

# Well-Being HUBs Programs & Services Spring 2022



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



# What is Well-Being HUBs?

The Well-Being HUBs 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 HUBs supports community members and their care partners who are aging in place and those transitioning into Continuing Care & Long-Term Care (LTC).

Our goal is to offer "wrap-around" supports to people receiving care and their care partners, in hopes of keeping community members in their homes longer.

HUBs offerings include:

- 1) Programming and information sessions
- 2) Navigation Service
- 3) Coming soon: "Visiting Buddies" - a volunteer visitor program for isolated older adults.

## **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.

Funded in part by the Government of Canada's New Horizons for Seniors Program, the Department of Seniors and Long Term Care's Age-Friendly Communities and Nova Scotia Health's Innovation Catalyst Fund.

# Well-Being HUBs Programs and Services

## **Navigation Service**

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

Contact the Navigator with your own questions, or to provide a referral for someone else at 902-889-2735; toll free at 1-833-393-2298; or by email at [hubsnavigator@gmail.com](mailto:hubsnavigator@gmail.com).

## **Visiting Buddies Program**

We're looking for volunteers and participants for our new Visiting Buddies Program! This program will take place along the Eastern Shore and through the Musquodoboit Valley.

This is a new addition to the Well-Being HUBs where we will match volunteers with an older adult who could use some company. The volunteer visits their "match" in their home or in the community for two to three hours per week. The matches will last for six months, with the option to extend if resources are available.

Visits will be social, and could 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" will decide together on a visit schedule that works for both, so the commitment is flexible. Volunteer Orientation and regular training opportunities will be 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](mailto:wellbeinghubs@gmail.com)!

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

# May is Caregivers Awareness Month!

Catherine Parent, Caregiver Nova Scotia's  
Eastern HRM Support Coordinator,  
highlights important resources for caregivers.

Caregivers Nova Scotia (CNS) is a non-profit organization that provides free programs and services, information, and advocacy for unpaid family and friend caregivers within the province. We offer phone and email support, healthcare navigation, caregiver peer support groups, educational workshops, and resource information reference.

The organization, like many others, is currently transitioning our programs back to an in-person platform. While we transition, a number of our Caregiver Peer Support Groups will continue to be offered virtually. In Eastern HRM Region, the Caregiver Peer Support Groups located in Porters Lake, Eastern Passage, and Musquodoboit Harbour are held monthly. In addition, Caregivers Nova Scotia offers a provincial Hybrid Support Group on the third Tuesday evening of each month. More information on our Caregiver Peer Support Groups can be found on our website at [www.CaregiversNS.org](http://www.CaregiversNS.org).

Now that the spring season has arrived, CNS is moving our educational workshops forward, as well as offering our programs and services to French speaking caregivers. Our first French-language Caregiver Peer Support Group is launching in April.

Caregivers Nova Scotia offers a number of educational workshops. Through the spring months, our Caregiver Stress Management and Advanced Care Planning workshops are scheduled to be held in Musquodoboit Harbour and Eastern Passage. For further information on these workshops or to register, contact the CNS office at 902-421-7390 or [EasternHRM@CaregiversNS.org](mailto:EasternHRM@CaregiversNS.org).

The month of May will hold acknowledgement as Caregiver Awareness Month within the province. Many Halifax Public Libraries will be displaying information and resources related to Caregivers Nova Scotia and Caregiver Awareness Month.

Our Spring/Summer newsletter will also be available in May. Contact us to request a hardcopy or subscribe on our website for the digital format.

For further information on Caregivers Nova Scotia, please visit our website, call us toll free at 1-877-488-7390, or attend the upcoming Caregivers Stress Management workshop on May 13th at 2:00 pm at the Old School Community Gathering Place in Musquodoboit Harbour.

Caregivers Nova Scotia extends wishes for a happy spring ahead.

# Mark Your Calendar!

Are you looking for wellness-related events and programming in your community? This section provides information on sessions, events and programs coordinated by Well-Being HUBs and community partners. Use this guide to find out what's going on along the Eastern Shore and in the Musquodoboit Valley.

## April 2022

### **Healing and Hope Grief and Bereavement Group**

**Every Wednesday from April 20 to June 8, 6:30 pm - 8:30 pm**

**The Old School Community Gathering Place, Musquodoboit Harbour**

In this free, eight week series (sponsored by the Mental Health Foundation of Nova Scotia), facilitator Jan Rowlings will lead discussions each week on topics related to grief and bereavement. The group is open to anyone dealing with grief and/or loss. For more information or to register, please contact Jan at 902-229-0391 or [janrowlings@gmail.com](mailto:janrowlings@gmail.com).

**\*\*At the time of publication, there is a wait list for this group. Please contact us if you think you could benefit from individual grief support with Jan.\*\***

### **Well-Being HUBs Spring Health Tune Up Mini Clinic**

**April 28, 9 am - 1 pm**

**The Old School Community Gathering Place, Musquodoboit Harbour**

Are you:

- an older adult?
- a caregiver?
- experiencing changing health needs due to aging, chronic illness or end of life?

If you said yes to any of these questions, the Well-Being HUBs Mini Clinic is for you.

Pre-register to eliminate waiting or drop in for a 20-30 minute chat with any of the following practitioners:

- Nurse Practitioner
- Social Worker
- Occupational Therapy
- Continuing Care
- Rehabilitation Assistant
- Pharmacist
- Well-Being HUBs Navigator
- Dietitian
- Palliative Care Nurse
- Peer Support Worker

Call 902-889-2735 or email [wellbeinghubs@gmail.com](mailto:wellbeinghubs@gmail.com) for more information or to register.

## **May 2022**

### **Caregiver Stress Management Workshop, Caregivers NS**

**Friday, May 13, 2 pm - 4 pm**

**The Old School Community Gathering Place, Musquodoboit Harbour**

Do you give unpaid care to a family member or friend who has a chronic or acute health condition, or who is frail or elderly? As a caregiver, you may feel overwhelmed by all of your responsibilities. Our goal is to help you identify common stressors and address them before they become harmful to your health. In this free workshop, we will focus on strategies to regain or maintain your life balance.

To register or for more information, contact CNS Eastern HRM Support Coordinator, Catherine Parent, at 902-402-0452, toll free at 1-877-488-739 or email [easternhrm@caregiversns.org](mailto:easternhrm@caregiversns.org).

**May 2022**

**Diabetes Information Drop-In**

**Tuesdays; May 10, 17 and 24, 6:30 pm - 8:00 pm**

**Upper Musquodoboit Community Hall, Upper Musquodoboit**

On Tuesdays through the last three weeks of May, the Upper Musquodoboit Community Centre is offering a drop in where community members can get information and support with managing Type 1 and Type 2 Diabetes. The Drop-In is funded through the Eastern Shore Musquodoboit Community Health Board's (ESMCHB) Wellness Fund. Drop by or call the Hall at 902-802-8153 for more information.

**Advance Care Planning, NSH's INSPIRED COPD Program**

**Thursday, May 26, 12:30 pm - 2:30 pm**

**Sheet Harbour Public Library Programming Room, Sheet Harbour**

Are you interested in preparing yourself and your loved ones for the future? Do you have life insurance? A will or power of attorney? There is another kind of insurance you can have that costs nothing and helps ensure that your medical and personal care wishes are respected. The goal of this session, facilitated by INSPIRED COPD Program staff, is to explore what advance care planning is and what to include when creating a personal directive.

To register or for more information, contact Well-Being HUBs toll free at 1-833-393-2298 or email [wellbeinghubs@gmail.com](mailto:wellbeinghubs@gmail.com).

**The JOY Group, Topic: Sleep Hygiene with NP Kara Evers**

**Monday, May 30, 12 pm**

**Musquodoboit Valley Family Resource Centre (MVFRC), Middle Musquodoboit**

The JOY (Just Older Youth) Group meets monthly on the last Monday of the month for lunch and conversation. In May, Nurse Practitioner Kara Evers will join the group to talk about strategies for good sleep hygiene. Lunch is served. Contact the centre for more information at 902-384-2794 or [mvfrcl@gmail.com](mailto:mvfrcl@gmail.com).

## June 2022

### **Healthy Eating on a Budget: Incorporating Plant-Based Foods**

**Wednesday, June 1, 1 pm - 2:30 pm**

**Location to be announced, Middle Musquodoboit**

Join registered dietitian, Kristen Gaudet, to learn about new ways to to reduce your grocery costs by incorporating more plant-based foods in your meal planning. To register or for more information, contact us at 902-889-2735, toll free at 1-833-393-2298, or by email at [wellbeinghubs@gmail.com](mailto:wellbeinghubs@gmail.com).

### **Plant-Based Foods: Avoiding the Rising Costs of Meat-Flation!**

**Friday, June 3, 1 pm - 2:30 pm**

**Sheet Harbour Public Library Programming Room, Sheet Harbour**

Are rising food costs making you think about how you can cut your budget? Meat prices are going up and you can fight back by adding more plant-based foods to your menu, helping the planet while you reduce your grocery bill. Join Halifax Public Libraries Food Literacy Specialist, Emily Mathew, to learn about new ways to prepare tasty foods. To register or for more information, contact Well-Being HUBs toll free at 1-833-393-2298 or email [wellbeinghubs@gmail.com](mailto:wellbeinghubs@gmail.com).

### **Healthy Delicious Eating on a Budget: Incorporating Plant-Based Foods**

**Monday, June 13, 1 pm - 2:30 pm**

**The Old School Community Gathering Place, Musquodoboit Harbour**

Join trained chef, Lynn Howard, to learn about new ways to add plant-based foods to your meal plan. To register or for more information, contact us at 902-889-2735, toll free at 1-833-393-2298, or by email at [wellbeinghubs@gmail.com](mailto:wellbeinghubs@gmail.com).

**Advance Care Planning, NSH's INSPIRED COPD Program**  
**Wednesday, June 22, 12:30 pm - 2:30 pm**  
**Bicentennial Theatre, Middle Musquodoboit**

Are you interested in preparing yourself and your loved ones for the future? Do you have life insurance? A will or power of attorney? The goal of this session is to explore what advance care planning is and what to include when creating a personal directive.

To register or for more information, contact Well-Being HUBs at 902-889-2735, toll free at 1-833-393-2298 or email [wellbeinghubs@gmail.com](mailto:wellbeinghubs@gmail.com).

## **On-going**

### **Middle Musquodoboit**

The **Musquodoboit Valley Family Resource Centre** (MVFRC) offers **Walking Footz**, a walking program, every **Tuesday** and **Chair Yoga** on **Wednesdays**. 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](mailto: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](mailto: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.

# 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 (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.

The Libraries and the Literacy Network also 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 in the cafeteria, \$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, 22657 Hwy 7**

Open the last Wednesday of the month from 10 am- 4 pm

902-885-2300

# Community Food Supports

## **Middle Musquodoboit**

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

Every first and third Thursday, the Family Resource Centre offers free meal deliveries through the Musquodoboit Valley for \$10. Every second and fourth week, the hospital cafeteria provides meal pick ups for \$8.

## **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 - 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.

**Old School Community Pantry**, The Old School Community Gathering Place, 7962 Highway 7, Musquodoboit Harbour

The Community Pantry distributes food items, grocery cards and gas cards on Mondays and Fridays from 12 pm to 2 pm. Drop in for service. Funding for the Community Pantry is provided through Second Harvest Food Rescue.

## Other Resources

Nova Scotia Health (NSH)	<a href="http://www.nshealth.ca">www.nshealth.ca</a>
NSH Continuing Care <a href="http://www.novascotia.ca/dhw/ccs">www.novascotia.ca/dhw/ccs</a>	1-800-225-7225
Eastern Shore Musquodoboit Community Health Board <a href="http://www.communityhealthboards.ns.ca">www.communityhealthboards.ns.ca</a> <a href="mailto:denise.vanwychen@nshealth.ca">denise.vanwychen@nshealth.ca</a>	902-891-0372
Eastern Shore Mental Health <a href="https://www.facebook.com/groups/245721602063/">www.facebook.com/groups/245721602063/</a> & by referral	902-889-2735
The Old School Community Gathering Place <a href="http://www.theoldschool.ca">www.theoldschool.ca</a> <a href="mailto:wellbeinghubs@gmail.com">wellbeinghubs@gmail.com</a>	902-889-2735/1-833-393-2298
Caregivers Nova Scotia <a href="http://www.caregiversns.org">www.caregiversns.org</a>	902-421-7390/1-877-488-7390 <a href="mailto:easternhrm@caregiversns.org">easternhrm@caregiversns.org</a>
Musquodoboit Valley Family Resource Centre <a href="http://www.musquodoboitvalleyfamilyresourcecentre.vpweb.ca">www.musquodoboitvalleyfamilyresourcecentre.vpweb.ca</a> <a href="mailto:mvfrcl@gmail.com">mvfrcl@gmail.com</a>	902-384-2794
Musquodoboit Harbour Public Library <a href="http://www.halifaxpubliclibraries.ca/locations/MH">www.halifaxpubliclibraries.ca/locations/MH</a>	902-889-2227
Sheet Harbour Public Library <a href="http://www.halifaxpubliclibraries.ca/about-sheet-harbour-public-library/">www.halifaxpubliclibraries.ca/about-sheet-harbour-public-library/</a>	902-885-2391
Alzheimer's Society of Nova Scotia <a href="mailto:alzheimer@asns.ca">alzheimer@asns.ca</a>	1-800-611-6345 <a href="http://www.alzheimer.ca/ns/en">www.alzheimer.ca/ns/en</a>

## Other Resources

Eastern Shore Family Resource Association 902-827-1461  
[esfamilyresource@nsaliantzinc.ca](mailto:esfamilyresource@nsaliantzinc.ca) [www.esfamily.org](http://www.esfamily.org)

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

Eastern Shore Constituency Office 902-989-3772  
6321 Highway 7, Head of Chezzetcook [kent.smith@novascotia.ca](mailto:kent.smith@novascotia.ca)

Colchester-Musquodoboit Valley Constituency Office 902-639-1010  
87 Main Street, Stewiacke [larryharrisonmla@gmail.com](mailto:larryharrisonmla@gmail.com)



# Contact us

## **Navigator**

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

[hubsnavigator@gmail.com](mailto:hubsnavigator@gmail.com)

## **General Contact**

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

[wellbeinghubs@gmail.com](mailto: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](http://www.theoldschool.ca/wellbeinghubs)

[www.facebook.com/WellbeingHUBs/](https://www.facebook.com/WellbeingHUBs/)



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