



E-Bulletin- Volume 6, No. 12 Dec 16, 2010

Want to see your group or event listed here? Email us!

HIGHLIGHTS

Susan King, our Preventing Falls Together Program Coordinator, has accepted a position as Executive Director with Atlantic Coastal Action Plan (ACAP) Cape Breton. Best of luck in your exciting and challenging new position Susan – you will be missed.

Susan's responsibilities will be handled for the next few months by other staff of the organization, and a short term contracted position in Cape Breton.

EVENTS

Aging In Place: Strategies for Staying Well and Staying Put. Join the Department of Seniors and Home Safe Living for a presentation and discussion with Louis Tenenbaum, leading thinker, speaker and consultant on Aging in Place.

January 14, 2011
3PM to 4:30PM
Royal Bank Theatre
Halifax Infirmary
RSVP to Kate 424-4255
kate.scott@gov.ns.ca

Opportunities

Are you a Nova Scotia Resident over 65 and living alone? Are you receiving publicly funded home care? Do you use a cane or walker? You may be eligible for the new **Personal Alert Assistance Program** which starts January 1, 2011. This is a program which will reimburse lower income seniors for some of the costs of a home personal alarm. Contact your home care coordinator or call 1-800-225-7225 for more information.

Maritime Rideshare Cooperative is conducting a survey of potential users of its planned service. This cooperative will connect drivers and passengers through a simple, centralized website, in order to share rides more easily and frequently. If you are interested in using such a service in the future, please complete the on-line survey at [Maritimes Rideshare Survey](#)

Silver Times is a new publication from the Active Living Coalition for Older Adults. If you would like to view this publication on-line, go to www.alcoa.ca or contact Tonia.hearst@gmail.com to arrange for copies by mail. The next issue will be available in February 2011.

The Department of Seniors is pleased to announce its **Intergenerational Award Program** with three awards that will be presented in Spring, 2011.

The Award Program recognizes outstanding seniors, youth and volunteer groups dedicated to community service through activities that inspire interaction between younger and older generations.

The deadline for nominations is January 31st, 2011.

More information is available on the department of seniors website, <http://www.gov.ns.ca/seniors/> or by calling 1-800-670-0065

E-Quiz

November's E-Quiz winner was Angela Lohnes

The first person to answer correctly receives a prize!

Christmas Trivia: In which author's novel is it "always winter but never Christmas"

Send your response to:
admin@nscommunitylinks.ca











*Seasons Greetings from
Community Links Board and Staff*



Give the Gift of Mobility

Assistive devices keep us independent and mobile. They help with the activities of daily living.

This season, give the gift of mobility to a family member or friend. Below are some gift ideas:

-  a long handled shoe horn
-  hip protectors
-  ice grippers to fit over boots on icy days
-  grab bars for the bathtub, shower & by the toilet – include proper installation for safety
-  a bath chair or bench
-  a non-slip bathmat
-  reachers for reaching things in high or low places
-  an interesting cane to encourage use around the home
-  a metal cane tip for outside use on icy days
-  a walker or rollator (a walker with wheels & a seat) for greater staying power and independence

Devices like canes, and walkers need to be properly fitted by a physiotherapist, occupational therapist, or health equipment specialist.

For more information, contact
Preventing Falls Together
~a program of Community Links
Tel: (902) 422-0914
www.preventingfallstogether.ca