

Volunteer Board Members

Our volunteer board members work with community organizations and partners to improve the health of the community. Our ESMCHB volunteers were:

Crystal Legere, Chair	Lacey Sutherland
Patricia Auchnie	Amanda Monk
Emma Sanders	Shannon Studley
Wendy Cross	Margaret Merlin-Wilson
Amanda Julien	Taryl Hanam
Marissa MacKeen	Kayla Cavanaugh
Niko Wilson-Henkelmann	Kristen Cudmore

Reasons members join the board:

- *to be connected in their community*
- *to make a difference*
- *to bring more awareness to mental health*
- *to advocate for equitable rural services*
- *to bring forth community concerns*
- *to build a stronger community*

Want to Join Us?

Visit www.communityhealthboards.ns.ca
or contact our Coordinator, Denise VanWychen at
denise.vanwychen@nshealth.ca

Eastern Shore Musquodoboit Community Health Board Report to Community 2021-2022

What Do We Do?

- Community Leadership
- Community Health Planning
- Health & Wellness Promotion

Central Zone Health Plan Priorities:

- Equitable Access to Health Services & Information
- Working Together Upstream
- Wellness and Health Promotion
- Supportive Community

Local ESMCHB Priorities:

- Mental Wellness
- Wellness & Prevention
- Access to Information
- Rural Inequities
- Access to Services



Highlight Activities

- ESMCHB, a number of community partners and community members are working on the creation of a "Well-being HUB" to support adults, and their families, to better understand and prepare for life transitions. This network of providers are working collaboratively to help adults and their care givers navigate available resources, learn how to access care and make more informed decisions.
- The ESMCHB is supporting the promotion of the Well-being HUB as a model that could be replicated for other service offerings such as Mental Health & Addictions. We have been advocating to government to consider this community-based model as a way to improve mental health & addictions supports and services for community by community.
- ESMCHB has been working with Nova Scotia Health to support health care worker recruitment by helping to coordinate community tours for potential staff and assisting with the development of a local Continuing Care Assistant Work & Learn program in partnership with NSCC.
- ESMCHB's "Giving Soup for the Soul" project saw the distribution of 500 jars of soup, biscuit mix and community resource pamphlets to community members. The intent of the project was to pass on the gift of soup and time to someone who may be in more need. The gift of giving is good for the soul and social connection is important to one's overall health.

Wellness Funds

This year we funded 10 organizations to implement some great community health projects.

- **Gaetz Brook Junior High School** -Voices: A program of Self-discovery and Empowerment for Girls
- **Meaghers Grant Community Hall** - Youth Empowerment Group
- **Musquodoboit Valley Family Resource Centre** - Community Food Cupboard
- **Old School Gathering Place** -Open Doors Youth Drop-in
- **Well-Being HUB** - Wellness Fair
- **Sheet Harbour Sexual Health Centre** - Be you! Gender Affirming Gear
- **The Deanery Project** - Food, Film and Fun
- **Upper Musquodoboit Community Association** - Living with Diabetes: health seminars
- **O'Connell Drive Elementary School** - Babysitter Training for students
- **Porters Lake Elementary** - Intramural sports equipment and extra curricular programming

CONGRATULATIONS TO ALL OF THESE GROUPS!!

***Deadline for new applications is
October 14, 2022***

www.communityhealthboards.ns.ca