



E-Bulletin- Volume 6, No. 01 January 15, 2010

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HIGHLIGHTS

How Canadians Can Help-We are all watching with dismay as the effects of the earthquake in Haiti unfold, and many of us want to help. One way to do this is to donate to the Canadian Red Cross. Call the Red Cross at 1-800-418-1111 or go online to www.redcross.ca/helpnow

EVENTS

Board Liability: Does it Affect You? Pictou County Volunteer Coalition offers this lunch and learn workshop on January 19, 2010 from 12:15 -1:30 PM at Swiss Chalet, Westville Road New Glasgow. \$15 fee includes lunch. To pre-register, call 902-755-1754 or email volunteer@ns.aliantzinc.ca

Seniors' Safety Skit'tles

Join the Kings County RCMP Senior Safety Program for a fun filled day of safety skits for older adults January 20-10am-2 Pm at Horton High School. Registration starts at 9:45. Snow date January 21. Lunch included. RSVP to Michelle or Bev at the Wolfville RCMP 542-3817

The Gertontology Association of NS (GANS) offers its first lunch and learn talk: **Emergency Preparedness: do older adults help or need help in emergencies?** with speaker John Webb, the Provincial Director of Emergency Social Services. Friday January 22, 2010, 12:00-1:00pm Royal Bank Theatre, 1st floor, Halifax Infirmary, Summer St, Halifax. For more info, email info@cakens.com or phone 902-473-2975

GANS has a great new website: The **Community on Aging Knowledge Exchange**. Visit it at www.cakens.com

VON Cape Breton invites you to bring your sweet tooth and enjoy delectable desserts from Sara's Simply Delicious at the **Chocolate Lovers Valentine Auction**. This event supports VON charitable programs and will be held at the Joan Harris Cruise Pavilion in Sydney, NS with Auctioneer Richard Fogarty, and music by Jason Kempt. Saturday, February 13th, 2010
Dessert, champagne and entertainment at 7:00 PM
Auction 8:00 to 9:00 PM
Tickets \$25.00 each, \$250 per table of 10
For More Information Please Phone 564-6479 or 564-0736

Atlantic Charities Learning Exchange (ACLE) offers a **Mentor Training Workshop** on February 15, 2010 from 10-3 at the Museum of Industry in Stellarton. This free workshop (lunch included) includes training in how to help small and rural charities complete the Registered Charities Information Return and meet other CRA reporting requirements. Travel assistance is also available. For info or to register, contact Brenda MacKinnon at blmackinnon@seasidehighspeed.com, call ACLE at 1-866-753-9860 or visit the website at www.atlanticcharities.ca

Volunteers and Non- Profit Organizations: The Strength of Our Communities. Shelburne and Yarmouth Municipal Recreation Departments and the Nova Scotia Department of Health Promotion and Protection invite you and your fellow staff, Board members, and volunteers to participate in the first of several local gatherings on February 18th, 2010 at the Barrington and Area Lions Club, 2904 Highway 3, Barrington from 9:30 to 4 pm. The agenda will include sharing our volunteer successes, challenges and opportunities, and discussions on how we can strengthen the sector. Also featured is "Insurance and Risk Management 101" – an information workshop by Bruce Langille, Manager, NS Department of Transportation and Infrastructure Renewal. Contact mjohnston@municipalityofshelburne.ca to register by February 11, 2010. or call (902) 875-3544 ext 225



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OPPORTUNITIES AND RESOURCES

Atlantic Charities Learning Exchange

(ACLE) Podcasts Now Available! Did you miss the ACLE webinars in September 2009? If so, not to worry! ACLE is proud to offer recordings of these webinars! To access these, go to www.atlanticcharities.ca and click on "Listen to Podcasts" in the top left hand corner of the site.

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

Rising Tide: The Impact of Dementia on Canadian Society.

A new report from the Alzheimer Society of Canada explores how "Canada is facing a dementia epidemic and must take action now." View a Summary of the report or download the full report at: http://alzheimer.ca/english/rising_tide/rising_tide_summary.htm

There is still time to take part in Recreation Nova Scotia's **Lucky Duck Lotto 2010.** For more information call RNS at 425-1128 or visit <http://www.recreationns.ns.ca/luckyduck>



Preventing Falls Together Coalitions around the province are planning for a busy new year in 2010. Here are a few things to look for:

Get a Grip on Winter: Cape Breton and Guysborough Coalitions are putting the finishing touches on a project involving the use of grit bags to help seniors get over those icy patches in winter. In addition to Coalition

members and community partners producing and distributing about 1000 grit bags, Eastern Mainland Housing has agreed to provide grit boxes in their buildings in Guysborough and Antigonish so that seniors in those buildings can refill their grit bags. Contact PFT Coordinator Susan King for more info.

Now You're Going Places: Community Links/ Preventing Falls Together has received New Horizons funding to hold a series of workshops in several locations around the province. During these workshops, seniors will share their personal experiences with using assistive devices to help other seniors take active steps to maintain their independence. For more information about the project, contact Provincial PFT Coordinator Susan King (see contact info below)

Fall Proof Your Salon or Barbershop

PFT staff have developed a resource to help hair salon owners and staff keep their senior clientele (and everyone else!) safer from falls. Contact any staff person listed below for more information or to obtain the resource.

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

PFT Provincial Coordinator/
Eastern NS: Susan King
coordinator@preventingfallstogether.ca

Western NS: Carla Malay
nswest@preventingfallstogether.ca

Central NS: Brenda MacKinnon
nscentral@preventingfallstogether.ca

HRM: Anne Corbin
info@nscommunitylinks.ca