



The Truro Stroke Club meets on Tuesdays at the Douglas Street Recreation Centre and has a varied program of therapeutic activities and hot lunch for the "stroke family". (Submitted)

It's Your Health

By Sheila Osmond

Have you, or someone in your family had a stroke? Often fatal, and always life altering, stroke is like a heart attack in the brain that can leave you with a lifelong disability which will affect not only the victim, but also the whole family. Each stroke is different depending on the area of brain injury.

Medical care addresses the trauma and physical challenges in the early aftermath of stroke but many patients are left with lifelong challenges to their mobility, memory or speech. Beyond the physical changes are isolation, loneliness and depression, the hidden side of stroke.

The Colchester Stroke Club is a support group that fosters a positive attitude with pro-

grammes to help renew hope and purpose. Our aim is for stroke survivors to continue to improve and cope with life despite their new reality, addressing both the physical and emotional aftermath of stroke.

We are a group of survivors, caregivers and volunteers who believe in the therapeutic value for all; of caring friendships, acceptance, socialization and the support of others who are experiencing similar challenges after a stroke. We especially like to laugh and have fun. We meet every Tuesday from Sept til June at the Douglas Street Rec Centre in Truro from 10 til 2 pm.

Each week we allot half an hour of exercise concentrating on movement and balance to the level of capability of our

You Are What You Eat...

By Daniel RJ Vanderlans

Twenty one years ago I was diagnosed with Bi-Polar Disorder. Not the neat and tidy reality show version. Instead, I got the real life version rife with psych meds, hospital stays, major highs and of course major lows.

I rely on medication, spirituality, exercise and more to stay balanced! Although mental illness has made me hopeless at times, today is a wonderful time to hope. A growing body of scientific research is emphasizing the connection between what we eat

and how we think and feel.

Understanding the 'gut-brain connection' is a crucial key to mental well-being. The most popular anti-depressant medication, an SSRI (Selective Serotonin Re-uptake Inhibitor) increases the brain's ability to utilize serotonin. Think of serotonin as the 'feel good chemical' that the body produces but SSRI medication makes really good use of!

Yet, the body needs tryptophan (a nutrient) to make serotonin. And tryptophan is found in foods like dark leafy greens, lentils, fish, turkey,

beef, and nuts. See the connection yet? If you do, you'll begin by priming your stomach with a pro-biotic readily available in pill form or in kefir.

This relatively inexpensive product primes our stomach to absorb as much nutrition from our diets as possible which our body uses to feel good! Medication is often necessary to manage our mental health. Yet, nutrition is always necessary to make maximize our mental well-being!

To sum it up: Tryptophan is found in the foods we eat. Pro-biotics (kefir) allow the body

to absorb as much tryptophan from our diet as possible. Our body then converts Tryptophan to serotonin and serotonin makes us feel good! I hope you're seeing the connection now!

Many people produce and utilize serotonin quite well. Many others need to give their body the edge via nutrients and a probiotic like kefir. Even if you rely on anti-depressants, a probiotic will help your body and brain cooperate to feel even better. There is hope!

Daniel Vanderlans, BA, BComm. MC, Registered Counselling Therapist is Owner of O'Healthy Market, Prince Street, Truro.

stroke survivors. Our music programme focuses on reinforcing brain function and increasing hand eye co-ordination through rhythm and music.

With games such as bingo and bowling, guest speakers, group discussions, crafts, outings and parties along with a simple hot lunch, our members look forward to Tuesdays and we feel like a stroke club family. We rely on our volunteers each week and our financial support through donations and annual fundraisers.

New members are always welcome. Visit us on Facebook, email

sheilaosmond@hotmail.com or call 902-893-4759 for information.



The Shoreline Journal

Deadline for the September issue is August 20

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In-Camera Session Decisions – May 28TH Council

By Maurice Rees

Council went into an in-camera session at 9:23 pm, and the following motions were approved unanimously by council.

107 Ventura Drive, Debert: On motions by Councillors Gregory and Cooper council approved the sale of 107 Ventura Drive, Debert Business Park to Global Construction, with the new restrictive covenants, at the price of \$15,000.

6 Ventura Drive: on motions by Councillors Gibbs and Gregory, Council authorizes staff to offer the property to the Debert Hospitality Centre, with restrictive covenants, at the price of \$75,000, as

per the terms presented in Closed Session, Motion Carried. Deputy Mayor Stewart, Councillors Masters,

Energy Savings Assessment: Honeywell will sign a letter of intent with the municipality for development of an Energy Savings Assessment at the RECC. The decision was reached on motions by Councillors Masters and Pash.

Environmental & Education Officer's Position: On motions by Councillors Cavanaugh and Parker, Council approves the

job description and salary adjustments for the period beginning April 1, 2019, for the Environmental Education Officer position.

Waste Management Officer Position: On motions by Councillors Gregory and Cooper, Council approves the position

of Waste Management Officer be reclassified to Waste Compliance Officer; and, the salary for the incumbent be adjusted from Step 7 of Range 4 to Step 7 of Range 5 effective April 1, 2019; and, the above noted title change be reflected in an updated organizational struc-

ture and the duties be reflected in the job description."

Non-Union Employee Annual Salary Increase: On motions by Councillors Cavanaugh and Pash, Council approved the non-union salary increase for 2019/20 at 2.25%.

Fundraiser for Farm Equipment Museum

By Ursula Ryle-Gulliver

A fibre fabric frolic event and fundraiser for the Farm Equipment Museum, NSPEC grounds, Bible Hioll will be held on August 3 from 10:00 am - 4:00 pm. Admission is free and there will be something of interest to all family member ages.

Calling all fibre lovers! Do you like to knit, rug hook, crochet, needle felt, spin, weave or want to see how it's done? Do you love the things fibre creates? This is your chance to come check it out!

In addition to the important fundraising aspect, this event will create an opportunity to bring together members of the fibre arts community with each other and the general public, as well as supporting local business

from all across NS and NB. The focus will be on all aspects of farm life. Demonstrations of the various arts will be held times throughout the day.

The draw on a gift basket containing samples from all the vendors on site will be held at the end of the day. All proceeds will go to the Farm Equipment Museum. Vendors will set up displays in an area call the "Veranda Gallery". Some of the vendors expected to be attending include: Gwen's Handmade, Wile's Woolies, Harmony Woolen Mill, Knit & Sew, Ewe-Nique Boutique, Sisterhood Fibres, All About Ewe Wool Shop and More, Celtic Raven Fibres, Savoie Baskets, Hook, Line and Tinker plus Studio Christine Savoie.

If you plan to spend the day

, there will be two food vendors on site: Glenn's Hot Dawg Cart and Sticks and Stone Woodfired Pizza & Catering. There will be a hook-in inside the Museum. Here you will see rug hookers from all over getting together to work on their own projects and being inspired by one another. Quilters will be working on a quilt-top inside the museum. Raffle tickets will be on sale on a finished quilt.

True to life on the farm, a spinners circle and sheep shearing demonstrations will also take place. The event will be held rain or shine.

Updates will be on FB at: "Truro Fibre Frolic" and "Farm Equipment Museum Truro". **Ursula Ryle-Gulliver is organizing the event and can be reached at: 902-843-6857.**

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