

# FAMILY CONNECTIONS

# Village



## AUGUST 2025

## Windsor Elms Village

# Newsletter

*Message from CEO, Candace Lyon*

August is off to a joyful start! A highlight so far this month was our August 5th carnival, filled with laughter, smiles, and the happy buzz of visiting children and residents together. With a variety of activities to touch all interests, it was a wonderful reminder of how special our community is. We can't wait to see you at some of our upcoming events!

### Strengthening Our Eden Journey

This September, Windsor Elms Village will welcome Community Builder Kristi Doan from Eden International as part of our three-year certification process. We're excited to share our plans! During her visit, Kristi will join residents for meals, meet individually and in groups with staff care partners, residents, and families, and take part in Resident Council and activities. This will be a wonderful opportunity to connect, share ideas, and strengthen our Eden journey together. If you're visiting on the evening of September 14 or anytime on September 15, be sure to stop and say hello!



### Save the Dates & Upcoming Events



**August 19th, 2025 - 1:00 - 3:00 PM**

#### **Manning Farms Fresh Market**

Manning Farms Fresh Market will be visiting our home and bringing a selection of fresh, seasonal goodies for purchase. Don't miss this tasty treat!

**August 20th, 2025 - 2:00 PM**

#### **Homewide Village Hall "campfire"**

Join us in a homewide "campfire" — held safely indoors and fully in line with provincial regulations. No permits needed, just good company, singing, laughter, and maybe a few treats!

**August 25th, 2025 @ 10:00 AM**

#### **"Share The Wind" motorcycle side car rides**

We are welcoming Share the Wind again this year! Since 2011, Share the Wind has brought the joy of motorcycle rides to those with limited mobility, using an accessible sidecar to visit long-term care homes, hospitals, and individuals.

### Rooted in Community - WEV Garden Club

Our newly formed Garden Club at WEV is already in full bloom! Residents, families, volunteers — and even our Medical Director, Dr. LaPierre — are getting their hands in the soil. With the help of therapeutic horticulturists, dedicated volunteers, and our Life Enrichment team, the club is nurturing not just plants, but also connection, joy, and a sense of community.



*"I enjoy getting outside to care for the plants, weeding in the gardens and taking care of the hummingbird feeders. It is nice to see the plants growing each week and when my hands are in the dirt, I feel normal. When I lived at home, I would walk my gardens every night and gardening club reminds me of that"*

*-Debbie Veinotte, WEV Resident*



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### Resource Spotlight

This month we are shining the spotlight on another helpful resource!

#### **Mental Health and Addictions Support in Nova Scotia is a phone call away!**

The Mental Health and Addictions Provincial Intake Line is here for you. This free, confidential service is the first step toward feeling better. Services are available for all ages.

#### **If any of these feelings sound familiar, reaching out can make a difference:**

- Ongoing stress, burnout, or emotional fatigue
- Grief or loss that feels too heavy to carry
  - Worries that won't go away
- Feelings of depression, anxiety, or being overwhelmed
  - Substance use you're concerned about
  - Experiencing a crisis or major life change
- Help sorting out what kind of support you may need
  - Concern for yourself or others

#### **What to Expect**

- A call back from a trained intake clinician who will speak with you for approximately 30 minutes to better understand you and your mental health needs.
- Be matched with the best treatment options available including virtual and in-person options and free community resources closest to you.
- Wait times vary. Urgent appointment offered within 7 days. Priority needs are seen within 28 days.

No doctor's referral needed! Speak directly with an intake clinician who will listen without judgment and guide you toward the help that fits your needs.

#### **Hours of Operation**

Mon, Wed, Fri: 8:30 a.m. – 4:30 p.m.  
Tues, Thurs: 8:30 a.m. – 8:00 p.m.  
Weekday Holidays: 8:30 a.m. – 4:30 p.m.  
Closed: Saturday & Sunday

Central Zone (Halifax area, Eastern Shore and West Hants): 1-855-922-1122 (toll free)  
Western Zone (Annapolis Valley, South Shore and South West): 1-855-922-1122 (toll-free)

**Visit [mha.nshealth.ca](http://mha.nshealth.ca) for more regions and information**

Malorie is here to support you too!  
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### Emergency Preparedness in Action

In July, Windsor Elms Village held a mock emergency exercise, bringing together multiple fire departments from Windsor, Hantsport, Brooklyn, and South West Hants. This collaborative drill allowed our care partners, residents, and families to work alongside our fire service partners to practice important safety procedures. We're grateful to everyone who contributed to making the evening a success. Exercises like this not only strengthen our emergency preparedness but also builds confidence and teamwork—helping ensure we're ready when it matters most. **Thank you to all our local volunteer Firefighters!**

