



Connections to Support for Seniors

DIGBY AND AREA SENIORS' SAFETY PROGRAM

Dawn Thomas, Coordinator

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902-308-0544

Senior Abuse Awareness and Help

Abuse of older adults is any action that threatens the health, security and well being of an older person. It is abusive and neglectful behavior often by someone with control or authority over the senior.

Types of abuse:

- Physical- hitting, punching, restraints, medication misuse
- Sexual- any form of sexual activity without consent
- Emotional/Mental- insulting, controlling, threatening
- Neglect- not providing necessities, shelter, care, clothing
- Financial- stealing, e-transfers, frauds, misuse of Power of Attorney, fraudulent checks and property transfers
- Denial of Rights- withholding important information, interfering with mail, restraining and confining a senior

FOR HELP:

Protection of Persons in Care: Adults over 16 in hospitals, nursing care, group homes and legislated facilities
1-800-225-7225

Adult Protection Act; For those living at risk with physical disability or mental infirmity 1-800-225-7225

Criminal Code of Canada; abuse of partner, theft and financial abuse, fraud, family violence and failure to provide, call police 902-245-2479

Digby and Area Seniors' Safety Program 902-308-0544

Upcoming Supportive Events:

Caregivers Support Groups: 1st Wednesday of every month 1:30 -3:30, Digby Legion 92 Mount Street. Call Jennine Wilson 902-680-8706 or email valley@caregiversns.org.
Website: www.caregiversns.org

Understanding Dementia: Come and learn information on signs of dementia, how to lower risks and support loved ones. Hosted by the Alzheimer's Society of Nova Scotia. Sessions are:

Thursday, September 21 3-4 pm Isaiah W Wilson Memorial Library, Digby 902-245-2163 Digby@westerncounties.ca

Thursday, September 21 6-7 Weymouth Waterfront Library 902-837-4596 Weymouth@westerncounties.ca

Seniors Day at Digby Area Recreation Every Third Thursday at the curling rink, Bingo, lunch and socializing 10:30 am, Call to register 902-245-1949

Housing Supports in our Area

Here are some connections you can try:

Jill Balsler, MLA
902-308-1992

Project Hope,
CMHA Hannah Scott;
Provincial Lead,
1-800-466-6606 x
201

Nova Scotia Provincial Housing Agency

for applications for low income housing
1-855-825-2230
applications can be found at Department of Community Services Building 84 Warwick St Digby 902-245-5811 or online at www.nspha.ca

Nova Scotia Housing Grants and Repairs for Seniors

1-844-424-5110
www.housing.novascotia.ca

Department of Municipal Affairs and Housing

1-902-424-6642
dmamin@novascotia

211 Nova Scotia

Bear River/Smith's Cove Lighthouse Update



Progress on restoration of the Bear River Lighthouse and creation of the Smith's Cove Lighthouse Park continues. This summer season, we have been able to install six park

benches for visitors' enjoyment while experiencing the views from the Park. We also have laid the first series of footpaths around the Lighthouse with further footpaths to follow. Information / interpretive Boards recounting the history of the Lighthouse have also been installed commemorating the important role the Lighthouse played in guiding merchant traffic in the Annapolis Basin and up and down Bear River. Landscaping at the

Lighthouse Park is underway and will continue into the Fall. Lastly, the Municipality has opened a small parking area adjacent to the railway trail located about seven minutes by foot from the lighthouse. It is across the road from the exit on to Highway 101, west to Digby off Highway 1 in Smith's Cove. Signage will be installed for the parking area. We hope to host an event this fall or in the spring to officially open the Smith's Cove Lighthouse Park and celebrate the designation of the restored Lighthouse as a Municipal Heritage Property. The Smith's Cove Historical Society is thankful for the marvellous support for this project from the Smith's Cove community, the Municipality of Digby and the Province of Nova Scotia Department of Communities, Culture, Tourism and Heritage. We also wish to acknowledge the support of our Volunteers who have made this project a reality. Fundraising for the Project continues and all donations are greatly appreciated. Donations to the Project can be made to the Smith's Cove Historical Society, 590 Highway 1 Smith's Cove NS B0S 1S0.

Brier Island Lighthouses

The Islands' Historical Society and the subcommittee, **Save an Island Lighthouse 2 (SAIL 2)**, are now officially the caretakers of the three Island lighthouses. There is a lot of work to be done to Peters Island and Brier Island Lighthouses. The first thing that needs to be established is a business Plan to determine the priorities to restore the Lighthouses to their former glory and determine future site developments. Peters Island lighthouse is particularly a challenge as it is difficult to access and the grounds are under the protection of the Nova Scotia Nature Trust as the island is a nesting area for local and migrating birds. The lighthouse itself needs immediate attention and the structure will need to be assessed to determine the priorities for repairs and the best way to conduct those repairs. Brier Island Lighthouse (Western Light) is in need

of a paint job and some exterior concrete repair. The grounds of the site should receive benches and picnic tables as well as interpretive panels about the history, wildlife and geology of the area. Grand Passage Lighthouse (Northern Light) is also in need of painting and concrete repair. This site as well, should receive information panels, benches and tables. Site signage is also planned in the future for all three lighthouses. Lighthouses are particularly significant for the islands community. They are an important cultural icon of island life. They are a direct connection to the sea and to those who make their living from the local waters.

The SAIL2 committee plan on hosting public meetings to invite the community to talk about what they want to see developed at these locations. This will be an opportunity to get involved and start improving these sites for residents and visitors alike.

For more information please contact Pat Moore at: 902 839- 2209



Peters Island



Western Light



Northern Light