



CELEBRATING OUR FRONTLINE HERO'S FOR CONTINUING CARE MONTH

October is Continuing Care Month! The individuals who work and volunteer in continuing care are making a remarkable difference in the lives of people of all ages who need care and support in their homes and communities. Despite all the challenges presented over the last three years, these heroes consistently go above and beyond to meet the unique needs of their clients, and ensure their highest quality of care.

This month, we are celebrating those who work in continuing care and our dedicated staff who make everything we do at VCHSS possible. This month and every month, we are saying thank you for all you do and all you

BOARD OF DIRECTORS

Theresa (Terry) Murray - Chair Laura Dixon Bruce Morrison Rosella Born Brenda Etheridge Fraser Patterson

Norman MacDonald Jackie Organ Josephine Barron

NEWSLETTER





PAGE 1 Celebrate Canada Funding

PAGE 2 Meet our new Financial Associate PAGE 3 Food Access & **Literacy Grant** PAGE 5 Volunteer **Opportunities**



Thank You to Celebrate Canada Funding

Celebrate Canada Funding provided charming Canada Day gift bags for our clients to enjoy during at-home celebrations! Courtney who is the owner of the Flying Kite Artisan shop in Baddeck, curated the lovely bags for Victoria County Home support clients.

Funded by the Government of Canada Financé par le gouvernement du Canada





Thank you to our funders who allow our Meals Plus program to continue:

Department of Seniors and Long Term Care Nova Scotia Community Health Board The Municipality of the County of Victoria

Start your deliveries! Call us at 902-295-2877

Victoria County Home Support Services Society 902-295-2764

 Continuing Care
 1-800-225-7225

 Meals Plus
 902-295-2877

 Get Connected
 902-295-2877

 SenSupport Loan Program
 902-295-2877

 Volunteer program
 902-295-2877

Office Holidays

September 30 – Truth and Reconciliation Day
October 10 – Thanksgiving
November 11 – Remembrance Day
December 23 – Closed at noon in lieu of Christmas Eve
December 26 and 27 – Closed in lieu of Christmas Day &
Boxing Day

WORD SEARCH

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Page 1 Page 6

VOLUNTEERING

IT'S GOOD - FOR EVERYONE!

Did You Know...

Victoria County Home Support Services has a vibrant and active volunteer base. Some of our volunteer programs include:

Meals Plus

Food delivery once every two weeks

Get Connected

Social phone calls (timing and frequency mutually determined by client and volunteer)

Prescription Pick-Up

Light Pet CareWalking and light brushing

System installer

InTouch Personal Alarm

Community Sewing Projects

If you are interested in participating in any of these programs as a volunteer or as a client, please call us at 902-295-2877

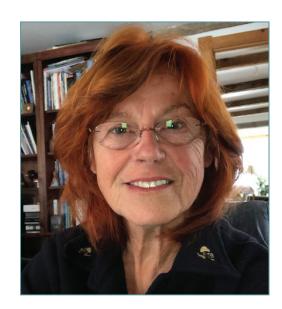
Call us today at 902-295-2877!

STONE'S PHARMASAVE®

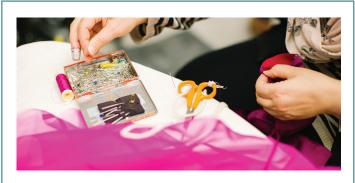
The evolution of Pharmacy has seen remarkable achievements over the past thirty years, yet the value of pharmacists, and the public perception of pharmacy's role in health care are still widely underestimated.

Learn more at: https://www.vchss.ca/

491 CHEBUCTO ST, BADDECK, NS BOE 1BO



VCHSS Volunteer Jitka Zgola may be a familiar face! Jitka is a committed Meals Plus volunteer and completes several deliveries every other week. Thank you, Jitka!



Do You Like To Sew?

VCHSS is looking for community members to help sew fidget blankets for clients and residents of Alderwood and Highland Manor. Materials and instructions will be provided.

For more information, call **902-295-2877** or email **jripl@vchss.ca**



Welcome Dale!

Victoria County Home Support Services welcomes Dale Clark as our new Financial Associate. Dale and her family have

moved back home to Cape Breton and she is quickly becoming an integral part of the team. Glad to have you on board, Dale!

Alzheimer *Society*

NOVA SCOTIA

This Fall, VCHSS is encouraging community members to reduce their risk of dementia!

The Alzheimer's Society of Nova Scotia recommends 12 key actions to improve overall brain health:

- 1 Be physically active each day
- 2 Protect your heart
- 3 Stay socially active
- 4 Manage your medical conditions
- 5 Challenge your thinking
- Get a good night's sleep every night
- Have depression treated
- 8 Avoid excessive alcohol intake
- 9 Maintain your hearing
- **10** Find meaning in life
- 11 Avoid all types of head injury
- **12** Adopt healthy behaviors

To support our clients and community members in staying active, VCHSS gave away 4 socially active prizes!

Congratulations to the winners!

Breton Dixon Winner of 2 Cape Smokey Gondola passes and a Victoria County Transit Pass

Evelyn Dixon Winner of 2 Cape Smokey Gondola passes and a Victoria County Transit Pass

Greta Gardner Winner of 2 Theatre Baddeck Tickets to see "Hydrofoil Mystery" and a Victoria County Transit Pass

Tina Hutchison Winner of 2 Theatre Baddeck tickets to see "Charles Dickens Writes a Christmas Carol" and a Victoria County Transit Pass

Thank you to Theatre Baddeck and Cape Smokey Gondola for donating these generous gifts!



Page 5 Page 2



My Yard Program

Members of the Baddeck Youth Group provided volunteer yard work for clients this summer. Thank you to Rev Brian MacLeod for gathering the youth together and supporting community service.



SenSupport

Looking for activities to do with a loved one? The VCHSS SenSupport Loan Program has a long list of items available for you to loan.



DOLL THERAPY

Newborn Doll 6 mth Baby Doll Additional Clothes/Diapers

ROBOTIC PET THERAPY

Playmate Pet Cat (Tuxedo, Tabby, Orange) Playmate Pet Dog (Golden Retriever pup)

FIDGET THERAPY

Twiddle Activity Muffs Art Ball Busy Board Fidget Widget Tools Fidget Pillow Fidget Blanket

PUZZLES AND GAMES THERAPY

Lacing Activity Cards Aquapainting Memory Training Finish the Sequence Sort It Game Art Ball Fidget Toy Total Brain Health Toolbox Mental Fitness Cards Plumbers Pipe set Audio Bingo

REMINISCENCE THERAPY

Shake Loose a Memory Call to Mind Board Game



Thank you Thank you to Nova Scotia Community, Cultures and Heritage for the Food Access and Literacy Grant that enabled us to run the Grow More. Live Well Project! This project provided outdoor planters to Nova Scotia Senior Housing complexes in Iona, Baddeck, Ingonish, and Dingwall. Emily (pictured) thoroughly enjoyed growing tomatoes this summer!



Did you know?

The Fare Assist Program provides transit at NO CHARGE to individuals with an annual income of around \$20,000 or less.

To learn more, contact VCT at **1-855-772-0770**, or call the Home Support office for support.

Page 3 Page 4