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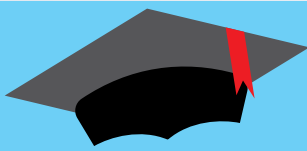


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# What does it Mean to be Personally Responsible?

By Carol M. Shirley, Registered Psychologist, with ENIGMA

If we just stop and look at the words themselves we see; Personal: indicates the individual, the one speaking, where Responsibility: is ones' ability to respond. Therefore if "it" is my responsibility then I own the responsibility for "it".

It is my responsibility (my personal responsibility) to, let's say as an example, get to work on time. The assumption becomes; I have the ability to do all that is required to make that happen and I'm doing it for me. I could ask you to set your alarm and thus put some of my responsibility on your proverbial plate. If you accept that and fail to do so I still have to face the consequences of not being at work on time. Arguably, my sleeping in feels like its your fault but it was not your personal responsibly and thus, its still my fault. I may need to buy myself an alarm, or ask someone more reliable to support me, but it is my problem and my consequences.

Another example; let say it is my responsibility to put out the garbage. Others' who are not responsible for the garbage may ask if I put it out yet or remind me in some other way of my responsibility. If they are asking because they want to do it for me; they are asking me to give them that responsibility this time. If they are asking but have no intention

of doing the chore they are nagging and getting in the way of my responsibility. Its really hard for some people to "let go" of others responsibility. Unfortunately, nagging sends the bigger message that the one nagging, either does not or, cannot trust you to be personally responsible.

What if I said...the only things in life you are truly responsible for are your own actions, thoughts and words. Your responsibilities; your consequences.

Your words, thoughts and actions are the only things you have control over: You and only you can control those things.

We easily accept the fact that children and others who are incapable of meeting their own needs require someone to help them, support them or do it for them. But, are we personally responsible for what they think, say or do? No, and I am confident we have all been in a situation where someone in our care has said or done something we may have felt responsible for but are we? Did we have control over what they said or did? No, then we are not responsible. We can guide others; we can, in some incidences, help them to understand the impact of their words, thoughts and actions on them and/or others but we cannot force them to speak, think and act as we would like.

Own your stuff...sounds simple enough. Blaming others even if they contribute to a situation you are personally responsible for is not accepting personal responsibility. It is being a victim. Being a victim is giving up your power to someone who likely does not deserve to have it.

Own your part even if it's a small part. If you have no personal responsibility and have not agreed to accept any then take none. Accept no blame and hold others accountable or responsible for their part (when safe to do so).

Being personally responsible is both freeing and challenging. Freeing in that being responsible for me is within my control. Whereas, allowing others to be responsible for their thoughts, words and actions can be challenging if we are uncomfortable with them suffering or feel we will suffer the consequences of not.

*Carol M. Shirley  
Registered Psychologist  
The words in this article are reflective of my personal thoughts.*

*For more information go to  
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## Parent-Child GUIDE

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# HRM MLAs and MPs Working Hard for YOU!

## An Update from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

### CANADA SUMMER JOBS—NEW FOR 2019!

There are a number of changes to the Canada Summer Jobs program for 2019 which will provide better quality job opportunities for more young Canadians.

This year, all youth aged 15 to 30 can apply to Canada Summer Jobs funded jobs. This used to be limited to students who were returning to school in the fall. With that restriction is gone, it allows the possibility for the 'summer' job to turn into long-term meaningful employment.

Once the requests from businesses and non-profit groups are evaluated, all approved jobs will be posted to the job-bank.gc.ca website and app for anyone interested in applying for these positions. My office will provide updates and reminders on my Facebook page (darrellsamsonliberal) when they are available, so please follow me there.



great event with food and refreshments for all.

### Sackville Arena

91 First Lake Drive, Lower Sackville

This year, we are excited to open the event with an introductory figure skating routine by Alyssa Cross of Nova Scotia's 2019 Canada Winter Games Team! We hope you arrive early to cheer Alyssa on and show her your support before she heads off to compete for our province.

Please note that helmets are mandatory for all skaters.



### FREE FAMILY SKATE!

Monday, February 18th, 2019, 12 - 2 pm

Please join us for our Annual Family Skate on Heritage Day. This is always a

Come see Alyssa Cross perform before she leaves for Red Deer to compete for Nova Scotia at the Canada Winter Games later this month.



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# HRM MLAs and MPs Working Hard for YOU!

## A Message from Rafah Di Costanzo MLA, Clayton Park West

The holiday season has come and gone, and now we look forward to the wonderful festivities that come along with the new year.

One of my favourite events of the year is almost here, and I know most of you have been anticipating it as well.

This year marks the 4th Annual Family Day

Skate, which has always been a milestone for us in the Clayton Park West community.

The fun all starts Monday, February 18th at the Centennial Arena Hockey Rink in Halifax, located at 27 Vimy Ave.

The skate will run from 12:00 p.m. to 1:30 p.m.

Make sure to bring your skates, helmets, warm

clothing and a smile! Some prizes will also be given out during the event.

The skate acts as a wonderful space to connect with your neighbours and engage in physical activity with your loved ones.

We hope to see you at this beloved community event.

On another note, the Legislature has announced the House Spring session will commence starting February 28th.

I will be presenting your good stories and concerns to the Legislature.

Finally, I wanted to mention that I have changed my office location to the second floor of the Bed-



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ford Basin Farmers Market, which is located at 397 Bedford Highway (Suite 201).

Our office is open Monday to Thursday 9:30 a.m. to 3 p.m., and Friday 9:30 a.m. to 1 p.m.

If you are shopping at the market or having a coffee in the cafe, please drop in to say hello.

My door is always open!

Rafah Di Costanzo  
MLA Clayton Park West

## Strengthening Healthcare Infrastructure in Nova Scotia

### A Message from Hon. Iain Rankin MLA, Timberlea - Prospect

Throughout Canada provinces share the challenges of both recruiting and retaining primary care providers. Over the last few years I have highlighted the attractiveness of practicing in our area, met with our local clinics, as well as connected with the Department of Health to attach doctors and nurses to our local clinics. I am delighted to continue to see both doctors and nurse practitioners moving to our communities for more patients to access a primary care provider locally.

#### Government Improves Flexibility for Doctors

Government has improved flexibility to allow doctors the choice of where they want to work. Increased collaboration with Doctors Nova Scotia has resulted in increased compensation and a suite of incentives for family doctors. This has led to more Nova Scotians being connected to a family practice. Since 2017, we have also hired close to 100 health professionals such as nurses and social workers to help create and strengthen collaborative family practice teams across Nova Scotia and improve access to care. Two of those clinics that have benefited from new

positions are the Timberlea Medical Centre and the Hatchet Lake Medical Centre, allowing them to take on new patients.

#### New Physician Immigration Stream

Other noteworthy initiatives are a new Physician Immigration Stream for international doctors launched in February, which has seen 16 doctors choose Nova Scotia as a place to live and work; adding new spaces to our residency programs and a tuition relief program to attract doctors to underserved communities. There has also been funding directed to additional seats in Dalhousie University's nurse practitioner program over the next two years, along with a new Nurse Practitioner Education Incentive.

#### Health Care Infrastructure Going Through A Revitalization

Healthcare infrastructure is also going through a revitalization under the QEII New Generation Project - the redevelopment of the QEII Health Sciences Centre. This will see services move out of the aging Victoria and Centennial buildings and delivered at other hospitals or new health care facilities being built or renovated. The Halifax

Infirmary site is being expanded.

There will be a new outpatient centre, innovation and learning centre and a new QEII Cancer Centre at that site. Dartmouth General Hospital is also being expanded and work to get two operating rooms up and running in Windsor is already complete.

#### New Community Outpatient Centre

You may have noticed work on a site in Bayers Lake where land has been cleared. It will be home to a new Community Outpatient Centre as part of this project. The Centre will be minutes away from residents of the Timberlea, Prospect and surrounding areas, and the thousands of Nova Scotians who have to travel to Halifax for certain services. Space will be provided for primary care to be delivered by a team of doctors, nurses and other health professionals.

Clinics such as physio and occupational therapy, high blood pressure, diabetes and orthopaedic assessment are also being planned. In total there will be 17 examination rooms; 24 dialysis stations; diagnostic imaging (x-rays and ultrasounds); blood collection; and post-surgery

or post-treatment follow-up appointments.

We are also supporting Nova Scotia's first hospice residence by moving five beds from the Victoria General site of the QEII Health Sciences Centre as part of the redevelopment. We are doing these projects because the health care needs of Nova Scotians are changing. We want to ensure they have the right care, in the right place, at the right time. We also want to encourage doctors and other health care professionals to come to Nova Scotia to work so we're trying to build modern, state of the art facilities that meet their needs as health care providers.

Most recently we announced plans to double the size of the IWK emergency department and funding to replace the aging MRI. This will ensure our women, children and families have a facility that meets their changing needs. These are just a few examples of the unprecedented progress happening. I look forward to working on all of these exciting initiatives to benefit our local region and Nova Scotia.

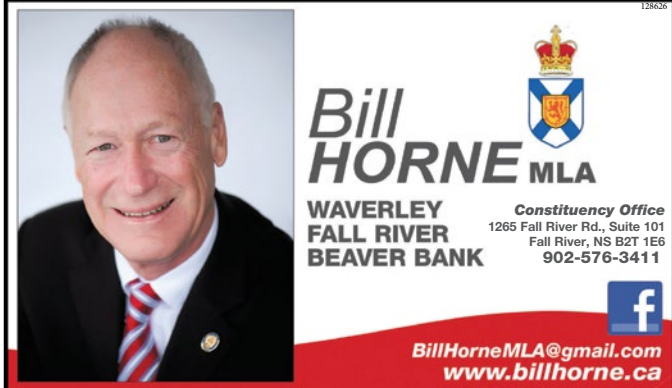


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With a recent surge in bowling across the country, people are once again heading to their local bowling centre for some all-ages fun and entertainment. However, what

sets Bowlarama apart from the "traditional" notion of what a bowling centre is (forget that dark bowling alley you may be picturing), has been their consistent ability to innovate, adapt, and continue to offer NEW and exciting elements of entertainment for the market—in clean, safe, new, and renovated centres. For example, did you know that the Spryfield and Dartmouth locations both have state-of-the-art arcades, filled with the most up-to-date and popular games including Jurassic Park, Down the Clown, and Whack & Win? Speaking of



which, Bowlarama Spryfield even has Halo Fireteam Raven—the first of its kind in Nova Scotia, and one of very few in all of Canada.

But it's not just the incredible entertainment value that Bowlarama offers that sets them apart from the rest of the market. In recent years, they have created a full food and beverage service with something to satisfy any customer when hunger strikes; and we're not just talking about fried food—they even have panini's and black bean burgers, to ensure they have something for every customer, every visit.

Needless to say, whether

you're a parent looking for a fun day out with your kids or somewhere for their next birthday party, a night out with friends (they also have Bar@ Bowlarama for those 19 years plus!), a perfect place to host your next event (corporate, reunions, graduation, team building and more), or somewhere just to go for some simple fun; Bowlarama has ALL of your entertainment needs covered, all in ONE place.

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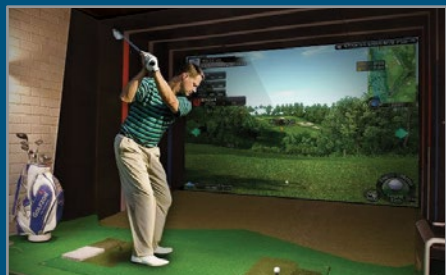
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With a CAA Membership, you don't only have peace of mind through our roadside assistance, great travel advice and excellent deals on home, auto and travel insurance - we also save you money through CAA Rewards.

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Not sure what adventures to take the kids on during March Break? Need to tune up your car or change those winter tires before spring? Or simply need a new pair of shoes? CAA Rewards has you covered.

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# March Break Getaways



**KIDS 5 & UNDER EAT FREE!**

## Our recipe for March Break fun... just add water (and chocolate).



**3 FAMILY NIGHTS**  
**\$495**

from  
Based on a room with 2 double beds.  
Lakeside and cottage rates available.  
Plus tax.

We've cooked up another fun-filled beach March Break guaranteed to satisfy kids of all ages. Activities begin Friday, March 15th with s'mores around the bonfire, and go straight through until noon on Sunday, March 24. Come for fishing, karaoke dance party, revisiting local UFOs, weaving, wooden toys, swimming, and running around in the great outdoors. We'll be celebrating St. Paddy's Day, Spring Equinox, and newcomers to Canada with Pier 21. Join us Tuesday, March 19th for Chef's Chocolate Creations, or check out the full schedule online and plan your week. Grownups love March Break at the beach. We see Moms heading to the spa and parents holding hands on a beach walk.

Our recipe for happiness is tried, tested, and true. *Book your holiday today!*



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# Parent-Child Guide

**DON'T MISS OUT**  
on our next edition, our 24th year

**ANNIVERSARY**  
**SPECIAL ISSUE,**  
Featuring HRM's **LARGEST**  
Summer Camp Guide

Also including Fun Places To Go, Health & Wellness, Education, Seniors' Living Care and More!

Printing on April 17, running to June 21, 2019  
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## March Break/Summer Camp Guide

### Parents Are Key to Supporting Children in French Immersion

Submitted by Canadian Parents for French, Nova Scotia

With grade primary registration coming up in February, many parents are considering French immersion as a choice for their child. Parents often wonder if their lack of French will hold back their child. The key to success in school is parent involvement. Parents are not expected to understand or speak French, but research shows that students with parents who have positive attitudes to French achieve more.

Many factors contribute to children's success at school, such as curriculum, learning materials, teachers, school setting, administrative support, and motivation. However additional exposure to French is important. Experiencing French at home will enhance your child's abilities in French, their understanding of Francophone culture, and their confidence in using the language.

There are a wide range of things you can do to enrich your child's French language learning. Many aren't expensive or time consuming.

Help your child to use French outside of the classroom! Watch French TV or set a DVD to the French version. You can borrow French books from the library or start a collection of your child's favorite books in French. Look for activities in French like plays, concerts, courses and sport activities. Get a French cookbook and cook a meal together, or work on your family tree in French. Play board games in French. There are many easy activities that can be done in French as a family.

During the summer look for summertime activities that keep your child on the path to linguistic success. French summer camps, regardless of a student's age, are a great way to do this.

Find a café or restaurant that offers service in French and enjoy some treats. For the older child, it is a great experience to go on a family holiday to a Francophone region. Children love to take the lead and show their family their language skills!

Children constantly learn new skills from extracurricular activities and integrate these skills into their time in the classroom. Remember learning any language is a life-long experience! Just as your child's first-language skills matured and expanded with age and new experiences, these factors will affect the development of their second language. A long-term commitment to language will produce the best results! Be supportive and enthusiastic. Make French a part of your child's life!

For more information, please contact: [ns.cpf.ca](http://ns.cpf.ca) or phone 902-453-2048

Come for a week or two, a whole month, or the entire summer!

WEEK-LONG CAMPS RUN JULY 2nd TO AUGUST 30th FROM 8:15AM TO 5PM.



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- GET AN ACTIVE START ON SUMMER WITH CAMPS FULL OF FUN AND PHYSICAL ACTIVITY
- CAMP THEMES FOR EVERY INTEREST
- LEISURE SWIM EVERY DAY

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REGISTRATION BEGINS LATE MARCH/EARLY APRIL AT [CANADAGAMESCENTRE.CA](http://CANADAGAMESCENTRE.CA)



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## FRENCH CAMP

Join us this summer for a week to remember!

**FRENCH CAMP IS...**

A wonderful refresher over the summer months.

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A great way to make new and lasting friendships.

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#### SEA KAYAKING ADVENTURE CAMP

Îles-de-la-Madeleine/Magdalen Islands, Québec  
Ages 15-17

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Barton, Digby County  
Ages 10-14

#### CAMP DE LA BAIE

Sambro Head, HRM  
Ages 10-14

#### DAY CAMPS

Halifax and Cole Harbour  
Ages 6-10

#### CHAPTER CAMPS

For more info on local camps, contact your local CPF chapter.



#### CPF Nova Scotia Summer Camps

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# CAMP WESTWOOD

## SUMMER 2019

St. Margaret's Centre, 12 Westwood Blvd, Upper Tantallon

Look out for our New Theme Camps This Summer, as well as the Regular Favorites:

**MOVIN' & GROOVIN' CUP CAKE KIDS**  
**CAMP WESTWOOD OLYMPICS**

And of course Our Popular Sports Camps.

Brochure available around March Break, registration begins in April.

March Break Figure Skating Camps

Skating and Swimming Options every day

Early and late drop-off INCLUDED

Hockey, Figure Skating and Ringette Camps Available

**CAMPWESTWOOD@GMAIL.COM**

www.stmargaretscentre.ca 902-826-2100 ext 10

## Locals Gabrielle Levesque and Pier-Alexandre Hudon are off to Croatia to represent Canada at the Junior World Figure Skating Championship



Gabrielle Levesque and Pier-Alexandre Hudon are off to Croatia to represent Canada at the Junior World Figure Skating Championship. After capturing the bronze medal in Junior Pairs at the Canadian Tire National Figure Skating Championship they were selected for this assignment. Gabrielle, a grade 11 student from Bridgewater Nova Scotia teamed up with

Pier-Alexandre just shy of two years ago. Pier-Alexandre moved from Quebec to skate with Gabrielle at the St. Margaret's Bay Skating Club in Upper Tantallon.

Since their beginning of the partnership; it has been a whirlwind of travel. The first season; after only 6 months together, they got a Junior Grand Prix Assignment to Poland. This season started with 2 Junior Grand Prix's one in Austria and one in Czech Republic this Fall. It was an amazing opportunity for them to represent Canada and see the world.

Both Gabrielle and Pier-Alexandre are very excited and honored to go to Junior Worlds and compete with the best in Croatia. They are working hard at refining their programs to beat their personal best scores and showcase their talent

at Junior Worlds. Their strengths are their chemistry together, triple twist and strong lifts.

The pair train five days a week and spend their off time keeping busy with going to the gym and balancing school and skating. They both love to skate and travel so this is the perfect mix for a team. They will be competing in Zagreb, Croatia from March 4-10.



# Fine Art & Theatre Summer Camps

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AGES 6 - 10

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- FANTASTIC BEASTS AND WHERE TO FIND THEM JULY 15 - 19
- RAINBOW CONNECTION JULY 22 - 26

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Monday - Friday  
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Fees include supplies, daily snack & lunch on Fridays

**Theatre Camps** 2 WEEK CAMPS

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## March Break Social Skills Day Camp!

Dates: Monday to Friday,  
March 18 to 22, 2019  
Hours: 9:00am to 12:00pm

Capacity: 5-10 students per age  
group  
Cost: \$225 per week

Bridgeway Academy is offering a **School Break Social Skills Program** focused on helping children develop the skills necessary for initiating, building and maintaining friendships. This program will be offered at our Dartmouth location.

This condensed program mirrors the day program at Bridgeway Academy and has the same overall goal of developing appropriate **social interaction skills**. We are aware of how important social skills are to living a satisfying and fulfilling life. We are also aware that learning disabilities and ADHD may hinder a child's ability to learn and develop proper social skills.

**Every child learns differently**, and we cater to their learning strengths and needs. The lessons will consist of visual, auditory, kinesthetic and practical teaching styles combined with fun activities to help illustrate and practice new skills. We also provide home practice suggestions to help generalize lessons to different life settings.

1. First impressions, including appearances, introductions and small talk.
2. Evaluating possible friendships and existing ones.
3. Being a good friend.
4. Extending invitations, awareness of others and how to communicate – assertive vs. passive and aggressive.
5. Communication – Non-verbal, assertive, passive and aggressive.
6. Problem solving.
7. Avoiding fights.
8. Setting personal boundaries.



To register please call 902-293-4801

[www.bridgeway-academy.ca](http://www.bridgeway-academy.ca)



## March Break Art Camps





## CAMP DE JOUR 2019

YOUR CHILD WILL HAVE A LOT OF FUN LEARNING, WHILE PLAYING IN A FRANCOPHONE ENVIRONNEMENT!

8 weeks full of activities, discoveries and sports for children ages 4-13, **TOUT EN FRANÇAIS!**



REGISTER YOUR CHILD IN OUR CAMP DE JOUR (AGES 4 TO 10) OR IN OUR CAMP EN ACTION (AGES 10 TO 13)

For registration and more information:  
**CAMP@CCGH.CA**  
or by phone: (902) 435-3244

## Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au Camp de jour et au Camp en action du Conseil communautaire du Grand-Havre! Les camps auront lieu à l'école du Carrefour à Dartmouth et à l'école du Sommet à Bedford.

Ceux-ci se dérouleront en juillet et août 2019. Le programme du Camp de jour est destiné aux enfants de 4 à 9 ans et celui du Camp en action s'adresse aux jeunes de 10 à 13 ans.

Chaque semaine une thématique différente initiera votre enfant à des activités plus stimulantes les unes que les autres. Des sorties à

chaque semaine, des bricolages et une variété d'activités dynamiques tout en français seront au menu. Les jeunes inscrits au Camp en action participeront à des activités plus avancées et adaptées à leur groupe d'âge, incluant le go-kart, du trampoline acrobatique et Atlantic Playland! L'occasion idéale pour votre enfant de continuer à communiquer et jouer en français pendant les mois d'été!

*Pour plus d'information :*  
Courriel : [campdejour.ccgh.ca](mailto:campdejour.ccgh.ca)  
Téléphone : (902) 435-3244

## A French Summer in Halifax!

Offer your child an opportunity to have fun at the Camp de jour and the Camp en action, a French summer camp organized by the Conseil communautaire du Grand-Havre. The camps will take place at École du Carrefour in Dartmouth and at École du Sommet in Bedford.

The camps will be offered starting from July to August 2019. The Camp de jour is intended for children between the ages of 4 and 9 and the Camp en action for young pre-teens between the ages of 10 to 13 years old.

Each week, a different theme will initiate your child to various stimulating activities. Weekly outings, crafts, outside water games

and other energizing activities will be in store. Youth enrolled in the Camp en action will participate in activities adapted for their age group, such as go-karting, acrobatic trampolines and Atlantic Playland! The perfect opportunity for your child to continue to play and engage with others in French during the summer!

*For further inquiries:*  
E-mail: [campdejour.ccgh.ca](mailto:campdejour.ccgh.ca) or  
Phone: (902) 435-3244  
Courtlyn Arsenault,  
Coordonnatrice du Camp de jour  
[camp@ccgh.ca](mailto:camp@ccgh.ca) T: (902) 435-3244 #206.



REGISTER TODAY AT  
[NEPTUNETHEATRE.COM/HAVEFUN](http://NEPTUNETHEATRE.COM/HAVEFUN)

# MARCH MARCH 18 - 22 BREAK CAMPS!




## March 18 to 22

Register online at:  
[www.creativekids.info](http://www.creativekids.info)  
Centre Hours: 7:00am - 6:00pm  
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# MARCH BREAK 2019!!

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**Our 7,000 square foot,** licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please **campers from 4 - 12 years of age.** Camp hours are from 8:45 - 3:45 with before and after care available at no extra charge from 7:00am - 6:00pm.

Campers will explore our 5 acre wooded setting with natural play spaces.

**March Break Day Camps At Creative Kids Education Centre**  
SPACE IS THE PLACE (YOUNG CAMPERS)  
RETREAT WEEK  
MULTI SPORT MADNESS  
ROBLOX REGATTA



**Register online NOW!**  
[www.creativekids.info](http://www.creativekids.info)






## Artech Camps— positively extraterrestrial!

Explorations in Game Design and Digital Medias for kids and youth from 7 through teen years!



Sana and Anik are ready to film!

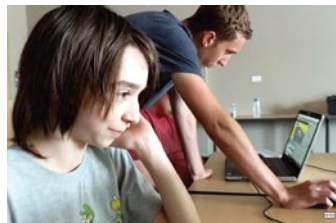
In 2018 InSight landed on Mars! What will be next? For aspiring Game Designers, Astronauts, Space Explorers, Game Developers and Animators March Break will be extraterrestrial!

**Encounters with Aliens** – a Game Design camp for kids 7-12 years. "It's time to suit up! Grab your indestructible shield and we are ready for launch!" Create your own characters and aliens, design multiple worlds and get started programming. Add special effects to simulate wormholes and experiment with gravitational forces.

**Reach for the Stars** – Get Animated – an Animation camp for all ages. We'll bring characters and stories to life with different ways to animating: Stop Motion, Claymation, Frame-by-frame and more. Then it's time to explore special effects!

Campers will be free to work individually, in pairs or small groups.

**Outta this World with Unity 3D** – 3D Game Design for youth 11 through teen years. Artech's Unity instructor Jacob will lead new and returning campers on a creative odyssey for developing games with Unity 3D. Small group learning allows customized learning and individual instruction.



Rowan is creating a game in Unity.

All camps run Monday through Friday, March 18th – 22nd. They are held at the NSCC Institute of Technology on Leeds Street in Halifax.

Check out all our March Break and summer camps at [WWW.ARTECH-CAMPS.COM](http://WWW.ARTECH-CAMPS.COM)

Call 902-579-3317 for more information.

# March Break/ Summer Camp Guide

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march break and summer camps for kids & youth



# Seniors' Living Care

## Retirement Living - Are You Ready to Enjoy the Many Benefits?

Submitted by The Berkeley



There comes a time in many seniors' lives when cooking meals, cleaning and maintaining a home becomes physically challenging, not to mention tedious. Loneliness and/or failing health can be factors as well. Moving to a retirement residence is an option many people consider so they may enjoy life without worry. In a retirement residence, you live in your own apartment without the hassles of household tasks allowing you to enjoy favourite pastimes, the opportunity to be social and the security of knowing health care professionals are on duty 24 hours a

day. When it comes time to make the transition, it can be an emotional and overwhelming decision for many seniors and their families. Here are some key aspects to consider:

1. **Location:** Is it close to conveniences such as the pharmacy, grocery store and a medical clinic? Is it close to your family and friends and a community in which you feel comfortable? Is it close to places you like to go such as church, the theatre, library and community groups as well as natural attractions such as parks, the waterfront and walking trails?
2. **Environment:** Is the physical environment bright, inviting and warm? Do you like the size of the building? Are the people friendly and welcoming? Is this a place you could call home?
3. **Safety and Security:** Is access to the building secure and monitored? Are there fire alarms and smoke detectors? Do they perform regular fire drills? Is there a sprinkler system? Do they have handrails in the hallways? Do the apartment units have emergency call systems?

4. **Dining:** Can the kitchen handle your dietary needs? Can family and friends come for meals? Can you have a privately catered function? Is there a menu selection available to view so you can ensure you like the options being served?

5. **Health and Wellness:** Are the medical services you require available through the nurse and personal care workers? Will health care staff do a review of your medical records and an assessment of your health to ensure your needs can be met?

6. **Apartment Units:** Is the apartment you want available? Does the bathroom suit your needs (ie: walk-in shower, shower with seat or bathtub)? Are there adequate handrails in the bathroom?

7. **Recreation:** Do they have a variety of activities? Do they have a van to take outings and shopping trips? Do they plan special events?

For more information, and to book a tour, visit [theberkeley.com](http://theberkeley.com) or call Jenn at 902.802.0346.



**Open Houses at The Berkeley every Thursday from 1:30-3:30pm**

We invite you to come for a visit and see all the benefits of retirement living for yourself! At The Berkeley, we recognize the importance of being active and belonging to a community while still maintaining your independence and privacy. Come see the lifestyle we offer, get a feel for the warm, welcoming atmosphere in each of our buildings, meet our amazing employees, and see why our residents Love Where They Live!

For more information and to book a tour, check out our website at [theberkeley.com](http://theberkeley.com).



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[www.facebook.com/TheBerkeleyNS](https://www.facebook.com/TheBerkeleyNS)





# Seniors' Living Care

When life has you feeling "sandwiched", 211 is here to help

By Suzy Teubner, Director of Communication and Outreach

The number of older adults in Nova Scotia is growing rapidly. According to the Nova Scotia's Department of Seniors SHIFT report released in 2017, more than one in four Nova Scotians will be aged 65 years and over by 2030.

Many of these people will have also been part of the "sandwich generation", a term coined by social worker Dorothy Miller in 1981. It originally described women in their 30s to 40s who were "sandwiched" between caring for young children and aging parents. Almost 40 years later that definition has expanded to include both genders, predominantly 40 to 65 years old.

It can be challenging try-

ing to balance the care of family members on opposite ends of the aging spectrum, whether the family member is a child, aging parent, spouse or another family member. And while some older adults have children who have already left the nest, the face of families is changing as more grandparents find their roles changing to parent to care for grandchildren (also called skip generations). In 2011, over 30,000 children aged 14 and under lived in skip-generation families in Canada.

No matter what age or stage, 211 is here to help when you need supports for yourself, a family member, friend or neighbour. From active living programs for all ages and

abilities to food banks and prepared meal programs, afterschool programs to homecare, 211 can connect you to the programs and services that you need to ensure everyone in your family has the support they need, when they need it. You can call 211 any time (calls are free and confidential) and speak with a friendly community resource navigator.

The 211 database has thousands of programs offered by non-profits, local community groups and government departments. More than 400 of these resources are specific to the needs of older adults including senior navigation services, long-term care and housing, adult day programs, education and recreation

programs, transportation, home maintenance and senior safety programs.

When you don't know where to turn, 211 is here to help 24/7. Simply dial 211, visit [ns.211.ca](http://ns.211.ca) or text 21167.

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# Health & Wellness

## Age 8 is the BEST!

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group



**D**id you opt to do vision screening for your child when they started school?

In the same way that vision screening identifies sight problems, that if not treated, could lead to irreparable complications in the future, orthodontic screening provides the same value for your child's bite. Children's growth allows for a unique opportunity to correct problems during childhood that with maturity are difficult to correct without surgery.

The longer I practice as an Orthodontist, the more I realize the confusion that exists around orthodontics. Too often, I find myself educating parents about orthodontic screening when it is already

too late to benefit their child. Commonly I hear "We wish we had known earlier." Those are the most frustrating words to hear when we, as Orthodontists know how easy it would have been to avoid. If you have a child that is eight, have them screened, get the information and then make your decision. Information is key. Timing is key.

Here are the Facts you should know:

**1. Age 8 is best.**

Canadian Association of Orthodontists recommends that every child be seen by an Orthodontist by the age of 8. At this age the adult teeth are just beginning to erupt and an Orthodontist can already tell the way a bite is developing. It is rare for any treatment to be recommended at this age, but to gather a baseline is crucially important to determine ideal timing of future treatment, if needed. Furthermore, there are a few select bite problems

that must be treated before all of the adult teeth erupt. This is also a good age to introduce children to appliances that they may require such as thumb habit breaker appliance or expander.

**2. Every person deserves the right to see an Orthodontist.**

Every person, regardless of age, has the right to have their bite and smile evaluated by an Orthodontist. Although a dentist can assess your bite, an Orthodontist studied dentistry first and then studied an additional 3 years to become a specialist. Like all specialists their practice is solely focused on one thing and an Orthodontist is focused on growth and development and treatment of the bite. You trust your heart health to a cardiologist and your skin to a dermatologist. Similarly an Orthodontist is the person most qualified to evaluate and treat your bite. Your Orthodontist will work with your Dentist to ensure the

best overall outcome for you or your child.

**3. No referral is needed.**

You do not need a referral from your Dentist to see an Orthodontist. We are happy to give you the information, whatever the age.

**4. Orthodontic screening programs may be complimentary in some offices.**

It is our shared belief that any barriers to accessing orthodontic information should be removed and that early detection of problems is important. As such, we offer a complimentary orthodontic screening program for all children until the age of dental maturity at which time if treatment is not indicated, there is no further obligation.

**5. There is no down side.**

Getting the information about your child's bite is important. Being armed with knowledge about your child's bite and any potential problems is critical to

making a decision about treatment.

*Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The*

*Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902-455-7222.*

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---	---

[www.thefamilyfocus.ca](http://www.thefamilyfocus.ca)






# Age 8 is the best

for early orthodontic screening

- children should be seen by an Orthodontist by the age of 8 \*
- no referral needed
- no interest/flexible payment plans
- free consultations for all ages

\*as recommended by the Canadian Association of Orthodontists





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DR. SARAH DAVIDSON & DR. DAN STUART  
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**orthodontists**  
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# Health & Wellness



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## Is it ADHD? Overcoming attention problems with the help of an Occupational Therapist (OT)

By Marcia-Lisa Dennis, OT Reg (N.S.), Doctoral candidate

**A**ttention deficit hyperactivity disorder or ADHD is the most commonly diagnosed mental or behavioral disorder of children. ADHD affects about 10% of school-age children where boys are about three times more likely than girls to be diagnosed with it. The symptoms of ADHD are grouped into three categories: Inattention, Hyperactivity, and Impulsivity.

Inattention includes being easily distracted; difficulty following directions, finishing tasks, or not appearing to be listening; making careless mistakes; being forgetful; losing things; having problems organizing daily tasks; and tending to daydream.

Hyperactivity means that the person is fidgety; may talk excessively; they are constantly moving, running, climbing on things, or is just plain restless. It is as if they are always "on the go" and have no brakes.

Impulsivity refers to having trouble waiting for their turn; blurting out answers; interrupting others; saying or doing something that they later regret.

**Did you know that there are over 20 other possible diagnoses\* that can mimic ADHD because they contribute to inattention, hyperactivity and impulsivity?**

### ADHD... a set of symptoms

Is a runny nose a diagnosis, or a symptom of a cold or allergy? Is abdominal pain a diagnosis, or a symptom of gastro, appendicitis, or cancer? Is it possible then that an attention deficit and hyperactivity are symptoms of something else? These could be food sensitivities, hearing or eyesight problems, sensory processing disorder (ie. vestibular, tactile, auditory or visual processing disorder), emotional stress, trauma, an undiagnosed learning disability, poor sleep, diabetes, a seizure disorder, fetal alcohol syndrome, or even a head injury such as a concussion. This is why it is important that you tell your doctor all of the symptoms so that they can give a proper diagnosis because ADHD medication may not be needed for these other disorders. More importantly, these symptoms may be remediated with the right treatment. You may need to seek out the help of other professionals such as a developmental optometrist, audiologist, speech therapist, physical therapist, psychologist, social worker, and occupational therapist to get to the bottom of the symptoms.

### OT Interventions to help with ADHD symptoms?

In order to deal with the symptoms, it is important to get to the root cause. Occupational therapy is able to look at the foundational skills needed to help the brain grow and

make new connections which is called neuroplasticity. Contrary to popular belief, it is possible to rehabilitate the brain and overcome symptoms of inattention, hyperactivity, and impulsivity. Working on basic reflexes, movement patterns, sensory processing, gross and fine motor skills, emotional regulation, and eye hand coordination are crucial for brain development. There are many interventions that exist that can help rewire the brain. Occupational therapy interventions (by an OT trained in cognitive rehabilitation) can include: a listening program, neurofeedback, or sensory integration therapy.

*You CAN Reboot, Rewire, Rehabilitate Your Brain. For more info, register to come to a 90 min talk on Mon. Feb. 25, 2019, (snow date Mar. 4) at 6:45pm at 397 Bedford Hwy, Suite 322. [www.lisasholisticrehab.com](http://www.lisasholisticrehab.com)*

\*Taken from "ADHD does not exist: The truth about attention deficit and hyperactivity disorder.", by Dr. Richard Saul (2014)

**Wouldn't it be great if you could treat the root cause of your or your child's learning disability and not just the focus on the symptoms?**

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Come to our talk entitled "Is it ADHD?  
Overcoming attention problems with the help of an OT"



# Education

## Reading is a Fundamental Skill

Submitted by Oxford Learning

Whether it's something a student has struggled with in the past, or progression isn't happening at an expected rate, reading is a common struggle for students of all ages. For children with reading difficulties, the problem doesn't always stop there. Many struggling readers also have trouble with skills such as writing, spelling, fluency, and comprehension.

On top of poor grades, reading struggles can also lead to stress and frustration for students—something we know can have just as much of an impact on student's success as any learning skill.

Reading is a fundamental skill that all children must master in order to do well in school (and in the future). Students who have difficulty reading now can quickly fall behind in their classes. And without the skills needed to succeed, it can be a huge challenge to catch up.

This is why it's important to watch for red flags that your child is struggling with

reading so you can address the problem before it snowballs into something bigger.

Here are some of the most common signs of a struggling reader:

**Red Flag:** A below average reading level

Signs to watch for: Your child has difficulty reading material assigned at his or her grade level. He or she is consistently behind the level of his or her peers.

**Red Flag:** Difficulty sounding out words

Signs to watch for: Your child has trouble pronouncing words that he or she should know or confuses the sounds of certain letters.

**Red Flag:** Difficulty recognizing words

Signs to watch for: Your child doesn't recognize words that he or she should know or easily confuses similar-looking words.

**Red Flag:** A lack of fluency when reading

Signs to watch for: When reading aloud, your child takes frequent pauses between words and lacks expression in his or her tone.

**Red Flag:** Problems understanding what was just read

Signs to watch for: Your child has a low level of comprehension when it comes to reading. He or she also has trouble understanding, recalling, or summarizing what he or she has just read.

**Red Flag:** Problems connecting what is read to previous knowledge

Signs to watch for: Your child has trouble connecting ideas from what he or she has read to other concepts he or she has previously learned.

**Red Flag:** Anxiety about reading

Signs to watch for: Your child is overcome with anxiety when reading, especially if he or she is asked to read aloud. He or she frequently says "I can't do it" or "I don't understand".

**Red Flag:** Avoiding reading altogether

Signs to watch for: Your child avoids reading as much as possible. He or she approaches reading with a negative or defeated attitude, refusing to pick up

*cont. on page 22*

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# Education

## Inexpensive Activities To Do With Children

By Angela White, The Growing Place

Children, for the most part, will enjoy almost any activity if there is interaction. Early Childhood Educators are thrifty when planning activities for children because we do so many. I am going to share a few ideas that I have done myself.

Sensory Play, easy! Unscented foam shaving cream, use

food coloring to mix colors, or use toys, spoons, etc. Dry noodles, flour, feathers, water, any number of things that can be easily manipulated by hands and toys.

Get crafty, if you place old flyers, catalogs, scrap paper, scissors, and glue in front of them, they can create a collage. Coloring, painting and drawing are all great ways

to be creative and it costs next to nothing.

Free is always best. Saving money where you can because it is not cheap to live anymore. The best free activity you can do is go for a walk. Find a trail, water front, park and walk. You won't believe the sights you see. Take your time, stop to look at scenery, buildings, animals, and people. Ask questions and answer theirs. Pick up some fallen leaves, wild flowers, sticks and small stones - these make great crafting and science items. Pack up and head to a local playground, park or splash pad. Have a lunch and play for bit. Lots of great outdoor time, fresh air and gross motor play.

There are places around

the city that offer cheap or free admissions on certain nights. For example, The Discovery Centre in Halifax offers a free admission on Wednesday nights. Check out local attractions to see what they offer.

There is so much that you can do that won't break your bank. Get creative (or ask an ECE for ideas). And remember to have fun.

Angie currently teaches the school age program at The Growing Place (Pleasant Street location), as well as assisting with our Inclusion Programming. She is our Arts and Crafts expert, and an endless resource for new ideas to try in the classroom. For more information please visit our website at [www.thegrowingplace.ca](http://www.thegrowingplace.ca)

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cont. from page 21  
books or read aloud.

**Red Flag:** Difficulty with spelling and writing

Signs to watch for: Your child has trouble spelling many words correctly. He or she may also struggle with writing comprehensive sentences.

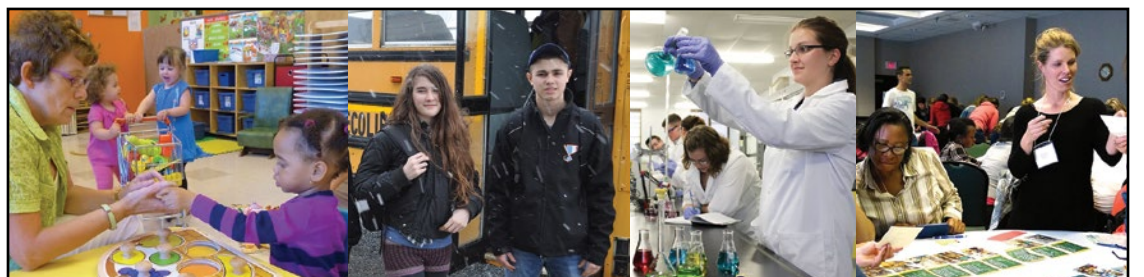
**Red Flag:** Tasks involving reading or writing take an unusually long time to complete

Signs to watch for: Your child spends a large amount of time working on reading or writing assignments, or has trouble completing them at all.

**Red Flag:** Easily distracted when reading

Signs to watch for: Your child has a lot of difficulty focusing on reading assignments or abandons the task before he or she has finished.

For more information about goal setting or any of Oxford Learning's programs, contact Oxford Learning in Halifax at [halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com) or 902-701-9254 or in Bedford at [bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com) or 902-700-6489



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[www.educationenfrancais.com](http://www.educationenfrancais.com)



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# March is National Engineering Month

Some might think it's a bit early to be looking forward to March, but the National Engineering Month committee has been hard at work since the beginning of October pulling together plans for National Engineering Month 2019. We are hoping this year will be the best and most exciting National Engineering Month yet! We are already filling the calendar with some new events, and a few old favorites. There will be new formats, new partnerships, and new opportunities to get involved! We hope to reach out to new demographics and host events at new and exciting venues.

There will be competitions for students of all ages, professional development opportunities for members, networking and workshops to participate in. Here's a bit of a sneak peak of what to expect on our calendar:

Dream up your team name for you and your co-workers for the Curling Showdown, prepare a poster about a fascinating project you worked on for the public display, or volunteer to help run an Egg Drop competition. See you in March 2019!

Visit [www.engineersnovascotia.ca](http://www.engineersnovascotia.ca) for more details. For volunteer opportunities, please contact Adam Donaldson, [adam.donaldson@dal.ca](mailto:adam.donaldson@dal.ca)

### Events for members:

- Annual Curling Showdown
- Professional Development Sessions
- Hockey Night in Halifax

### Share your experiences with others

- Student-Professional Pizza Socials at the Associated Universities
- Spotlight on Local Innovation
- Public Engineering Display at the Halifax Library

### Meet our future engineers

- Paper City Build Competition
- Egg Drop Competitions

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## Massive Charity Thrift Store Now Open!

17,000 ft<sup>2</sup> of brand new space to shop clothing and household goods with 100% of proceeds going to Souls Harbour Rescue Mission

Eight years ago Ken and Michelle Porter arrived in Halifax with enthusiasm and dreams and not a lot else. Over those eight years they have seen more and more of those dreams become reality. Souls Harbour Rescue Mission now serves 190 guests daily at their Halifax Drop In Centre. Renovations are underway for a Life Recovery Shelter. There is a thriving Drop In Centre in Bridgewater and Truro. But there has always been one dream that has never had the opportunity to move forward. Until now.

Souls Harbour Rescue Mission is thrilled to announce the opening of Mission Mart! Located in the new development in Bayers Lake, this thrift store will not only help to support the work that Souls Harbour is doing in Nova Scotia, but also provide valuable job training for our guests and adults dealing with disabilities. "We sacrificed some floor space so that we can engage in job training for our guests and other adults with disabilities. Through Mission Mart, we can train people on stockrooms, janitorial, greeting, merchandising, cash, and we are even offering an in-store cafe, so we can train in food services and serv-

ing," says Michelle Porter, CEO.

Obviously one of the first questions asked, is, "What about the free clothing and household items that have always been handed out for free?" This isn't going to change. "We will always give away free clothing to the needy. Food. Clothing. Shelter. At its core, that is what Souls Harbour is all about," clarifies Porter.

100% of the profits will stay in Nova Scotia, and 100% of the profits will be used for the work of Souls Harbour in helping the hungry, homeless, addicted and abused. Now that's a purchase you can feel good about.

Mission Mart is located at 265 Susie Lake Crescent and is open Monday to Friday, 9:00 am to 9:00 pm, and Weekends 10:00 am to 5:00 pm.

And to further support the cause, why not consider volunteering? This store is 99% volunteer driven and they need help from individuals, families and groups.

Apply at <http://bit.ly/volunteerhalifax>.



# FOR THE LOVE OF PETS



## What is an AAHA Veterinary Practice?

Provided by Carnegy Animal Hospital



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As pet owners, you may have noticed a few hospitals in the area promoting that they are AAHA approved. What does that mean? The American Animal Hospital Association (AAHA) is the only exclusive companion animal veterinary association,

servicing nearly 50,000 individual veterinary providers, including veterinarians, technicians, managers, client service specialists, and others. AAHA is also the only organization that accredits veterinary practices in the U.S. and Canada. During the Association's 80 years, its

mission has remained the same: provide veterinary professionals with resources to effectively manage their businesses and deliver the best in companion animal care. AAHA is the leader in developing benchmarks of excellence, business practice standards, informative publications and educational programs designed to help companion animal practices thrive.

Quite simply, AAHA raise the bars for excellence in veterinary care! After initial accreditation which

involves an on-site evaluation, a member of the AAHA Accreditation Team revisits the practice very three years. Their objective assessment of the day to day operations helps a practice continually benchmark and improve. The regular evaluations combined with extensive resource tools ensure the practice strives to the top of current standards within the veterinary profession.

As the veterinary team works toward the evaluations, it provides an amazing opportunity for the team

to review protocols, embrace new ones, and work toward a common goal. Better patient care, better client service and safety are paramount concerns. AAHA provides a network of resources through journals, publications, newsletters, as well as continuing education opportunities for veterinarians, veterinary technicians, client service support members and hospital managers. In addition, each practice has a designated consultant they

can reach out to.

Having been involved in the process for over 25 years, and having just completed an evaluation this month, we continue to appreciate the resources, and the goals that are set and then met in this process. We are confident as well to encourage clients that may be moving to another part of the country to seek out an AAHA approved practice knowing that they too have gone through this process.

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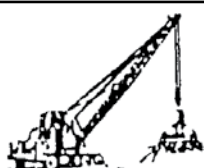
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# CRAFT CORNER

## Live Colourfully

By Jenny Joan Larisey  
Craft Consultant for Maritime Hobbies Crafts

It might feel like the winter months are never going to end but we know that spring is coming—the birds will be singing and the flowers will be blooming again. I'm dreaming of spring and all the hues that come along with it.

Back in the 1600's Sir Isaac Newton had a theory that colour is the result of objects interacting with light already coloured rather than the objects themselves generating the colour. He then developed a circular diagram commonly known as the colour wheel which has become traditional in the field of art and design, and is the basic tool for combining colours.

To get to know the relationship of adjacent, harmonizing, contrasting and complementary hues you can create your own colour wheel to directly visualize all the possibilities and play with options. The colour wheel was designed so that virtually any colours you pick from it will look good together. Don't be afraid to mix colours and create your own palettes.

Colour makes the world feel bigger with possibilities. When planning for a design you can refer to your colour wheel to



see what colours will work best together. Colours are a form of non verbal communication that can speak volumes in a fraction of a second. They can instantly set a mood, convey an emotion, invoke a reaction or inspire people to take action. Telling a creative story through colour can have such a powerful effect, especially when just the right blend is harnessed.

Boldly be a pop of colour in a black and white world.

*Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 423-8870*

## Value Village— Helping the neighbourhood, world, planet and you.

Value Village purchases pre-owned clothing, household goods and textiles from nonprofit organizations to help support their charitable missions, and through our stores, extend the life of used goods and reduce what ends up in the landfill. Over the past 10 years, the Value Village family of thrift stores has purchased more than \$1.4 billion of clothing and household goods from our nonprofit partner suppliers—revenue that helps to advance their missions, empower their causes and serve a wide range of local community needs.

Value Village recognizes the power of ensuring items that come through our doors reach their full potential and are given a second chance in our stores. We also work to extend the life of reusable goods that have not sold in our stores, and have dedicated an entire division of our company to forming reuse and recycling partnerships

around the globe. Items that cannot be utilized in their current state can be repurposed by our reuse partners or recycled for materials—including some textiles that can be broken down for insulation.

In the last year alone, we have helped divert more than 700 million pounds of material from landfills. Last year our stores repurposed hundreds of millions of items, including 265 million tops, 30 million shoes, 71 million pairs of pants, 18 million coats, 26 million dresses and 32 million accessory items.

Value Village works to find new opportunities to inspire shoppers to think differently about reuse.

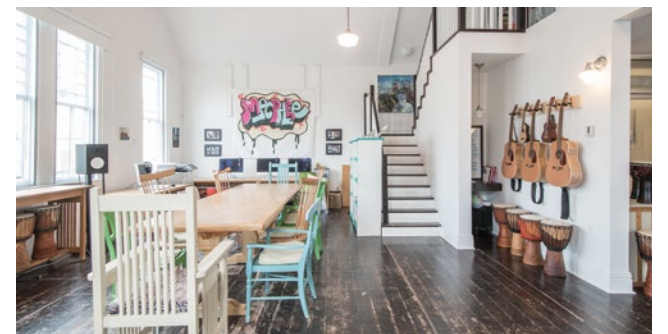
*Visit your location Value Village Community Donation Centres located at: 165 Chain Lake Drive, Halifax and 375 Pleasant Street, Dartmouth*

## Passion and Purpose through the Arts

Submitted by the MacPhee Centre

The MacPhee Centre recently announce that all of its visual and performing arts programming for youth, ages 12-19, will be free in 2019. This includes MacPhee's upcoming March Break programming, which is open for registration now, as well as their popular school-time and Summer programs.

This decision was made to ensure that youth and families who need support are not burdened by financial barriers. Providing barrier-free access allows youth and guardians to register with dignity and confidence knowing that they will receive positive and educational experiences in a supportive and nurturing



environment.

"While free programming has been a part of our mandate since the beginning," says Heather MacDonald, Executive Director, "being able to offer all programs, no matter the time of year, will make it easier for youth to access high quality visual and performing arts programming without having to ask for additional support and subsidization." The MacPhee Centre also offers support with transportation and feeds youth nutritional snacks and meals.

The MacPhee Centre proac-

tively reaches out to disengaged youth, helping them advance in school, develop confidence, friendships, and employment skills. Youth access the MacPhee Centre in many ways. While most youth are referred by the IWK or through their school, accessing programming can also be made by calling or emailing the MacPhee Centre.

*To learn more about the MacPhee Centre, check out [www.macpheecentre.ca](http://www.macpheecentre.ca) or call (902) 469-2851. Social Media Accounts: @macpheecentre*



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