

Well-Being HUBs



Services and resources for community members and their loved ones with the goal to empower individuals and families as they move through transitions while aging.



What is Well-Being HUBs?

The Well-Being HUBs project is an emerging network of health and social care providers along the Eastern Shore and throughout the Musquodoboit Valley. It is led by Harbourview Lodge Continuing Care Centre

(Harbourview Lodge) and Musquodoboit Valley Home for Special Care (Braeside). Well-being HUBs will support community members and their care partners along the Eastern Shore and in the Musquodoboit Valley with their transition into Continuing Care & Long-Term Care (LTC).

Our goal is to offer wrap-around supports to people receiving care and their care partners, in hope of keeping community members in their homes longer. Programming will be offered to support people in LTC by increasing integration in the community and reducing isolation, in addition to meeting the needs of care partners at all stages of their care journey.

VISION

A supportive community where adults can transition through life with dignity, accessing the right care and services at the right time.

MISSION

To create a network of community and health providers who will work collaboratively to provide the right care and supports that will empower adults and their care partners as they move through life transitions. The network will work to navigate, educate, coordinate and facilitate access to existing programs and services and create new ones to fill identified gaps.

Fall & Winter Programming In-person and virtual

All Well-Being HUBs programming will be subject to Public Health protocols relevant on the date of each event.

To keep within gathering limits and social distancing requirements, spaces will be limited and registration required. Please contact us at 902-889-2735 or wellbeinghubs@gmail.com to register.

Virtual and in-person options are available for many activities being offered.

If you need to borrow a Chromebook, tablet, and/or a MiFi connection to access the internet, see the Technology Lending Program information on page 5.

Contact us at 902-889-2735 or wellbeinghubs@gmail.com if transportation is a barrier for you.

OCTOBER 2021

Type 2 Diabetes: The Basics
Thurs., Oct. 28, 1 pm - 2:30 pm
Eastern Shore Memorial Hospital Board Room
22637 Hwy 7, Sheet Harbour

Join Nurse Practitioner Paul Cameron and Halifax Public Libraries Dietician, Emily Mathew, to learn the basics of Type 2 diabetes management. Paul will cover symptoms of diabetes and how to manage them through diet, exercise and medication. Emily will prepare a diabetes-friendly snack for participants and will provide some food-prep resources to use at home.

Alzheimer's Group

Every Wednesday from Oct. 27 until Dec. 1, 10 am - 12 pm

Eastern Shore Memorial Hospital Board Room

22637 Hwy 7, Sheet Harbour

NSHA Social Worker Katie Simms will lead these sessions, each one covering a different topic related to caregiving for a loved one with Alzheimer's, other dementia or memory loss challenge.

Topics include:

- An overview of dementia, symptoms and diagnosis
- Planning for the future
- Day to day issues, communication
- Care for the caregivers
- Understanding dementia behaviour
- Responding to changing care needs, and more

NOVEMBER 2021

Caregivers Nova Scotia Advance Care Planning Workshop

Friday, Nov. 5, 1 pm - 3 pm

Old School Community Gathering Place

7962 Hwy 7, Musquodoboit Harbour

Join Catherine Parent, Caregivers NS Eastern HRM Support Coordinator for their Advance Care Planning (ACP) workshop.

This workshop:

- prepares caregivers to start thinking about future healthcare wishes
- gives tips on how to start the conversations with family, friends, and healthcare providers, and
- includes provision of tools and information to start creating an ACP for oneself.

DECEMBER 2021

Introduction to the Care System with Greywave Senior Care Consulting

Tuesday, Dec. 7, 7 pm - 8:30 pm

Zoom, link provided upon registration

Join Marie-Claire Chartrand as she provides an overview of the continuing care system, including home care and long-term care options in the public and private sectors. Marie-Claire will also provide information on benefits and resources available to those requiring care and their care givers.

Caregivers Nova Scotia Programs and Services Presentation

Thursday, Dec. 16, 2 pm - 4 pm

Musquodoboit Valley Family Resource Centre

12280 Hwy 224, Middle Musquodoboit

Are you a caregiver for a loved one? Join Catherine Parent, Eastern HRM Support Coordinator from Caregivers NS to learn more about the team at CNS and how they can help family and friend caregivers. The presentation provides a highlight of the services available to unpaid caregivers, and includes information, referrals, and a tour of their website.

JANUARY 2021

Caregivers Nova Scotia Programs and Services Presentation

Jan. 13, 2 pm - 4 pm

Eastern Shore Memorial Hospital Board Room

22637 Hwy 7, Sheet Harbour

See description of workshop above.

FEBRUARY 2022

Type 2 Diabetes Management

Date to be announced

Eastern Shore Memorial Hospital Board Room

22637 Hwy 7, Sheet Harbour

Join Nurse Practitioner Paul Cameron and Halifax Public Libraries Dietician, Emily Mathew, to learn the basics of Type 2 diabetes management. Paul will cover symptoms of diabetes and how to manage them through diet, exercise and medication. Emily will prepare a diabetes-friendly snack for participants and will provide some food-prep resources to use at home.

Technology Lending Programs

Do you want to access online programming or meet with your healthcare providers online but don't have a device and/or internet connection?

You can borrow a device and a remote WiFi connection (MiFi) to access the internet from the following organizations:

- Eastern Shore Musquodoboit Community Health Board (for access to health appointments and health education workshops)
- Eastern Shore Musquodoboit Valley Literacy Network
- Musquodoboit Valley Family Resource Centre
- Eastern Shore Family Resource Association in partnership with Halifax Public Libraries.

Contact them to find out how you can borrow a device and get connected. All contact information is on page 7.

Well-Being HUBs Partners

Alzheimer's Society of Nova Scotia.
1-800-611-6345

www.alzheimer.ca/ns/en
alzheimer@asns.ca

Caregivers Nova Scotia
1-877-488-7390

www.caregiversns.org
info@caregiversNS.org

Continuing Care
1-800-225-7225

www.novascotia.ca/dhw/ccs/

Eastern Shore Mental Health
www.facebook.com/groups/245721602063/

Eastern Shore Musquodoboit Community Health Board
www.communityhealthboards.ns.ca
902-891-0372

denise.vanwychen@nshealth.ca

Eastern Shore Musquodoboit Valley Literacy Network
www.facebook.com/esmvliteracy/
902-391-0014

esmv@adultriteracynetwork.ca

Nova Scotia Health Authority

www.nshealth.ca

Halifax Public Libraries.
902-889-2227

www.halifaxpubliclibraries.ca/locations/MH

Musquodoboit Valley Family Resource Centre

www.musquodoboitvalleyfamilyresourcecentre.vpweb.ca

902-902-384-2794

mvfrcl@gmail.com