



Do you receive Meal Preparation services from Victoria County Home Support Services? If the answer is “yes”, you are eligible to receive complimentary Meals Plus service, a bi-weekly delivery of fresh ingredients.
Call us at 902-295-2877 to start your deliveries!

NOW OFFERING

HI-TECH WITH HEART

A PROGRAM THAT PUTS SMART TABLETS IN THE HANDS OF OUR CLIENTS.

To learn more call 902-295-2877 or email info@vchss.ca today.

THANK YOU TO THE CANADIAN RED CROSS AND THE COVID-19 EMERGENCY SUPPORT FOR COMMUNITY ORGANIZATIONS FOR MAKING THIS POSSIBLE.

Every VCHSS CCA has a tablet and internet to use together with clients to explore alternative forms of stimulation and entertainment during respite. We are pleased to offer access to audio books, movies, music, games, and interactive hobbies.

NEWSLETTER

Fall Issue



Stop Kitchen Fires before they start



The Northwood Intouch Stove Sensor constantly monitors motion around a kitchen stove. If oven or burners are left unattended, the Stove Sensor shuts off automatically, stopping fires before they begin.

Order yours today
 (902)492-3346, 1-800-461-3346
northwoodintouch.com

Only \$15 per month when added to your basic service, or \$40/month on its own.



VICTORIA COUNTY HOME SUPPORT SERVICES SOCIETY
 EMAIL: info@vchss.ca
 PHONE: (902) 295-2764

PAGE 1

Letter from Janet Simm (CEO)

PAGE 2

Get Connected

PAGE 3

Senior Drop-In Program

PAGE 5

Scheduled Trips

Continuing Care Month Message



October is Continuing Care Month in Nova Scotia

Every year, we take this time to recognize the contributions made by thousands of dedicated and courageous people who have chosen to work in the continuing care field. This year dedication and courage have meant more than ever before.

We continue to be dedicated to helping older adults and people at risk live comfortably, happy, and with dignity. The COVID-19 pandemic has tested us, but it has not beaten us. Our approach to care relies on teamwork and the ability for us to deliver the best care possible, even during a pandemic.

With so many caring staff and our wonderful volunteers, we ensure that people flourish in our community of dignity, belonging, and choice.

Thank you for your courage and the hard work you do every day to help keep our clients healthy, happy, and safe. It takes a

special person to care for others the way you do, especially during these difficult times.

We take pride in our work, acknowledge our achievements, and celebrate our diversity. More than that, we support each other during times of need, go above and beyond when necessary, and take pleasure in helping improve the lives of those we serve.

On behalf of the leadership team, and our clients, I thank you for your hard work, courage, and compassion.

Have a great day

Janet Simm
CEO of Northwood

OLD TV SHOWS - WORD SEARCH

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

- ADDAMS FAMILY
- BATMAN
- BEWITCHED
- CHINA BEACH
- COACH
- DEAR JOHN
- DOCTOR WHO
- FRASIER

- GUNSMOKE
- HAZEL
- HEE HAW
- HOWDY DOODY
- I SPY
- LAUGH IN
- MANNIX
- MAVERICK

- ROSEANNE
- TARZAN
- THE NANNY
- THE WALTONS
- TWIN PEAKS

FIND THE DIFFERENCES



NEED HELP WITH YARDWORK

Leaves in your yard?

VCHSS is working with the Baddeck Youth Group to offer a day of leaf raking on October 23!

Do you have other yard or outdoor home maintenance that you need help with? Call us and we will work to match you with a volunteer.

Call us at 902-295-2877 to add your name to the list.



CONTINUING CARE INNOVATION

Thanks to the Continuing Care Innovation Pilot funding, iPads and unlimited internet are available for loan from the Baddeck and Ingonish libraries.



Baddeck Library **902-295-2055**



Ingonish Library **902-285-2544**

The Cape Breton Regional Library is now handling the loan of iPads with data and VCHSS/Continuing Care is sponsoring the next 6 months of data charges! Thank you to the library for their constant work in keeping communities connected. Call to book yours today!

WALMART SHOPPING TRIP

VCHSS is going shopping! November 16 we have a trip scheduled with Victoria County Transit to visit Walmart in North Sydney and stop at the Tim Horton's in Florence on the way home.

The transit bus will provide door to door service. No personal care or nursing care provided.

Spots are limited so **call 902-295-2877 to reserve your complimentary seat today!**

Coming soon....dates for a North of Smokey outing!



Free Wellness Assessment

Did you know... two-thirds of the real needs and most significant threats to older people's wellbeing, independence and health are either not reported or reported late?

- Learn More about your wellness status
- Find access to community resources!
- Gain insights into your top health concerns

The award winning ACT Assessment tool identifies the concerns and priorities of older people and connects them to local sources of support to meet their needs. It is based on thirty years of international research and development and delivers on the WHO guidelines for preventive person-centered integrated care.

The Age Care Technologies Survey assessment is a wellness questionnaire developed for older adults. It contains questions that are proven key determinants of wellness. Your results will be turned into a wellness "WISH" score which you can share with your healthcare provider, family and care team.

The Wellness Questionnaire can be completed at your convenience - over the phone or in person.

To thank you for your time, each respondent will receive a complimentary pass for 10 rides with Victoria County Transit.

Contact us today to book your appointment
Email: Jripl@VCHSS.ca
Phone: 902-295-2877



Get Connected

With VCHSS, it's not just what we do for you, but also how we do it.

Get Connected provides a regular social call to an older adult living alone however, it is not intended as a check-in or monitoring service.

Get Connected Offers:

- A free weekly connection with a trained volunteer
- A friendly connection with someone who knows your name
- Pleasant conversation on topics of mutual interest

Get Connected Highlights:

- Calls promote meaningful conversation between volunteer and client
- Volunteers are matched to individuals based on common interests
- The program runs from 8:30 a.m. to 8:30 p.m., Monday to Friday (specific call times are arranged between participants)

For more information contact:

VCHSS Community Connection

Email: info@vchss.ca
Phone: 902-295-2877

MEALS PLUS DELIVERY

If you are a VCHSS client that receives Meal Preparation services, **call the office (902-295-2877)** to receive complimentary Meals Plus delivery!



SENIOR'S DROP-IN PILOT



The VCHSS Senior Drop-In program was a success! Thanks to Continuing Care Innovation Pilot Funding, VCHSS offered a 3 month pilot that ran twice a week at BOLD Centre and included activities like card game, crafts, speakers, music and more.

After completing the 12 week pilot, BOLD Centre has continued the program and currently runs a Seniors Drop- In **Tuesday and Thursday mornings from 9 am – 12 pm.**



Caroline Bennett performed for the VCHSS Seniors Drop in pilot this summer and was back by popular demand for a second performance!

PRESENTATION TO THE VICTORIA COUNTY MUNICIPAL COUNCIL

On March 22, 2021 We had the opportunity to present to Council. The goal of that meeting was to raise awareness of the great work that the Agency does in supporting individuals to remain in their home and to garner support for some of the new initiatives we have underway in our Community Connections Program.

We have received feedback that some of the comments made in response to a question raised by a Councillor was interpreted to mean that our CCAs do not have the same level of qualification. We want to clarify that all of our CCAs all receive the same educational preparation to work in the homecare environment.

We are so appreciative of all of the efforts of our staff every day.



Need a ride? VCT is perfect for medical appointments and grocery trips; call **1-833-625-1475** to book your ride today!

THANK YOU! TO ALL OF OUR VOLUNTEERS

VCHSS would like to extend a sincere “Thank You” to all of our volunteers that have supported us throughout the past months during such a difficult time. Your dedication has been amazing and more than appreciated.

Did you know? Our volunteers receive credit at the St. Ann’s Bay TimeBank! If you have time to offer, call Jennifer at **902-295-2877** to learn about the many volunteer opportunities at VCHSS.



WELCOME TO MEGAN FITZGERALD!

Megan has recently re-joined the VCHSS Team as a part time scheduler. Megan is from Baddeck and was with VCHSS previously from 2019 – 2020. She is familiar with many aspects of the agency and brings a spirit of willingness and professionalism to her role.



VOLUNTEER WITH US TODAY!

Call: 902-295-2877 or Email: jripl@vchss.ca

