

# Newsletter

*The latest news, views and announcements*



## Highlights

Thank You United Way Cape Breton

Meals Plus Program

Delicious goods made by our young bakers

Brian Macleod and Baddeck Teen Youth Group bring vegetables to Baddeck Seniors complex!

Thank you to our volunteers

MyMeals recipe cards project

Garbage , compost, recycling bags for clients

Start of High Density Pilot begins



## Thank You United Way Cape Breton

Thanks to the United Way Cape Breton’s Urgent Food and Essentials Fund, VCHSS Community Connections will have our fridge and freezer stocked with fresh and frozen fruits and vegetables over the coming months.

*cont'd p.7*



This important funding opportunity will also increase our Community Meals Plus spaces available and will ensure our Dignity Cupboard is stocked with further personal products. Thank you United Way Cape Breton!



Thank you to the United Way Urgent Food and Essentials Fund for also keeping our dignity items stocked! These items are discretely brought into the home by Continuing Care Assistants.







## Meals Plus Program grows

Our Meals Plus program is growing everyday! Meals Plus is a complimentary curated bi-weekly order of fresh proteins, fruits and veggies. We would like to acknowledge Employment and Social Development Canada for funding our Community Meals Plus Program and NS Seniors and Long-Term Care for funding the Meals Plus Program for VCHSS clients.

## Delicious goods made by our young bakers

This past holiday season, our baked goods arrived thanks to some young talented bakers. CCA's once again brought home baked goodies to clients. They were enjoyed over the holidays with a nice cup of tea. Here is a picture of Jenn Ripley Community Connections Supervisor with one of our young bakers!



## Office Holiday Hours:

July 1st- Canada Day- Closed  
 August 5th- Civic Holiday-Closed  
 September 2nd- Labour Day- Closed  
 September 30th- National Day For Truth & Reconciliation- Closed  
 October 14th- Thanksgiving- Closed

# Brian Macleod and Baddeck Teen Youth Group bring vegetables to Baddeck Seniors complex

Thank you Brian Macleod and the Baddeck Teen Youth Group for delivering the veggies to the Baddeck Seniors complex for them to enjoy!! We appreciate the work you put in to make this happen and I'm sure the seniors enjoyed the company so much as well! Also Thank you to Nova Scotia Provincial Housing Authority for allowing us to use the common room and to Community Links for funding the Grow More, Live Well Program.



## Welcome to the team!

VCHSS is pleased to welcome three new staff to our team! Wanda Fitzgerald and Jillian MacArthur have recently joined us as Continuing Care Assistants and we are grateful for their enthusiasm and commitment to caring for our clients. The Community Connections team is also pleased to welcome Dawn MacKinnon who has joined us as Community Support Worker for the High Density Pilot. You will spot Dawn in the Common Rooms of Lakeside Manor, Seallogh Breagh Iona, Keltic Manor, and Capstick Manor.





## Thank you to our volunteers

Thanks to the funding from Community Links we were able to reward our volunteers with a gift card draw. Starting in February Carol Baan won a \$50 gas card and in March Frances MacKinnon won a \$25 Meal Card.

Thanks Carol, Frances and all our volunteers for all you do for our clients and community!



## Spring is in the air!

Spring is in the Air! If you've started spring cleaning and need items transported to the Transfer Station or the Re-use Centre, call VCHSS Community Connections at 902-295-2877 to arrange for a volunteer pick up.



## SPRING TIDY TIPS & TRICKS

As spring arrives, it brings the perfect opportunity for a little spring cleaning. While tidying up your home, it's essential to ensure it's safe from fall hazards, especially for seniors and those with mobility concerns.

**Here are some tips for a fall-free home this spring:**

- 1. Assess Your Home:** Identify and address potential fall hazards like loose rugs and cluttered pathways.
- 2. Stay Active:** Incorporate exercises like walking or yoga to maintain strength and balance.
- 3. Use Assistive Devices:** Consider personal alert buttons, grab bars, and non-slip mats to enhance safety.
- 4. Manage Medications:** Keep an updated list of medications and use tools like pill organizers.
- 5. Seek Professional Help:** Consult with healthcare professionals for personalized fall prevention advice.

# Volunteer with us!

Are you passionate about creating positive change in your community? Do you want to be part of a team dedicated to making a real difference in the lives of our seniors? We're looking for enthusiastic volunteers like you to join our team!

When you volunteer with VCHSS, you pick your schedule. Volunteer one hour a day, month, week, or even a year! It is completely up to you.

## Volunteer activities include:

- Recreational visiting/card games
- Light pet care
- Short term mail pick up
- Short term prescription pick up
- Errand assistance
- Meals Plus deliveries
- Item removal to transfer station
- Intouch fall alert system installation

Mileage and honorariums available.

Criminal record cheque and confidentiality form required.

## For more information call:

**902-295-2877**







## My Salmon Cakes



### Highlighted ingredient: Canned salmon

- 1 (14.75 ounce) can of salmon see note
- 1 egg
- 1/4 cup mayo
- 1/2 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Worcestershire sauce
- 1/2 cup panko breadcrumbs
- 1/4 cup chopped green onions
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Pepper to taste
- 2 tablespoons olive oil for frying

### Directions

Drain the salmon and add it to a medium prep bowl. Flake the salmon with a fork. If your salmon isn't boneless/skinless, mash the pieces in or pick those pieces out if you prefer.

Add the remaining ingredients (except for the olive oil) to the bowl and mix together gently.

Form into 6 patties that are about 1/2" thick. Add the olive oil to a skillet over medium heat. Let the pan heat up for a few minutes, then fry the patties in two batches for about 3-4 minutes/side or until they're lightly browned on both sides. Add a splash more oil to the pan for the second batch if needed. Serve warm.



VCHSS is always accepting donations of Dish Soap, Laundry Soap, Paper Towels/ Toilet Paper and All Purpose Cleaners.

## MyMeals recipe cards project

Thank you to the Community Health Board for funding our MyMeals recipe cards project! The MyMeals recipe cards feature low cost, nutrient dense ingredients. To request your own set of recipe cards, call Sherry at 902-295-2877.

## Thank you Victoria County Memorial Hospital!

We would like to say a very big "Thank You" to the Victoria County Memorial Hospital staff for the generous donation to our Giving Tree project and Care Fund for our Home Care clients. This is a great addition to our cupboard for the coming year !



# VCHSS Community Connections pilots complimentary Lawn Mowing Services

Thanks to Employment and Social Development Canada's Age Well at Home Grant, VCHSS Community Connections is pleased to pilot complimentary Lawn Mowing services to clients from June – October 2024.

Limited spaces are available on a first come, first served basis and will be based on available contractors to complete the service. **To register for this pilot, please call Sherry at 902-295-2877.**

The volunteers at the Washabuck Community Centre have put on two delicious Community Meals sponsored by VCHSS funding for Age Well at Home Program. Thank you!



## Thank you, Baddeck Home Hardware!

Thank you to Baddeck Home Hardware for assisting us in finding the perfect fridge and freezer that works for us, and for delivering them to our office as well! Thank you Tyler and Carson! Our new fridge and freezer were purchased with funds from ESDC Age Well at Home grant.





# The first round of our Snow Removal pilot has come to an end!

The first round of our snow removal pilot has come to an end! Thank you to our two contractors, Cecil Dunphy and Adam Shore (Shoreline Dirtworks) for working with VCHSS Community Connections in the Ingonish and North Shore regions to trial what snow removal for clients could look like.



# Garbage, compost, & recycling bags for clients

District 3 Municipal Counsellor Perla MacLeod graciously donated funds to the VCHSS Community Cupboard to purchase garbage, compost and recycling bags for our clients. Thank you, Counsellor Macleod!



# Start of High Density Pilot begins

Thanks to funding from the Nova Scotia Department of Seniors and Long Term Care, and in partnership with Nova Scotia Health and Nova Scotia Provincial Housing Agency, VCHSS Community Connections is pleased to announce the start of our High Density Pilot! This pilot will trial ways of providing additional support to tenants of Nova Scotia Housing buildings in Victoria County. With a weekly visit from a Community Support Worker, tenants who register for the program will have access to recreation, community meals, transit trips, and more!



## Planting seeds from Cape Breton Regional Library!

Thank you to the Cape Breton Regional Library for their support by donating some planting seeds to our High Density Pilot.







Victoria County Home Support Services recognizes the importance pets play in the well being of our clients. If you are a client with a pet or pets in your home we kindly remind you to secure all pets in a separate room or with a lead during Home Support visits. Pets can act differently with people outside of their home environment, pets can pose tripping hazards to Home Support Staff when working, and some Home Support staff may experience pet allergies. Thank you for respecting the Continuing Care and Victoria County Home Support Pet Policy.

Visit [www.vchss.ca/community-connections-2/](http://www.vchss.ca/community-connections-2/) to register online.



# VCHSS COMMUNITY CONNECTIONS

Do you need extra hands to support your independence at home?

Community Connections is here to help! Find all the extra care you need with our programs that include light pet care, short-term prescription pick up, short-term mail pick up, errand assistance, snow removal, lawn mowing, and much more.

For more information call 902-295-2877 or visit us at [www.vchss.ca](http://www.vchss.ca)

