

# The Beacon

Fall/Winter 2018

Volume #11



## Caregivers Nova Scotia Celebrates 20 Years!

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Back row L-R: Cindie Smith, Jennifer Briand, Maggie Roach-Ganaway, Carlye Stein, Lynn Butler Seated L-R: Jennine Wilson, Angus Campbell, Brenda Sangster

Looking ahead to the future is so much different than looking back through the years. That makes me wonder if the group of women sitting around a kitchen table two decades ago talking about the need for caregiver support could have imagined what our organization would become.

Twenty years later, Caregivers Nova Scotia continues to be the established and respected ambassador that supports caregivers throughout the province. With an office located in Halifax, a nine-member volunteer Board of Directors to oversee our activities, and wonderful staff throughout the province, our membership is now greater than 6,200.

An unwavering commitment to making sure caregivers are well informed, looked after, and appreciated has led to expanded programming province-wide, a constantly upated website, and the kind of funding that will guarantee CNS is still here 20 years from now.

When you take on the challenge of unpaid caregiving or if you have been at it for a while, you can rest assured we are here to assist you with your journey. On behalf of Caregivers Nova Scotia, I say thank you to our funders, to our community partners, and most importantly to you, our family and friend caregivers.

Slàinte!

Angus Campbell, Executive Director

  
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**NOVA SCOTIA**  
CANADA

Thank you to the  
Department of Health  
& Wellness  
- Continuing Care Branch  
for their ongoing support.

## Caregiver Wellness Retreats 2018

Caregivers Nova Scotia decided to hold Caregiver Wellness Retreats because we listen to our caregivers; they have asked us for them time and time again. But the research on caregivers and caregiving was also an important motivation. Did you know that 16 of 18 counties in Nova Scotia have a senior population of 20% or more? Or that studies have shown that caregivers of seniors with complex needs experience higher rates of depression, stress, and other negative physical and mental health consequences than do other caregivers?

By holding these Caregiver Wellness Retreats, we wanted to give caregivers the chance to learn, network, and socialize with other caregivers. Our goals were to increase knowledge, skills, and confidence and to reduce isolation not only on this day, but in the future as well. Approximately 75% of care at home is given by family and friend caregivers. They need the right supports and information to give good care in a safe environment and to help their loved ones remain at home as long as possible.

The Retreats were made possible by funding from Employment and Social Development Canada's New Horizons for Seniors Program. Their success was due to the help of many, from the tireless planning and organizing of Caregivers Nova Scotia staff, to community partners such as Community Links, Alzheimer Society of Nova Scotia, and the RCMP Senior Safety Program. With support from the Nova Scotia Health Authority, Continuing Care was able to offer day-long respite in some cases. Lawtons Drugs provided the perfect bags for our Welcome Kits. As well, massage therapists from Eastern College in Halifax, Cape Breton Business College, and Island Career Academy and nutrition students from Acadia University School of Nutrition and Dietetics gave generously of their time and expertise. The help of volunteers from local businesses and several home care agencies was

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## Antigonish



*"A wonderful, well organized and executed retreat.  
I thoroughly enjoyed it and learned lots of  
self-care takeaways to use at home."*





## Berwick

*"I had a wonderful "me day". Thank you for touching my soul by providing lovely music, art, food, people, and looking for the beauty in all."*



## Recipes

No Caregivers Nova Scotia newsletter would be complete without a recipe (or two). Retreat participants in Berwick were treated to Mason jars filled with dry soup mix, a quick and delicious meal in a bottle. Below you'll find the recipes they made. You can layer the ingredients together in a jar or any container that works for you. Enjoy!

### Chicken Noodle Soup Jar

#### INGREDIENTS

- 1 tablespoons dried chopped onions
- 1 tablespoon dried minced garlic
- 1 bay leaf
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1/2 teaspoon celery seed
- 1 chicken bouillon cube
- 2 cups wide egg noodles

#### INSTRUCTIONS

##### To make jar

Layer all ingredients in a clean glass jar (pint size) in the order listed. Close lid, add tag, and gift.

##### To make soup

Heat 1 tablespoon oil in a saucepan over medium-high heat. Sauté one diced carrot and one diced stalk of celery until just tender, about 5 minutes. Unwrap the bouillon cube from the soup mix, and then add it plus all remaining ingredients, to the saucepan. Add 3 cups of water. Bring to a boil, reduce heat, and simmer until the noodles are cooked through, about 10 minutes. Stir in 2 cups chopped cooked chicken before serving. Season to taste.

### Coconut Curry Soup Jar

#### INGREDIENTS

- 2/3 cup orange lentils
- 2/3 cup green lentils
- 1 tablespoon curry powder
- 1 tablespoons dried chopped onions
- 1 tablespoon dried minced garlic
- 2 veggie bouillon cubes
- 1 chili pepper

#### INSTRUCTIONS

##### To make jar

Layer all ingredients in a clean glass jar (pint size) in the order listed. Close lid, add tag, and gift.

##### To make soup

Remove wrapper from bouillon cubes and add them, plus all remaining ingredients, plus four cups of water and one 14-ounce can of full fat coconut milk to a saucepan. Bring to a boil over high heat, reduce heat to low, and simmer until the lentils are tender, about 20 minutes. Remove and discard the chili pepper before serving. Season to taste.





## Dartmouth



*"The staff and event were fantastic and very helpful. I feel less isolated and understood so much more!"*



## Halifax



*"This retreat happened at a time I needed it most. Thank you so much for caring about us. A day like this makes us realize how much we don't do for ourselves."*





## Lower River Inhabitants

*"This has been the most beneficial day I have experienced in all my years of caregiving."*



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invaluable. Most of the spaces and catering services were provided at a discounted rate. A few venues were even provided free of charge (thank you to Riverdale Community Hall in Lower River and Shannex at Parkland in Antigonish).

The full list of Thank You's is too long to include here, but you can find it on our [website](#).

Seven day-long retreats were held across the province in Lower River Inhabitants, Halifax, Sydney, Dartmouth, Lunenburg, Berwick, and Antigonish. Each community tailored its events to suit the needs of the participants and make the best use of local resources. We also surveyed many caregivers beforehand to find out what activities or information sessions they would most like to see. This input was essential: not only did it ensure the retreats would truly benefit caregivers, it made each one unique.

Examples of different activities included music and art therapy sessions, as well as therapeutic touch. Workshop leaders spoke on topics including communication skills, mindfulness, nutrition, and palliative care. Speakers from various community organizations shared information on what supports they provide to caregivers and care recipients, and on how to access these.

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*"A much-needed break in a very busy and stressful situation. Good speakers, good location, very thoughtful people and great music."*





## Sydney



*"Thanks for a wonderful day, carefully planned, so enjoyable for us - a real treat and respite for exhausted souls!"*



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Foot soaks, meditation, and Tai Chi helped people unwind. Massage therapy students and other massage practitioners made sure no one left with a tense muscle in their body. Participants had the opportunity to spend time with other caregivers, learn about self-care, and share a few laughs.

Speaking of laughs, one popular ice breaker was laughter yoga. Caregivers learned breathing techniques that felt and sounded like laughter, and then became laughter. Whether it is a real laugh or a "fake" one, your body's response is the same: laughter fills the body and brain with oxygen, creates positive feelings, and improves your ability to connect with others.

That's why they say laughter is the best medicine. In fact, it's infectious. (So is the flu. If you haven't had your flu shot yet, it's time.)

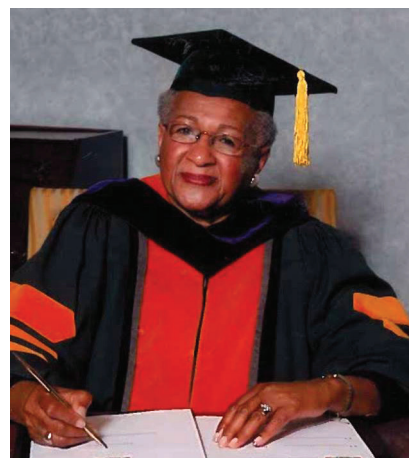
A total of 183 caregivers attended the seven retreats. The demand was high and the feedback has been overwhelmingly positive. With our remaining funds, we plan to put on a few more retreats in spring 2019. We haven't finalized dates or locations yet, but you can contact us toll-free at 1.877.488.7390 to be put on a waitlist.





## CNS Board Member Clotilda Yakimchuk Receives Order Of Nova Scotia

Born in Whitney Pier, Cape Breton, Clotilda Yakimchuk will be invested with the Order of Nova Scotia on January 11, 2019. Dr. Yakimchuk is well known in the province as she has been a nurse in both Sydney and Halifax, and she was the first and only black president of the Registered Nurses' Association of Nova Scotia. She is acknowledged for her commitment to advocating on behalf of black youth, affordable housing, and caregivers. She received an honorary Doctorate of Laws from Cape Breton University and was awarded the Order of Canada in 2003.



### CNS Board

Back row L-R: Ned Chase, Patricia Murray, James McRae, Ruth deMolitor  
Seated: L-R: Lori Anne Jones, Donna Dill, Angus Campbell, Anne Corbin, Mary Elizabeth MacLellan  
Dr. Clotilda Yakimchuk (not pictured)



### CNS Staff

Back row from L-R: Jennifer Briand, Lynn Butler, Angus Campbell, Carlye Stein, Maggie Roach-Ganaway, Cindie Smith  
Seated: L-R: Brenda Sangster, Jennine Wilson

