



E-Bulletin- Volume 5, No. 8 August 14, 2009

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HIGHLIGHTS

Congratulations to Board Member **Sheila Hoeg** for advancing to the national finals of the KIN Canada Public Speaking Competition. Sheila was the winner at the Club, Zone and District Levels and will compete in the finals later this month in Niagara Falls. Good luck Sheila!

The Provincial Government has announced the **Caregiver Allowance** program that allows eligible family caregivers to receive an allowance of up to \$400 per month. More information is available at http://www.gov.ns.ca/health/ccs/caregiver_allowance.asp or by calling Caregivers NS at 1-877-488-7390.

EVENTS

The **Acadia Lifelong Learning (ALL) Program** offers the intellectual and cultural resources of Acadia University to the growing population of senior adults. Class topics include history, geology, religion, and literature. Come to an information session on Tuesday, August 25, at 7 pm, and discuss how ALL can partner with the Mahone Bay Area Seniors Project to bring its benefits to our area. Contact South Shore Public Libraries at 902-543-2548 or email allinfo@acadiu.ca for more information.

Come down to the **Country Music Jamboree**, a joint fundraiser put on by Coastal Country Music Association in partnership with the Alliance for Equality of Blind Canadians. The event will be held on September 12, 2009 from 7 to 9:30 pm at the Royal Canadian Legion Branch #95, Bedford, NS. Admission is \$8 in advance or \$10 at the door. Tickets are available by contacting Alice (454-4750), Doreen (853-9754), Ron

(627-1588), the Bedford Legion Bar or coastalcountry@eastlink.ca.

Mark this date! Nova Scotia 55+ Games will be held in Yarmouth, NS this year on September 24, 25 and 26th 2009. For additional info, please contact Frank Grant at frankg@district.yarmouth.ns.ca or visit: www.novascotia55plusgames.com.

"Rediscover Recreation...Make Time to Play" is the theme of Recreation Nova Scotia's 12th annual conference and trade show, held October 14th to 17th at Oak Island Resort in the South Shore. A brochure with complete registration details will be available on or before August 28th. Visit www.recreationns.ns.ca/conference for more details, or call 902-425-1128 or email info@recreationns.ns.ca.

The **20th Provincial Alzheimer Conference** will be held on October 19 & 20, 2009, at the Holiday Inn Harbourview, Dartmouth, Nova Scotia. For more information, please call 1-800- 611-6345 or visit www.alzheimer.ns.ca.

OPPORTUNITIES AND RESOURCES

The Federation of Community Organizations is conducting a research study starting in September called **State of Health of the Non-profit/Voluntary Sector in Nova Scotia**. If you are an Executive Director, Board member or paid staff member of an incorporated, non-profit agency, consider being interviewed either by phone or online. Email nfpresearch@gmail.com with your name, job title, organization and phone number so you can be contacted. For more information, please visit www.nfpresearch.ns.ca or contact Margaret Fraser at foco@foco.ca or 902-461-3065.



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Learn more about issues to consider when arranging your legal affairs and protect yourself from financial abuse, fraud and exploitation. Watch for free province-wide information sessions to introduce the **Seniors' Legal Planning Information Kit** in spring 2010. For more details on the kit, please visit <http://www.legalinfo.org> and <http://www.msvu.ca/nsca>.

Although it is an unpleasant event to think about, planning ahead for your funeral can relieve stress on your family members in their time of need. **Free Workshops** are available to inform you about what is required of you and the importance of putting your choices on record. For more information, please contact Janet Williams at janet.william@sci-us.com or call 423-7295.

NSVF: Post your event, volunteer opportunity or news on the **Nova Scotia Volunteer Forum** website at www.nsvolunteerforum.ca



Preventing Falls Together
for age friendly communities Conference 2009

Plans for the PFT fall conference are well underway. The program includes a panel on age friendly communities, four workshops to choose from, entertainment, and much more. Look for our conference package arriving soon. Date: October 29 and 30, 2009
Place: Holiday Inn Truro
For more information, call 902-422-0914 or email info@preventingfallstogether.ca.

Thank you to the **Bergengren Credit Union** and Branch Manager Dale Bigney for designating a parking space for seniors. The Pictou County Preventing Falls Together coalition is encouraging other businesses to follow the Credit Union's lead in promoting age-friendly spaces.

Registration is underway for the **Canadian Falls Prevention Curriculum (CFPC) E-Learning course**, taught via distance education through the University of Victoria Continuing Studies program. The course is offered from October 2-30, 2009. For more information, please visit <http://www.uvcs.uvic.ca/health/>.

A new and improved **Preventing Falls Together** website is being developed to help better showcase available information and resources. Watch for it in the fall!

For more information about Preventing Falls Together, please contact the regional staff member closest to you.

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