



A Message from the Chair Seniors Take Action Coalition

As we roll into one of the most beautiful times of year, we can strive to remember all the things we can be thankful for. In these uncertain times, taking time to find the good parts of our lives can be challenging. Yet, with the help and support of each other, it is achievable. Through the act of sharing with or assisting one another, we can often find contentment...at least for a short time. This is something, though, that can be constantly renewed.

As Seniors Take Action Coalition, we strive to work with others to enable Richmond County to become a place we can all enjoy. With the addition of new Board members with fresh views and new ideas, we are set to take the next steps in our evolution.

Dorothy Barnard, Coalition Chair

Message de la Présidente

Alors que nous entrons dans l'une des plus belles périodes de l'année, nous pouvons nous efforcer de nous souvenir de toutes les choses pour lesquelles nous pouvons être reconnaissants. En ces temps incertains, il peut être difficile de trouver les aspects positifs de notre vie. Pourtant, avec l'aide et le soutien de chacun, cela est possible. En partageant ou en aidant les autres, nous pouvons souvent trouver le bonheur... au moins pour un instant. Mais, c'est quelque chose qui peut être constamment renouvelé.

En tant que membres de la coalition Seniors Take Action, nous nous efforçons de travailler ensemble pour faire du comté de Richmond un endroit où nous pouvons tous nous épanouir. Avec de nouveaux membres du conseil d'administration apportant des points de vue et des idées novateurs et novatrices,, nous sommes prêts à franchir une nouvelle étape dans notre évolution.

Dorothy Barnard
Présidente de la coalition



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Welcome to Better with Age. This newsletter is provided by the Seniors Take Action Coalition to learn more about seniors and their concerns by providing information and opportunities for seniors to contribute to this newsletter. We hope to demonstrate and celebrate the lives and contributions of older adults in Richmond County. As strong advocates for age-friendly communities, we will increase the awareness about, and emphasize the importance of, age-friendly communities for people of all ages who live in Richmond County.

Bienvenue à Better with Age. Ce bulletin d'information est fourni par la Seniors Take Action Coalition afin d'en savoir plus sur les personnes âgées et leurs préoccupations, en fournissant des informations et en offrant aux personnes âgées la possibilité de contribuer à ce bulletin d'information. Nous espérons démontrer et célébrer les contributions des personnes âgées dans le comté de Richmond. En tant que fervents défenseurs des communautés Amies des Aînés, nous augmenterons la sensibilisation et nous soulignerons l'importance de cette collectivité pour les personnes de tous âges qui vivent dans cette région.

Seniors Take Action Coalition of Richmond County Holds its Second Annual General Meeting (AGM)

By: Celeste Gotell

Approximately 35 people gathered on Sept 15, 2025 via Zoom and in person at the Louisdale Parish Hall for the AGM.

Warden Lois Landry and MLA Trevor Boudreau provided welcoming remarks, acknowledging the work of STAC members and extended their thanks for our contribution in promoting an age-friendly community and supporting older adults to age well in place. Dorothy Barnard, Board Chair, shared a few highlights and Janine Lacroix tabled the year's financial statements.

Celeste Gotell, Community Outreach Coordinator, presented the Year at Glance overview. In an emotional tribute, she recognized both Claire Doyle and Jean Pottie for their contributions as members of the Board of Directors STAC and the volunteer work in the community over many years.

Dr. Alison Grittner, Assistant Professor in Cape Breton's University Bachelor of Social Work program and the lead researcher with the project - Homeward Bound- Enhancing Healthcare, Housing, and Social Support for Aging Rural Nova Scotian was the guest presenter.



Dr. Alison Grittner, Assistant Professor in Cape Breton's University, Bachelor of Social Work program and the lead researcher with the project Homeward Bound: Enhancing Healthcare, Housing, and Social Support for Aging Rural Nova Scotians will join us as our guest presenter following the AGM.

Environ 35 personnes se sont réunies à Louisdale le 15 septembre, 2025 via Zoom et en personne à la salle paroissiale, pour l'assemblée générale annuelle.

La directrice Lois Landry et le député Trevor Boudreau ont prononcé des mots de bienvenue, et ils ont reconnu et remerciés les membres de STAC pour leur organisation pour sa contribution à la promotion d'une communauté adaptée aux personnes âgées et à l'aide apportée aux personnes âgées pour bien vieillir chez elles. Dorothy Barnard, présidente du conseil d'administration, a présenté quelques points saillants et Janine Lacroix a déposé les états financiers de l'année.

Celeste Gotell, coordonnatrice des relations communautaires, a présenté un aperçu de l'année. Dans un hommage émouvant, Celeste a reconnu Claire Doyle et Jean Pottie pour leur contribution en tant que membres du conseil d'administration du STAC et pour leur travail bénévole au sein de la communauté.

Dr Alison Grittner, professeure adjointe à l'Université du Cap-Breton, du programme de baccalauréat en travail social, et chercheuse principale du projet « Homeward Bound - Enhancing Healthcare, Housing, and Social Support for Aging Rural Nova Scotians » (Retour au pays - Améliorer les soins de santé, le logement et le soutien social pour les personnes âgées des zones rurales de la Nouvelle-Écosse), était sur place en tant que invité pour faire une présentation suite à l'assemblée générale annuelle.



AGE-FRIENDLY communities

Seniors Take Action Coalition of Richmond County
Holds its Second Annual General Meeting (AGM)
continued....



**The world is a little dimmer,
but your spirit lives on!**



This issue is dedicated to Jean Pottie, who died unexpectedly on August, 2025. Jean brought much passion and laughter to our meetings. She will be missed.



A copy of the Annual Report can be viewed online at <https://online.pubhtml5.com/qkgt/qnis/>



Seniors Take Action Coalition of Richmond County Board of Directors

Dorothy Barnard, Chair - lives in River Bourgeois and loves weeding.

Robert Goyette, Vice Chair - lives in Louisdale. He is an easy-going guy who enjoys working with others and has a great passion for building his community.

Janine LaCroix, Treasurer - lives in Petit-de-Grat. Her favourite time of the year is the summer; she is an avid gardener and has beautiful gardens!

Noreen LeBlanc, Secretary - lives in Arichat, overlooking the ocean. She recently returned home after being away for decades, to enjoy family and a quiet retirement.

Howard MacIntyre - lives in Johnstown, on the shores of beautiful Bras d'Or Lake. He enjoyed six years working on offshore oil rigs in the Canadian Arctic and on the Grand Banks.

Marlene LeBlanc - lives in Petit de Grat and she loves being together with family and enjoys walking.

Richard Cook - lives in Whiteside. He loves to walk in the mornings with his walking buddies Whiteside Walkers, play a few rounds of golf and sing a few tunes occasionally.

Holly Brown - lives in Louisdale. She loves discovering the world, and cherishing every moment spent with family.

Rachael L. LeBlanc - lives in Lower River. She has a passion for seeing people recognize their own value, and she loves seeing kindness and compassion in the world - to every soul - human and animal.

Sonia Morris - is an Outreach Fitness, Nutrition, and Wellness Coach living on Isle Madame. She loves nature, chess and reading.



AGE-FRIENDLY communities

We Care Days Kick off the Fall with a Full House

Seniors Centre Without Walls is pleased to partner with the Louisdale Fleur-de-Lis Seniors Club to host We Care Days. Approximately 45 people attended the first session to kick off a new Fall season on Sept 24th and learn more about the various funding available through Service Canada.

We Care Days began back in 2012, with about 15 club members attending wellness checks. It has since grown into a very popular monthly educational and social opportunity with seniors attending from all over Richmond County.

In partnership with the Louisdale Seniors Club, Seniors Take Action Coalition, works as a team to bring programs to benefit all seniors throughout Richmond County!

Held on the last Wednesday of each month, the next two sessions are already planned for October 29 and November 26th, see page for more information.



Service Canada Team

Seniors' Workshops

Helping you navigate government programs and services



The Seniors' Workshops initiative is designed to bring essential information and services directly to seniors within their communities. Service Canada, the Canada Revenue Agency (CRA), and the Nova Scotia Consumer Protection Unit are collaborating with local community organizations across the province to identify senior populations and select accessible venues that best serve their needs. The topics covered in the information sessions, as well as the services offered, are tailored to reflect the unique needs of each community.

If there are organizations that are interested in hosting/working with us to organize something similar in their community, they can reach out to me by phone, 902-240-3686 or e-mail, ossie.pineau@servicecanada.gc.ca

Atelier pour les personnes âgées

Comment s'y retrouver dans les programmes et les services gouvernementaux



L'initiative des ateliers pour les aînés vise à fournir des informations et des services essentiels directement aux aînés au sein de leur communauté. Service Canada, l'Agence du revenu du Canada (ARC) et l'Unité de protection des consommateurs de la Nouvelle-Écosse collaborent avec des organismes communautaires locaux de toute la province afin d'identifier les populations âgées et de sélectionner les lieux accessibles qui répondent le mieux à leurs besoins. Les thèmes abordés lors des séances d'information, ainsi que les services proposés, sont adaptés aux besoins spécifiques de chaque communauté.

Si des organismes souhaitent nous accueillir ou collaborer avec nous pour organiser une initiative similaire dans leur communauté, ils peuvent me contacter par téléphone, 902-240-3686, ou courriel ossie.pineau@servicecanada.gc.ca





AGE-FRIENDLY communities



Reflections from the next generation of social workers

Nicole McKinnon

I am a student from Cape Breton University working on the Homeward Bound project, which focuses on supporting seniors in the Eastern Zone in Nova Scotia. After spending 15 years working in long-term care, I have become interested in learning more about the services and programs available to older adults that help them stay independent and improve their quality of life.

Recently, I attended the We Care event at the Louisdale Parish Hall, and it was a great experience. The event started off with a fun game that really set a welcoming and relaxed tone for the day. A representative from Service Canada then shared valuable information about programs and supports for seniors. One of the highlights was learning about the new dental plan. Many people avoid the dentist because of cost, and this program helps by providing coverage for those who qualify. It was also helpful to hear about the income supports like Old Age Security (OAS), the Guaranteed Income Supplement (GIS), The Canadian Pension Plan (CPP), and the Survivor Allowance. The presenter made it easy to understand who can apply and how to get started.

What stood out to me most was how approachable and friendly the Service Canada staff were—along with answering questions, provided pamphlets and contact cards. The event wrapped up with refreshments and lunch, which gave everyone time to connect and share stories. I hope to attend more informative events like this one to share the information with other communities within the Eastern Zone.



Nicole and Kate are both students in the final few months in the Bachelor of Social Work Program at Cape Breton University. They will complete the program in December and graduate in Spring of 2026.

Kate Power

I recently attended a We Care session in Louisdale as part of my practicum with Dr. Alison Grittner (Homeward Bound: Enhancing Healthcare, Housing and Social Support for Aging Rural Nova Scotians). It was a great chance to hear directly from seniors in Richmond County and learn from Service Canada representatives.

One key takeaway was the Child Rearing Provision, which lets caregivers who stayed home with a child under age seven (born after December 31, 1958) to exclude those years from their CPP calculation—possibly leading to higher benefits. Recognizing unpaid labour is a key step toward addressing financial inequities experienced by primary caregivers (typically women) who spent prime earning years supporting children and families.

Attendees shared that barriers to accessing information such as unreliable internet in rural areas, mobility issues, and challenges with technology can make accessing services and information difficult. While phone services exist, many do not know what benefits to ask about without prior information. To ensure equitable access information needs to be shared beyond current channels.

I look forward to attending future sessions, as hearing directly from community members and service providers helps build knowledge and allows us to work toward a more equitable future for seniors in Richmond County.



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WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?



“Couples that Play Together Stay Together”

By: Celeste Gotell

Aging is inevitable. We live in an anti-aging society, where we're constantly reminded with ads to reduce wrinkles and chase the “fountain of youth.”

While I was chatting with Tony and Zita in their retirement home in Arichat, a beautiful apartment overlooking the Arichat harbour, it was like I had known them all my life as they shared stories about their lives spent in Isle Madame.

Earlier this month Zita turned 81 years young. When I met with Zita and Tony to hear their story, I was struck by how they both are so youthful and how the way they approach their lives helps to keep them young at heart!

I knew I wanted to feature Tony and Zita when I heard they were being honoured in a fitting tribute in July. Friends and family gathered at La Picasse centre Communautaire to recognize their dedication to preserving our Acadian culture and giving back to the community. A special presentation of a colouring book featuring Zita and Tony's beloved scarecrows, created by Micheline Landry and Louise Migneault, was gifted to them during the celebration for their creativity and spirit.

That creativity and spirit came through the entire time we chatted. It seemed like I had been there for only 30 minutes when I noticed that two hours had passed. Hearing about Zita's early days running a catering business at Booths Fisheries and Tony's career as a union man was both interesting and fascinating to me at the same time. Everyone has a story, and our lives are a total of the many chapters. Some, still yet to be written.

And so their story begins....

Anthony (Tony) was the eldest child born in Cape Auguet in April 1943 to Edgar (Gussie) and Melinda (DeCoste). He has two brothers, Teddy, Narcisse, (deceased) and two sisters, Angela and Ann Marie.

Zita was born in Samson's Cove at her grandparents, Steven and Eugenie Samson, in October 1944, to Baptiste and Madonna (Landry). Her mother told her that when she was born, “she was so small, they put her in a shoebox.”

Zita was the second child, siblings include Claire (Kehoe), Julianne, Larry (deceased) and Gary.

French was the language used at home, and it was not until they started school that they spoke English. Early years in school for both was in a one room school house, Zita in Little Anse and Tony in Cape Auguet. After about two years in school, Tony's father got a job at the fish plant so the family made a big move to Petit-de-Grat. He worked on the boats that travelled from Halifax to Arichat as a merchant marine. Tony remained in school and eventually went to the Convent in Arichat for his grade eleven, Cyril Boudreau was his bus driver.



The Coloring Book of Scarecrows



Tony and Zita childhood photos



“Couples that Play Together Stay Together”

... continued

Zita left school early and joined the workforce at a young age. She spent a few years working the night shift at Booths Fisheries in the fish stick department. They sold fish sticks back in those days!

Tony had a couple of jobs before being promoted to a position in the stock room at Booths Fisheries: first cutting ice at Grandique Lake during the winter months and then a short stint smoking fish and as a fish cutter. Tony went on to spend 31 years working for Booths Fisheries, which later became Richmond Fisheries, in both the stock room and later with diesels and engines. Throughout his time, Tony was active in the local Union. Highlights of his union time included a fire that was set by outsiders, and a time of civil disobedience which resulted in people being evacuated by helicopter.

While Zita and Tony knew of each other, a romance soon blossomed, and they married in April 1965. A year later in 1966, their first of three sons, Richie was born in 1966, followed by Jerry in 1968 and David in 1969.

During those years when the kids were small, Zita ran a small catering business making lunches for the employees at Booths Fisheries. These were the days before we even heard of catering. Every morning, she would make pies, sandwiches, and hot dogs. Tony would come home over lunch and would return to deliver catered lunches to fellow employees over the lunch hour. For just 25 cents, you could buy a piece of pie, and for another 25 cents, a hot dog or sandwich. On occasion, for the night shift, you could buy a full turkey dinner for just one dollar.

Both Tony and Zita have many hobbies and passions that they have carried throughout their lives, and others they developed later in life.

Zita’s passion has always been cooking, crafting, sewing, painting and decorating. In fact, one might say she was a cousin to Martha Stewart. She loves the opportunity to be creative. Over the years there have been numerous halloween costumes designed, meals prepared, and events organized with Zita involved in one way or another!

Fund raising for school trips and volunteering were themes that have been a part of their 60-year marriage, Tony served as a board member on the Parish Council, La Picasse, St. Anne’s Centre, and they both volunteered for the Acadian Festival. Due to a family wedding, this was the first year they missed the festival in 55 years.

For many years, Tony was active in the local Liberal Association and Zita with the local CWL for 55 years. Zita has held every position except secretary over these years.



Booths Fisheries - 1961
From left to right: Ann Benoit, Elaine Samson, Zita Thibeau, and Maggie Fougere



Zita and Tony on their wedding day in 1965.



**Zita doing what she loves...
Cooking up a storm**



**Zita doing what she loves...
Recent painting**



50th Year CWL Pin for Zita



“Couples that Play Together Stay Together” continued

They both love music and sing in the choir. At 60 years of age, Tony took five guitar lessons, and a star was born! He loves playing Old Country Music and performing at places like the St Anne’s Centre, and the Bonnie Brae Seniors Club. As he says, *“Nobody is going to Nashville.”*



Tony with his guitar



They love to socialize and are active members of the Louisdale Fleur-de-Lis and Isle Madame New Horizons Seniors Clubs.

Mark Twain said, “Find a job you enjoy doing, and you will never have to work a day in your life.”

One of Tony’s passions is baseball and after playing just one year for the Little Anse Hawks, he went on to spend 35 years as an umpire for Richmond County Intermediate baseball and for national baseball tournaments.



Zita and Tony with their namesake scarecrows

The year the Little Anse Hawks won the provincial intermediate baseball championship, Zita and Tony prepared an entire buffet for 150 people.



Tony and Zita’s Boys from left to right, David, Jerry and Richie on right.

Back to the story about the scarecrows. In 2024, to honour the upcoming 250th Anniversary of the Expulsion of the Acadians in 2005, they created twenty-five scarecrows depicting Acadian life scenes. Their work won first prize. In 2005, for the Samson/Thibeau Reunion they created another 15. That same year, the Tall Ships came to Arichat and over 800 people came to view the scarecrows and sign the guest book. This spring, Zita and Tony offered two workshops so others could learn the art of scarecrow design.

When I asked what their secret was to live a good life:

- Get involved, stay involved.
- Walk or move a little every day.
- Take time to spend with people.
- Stay active and keep going.
- Don’t give up at the first argument.

When Tony first retired, they travelled, a couple of trips to Nashville, a cruise, Dominican Republic, Florida, and a few trips to baseball games. Now, they are content staying closer to home with occasional trips to Halifax and Moncton to see their boys and families. They have six grandchildren and three great grandchildren.



All the grandchildren

Zita and Tony have a strong faith and deep love for all things related to family. They believe in Paying it Forward and are always willing to help lend a hand.

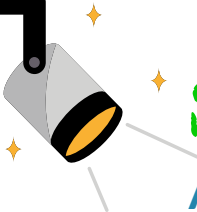


The great grandchildren



A copy of this article in French can be viewed online at: <https://online.pubhtml5.com/qkgt/owns/>





Spotlight on:

Affordability in Richmond County

By: Julie Freeman

Two people we are, who came 'from away' six years ago to settle into a sweet, retired life on the Canadian East Coast. It was a far stretch from Ontario, in ways we couldn't even have begun to imagine. We happily left behind congested highways, city overcrowding, and a life that was becoming too costly to maintain on fixed incomes. We simply fell in love with the region we'd chosen as a summer sailing venue: the shores of Bras d'Or and the majestic Atlantic, among people who exemplify the word 'community'. A dream-come-true.

That part hasn't changed. We live our lives in a small fishing hamlet, deeply involved in the community. But other, profound changes have crept in, a recognition—a feeling, for the first time, of vulnerability. It's all around us, and although the whole country struggles, here in Richmond County its very personal. These days, there is never a visit to our small local supermarket when I don't see my own dismay at prices reflected in others' faces. And more times than not we turn away from items, like beef, that we just can't afford to put on the table anymore. We glance at each other, grimace, and know that food insecurity is rampant.

That's a phrase I'd never heard before, food insecurity, until it began creeping in during the COVID epidemic, when store shelves were sometimes empty, supply chains compromised. We'll recover, we all thought, once this is behind us, not knowing that we were already into unprecedented global shifts. Now we stand together with our 'Elbows Up' in defiance, but the cost of that is the diminishing affordability of not just the extras, but the staples, the necessities. Healthy choices are often out of reach, and terms like 'struggle meals' and 'poverty potluck' are becoming common.

We're challenged by influences beyond our control, often global, but also by the very microcosm of life on this small island. A small retail marketplace means our choices are very limited, competition is sometimes just an illusion, created by large distributors who manipulate our alternatives. To meet our diminishing budgets, we find ourselves dashing between stores to cash in on perceived bargains, never feeling satisfied that we can count on reliable sources anymore.



And the luxury of comparison shopping is only possible if we have a car and the cost of running and maintaining them brings harsher reality here on the salty windswept shores.

Even from a government perspective, support seems to be dwindling. Energy being an unwieldy expense here, it's a hit when the government lowers the net income threshold and payment from \$600 to \$400 for the heating assistance program. Learn more: <https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program>

Some have to make choices between rent, food, medications and power every month, those expenses don't shrink and this heating rebate made a difference.

Where do we look for hope and ways to adapt and survive?

Cape Breton Island has a deep history in exactly that...adapting and surviving - even thriving - in hardship. People who have come together through adversity by learning from each other, sharing skills and resources and taking a communal approach in a local economy. We're seeing it rise again already. Remember when houses here were not only family homes, but also frequently small stores? I've heard those stories in my time here. And now I see an explosion of small, pop-up businesses that I turn to for fresh fruit and vegetables grown just down the road, and baked goods from home kitchens on road stands. Some businesses have taken a mobile approach, bringing good quality fresh and frozen fish and meats to scheduled locations at prices that compete favourably with retail stores. Online buy-sell groups are flourishing, offering everything from used items to re-purposed goods, and even skills from independent tradesmen and crafters whose families you've probably known your whole life.

Supporting these outlets not only provides incomes for those individuals and families, but it's also very real competition for the large retailers. Alternatives like these provide us with more affordable, healthy choices, but also an income for people who have an intention of keeping pricing to a moderate sustainable profit.

"The times, they are a-changin" said Bob Dylan. "Again"





Spotlight on: Seniors for Climate Action

By: Paul Strome

The Seniors For Climate project was founded by six Canadian climate organizations led by seniors : Suzuki Elders; Climate Action for Lifelong Learners (CALL); Grandmothers Act to Save the Planet (GASP); Climate Legacy, For Our Grandchildren (4RG); and Seniors for Climate Action Now! (SCAN!). The founders are combining their resources to ensure the success of Canada-wide climate days of action.

Seniors are deeply alarmed by the climate crisis and we are one in four Canadians. We have outsized political, economic and social power. And we vote!

We have a major role to play and we have motive, commitment and opportunity. Along with our children and grandchildren, we face a climate emergency. We need faster and better climate action.

This year, we organized across Canada on Earth Day in April and along with our partners, a full-out climate day of action this past September 20th at 100 locations. This rally was called “Draw the Line” and it was the largest mobilization of seniors in our country’s history which sent a message that cannot be ignored.



Climate Day of Action in Antigonish on September 20, 2025.



What
can you
do?

- We’re in a climate emergency. We must phase out the use of fossil fuels.
- We need to speed up the transition to renewable power and clean energy.
- Climate change is affecting our health – extreme heat, wildfires, floods, storms, droughts. We know this was not normal in our earlier lives, and storms that used to be “once in a hundred years” are now regular occurrences.
- Action on climate must be intergenerational and intersectional: joining with all ages, including youth, First Nations, the disadvantaged and equity seeking populations. We’re all in this together.
- We must stop our government, banks and pension plans from supporting the oil and gas industry.
- Build stronger alliances with Indigenous peoples who are leading the resistance to fossil fuel expansion.
- Learn how to engage people who are not yet part of climate activism.

This requires a reframing of issues currently exploited by fossil fuel companies and the politicians who protect them. Fighting climate change requires on-the-ground work in neighbourhoods, schools, places of worship, workplaces, and more.

So please take a look at seniorsforclimate.org for more information about the issues we face, possible solutions and how you can get involved!

We welcome the opportunity to help set up a Seniors for Climate group in Richmond County.

For more information that may help please contact sailorstrome@gmail.com or seniors4climate.antig@gmail.com in Nalikitquniejik (Antigonish).





Spotlight on:

Seniors and Pharmacists - Go Together Just Like Peanut Butter and Jelly

By: Paul Zinck

Pharmacists are now more able than ever to help seniors with their health and medications. Pharmacists have always been there to guide seniors through the hurdles that come with aging bodies, so they can stay as active, involved and independent as possible.

My name is Paul Zinck and I have been a pharmacist in Richmond County since moving to River Bourgeois in 1997, shortly after graduating from Dalhousie College of Pharmacy and leaving my hometown of New Glasgow in Pictou County. I have spent most of my 28 years in the profession in St. Peter's, and I immediately felt like I belonged here, and knew this was a place where I wanted to set down roots. I love living in a rural area with all it's beautiful nature and close-knit communities, knowing your neighbours and being related to half of them!

I was a partner, owning half of MacDonnell Pharmacy since 2009, and selling my half in 2022. Since then, I have worked as a relief pharmacist, helping short-handed pharmacies across the province, mostly close to home. I love the freedom of making my own schedule now after 23 years of facing the demands of managing and owning a pharmacy.

Many people are familiar with the advice and education pharmacists provide about medical conditions and the medications that are prescribed to them. Blister packing services can be a great tool for people when their medications start to increase in number and complexity. Blister packing can really lower the risks of making an error in how you take your medication and offer the benefit of having all your medications due at the same time, saving many trips to the pharmacy.

Pharmacy has changed dramatically since I graduated 28 years ago! I never imagined then that I would be giving vaccinations for the flu, shingles, travel illnesses and Covid among many others! Other new services you may already be using at your local pharmacy include INR testing (for people taking the blood thinner Warfarin), where your pharmacist can adjust your dose and prescribe the strength you need.



Paul with his mom, Fern Zinck

Pharmacists can also prescribe for many “minor ailments” such as shingles, bladder infections and cold sores, and many others you can find listed on the Pharmacy Association of NS website, <http://www.pans.ns.ca>. These services can save people long waits at outpatient departments and improve access to assessment and treatment closer to home. These services also reduce wait times at doctor's offices and hospitals where patients used to have to go for these services. Minor ailment assessments are normally done by appointment with your pharmacist.

Another new service that can be valuable to seniors is having their prescription renewed by their pharmacist. Many people who have no family doctor or cannot get an appointment before their medication runs out are relieved to find out their pharmacist can help in these situations. Pharmacists will usually make an appointment with you to ask a few questions to make sure it is safe and appropriate to renew your prescription. We can even look at your bloodwork to ensure there are no issues with your medication!

As these new services require time and attention from your pharmacy team (assistants and technicians keep the dispensary running), please try to help us help you! By ensuring you have refills on your prescriptions and giving your pharmacy 24 hours notice before you need the medication, it can give us the time to help you with some of the newer services we just reviewed. Pharmacists truly value the relationships we have with our seniors and the most rewarding part of the job is knowing when you have made a difference in someone's life!



Spotlight on:

Introducing Homeward Bound Nova Scotia: Empowering Aging in the Right Place in Rural Nova Scotia

By: Homeward Bound Team

Aging is a journey and no one should have to leave behind what matters most.

Earlier this year, Cape Breton University's Dr. Alison Grittner and team received a major Focused Research Investment (FRI) award from Research Nova Scotia. Homeward Bound is a seven-year project focusing on enabling older adults to remain at home throughout their golden years through healthcare, housing, and social support initiatives.

Did You Know?

By 2030, nearly **1 in 3 Nova Scotians will be 65 or older**. Many live in rural communities where distance from healthcare, safe housing, and social isolation can be real challenges. That's why Homeward Bound NS is working to ensure older adults can continue to live in the places they love, with the right supports in place.

What We're Focusing On

We are beginning our work with communities and community members across Nova Scotia's Eastern Health Zone, an interdisciplinary approach that brings together expertise from social work, medicine, architecture, occupational therapy, economics, gerontology and collaborative lived experience.

Together, we are exploring practical solutions for:

Housing – Homes adapted to meet changing needs, ensuring safety and comfort

Healthcare & Access – Mobile and virtual supports close to home

Social Connections – Reducing isolation and building stronger community ties



Our focus is on Naturally Occurring Retirement Communities (NORCs) neighbourhoods where many older adults live, not by design, but because people have stayed in their homes as families grow, children move away, or older adults choose to remain rooted in familiar places.



“These communities weren’t specifically designed for seniors, but they naturally become places where aging in the right place is possible,”
- Dr. Alison Grittner, Project Lead

Listening to Community Voices

A vital part of Homeward Bound NS is community engagement. We have formed a Lived Advisory Council (LAC) made up of older adults and community members who will share their experiences and help shape our work.

You may have seen some of our team at the Seniors Take Action Coalition in September, and at the Aging Well NS workshop in Mabou on Oct. 7th.

If you have an event or a community gathering that you would like us to speak at, please get in touch. We're looking forward to helping shape the future of aging for rural Nova Scotians with you!

To learn more or get involved...

Visit: www.homewardboundns.ca

Email: homewardboundns@cbu.ca

Follow us: Facebook & Instagram (@HomewardBoundNS)





COMMUNITY CORNER

update



An Eastern Counties Regional Library (ECRL) card will provide you with endless hours of entertainment, no matter where you live! Drop into one of ECRL's library branches to learn about local services. Find information about your local library by visiting <https://ecrl.ca/locations> or calling ECRL Regional Office toll-free at 1-855-787-7323.

ECRL also offers a great selection of library services that you can access online. Your library card gives you access to ebooks, audiobooks, movies, magazines, newspapers, music, and more. You can also learn a new skill, a new language, or get reading recommendations for your next great read. Get started today at <https://ecrl.ca/digital-library-services>

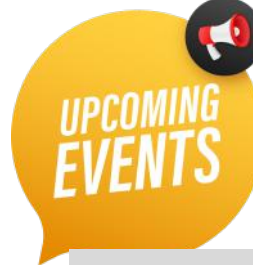
Need a new library card? To register on-line visit <https://ecrl.ca/using-the-library/registration>

Upcoming Events at Petit de-Grat Public Library:



- **Conversation Club** – Thursdays @ 12:00 p.m. – Join others to improve your French/English conversation skills!
- **Fiber Arts Fridays** – @ 2:00 p.m. – Bring your work in progress, gather inspiration, and meet others.
- **Find the Facts workshop**
Nov. 7 & 8, 3pm to 6pm
Join Josie Robinson to learn about what's real and what's fake on the internet.



Richmond County Literacy offers a **free Digital Literacy Program** where you can get one-on-one support with using your cellphone, laptop and tablet. Call Arlene at 902-535-3304. She has regular times weekly in L'Ardoise, St Peter's, Arichat and Louisdale locations.



Join us for
"We Care Day" hosted by Fleur-de-Lis Seniors Club

Nutrition and Diabetes

with **Ashley Lavandier, Nurse Coordinator**
Jodi Morine, Dietitian
from the **St. Anne's Centre Diabetes Clinic**

Wednesday, October 29, 2025
10 am to Noon
Lunch provided

Louisdale Parish Hall, 148 Grandique Ferry Road
Followed by the monthly meeting for the Fleur-de-Lis Seniors Club at 1pm

Seniors Centre Without Walls is possible due to the financial support from the Province of Nova Scotia's Age-Friendly Community Grant and the Municipality of the County of Richmond

Dr. Kingston
NORWALD COMMUNITY
READING CENTRE

C·I·V·I·X

CTRL-F

ecrl eastern counties REGIONAL LIBRARY

Find the Facts:

Learn to tell what's real and what's fake on the internet

FREE WEEKEND WORKSHOP

OPEN TO ADULTS OF ALL AGES

What you'll learn:

- How algorithms decide what you see.
- What is Click-Bait? What is Rage-Bait?
- How to fact check.
- Understanding the Facebook news ban.
- Basic AI awareness.
- Being a good digital citizen: What to do if you see something fake or harmful online.
- AND MORE!

If you need a tablet or laptop, one can be provided to you for free. Please let us know!

NOVEMBER 7TH AND 8TH
3:00 – 6:00 PM
Location:
Petit de Grat Public Library
5435 Highway 205,
Petit-de-Grat,

TO REGISTER:
Contact Josie Robinson
902-587-2800 ext 4
ecpr.dkmchc@gmail.com

Join us for
"We Care Day" hosted by Fleur-de-Lis Seniors Club




"Understanding Hearing Loss: mechanisms, symptoms, treatments and costs"

Robert Murphy, Audiologist
Nova Scotia Health

Wednesday, November 26, 2025
10 am to Noon
Lunch provided

Louisdale Parish Hall, 148 Grandique Ferry Road
Followed by the monthly meeting for the Fleur-de-Lis Seniors Club at 1pm

Seniors Centre Without Walls is possible due to the financial support from the Province of Nova Scotia's Age-Friendly Community Grant and the Municipality of the County of Richmond



COMMUNITY CORNER update



Learn more about Bereaved Families of NS: <https://bfocb.ca/>



Bereaved Families of NS 6-week Living with Grief

Bereaved Families of NS in partnership with Seniors Take Action Coalition will be offering a compassionate support through our 6-Week Living with Grief Program. This carefully designed program provides a safe space for those navigating the pain of loss, led by trained facilitators with lived experience and the understanding of how it feels to lose a loved one. Facilitated by **Celeste Gotell and Sonia Morris**.

6-week Living with Grief Program

October 23rd - November 27th

Thursdays, 1:00 PM - 3:00 PM

Glen Sampson Room 156 Grandique Ferry Road, Louisdale, Nova Scotia

Registration is required to attend this program

Visit our website to learn more or to register: <https://bfocb.ca/>



BEREAVED FAMILIES OF NOVA SCOTIA



Seniors Take Action Coalition
... promoting age friendly communities

Contact us:

Phone: 902-564-6795 or Email: info@bereavedfamiliesns.ca

WE CAN HELP!



Bereaved Families of NS Support 'N' Share Sessions

Are you struggling with questions about how to cope with grief or where to find the support you need? Bereaved Families of Nova Scotia's monthly Support and Share Sessions provide a safe, understanding space where you can connect with others and receive compassionate guidance. Each session offers practical tools, helpful resources, and real conversations that ease the confusion and loneliness of loss. Walk-ins are always welcome—come as you are and find comfort, clarity, and connection on your healing journey.

Support N Share Dates and Locations:

Thursday, October 16: 1:00 PM - 2:30 PM

Glen Sampson Room 156, Grandique Ferry Rd, Louisdale

Tuesday, November 4th: 1:00 PM - 2:30PM

Isle Madame New Horizons Club 2373 Highway 206, Arichat

Wednesday, December 3rd: 1:00 PM - 2:30 PM

Bonnie Brae Seniors Club, 14 Toulouse St. St. Peters



BEREAVED FAMILIES OF NOVA SCOTIA



Seniors Take Action Coalition
... promoting age friendly communities

Contact us:

Phone: 902-564-6795 or Email: info@bereavedfamiliesns.ca

WE CAN HELP!

Dr. Kingston MEMORIAL COMMUNITY HEALTH CENTRE

MEMORY CAFES

A social environment for people living with dementia or other memory loss and their families. **These events are free to attend**

What is a memory cafe?

- Creative activities
- Entertainment
- Snacks and beverages
- Low stimulation, non-memory based conversation

FALL AND WINTER 2025 SESSION DATES:
October 7,
November 4, December 2
1:00 - 2:30 pm

40 School Road, L'Ardoise Nova Scotia, B0M 1S0

Call to register
902-587-2800 Ext 3

Seniors Centre Without Walls FOR RICHMOND COUNTY

A PROJECT HOSTED BY
Seniors Take Action Coalition

NEW LAUNCH

Check out our new program called Age-Friendly Community Conversations on Telile Community Television

Seniors Centre Without Walls is possible due to the financial support of the Province of Nova Scotia's Age-Friendly Community Grant.

You can access past episodes on the Telile YouTube Channel-

<https://www.youtube.com/@telilecommunitytv/videos>

To view or download the 2025-2026 Positive Aging Directory, visit: <https://novascotia.ca/seniors/directory/positive-aging-directory.pdf>





GRANTS AVAILABLE

for organizations and individuals



Useful links

- o <https://caregiversns.org/>
- o <https://alzheimer.ca/ns>
- o <https://ns.211.ca/>
- o <https://nscommunitylinks.ca/>
- o <https://novascotia.ca/seniors/>
- o <https://novascotia.ca/dhw/ccs/> (Continuing Care)
- o <https://housing.novascotia.ca/programs/housing-programs-seniors>
- o <https://mha.nshealth.ca/en>
- o <https://fountainofhealth.ca/>
- o <https://www.legalinfo.org>
- o [Nova Scotia Centre on Aging \(msvu.ca\)](https://www.novascotia.ca/aging/msvu.ca)
- o <https://www.nshealth.ca/frailty>
- o <https://www.nsc.ca/landing/corah/> (Centre of Rural Aging and Health [CORAH])
- o <https://griefmatters.ca/>
- o <https://www.mygrief.ca/>
- o <https://www.chpca.ca/>
- o <https://www.virtualhospice.ca/>
- o <https://von.ca/en/locations/richmond-county/>
- o <https://bfocb.ca/> (Bereaved Families of NS)
- o <https://rcln.ca/> (Richmond County Literacy Network)
- o <https://drkingstoncommunityhealthcenter.com/>
- o <https://www.moneypath.ca/>
- o <https://benefitswayfinder.org/starting-points/retirement/nova-scotia>
- o <https://www.mcmasteroptimalaging.org/age-well>
- o <https://www.ableplatform.ca/>
- o <https://www.homewardboundns.ca> - NEW

NOVA SCOTIA

Applications are open for the **Age-Friendly Communities (AFC) Grant Program**. This program provides funding to support initiatives that help older Nova Scotians remain active, healthy, and engaged in their communities. **Application deadline:** Nov. 3, 2025 (11:59pm AST), <https://novascotia.ca/age-friendly-grant/>



The Nova Scotia Hospice Palliative Care Association is pleased to announce that the Healing Pathways Community Funding Grants application process accepting applications until November 14 at 4:00 PM. This program supports community-led initiatives that expand grief, bereavement, and emotional wellness services across Nova Scotia.

Learn more and apply: healingpathways.nshpca.ca/apply-now

Home Adaptations for Seniors Independence - Helps homeowners pay for home adaptations so seniors with low incomes can stay in their homes independently for longer periods of time. A one-time forgivable grant of up to \$3,500 is available. [Click here to learn more.](#)



Senior Citizens Assistance Program - Provides assistance to senior homeowners (age 65+) who would like to remain in their own homes, but cannot afford necessary repairs. [Click here to learn more.](#) Call one of our caseworkers today at 1-844-424-5110.



FOUR Important Grants open NOW

Seniors Care Grant
\$750 for healthcare services, household expenses, heating, etc.
Eligibility: Seniors with household NET income of \$45,100 or less who live in a home or apartment.
Apply before March 31, 2026

Property Tax Rebate for Seniors
50% of 2024 Property Taxes up to a maximum of \$800.
Eligibility: Seniors who own their homes AND are eligible for GIS or Allowance as of July 1, 2025.
Apply before December 31, 2025

Heat Assistance Rebate Program
\$400 to help with the cost of home heating.
Eligibility: ANY Nova Scotians with NET income below \$30,000 (single), \$45,000 (household), or receive Income Assistance, GIS or Allowance.
Apply before March 31, 2026

Low Income Property Tax Exemption Program
Property Tax Credit of up to \$200.
Eligibility: Richmond residents with household income of \$30,000 or less who are not eligible for other property tax rebates.
Apply before August 15, 2026

Property Tax Rebate for Seniors - [Click here to learn more](#) or call, toll-free: 1-800-670-4357.

Seniors Care Grant - Government of Nova Scotia: [Click here to learn more.](#) Apply for help with household, healthcare and home heating costs. all, toll-free: 1-800-670-4357.

Low Income Property Tax Exemption Program - Richmond County: [Click here to learn more.](#) Call 902-226-2400 or toll-free, 1-800-567-2600

Heating Assistance Rebate Program - Government of Nova Scotia: [Click here to learn more.](#) Apply for a heating assistance rebate. Call, toll-free: 1-800-670-4357.





LAST WORDS

Celebrating and thanking the many local businesses and organizations in our communities operated by older adults

She's Fifty and Fabulous

Joanne's passion for self-care includes a wide range of esthetic services and crystal energy healing work. Joanne is happiest when making people feel good about themselves. So, whatever you need done, she'll be sure to make you feel pampered. She uses natural organic products.

You can indulge in a facial, manicure and several different types of pedicures (paraffin, detox and hot stone) with an option of both gel polish or regular polish for your nails. Maybe it is waxing that you need to have attended to? If so, you can choose from a wide variety of waxing services. You can also have your eyebrows and eyelashes tinted. Joanne offers a 15% discount for anyone who books a facial during their birthday month.

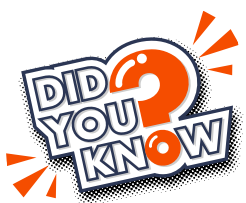
Joanne Kozak -Gotell began her career as an esthetician back in 2004. She worked for 18 years in Calgary, Alberta, including 10 years at the Award Winning, Riverside Spa. She moved to Dundee in 2020 with her husband. Over the years, she had many opportunities to work with a wide range of clients with varying health needs such as diabetes and cancer. She also has experience providing services to many seniors. You can feel safe with her experience and knowledge.

Please remember to wear/bring loose pants and flip flops for pedicures and arrive with clean skin for facials.

BodyWorx Massage Therapy and Esthetics 47 Paint Street, Unit One the Port Hawkesbury Mall. You can book an appointment at <https://bodyworxclinic.square.site/> or you can call or text her at cell# 403-461-1363.

[Her Facebook page is Salt of the Earth Esthetics, click here to join.](#)

Salt of the Earth Esthetics



The Municipality of Richmond County has an entire section on their website dedicated to seniors resources. where you will find our monthly calendar and newsletter. Click the link below to visit the webpage:

[Seniors Resources and Support - Richmond County, Nova Scotia](#)





Seniors Clubs and Organizations in Richmond County



Arichat

Gloria Samson
Isle Madame New Horizons Seniors Club
gemsamson27@gmail.com
902-219-3102

Grand River

Joanne McCormack
Grand River Seniors Club
bilmac1111@yahoo.com
902-587-2143

L'Ardoise

Derek Hughes
L'Ardoise Jolly Seniors Club
dehughes09@gmail.com
613-863-0298

Louisdale

Robert Goyetche
Fleur de Lis Seniors Club
rgoyetche1951@outlook.com
902-345-2232 or Cell 902-227-7079

Dundee/St. George's Channel

Doris Matthews
South Mountain Arm of Gold Association
dorismatthews123@gmail.com
902-345-0495

Lower River

Peggy MacNeil
Riverdale's Seniors Club 55
pegmacneil@eastlink.ca
902-625-0166

Port Hawkesbury

Francis Lamey
Strait Area Evergreen Senior Citizens' Club
fmlamey@hotmail.com
902-625-3962

Red Islands

Howard MacIntyre
Bras D'Or Lakers Seniors Club
howarddmacintyre@gmail.com
902-631-5643

River Bourgeois

John Digout
River Bourgeois 50+ Seniors
Johndigout@icloud.com

Rocky Bay

Cynthia Blackmore
Rocky Bay Irish Club
cynthiawalterblackmore@gmail.com
902-302-3922

St. Peter's

Pat Leachman
Bonnie Brae Senior Citizens Club
palkal@icloud.com
902-535-2835

Others Seniors Groups

Richmond County Branch of Retired Teachers
Donna Machin
richrtopres@gmail.com

Le Regroupement de Aines et Aînées de la Nouvelle-Ecosse

Janine Lacroix
janine.capricorne@gmail.com
902-226-0077



Heartfelt thanks to the Municipality of the County of Richmond for their financial support, which allows us to continue with our *Seniors Centre Without Walls*, produce this newsletter, calendar and organize other activities.

THANK YOU! MERCI!

Meals on Wheels



Mealtime just got more nutritious, balanced and convenient.



Glenda Richards
Program Coordinator

If you or someone you know may benefit from Home Support services or the Meals on Wheels program, 902- 345-2900 or contact Continuing Care at the toll-free number, [1-800-225-7225](tel:1-800-225-7225).

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Follow us on Facebook!



<https://www.facebook.com/groups/1161257753926917>

Or search "Seniors Take Action Coalition"

