seniors/senior_safety_programs.asp)

**Crisis Text Line**

[www.crisistextline.org/](http://www.crisistextline.org/)

**RCMP**

1-800-803-7267

[www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)

**Seniors Canada Online**

[www.seniors.gc.ca](http://www.seniors.gc.ca)

**Senior Abuse Line**

211

[stopelderabuse@gov.ns.ca](mailto:stopelderabuse@gov.ns.ca)

**Red Cross Community HELP Program**

Health Equipment Loans

(902) 424-1420

**Provincial Mental Health Crisis Line**

1-888-429-8167

**Mental Health & Addictions Services**

1-855-922-1122

[mha.nshealth.ca/en](http://mha.nshealth.ca/en)

**Transportation**

(to find a ride in your area)

211

[www.ruralrides.ca](http://www.ruralrides.ca)



**Community Links**

*Ageing Well Together*