

Newsletter

The latest news, views and announcements



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Grow More, Live well!

Thank you to Community Links for funding the 2023 Grow More, Live Well program! This program provides fresh soil and vegetable transplants to the Nova Scotia Provincial Housing Authority buildings for seniors in Victoria County. This year we planted tomatoes, beans, carrots, and fresh herbs as well as beautiful flowers.

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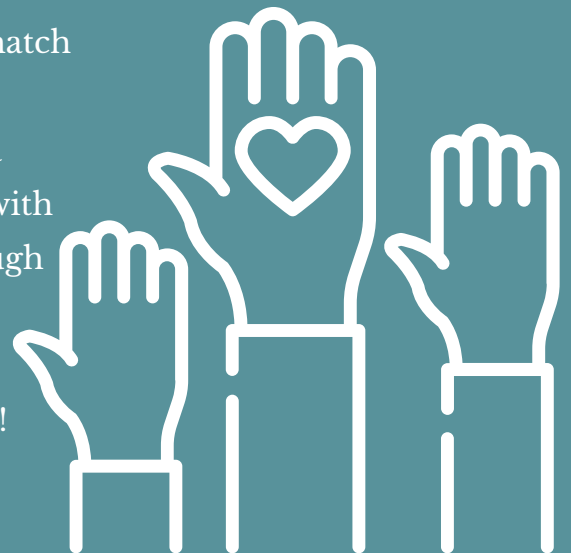
Thank you to Ingonish Home Hardware, the Baddeck Youth Group, and volunteer Michelle Roesler who helped with the planting and to NSPHA for partnering with us on this great program!



Volunteering at VCHSS

Our volunteers have the freedom to choose their level of participation! We have hourly, weekly, monthly, and annual opportunities so that you can find the right volunteer match for you. We ask our volunteers to complete a Criminal Record Check (with Vulnerable Sector check) and sign a confidentiality agreement. We provide our volunteers with training, support, and financial acknowledgement through honorariums and mileage where possible.

Call Sherry at 295-2877 to see how you can get involved!





Homemade Soup for Our VCHSS Clients!

With support from our friends from the Helping Hands South of Smokey Food Bank and the Community Health Board, the after school program at BOLD assembled bags of nutrient dense soup mixes for VCHSS clients to enjoy during the cold winter months. Thank you to everyone for their contributions!



Welcome, Sherry!

Welcome to Sherry MacRae! Sherry has joined the VCHSS Community Connections Team as Administrative Assistant in the Baddeck office and will be working with our volunteers, Meals Plus, and other Community Connections programs. To reach the Community Connections team, call 902-295-2877.



Office Holiday Hours:

December 22, 2023 – Closed at noon

December 25, 2023 – Closed

December 26, 2023 – Closed

January 1, 2024 – Closed

February 19, 2024 – Closed

March 29, 2024 – Closed

April 1, 2024 - Closed

Do You Have Visual Changes?

Do you enjoy reading but find it challenging to continue with your favorite past time due to visual changes? This year, the Nova Scotia Age Friendly Grant provided VCHSS with the opportunity to partner with the Cape Breton Regional Library to create accessible book bags! These bags contain a play away audio book player, large print books, and other ways to consume books. To access the bags, visit your local branch of the CBRL and check out a bag free of charge. If you need support with this, call Community Connections at 902-295-2877.



Did you know?

Did you know? VCHSS Community Connections can help you apply for the Senior Care Grant. We can also provide navigation support for finding resources in your community.

Call us at 902-295-2877.



New Snow Removal Program

Victoria County Home Support Services is pleased to share that it is a recipient of the Age Well at Home In Home Support Pilot funds from Employment and Social Development Canada. Over the next two years, these funds will support the expansion of our Community Connections program; specifically focusing on our volunteer programs, meal support programs, and services that support our clients and community members successfully and happily age in place.

Funded by the
Government
of Canada

Canada

Thanks to funding from the Age Well at Home In Home Support Pilot, VCHSS Community Connections is pleased to pilot a snow removal program for clients. The pilot will be offered in the Baddeck and Ingonish area only, for a limited number of participants, from December 2023 – April 2024. Please see the enclosed information for an application. For further questions, please call us at 902-295-2877.



Thank You, Linda!

Thank you to Linda Watson! Linda has been a volunteer with VCHSS with Meals Plus for over one year. Twice a month Linda picks up Meals Plus packages and delivers them around Baddeck. It's because of volunteers like Linda that our Meals Plus program can continue.

Thank You, BOLD Seniors!



Thank you to BOLD Seniors for welcoming Jenn and Sherry as we shared information about Victoria County Home Support Services. Look for us around the county this winter as we head out for more community presentations! If you are interested in attending any of the BOLD Senior Programs, you can drop in Tuesday or Thursday mornings from 10 am – 12 pm or call Penny at 1 782-465-3006.





My Stuffed Potatoes



Highlighted ingredient: Black Beans

- 4 sweet potatoes
- 1 tbsp olive oil
- 1 can (400 ml) black beans, strained and rinsed or 1 1/2 cups cooked black beans)
- 1 cup cherry tomatoes chopped (optional)
- 1/2 cup corn
- 1/3 cup cilantro chopped, tightly packed
- 1/4 cup red onion diced
- 1 clove garlic diced
- 1/2 lime juiced (optional)
- 2 tsp olive oil
- 1/4 tsp sea salt
- Pinch pepper
- Pinch chili flakes





Directions

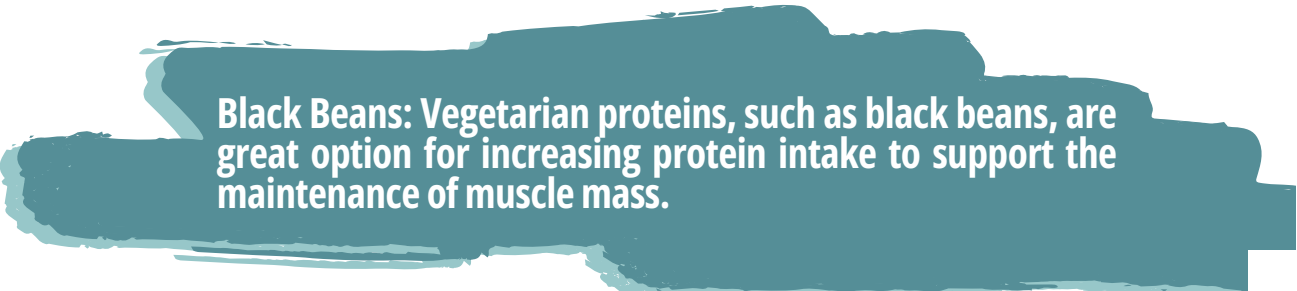
Preheat oven to 400F/200C. Using a fork, poke small holes in sweet potatoes going all the way round, about 1-inch apart. Line baking tray with parchment paper, and paint sweet potatoes with oil to lightly coat. Bake for 40 minutes to 1 hour, or until fork tender.

In a bowl, combine the black beans, tomato, corn, cilantro, red onion and garlic. Drizzle with the lime juice and olive oil. Sprinkle with sea salt, pepper and chili flakes. Mix to combine.

Prepare easy guacamole: Mash avocado in a bowl with lime juice and a pinch of sea salt.

Prepare vegan sour cream: In a separate bowl mix together coconut yogurt, lime juice and sea salt.

Cut sweet potatoes in half and fill with black bean medley. Top with easy guacamole and drizzle with vegan sour cream.



Black Beans: Vegetarian proteins, such as black beans, are great option for increasing protein intake to support the maintenance of muscle mass.