

## Lest we forget: A message from interim president and CEO in honour of Remembrance Day



Remembrance Day is a time to recognize the many ways in which our veterans have contributed to the lives we lead and the freedoms we enjoy. It is a time to remember, a time to honour, and a time to hope for peace.

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## We call them "The Huggers"

Is there anything better than cuddling a baby? Arlene Canning doesn't think so. Find out how she's helping parents, staff and babies as a volunteer at Cape Breton Regional

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## A message of thanks on National Philanthropy Day



**National Philanthropy Day®**

The Health Care Foundations and Auxiliaries of Nova Scotia and raise and invest millions of dollars every year in support of patient care, education and research. New equipment, renovations, bursaries and professional development are just some of the ways they make a difference every day. We all benefit from this generosity and so do the individuals, families and communities we serve.

"We are grateful to the generous donors, volunteers and staff who make those contributions possible," said Janet Davidson, interim President and CEO Nova Scotia Health Authority.

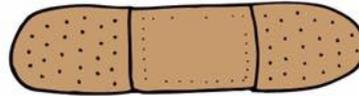
In recognition of National Philanthropy Day, please join us in thanking our Foundations, Auxiliaries and all of the individuals and groups who support health and health care in our communities.

## Protect yourself and others this flu season

I got my flu shot  
to help protect...



- ♥ my toddler
- ♥ my newborn nephew
- ♥ my pregnant friend
  - ♥ and her twins!
- ♥ my grandmother
- ♥ my immunocompromised neighbor
- ♥ a lot of other people
- ♥ oh, yeah, and myself\*



\*but mostly other people  
Beatrice the Biologist

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Finding a primary care provider in Nova Scotia -  
November 2019 snapshot

# Finding a Primary Care Provider in Nova Scotia - November 2019 Snapshot

**123,576**

**Nova Scotians**

have found a family practice since  
November 2016

Approximately

**6,500** people

found a family doctor or nurse practitioner  
each month in the past 12 months

**49,340**

**Nova Scotians**

are on the Need a Family Practice Registry,  
as of November 1, 2019

This represents

**5.3%** of the population



## Monthly activity

As reported in October 2019

**8,140** people

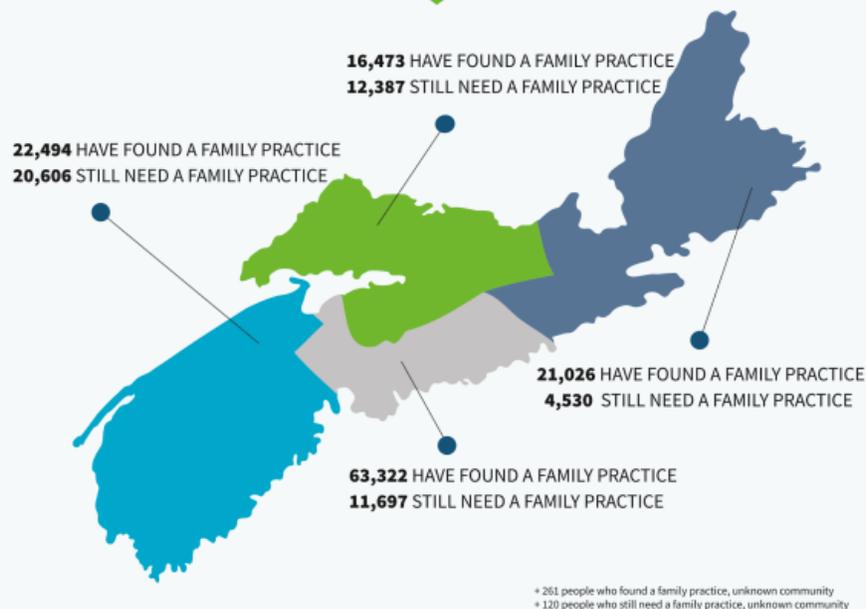
found a family practice

In October 2019

**3,563** people

added their names to the registry

## Total number of Nova Scotians by area



*nova scotia*  
health authority

NSHA is committed to improving access to primary health care by building and strengthening family practice teams and recruiting family doctors. We report on our efforts monthly. As of this month, there were 49,340 people on the Need a Family Practice Registry.

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## Nursing home, mom and me



October was Continuing Care Month in Nova Scotia. This year's theme was Continuing Care: Your Home, Our Passion which reflects the underlying message that every day in Nova Scotia, the people who work and volunteer in continuing care are making a remarkable difference in the lives of people of all ages who need care and support in their homes and communities.

Through this video, illustrator Susan MacLeod shares her experience of growing to appreciate the work of continuing care assistants and learning to love her mother in a new and unexpected way.

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## Mental Health investments improving wait times

Recent investments in crisis and urgent care services are helping to reduce wait times for people who most need mental health services.

The most serious situations are when people are experiencing a mental health crisis. They now have faster access to emergency care through the 24/7 provincial Mental Health Crisis Line as well as crisis response teams at regional hospitals throughout the province.

The next level is considered urgent. In these situations, people should be seen within seven days or less, based on best practices. Currently, 96 per cent of adults assessed as urgent are being seen within this target, up from 85 per cent last year

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## Rotavirus vaccine now publicly funded

The rotavirus vaccine has been added to Nova Scotia's publicly funded childhood immunization program. Babies born on or after Nov. 1, will be eligible to get the vaccine.

The rotavirus vaccine is given orally to babies at two, four and six months of age, at the same time as other routine infant immunizations.

Rotavirus is a highly contagious, easily transmitted virus that causes gastrointestinal illness in children. It typically affects children between three and 24 months of age.

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## Community partnership brings accessible, affordable fresh food option to Digby area



"Everyone deserves healthy food, but an alarming number of people living in the Digby area find it hard to put fresh vegetables and fruit on their table," said Jennifer Lamrock, a health promoter with Public Health in Digby County.

For many members of the rural area, buying fresh produce isn't something that their budget allows.

Knowing this, Public Health decided to take advantage of an opportunity presented by the Halifax Mobile Food Market to help find a solution for the Digby area.

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## Living with mental illness and addiction conference focuses on first voice perspective

Using the first voice perspective as a way to reduce stigma and increase knowledge was the focus of this year's Living with Mental Illness and Addiction conference.

This year's conference was held on Nov. 7 with about 600 conference attendees, including people living with mental illness and/or addiction, their families, representatives from community agencies and the general public. This event is the largest of its kind in the region.

The conference was livestreamed and is available online at [www.sharethejourneycb.com](http://www.sharethejourneycb.com).

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## Our people in profile

All across NSHA, employees, physicians, learners and volunteers perform many different roles and work in many different departments but share a common

focus: supporting and delivering high - quality care and service to Nova Scotians. We're shining a light on that work through the Our People in Profile Series. We encourage you meet some of the people who work, learn and volunteer at NSHA by visiting our website regularly or following us on Facebook, Twitter and Instagram.



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