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# Parent-Child Guide

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Why More Adults are Saying "YES" to Orthodontic Treatment

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## Are you feeling lost?

By Carol M. Shirley, Registered Psychologist, with ENIGMA

**T**he familiar has a wonderful way of helping us feel safe; it can be comforting and predictable even when what is familiar is not favorable.

Over the past eighteen months, most of the familiar ways of being (places, routines, the way things work) have changed considerably.

If your fear is of the unknown, you have been living your greatest fear. If you were ready to "shake things up", voila, you got it!

I like to think about the times before covid as my life as a caterpillar, I was moving along quite fine. I had a good enough life. I had a career, a partner, two kids, a home: all of the things that made me a good citizen and an acceptable human.

I do have to admit that in the months leading up to Covid I was feeling restless and although things were familiar, I was wanting more. I was hungry for more joy, more time to spend for leisure and more freedom.

Then there was Covid. The time when the caterpillar began the process of cocooning. We/I have moved into an unfamiliar place, unaware of the transformation taking place inside. A place where all of our fears come to light and darkness takes hold. In this cocoon we reflect on the life we had as a caterpillar; its pleasures and its challenges. We begin to alternate thoughts of the dream of a better life and the fear of it being worse.

The caterpillar may experience its dark night of the soul as its mind explores all possibilities. But when the caterpillar lets go of thought, of fear, it realizes its OK. It's still breathing, still growing and still able to find some small pleasures and glimpses of hope.

As time passes and transformation happens (letting go of the past and opening up to the possibilities of a brighter future) the caterpillar emerges from its cocoon as a magnificent, unique butterfly. A butterfly ready to explore the world from a much different perspective.

I am confident that we can all relate to the caterpillar and the cocooning we are currently experiencing. Did you know Depression is what exists when we live in the past and Anxiety is what happens when we focus on the future with fear. We don't need to suffer when we stay focused on today, control what you can and let the rest go.

Can you dream, let go of the old and open up to a whole new world? What would "more" or "better" look like for you?

Be the Butterfly: be the best version of you. Begin to day-dream about a future where resources are plenty and everyone thrives. A world where all life is sacred and differences are celebrated. Where Peace, Love and Joy abound.

For more information go to [www.carolshirley.ca](http://www.carolshirley.ca) or phone 902-495-3181.



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## Parent-Child GUIDE

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# Health & Wellness

## Invisible Braces, Accelerated Treatment & more: Why More Adults are Saying "YES" to Orthodontic Treatment.

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C),  
Halifax Orthodontic Specialist Group



More often than not, when people hear "braces", they think of their kids. But today, more and more adults are seeking options to improve their own smiles. You might be surprised to know, that in some practices, nearly half of all orthodontic patients are now adults.

So what is motivating this wave of adult orthodontics? There is now increasing awareness of the importance of oral health to our overall health. A healthy smile involves a functional bite where the teeth are well-supported and therefore prevent unusual wear. The bonus is that a healthy smile is also a beautiful smile and by putting your teeth in the proper position you are also giving yourself the smile you dream of!

Despite all of the benefits of having your teeth properly aligned, some adults remain hesitant to go through orthodontics. The stigma that braces are for "younger patients" may make them feel uncomfortable or they can't imagine wearing metal braces. In some cases they had treatment as teenagers and are reluctant to go through braces twice. Whatever the reason, adults that are seeking consultation with an Orthodontist are pleasantly surprised with what they learn. Not only are orthodontic offices very accustomed to adult patients, but with new advances in technology, the smile of your dreams may be easier to attain than you might imagine!

Conventional braces have

improved significantly and there are now fantastic clear options. Braces are now smaller, smoother and lower profile than ever before, which makes them more comfortable to wear. Conventional braces remain an excellent way to straighten your teeth. For the more esthetically conscious patient, clear aligners are an exciting alternative to conventional braces. Invisalign is a popular clear aligner product that offers patients a nearly invisible solution for correcting their smile. Orthodontists can seek advanced training to treat even highly complex cases. Many patients who have been previously told they are "not an Invisalign case" are finding they now are. Treatment can begin as simply as having a digital scan from which your custom-made aligners are made. Another exciting development in Orthodontics, and a great adjunct to Invisalign, is accelerated treatment.

VPro5 one device that can significantly shorten treatment time. It requires only 20 minutes of daily wear during which it delivers micropulses to the teeth and surrounding bone. VPro5 is an excellent option for adults who desire these faster results.

The most advanced techniques in Orthodontics are offered right here in our community. Ask your local Orthodontist today about the options that are available for you and you just might leave smiling!

*Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and The Brace Space, Sackville and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact (902) 455-7222 or (902) 252-7222*

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# HRM MLAs and MPs Working Hard for YOU!

## Summer Has Arrived!

By Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

It was another school year impacted by the pandemic, with uncertainty of potential closures, more online learning, modified graduation ceremonies, etc. A heartfelt thank you goes out to all teachers and school staff for your tremendous efforts to make our classrooms a safe place to learn in difficult times.

To the parents, particularly of elementary age students, who were called upon to assist more with their child's education, congratulations! You did it! I hope you all—teachers and school staff, as well as parents and students—enjoy the next few months of a well-deserved break.

With vaccine rollouts proceeding ahead of schedule, it looks like we will finally have an opportunity to enjoy a summer closer to what we are used to experiencing, with fewer restrictions, community celebrations, and exploring new adventures in the area. I am looking forward to seeing you at events around the riding!

**Canada Wide Early Learning and Child Care**  
More than 50 years ago, the **Royal Commission on the Status of Women in Canada** called on the federal government to immediately begin working to establish a national daycare plan. Generations of Canadians have waited for their government to answer this call.

The pandemic made access to early learning and child care a universal issue that resonated across sectors, regions, and income brackets. COVID-19 affected all Canadians, but women have been disproportionately affected. Today, more than 16,000 women have dropped out of the labour force completely, while the male labour force has grown by 91,000. It is clearly the time to answer the Royal Commission's call.

Budget 2021 proposes to invest up to **\$30 billion** over the next five years for **Early Learning and Child Care** that aims to see:

- a **50% reduction** in average fees for regulated early learning and child care by the end of **2022**, and
- down to **\$10 per day** on average within the next five years.



Photo by cottonbro from Pexels

### Every child deserves a fair start

Studies have shown that early learning is important to lifelong development. It improves graduation rates, promotes lifelong well-being, boosts lifetime earnings, and increases social equity. These benefits should not be a luxury for only the families that can afford it. Lack of access is not a choice, nor are unaffordable fees. The current system is leaving too many children and families behind, particularly low-income and racialized families.

This is an economic issue as much as a social issue. Investing in **Early Learning and Child Care** will:

- provide jobs for workers, the majority of whom are women;
- enable parents, particularly mothers, to reach their full economic potential;
- create a generation of engaged and well-prepared young learners.

This will be a transformative project on a scale with the work of previous generations of Canadians, who built a public school system and public health care. This is a legacy investment for today's children who will not only benefit from, but also inherit this system.

*Darrell*







**Tim Halman**  
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# HRM MLAs and MPs Working Hard for YOU!

## Rafah DiCostanzo - Acclaimed Liberal Candidate for Clayton Park West

I am thrilled to announce that I am the acclaimed Liberal candidate for Clayton Park West, and I will stand for re-election in the next provincial election.

It has been my honour and the privilege of a lifetime to represent this beautiful and diverse riding of Clayton Park West. I have lived here since I immigrated to Canada in 1984 and from the bottom of my heart - I love this community. My husband John and I raised our two daughters in Clayton Park West. Our two daughters are now adults working in health-care as a Pharmacist and an Orthoptist.

I have witnessed how much our community has grown and it brings me so much joy to see how diverse and vibrant Clayton Park West has become.

Since first becoming

elected 2017, we have accomplished so much for our riding. From starting local initiatives such as Litter Prevention Committee or the Clayton Park West Connecting Seniors group, to big achievements such as the Bayers Lake QEII Outpatient Centre and the 35 acres of land protection announcement at Blue Mountain-Birch Cove Lakes.

I am humbled every day that I represent Clayton Park West and I thoroughly enjoy meeting members of our community. Hearing from and engaging with constituents has always been a top priority to make myself and my office accessible to Clayton Park West. That is why we started Coffee & Conversation in my first year as MLA, so that every month constituents have the opportunity to come in a relaxed environment, enjoy a coffee at the Bedford

Basin Café below my office, and share their ideas and concerns with me. I love helping people help themselves!

Our Liberal government has done so much to improve the lives of all Nova Scotians, from modernizing health care, Pre-Primary for all 4-year-olds, fighting climate change, building a strong economy, and growing our province - just to name a few.

Under a Liberal government, our economy is working. We have had the lowest unemployment on record, 5 consecutive balanced budgets prior to COVID-19, high youth and immigrant retention rates. Migration to Nova Scotia from other provinces is one of the highest per capita and is expected to continue after we open our borders.

This last year has been challenging, however, our government has re-

mained supportive of our local businesses. In the 2020-2021 fiscal year, our government has provided over 121,000,000 in supports for businesses.

Our government has always worked alongside Public Health during the COVID-19 pandemic. I am so thankful to all Clayton Park West constituents and all Nova Scotians for following Public Health protocols and remaining vigilant during these challenging times. Our vaccine roll-out has been effective and efficient, so much so that it is ahead of schedule. Thank you for staying the course!

I am proud of my Liberal team and the work we have done together. I look forward to another 4 years, whenever the next election is called, to continue to steer our province out of COVID-19 and into prosperity.

Thank you for having the



confidence in me. I look forward to meeting with you in person on your doors and/or calling my constituents when the next election is called. I hope that you will con-

tinue to have the faith in me to represent you and your interests.

*Rafah*



## MLA Summer Report

By Hon. Lena Metlege Diab, QC

To all students, teachers, staff, and families, I want to wish you a very happy summer! I think it's important to pause and reflect upon the unique challenges of this past academic year. Navigating virtual and in-class learning with public health protocols in place has certainly been an added stress to many, but I applaud the resilience and innovativeness we've seen in (and out of) our class-

rooms throughout this pandemic. I hope everyone can have a good moment to pause and take pride in all they've accomplished in spite of COVID-19.

On the education front, I was very pleased to see another joint announcement between the federal government and the province. Schools across Nova Scotia will get retrofits, repairs and upgrades with the help of a combined \$25 million investment. Projects, which vary by region and school, include energy efficiency improvements, new elevators and lifts, exterior and interior repairs, facade upgrades, and painting. Included in the more than \$4.8 million in Halifax Regional Centre

for Education (HRCE) school projects is upgrade work at Halifax West High School. This funding envelope also includes \$3.7 million for upgrades in six of our Conseil scolaire acadien provincial (CSAP) schools. Taken together, this is great news for our school communities. I'm proud we've worked together to create better learning environments for Nova Scotians.

I'd also like to encourage everyone 12 and above to book your COVID vaccine appointment if you haven't already done so. I've been so impressed by the uptake and enthusiasm for the vaccine in our province, and I know we're going to hit our targets if everyone comes out to get

their job. Appointments are added on a regular basis, and the easiest way to book is by visiting [novascotia.ca/vaccination](http://novascotia.ca/vaccination). If you need assistance, please use 1-833-797-7772. Let's keep doing everything we can do to keep our numbers low and keep one another safe.

I want to close by thanking everyone for the support you've shown me as the MLA for Halifax Armdale since 2013. I encourage you to check out my social media pages (@LenaMetlege-DiabNS on Facebook and @lenametlegediab on Instagram) to stay up to date with all the latest news. Have a lovely summer!

# Five great reasons to save when you're young

Submitted by The Sutherland Wealth Management Group

**W**hen we talk about why it's important to start saving early, the point isn't to make you sweat. It's just that it'll pay off way more in the long term. Seriously. We did the research for you so you won't have to.

1. To grow your money: Raise your hand if you'd like to make a bit more money without having to work. Good news: there's a solution for that. When you put your money into an RRSP (registered retirement savings plan), that's exactly what happens. Your investments generate interest...which generates more interest. Careful—we're not telling you to leave your 9-to-5 if you contribute to an RRSP. But know that the earlier you start to save, the more time your investments have to grow.

2. To achieve your goals: You might be wondering what percentage of your income should go towards your savings. The truth is that there's no magic number. It's better to determine an amount you'd like to save up for a set period of time, then calculate how much money per paycheque you should save to reach your goal. Last step: make a budget with what's left. It's the best way to achieve your objectives! There are many kinds of savings plans that could help you reach your goals, depending on what they are: For short-term plans, like going on a trip or paying off student loans, consider high-interest savings accounts. The money you save will grow

rather quickly and you'll be able to take it out at any time, penalty-free. If you want to become a homeowner, an RRSP is what you need (more below).

Don't have any specific goals in mind, but you still want to save? We can suggest opening a TFSA. It's a flexible investment vehicle that offers better returns than a regular account. You can easily withdraw money from a TFSA as needed. No matter the goal you're trying to achieve, the secret is saving systematically! Set up automatic transfers from your bank account and the rest is just gravy. And remember that financial advisors are there to help you reach your objectives, whatever they may be.

3. To reduce your taxable income: Welcome to adulthood, where "income tax return" is now part of your vocabulary (not just your parents'). If you want tax season to go relatively smoothly, meet your new best friend: the RRSP. All the money you contribute to this account throughout the year will be deducted from your taxable income. If you have \$5,000 in your RRSP and earn \$60,000 in salary, the government will calculate your taxes based on a \$55,000 income. As a result, you'll either receive a tax refund, or you'll have less taxes to pay. And if your RRSP was invested in mutual funds, shares or bonds, all the gains and interest you earned are non-taxable during the accrual period.

4. To secure a down payment: Have you heard of the HBP? Don't be intimidated by the acronym; it refers to the Home Buyers' Plan, which is a program that allows you to withdraw from your RRSP and put it towards your down payment. Once you're ready to buy a home, you'll need a down payment of at least 5% of the property's purchase price.

If you've been saving for a while and managed to grow your RRSP, good job!

The government will allow you to withdraw up to \$35,000 for a down payment on your first home, without any penalty.

5. To prepare for retirement: You've just entered the work force, and maybe you've

even landed your dream job. Let's say things keep going at this pace and life expectancy reaches 108 years old; you may look forward to taking a break. If you learned how to manage your budget, took on healthy financial habits and have a decent retirement plan, you'll be able to stop working at a reasonable age. Hopefully before you turn 108. There are plenty of ways to save money when you're young. Some saving methods are easy as pie, while others require a bit more strategy. Ready to achieve your savings goals? We're here to answer your questions.

Questions? Reach out to us at anytime at [terry.sutherland@nbc.ca](mailto:terry.sutherland@nbc.ca).

## Parent-Child Guide

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# FUN Places To Go!

## Following trails...

By Pete Cullen, Executive Director, Ross Farm Museum



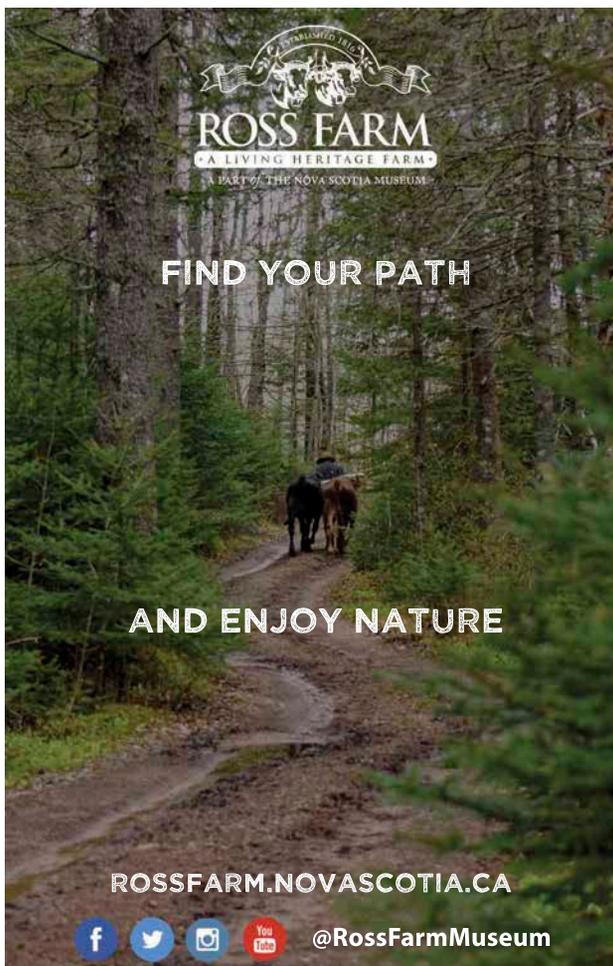
The Trail to Ross Farm © Ross Farm Museum

Trails, paths, woods-roads, walkways, etc. There are quite a few names for these connector routes. While walking is not specifically a human trait, walking upright on two legs is one of the things we do best. We're designed for it, and our bodies love to do it. One step in front of the other.

It is well documented that walking is one of the healthiest forms of exercise—low impact, low stress, repetitive action that tones muscle and builds cardiovascular strength and endurance. Let's add to that. Walking is most happily done with company—someone to share the experience with, allowing us to do that other thing we do so well—talking.

The trail is the context for a story that we write as we walk along. We may do a loop or a return trip, but we always have the sense of walking forward, from beginning to end along a line on the ground. Practically and metaphorically the trail places our story on the land, engaging our senses with textures, colours, sounds and smells of the natural and constructed worlds around us. The trail makes us aware not only of where we are, but how we are changing as we move along. We become more relaxed, we notice more details, breath fresh air, we feel invigorated, and perhaps tired toward the end of the trail. We have the opportunity to participate in our lives more fully—combining the story with the act of living at a speed we were designed for—one step in front of the other.

This is not only fun and good exercise. This is important. The trail reminds us of where we came from and politely invites us to return—hopefully more often.



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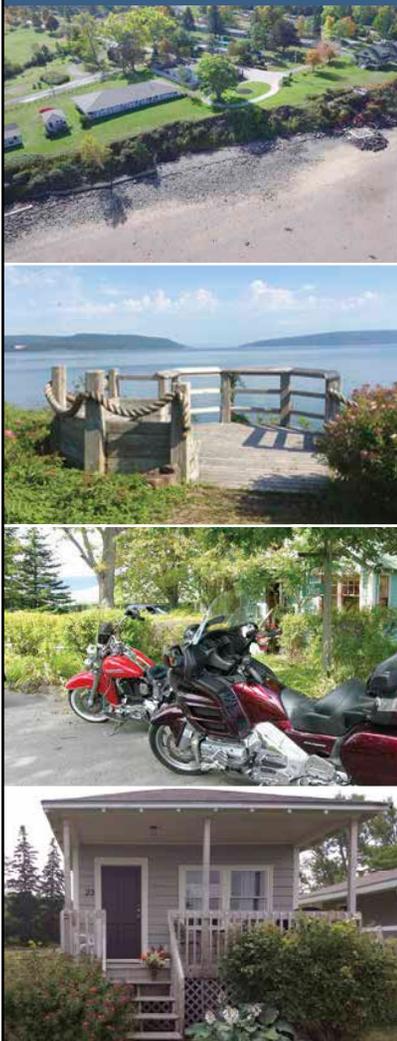
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# Summer Camp Guide

## L'été en santé! Have a Healthy Summer!

Submitted by Canadian Parents for French, Nova Scotia

Canadian Parents for French has many exciting opportunities\* for summer fun "en Français"! We have day camps in July and overnight camps in August! There will also be **FREE** virtual camps and workshops. We also have our summer fun team who will organize pop-up activities during the summer. Check out all camps and summer activities on our camp page, [ns.cpf.ca](http://ns.cpf.ca)

**How to prevent sunburn this summer**  
Certain foods help your skin become more resistant to the sun if you eat them regularly. Here are a few that kids love to eat: blueberries, watermelon, carrots, leafy greens, and eggs! So, if I eat all these things, no need for sunscreen? Wrong! You still have to put on sunscreen.

Here are the guidelines on sunscreen: Choose a waterproof sunscreen with an SPF of at least 30. Apply sunscreen on the surface of your skin that will be exposed to the sun. Don't forget the tops of your feet! Apply every two hours, after swimming and after sweating a lot.

Where the most risk is: Water and sand reflect the sunlight, so you are the most at risk when you are at the beach. Even if you feel nice and cool in the water, and you don't feel your skin burning, you can

still get sunburn while swimming. Don't forget sunscreen before going for a dip!

The sun is strongest between 10AM and 2PM, so you're more likely to get sunburn in those hours. **Tip!** If your shadow on the ground is shorter than you, you should seek some shade!

### How to prevent heat stroke

Sometimes, it's so hot outside that it can make us sick. To prevent that, make sure to drink enough water, juice or sport drinks throughout the day. Here are some of the signs of heat that you should not ignore: muscle cramps, headache, nausea, dizziness, weakness, sweating, chills, rapid breathing, vomiting, irritableness, and confusion.

Remember, if someone is experiencing any of these symptoms it is important to: sit them in the shade or in a cool room, hydrate by drinking water, juice or a sports drink, apply wet cool clothes or have them cool off in water such as a lake, pool, hose or shower.

If someone becomes confused or agitated, is unable to drink, or if they lose consciousness, you should call 811 for advice or emergency services if the situation is serious. Don't worry, these situa-

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tions don't happen often. But it's better to know what to do, just in case!

*Have a fun and safe summer from Canadian Parents for French!*

*\*All summer activities will be in accordance with Public Health guidelines at the time.*



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The perfect introduction for students entering late immersion.

A great way to make new and lasting friendships.

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**CAMP FRANTASTIQUE** > Barton, Digby County | Ages 10-14

**CAMP DE LA BAIE** > Sambro Head, HRM | Ages 10-14

**DAY CAMPS** > Halifax and Cole Harbour | Ages 6-10

\*All programming is tentative pending public health guidelines.

### Mes amis et moi en ligne!

CPF Nova Scotia is also offering our awesome French Camps virtually this summer to keep your children engaged in fun and learning. Join our Camp staff for summer fun "en Français en ligne"!

#### LES CAMPEURS > Ages 10-16 yrs

With our virtual camp program, campers participate in age-appropriate activities in French. Virtual French camp activities give campers the confidence boost to speak French all summer! Campers will participate in 2 hours of live programming per day. Mornings 10-12 pm, campers sign up for the entire week.

#### LES ATELIERS > Ages 10-16 yrs

Weekly workshops: **MON:** Conversation Club | **TUES:** Zumba or Yoga | **WED:** Crafting or Cooking

**THURS:** Kids Code Jeunesse | **FRI:** Book Club

Afternoons 1-3 pm, campers sign up for individual workshops.

#### 2021 SESSIONS

Session 1: July 12-16

Session 2: July 19-23

Session 3: July 26-30

Session 4: August 2-6

Session 5: August 9-13

Session 6: August 16-20

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# Summer Camp Guide

Game Design & Animation—  
at [www.artechcamps.com](http://www.artechcamps.com)



Since 2005 Artech Camps has delivered technology camps to youth across Nova Scotia. With our added Virtual camps—across Canada and around the world!

Programs are developed on the premise that: Art and Technology together, can spark a New Renaissance with youth! We put the 'A' in STEAM! Campers learn new forms of expression tapping into creativity, and supporting academic skills: Science, Technology, Engineering, the ARTS, Mathematics.

Paramount to our approach is our low Instructor-to-Camper Ratio of one-to-six. This allows instructors to respond to individual camper interests and needs.

Small-group-learning enables us to accommodate diverse learning styles. Our programs serve different interest groups: e.g. special needs children, autistic or gifted youth. All benefit from our responsive approach.

If one could visit our camps they would see the inclusive atmosphere in each of our

camps facilitated by our dedicated and insightful instructors. Every camp is a hub of creativity and exchange.

The pandemic has given many parents a "window" to our camp world. We hear again and again how impressed parents are with the social atmosphere created in our programs and how congenial & positive the environment is for their children.

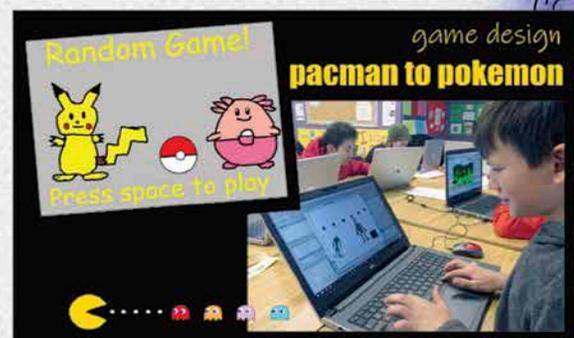
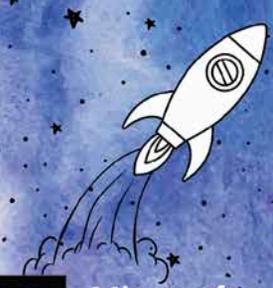
Here is what Alicia, mother of four told us: *"... we were BLOWN AWAY by the attentiveness (and patience!) of Artech's staff and how well the camps were delivered in this [virtual] format. It was so wholesome to hear our kids engaging with their leaders and other children; playing, learning, laughing, and carrying on together. These camps kept our kids feeling connected, safe and free in such uncertain times. No masks, just kids being kids, geeking out, having fun!"*

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## Royal City Soccer Club—All kids should go to camp

Kids are healthier—both mentally and physically—when they go to summer camp. There is no doubt that all kids can benefit from attending camp. Camp creates memories that last a lifetime. A camp setting is like no other...it allows children the chance to explore new adventures, develop valuable life skills and have tons of fun. One of the best things about most summer camps is that they engage in an active and healthy lifestyle. Summer camps like Royal City provide lots of outdoor physical

activity throughout the day.

The Royal City Soccer Club is to host our popular summer soccer day camps to the Halifax area this summer. Hosting over 300,000 children for the past 3 decades, we're the #1 grassroots soccer day camps in Canada. Our program is uniquely designed to offer a soccer focus in the morning and a leisure swim with other organized camp activities in the afternoons. We encourage all children between the

ages of 5 and 13 to register. We offer full day or morning sessions where each camper receives a camp soccer ball, tshirt, camp medal, great supervision ratios and much more. We also offer supervised extended care drop off and pickup times. Our camps operate during the months of July and August.

For more information visit [royalsoccer.com](http://royalsoccer.com) or call 1-800-427-0536.



# Seniors' Living Care

## Move it or Lose it - Retirement Living Improves Quality of Life for Seniors

Submitted by The Berkeley



Preparing for retirement requires planning, including everything from finances to future healthcare needs. Considering certain conveniences, related to the social and physical aspects of your life, is also important. As you age, staying active and socially engaged while feeling safe and secure is crucial, and being chore-free is certainly a bonus. Your current home is probably not best suited for enjoying your later years based simply on maintenance responsibilities. Retirement living is a multi-faceted solution for seniors looking for a convenient, chore-free, social lifestyle and the built-in security of knowing many healthcare needs can be met if needed in the future.

Retirement residences, such as The Berkeley, offer like-minded seniors a worry-free lifestyle in an apartment community with included benefits. Some of these benefits include, healthy well-balanced meals, weekly housekeeping, and an abundance of social activities both planned, and resident initiated. Maintaining connections to others and staying socially and physically active is incredibly valuable at any age. Social connections

combat problems experienced due to isolation, such as loneliness and depression, to which seniors are vulnerable. An active social life will also improve physical health.

During the pandemic, we have learned first-hand how harmful isolation can be to a person's mental health no matter their age. It can also be hard on physical health as well. For seniors, being at home alone is problematic for several reasons. Not having regular opportunities to be social and physically active for mental stimulation and to maintain muscle strength as well as overall stamina can be detrimental to one's health and wellness. As Dr. Craig Andrade, contributor to the HuffPost, says, "I define the Tin Man effect simply with the old expression 'Move it or lose it.' In this case, the less you move physically, the more you lose in health. When inactivity becomes habit, we rust up (in a sense), slow down and become less vital." He goes on to say, "The negative consequences of inactivity include high blood pressure, heart disease, obesity, diabetes, depression, fatigue, osteoporosis and respiratory conditions. Regular physical activity can help boost energy; control weight; reduce the risk of cardiac disease, diabetes, and some cancers; improve mental health and mood, strengthen bones and muscles and ultimately, extend your life."

For best quality of life and having opportunities to stay both physically and socially active, consider moving into a retirement residence like The Berkeley with locations in Halifax, Bedford and Dartmouth!

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## Seniors' Mental Health and COVID-19

By Kristin Burse BNRN, Field Supervisor Bayshore Home Health

Over the past year Canadians have made many sacrifices to slow the spread of Covid-19 and keep ourselves and our loved ones safe. While all Canadians have felt the isolating effects of physical distancing, this is especially true for Canada's senior population.

Being the age group at highest risk for hospitalization and death if diagnosed with COVID-19, physical distancing has been especially important to ensure the safety of seniors. Amid public health restrictions seniors have not been able to partake in many social activities that are part of maintaining mental wellness. Group gatherings have been restricted for activities such as exercise, hobbies, socialization, and religious services. Even as some restrictions have been lifted in areas where case numbers are low, seniors remain isolated. As a result, the Canadian Mental Health Association identified that 21% of Canadians 75 years and

older have reported deterioration of their mental health due to the COVID-19 pandemic.

If you or a senior family member is struggling with your mental health, start a conversation. Everybody has mental health, and it is okay to struggle. Feeling supported by loved ones is essential to cope during challenging times.

While it is important to stay physically separate, it is essential to be as socially connected as possible. Family members can assist senior loved ones with technology and video call systems, and take the time to practice this with them to improve connectedness with friends, family, and social groups.

Home health care can help to ease feelings of isolation and loneliness. Bayshore HealthCare provides safe and high-quality companionship services for older adults. Clients can look forward

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to puzzling, going for walks, or simply enjoying engaging conversations with our compassionate caregivers.

Bayshore also provides personal care, meal preparation, respite care, light housekeeping, and other services that assist with overall health and wellness for the client and family. All services are provided with thorough COVID-19 safety protocols in place to ensure optimal safety and comfort.

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## Love Where You Live

“ My mother and I want to thank our employees for their dedication and loyalty to our residents and each other. We feel blessed to have such committed, caring people working together to deliver extraordinary customer service. Each of our buildings has a fabulous family-oriented culture where everyone feels respected and valued. Our employees have helped to create and maintain this positive, all-inclusive environment. Never has this been more obvious than during the pandemic. We could not have predicted such a turn of events, but it does not surprise us that our employees have navigated the changes, upheld the protocols, and solved any problems encountered along the way. Such is their engagement! ”

– Catherine Campbell

This mother-daughter team has been working together for over 17 years to provide seniors with apartment living and an active, engaged lifestyle. Diane Campbell is the President & CEO. It is her vision that has led the growth of this retirement living business. This month, their newest location, The Berkeley on Pepperell opens to residents!

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# Education

## 5 Ways Nature Promotes Learning

Submitted by Oxford Learning

**D**id you know that nature promotes learning both directly and indirectly?

In between stay-at-home orders and freezing temperatures, kids haven't had as much outside time as they should this year. That is why students need nature this summer more than ever before. Whether in the backyard or park, learning outside will help protect them against summer learning loss. Learning outside keeps brains active!

### 5 Ways Nature Promotes Learning:

**1. Learning Outside Helps Keep Kids' Brains Active.** The Children and Nature Network found that with daily exposure to the outdoors, children's cognitive abilities were enhanced. Contact with nature and play in natural settings creates nature-smart kids. Children should be getting at least 60 minutes outside a day to maintain their mental and physical health.

**2. Nature Promotes Creativity.** Whether it's a hike in the woods or time spent climbing on a playground, outside play and learning often allows for more creativity. By reducing stress associated with online time, time in nature can boost inspiration for creative endeavours. Creativity is boosted thanks to reduced fatigue and boosted energy levels.

**3. Nature Increases Childrens' Self-Discipline.** Many children have difficulties managing their impulse control, which can hinder their ability to learn. Taking your child on a hike, a walk, or to explore in the backyard acts as a tool to recharge their self-discipline. Impulse control and self-discipline are directly linked to academic success. Contact with the outdoors can significantly improve attention. It can also help with deficit difficulties and allow children to improve their self-discipline and stability.

**4. Nature Provides Real-Life Context.** When children learn outside, they have the opportunity to take what they learned in the online or in-person classroom and apply it to real-life situations. An American Institutes For Research (AIR) study found nature helps improve academic success and students' attitudes. The study found that children who spent time outdoors showed significant improvements in conflict resolution. Students also demonstrated gains in leadership and cooperation.

*Continued on pg 17*

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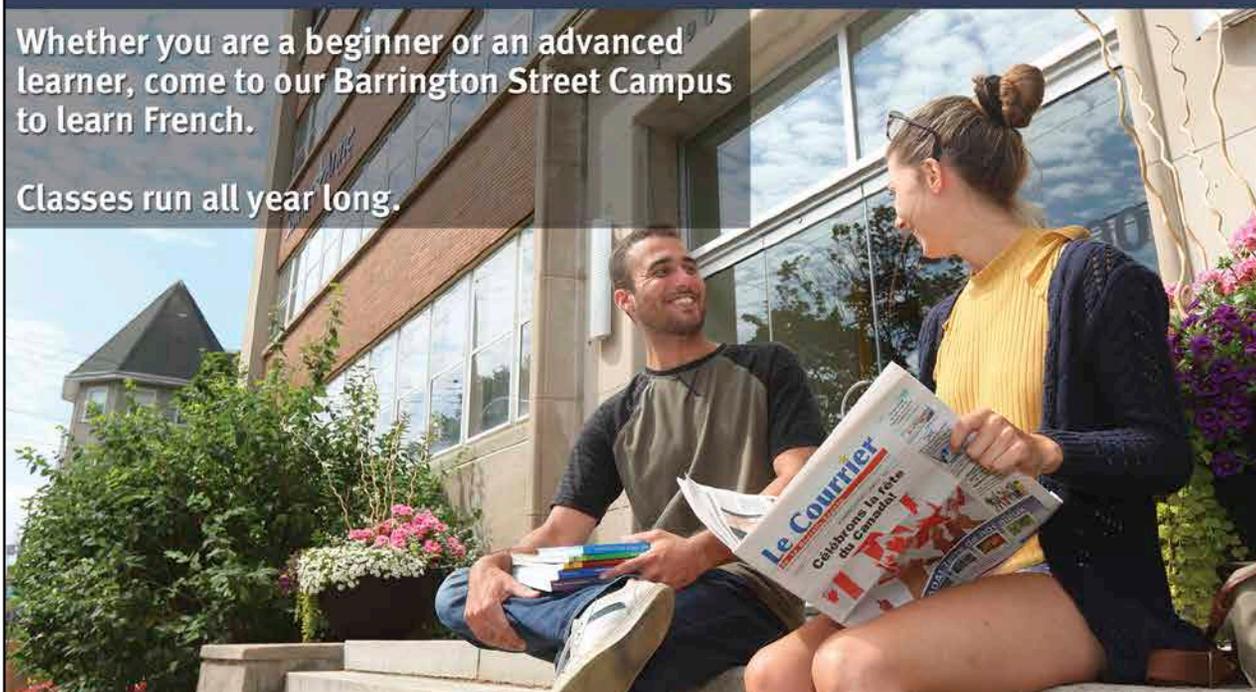
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# Education

## How you start is how you finish

Submitted by Birch Hills Academy

Continued from pg 16

**5. Time in Nature Improves Attention Skills.** Attention skills are a vital part of a child's development. Spending time outside in nature helps restore concentration. In fact, CBC News reported that time spent outdoors can improve attention span, reduce stress and help with self-discipline.

### Spend Time Learning in Nature Every Day

There are both academic and social benefits to learning outside. Outdoor learning can help relieve the stress associated with quarantining and stay-at-home orders. Include outdoor play as a daily part of your child's daily routine. Whether it's logging into class from the backyard table, or doing homework in the park, allow students to get creative with their outdoor learning activities. You can even encourage other family members to join in!

This summer, help keep your child's brain active with Oxford Learning Summer Programs. Our reputable tutors keep kids learning all summer long! Summer learning helps maintain that momentum into the fall. We'll help kids apply what they learn in our programs to real-world situations. Sign up for our summer learning programs today!

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*"Tell me and I forget, show me and I remember, involve me and I understand."* — John Gay, English poet

I'm sure we have all experienced cramming for a test, only to forget all of the information once we've written it. This is because we are not truly involved in the process of learning. Traditional learning is a passive process, where teachers communicate information to students and students are meant to absorb that knowledge. While some people can magically transfer passive knowledge into action, the majority of us cannot. This is where Inquiry-Based Learning (IBL) comes in.

IBL places students at the center of their learning experience. Instead of the teacher being the source of knowledge, the teacher guides their students in exploring, asking questions and discovering information. This enables students to learn by doing, becoming active participants in their learning. The main benefit to learning by doing is that the skills and knowledge gained are

better integrated into a child's long-term memory.

In main-stream education, the same goals are set for all students, regardless of their abilities. Students who struggle or who are gifted can easily become disengaged and discouraged. IBL supports students in developing their own learning goals, building on their natural personal strengths and interests. This more personalized approach to learning empowers students to take ownership of their learning and to reach their full potential by exploring these strengths and interests; this can be very motivating.

Anyone who has young children or who has worked with young children knows that children are naturally curious and inquisitive. Unfortunately, mainstream education discourages the natural process of inquiry, instead focusing on listening and regurgitating information. However, memoriz-

ing facts and information is not the most important skill in today's world. We have a world of information at our fingertips at all times, making it far more important to be able to sort through the abundance of information available to determine what is true and relevant. Particularly where we don't know what future jobs will look like, it is important to teach our children to problem-solve so that they can deal with anything that may be thrown at them.

Early Elementary programs at Birch Hills Academy utilize small class sizes to develop skills for independent learning, literacy, collaboration and encouraging curiosity leading to a love of learning. How you start is how you finish!

For more information, please call our Founder, Pam Streeter at 902-832-6700.

Visit our website at [birchhillsacademy.com](http://birchhillsacademy.com)

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# Education

## Ending Thumb-Sucking

By Angie White, The Growing Place

Many children use thumb-sucking as a comfort and coping mechanism. Often, they don't realize they are doing it until it is pointed out to them. Prolonged thumb-sucking can lead to dental and speech issues. Most children stop themselves by age 3 but others need some help and guidance to end the habit.

Showing children what happens to their mouth and talking about the unhealthy germs that they are putting in their mouth while suck on their thumb is a good start to help stop. Some parents use deterrents such as nail polish, a bandage, or a bad-tasting substance, like vinegar, on the nails to prevent the child from enjoying the thumb-sucking. If those deterrents come off, re-apply without making the child feel bad as this could set them

back in their progress. Try to limit TV time as children will often suck their thumb without realizing it. Children will often use thumb-sucking to relax while falling asleep. If they do, gently remove their thumb after they fall asleep or use a hand puppet to put on their hand as they are falling asleep.

Picking the right time to start guiding your child to end thumb-sucking is important. Children use thumb-sucking as a coping mechanism and to help relieve stress. Trying to end this habit can be stressful on children so trying to end it during a stressful time will likely not work.

Offer lots of praise when your child is not sucking their thumb or if you notice they pull it out on their own. You can offer little rewards or use a sticker chart to help encourage your child.



photo: Henley Design Studio @ pexels.com

Try not to be too critical, force a child to comply or belittle them as it will upset them and could possibly reverse progress made.

It could take some time to break this habit and it could take some longer than others. Don't get discouraged. Keep using gentle reminders. If it is prolonged and your child isn't showing any progress, then you may consult with your doctor about using a device, such as a thumb guard, to help prevent further

thumb-sucking.

Angie currently teaches the school age program at The Growing Place (Pleasant Street location), as well as assisting in the office and with Inclusion Programming. She is our Arts and Crafts expert, and an endless resource for new ideas to try in the classroom. For more information, please visit our website at [thegrowingplace.ca](http://thegrowingplace.ca)

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# CRAFT CORNER

## Eco-print

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts



For this project I am going to use cotton fabric with a soy-bean mordant. I find the soy-bean mordant to be one of the safest to use. Remember the natural dye process requires time and patience so if you are planning to do this project with a group it might be a good idea to have the mordanted fabric prepared in advance.



The final step is to steam your bundle. Using a pot and steam basket (that you do not use for cooking), steam your bundles for at least one hour. Let cool completely before unravelling and hang to dry.

Once you start eco printing you will start looking at the plants around you in a whole new light.

This is an experimental project so have fun with it!

Drop in to *Maritime Hobbies & Crafts* to see our craft corner and for many craft ideas. 1521 Grafton Street, Halifax, 902-423-8870.

As a lover of colour, textiles, and natural dye, I've become familiar with the work of India Flint, a well-known textile artist. Her book *Eco Colour* was recently given to me as a gift and this summer I'm going to focus on one of her techniques—eco-prints (also known as bundle dyeing).



Eco-printing is an adventurous technique of natural dyeing where the colours from plant materials are transferred to fabric.

Besides flower petals, leaves, and bark you can also add things to your bundle such as rusty bits and citrus peel. These will help you create unique patterns for your bundle.

Creating colour on cloth requires a lot of attention in the beginning stages. Preparing your fabric correctly is very important to ensure the dyes will adhere to the fibre.

Once you have laid all the bits and pieces on to your fabric, carefully roll it up and tightly bind it together. It is important that the plant material is in close contact with the fabric so make sure to wrap your bundle tight with string or elastic bands. You can also wrap your bundle around a dowel to help secure it tightly.

The first step is to wash the fibre, also known as scouring in the natural dye world. You need to strip away any wax and/or oils the fabric contains from processing it may have incurred.



The second step is to mordant the fabric. This will create the bond between fibre and dye. Protein and cellulose fibres work differently and require different methods. You will achieve different results with different types of mordant, of which there are many. Do your research and experiment with this part of the process.

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