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

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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)

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**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

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**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