



## NEWSLETTER

**RPH Issue No. 32 SPRING 2007**

### NSRPH 2006— 2007

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### MESSAGE FROM THE PRESIDENT

Hello All,

Well, it looks like Spring is finally here, which for many of us leads to a nice shift in our facilities. Now the focus can change to new growth with gardening programs, some much needed vitamin D, with outdoor programs, along with all your personal leisure pursuits that are vital to creating balance in our everyday life. Let's hope spring brings only rain on Mondays, and lots of sun on the week-ends. (unless of course your day off is Monday)

The NSRPH board of directors continue to meet and work towards achieving the strategic directions set for this year. Cape Breton Region is actively planning what is shaping up to be an excellent AGM and conference with quality speakers, along with our great networking opportunities, during the evenings. I know I am looking forward to some great Cape Breton hospitality come this October.

I wanted to use this forum, to acknowledge one of our members, Krista Theriault. Krista has resigned as regional rep to the Southwestern region. She is moving to the West Coast of Canada. Krista has served on the board for many years, two years in a row she held the president's position. Last year, as past president, she was co-chair of the CTRA conference held here in Halifax. Krista has been a committed member to this organization, so on behalf of the board and our members, we just wanted to wish her the best in her new ventures.

Enjoy your spring and summer, I look forward to seeing many of you in October.

Coleen Lawlor  
NSRPH President.

## AGM UPDATE

NSRPH 12<sup>th</sup> annual general meeting & conference is being held in beautiful Cape Breton. Conference is scheduled for October 11, 12 & 13, 2007 in Sydney at the Delta Hotel. The theme of this year's conference is "**Uncovering the Path to Diversity in Recreation**". The Cape Breton region has been meeting regularly since January and this year's conference is shaping up to be very exciting with a great line up of presenters for all disciplines of recreation. There is something for everyone from programmers to therapists to managers. Highlights of the conference include a great pre-conference with presentations by the Cape Breton District Health Authority's geriatric mental health team. Friday's schedule is beginning with an exciting presentation by Dr. Jerry Singleton and our conference will end on Saturday with NSRPH annual general meeting. Brochures will be mailed out early August and we will also post on the website as soon as all details are finalized. Check out the website for more information; [www.nsrph.com](http://www.nsrph.com).

See you all in the fall!

Kendra Baldwin  
Co-Chair AGM Committee

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## EDUCATION COMMITTEE UPDATE

As the year progresses, the Education Committee is continuing it's work to promote NSRPH both within the Educational Institutes in our province as well as with Recreation practitioners. In March, Donna Knowles and Willa Sarty traveled to Truro to speak to students in the Therapeutic Recreation and Recreation and Leadership programs at the Nova Scotia Community College. The committee is also in contact with Dalhousie University's Recreation Therapy degree program and will be making a presentation on behalf of NSRPH some time in the fall semester.

A list of potential speakers for NSRPH members to call upon is currently being compiled. The Education Committee encourages you to send along names of speakers as well as topics of interest to be added to our list.

As our committee becomes aware of upcoming conferences, workshops and distance education opportunities relevant to the field of Recreation in Health, we will be sharing this information with our Members by way of our newsletter and the website.

If anyone has any information to share or questions, please do not hesitate to contact us at [sartyw@cdha.nshealth.ca](mailto:sartyw@cdha.nshealth.ca)

Submitted by Willa Sarty  
Education Committee Chairperson

## MEMEBERSHIP UPDATE

Membership renewal and registration has been coming in quite steadily since January. To date we have 74 active members and 4 associate members for a total of 78. NSRPH board of directors would like to extend a warm welcome to the following new members and encourage all new members to contact your regional representative and get involved within your region. A warm welcome to: Jacqueline Cook, Metro; Chris Rafuse, Metro; Katie Scorrar, Metro; Elizabeth Ryan, Metro; Lara Robinson, North Eastern; Kathy Downing, North Eastern; Lisa Adams, North Eastern and Jeffery Skinner, South Shore.

Membership deadline for 2006-2007 is fast approaching. Any members who have not yet renewed their membership please do so. Anyone not paid by July 31<sup>st</sup> will not have voting privileges at the upcoming AGM & Conference. For more information regarding membership you can contact Kendra at [kendrabaldwin@ns.aliantzinc.ca](mailto:kendrabaldwin@ns.aliantzinc.ca) or by phone (902) 539-6110 ext 229.

Kendra Baldwin  
Past President NSRPH / Membership Services

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## CALL FOR NOMINATIONS

NSRPH Board of Directors has some opening positions that need to be filled at the upcoming AGM & Conference. This is a call for nominations for the following positions:

Member at Large	2 year term
Treasurer	2 year term
Secretary	2 year term
Vice-President	3 year commitment

Being a member of the Board of Directors is a very rewarding opportunity. You gain insight into the ever changing field of recreation and attend many educational workshops sponsored by the board. The board is also in constant contact with the Department of Health as this association is one of the leading voices in the field of recreation for the province.

If anyone would like to nominate a member or has any questions regarding the responsibilities and duties for the above positions please contact me at [kendrabaldwin@ns.alaintzinc.ca](mailto:kendrabaldwin@ns.alaintzinc.ca).

Kendra Baldwin, Past President NSRPH

## The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about Grandfather," said the son. I've had enough of his spilled milk, noisy eating, and food on the floor.

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow up." The four-year old smiled and went back to work.

The words so struck the parents, that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow.

His food was served in a wooden bowl.

## Support Our Canadian Forces Day- February 15, 2007

On February 15, 2007 the Recreation Department hosted a special program—"Support Our Canadian Forces Day" for the Veterans' of the Northumberland Veterans' Unit. The program was also part of National Flag Day. The intention of this day was to support our Canadian men and women who served and currently serve our great nation. Recreation Director, Dennis Chipman organized the event and wanted local military personnel to be a part of this important day. The local newspapers and radio station were involved with the activity. Ms. Dolores MacGillivray sang O'Canada and the 144 Airfield Engineering Flight of Pictou County were present along with several guest speakers including; Mr. Charley Parker, M.L.A. of Pictou West, MCpl. Alan Fraser, Mr. Lawrence Leblanc, Mr. Allister MacDonald, Town of Pictou (Warden). The guest speakers gave a candid discussion on the mission in Afghanistan, the Veterans' contributions and sacrifices, and introductions to new happenings in the area of Pictou. Further, there was good representation of Legion members from Pictou County.

Second World War Veteran, Mr. Charles Chisholm presented the Canadian flag on behalf of the Veterans' to Private Cory Brown of the 144 Airfield Engineering Flight of Pictou County. The idea and symbolism of a Veteran passing the Canadian Flag was to link the past with the future. As well, it was to represent the shifting of responsibilities, now these young men and women are protecting and serving our country. The Veterans' of the Unit wore red t-shirts in support of the troops. There was a great array of refreshments for people to enjoy. It was a great day, for a great purpose- to support our men and women who serve our country but always remember the contributions given by our Veterans'.

On March 28, 2007, Mr. Charles Parker, M.L.A. of Pictou West mentioned our "Support Our Canadian Forces Day" program in the Nova Scotia House of Assembly-Sixtieth General Assembly: First Session. The Northumberland Veterans' Unit and the 144 Airfield Engineering Flight of Pictou County were honoured. Recreation Director, Dennis Chipman gave a copy of this proceeding to each resident of the Unit. The men were proud and excited they were thought of and mentioned on the provincial stage.

Written by Dennis Chipman, Recreation Director  
Northumberland Veterans' Unit



**In this photograph:  
Private Cory Brown of  
144 Airfield Engineer-  
ing of Pictou County  
(Left); and Second  
World War Veteran,  
Mr. Charles Chisholm.  
(Right)**

## Rock—a- Thon

Submitted by: Janice Varner East Cumberland Lodge

A resident driven rock-a-thon was held at East Cumberland Lodge. 15 residents rocked in the main lounge for 2 hours. The residents collected monies on pledge sheets from families, friends and staff. \$407.00 was realized from this very fun event. We purchased an outdoor swing and rustic chair. While the residents rocked a dictionary game was played, local news read and music was played.

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## Spring is Here

Submitted by: First floor residents—Glen Haven Manor

We went fishing on the first day of spring to catch fish and see birds, among other things. We walked through the woods, saw robins in trees and felt on our face a wonderful breeze.

The grass was so green, gardens to be seen!  
The sunshine so bright, a lovely sight.  
Dancing in the woods in the fresh spring air  
made us feel gay with narry a care.

Raindrops fell and burst all around us we got our  
umbrellas so they wouldn't drown us!  
We're so glad it's spring, it's finally here for the  
flowers and birds are Oh so dear!

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## A Prayer for Fathers

By: Pearl Neilson

Dear God, bless all the fathers,  
In all the world today.  
Guide them in all their thinking,  
And show each one the way.

To be the kind of father  
That you would have him be.  
May every father worship,  
His spirit wholly free.

From everything that hinders  
True Christian living; then  
Give them the strength they're needing  
For Jesus' sake. Amen.

## Hate exercise? Just go for a walk

By Thom Keyser—Albany Times Union

We all know we should exercise. Now, with temperatures finally out of the frigid zone, we have no excuse.

And the easiest and cheapest exercise is walking. Nearly anyone can do it anywhere. Just walk out your front door, put one foot in front of the other, and you're on your way.

You'll have plenty of company, too. Walking is North America's most popular physical activity. "Walking can be done by people of all ages and virtually all levels of physical ability with little risk of injury, and it can be done inexpensively year-round, indoors and outside," reports the book "Walking for Fitness: The Beginner's Handbook, by Marnie Caron and the Sport Medicine council of British Columbia. "Regular walkers have more energy, more stamina, more restful sleep and lower stress rates."

Businesses are encouraging their workers to walk. On April 25 area companies participated in the American Heart Association's Start! Walking at Work Day. The idea is that a 30-minute walk will start employees on a year round workday walking program.

Here are some of the benefits of walking, from AARP and the American Heart Association:

- Lose weight
- Decrease hypertension; control blood pressure.
- Decrease risk of heart attack and heart disease.
- Increase high-density lipoproteins (HDL, or "good" cholesterol).
- Low risk of stroke.
- Reduce risk of breast, colon cancers.
- Improve breathing.
- Alleviate constipation.
- Reduce risk of diabetes.
- Strengthen muscles, bones and joints; protect against hip fractures and osteoporosis.
- Relieve arthritis and back pain.
- Elevate mood and sense of well-being.
- Alleviate depression; lower stress levels.
- Improve sleep.
- Reduce impotence.
- Live longer.