

[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)

*Lars Larsen Marsh, Harvey*

*J. Wallace*

## Health Care in Rural Albert County: A Team Approach

In rural Albert County, we are fortunate to be able to access the services of the Albert County Health and Wellness Centre. The Health Centre provides primary health care and promotes healthy lifestyles within the communities of Hillsborough, Riverside-Albert, Alma and the surrounding areas. The Health and Wellness Team of physicians, nurse practitioner, outreach diabetes case manager, nurses, dietitian and physiotherapist care about your health and are there to support you.

Working with a number of community partners and the Albert County Health & Wellness Centre, the Bennett and Albert County Health Care Foundation (BACH) support programs and activities that address health and wellness issues throughout the communities. Sometimes, however, we need services that are not available at the Health Centre. That is why the Bennett and Albert County Health Care (BACH) Foundation contributes to the Friends of the Moncton Hospital, as well as to the Albert County Health and Wellness Centre. *Continued on page 2.*

## Fun = Fundraising for Tele-Drive

On two Saturday nights in April, people in Albert County were treated to songs, skits and even a Men's Fashion Show. The Tele-Drive Variety Shows were held in Curryville and Harvey, and raised almost \$1500 for the registered charity. In Harvey Hall, there was standing room only with an amazing turnout of 153 people. *Continued on page 3.*

*Right:  
In the Men's  
Fashion Show,  
James Lyman  
models the age-  
old question:  
boxers or  
briefs?*

*Picture by  
Kim Beers*



## Connecting Albert County

Volume 2. No. 4

ISSN 2369-1174

**Connecting Albert County** reflects the passion and hard work of many people in rural Albert County, including Joanne Butland, Deborah Carr, Joseph Gallant, Barb Gebuhr, Mindy Holmstrom, Susan Quinn & Janet Wallace (Editor, Coordinator).

We appreciate the support of the Bennett and Albert County Health Care (BACH) Foundation, Albert County Health and Wellness Centre, Forest Dale Home, the Village of Hillsborough and our sponsors.

To submit articles or provide feedback, email us at [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org)

[www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org)

## Albert County Health Care *Continued from page 1.*

With support from the BACH Foundation and other donors, contributions have been made to assist the Friends of the Moncton Hospital to buy equipment that provides rural Albert County residents with the best health services at the Moncton Hospital. The equipment helps the Moncton Hospital:

- Monitor people in their own homes by TeleHomeCare;
- Diagnose sick and fragile babies, including premature babies;
- Provide Ortho surgery, such as hip and knee surgery;
- Diagnose fetal complications in pregnant women;
- Provide mammograms;
- Identify, treat and help prevent heart problems;
- Diagnose cancers of the lung, esophagus, stomach, rectum and pancreas using Endoscopic Ultrasound (EUS);
- Diagnose osteoporosis in its early stages using a Bone Densitometer;
- Bring services for chronically ill children into a single, child and family-friendly location at the new Pediatric Ambulatory Care Clinic.

The Bennett and Albert County Health Care Foundation support the healthcare of the people in rural Albert County. The support starts with education and treatment at our local community health centre and continues when we need to go to the Moncton Hospital for advanced tests and treatments. Learn more about the Friends of the Moncton Hospital at [www.friendsfoundation.ca](http://www.friendsfoundation.ca) and about the Bennett and Albert County Health Care Foundation at [bachfoundation.com](http://bachfoundation.com).

*JW*

## Growing Opportunities from Foods of the Fundy Valley

**Rent a garden plot at Forest Dale Home.** There are 7 plots, 10' x 10' in size, available to rent for the season for a nominal fee. Plots will be awarded on a first-come-first-served basis. If you are interested in a plot, contact Elizabeth Gorman at [foodsofthefundyvalley@gmail.com](mailto:foodsofthefundyvalley@gmail.com) or 875-5841.

**Join the work party on Monday, May 9th,** from 1-3pm at the new Community Garden at Forest Dale Home, we will prepare the soil for the community plots, the plots for the Shepody Food Bank and the Forest Dale Home. Please bring gloves and a shovel or hoe if you have them. Refreshments will be served.

**Join a buying group.** Foods of the Fundy Valley has launched Community Food Smart - a bulk food-buying club for fruits and vegetables at affordable prices. Funds are pooled to purchase fresh fruit and vegetables at wholesale, discount prices. Members pay \$15 a month to purchase a bag of produce valued at ~\$30 retail. They may purchase up to two bags each month. Orders vary depending on the season and pricing, but standard items include potatoes, carrots, onions, apples, bananas and oranges. To sign up, visit Crooked Creek Convenience, Albert County Health and Wellness Center, Curryville Community Outreach Center (contact Carole Coleman, 374-3006) or the Harbourview Market in Alma. Deadline for ordering is the 3rd Wednesday of every month, and pick-up is on the last Wednesday of the month. Contact Elizabeth Gorman at [foodsofthefundyvalley@gmail.com](mailto:foodsofthefundyvalley@gmail.com) or 875-5841

**Looking for work?** See **job listings** at [www.connectingalbertcounty.org/jobs.html](http://www.connectingalbertcounty.org/jobs.html)

**Looking for workers?** Send us a description and we'll post it. Email [info@connectingalbertcounty.com](mailto:info@connectingalbertcounty.com)

## BACH Golf Tournament June 25th

On Saturday June 25, the Bennett and Albert County Health Care Foundation's 2nd Annual Golf Tournament will be held at the Hillsborough Golf Club. Last year's tournament was a huge success which raised over \$9,000. The funds are used "to enhance the health and wellness of the people served by the Albert County Health and Wellness Centre through raising funds and managing assets in the spirit of our benefactor, Judge Bennett's vision." For example, the Bennett and Albert County Health Care (BACH) Foundation raises funds to help the Health and Wellness Centre. BACH has financed the Telehealth and TeleHomeCare programs, as well as purchasing new X-ray and digital imaging equipment. The BACH Foundation also supports great community initiatives including Tele-Drive Albert County, Imagination Library, bikes in classrooms, Literacy Express, and Connecting Albert County.

Funds raised from the 2nd Annual Golf Tournament will help support the Albert County Health and Wellness Centre offer further outreach health care services to residents of Hillsborough and the surrounding areas. Details will be described in upcoming newsletters.

June 25th should be an exciting day for golfers, a great chance to win good prizes and golf with friends while supporting the health and wellness of our community.

The tournament organizers are now inviting individuals and businesses to partner with the BACH Foundation as sponsors. To learn about the many benefits provided to Gold Sponsors (\$1000), Silver Sponsors (\$500) and Hole Sponsors (\$150), check regularly for updates at [www.connectingalbertcounty.org/current-news/bach-golf-tournament-june-25](http://www.connectingalbertcounty.org/current-news/bach-golf-tournament-june-25).

The tournament is a four-person team playing a scramble format. Teams of four can register for \$260 which includes 18 holes of golf, golf cart and prizes! To register, call 734-2526 or the golf course at 734-6000. Each player will also be contributing to the cause by registering for the tournament. Last year, golfers had a chance to win an ATV side-by-side, as well as another chance to win a new Jeep Wrangler by getting a hole in one on a par three. For details, contact Danny Jonah (734-2526), Bob Rochon (734-3491), Ashley Bennett or Stephanie Norris-Reid.

## Fun = Fundraising for Tele-Drive

*From p. 1.* Tele-Drive Albert County provides affordable transportation to rural residents with door-to-door pick-up service. This helps people get to medical appointments, the food bank, grocery store, daycare and job fairs. It also helps reduce isolation and increase independence of people who cannot drive or do not own cars. The process is simple. If a ride is needed, a person calls at least 48 hours ahead of time and the dispatcher will arrange a ride. The volunteer drivers are reimbursed for mileage while donating their time and use of their vehicles. For details: 875-1190, e-mail [teledriveac@gmail.com](mailto:teledriveac@gmail.com), [www.connectingalbertcounty.org/wellness/tele-drive-offers-more-than-just-a-drive-to-town](http://www.connectingalbertcounty.org/wellness/tele-drive-offers-more-than-just-a-drive-to-town) or the [Facebook page](#)

### Beautiful? Albert County

This image shows the treasure collected along a 2-km stretch of Cape Enrage Road one day.



We all have a responsibility to keep Albert County beautiful. Stop littering! And if you see litter on the road as you walk by, stop and pick it up. You might even make a few dollars by redeeming it at the recycling centre!

We want to keep a tally of litter collected in rural Albert County... or at least the funds redeemed by returning bottles and cans. To start: the total deposits redeemed from trash collected from 6.5 km of Albert County roads since fall of 2015 is \$124. Report what you found to [bob.greenblatt@gmail.com](mailto:bob.greenblatt@gmail.com)

*By Bob Greenblatt*

### Funds for Curryville

The Curryville Community Outreach Center is receiving \$25,000 for their project funded through the New Horizons for Seniors Program (NHSP). The project will see renovations completed to the organization's community kitchen including flooring, heaters and new appliances to continue activities and offer new activities such as preparing pickles and jams.



## ***Weekly Events***

### **Sundays**

**Fundy Youth Group.** 6:30-8:30pm. Open to teens grade 6-12. Fun activities and sharing, devotion and snacks, and time to plan Generation Combination activities and other community events. The youth lead many initiatives, and are welcome to volunteer Tuesday nights at Fundy Youth Jr. Hopewell Hill Baptist Church.

### **Mondays**

**Free Grocery Trips.** Free door-to-door service for residents from rural Albert County to Hillsborough Fresh Mart. To book a ride, call Tele-Drive at 875-1190.

### **Tuesdays**

**Alma Village Playgroup.** 10am-12pm. At the Alma Activity Centre, get the kids together while the caregivers visit. Contact Alicia Cadieux at An Octopus' Garden Cafe or Nick & Tiffany Bowron at Vista Ridge 887-2808.

**Healthy Lifestyle Club.** 6pm-7pm. Special speakers, menu planning, stress management, activities, exercise, chronic conditions information, cooking, etc. Meet at lower level of Albert County Health & Wellness Centre. Contact Cynthia Stevens, 882-3100 or [Cynthia.stevens@horizonnb.ca](mailto:Cynthia.stevens@horizonnb.ca)

**Tuesday Night Bible Fun.** 6:30-8:00pm. Fun activities and bible study geared toward younger, growing minds (K to grade 5) at Hopewell Hill Baptist Church.

### **Wednesdays**

**Learning to Cope Workshop.** 11:00am to noon at the Albert County Health and Wellness Centre. Starting May 4th. See details in opposite column. Contact: 852-3270 or [denise.miller@gnb.ca](mailto:denise.miller@gnb.ca)

**Shepody Food Bank.** 1-4 pm at Albert County Health & Wellness Centre in Riverside-Albert. Clients must bring Medicare numbers for every member of the household. Closed when schools are closed due to storms.

### **Thursdays**

**Free Community Playgroup** 9:30-11:30am. Free playgroup at Hillsborough Baptist Church open to anyone caring for children 0-6 years old. No advance registration needed. Bring indoor shoes and a healthy snack. See [www.facebook.com/hillsboroughplaygroup](http://www.facebook.com/hillsboroughplaygroup)

### **Thursdays (cont.)**

**Alma Handwork Evenings.** 7pm. Alma Leisure Centre hosts a gaggle of gals doing handwork. If you sew, sketch or just enjoy the social nature of gathering, join in. Contact: Jane Chrysostom 887-2213.

**Music Evening Open Mic.** 7pm. William Henry Steeves House, Hillsborough. Admission \$5. House band: Gerry Richard, David Smith, Darrell MacAulay, Charlie O'Hara, Willis McKinley & Dale Terris. Canteen available

***Visit the Connecting Albert County community calendar or submit an event at [www.connectingalbertcounty.org/calendar.html](http://www.connectingalbertcounty.org/calendar.html)***

### **Fridays**

**Card parties.** 6:30 pm, Alma Leisure Centre. All ages.

**Chase the Ace.** 6pm-7:30pm. Joint effort of CCRC and Fundy Curling Club to raise money for the ailing ice plant and preschool at Riverside Consolidated School. At Fundy Curling Club, Riverside-Albert. 3 tickets for \$5. Light supper sold. For details: 882-2573, 882-2960, 882-2626.



### **Learning To Cope Workshop**

An 8-week workshop called 'Learning To Cope' is starting Wednesday, May 4th. The workshop will be held at the Albert County Health and Wellness Centre from 11:00 am to noon each week. Come out to learn about and discuss coping skills for you or your loved one when dealing with anxiety and depression. To register for this free workshop, call Denise Miller, Community Education Coordinator for the Canadian Mental Health Association of NB in Albert County. You can reach her by phone at 852-3270 or by email at [denise.miller@gnb.ca](mailto:denise.miller@gnb.ca)

## **Community Calendar - see weekly events on opposite page**

Mon, May 2. **Hillsborough Big Garbage Pick-up**  
Large Garbage Pick-Up for the Village of Hillsborough limits only. Regular waste will be collected on Tuesday.

Wed, May 4. **Shepody Food Bank AGM**  
7pm. Shepody Food Bank Annual General Meeting. Elizabeth Gorman, Foods of the Fundy Valley Program Coordinator, will give a presentation on the Community Garden at Forest Dale Nursing Home, and the Community Food Smart food box program. Albert County Health & Wellness Centre Education Room 1st Floor

Thu, May 5. **Household Hazardous Waste**  
2pm-7pm. Household Hazardous Waste drop-off. Steeves Street, Hillsborough. Rid your homes of chemicals, paint cans, light bulbs, batteries, etc.

Fri, May 6. **Foods of the Fundy Valley AGM**  
Foods of the Fundy Valley Annual General Meeting at the Albert County Museum in Hopewell Cape. 5pm: Meet & Greet; 5:30pm: Soup Bar; 6pm: AGM

Sat, May 7. **Pancake Breakfast**  
8am-11am. Grade 5 Pancake Breakfast to raise funds for a class trip to Camp Wildwood. Pancakes (all you can eat!) sausages, beans & eggs. \$8 adults, \$4 kids Hillsborough Kiwanis.

Sun, May 8. **Mother's Day Supper**  
6pm. Treat your Mom to dinner. Advance Tickets \$15 (no tickets at door). Albert County Museum.

Sun, May 8. **Broadleaf Mother's Day Sunday Brunch**  
10am-2pm. All moms will receive a gift compliments of Broadleaf Guest Ranch! [www.broadleafranch.com](http://www.broadleafranch.com)

Mon, May 9. **Municipal Elections**  
Visit Stories/ News page at [www.ConnectingAlbertCounty.org](http://www.ConnectingAlbertCounty.org). We have names and bios for many candidates for Alma, Hillsborough and Riverside Albert for the positions of mayor, councillor, education council and health region (nb. some candidates have won by acclamation). For details about the election, go to [www.electionsnb.ca](http://www.electionsnb.ca) or call 1-888-858-8683.



Mon, May 9. **Garden work party**  
1-3pm. At the new Community Garden at Forest Dale Home, we will prepare the soil for the community plots, the plots for the Shepody Food Bank and Forest Dale Nursing Home. Please bring gloves and a shovel or hoe if you have them. Refreshments will be served.

Mon, May 16. **Household Hazardous Waste Pick-up**  
3pm-7pm. Bring your hazardous waste products, such as electronics, batteries, paints, solvents, oil, cleaning products, propane tanks, pesticides and chemicals for free disposal at the HHW Trailer at the Riverside Albert Recreation Centre.

Tue, May 17. **Live Well! - Health Coach Session**  
5:30-7pm. How can a Health Coach help you reach your goals? Claude Vautour presents a workshop to help create an action plan. Goals: Physical activity, Healthy eating, Smoking cessation, Stress management. Presented by video-conference at Albert County Health and Wellness Centre. Call 882-3100 for details.

Sat, May 21. **Foods of the Fundy Valley Farmers' and Crafters' Markets - Opening Day**  
If you are interested in being a vendor, please email us at [foodsofthefundyvalley@gmail.com](mailto:foodsofthefundyvalley@gmail.com)

Sat, May 28. **Hopewell Rocks Multi-Terrain 8K Race**  
12pm-2pm. Join Fundy Sports and Tourism as they lead a vibrant and exciting annual 8KM race on the unique ocean floor terrain at Hopewell Rocks. See [raceroster.com](http://raceroster.com) for details and registration.

Sun, May 29. **Beekeeping Workshop**  
Foods of the Fundy Valley will be hosting their 3rd beekeeping workshop led by Fletcher and Mary Colpitts at the Albert County Museum. Focus: working with open hives. Cost: \$40 and lunch will be provided.

Sun, Jun 5. **Broadleaf Summer Kick-Off Brunch**  
10am-2pm. To welcome in the summer, we are celebrating with some free draws for Broadleaf gift cards, and passes to popular attractions in Albert County!

Sat, Jun 25. **BACH Foundation Golf Tournament**  
The Bennett and Albert County Health Care Foundation will be holding their 2nd Annual Golf Tournament at the Hillsborough Golf Club. See page 3 for details.

# Supporters of Connecting Albert County

Connecting Albert County thanks the following for their support.

## Platinum Support

### **Bennett and Albert County Health Care (BACH) Foundation**

**BACH Mission:** To enhance the health and wellness of the people served by the Albert County Health and Wellness Centre through raising funds and managing assets in the spirit of our benefactor - Judge Bennett's vision.

**BACH Vision:** To have a positive impact on health and wellness for the people served by the Albert County Health and Wellness Centre with the support of our community and the satisfaction of our donors.  
[www.bachfoundation.com](http://www.bachfoundation.com)

## Gold Support

**The Hopewell Rocks:** The Hopewell Rocks is located along the Bay of Fundy, home of the highest tides in the world. It offers a unique natural experience of both high and low tides. Enjoy full access to this unique provincial icon for two consecutive days; providing you the flexibility to view both high and low tide while taking in the breath-taking beauty of the Albert County region. Appreciate the multi-media exhibit in the Interpretive Centre, scenic walking trails and lookouts. In addition, we offer Free daily walking tours; Ample parking; Pet friendly atmosphere; Unique gift shop; Full menu restaurant; Canteen; Picnic shelters; Kayaking experience (contact Baymount Outdoor Adventures [www.baymountadventures.com](http://www.baymountadventures.com)) New this 2016 season is our exciting BBQ & Picnic menu at Low Tide Canteen! Stop in and check it out! Our Gift Shop offers unique, affordable keepsakes and gifts. We focus primarily on Canadian and New-Brunswick made products and artisans.

Our safety procedures and tide times are available on our website at [www.thehopewellrocks.ca](http://www.thehopewellrocks.ca). Still have questions? Give us a call 1-877-734-3429. We are here to help and ensure you have a pleasant and memorable experience at Hopewell Rocks.

## Silver Support

**Crooked Creek Convenience:** the place to find gluten-free, celiac-safe foods, fresh coffee, snacks, groceries, along with free books and welcoming smiles. [crookedcreekconvenience.wordpress.com](http://crookedcreekconvenience.wordpress.com), [www.facebook.com/crookedcreekconvenience](http://www.facebook.com/crookedcreekconvenience)

**Fundy Highlands Motel & Chalets:** cozy rustic chalets and motel efficiency studios. Minutes from Alma, in Fundy National Park, with beautiful views of the bay. [www.fundyhighlandchalets.com](http://www.fundyhighlandchalets.com), [www.facebook.com/FundyHighlands](http://www.facebook.com/FundyHighlands)

## Bronze Support

**Point Park Petro Canada:** [www.facebook.com/Pointparkpetro](http://www.facebook.com/Pointparkpetro)

**Village of Riverside-Albert:** [www.riverside-albert.ca](http://www.riverside-albert.ca)



**BENNETT & ALBERT COUNTY**  
HEALTH CARE FOUNDATION



### **Win a Chance to Explore Albert County**

Register for the Connecting Albert County e-newsletter by June 15th and you have a chance to win an Explore Albert County gift baskets.

Each basket contains gift certificates and passes to help you discover the beauty of Albert County. Lucky winners may receive passes to Fundy National Park, Cape Enrage and the Albert County Museum, along with gift certificates for Alter Girl Collections, Parkland Village Inn, Collins Lobster, Crooked Creek Convenience Store, and Wake Up to the Beauty of Albert County Coffee from Little Ridge Bakery.

The draw is open all subscribers (new and old) of the Connecting Albert County e-newsletter. Sign up and you will receive the newsletter in your email inbox about once a month and learn about what's happening in rural Albert County.

Businesses: if you would like to contribute to the draw, we welcome your donations. Please email [info@connectingalbertcounty.org](mailto:info@connectingalbertcounty.org)