



NO. 11, VOL 2 FALL/WINTER 2020

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Welcome & Reflection

As we approach the end of each year, we at **Horizons** always take time to reflect on what that year has brought us professionally and personally, both the challenges and the successes, so that we may learn and grow and apply that learning to our work going forward.

The *COVID-19* pandemic is something that none of us thought we would be experiencing personally, in our communities, or in serving our clients. Our team and our families have been blessed to be healthy and safe. We are grateful for all of our clients who have adapted, modified, and shifted to continue to work with us on important projects. We are so appreciative of their trust and support as we 'pivoted' (this year's most overused word) to carry out our work. In a time when projects could be abandoned or stalled, we have been fortunate to have gained new clients/friends – and all through referral. Thank you again for your recommendations and belief in our work.

"WE DON'T GET HARMONY WHEN EVERYBODY SINGS THE SAME NOTE. ONLY NOTES THAT ARE DIFFERENT CAN HARMONIZE. THE SAME IS TRUE WITH PEOPLE."

STEVE GOODIER

The holiday season is upon us, a time that traditionally is one of celebration, togetherness, and peace. It is a time of ushering out the old year and welcoming the new. It is the perfect time for us all to remember to have compassion and empathy for others. To make a resolution to acknowledge and try to understand each other's differences and perspectives, without judgement, so we can find solutions that are right for everyone. We believe our differences can make us stronger rather than divide us. This year, different perspectives have helped us to learn from each other, grow as people, and have provided us with a bit more knowledge, wisdom, and a broader understanding that we will apply in all aspects of our lives going forward.

Jean Vicki Paule



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



The Horizons Team

Executive Team

Jean Robinson-Dexter
Paula Hutchinson
Vicki Crowell

Circle of Associates

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Jeff VanderWal, Information Technology

Horizons Joins Leading Edge CDC Cooperative



Leading Edge Retreat at Windhorse Farm in October 2020



A ZOOM meeting of Coop members

Horizons is pleased to announce that we are now a member of **Leading Edge Community Development Consultants Cooperative**, a collective of local and regional experts passionate about supporting communities seeking to enhance their ability to thrive now and into the future. Specifically, we are embracing opportunities to work with rural and/or marginalized communities of place, identity, or circumstance who wish to analyze and proactively address a range of systemic challenges and dynamic changes that affect their communities.

We have extensive professional experience and knowledge of the people and communities in the Atlantic region. We understand that people and communities can be successful agents of change in a number of dimensions and their intersections including economic, social, cultural and ecological. Central to the approach taken by Leading Edge is an emphasis on understanding community assets and capacities. Doing so enables Leading Edge to support positive and innovative solutions to the challenges confronting many rural Atlantic communities. Leading Edge can, for example, support communities struggling with demographic, health, business, and transportation challenges supporting a transition to a thriving and prosperous community.

Leading Edge is committed to a vision of thriving communities that are inclusive, resilient, sustainable and collaborative.

We at **Horizons** will continue as an independent consulting firm, serving our current and future clients. We are excited about the additional opportunities that being part of Leading Edge will bring, allowing us to take on projects we couldn't alone, to support local, living and sustainable communities, and open up access to a wider set of skill areas to our current and future **Horizons** clients, through our coop colleagues.

As a brand-new entity, the cooperative will be developing its brand and creating marketing tools, so stay tuned.

Current Contracts

■ Website Redevelopment • Mental Health & Addictions, Nova Scotia Health Authority (NSHA) • (Jean, Paula)



We have recently begun working with [Nova Scotia Health Authority](#) on the second phase of their website development project for the *Mental Health and Addiction Program*. Earlier this year, **Horizons** facilitated a series of five focus groups with key stakeholders to gather input into what should be included and how to ensure awareness of the website. In phase 2, **Horizons** will complete an environmental scan to gather information of youth focused/serving community organizations and agencies and their mental health programs and services offered online in Nova Scotia and develop and implement an engagement strategy for youth to gather their input on what they are looking for from this type of website.

■ Development of a Strategic Plan • Prescott Group • (Paula, Jean)



We have recently been contracted by [Prescott Group](#) to design and facilitate a strategic planning process for the organization. Our work will include an organizational and environmental scan of the current state, to guide the development of its strategic directions; development and implementation of an engagement strategy, including web survey, focus groups, and interviews with key stakeholders to gather their input; the design and facilitation of a strategic planning session; and the development of the strategic plan.

■ Evaluation Coaching • Nova Scotia Association of Community Health Centres • (Jean)



Horizons is providing guidance and advice for an evaluation of Community Health Centres that are part of the [Nova Scotia Association of Community Health Centres](#).

The purpose of the evaluation is to provide feedback to the Centres on how they are impacting the lives of community members they serve, and to show how the CHC model is impactful and sustainable to change thinking and support for CHCs moving forward.

■ Fountain of Health • (Jean, Vicki)



Our ongoing project management of the [Fountain of Health](#) (FoH) initiatives continues, supporting national and Nova Scotia teams and projects. Most recently, we have been supporting planning of moving projects from in-person spaces to online platforms. The FoH has received funding from Doctors Nova Scotia to continue to sustain the *Optimal Aging* work and we will continue to work with retired physicians and community partners to deliver the optimal aging messages from a virtual platform.

A significant focus of our work has been to prepare for the launch of a physician wellness initiative in the spring. Grounded in the FoH's pillars of physical activity, social activity, brain challenge, positive thinking, and taking care of one's mental health, in combination with *SMART* goal-setting, the project will support self-care and wellness.

(Cont'd.)

Current Contracts (Cont'd.)



■ Safely Aging in Place • Queens Care Society • (Jean)



Horizons is working with [Queens Care Society](#), a charitable organization with a goal to improve the lives of seniors living in Queens County. We are gathering feedback from seniors and seniors-related organizations about what is required to support seniors safely aging in place and living as independently as possible in their homes; and creating a report of the results for the Society's board. We have created the tools to collect information and community volunteers are gathering information from seniors.

■ Nova Scotia Network for Social Change Evaluation • Inspiring Communities • (Jean, Paula)



Horizons has been working with [NS GovLab](#) and [Inspiring Communities](#) on a three-year evaluation to assess the impact of the *NSN4SC*, their federally funded social innovation network project. Since our last newsletter, the project's first evaluation has been completed. We are moving forward in determining how to continue gathering evaluation information and working within the restrictions that the pandemic have placed on the initiative.

■ Strategic Visioning Session • South Shore Opportunities • (Jean)



Horizons is working with [South Shore Opportunities](#) to plan and facilitate a one-day strategic visioning session with its Board of Directors.

A web survey to gather input to key planning questions for the session has been completed by Board members. The results of this will be incorporated into a one-day session to be held in early 2021. The goal of the session will be to determine and prioritize main goal areas and strategic direction for the organization. The session results will be shared in a final report including recommendations and actionable items.

■ Assessing and Mapping Existing Model of Services and Development of 5-Year Strategic Plan and Business Case • Naomi Society • (Jean, Paula, Andy)



The Naomi Society, based in Antigonish, offers support for individuals who experience family and intimate partner violence through community outreach services. We are working with them over the next two years to evaluate the *Exploring Rural Services in Domestic Violence* project. This will include exploring and assessing the services currently being offered to people in rural Antigonish and Guysborough Counties that have been exposed to Domestic Violence, Intimate Partner & Family Violence, conduct a scan of other related model of services, with a specific focus on web-based services; and develop a 5-year strategic plan, and business case plan.

■ Dalhousie University Schulich School of Law • My Home, My Rights: Exploring Human Rights in Community Living • (Paula)



This research project's goals are to: 1) foster inclusive research recognizing persons with intellectual disabilities as experts about their own lives, and 2) empower persons with intellectual disabilities to be leaders in advocating for their human rights. **Horizons** works with the principal investigator, Sheila Wildeman – Dalhousie University Schulich School of Law, Inclusion Nova Scotia, and co-researchers with intellectual disability to create resources for inclusive research and advocacy responsive to the imperative: “*Nothing about us without us*”.



Completed Projects



Since our summer newsletter in June, **Horizons** has completed the evaluation of the **Alternative Family Support for the Department of Community Services** and the evaluation of the **Atlantic Mentorship Network – Pain & Addiction** for the Nova Scotia Health Authority. **Horizons** also served as the Interim General Manager for the **Astor Theatre** in Liverpool from August to November, and supported the Board of Directors in its search for a full time GM. This process was paused, and **Jean** has continued to support the theatre's work a few hours a week.

Liverpool International Theatre Festival



Due to concerns about *COVID-19*, **Jean** and her LITF team made the difficult decision to postpone the 2020 festival, but new dates for 2021 have already been announced! The biennial festival will take place from **October 14-17, 2021**, and in a break with tradition, will also take place from **October 13 – 16, 2022**, so theatre goers will be able to enjoy the event two years in a row. All the amateur theatre troupes selected for the 2020 festival, are going to make every effort to be in Liverpool for 2021.

The deadline for the festival's virtual festival, **Short Cuts**, of 5-10-minute original plays focused on the theme of family, just closed. Watch their website and Facebook page to learn more about the entries from around the world.

The festival also launched a podcast, **The Off-stage Cast**, this fall. Each podcast features some aspect of the festival and we meet the troupes coming to the 2021 festival in in-depth interviews. If you are interested in learning about **Jean's** role, check out *A Word with the Boss*.

Holiday Break

We will begin our holiday break on December 17th and return to work on January 4th.

Happy Holidays



SEASONAL RECIPE

Spicy Ginger Cookie People

Combine and mix well:

- ¾ cup canola oil
- ¼ cup molasses
- 1 cup white sugar
- 1 egg

Add dry ingredients and mix well:

- 2 cups white flour
- 1 tsp. baking soda
- 1 ½ tsp. salt
- 2 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. ginger



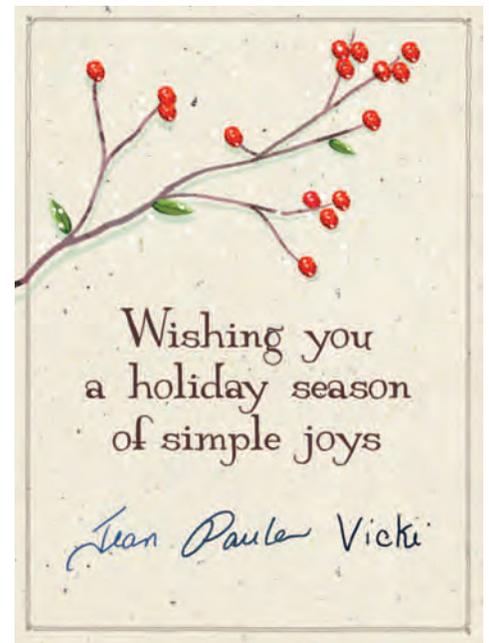
Refrigerate for one hour. Roll out the cookie dough on a floured surface until its ¼ inch thick. Using a cookie cutter, cut out people shapes and place them on baking sheets. Bake at 350 for 10 to 12 minutes. Let cool and decorate.

Another yummy option is to roll the dough into balls and coat them with ginger/cinnamon sugar!

Working Virtually



Jean, Paula, and Vicki at a Monday morning team meeting



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