



FOR IMMEDIATE RELEASE

Hockey Day at Northwood!

Northwood Partners With Minor Hockey to Bring the Joy of Game to Residents

BEDFORD, N.S. / November 3, 2017 - Bedford and District Minor Hockey Association (BDMHA) will be visiting its next door neighbours at Northwood this Saturday afternoon for a good old fashioned game of hockey. A total of 24 teams of 9 & 10 year olds will face off in a street style event in the parking lot of the Northwood's Bedford Campus, right next door to the BMO Centre. Residents and their families have been invited to come and watch the tournament.

"Northwood and BDMHA have been physical neighbours for seven years and this weekend they become community partners," says Rhonda MacLean, Recreation Therapist at Northwood. "Sharing experiences across generations is key to building healthy communities. This event not only provides our residents an opportunity to watch a game of Canada's favourite pastime, it develops intergenerational relationships through conversations and feelings of connection."

Every year Hockey Nova Scotia cancels all games for what's called "Development Weekend," a chance for teams to work on skills. BDMHA is a large association with a strong development component to its programs and because of that, are able to spend some of their weekend focusing on community engagement.

"We decided to do something a little different this year for Development Weekend. We wanted to have some fun, while still working on skill development," says Eric Villeneuve, Vice President of Development for BDMHA. "We thought what better way to do that than by getting back to our roots with a good old fashioned game of road hockey and inviting our neighbours to come out and enjoy watching the kids. Let the kids play, get outside in the fresh air and hopefully bring some smiles to the faces of the residents at Northwood."

This isn't the first time the association has paid a visit to its neighbours at the continuing care facility. Last winter, hockey teams came by in their jerseys with Santa hats on and sang carols to spread festive cheer.

"At Northwood, we are committed to developing initiatives that empower our residents to *Live More*," says Janet Simm, President and CEO of Northwood. "Events like this bring together our

neighbours and allow our senior population to live life to the fullest in a community of belonging.”

Media are invited to attend this special hockey game.

Game Times:

Saturday, November 4, 2017 from 1:00 – 5:00 p.m.

Residents will be outside 1:30 – 3:00 p.m.

Please note games are weather dependent

Onsite Contact:

Rhonda MacLean, Recreation Therapist, Northwood

Eric Villeneuve, VP of Development, BDMHA

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About Northwood

Since 1962, we have led the way as Nova Scotia’s most dynamic continuing care organization committed to innovation and change. We are the largest not-for-profit continuing care organization in Atlantic Canada and are recognized both here at home and across Canada as an extraordinary example of the power of social justice, but we like to call it the power of love! When life changes, and society changes, Northwood leads the way, incorporating revolutionary designed, responsive care. From new ideas to new technologies, we are empowered to do this, because our focus is on people, not on profit margins.

About Bedford and District Minor Hockey Association (BDMHA)

BDMHA is the largest hockey association east of Montreal with an enrolment of roughly 1,100 children ages 4-23. We take pride in providing an excellent minor hockey experience for the players and their families. The BDMHA is seen as a model hockey association by Hockey Canada and continues to be at the leading edge of development for its players. While the hockey experience is central to the overall experience, we also aim to foster good citizens and community involvement. Players, coaches and families from the Bedford Blues are often seen volunteering their time in the community at a variety of events.

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