

# Now Available!



Meals Plus includes fresh ingredients delivered every other week and prepared in the home by a VCHSS Continuing Care Assistant. There is NO COST to the participants for any of these services. Participants agree to have a volunteer deliver the basket to the door.

The time spent together making a meal can be restorative. Meals Plus is about using good food to make more than a meal. If you would like to participate, please call 902-295-2877.

For VCHSS Meal Preparation clients only.



# NEWSLETTER

Fall 2022

VICTORIA COUNTY



SERVICES SOCIETY



## 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 continue to do.

### BOARD OF DIRECTORS

VICTORIA COUNTY  
Home Support Services Society  
Email: [info@vchss.ca](mailto:info@vchss.ca)  
Phone: (902) 295-2764

Theresa (Terry) Murray - Chair	Laura Dixon
Bruce Morrison	Norman MacDonald
Rosella Born	Jackie Organ
Brenda Etheridge	Josephine Barron
Fraser Patterson	

**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



## WORD SEARCH

J S U S Z H S A G O M S E A C O T C  
 U T K U V M V L R B G J J C O G D U  
 M E J B L B P U E B L Z O O N G S N  
 A V A N W C E B N L A T C N C A H Y  
 N E C O O A L B A I D A U G R T R T  
 I D O R O N T E D G I M L E E R U W  
 K O R M D V E R I A O P A R T N B A  
 I R D A S A R L N T L Q R I I Q G I  
 N E I L Y S H Y E O U X C E Z A T N  
 C Z A I T S J B S J S P L S E U T U  
 Y Q L T E F F E R V E S C E N C E T  
 T N B Y D S C A N O O D L E H Z D Z

CANOODLE  
 CANVASS  
 CONCRETIZE  
 CONGERIES  
 CORDIAL  
 EFFERVESCENCE  
 GLADIOLUS

GRENADINE  
 JOCLAR  
 LUBBERLY  
 MANIKIN  
 OBLIGATO  
 PELTER  
 SHRUB

STEVEDORE  
 SUBNORMALITY  
 TAMP  
 TWAIN  
 WOODSY



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

## 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 Care

Walking and light brushing

#### InTouch Personal Alarm

System installer

#### 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 B0E 1B0



**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](mailto: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
- 6 Get a good night's sleep every night
- 7 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!**



## StayFit

A VCHSS Cognitive Fitness Program

We are excited to offer additional programming in the form of one on one sessions with a CCA! Enjoy several activities with a CCA including card games, music, puzzles and art! This additional programming is available for October and November.

Call **902-295-2877** today to sign up or to learn more.

Sessions will be scheduled based on CCA availability. Authorized home care services take priority.

Funded by the Nova Scotia Age Friendly Grant





### 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.



### 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!



### 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



**1-855-772-0770**  
[transit@victoriacounty.ca](mailto:transit@victoriacounty.ca)

**\$5**  
 FLAT RATE

### 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.