



LINKING HANDS

COMMUNITY CONNECTION

Linking Hands Dundas County Newsletter—Volume 4

Summer 2016

Growing gardening partners

Linking Hands has joined forces with the House of Lazarus (HOL) and Gardening for Groceries to grow the gardening (and cooking) knowledge of local residents.

“Gardening is a lost art,” Gardening for Groceries creator Lesley Johansen said. “Cooking is a lost art.”

Together, they applied and were successful in receiving a Compass Group Canada and Food Banks Canada grant for \$6,930,

allowing HOL to hire Johansen to work in the garden, which has expanded to include two more ground-level units and four raised bed units.

In addition, the new gardening initiative has received numerous in-kind donations, as well as volunteer labour from local gardening gurus, including Mike Kosko.

While the vegetables, fruits, and herbs being grown in the gardens are

headed straight to the mission's food bank, the gardens are serving as a backdrop for several workshops.

The first workshop (below) saw volunteer Keith Ardron of Ardron Landscapes share his knowledge about soil with members of the Dundas Youth Centre.

For more information on future workshops, visit gardeningforgroceries.com or contact Linking Hands (see back page).

In This Issue

- Partner Spotlight: Eastern Ontario Health Unit
- Lunch & Learn
- Seniors Tea & Talk
- North Dundas GFB
- Book Review & More



Contributors include: Mike and Sue Kosko FloralGlen Greenhouse, local 4-H Clubs, Riley's Valumart in Morrisburg, BMR in Winchester, as well as numerous individual residents and businesses who have stopped by the House of Lazarus to donate plants.

Keith Ardron (left) is pictured talking about the importance of soil with members of the Dundas County Youth Centre during the first Gardening Guides workshop Wed., June 1 at the House of Lazarus in Mountain. Inset: youth dig in and help with garden!



EOHU receives highest level of accreditation

The Board of Health is proud to announce that the EOHU has received the highest level of accreditation from Accreditation Canada, for the second time in a row. In April 2016, the EO-

HU received Exemplary Standing for having met 95% or more high priority criteria in healthcare service delivery. The EOHU was awarded this designation following a rigorous review

process with Accreditation Canada, as part of an ongoing accreditation process. The Exemplary Standing designation was also received at the end of the last accreditation cycle, in 2012.

Summer Hours

All EOHU offices will shift to summer hours starting on June 27th, continuing through September 2nd inclusively.

During this period, offices will open at 8 am and close at 4 pm.

Regular office hours will return on September 6th and will run from 8:30 am to 4:30 pm.

A million plus YouTube views, EOHU's public health videos

In April, the EOHU's YouTube account passed the million views mark for our video productions. Our videos provide important information on a wide range of public health issues. Be sure to check them out on our YouTube site, or

in our Multimedia Resource Centre!

Examples? "Preparing to Quit Smoking," "Four Steps to Food Safety," "Health Benefits of Walking," "Let's Start a Conversation about Health," and more.

Beach water quality and Lyme disease apps

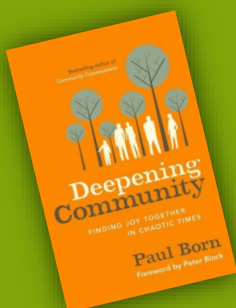
Don't forget to check out our Beach Water Quality app for information on beach closures in the region this summer, and our Lyme Disease

app for tips on how to protect yourself from tick bites and Lyme disease.

Both apps can be found at

www.EOHU.ca—click on our Mobile Web Apps button on the homepage for the full list of apps available, including one for walking!

Reading with Linking Hands



Deepening Community: Finding Joy Together in Chaotic Times By Paul Born

Community has the capacity to improve our physical, mental, and economic health, as well as our overall sense of happiness and fulfillment. It has the power to unite us all in a common bond as we work together for a better world. — Paul Born

This book provides a blueprint for making every community better by bringing people together in deep, involved connection. For an in-depth review, visit our blog!



Showing her community spirit, Lietta Tousaw, a volunteer with the House of Lazarus and Linking Hands, attended HOL's April Chili Dinner Fundraiser in Winchester.

Attendance at Lunch and Learn steadily growing

Lunch and Learn is one of the first most successful of Linking Hands' seven working groups. Each month it provides Dundas County residents of all ages an opportunity to socialize with their neighbours, meet someone new, enjoy a free lunch, and either gain knowledge on a relevant topic or enjoy some entertainment.

In April 2016, roughly 50

people gathered at St. Clare's Anglican Church in Winchester to hear Kimberley Paterson (right) share information on how to manage chronic pain.

Coming Up
June to December '16
June—Growing with Plants
July—Picnic on Waterfront
Sept.—Visit HOL mission
Oct.—Cook with Nor-Dun
Nov.—Happiness Project
Dec.—Christmas Crafts



On April 18, WDMH social worker Kimberley Paterson discussed chronic pain with Lunch and Learn attendees.

Green Food Box 'refresh' in North

North Dundas' Green Food Box added an extra option in May—a large (\$15) bag! The program also extended pickup

hours to 5 pm. Pictured at right are the contents of the May bag, which included pineapple, mango, avocado, and zucchini.

Green Food Box Dundas County

Find us on
Facebook!



Seniors Working Group launched

The newest Linking Hands working group, one devoted to seniors, has launched just in time for Seniors' Month!

On Fri., June 3, the new group met at the Winchester branch of the Stormont, Dundas, and Glengarry Library, where they discussed some key gaps and concerns related to living as a senior in Dundas County.

The group identified the need for a complete and easily accessible resource tool for seniors, one available online and off.

The group is set to create a "Tea and Talk" program, where topics will focus on senior-related issues.

For more information, visit Linking Hands' website and Facebook page.

PONDER THIS...

"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough to those who have little." —Franklin D. Roosevelt



Local 4H donates flowers & veggies!

Looking ahead...

For an updated look at what's happening at Linking Hands, visit our website at www.linkinghandsdundas.ca or follow us on Facebook!

Tea & Talk to be added soon... visit our website for more information.

JUNE	JULY	AUGUST
Community Connectivity Theme: BE ACTIVE <ul style="list-style-type: none"> 1st—Garden Guides workshop 8th—South Green Food Box pickup day for June 17th—North Green Food Box orders due for June 20th—Lunch and Learn, Growing with Plants 23rd—HOL live auction 24th—North Green Food Box pickup day for June 29th—Garden Guides workshop 	Community Connectivity Theme: EXPERIENCE <ul style="list-style-type: none"> 1st—South Green Food Box orders due for July 13th—South Green Food Box pickup day for July 11th—Lunch and Learn, Picnic 22nd—North Green Food Box orders due for July 29th—North Green Food Box pickup day for July 29th—South Green Food Box orders due for August Check our website for Garden Guides!!! 	Community Connectivity Theme: PARTICIPATE <ul style="list-style-type: none"> 10th—South Green Food Box pickup day for August 17th—Garden Guides workshop 19th—ND Green Food Box orders due for August 24—Garden Guides workshop 26th—ND Green Food Box pickup day for August Check our website for Garden Guides!!!



Making bags from old t-shirts at Gardening Guides in June.



Contact Us

For more information or to submit an item for our website or Facebook page—such as a photograph, poem, or comment:

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Visit us on the web at

linkinghandsdundas.ca

Enjoy Dundas this summer!

Community Connectivity is Linking Hands' working group devoted to bringing neighbours and communities together. One of this group's many projects includes monthly themes.

much to do in Dundas County, why not take the time to explore your own "backyard" this summer, staycation style?

Be Active

In **June**, be active! (Actually, this is good advice for every day of every month.)

Check out the many activities offered by your local township recreation services... or, simply, take your soccer ball to the local park, go for a walk on one of the many local trails, dust off your bike and get cycling around the neighbourhood, go for a swim at your local pool or beach... there's so

Experience

Why don't you experience Dundas County this **July**? (Or anytime...) Join our photo-based scavenger hunt; travel throughout North and South Dundas and take snapshots of landmarks.

Participate

In **August**, participate in your community, attend one of the many county fairs or festivals, visit the local farmers' market, join in the Local Food Challenge.



A local youth is pictured inspecting a garden critter during a June Gardening Guides workshop.

Ponder this...

"Our lives begin to end the day we become silent about things that matter."

—Martin Luther King, Jr.