

DEAR FRIENDS OF SPENCER HOUSE

We at Spencer House, aim to strengthen the community that has been built over the years. We hope this newsletter keeps you connected with the Centre and each other. You will find a list of resources and contacts that may be of help. Since we cannot be together at the Center, we have put together a cheer package! This bag consists of fruit, homemade cookies, games and puzzles to do at home. The best part about the cheer packages our Spring Raffle Draw!! Everyone's name has gone into the draw and we will let the bingo machine decide the winner. The winner of the raffle draw will be announced live on Facebook, on the 26th of May, 2021.

COMMUNITY RESOURCES

- **211:** An organization that provides free and confidential services. Provides information and referrals to community and social services in your area. They have connections with local groups and organizations that could be of help and support to people of all ages. They can be reached by call, text or email.
 - Phone number: **211**
 - Text: **211**
 - Email: **helpens.211.ca**
 - For more information, view their website online: 211 Nova Scotia
- **Wellness Together Canada:** Online portal that is open 24/7. Provides free mental health and substance use support as well as counselling support by phone, text or live chat. They also have education resources like e-courses. There is also an option of tracking your wellness journey by creating an account on their website.
 - Phone number: **1-866-585-0445**
 - Text: **WELLNESS to 741741**
 - For information, visit their website online: Wellness Together Canada



PHYLLIS MCDONALD LPN &
FOOTCARE SPECIALIST
(40+ YEARS EXPERIENCE)

Foot Care Clinic

1ST WEDNESDAY OF EVERY
MONTH



CALL FOR AN
APPOINTMENT
902-421-6131

- **Pen Pals:** Connect with Nicole by mail!
 - Since we are all currently in a lockdown and are self-isolating, it is definitely hard to stay connected with friends and family. Pen Pals is an activity started by Nicole. It welcomes seniors to write letters and helps build new friendships. If interested in being a Pen Pal, write to PO Box 35013 Larry Uteck PO Halifax, NS
- **Monthly Foot Care Clinic with Phyllis**
 - The Foot Care Clinic on Wednesday, June 3rd will be held at Spencer House. Those with a booked appointment will be contacted with a reminder call the day before the clinic. Our June clinic is full, but you can make an appointment for the next clinic by calling the Centre, 902-421-6131.

VACCINE UPDATE

- As of 11th May 2021, Nova Scotia has received over 466,900 vaccine doses and nearly 34.7% of the population has received their vaccination.
- Nova Scotia has opened up more appointments and vaccine bookings for people aged 35-39. Appointments for Pfizer- BioNTech and Moderna vaccines for the above-mentioned age group has only recently been made available as of 14th May 2021.

THANK YOU FOR HELPING US
BUILD A STRONGER
COMMUNITY. TOGETHER.
BE WELL,
ALLI, NATALIA, ORIT, ALLAN,
SHIVANI

