

Councillor Russell Walker District 10

Halifax - Bedford Basin West



Tell the Community Health Board about your Health Concerns

The Community Health Board (CHB) is a volunteer advisory board that is part of Capital Health. They work closely with Capital District Health Authority and other local community-based organizations to support and promote health and wellbeing in our neighbourhoods. Altogether, there are seven community health boards in Capital District. One of their most important jobs is to submit a health plan to the CDHA. The health plan lets CDHA know about the health concerns of the people and community groups in their District. For the health plan to have any meaning, they need input from as wide a range of people living in Capital District as possible.

Help tell the Capital District Health Authority about the health issues that matter to you. Make your voice count. Their health plan depends on hearing from as many people as possible. Complete their survey by visiting: www.oursurvey.ca

Thanks from the Halifax Community Health Board

Upcoming Community Event

Ecole Grovenor Wentworth annual Spring Fair will be held on Saturday, June 15th from 11:00 am – 2:00 pm at the school at 4 Downing Street



The Jumpstart/RecKids Program

The Jumpstart/RecKids Program is a joint effort of both HRM Community Recreation Services and the Canadian Tire Jumpstart Program. It is designed to provide assistance to those who, due to lack of funds, would otherwise be unable to participate in sport, art, cultural and recreation activities.

If you wish to apply to the Jumpstart/ReckKids Program for assistance please review the steps below:

- 1) Review the Jumpstart/ReckKids Program Guidelines to ensure you meet all of the requirements.
- 2) Choose a program of interest.
- 3) Download and complete the Jumpstart/ReckKids Program Application.
- 4) Mail, fax or drop off your completed application form. All contact information is contained in the application.

For guidelines and applications forms visit <http://www.halifax.ca/rec/JumpstartReckKids.html> For more information, call 490-3895.



Seniors' Home Safety Program

The Seniors' Home Safety Program is a free home safety evaluation for seniors living in private residences conducted by specially trained volunteers who are also seniors. The program includes the following:

- Crime Prevention Through Environmental Design (CPTED) – simple tips to make your home less inviting to criminals
- Frauds and scams – tips to help protect your assets and identity
- Vial of Life – a tool to assist emergency personnel in obtaining important medical information during a crisis
- Elder abuse – information and options for help

- Fall prevention – tips for fall-proofing your home
- Insurance video – a valuable tool for insurance claims
- Valuable etching – marking your property for identification
- Fire safety – tips for preventing fires in your home

Seniors 55+ living in private residences in Halifax, Dartmouth and the communities extending from Bedford to the Sambro Loop are eligible for the program. Call 490-2554 or email seniorssafety@halifax.ca to set up an appointment or to learn more about the program.



Doors Open Halifax 2013 celebrates Halifax's blend of historical and contemporary architecture. Our buildings tell the story of the development of our society, our values and our shared culture.

On June 8th and 9th, Doors Open Halifax will be happening for the first time in HRM. It is an opportunity for residents and visitors to explore buildings in our community that are not normally accessible to the general public. Many have historical significance like our own City Hall which is open during those two days.



There will be 29 venues available to view throughout both Halifax and Dartmouth. Many of these buildings are part of our everyday lives, yet are never viewed or explored by the public. By providing public access to these buildings, Doors Open Halifax will bring our community together to learn, explore and enjoy a fantastic weekend of discovery...together.

For more information on the event and the list of venues, please visit
<http://doorsopenhalifax.com/doors-open-2013/>



The amazing bike week is happening once again with more great events to attend including: family rides, bike rodeos, art crawls, pancake breakfast, bike tune-ups, movies, yoga, and cycle McNab's Island. Check out the website for more details:
<http://www.halifax.ca/bikeweek/index.html>



HRM is calling on residents to participate in Curbside Give Away Weekend. The aim of this weekend event is to reduce the amount of garbage ending up in HRM's landfill by diverting unwanted items to be reused. Reusing and recycling household items instead of discarding them reduces pressures on our municipal facilities, and is a great way to not only get rid of your under-used items, but to find some great treasures of your own. For more information please visit:
<http://www.halifax.ca/wrms/CGAW.html>

Tremont Plateau Park

The play equipment at Tremont Plateau Park is being removed to accommodate new equipment. Excavation and site preparation will be ongoing for the next several weeks, followed by the installation of the new equipment by Timbertec Inc.



Contact

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