



CANADIAN HEALTH CARE SYSTEM

One of the reasons that Canada is rated to be the best country in the world to live, is the fact that Canada has a universal health care system. The Canadian healthcare system is governed by the Canada Health Act, which was established in 1984. Canada Health Act symbolizes a commitment to health care as a human right, open to all. It sets out the principles and conditions that guide the health care plans for the provinces and the territories.

The famous five principles set the criteria that provinces and territories must meet to qualify for the federal funding. Following are the five principles;

- ❖ **Universality:** Health care as a basic human right for all.
- ❖ **Accessibility:** There are no financial or other barriers to getting access to health care.
- ❖ **Portability:** You can take your health insurance from one province to the other province and it covers you for 3 months before it is replaced over.
- ❖ **Comprehensiveness:** The Act specifies, what is included in the hospital health services.
- ❖ **Basic administration:** The Act requires, that health insurance plan of each province and territory be publicly funded.

Each province with the help of the federal funding has a provincial run program called **Medicare**, which follows the guidelines of the Canada Health Act.

In Nova Scotia, it is called **Nova Scotia Medical Services Insurance (MSI)**.

MSI is a Provincial plan. It pays for the following services:

- ❖ Medically required doctors' services
- ❖ Some dental and optometry services
- ❖ The doctor referred specialist visit
- ❖ Certain hospital inpatient and outpatient services

✓ **Note:** A newcomer to Nova Scotia should apply for the Nova Scotia Health Card (MSI) as soon as he/she arrives in Canada. To get more information and apply,

- ❖ Visit: NShealth.ca / Contact MSI: 1-800-563-8800, 902-496-7008

Nova Scotia Department of Health and Wellness is the government body responsible for allocating almost 1 billion federal funding in the province of Nova Scotia. They do this by dividing the funds between the most relevant divisions and branches of health care including:

- ❖ Nova Scotia Health Authority, IWK health center, NS health Insurance, Pharmacare

These four branches of the Department of health provides a significant number of services including primary care, community programs, hospital visits, and stays, drug benefits and many more.

For a comprehensive list of all the services and programs, visit the health and wellness website;

- ❖ www.nshealth.ca

Even though Canada has one of the best health care programs in the world, however, has its own challenge. Long wait times, shortage of family doctors, the aging population, and COVID-19 are putting a significant strain on the system. Regular and consistent monitoring, reevaluation and revitalization are needed to keep it at the optimum level.

Submitted by: Gurinder Dhillon(Certified Health Interpreter)



Canadian Red Cross-First Aid

The Canadian Red Cross provides you with an education that helps create a safer world for everyone. Having some basic first aid knowledge is essential for everyone and here are 5 reasons why.

- 1) It's true that having first aid training undoubtedly helps save lives.
- 2) It enables you to increase patient comfort.
- 3) It gives you tools to prevent the situation from becoming worse.
- 4) It creates the confidence to care.
- 5) It encourages healthy and safe living.



The Canadian Red Cross has been offering **First Aid, CPR training** and a wide variety of courses to Canadians for over 50 years. The courses meet the needs of the general public, workplaces, schools and organizations. These include **First Aid at Home, Corporate & Workplace First Aid, Swimming & Water Safety and Violence, Bullying & Abuse Prevention.**

Also, there is a comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) **skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home.** Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Download the free Red Cross First Aid App to keep lifesaving help in your hands:

<https://www.redcross.ca>

<https://www.redcross.ca/training-and-certification>

<https://www.emergencyfirstresponse.com>

Asian Heritage Month

May is Asian Heritage Month in Canada. It is an opportunity to acknowledge the long and rich history of Asian Canadians and their contributions to Canada. Since arriving in the late 1700s, Asian immigrants have helped grow Canada. From building the railroad to fisheries and farming, Asian Canadians have shaped the Canada we know today. People of Asian heritage have enhanced the arts, culture, politics, science, technology, medicine, sports and every other aspect of Canadian society.

The Asian Canadian community has grown in Canada. According to Statistics Canada, between 2006 and 2011, almost 57% of Canada's immigrants came from Asia.



Asian Heritage Month has been celebrated across Canada since the 1990s. But for a long period, there was no formal acknowledgement of Asian culture in Canada. Then in 2001, the first appointed Asian Senator, Vivienne Poy, proposed a motion in the Senate of Canada to acknowledge Asian Canadians. In 2002, the Government of Canada signed an official declaration to designate May as Asian Heritage Month. Diversity represents one of Canada's greatest strengths. Asian Heritage Month is an ideal occasion for all to celebrate the rich values, beliefs and cultural expressions of various Asian cultures.

For more information:

<https://www.canada.ca/en/canadian-heritage/campaigns/asian-heritage-month.html>

<https://www.torontopubliclibrary.ca/search.jsp?N=37866&Ntt=asian+heritage+month>

<https://explorasian.org/>

NOVA SCOTIA IDIOMS

1 A day late and a dollar short.

- a) Come up short
- b) Missed to get a dollar
- c) There is a shortage of dollars
- d) Dollars are not for latecomers

2 As goes Monday, so goes the rest of the week.

- a) Monday is an important day
- b) How your week unfolds depends on how your Monday goes
- c) Monday brings bad luck
- d) After Monday the rest of the week goes well

3 Bite it off and split it out.

- a) Bite your split ends
- b) Tell the truth
- c) Bite your nails to split it
- d) Bite your tongue and speak

4 Do fish swim in the ocean?

- a) Do we find fish in the ocean
- b) Fish only swim in rivers
- c) Asking the obvious
- d) Being very curious

5 Don't poke a pig.

- a) Don't nudge a dirty man
- b) Don't irritate a pig
- c) Pigs don't like poking
- d) Don't argue with an angry person

6 Naked as a jaybird.

- a) Without any clothes
- b) Wearing a birthday suit
- c) Very honest
- d) Going around

7 Eyes are like two piss holes in the snow.

- a) Holes in the snow look like eyes
- b) Red or tired eyes after drinking
- c) Tired eyes due to sleeplessness
- d) Eyes of a snowman

8 Yer gonna drive me to drink.

- a) Driving to a place to drink
- b) You are going to make me drink
- c) You are going to make me crazy
- d) Drinking makes you crazy

9 She doesn't have her tongue in her pocket.

- a) She'll defend herself verbally
- b) Her tongue is missing in her pocket
- c) She speaks very loud
- d) She cannot speak

10 From the frying pan to the fire.

- a) Food is transferred to the fire
- b) From one situation to another
- c) From a bad situation into a worse situation
- d) Frying pan is not ideal for cooking

*From "How to Talk Nova Scotian" (by: Vernon Oickle)
Selected by Bill, Quiz edit by Punya*

Answers :

1 (a), 2 (b), 3 (b), 4 (c), 5 (d), 6 (b), 7 (b), 8 (c), 9 (a), 10 (c)

POEM

The Caspian Sea

The Caspian Sea remembers me
of its transparent green and blue.
I remember my father's toe
underwater, when I was a child,
and I could see them when he carried me in the water.
I remember the water was clear and warm
the good memory of my father; nature clear.
There are not available
my father and that nature so clear
where they linger, I may not know
And I miss them.
I cannot do anything for my father
but regretfully I could do something for nature.
But I don't know anything.
only if the Caspian Sea
can take me
comfort me! heavenly.



By Reza Omidvar

USEFUL LINKS



Self-Guided Downtown Art Tour
<https://downtownhalifax.ca/arttour>



How To Play Cribbage (2 players)
<https://youtu.be/ttkfRm5pZr4>



Time-Lapse: Watch Flowers Bloom Before Your Eyes |
Short Film Showcase
<https://youtu.be/LjCzPp-MK48>



Asian Pacific American Heritage Month | Disney Channel
<https://youtu.be/JZGiBuL-qLU>



What is the best diet for humans?
<https://youtu.be/0z03xkwFbw4>



How to Create a Healthy Plate
https://youtu.be/Gmh_xMMJ2Pw



Animated short film:
<https://www.youtube.com/watch?v=Bl1FOkPfy2Q>



What to expect on NS road test:
<https://www.youtube.com/watch?v=YrUq2DcXgyU>



The Halifax Explosion:
<https://www.youtube.com/watch?v=BETlpLBieFO>



5 Healthy breakfast recipes to keep you fresh all day:
<https://www.youtube.com/watch?v=t4t1Vj5-NLQ>



10 Great drawing ideas when you are boring:
<https://www.youtube.com/watch?v=qJNSOte9h4I>