

### Your practice, made perfect. Pictou County.



### Hello from Healthy Pictou County!

Healthy Pictou County is a grassroots initiative supporting the attraction and retention of medical staff and students to our community. Learn more about our community to see if it's a fit for your lifestyle, and get in touch to have us help you navigate opportunities and explore our community. We're here to help you succeed!

### Welcome to Pictou County

Comprised of the five towns of New Glasgow (location of the Aberdeen Hospital), Trenton, Stellarton, Westville, Pictou and the County of Pictou, and Pictou Landing First Nation, Pictou County is ideally situated along the Northumberland Strait. You'll find a welcoming community with hard-working and down-to-earth people, enjoying a balanced lifestyle.



Just minutes from beautiful beaches, join us and fill your lungs with salty sea air, and enjoy the urban-rural mix that Pictou County has to offer.

In your practice, enjoy a collegial atmosphere with access to the tools you need to do your job.

Rich in culture, entertainment, and history, come and build the fast- or slow-paced life you desire in Pictou County.

### The hub of the Northumberland Strait

Pictou County is uniquely situated on the northeastern part of Nova Scotia, close to rural hubs and transportation ports with quick access to provincial, national and international destinations.



The Halifax Stanfield International Airport is just a 1 hour and 13 minute drive\* on a divided highway, giving you quick access to domestic and international flights, including non-stop destinations:

 International non-stop destinations like London (Heathrow), Frankfurt, Reykjavik, Dublin, Glasgow and Paris (frequency varies)

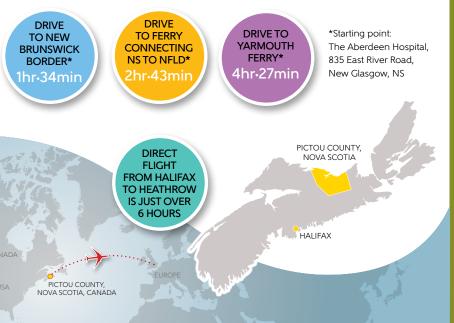
- United States non-stop destinations like Boston, New York (LGA), Newark and Orlando
- Canadian non-stop destinations to Vancouver, Calgary, Toronto, St. John's and more
- Sun non-stop destinations like Mexico, Jamaica, Dominican Republic, Florida and more



Running May to December, the Northumberland Ferries Ltd. offers a 75-minute ferry ride to Prince Edward Island (PEI) from its terminal in Pictou County, just a 13-minute drive from the Aberdeen Hospital. You can also travel to PEI via the Confederation Bridge, which links New Brunswick to PEI. Open 365 days per year,

24/7, it is a 2-hour and 6-minute drive, followed by a 10 minute drive across the bridge to PEI.

You can travel from Nova Scotia to Bar Harbor, Maine via the CAT Ferry in Yarmouth.



## 10 REASONS TO CHOOSE PICTOU COUNTY

Safe communities and low crime rates

Affordable cost of living

Great schools and passionate educators

Special supports for families with special needs

Welcoming and collegial people

Year-round activities comparable to urban centres for sports, culture, arts, music and more

Fresh seafood and a variety of cuisines

Opportunities for youth employment and recreation

A sprawling coastline with the warmest salt waters north of the Carolinas

Close to airport, ferries and neighbouring provinces

### The Aberdeen Hospital



66 We're so proud of the redevelopment of the Aberdeen Emergency Department. With access to state-of-the-art technology, we work collaboratively as a team of dedicated and caring healthcare professionals who put our community first.

> - Jennifer Sutherland, RN, BScN, CCNP, Health Services Manager

Located at 835 East River Road, New Glasgow, the Aberdeen Hospital is the regional acute care facility serving residents of Pictou County, offering primary and secondary services through inpatient, outpatient and community-based services and programs.

### The services provided include:

- Anesthesiology
- Emergency Medicine
- Family Medicine
- General Surgery
- Internal Medicine
- Medical Oncology
- Obstetrics and Gynecology

- Ophthalmology
- Orthopedics
- Palliative Care
- Pediatrics
- Radiology

- Psychiatry

### **Our Hospital and Primary Healthcare** The Aberdeen Hospital is located in our heart

### **Emergency Department Redevelopment**

Completed in 2017, the Emergency Department at the Aberdeen Hospital underwent an extensive redevelopment to improve the layout and workflow of the existing space. The Level 2 emergency department provides 24/7 access to emergency services.

### Department highlights

All rooms are equipped with critical care equipment, and the 25,000-square-foot space features two isolation rooms and specialty rooms including two triage rooms and two trauma bays, with direct access to the helipad.

The all-weather ambulance bay has a two-way drive through, providing ease of access and transport of patients. Patient rooms are fully-accessible, single-occupancy, and are located around the exterior of the space with stations and staff in the centre for ease of visual monitoring and proximity to those in need of care. Staff of the Aberdeen Hospital's Emergency Department have a team-centered, patientfocused approach to care, and are welcoming and accommodating to new staff and physicians. The unit is fully-secured, swipe-access entry with 24/7 security, and places patient-care at the forefront.

### Primary Health Care

Pictou County has both established collaborative care practices including the East Side Health Centre, West Side Health Centre, Pictou West Health Centre, the Westville Medical Clinic, and traditional family medicine practices in Stellarton, New Glasgow, and Pictou. We also have the unique opportunity to partner with the Pictou Landing First Nation Health Centre to help address the healthcare needs of our First Nation community.

66 Working in the emergency room at the Aberdeen Hospital can be very fast-paced with exposure to acute and often complex medical cases, but also very rewarding - our patients are very appreciative for the care they receive from our talented healthcare staff. Our department offers a supportive and collaborative environment, welcoming student learners, and access to consultants and specialists. Being originally from Pictou County, there have been many fulfilling opportunities for myself, my husband and our four children as we built our life here. This is a very special community.99



### – Dr. Deborah Straub

Dr. Straub has been an Emergency Physician at the Aberdeen Hospital for 24 years





Left to right: General Surgery Resource Nurse, Shaunna Vaughan, RN; Dr. Chakshu Sharma; and Dr. Colleen O'Sullivan, Chief of General Surgery

To be able to practice in an environment that enables development is key. I came to Pictou County because the Aberdeen Hospital has tools that will allow me to continue to grow. 99

– Dr. Chakshu Sharma

### Student Learning

Interested in returning home, or are you new to Pictou County? We are here to help connect you with preceptors and mentors in the medical field. We will work to ensure that you feel welcomed and supported as you explore the medical field in Pictou County.

Get in touch with us for an observership at the hospital or in a practice, or even to casually grab a coffee with a mentor. We will also work to help guide you through the process of proper paperwork for practice, and connecting you with a medical professional.

### Dalhousie Medical School's North Nova Family Medicine Teaching Site -Opening July 2019

In 2018, it was announced that our community will be part of the new North Nova Family Medicine Teaching Site, through the Dalhousie Family Medicine Program. We're thrilled that in July of 2019, Pictou County will welcome two residents to the Westville Medical Clinic, who will be responsible for a cohort of patients over the two-year program. This program will provide a regular stream of residents learning and practicing in the Nova Scotia Health Authority's Northern Zone for years to come.



### **Our Foundations**

In Pictou County, we are fortunate to have support from two very important institutions: The Aberdeen Health Foundation, and the Sutherland Harris Memorial Hospital Foundation. Both foundations provide generous support to health care programs annually and have financially contributed to Healthy Pictou County's efforts to attract and retain medical professionals and students to the county.

### Aberdeen Health Foundation

The Aberdeen Health Foundation was established in 1986 to support enhanced medical equipment and education for staff at the Aberdeen Hospital. While this remains the central focus, the Foundation has expanded its funding priorities in recent years to include mental health and community-based initiatives that promote population health.

The Aberdeen Health Foundation has invested just under \$30 million to enhance health care in Pictou County since its inception. The organization's \$1-1.5 million annual investment is funded primarily through income generated by endowed funds. The Foundation is dedicated to directing resources to opportunities most likely to have a positive, long-term impact on the health of our community. For updates, news and to learn more about the Aberdeen Health Foundation, please visit aberdeenhealthfoundation.com

### Sutherland Harris Memorial Hospital Foundation

The Sutherland Harris Memorial Hospital Foundation (SHMHF) was established in 1993, with its main focus and emphasis being to support the Sutherland Harris Memorial Hospital (SHMH). Generally, one half of the foundation's yearly funds are designated to SHMH requests such as providing Wi-Fi to the Restorative Care Unit, offering to help with retention and expansion of the dialysis unit, and purchasing new, key equipment for the physiotherapy department.

The SHMHF has provided financial assistance to the Bright Smiles dental project, and assisted with a wheelchair lift and hearing loop system at the deCoste Performing Arts Centre, among many other projects. The Foundation also supports students at Pictou Academy and Northumberland Regional High School who are entering health-related fields in university with a bursary/grant program.

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Interested in practicing in Pictou County? Contact us to discuss potential opportunities. Visit healthypictoucounty.ca Gongoing learning is an integral part of medical practice, and in Pictou County we're proud to offer a supportive handson learning environment for students and residents. It is very rewarding to see learners through all stages in their medical career progress and make meaningful connections with our community and their patients.



 Dr. Aaron Smith, Preceptor for the Dalhousie Medical School's North Nova Teaching Site

Dr. Smith has been a Family Physician at the Westville Medical Clinic for 10 years



Raise a family. Find yourself. Build a beautiful life in Pictou County.



Walking the shores of the Northumberland Strait near Pictou Lodge Beach Resort

Want to explore what life is like here? Check out our local publication ah! At Home on the North Shore at athomeonthenorthshore.ca

### Find your dream home, at a dream price.

An idyllic beachfront property; an executive home; a classic charmer; a new-build; or lots of acreage; Pictou County offers a variety of affordable, beautiful homes at a fraction of the cost elsewhere. We boast safe communities where we look after one another.

### Satisfy your cravings

Pictou County is home to a variety of offerings from high-end dining, pubs, restaurants, cafés, and some of the best diners in the province. International tastes like Syrian, Korean and Japanese cuisine, homecooked meals, and healthy options are just a phone-call or a short drive away. Looking for fresh seafood? Look no further. With the ocean as our front yard, you won't go hungry here.

### Unique Pictou County and East Coast specialty tastes

The East Coast of Canada is known for its unique and world-famous tastes, and Pictou County is no exception. Take your taste buds on tour and indulge in fresh seafood like lobsters caught that day, mussels or scallops, or try our Pictou County pizza – a large slice made with our iconic 'brown sauce' – we guarantee you will be asking for seconds.

### We love local, and you will too!

We are proud of the many local products developed and prepared here in Pictou County. Favourite spots to find local includes the New Glasgow Farmers Market and other markets and businesses offering year-round opportunities to enjoy and purchase locally made goods and wares.

### Proudly Pictou County

Pictou County is also where many regionally, provincially, and nationally successful businesses have started including Sobeys, Advocate Printing and Publishing, Knoydart Cheese, Caldera Distillery, Seafoam Lavender Farm, Velsoft, and Nova Scotia Spirit Company.



**66** I'm originally from Cape Breton and love calling Pictou County home for me and my family. This is a safe community and is a wonderful place to raise my two boys. At work, I feel that we have a supportive environment where we respect one another and understand each other's roles. The healthcare community in Pictou County is very caring and close - I like that when I pick up the phone, I know who's on the other end of the line. 99



– Bonnie Peterson, RN, FPN, Westville Medical Clinic

Bonnie has been in healthcare for over 27 years and was one of the first Family Practice Nurses in the province as part of the pilot program

# **v** family.

Pictou County is a safe and supportive community to raise a family.



Cycling on the Jitney Trail in Pictou

Picture yourself actually being home for dinner with your family, heading to the beach on your lunch hour or, in the summer, catching some of the daylight to spend the early evening doing what you enjoy – it's possible in Pictou County with short commutes and low traffic. Our community is also bike-friendly, offering routes for active transportation.

We proudly offer a wide range of sports, music and other programs to help you and your family flourish, both recreationally or through competitive programming and opportunities, some of which you'd typically find in larger urban settings.

### A supportive and extensive education community – from preschool to post-secondary

Pictou County is part of the Chignecto-Central Regional Centre for Education (CCRCE) – Celtic Family of Schools.

We have a passionate teaching community, housing some of the best schools with opportunities in French Immersion and International Baccalaureate Diploma (IB) programs. There are also opportunities for families to seek private school education for their children.

In Stellarton you'll find the Nova Scotia Community College (NSCC) Pictou Campus offering a variety of post-secondary programs and trades, including online classes and courses.

A 37-minute drive to Bible Hill will take you to Dalhousie's Agricultural College (referred to as DAL AC).

Just a 45-minute drive down the highway is St. Francis Xavier University, one of the top-ranked undergraduate schools in the country. When in Pictou County, you'll likely cross paths with those bearing the 'X-ring', and many who either work or currently study and commute to the university or work in Antigonish.

### Opportunities and support for all ages and abilities

For families with special needs, our community provides a supportive environment with a variety of resources and connections including:

- Autism Nova Scotia Pictou County Chapter
- Summer Street Industries which provides programming and employment opportunities for adults with intellectual disabilities
- Highland Community Residential Services (HCRS), which is dedicated to the creation and growth of homes, programs, and support networks with people who have intellectual disabilities or mental health challenges
- CHAD Transit, a community-based accessible transportation service for all residents of Pictou County.



66 I love the ability to treat all ages, from newborn babies to the elderly, and practice fullservice family medicine. This community is the perfect size for practicing family medicine: it's small enough so that you have the opportunity to practice fullscope family medicine, but big enough that we have specialty back-up when needed. On the personal side, I appreciate the excellent schools and the opportunities both in recreation and culture available to me and my family. What's the best part about living in Pictou County? Short commute times = more time with my family, and there's an excellent cost of living.

– Dr. Brad MacDougall

Dr. MacDougall has been a Family Physician at the Westville Medical Clinic, practicing in Pictou County for more than seven years

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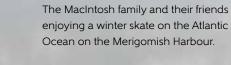
Here in Pictou County there are a host of people ready to meet you, and welcome you to your new home.



Lema, New Glasgow

Farmers Market

PHOTO: HEATHER HEAD



We are becoming an increasingly more diverse community thanks to the ongoing efforts and leadership from organizations and businesses throughout our community. One group is the Multicultural Association of Pictou County, who work to connect cultures in our community, through education, shared understanding, awareness and social events, including a pinnacle event of the Multicultural Festival celebrating and sharing our cultural diversity.

Pictou County is also proudly home to many newcomers and families who have found a place with us thanks to organizations like Pictou County Safe Harbour, Warm Hearts, and Communities Assisting Refugees Now (CAiRN), focused on welcoming and settling refugees in our communities.

The Pictou-Antigonish Library New Glasgow Branch, in partnership with the Pictou County Chamber of Commerce, created the Newcomers Welcome Centre, to provide a welcoming space and collect information for all newcomers to settle, navigate, and thrive in their new community.

The Pictou-Antigonish Regional Library also has branches in Pictou, Trenton, River John, Stellarton, and Westville, hosting a variety of unique and engaging community events and activities.

We're proudly home to many support and advocacy organizations such as the Pictou County Rainbow Association, the Pictou County Sexual Assault and Resource Centre, the Pictou County Sexual Health Centre, and MORPH Pictou County.

#### Churches and places of worship

Finding a church or a place of worship is an important factor when considering a new community and here in Pictou County, we have a variety of religions, groups and institutions. Some individuals and families may wish to travel to neighboring communities outside of Pictou County to worship.

Recently our community welcomed the opening of a new Masjid in Trenton, under the auspices of Islamic Association of Nova Scotia

**66** After living in Toronto we were excited for the opportunity to move back to the Maritimes. We were seeking employment opportunities but also a community in which to raise our family. Pictou County has made it easy for us to develop a social network and meet new people. We enjoy local amenities such as the Farmers Market, Wellness Centre, festivals and restaurants. We have found numerous opportunities to foster the growth and development of our children. Although neither of us grew up here, we are happy to call Pictou County home.

- Susanne MacLean, **Occupational Therapist** and Dr. Andrew Hayward, Orthopedic Surgeon, Aberdeen Hospital





Pictou County Chamber of Commerce HUB space located in downtown New Glasgow

Pictou County is the perfect place to grow personally and professionally.

Work from home and looking to connect or for temporary or short-term office space? The Pictou County Chamber of Commerce is a resource for all sized businesses, and includes a HUB working space to provide office-space outside of your home, and to make connections.

With national and international companies operating from Pictou County, we're always open for business.



### Connect

Pulse Pictou County, unique to our community, is a group of like-minded young people living and working in the area. They create a welcoming atmosphere to attract and retain a growing population of young working people in Pictou County, by making the area a more engaging place for young people to live and contribute. The group focuses on professional development and networking, community development and betterment, athletics and wellness, and most important, social activities.

IOTO: MATT MADDEN,

### **Giving back**

LOCAL HIGHLIGHT:

Located in Stellarton, the

practices like meditation,

DREAM CANDY ORGANIZATION focuses on whole self-wellness

gratitude, creative and authentic expression, mindful eating and exercise, and acts of kindness to self and others. They have an inviting and welcoming space offering weekly programming,

after-school programs, special

events, and workshops.

Known for our philanthropy and care for one another, Pictou County is a giving community with a reputation for generosity. We have a variety of charitable and non-profit organizations that support the well-being of our community, each with unique ways in which you can contribute or get involved. Volunteering your time can be an incredible way to establish yourself in the community, and make meaningful connections and friendships.



The White Family - Stella, Adam, and Cassidy on Quarry Island





Come play in our sandbox (or the dozens of beaches we offer). You'll always have something to do in Pictou County. With year-round amenities, you'll always have something to do. Our beautiful beaches provide year-round outdoor fun, and are especially enjoyable during our 25° C summers (average July/August). In addition to our beaches, we also have a network of rivers, lakes, and waterways. Pictou County and our surrounding areas are home to a variety of developed trails and opportunities for hiking and walking. Arts and culture are thriving in Pictou County, with an expansive roster of celebrated and award-winning writers, artists, artisans, and performers.

### Take in a performance or a festival

Looking to take in a performance? No need to venture outside of Pictou County for award-winning performers and shows. With venues like the deCoste Performing Arts Centre and Glasgow Square Theatre, there are a variety of music, comedy, dance acts, and shows to catch. Our community is also home to a wide-variety of annual festivals and events that will help introduce you to our culture and heritage. We are very proud of our local theatrical, artistic and musical talents, and offer a wide variety of classes, programs, and courses to support your own artistic endeavours.

### Top-class facilities with competitive and recreational programming

Pictou County is home to the \$38 million Pictou County Wellness Centre, which opened in 2012 and features two NHL-sized ice surfaces, a walking track, community conference space, as well as a full service 'Intermissions Cafe'

and catering amenities. From hockey games, to walks around the track, to community events and concerts, the Wellness Centre is bustling with activity seven-days a week. The Wellness Centre is home to the YMCA of Pictou County which operates the facility's fitness centre, gymnasium, day care, child-minding, aguatics centre, and other community events and activities.

In Pictou County there are a variety of options for you and your family to get active through our gyms, fitness classes and studios, and municipal recreation programs.

### Year-round fitness and active opportunities for all ages and abilities You name it, we've got it (and if not, we're willing to give it a try!)

Ranging from skating, hockey, gymnastics, dance, basketball, soccer, rugby, yoga, pickle ball, bowling, ultimate Frisbee, golf, squash, tennis, martial arts, roller derby, hiking, walking, snowshæing, cross-country skiing, Nordic walking, sledge hockey, or water sports like kayaking, paddle boarding or boating from one of our many marinas, you won't sit idle in Pictou County with the wide variety of recreational and competitive opportunities for yearround activity, indoors and out.

Pictou County has active triathlete, running, and cycling groups, and proudly hosts the annual Johnny Miles Running Event Weekend, a widelyrecognized and long-standing running event.



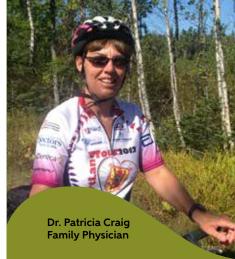
### **Trenton Park** is

another gem in Pictou County offering year-round activities including walking trails and hikes, snowshæing, an outdoor swimming pool (summer only), and a variety of activities

including movie nights and community events. It is a dog-friendly location (on leash) and offers the perfect backdrop to snap photos in all four seasons.

> 21 minutes 17.4 kms 10.8 miles

Distance from the Aberdeen Hospital to Melmerby Beach Provincial Park COVER PHOTO: TONY DECOSTE



Enjoying an active lifestyle, Dr. Patricia Craig, a family physician at the Westside Health Clinic shares what she loves about Pictou County by the numbers:

> Never more than 20 minutes from a beach of my choosing

minutes to Trenton Park where I can bike, hike, snowshoe and walk my dog

minutes to the East River for kayaking and getting on my paddle board

days per week I enjoy cycling on quiet lowtraffic roads where I feel safe, day or night

Number of bands I play in (New Horizons and Pictou County Brass and Reed)

One great community to raise a family with access to the Farmers Market, the deCoste Centre, Glasgow Square and nice restaurants

New Glasgow Farmers Market

PHOTO: DR. GERRY FARRELL

**Raising a talented** musician or budding artist? We've got you covered. Visit healthypictoucounty.ca

PICTOU COUNTY WELLNESS CENTRE

healthypictoucounty.ca | 17

# work.

From the minute you walk into the Aberdeen Hospital or any of our clinics you'll notice one thing immediately: friendly and dedicated healthcare workers.

Connect with us or visit morethanmedicine.ca to learn more about the opportunities in Pictou County, and across Nova Scotia.

### experience with Pic Dr. El-Tahan and the Aberdeen Ind Hospital, Caitrin No Sobey-Skelton of (right) is currently to studying fos

122222222

Inspired by her

and Immunology

at Dalhousie

University

### Open for Business

NAME AND ADDRESS OF TAXABLE PARTY OF TAXABLE PARTY.

Pictou County is home to several large employers including Sobeys stores and head office, Michelin North America Ltd. (Canada) plant, and hundreds of medium-sized and small-businesses for you to explore. For generations, our community has fostered successful business and organizations.

-SCASSAGERSER

### Thinking of starting your own business?

Pictou County is always open for business, offering a skilled workforce, proximity to post-secondary institutions like the Nova Scotia Community College - Pictou Campus, Dalhousie Agricultural College, and St. Francis Xavier University, and a culture supportive of businesses and organizations that want to see you thrive.

### First-time employment

Have children looking for their first jobs or work experience? Pictou County is home to many businesses and organizations offering part-time and first-time job experience.

### Spousal employment and volunteering

Moving to a new community is a big decision and one with many factors including employment opportunities for your spouse or children. Healthy Pictou County can work with your spouse to explore employment or volunteer opportunities.

In New Glasgow, you'll find Nova Scotia Works: Career Connections. They are an excellent resource with a pulse on career options and the workforce, offering free employment services ranging from job search assistance with a career counselor and access to the latest labour market Information.

66 The world-class equipment and cuttingedge technology I have access to here in rural Nova Scotia at the Aberdeen Hospital is on par with anything that I've practiced with all over the world. On the personal side, opportunities like Ultimate Frisbee and Pulse Pictou County events allowed my wife and I to quickly integrate in the community and make close friends. My wife was also able to further her education just a short commute in neighbouring Antigonish, couple that with us being able to find an affordable home close to the hospital, and the recent establishment of a mosque, we're very happy to call Pictou County home.

> – Dr. Tamir El-Tahan, MD, FRCSC Orthopedic Surgeon

The number of kilometers for Dr. El-Tahan's commute to work

### READY TO EXPLORE PICTOU COUNTY? WE'RE READY FOR YOU.

We have passionate people in the medical field and the broader community ready to welcome you to Pictou County.

### Who we are

Healthy Pictou County is a grassroots initiative supporting the attraction and retention of medical staff and students to Pictou County.

### How we can help

We are here to help you and your family in ensuring that our healthcare facilities and our community are the right fit for you as you consider practicing and living in Pictou County.

We provide support not only as you explore Pictou County as your prospective home, but also in the transition to your new community, and for you and your family's ongoing needs.

Ranging from services to help you find a home, childcare, exploring our amenities, or simply to help you make the connections you need - we are one phone call away as you explore and call Pictou County home.

### Let's Connect! Visit healthypictoucounty.ca for more details









IMAGES IN THIS BOOKLET HAVE BEEN GENEROUSLY SHARED BY TALENTED LOCAL PHOTOGRAPHERS WHO CAPTURE THE ESSENCE OF WHAT MAKES PICTOU COUNTY SO SPECIAL.

DESIGNED BY ACG STUDIO, STELLARTON, NS.



BOB