

Well-Being HUB Programs & Services Fall 2022



Providing wrap-around supports for community members and their loved ones who are aging in place or transitioning into supportive care.



What is Well-Being HUB?

The Well-Being HUB project is a network of health and social care providers along the Eastern Shore and through the Musquodoboit Valley. Led by Harbourview Lodge Continuing Care Centre (Harbourview Lodge) and Musquodoboit Valley Home for Special Care (Braeside), Well-Being HUB supports community members and their care partners who are aging in place and those transitioning into supportive care, as well as their care partners. Our goal is to offer "wrap-around" supports in hopes of keeping community members in their homes longer.

HUB offerings include:

- 1) the Well-Being HUB Navigation Service
- 3) Visiting Buddies, a volunteer visitor program for isolated older adults
- 3) Programming and information sessions

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 programs to fill identified gaps.

Well-Being HUB activities are possible with financial support from Nova Scotia Health's Innovation Catalyst Fund, the Department of Seniors and Long Term Care's Age-Friendly Communities and the Federal Government's New Horizons for Seniors Program.

Well-Being HUB Programs and Services

Navigation Service

The Well-Being HUB Navigator, Michelle Williams, offers support to community members along the Eastern Shore and in the Musquodoboit Valley who are aging in place or transitioning into supportive care, along with their care partners. She can help community members access resources, navigate systems, connect with necessary care, and other supports. The Navigator provides information about services & practical supports, and connections to community resources.

Contact Michelle with your own questions, or to provide a referral for someone else at 902-981-4001; toll free at 1-833-393-2298; or by email at hubsnavigator@gmail.com.

Visiting Buddies Program

We're on the lookout for volunteers and participants for our Visiting Buddies Volunteer Visitor Program!

Volunteers are paired up with an older adult who could use some company, or whose care partner requires respite. The volunteer visits their "match" in their home or in the community for two to three hours per week. Matches last for three months, with the option to extend if resources are available.

Visits are social, and can include outings, doing an activity at the client's home, providing company and help for errands, some navigation to resources, etc. Volunteers and their "matches" decide together on a visit schedule that works for both, so the commitment is flexible. Volunteer Orientation and regular training opportunities are offered.

If you're interested in being part of this rewarding program, get in touch at 902-889-2735, 1-833-393-2298 or wellbeinghubs@gmail.com.

Visiting Buddies is funded in part by the Government of Canada's New Horizons for Seniors Program and the NS Department of Seniors and Long Term Care's Age-Friendly Communities.

Community Programming

Well-Being HUB coordinates programming on topics relevant to aging in place, transitioning into supportive care, and caregiving.

Sessions on offer through the fall include:

- Conflict resolution for caregivers
- Alzheimer Society of Nova Scotia (ASNS) Family Caregiver Education Series
- Women's Grief & Bereavement Support Group
- Online tax info session
- Fraud Prevention for Seniors
- Hearing Loss and Hearing Aids for Caregivers
- and more!

See the individual listings for more information. Transportation support is available for all programming, contact us to make the arrangements.

October 2022

Conflict & Stress in the Life of a Caregiver

Tuesdays, Oct. 18 & 25, 1:00 pm - 2:30 pm

The Old School Community Gathering Place
7962 Hwy 7, Musquodoboit Harbour

Stress is a common aspect of the life of a caregiver. There are many responsibilities between living your own life and caring for someone who can no longer do it all for themselves. Not enough time is a big stressor, so is conflict. Sometimes you witness it and sometimes you are a part of it.

Conflict management skills are as critical as knowing first aid. You are invited to attend our 'build your conflict management competence' workshops, to learn more about how to manage in typical stress situations in your role as caregiver. Much as you sometimes would like to, you cannot just walk away.

This workshop has two parts - part 1 on Oct. 11 and Part 2 on Oct. 18. Delphine du Toit, a conflict management specialist who lives on the Eastern Shore, is our facilitator. Find out more about her and her work at www.delphinedutoit.ca.

Alzheimer Society of Nova Scotia (ASNS) Family Caregiver Education Series

Thursdays from Oct. 20th to Nov. 24th, 6:00 pm - 8:00 pm

Harbour Lites Seniors Club

167 Meaghers Grant Rd., Musquodoboit Harbour

This free program supports family and friends of people newly diagnosed with dementia. Each week, NSH Social Worker Katie Simms will facilitate a different topic related to caring 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

Contact ASNS for more information and to register - 1-800-611-6345.

Caregiver Workshop on Hearing Loss and Hearing Aids with hear right canada

Wednesday, October 26, 2:00 pm - 3:00 pm

The Old School Community Gathering Place

7962 Hwy 7, Musquodoboit Harbour

This workshop is for anyone interested in learning more about hearing loss and hearing aid maintenance. Join audiologists Dr. Peter Russell and

to learn more about:

- ear anatomy & types of hearing loss
- communicative & psychosocial impacts of hearing loss
- tools to maintain hearing aids, troubleshooting
- and more!

To register, contact hear right canada at 902-406-2413.

JOY Group Presentation: Well-Being HUB Navigation Service

Monday, Oct. 31, 12:00 pm - 1:15 pm

Middle Musquodoboit, Musquodoboit Valley Family Resource Centre

The JOY (Just Older Youth) Group meets on the last Monday of the month for lunch and conversation. In October, Michelle Williams, the Well-Being HUB Navigator will join the group to talk about our recently launched Navigation Service and what we can do for community members. Lunch is served. Contact the Family Resource Centre for more information at 902-384-2794 or mvfrc1@gmail.com.

November 2022

Conflict & Stress in the Life of a Caregiver

Tuesday Nov. 1 & Monday Nov. 7, 1:00 pm - 2:30 pm

Sheet Harbour Library, 22756 Hwy 7, Sheet Harbour

Wednesday Nov. 23 & Wednesday Nov. 30,

1:00 pm - 2:30 pm

Musquodoboit Valley, location to be confirmed.

Refer to workshop description in October section.

Clean Out the Fridge Suppers, with Chef Lynn
Wednesday, Nov. 2, 6:30 pm - 8:30 pm

The Old School Community Gathering Place
7962 Hwy 7, Musquodoboit Harbour

Join Chef Lynn again for a fun and informative session for an off the cuff meal planning. Lynn will provide tips and tricks to create tasty meals from what you find in your fridge. Reduce food waste, eat healthy and cut your budget, all at the same time!

The Well-Being HUB Wellness Fair
Saturday, Nov. 5, 10 am - 5 pm

Middle Musquodoboit, Musquodoboit Valley Bicentennial Theatre,
12390 NS-224

Mark your calendars & join us at the first Well-Being HUB Wellness Fair!
Come out to find out about resources and services that support:

- aging in place & caregivers
- preventative health & chronic illness
- mental health & well-being
- spiritual well-being.

Featuring:

- mini workshops and info sessions
- info booths - meet service providers face-to-face
- take home soup, tea, coffee & snacks while supplies last
- door prizes
- musical performances by local musicians to close the day!

All resources featured at the fair are available to residents of the Musquodoboit Valley and/or the Eastern Shore.

Need a ride? Get in touch with us to find out about transportation options! For more information, call Lesley at 902-889-2735, toll free at 1-833-393-2298, or email us at wellbeinghubs@gmail.com.

Scams Against Seniors with the Better Business Bureau & Service Nova Scotia and Internal Services: Consumer Protection Unit

Wed., Nov. 16, 2:00 pm - 3:00 pm

Virtual presentation - register for link

This presentation will cover the most common scams targeting seniors including telemarketing schemes, phishing, online and phone scams, and more. Attendees will also be educated on the prevention, detection, and recovery process of scams.

Contact the Well-Being HUB at 902-889-2735, 1-833-393-2298, or wellbeinghubs@gmail.com.

Online Tax Session with Rhonda Frank

Wed., Nov. 30, 6:30-8:00 pm

The Old School Community Gathering Place
7962 Hwy 7, Musquodoboit Harbour

Learn about how to set up an online tax account and get ready to file your 2022 taxes online. This is a quick and easy way to submit straightforward tax returns, and if you are due a refund, you will receive it much quicker by filing online.

Contact the Well-Being HUB to register or for more information - 902-889-2735 or wellbeinghubs@gmail.com

Watch for a tax filing session in the winter!

On-going

Middle Musquodoboit

The **Musquodoboit Valley Family Resource Centre (MVFRC)** offers **Walking Footz**, a walking program, **every Wednesday** and **Chair Yoga on Tuesdays**. On the **last Monday of the month the JOY (Just Older Youth) Group** meets for lunch and an activity or chat. Contact the MVFRC at 902-384-2794 or mvfrc1@gmail.com for more information.

Musquodoboit Harbour

Enhance Through Dance is weekly on **Fridays from 11 am to 12 pm** at **The Old School Community Gathering Place**. Led by Dance Therapist, Karen Bradley, this class is for people who are interested in using dance and movement as ways to manage pain from arthritis, symptoms from diagnoses like Parkinson's and Alzheimer's diseases, or who just want to move more. Call the Old School at 902-889-2735 or email oldschoolmh@outlook.com for more information.

Eastern Shore Mental Health (ESMH) Peer Support Drop In meets on **Sunday afternoons from 2 pm - 4 pm** at **The Old School Community Gathering Place**. Drop by if you are someone who has experience living with mental illness, is on the journey of recovering from mental illness, or someone who cares about someone who struggles with mental wellness.

Caregivers Nova Scotia Caregiver Support Group meets the **third Thursday of each month from 10 am - 12 pm** at **The Old School Community Gathering Place**. This free support group is facilitated by a trained staff member. It offers a confidential, friendly atmosphere for you to discuss your experiences and receive helpful information in a supportive environment. Contact Catherine Parent at 902-402-0452 for more information.

Narcotics Anonymous (NA) have started meeting in person again and are getting together on **Tuesday evenings from 7 pm - 9 pm** at **the Old School Community Gathering Place**. For more information, contact them at 902-789-8323.

Alcoholics Anonymous (AA) are back in person in Porters Lake. The group gathers on Tuesdays and Sundays at 7:30 pm at 4693 Hwy 7.

Technology Lending & Training 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
- Eastern Shore Musquodoboit Valley Literacy Network
- Musquodoboit Valley Family Resource Centre
- Eastern Shore Family Resource Association in partnership with Halifax Public Libraries.

The Libraries and the Literacy Network offer digital literacy programs and classes. Contact them to find out how you can borrow a device or get connected to digital literacy programs.

Community Food Supports

Sheet Harbour

Meals on Wheels, Eastern Shore Memorial Hospital Cafeteria
Monday to Sunday, 12 pm to 1 pm

\$5.50 per meal (subject to change)

Provides nutritious meals to people aging in community. Individuals can eat on-site, purchase a take out or frozen meal, or have a meal delivered to their home (within 3 km of the hospital) on Tuesday afternoons. Call 902-885-3629 for more information.

Rainbow Food Bank

Last Wednesday of the month from 10 am to 4 pm

22657 Hwy 7, Gerald Hardy Memorial Society

Call the Gerald Hardy Society at 902-885-2300 for information.

Community Food Supports

Middle Musquodoboit

Musqie Meals, Musquodoboit Valley Family Resource Centre & Musquodoboit Valley Memorial Hospital

Meals for pick up and/or delivery are available from the Family Resource Centre on Thursdays. The meals are prepared at the MVMH and cost \$8 each. Contact the Family Resource Centre at 902-384-2794 for more information.

Musquodoboit Valley Food Bank, Musquodoboit Valley Bicentennial Theatre

The Musquodoboit Valley Food Bank operates every Monday from 10 am - 11 am. Register by contacting Mark Bonin at mvfoodbank2020@gmail.com.

Musquodoboit Harbour & Area

Meals on Wheels, Twin Oaks Memorial Hospital Cafeteria

Serving Musquodoboit Harbour, Lake Echo, Porters Lake, Chezzetcook, Petpeswick every Tuesday. Contact Twin Oaks at 902-889-4183 for more information.

Marine Drive Food Bank

43 East Petpeswick Road, Musquodoboit Harbour

First three Wednesdays of the month, call 902-889-9243 to register or for more info.

Marine Communities Food Bank

5531 Highway 7, Head of Chezzetcook

First and third Wednesday of the month from 6:00 pm to 7:30 pm.

Cobs Bread Distribution, Eastern Shore Family Resource Association (ESFRA)

5228 Hwy 7, Porters Lake

Stretch your grocery budget by taking advantage of ESFRA's Cobs Bread distribution service. Drop by during Centre opening hours to pick up a bag of delicious fresh bread products free of charge. Contact ESFRA at 902-827-1461 for more information.

Community Pantry, The Old School Community Gathering Place

7962 Highway 7, Musquodoboit Harbour

The Community Pantry distributes food items on the first and third Fridays of the month from 12 pm to 2 pm. Drop in for service. This service will be available to community members while funding lasts.

Other Resources

Nova Scotia Health (NSH)

www.nshealth.ca

NSH Continuing Care

1-800-225-7225

www.novascotia.ca/dhw/ccs

Eastern Shore Mental Health

902-889-2735

www.facebook.com/groups/245721602063/ & by referral

The Old School Community Gathering Place

www.theoldschool.ca

902-889-2735/1-833-393-2298

wellbeinghubs@gmail.com

Caregivers Nova Scotia

902-421-7390/1-877-488-7390

www.caregiversns.org

easternhrm@caregiversns.org

Musquodoboit Valley Family Resource Centre

902-384-2794

www.musquodoboitvalleyfamilyresourcecentre.vpweb.ca

mvfrcl@gmail.com

Musquodoboit Harbour Public Library 902-889-2227
www.halifaxpubliclibraries.ca/locations/MH

Sheet Harbour Public Library 902-885-2391
www.halifaxpubliclibraries.ca/about-sheet-harbour-public-library/

Alzheimer's Society of Nova Scotia 1-800-611-6345
alzheimer@asns.ca www.alzheimer.ca/ns/en

Eastern Shore Musquodoboit Community Health Board
www.communityhealthboards.ns.ca 902-891-0372
denise.vanwychen@nshealth.ca

MusGo Rider community transportation
Serving the Eastern Shore and Musquodoboit Valley
musgorider@gmail.com 902-483-7433

Eastern Shore Family Resource Association
www.esfamily.org 902-827-1461
esfamilyresource@nsaliantzinc.ca

Eastern Shore Constituency Office 902-989-3772
6321 Highway 7, Head of Chezzetcook kent.smith@novascotia.ca

Colchester-Musquodoboit Valley Constituency Office 902-639-1010
87 Main Street, Stewiacke larryharrisonmla@gmail.com

Eastern Shore Musquodoboit Valley Literacy Network (Sheet Harbour,
Middle Musquodoboit & Porters Lake) 902-391-0014
www.facebook.com/esmvliteracy/ esmv@adultriteracynetwork.ca

Lea Place Women's Resource Centre

LEA Place Women's Resource Centre provides direct services and programs for women and girls, works with local services partners to respond to emerging issues, and works for change to create equity and equality for women, their families and community ties, reducing barriers to opportunity and helping them reach their full potential..

22709 Highway 7, Sheet Harbour.

902-885-2668

Gerald Hardy Memorial Society

22657 Highway 7, Sheet Harbour

The mission of the Gerald Hardy Society is to enhance the quality of life of adults with disabilities by strengthening community.

info@geraldhardysociety.ca

902-885-2300



Contact us

Navigator, Michelle Williams

902-981-4001/toll free 1-833-393-2298
hubsnavigator@gmail.com

General Contact

Project Coordinator, Lesley Magee

902-889-2735/toll free 1-833-393-2298
wellbeinghubs@gmail.com

The Old School Community Gathering Place,
7962 Hwy 7, Musquodoboit Harbour, NS, B0J 2L0

Well-Being HUBs is a partnership model administered jointly between Harbourview Lodge Continuing Care Centre and Braeside Home for Special Care. Project coordination is provided by The Old School Community Gathering Place.

www.theoldschool.ca/wellbeinghubs
www.facebook.com/WellbeingHUBs/



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