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Please note: Throughout this newsletter, all embedded links are identified by **purple text** and underlining.



Welcome

Hello everyone and welcome to our summer newsletter. It has been a very busy winter and spring since our last newsletter and we're happy to share what's happened and what we're working on over the next few months and in fact, the next couple of years, in some cases.

I also have some personal news to share. On May 3rd I rang a bell. Not just any bell, but one that marks the end of part of a journey I'd been on the previous six months.



At the end of October, I found a lump in my right breast that seemed to appear from nowhere. (I've always had regular mammograms, though due to COVID opted for a manual exam with my doctor when the mobile screening van didn't come to town). A month later, I was diagnosed with

cancer. It was a shock – I had convinced myself it was anything but cancer.

In mid-January, I began chemotherapy treatment every three weeks. Each cycle had its own challenges, but nothing I couldn't handle – because of the support of my family and close friends. (And anti-nausea drugs really work!) My next step, in early July, is surgery to remove what I'm visualizing as a very, very small tumour.

*Healing is an art.
It takes time, it takes practice. It takes love.
- Maza Dohra*

As some of you will know, I've continued to work most days, but only with the support, commitment, and love that **Vicki** and **Paula** have shared with me. They truly have made this journey easier for me and I'm so grateful. I have had so many people in my corner, who've helped keep me positive, supported me in so many ways – personally and in my work – you fill my heart and I know how blessed I am.

Jean

The Horizons Team

Executive Team

Jean Robinson-Dexter
Paula Hutchinson
Vicki Crowell

Circle of Associates

Andy Horsnell
Angela Day
Anne Stieger
Barbara Kaiser
Bob Kanygin
Carolyn Campbell
Clare LeBlanc Northcott
Craig Moore
Elaine Rivers
Joanne Hussey
Joanne Linzey
John Colton

Research Assistants

Berta Klooster
Dana Pettipas
Emily Kathan
Maria Wilson
Marie-Claire MacPhee
Michelle Wolf
Murphy DaRocha
Penni Burrell
Sandra Bornemann
Sarah Cooper
Susanna Steinitz
Tressie Dutchn
Trudy Watts

Administrative Assistants

Cynthia Keizer
Erin Wolfe
Helen Woodward
Shannon MacLean

Support

Greg Tutty, Graphic Design
Jeff VanderWal, Information Technology

Completed Contracts



Several projects have wrapped up since our winter newsletter.

Our work with Nova Scotia Health Authority to develop and implement a two-phased consultation to identify innovative approaches to providing supports for mild to moderate mental health and/or substance use concerns in the community was completed in April.

As well, our work with **Naomi Society** to conduct an evaluation of their current programs and services, create a 5-year strategic and operation plan, and develop a business case for their services was completed in March. We were happy to have **Andy Horsnell**, a member of our Circle of Associates, lead the business case planning component of the work.

A three-year evaluation to assess the impact of the NSN4SC, a federally funded social innovation network project of **NS GovLab** and **Inspiring Communities** was also completed in March.

We also completed the evaluation for **Prescott Group** of the Job Links Club, a pilot program that aims to address employment issues amongst the disability community.

An extensive directory of resources and services available to West Colchester was created for the **NS Remembers Legacy Society**/Portapique Community Hall Trustees, and we just completed creating a report of the findings from the Suicide Prevention and Risk Reduction Conversation held earlier this year, for **Injury Free Nova Scotia**.

Summer Recipe

Blueberry-Lavender Syrup

Drizzle this sweet, floral syrup in your lemonade, sparkling water, iced tea or cocktail.

- 1 cup water
- 1 cup blueberries
- ½ cup sugar (or honey)
- 1 ½ tbsp dried lavender buds

Place water, blueberries, sugar (or honey) in a small saucepan over med-high heat. Once the sugar has dissolved, add the lavender buds and bring to a boil. Mash berries/buds while stirring constantly. Boil for 4-5 minutes and then remove from the heat. Let mixture steep in the pan until cool, about 1 hour. Strain the solids from the liquid using a fine-mesh strainer. Store the syrup in the fridge for 3-4 weeks. Enjoy!



Summer Break

Horizons will be closing for summer break on July 4th and will reopen on August 2nd, 2022.

Have a safe and happy summer!

Current Contracts



■ Evaluation of the Adaptive Mentorship Network – Pain & Addiction

• Nova Scotia Health Authority • (Jean, Paula)



In 2020, we worked with the Nova Scotia Health Authority to plan and implement an evaluation of the [Atlantic Mentorship Network – Pain & Addiction \(AMN-P&A\)](#), a network that supports and connects health care professionals in providing care to people for pain and/or addiction in Atlantic Canada through professional development opportunities; mentorship; providing structure for inter-professional communities of practice; and leadership in the development of evidence-informed policy dialogue. We recently began working with the Network again to evaluate the scale-up of the network to be more fully engaged in the other Atlantic provinces, outside Nova Scotia. Working with the Centre for Effective Practices, Pain BC, and AMN-P&A, we are contributing to a national evaluation framework, consistency in measures, and implementing the evaluation with the developing networks in the Atlantic. We'll be working closely with both the national team and AMN-P&A staff and provincial leaders, developing a logic model and evaluation framework, data collection tools (including pre and post self-perception measures), and regular reporting over the three years of the project.

■ Shift Change: Advancing Women and Equity in the Skilled Trades • YWCA Halifax • (Jean, Paula)



Our work with the [YWCA](#) of Halifax to develop and implement a three-year developmental and outcome evaluation for Shift Change continues. This project seeks to improve women's economic security and prosperity by addressing the barriers that impede the participation and advancement of women, in all their diversity, in the skilled trades sector. In this work we are all listening and learning by convening networks of partners, engaging folks in reflective learning events and dialogue, as well as piloting and scaling promising practices. This project also draws on a unique combination of specialist expertise provided by [Horizons](#), Steve Law (Gender Inclusive Leadership Facilitator) and Corrie Melanson, (Facilitator and Graphic Harvester).

■ Fountain of Health • (Jean, Vicki, Murphy)



Our ongoing project management of the [Fountain of Health](#) (FoH) initiatives continues, supporting national and Nova Scotia teams and projects. Our primary focus has been Thrive MD, a physician wellness project.

FoH has also launched another website, the [Fountain of Health Thrive Learning Centre](#), that outlines all its programs.

Did you know...

Bees play a massive role in pollinating the plants that we eat. In North America, bees help with the production of at least 90 crops.*

*<https://www.twinkl.com/blog/the-importance-of-bees-an-easy-guide>





Update on Events

Spring Into Action Challenge 2022



Another year, another fantastic Spring Into Action Challenge! This year, our challenge began April 11 and ended May 22. We would like to thank the **25 teams** and the **176 people** who participated and made this year's challenge so much fun! 403,835 minutes of activity were clocked by our participants over the six weeks of the challenge while engaging in activities that ranged from snowshoeing to water tag (an indication of how quickly the weather changes in Canada. LOL).

Adding to the fun, teams like *Carleton Cardio* and *MedFIT* developed their own internal competitions. Pictured below are those team captains in a plank-ing competition.



Keven (Team captain of *Carleton Cardio*) and **James** (Team captain of *MedFIT*) took time out of their busy schedule to challenge each other to a plank-off. For them, it's not really about winning or losing. It is about having fun and encouraging each other to push themselves a little harder.

After six weeks of achieving the 30 minutes, 5 days per week goal, our grand prize individual winner of \$100 to be used for something related to physical activity was **Erika** of *CHT Spring Flings*. Erika shared with us how the challenge helps to inspire her, both personally and at work.

'I love when the Spring Into Action Challenge comes around again and the motivation it brings to be active throughout the week. It also fits perfectly with our work at the Community Health Team supporting clients with incorporating healthier behaviours into their daily lives and identifying the personal, meaningful reasons for doing so. I have to say that Cheryl is an excellent cheerleader and example to our team so I need to thank her as well. Thank you again to you and the Spring Into Action Challenge!'

Our team grand prize of a \$150 donation made by **Horizons** in the winning team's name, to a local sport/recreation fund for kids chosen by the win-ner went to the *Community Rockstars* from Bridgetown, Nova Scotia. They chose the *Rainbow Riders Gymnastics and Trampoline Club* of Greenwood to receive their donation.

Congratulations to all the participants of the Challenge. We look forward to seeing you all again next year!

Liverpool International Theatre Festival (LITF)



Jean continues in her leadership of this festival and is excited that the festival is going ahead October 13-16! The festival is currently promoting its early bird subscription package, *The Stage & Beyond*, which includes all plays, workshops, socials, and the *Coffee Critiques*, the daily 'morning after' discussions with the festival adjudicator the plays from the day before.

Getting Together

There are always smiles and laughter on the rare occasions that we get together in person!



Jean, Vicki, and Paula met for lunch in New Ross on a beautiful spring day in June!



In May, Paula and Jean had a brief meet-up in Upper Tantallon. Paula gifted Jean the second of two hats she's made for her.



HORIZONS
Community Development Associates Inc.

P.O. Box 2404
Wolfville, Nova Scotia B4P 2S3
902.542.0156
www.horizonscda.ca