

Your Health, Your Community

News from Nova Scotia Health

Did you know? The Eastern Shore Musquodoboit Community Health Board (ESMCHB) works on health promotion initiatives based on input from the community. Every five years we engage with community to discuss what makes a community healthy. In 2016, the last time we did a full engagement, we were told that mental health, access to health information and services, wellness & prevention, and rural inequities were the top issues impacting the health of our communities.

Starting in the fall, the Community Health Board will be going back out into the community seeking input to determine what the top issues impacting the health of the community currently are. Watch for opportunities to participate in focus groups, surveys, conversations (in-person and virtually) or reach out and invite us to meet with your group/community to tell us your thoughts. We'd love to hear from you.

Partnering in Community
The ESMCHB has been working with community partners and Nova Scotia Health (NSH) on the 2016 identified priorities. Highlights include:

Mental Wellness
As our top priority, we have initiated and supported a variety of projects including the Mental Wellness Outreach

project, Mental Health Helping Tree, Mental Wellness Day Showcase, "The 8 Domains of Wellness" workshops, Naloxone training program, Mental Wellness brochure, Peer Support training, Giving Soup project and the Tea for Two initiative. We're also advocating for a community-based model for mental health supports within community through the Eastern Shore Musquodoboit Well-Being HUB.

Access to Health Information
We have worked hard to distribute information about the Community Health Board and local health services through a variety of sources. We collaborate with NSH to create this monthly article in the *Eastern Shore Cooperator*, distributed a "Healthcare glossary", helped establish the Well-being HUB to coordinate existing programs and provide critical navigation services, and supported NSH to host and promote conversations in the community.

Access to Services
We recognize that we need more access to services and have supported Musgo Rider with Wellness Funding to offer subsidized trips for medical appointments. We've also partnered with NSH, Nova Scotia Community College (NSCC) and other community groups to organize and promote a local Continuing Care Assistant (CCA)

work and learn course to increase the number of CCAs available to work in the area, and we've supported three applications to the Office of Healthcare Professional Recruitment's Community fund to build community capacity to recruit, retain and celebrate health care professionals in our community for the future.

Wellness & Promotion
ESMCHB has partnered on an array of initiatives to improve physical activity, food access, community food security, and social connections. We've supported the development of the Well-Being HUB which is helping people access wellness programming. Another way we have supported wellness is through advocacy for healthy public policy including a National Universal School Food program, exploration of a Basic Income program, and alcohol warning labels on all alcohol bottles to inform the public of the carcinogen content and its link to cancer.

Rural Inequities
We all know that our region struggles to have a voice due to our small population and large geography. ESMCHB has shared our rural voice on Develop Nova Scotia's Internet Initiative, the reclassification of Sheet Harbour and Middle Musquodoboit as rural communities under the Federal student loan forgiveness for healthcare

students, the expansion of the Mobile Food Market's produce bag programs to serve our rural communities, the development of the Well-Being HUB model, and supporting local roundtables and coalitions to share their collective voice on important issues.

Our People
The Eastern Shore Musquodoboit Community Health board is made up of volunteers from the community who are passionate about their community. Meet our board members: Amanda Julien (co-chair), Rhonda Frank (co-chair), Niko Wilson-Henkelmann, Kayla Cavanaugh, Margaret Merlin-Wilson, Wendy Cross, Amanda Lima, Foster MacKenzie, Tracy Cowan, Lynn Howard, Magalie Gringas, Wendy Robinson, Bev Cadham and Ellen Crumley. We are also fortunate to have Roberta Duchesne as a NSH representative observer on the board.

To learn more about our work and our upcoming engagement follow us on Facebook (Facebook/ESMCHB) or visit www.communityhealthboards.ns.ca

Your Health, Your Community is a contributed column from Nova Scotia Health. If you have comments or questions, we want to hear from you at nshamedia@nshealth.ca.

...Bugs Me Continued

We have some wild places left, and that is a treasure that much of the rest of the world doesn't share in. We should all do everything in our power to protect what's left. Getting down off my soapbox now.

Speaking of GM, they are the lucky winners of my first monthly "Dumbest Ad of The Month" award. Here are all the spoken words from the winning entry:

"RS is more than a style, it's a mindset where bold choices are the norm and style matters. It's a reminder – whatever you do, do it RS. Introducing the 2023 Chevrolet Equinox and Blazer RS. Discover yours? Find new styles. Find new roads."

Yeah, I'll get right on that. I've always wanted to be a trend-setting influencer instead of a cranky old fart. But I need a little help getting started – could you

explain to me why I would buy one of those vehicles instead of the Mercedes I've got my eye on. Do they have an outstanding warranty or fabulous gas mileage or what?

Anyway, congratulations GM on your achievement! And good luck in next month's contest. Writing a column is sometimes a lonely business that sort of feels like riding a motorcycle with your helmet on backwards. Don't ask me how I know that. If you have any comments or criticisms, or suggestions for topics you would like explored, I would love to hear from you. You can contact me via email at info@easternshorecooperator.ca. Please, no profanity or suggestions for self-mutilation that I should try.

Ataraxy Farm Wins Accessibility Grant

By Richard Bell

The Ataraxy Farm in Lawrencetown is one of 96 companies across the province that will be benefitting from a \$1.5 million program to improve accessibility.

Ataraxy Farm owner Kim Avis told the *Cooperator* in an interview that she will be using the money to build a wheelchair accessible washroom. "And we're going to be expanding our gates to provide wheelchair accessibility to our petting pens."

Avis explained that "ataraxy" means "a state of serene calmness, or tranquility." According to the farm's website, "We are not a traditional farm. We are a mental health therapy farm with the main goal of helping others." The farm also produces a variety of products based on goat's milk. The farm is located at 33 Manetail Lane, Lawrencetown, off West Lawrencetown Road.

The grant combined funds from the Business ACCESS-ability Grant Program and the Community ACCESS-ability Grant Program.

In a press release, Pat Dunn, Minister of Communities, Culture, Tourism and Heritage, said "Healthy communities are a top priority for this government. These grants remove barriers so that Nova Scotians can access services and opportunities close to home and lead healthy, active lifestyles."

Business ACCESS-Ability will have a second round of applications with a deadline of September 29. Applications for next year's Community ACCESS-Ability grants will open in the fall. Eligible groups include non-profit organizations, museums, post-secondary schools, libraries, hospital, towns, villages, and municipalities.

On Regret

By John English

I recently had a visit from a very dear friend. As is common during our visits, we stayed up late, drinking wine and reminiscing. On this particular occasion, she recounted a youth spent in rebellion – running away from home, shop-lifting, a bit of jail time, drugs, living by her wits. At one point she went to the bathroom, and I noticed on her return that her face was wet with tears. She sat down, looked at me with sad eyes and asked, “How to I deal with regret?” She felt she had disappointed her parents, who are both gone now, and had not adequately made amends for the many hurts she had caused.

The Cambridge Dictionary defines regret as “a feeling of sadness about something sad or wrong or about a mistake that you have made, and a wish that it could have been different.” Regret can be an incredibly powerful emotion, impacting mental health and clouding present-day actions and relationships. It is an emotion rooted in past experience, and involves grief, guilt, shame, and a deep sense of responsibility for the hurts that have been caused as a result of a perceived “wrong” that you have committed. Focusing habitually

on regrets can cause depression, anxiety, and an overall sense of gloom. If these feelings persist, current relationships may be damaged, day-to-day functioning may be impaired, and the resulting depression may need clinical intervention. To live perpetually in a state of regret poisons the joy and satisfaction that a well-lived life can provide.

My response to her question went something like this:

“You were very young when these actions occurred. You were not a fully formed adult with a fully formed adult brain. We are all rebellious to some extent as young people, and you were pushing against what you perceived as a very limiting and limited life. Your relationship with your parents, especially your mother, was not a positive one, and you were selfish and self-absorbed as many teenagers are. You were prepared to do whatever it took to escape the limitations on your freedom. You did some things that you now, as an adult, look back on with shame and guilt.

But look at you now! You have come out of this

unsettled period of your life as a good, responsible, loving and lovable person, and have tried to make amends for the mistakes of the past. Your life as you now live it is a testament to your survival and resilience. You stayed by your mother in her last days, and you apologized to your father before he died. You have accepted responsibility for the things you have done, and you are self-aware enough to see that, despite your wayward youth, you have succeeded in living a productive and fulsome life.

We cannot live in the past. It is gone, and all the mistakes we have made cannot be undone. They are part of our history, and part of the universal burden of grief that we all carry as human beings. You have made amends. It is time to recognize and acknowledge your beauty, your kindness, your generous nature. The regrets may always be there, but you cannot live them anymore. Let them be, as Persian poet Rumi advised, visitors, not permanent guests. Acknowledge them, feel sadness, then move forward to the joy and love and wonder that define you. Every day is a chance to start over.”

Refreshing Herbal Drinks for Summer

By Savayda Jarone, Herbalist

Elevate these precious summer days by treating yourself to special beverages that capture the freshness of local herbs and fruit. Enjoy the fresh flavours of summer in the form of smoothies, iced teas, and cocktails or mocktails if you prefer alcohol-free. By adding herbs, you increase the nutritional profile and flavour of your drinks.

Here are some of my favourite recipes for memorable herb-inspired drinks for special occasions, weekend gatherings with friends or simply sipping during a quiet moment on the patio.

Tomato and Parsley Sling

- 2½ cups tomato or mixed vegetable juice
 - 1 small bunch parsley
- Worcestershire (or soy) sauce to taste. Combine juice and parsley in the blender or food processor until smooth. Pour over ice, season with Worcestershire or soy sauce to taste. Add 1 oz vodka per serving if desired.

Very Berry Ginger – serves 2

- 4 tbsp. lime juice
 - 4 tbsp. elderberry syrup
 - ½ cup blueberries
 - ½ cup water
 - 5 fresh mint leaves
 - Ginger beer
- Blend ingredients in blender. Strain over ice, mix with ginger beer (1/3 or to taste).

Raspberry & Mint Yogurt Drink

- 1 cup plain yogurt
 - 1/2 cup water, flat or sparkling
 - 3 tblsp. honey
 - 3 oz raspberries
 - ¼ cup fresh mint leaves.
- Puree all ingredients in the blender. Pour into glasses and decorate with a sprig of mint. Serve chilled.

Strawberry-Rose Agua Fresca

- Serves 4
- 1 lb. strawberries, hulled, plus some for garnish
 - ¼ cup fresh mint leaves, plus sprigs for serving
 - 2 Tbsp fresh lime juice
 - 2 Tbsp maple syrup
 - 1 tsp. rosewater
 - 2 cups cold water
 - Club soda and lime wheels for serving
1. Puree ingredients in the blender until smooth (except club soda). Transfer to a jar with a lid and refrigerate for an hour, or until cold.
 2. Pour puree into four 12 oz glasses, with ice, about 2/3 full. Top off with club soda. Garnish with lime wheel, sliced strawberry, and mint sprig.

Rhubarb & Hibiscus Sparkle - Serves 5

- 500 ml Rhubarb juice
 - 150 ml Hibiscus syrup
 - 100 ml Orange juice
 - Sparkling water
- Mix top three ingredients, pour over ice, top with sparkling water.

Lemonade with Bitters - Serves 2

- Juice from 2 lemons
 - 1 cup water
 - 3 tbsp maple syrup
 - Pinch of salt
 - 1 tsp. bitters tincture
- Shake all ingredients in a jar, except bitters, which are added after pouring over ice.

Mint Julep – serves 4

- ½ cup water
 - 6 tblsp. chopped fresh mint leaves
 - 2 tblsp sugar
 - juice of 1 lemon
 - 1 cup club soda
 - ½ cup whiskey or ginger ale
1. Bring the water to the boil and pour over the mint. Stir in the sugar until it dissolves, leave it to cool. Strain.
 2. Add the lemon juice.
 3. Just before serving pour in the club

soda and the whiskey or ginger ale. Garnish each glass with a sprig of mint. Add ice cubes.

Watermelon & Hibiscus Gingerita

- Serves 4
- ½ cup watermelon juice
 - ½ cup hibiscus tea concentrate
 - 1 tblsp maple syrup
 - 4 tblsp lime juice
 - Ginger beer
- Shake ingredients, half-fill glasses, add ice and ginger beer.

Join Savayda in her home garden for a workshop on Summer Skin Care and learn how to make herbal lotions, salves, compresses and bug repellent. We’ll discuss how to use home remedies for the skin for first aid, after sun care and bug bites. August 9th, 6:30-8pm. Register at www.bloominstitute.ca

Someone keeps dumping large amounts of trash on the ground next to the trash bins at the HRM Building in Musquodoboit Harbour. Animals then proceed to rip open the bags and spread it around the parking lot and on to East Petpeswick Road. Residents have contacted HRM Councillor David Hendsbee and MLA Kent Smith asking for an investigation to determine who’s responsible, but thus far nothing has happened. On social media, many people have noted that the trash leaves a bad impression on all the traffic going down to Martinique Beach. There have been three major dumps in recent weeks, only one of which was cleaned up before being ripped open.

