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



## Welcome and Reflecting on the Last Six Months

**It has been a challenging time for us all since our last newsletter.** The Covid-19 pandemic has touched everyone – through health, work, and personal relationships. The people of Nova Scotia have collectively grieved for the lives that have been lost, through sickness, catastrophic accident, and the unprecedented violence that touched our souls earlier this year.

With hearts painted on windows, songs sung in online kitchen parties, donations made to food banks, and touching tributes to those that have fallen, Nova Scotians have stood together in compassion, resilience, and strength. We are proud to stand with them as we continue to support each other and protect our most vulnerable, during these difficult times.

Most recently, we are again witnessing systemic racism impacting Indigenous people and People of Colour – here and in the United States. How we react, act, and advocate will be key to being part of the change for the better.

In our Stepping Up: Non-Indigenous Peoples' Role in Truth and Reconciliation work we emphasize the need for those of us who are not Indigenous to do our own work, without the expectation that Indigenous people have to share the details of the traumas and injustice they and their ancestors have suffered from colonizers and the resulting system we all live in. And, of course, this is true in understanding how our current system impacts People of Colour. Its only then – when we understand the truth, we can move toward justice and finally reconciliation.

**A recent *Psychology Today* article identified five actions we can take to be better allies:**

- **Learn** – learn the current language of racism
- **Accept** – rather than avoiding difficult feelings, get better at accepting them
- **Explore** – examine our own stereotypes and biases and learn how to deal with them
- **Commit** – be part of the solution
- **Connect** – build on current relationships and build new relationships with people who are different than ourselves.



**We will get through this, together.**

*There is strength in numbers, yes, but even more so in collective good will.  
For those endeavors are supported by mighty forces unseen.*

- **Richelle E. Goodrich**

*Jean Vicki Paule*

## 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  
Penni Burrell  
Sandra Bornemann  
Susanna Steinitz  
Tressie Dutchyn  
Trudy Watts

### Administrative Assistants

Cynthia Keizer  
Erin Wolfe  
Helen Woodward  
Shannon MacLean

### Support

Greg Tutty, Graphic Design  
Jeff VanderWal, Information Technology

## Event Update

### Spring Into Action 2020



The Horizons' annual *Spring Into Action* Challenge has wrapped up for another year. Our six-week challenge began April 13 and concluded on May 24.

As you know, *Spring Into Action* is an annual challenge sponsored by **Horizons** to encourage physical activity. We feel that physical activity is an important part of self-care, so despite the challenges, and with a few modifications, the challenge took place.

To aid the effort and prevent the spread of COVID-19, and understanding that disruptions to routines would make it challenging to assemble the usual teams for the challenge, we asked our '*Springers*' to participate as individuals this year. Participants were encouraged to be active within their family units and to stay connected with friends and colleagues through social media and phone.

Weekly prizes were given out, with two grand prizes awarded to individuals at the end of the challenge who consistently met the goal of 30 minutes per day, five days a week for all six weeks of the challenge. Congratulations to **Brianna P.** of Grand Falls Windsor, Newfoundland who won a Fitbit HR to track future activity, and to **Amanda B.** of Welsford, Nova Scotia, winner of \$100 to be used towards a physical activity related prize of her choice.



Congratulations to all our *Springers* for their dedication and hard work over the last few weeks. You did a tremendous job and we hope you had fun.

We look forward to 'Springing Into Action' with you again next year!

## Summer Recipe



### Strawberry Compote

(Easy Refrigerator Strawberry Sauce)

*This quick sauce with a hint of orange is the perfect topping for waffles, biscuits, yogurt, and especially ice cream.*

1 lb.	Strawberries
1 tsp.	Orange zest
3.5 Tbsp.	Orange juice (from ½ an orange)
2 Tbsp.	Sugar
Pinch	Salt

Wash, hull and quarter the strawberries. Cook all ingredients over medium heat for 10 minutes, stirring frequently until some of the berries disintegrate and some remain whole, and the sauce thickens slightly. Remove from heat and allow to cool, the sauce will thicken more as it cools down. Transfer to jars and refrigerate for up to two weeks. Enjoy!

# Current Contracts



■ **Alternative Family Support Program Evaluation** • Nova Scotia Department of Community Services • (Jean, Paula)



COMMUNITY SERVICES



Early this year, **Horizons** began working with the leadership of the Nova Scotia Department of Community Services' (DCS) **Alternative Family Support Program** (AFS Program) to plan and implement an evaluation of the program. The AFS Program is a community-based option within the department's *Disability Support Program (DSP)*, that matches adults with intellectual disabilities, chronic mental illness, and physical disabilities with placements in an approved, private family home, where support and supervision are provided.

The purpose of the evaluation is to learn more about the AFS program and consider how it can be enhanced or changed to better meet the needs of participants and providers and fulfill DSP program requirements.

So far, we have created an evaluation framework and design report; developed evaluation tools; provided input on a cross-Canada jurisdictional scan of similar provincial programs; and are working on a literature review. We are also coordinating surveys with DCS staff connected to the program and with AFS home providers. Later this summer, we will be gathering input from program participants and from their families.

■ **Atlantic Mentorship Network – Pain & Addiction Evaluation** • Nova Scotia Health Authority Primary Health Care • (Jean, Paula)



Our evaluation work with **Atlantic Mentorship Network – Pain & Addiction (AMN-P&A)** continues. We created our data collection tools earlier this year, but COVID-19 delayed data collection until May and early June. We are now completing interviews with a range of stakeholders and are conducting a web survey with Network members.

■ **Online Support Sessions** • Club Inclusion • (Paula)



From April to June this year, **Horizons** worked with **Club Inclusion** to provide support to parents and caregivers through bi-weekly online sessions. Our series of Caregiver Connect sessions gave folks a chance to talk with other caregivers about Wellness, Housing, Respite, or whatever came up! We dove into topics like how to make the most of our respite dollars, how we felt about being in "lockdown", and what we might do when things began opening up a bit more. After "*staying the blazes home*" for so many months, it felt exciting and daunting to talk through which supports we would need and how we were going to move forward. Regardless of the topic, our sessions were about just checking in and having fun together. We are blessed to have had the opportunity to share ideas, support others, laugh, and be supported during this difficult time. Thank you to Club Inclusion and Alice Evans for bringing us together!

■ **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. We also supported the organization's annual meeting and the election of its Board of Directors.

(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 will be 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, but our work has been put on pause because of COVID-19.

■ **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 evaluation plan has been submitted to the funder, Jean had the opportunity to participate in a session with one of the cohort groups, and we have begun our first round of data collection. We have been reviewing the project's many documents, carrying out a web survey with program participants, and focus groups with project staff and with representatives of the network.

■ **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 will be incorporated into the one-day session to be held this summer. The goal of the session will be to determine and prioritize main goal areas and strategic directions for the organization. The session results will be shared in a final report including recommendations and actionable items.

## Recently Completed Contracts



Since our winter newsletter in December 2019, Horizons has completed several projects.

**These include:**

- The evaluation of the *Our Food Project* for the **Ecology Action Centre**.
- The evaluation of the **Canadian Coalition for Seniors Mental Health's** development of four sets of clinical guidelines related to substance use disorder and older adults (guidelines can be found [here](#))
- The evaluation of the *Direct Health Benefits Program* for the Department of Health & Wellness's *Continuing Care* program.



## Liverpool International Theatre Festival (LITF)



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!

This week, the team is launching a virtual international theatre festival called **Short Cuts**, inviting amateur troupes from around the world to submit videos of 5-10 minute original plays, focused on the theme of family.

**10**  
MINUTE  
SHORTS

### International Virtual Theatre Festival

Find out more [here](#).

## Out and About With Jean, Paula & Vicki

### COVID Hair

Self-care comes in many forms. Here we are with our first haircuts after COVID restrictions were eased. *We were all very happy!*



Jean



Paula



Vicki

### ZOOM Meetings

Our weekly team meetings were hosted on Zoom



## Horizons Summer Holiday

We will begin our summer vacation on July 1st and return to work on August 4th.

Happy Summer everyone!

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