

Caregivers Nova Scotia Caregiver Wellness Retreats 2018 Full List of Thank You's

Antigonish

Presenters

Jane Rogers
Emma Peters

Service Providers

Ivan Drouin – meditation leader
Natascha Polomski – Turn Up the Frequency; Specialized Kinesiology
Karen Bissonnette – Fung Loy Kok Taoist Tai Chi
Cherry Whitaker – Fung Loy Kok Taoist Tai Chi - New Glasgow
Darlene Hart – Hart's Hair Design
Devon Folz – Harbour View Day Spa

Volunteers

Emma Peters – Emma Peters, RMT
Beth Jackson – Alzheimer's Society of NS
Anita Stewart – Senior Safety Coordinator
Katie MacIsaac-Mattie – Hummingbird In-Home Speech Solutions
Olivia Rossong – Adult Day Program

Door Prize donor

Gabrieau's Bistro

Shannex – space at no charge; food at cost; and amazing staff who made us feel very welcome

Berwick

Presenters

Catherine Morley, Acadia School of Nutrition and Dietetics
Brenda Johnson, Sound Connections Therapy, Music Therapist
Sandy Fraser, Retired Acadia Professor, School of Education Counselling
Daisy Dwyer, Senior Safety Board, Mindful Moments
Dawn-Lea Greer, Laughter Yoga

Service Providers

Dawn-Lea Greer, Reiki and meditation
Marie Jardine, Little Piggies Reflexology

Karen Kennedy, Barb Lussing, Kelly Miller, Knitting circle
Massage Experts Greenwood, Kasia Rudnicki, Massage
Fung Loy Kok Taoist Tai Chi, Mary Anne Sulis and Annapolis Valley group of 5

Planning Committee

Catherine Morley, Acadia Professor School of Nutrition and Dietetics
Michelle Parker, Senior Safety Officer
Pat Miller, Alzheimers Society

Volunteers

Dawn Archambault, Alzheimers society
Al Foster, photography
3 Acadia Students, School of Nutrition and Dietetics

The Berwick & District Lions Hall

Made the hall available at a low rate, did all setup and tear down and provided a beautiful lunch.

Donations

EOS Natural Foods - in Wolfville donated all the ingredients for the soup jars which was a meal to take home for everyone, gave a discount on anything bought there and provided a Magnesium Calm sample for the gift bags.

Rafuse Home Hardware - donated the canning jars for the soup activity.

Blomidon Nurseries Greenwich – 75 bulbs, 3 per gift bag

Greenwood Shoppers – umbrella, cosmetic kit, toothbrushes and lip balm, door prize

Frasers Kingston – light bulbs, working hands cream, garden light, door prize

Windsor Superstore – gift certificate \$25, door prize

Absolutely Fabulous at Home Kitchen, Bath, Bed Decor New Minas – Mug, door prize

North Mountain Coffee Berwick – Coffee and gift certificate, door prize

Hair Expressions and Day Spa Kingston – Manicure gift certificate, door prize

Larry's Pharmacy Berwick – first aid kit, door prize

Valley Retired Teachers Organization - Gift card for books, door prize

Senior Safety provided many items for gift bags

VON provided materials for gift bag and came for lunch to answer any questions

Aging Well Together Senior Links provided materials for gift bag

Halifax

Presenters:

Brian Duggan topic on Communications

Roy Ellis topic on Self Care

Helen Fong - Morning stretch/meditation/yoga

Mini Presenters:

211 - James Robertson
Northwood ADP - Donna MacDonald and Mary Ellen Eyland
Northwood InTouch - Tisha White
Community Health Team - Christina MacDonald
VON - Jenny Theriault

Volunteers & Door prize donations:

Henrik Botha - Nurse Next Door
Renee Field - Home Instead
Elaine Hatcher - Bayshore
Christa Quinn and Sherri Pickett - Closing the Gap
Lorna MacMillan - Parkwood
Eastern College Massage Therapy Instructor - Cynthia Whynacht and students

Space and catering: Ashburn Golf Club – Susan Woods

Dartmouth

Presenters:

Brian Duggan (both) - topic on Communications
Samantha Molen (Dartmouth) - topic Self Care
Anne Corbin - Dartmouth (Kitchen Exercises)

Helen Fong - Morning stretch/meditation/yoga

Mini Presenters:

211 - Suzy Teubner
Northwood ADP - Donna MacDonald and Mary Ellen Eyland
Northwood InTouch - Tisha White
Community Health Team - Tina McPhee
VON - Jenny Theriault

Volunteers & Door prize donations:

Henrik Botha - Nurse Next Door
Renee Field - Home Instead
Elaine Hatcher - Bayshore
Christa Quinn and Sherri Pickett - Closing the Gap
Lorna MacMillan - Parkwood

Space and catering: Brightwood Golf & Country Club - Tina Dickson

Lower River

Volunteers:

Michele MacPhee -Senior Safety and Social Inclusion Coordinator Richmond County
Nancy Cameron RN- Palliative Care Coordinator Strait Richmond Hospital
Beth Jackson-Education Outreach, Alzheimer Society
Robert Goyetche-President Senior Club, Louisdale
Marg Windsor-Senior Club member, Lower River
Tiffany Hallett SW NSHA Strait Richmond Hospital
Jamie Lynn Morrison- ADP L'Ardoise
Georgette Burke-Volunteer/Art Therapy

Guest speaker:

Stephen Anthony-Communication

Service Providers:

Gigi Hooper-Artist/Art Therapy
Ruth Matthews-Harpist/Music Therapy
Michelle Greenwell Owner of Dance Debut-Tai Chi
Natascha Polomski-Owner Turn up the sound-Sound chair massage
Touch Therapy group

Donations:

Medicine Shoppe Port Hawkesbury for donation
Ken Reynolds President Riverdale Community Hall (Donated hall and catered lunch)

Sydney

Volunteers:

Pam Lappin SW NSHA, Collaborative Practice
Debbie MacInnis-CHB Chair Central area
Aron Ashton RN Public Health
Chris Robertson Owner/Operator Home Instead Senior Care
Catherine Shepard Regional Coordinator, Alzheimer Society
Mary Ash-Senior volunteer

Guest Speaker:

Michelle Greenwell-Guest Speaker/Tai Chi

Service Providers:

Sheri MacPhee-Chair yoga
Lori Westbury-Maritime Meditation
Grace English-Harpist/Music Therapy
Island Career Academy- Mike Bennet Massage Therapy instructor
CBBC (Cape Breton Business College)-Tracy Sampson-Aesthetics instructor

Mermaid Catering-catered lunch

Donations:

Massage Addict-Door prize

Kevin Rogers Manager Sobeys Prince Street-Generous Donation

Medicine Shoppe Sydney- Donation

Valerie Ganaway-gift card for door prize

Louis Hawco-Club 55

Lunenburg

Organizing Committee:

Jennifer Briand, CNS

Cheryl Mackay, ASNS

Lorraine Burch, OHC

Lisa Harris, NSHSC

Wendy Moscovitch

Rochelle Tanner-Mosher, CC

Marie MacIntyre, Harbour View Haven

Carla Malay, Community Links

Carole Hipwell, Senior Safety

Bernice Williams

Speakers:

Marnie Oatway, Continuing Care

Tyler Hayden,

Shirley Oickle, Palliative Care

Music provided by Nancy and Reg Macmillan

Stations:

Cheryl Corkum, Artist

Lisa Harris, NSHSC

Wendy Moscovitch

Erna McCann

Staff from South Shore Therapeutic Touch

Anastasia Akasha Kaur, Young Living Distributor

Bernice Williams Consulting

People that volunteered in other areas and provided food:

Lunenburg Fire Department

Lunenburg Fire Department Ladies Auxiliary

Harbour View Haven

Sandra Sabourin

Sobey's

Kevin Corkum
John Briand
Larry MacKay
Michael Briand