



**E-Bulletin- Volume 8, No. 01 Jan 18, 2012**

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

## HIGHLIGHTS

January is **Alzheimer Awareness Month**. Visit the Alzheimer Society of Nova Scotia Website at <http://alzheimer.ns.ca/> Call the Alzheimer info line toll free at 1-800-611-6325 for information, education, and emotional support.

Ageing well means quitting – smoking, that is! **National Non-Smoking Week** will be held January 15-21, 2012. The theme is: **“Breaking up is hard to do.”** For more info and tips on how (and why) to quit, visit [www.nnsw.ca](http://www.nnsw.ca)

## EVENTS

### **Dementia and End of Life Care: A Public Lecture**

Tuesday, January 31, 2012  
7:00 - 8:30 p.m., Shirley Burnstein Hall  
2615 Northwood Terrace, Halifax, NS  
Presented by: Northwoodcare Inc., in partnership with the Alzheimer Society of Nova Scotia

**Not Well Enough Alone: Mental Illness and Isolation** - A Café Scientifique presented by Novel Tech Ethics

**Time and Date:** 7:00 p.m., Thursday  
January 19, 2012

**Location:** Humani-T Café, 5755 Young Street Halifax (Located on the corner of Young and Agricola, near the Hydrostone)

**Open Mic - Wallace Community Centre** - Friday, Jan 20th 7:00pm Enjoy an evening listening to artists from near and far in the companionship of your neighbours. Free will at the door. Refreshments available. Proceeds to support Community Centre

### **PROMOTING AGE-FRIENDLY WORKPLACES IN THE NON-PROFIT SECTOR**

You are invited to attend one of the small, informal groups in your area to discuss ideas on how to ensure the non-profit sector is an age-friendly workplace: What will attract and retain mature workers in the non-profit sector? What do you need to keep working beyond the age of 55?

**New Glasgow** – January 18th Summer Street Industries, 72 Park Street, New Glasgow  
**Focus Group 1** - 9:30 am – 11:30 am for Employers in the Non-profit Sector (EDs, Board members)  
**Focus Group 2** - 1:00 pm – 3:00 pm for Employees (full or part-time) in the Non-profit Sector

**Kentville** – January 25th Kings RDA, 35 Webster Street, Kentville  
**Focus Group 1** - 9:30 am – 11:30 am for Employers in the Non-profit Sector (EDs, Board members)  
**Focus Group 2** - 1:00 pm – 3:00 pm for Employees (full or part-time) in the Non-profit sector

To register, contact [vmcneil@accesswave.ca](mailto:vmcneil@accesswave.ca) or call 902-404-0107.

### **LEARN to use the NORDIC POLE WALKING poles -FREE Beginners Clinic**

Saturday, Jan 21, 1 - 3:30 pm.  
Shirley Burnstein Hall  
Northwood Community Centre  
2615 Northwood Terrace

Space is limited --Book your place now for this event. To reserve: email: [nordicpolewalking@carpnovascotia.ca](mailto:nordicpolewalking@carpnovascotia.ca) or call the CARP Answering Service at 495- 8284 please leave your name, phone number and the names of those coming with you. Please bring your poles and wear sneakers. The class will be inside in the auditorium. **Book ahead if you need to borrow poles for the event.**



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**FREE Training/Volunteer Opportunity  
for Permanent Residents.**

Are you a permanent resident who wants to:

- ✓ become more active in your community
- ✓ improve your communication skills
- ✓ help others improve their language skills
- ✓ learn more about volunteering

DATE: Saturday, January 28, 2012

TIME: 8:45am to 4:30 pm (Lunch is provided.)

PLACE: Best Western Chocolate Lake Hotel,  
20 St. Margaret's Bay Road, Halifax, NS

Space is limited and pre-registration is required. To register please contact:

John Munro

Frontier College, Halifax, NS

(902) 476-0639 or (902) 494-7003

[jmunro@frontiercollege.ca](mailto:jmunro@frontiercollege.ca)

**OPPORTUNITIES**

Are you a Board member or staff of a registered charity? Are you an accountant, consultant or fund development professional who works with a registered charity?

**The Atlantic Charities Learning Exchange** offers free information sessions for registered charities and allied professionals who work with charities. These sessions can be geared to your individual needs and cover such topics as: the fundraising ratio- how to calculate yours and how to lower it; navigating the CRA's fundraising guidance; what Board members need to know about charitable reporting, and much more. To arrange a session or to find out more, contact Anne Corbin at Community Links Provincial office 902-422-0914 or visit [www.atlanticcharities.ca](http://www.atlanticcharities.ca)

**Eastern Nova Scotia Diabetes Support Group**

meets on the third Thursday of every month in the Health Connections boardroom located in the People's Place Library, 283 Main Street, Antigonish. For more information please contact Shaun at 867-1214 or [diabeticsupportgroup@bellaliant.net](mailto:diabeticsupportgroup@bellaliant.net)

Does your community make Nova Scotia a better place? Are you proud of what you do as a community? Then it's not too late to nominate your community for the **Lieutenant Governor's Community Spirit Award**. The deadline for submissions is February 29<sup>th</sup>, 2012. Go to [www.communityspiritaward.ca](http://www.communityspiritaward.ca) for more information.

**The Seniors' Literacy Program** helps seniors with their learning needs. Programs are designed to make learning fun. Information on available grants and the annual projects currently running is available by calling the toll-free line at 1-877-go-NSSAL (1-877-466-7725) or contacting the coordinator directly responsible for the program. David Welsh, Adult Education Coordinator, Southwestern Region. Phone: (902) 543-2376

The HRM Community Grants Program opens January 2012 with grant applications due by March 31, 2012. For more information: <http://www.halifax.ca/boardscom/bccgrants/CommunityGrantsProgram.html>

**E-Quiz**

December's E-Quiz answer was 'Snapdragon.' The winner was Community Links ED, Sandra Murphy. There were no other correct responses!

The first person to answer correctly receives a prize!

**Question:** 1961 was the last year to read the same upside down and back to front. What will be the next?

Send your response to:  
[bernie@nscommunitylinks.ca](mailto:bernie@nscommunitylinks.ca)