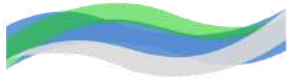




Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition
...promoting age-friendly communities



Coalition des aînés en action
...soutien aux communautés amies des aînés

SENIORS CENTRE WITHOUT WALLS

TOOLKIT

January 2026



Creating a 'Seniors Centre Without Walls' in Rural Richmond County

Our story... 'The Little Engine That Could'

The Seniors Centre Without Walls was a pilot project funded by the Department of Seniors and Long Term Care Province of Nova Scotia Age-Friendly Community Grant.

The project ran from April 2024 to December 2025.

Forward

This toolkit tells our story, using a flexible approach to design a Seniors Centre Without Walls tailored to the specific issues and needs in our rural communities in Richmond County, Nova Scotia. We hope that the lessons we learned along the way provide you with some ideas about ways that you might approach what you do to support older adults in your communities.

Rural communities often have unique traits that make reaching seniors more challenging. Over 46% of Richmond County, Cape Breton population of about 8,900 residents are over the age of 55 years old and live in many smaller communities throughout a large geographical area.

We have several seniors' clubs located throughout the county that provide a wide range of social activities like card games, crafts, dinners, dances, bingo, and some also provide educational opportunities. For the seniors that attend these activities this is meeting a huge social need. However, we also know that our population is aging and the same people that are volunteering to make these activities happen are the wanting to slow down.

Our pilot project was meant to be a change from the traditional concept of a seniors centre without walls, which typically is a way increase social connection for seniors without having to leave the comfort of their own home. Most of these models offer a free interactive telephone-based facilitated programs using technology where participants can connect using a multi person phone platform. Typically, no special equipment needed you can either call in or have the host call you. Using group telephone calls, seniors can engage in various activities, music, crafts, educational and health and wellness programs! often the program is presented using zoom computer or tablet. This type of virtual centre makes it possible to offer the benefits of an in-person experience, conveniently accessible via telephone.

Our Seniors Centre Without Walls was different in that we used a multi-prong approach to engage with the seniors in our communities throughout Richmond County.

It focused on three key areas - Communication and Information Sharing, Engaging and Learning, and Collaborations and Partnerships.

Who we are

Seniors Take Action Coalition (STAC) was established in 2016. In July 2023, it became a non-profit organization with the Nova Scotia Registry of Joint Stocks.

Vision: Healthy communities supporting seniors' well-being by promoting age friendly communities.

Mission: The coalition assists, supports, and advocates to facilitate addressing the issues and concerns of seniors.

The objectives of STAC are:

- To create linkages and partnerships amongst individuals, groups, and organizations interested in the welfare of seniors in the Strait Richmond Area.
- To recognize the leadership and contribution of seniors in our communities.
- To support socially isolated seniors in their communities.
- To be strong advocates on seniors' wellness issues.
- To improve communication to connect seniors with the resources they need for their wellness.

Over the last 10 years, STAC has been involved in a number of activities all designed to support older adults and promote an age-friendly community in Richmond County. Some of the activities include planning conferences, arranging educational presentations, partnering with seniors clubs to provide programming, social media campaigns, a quarterly newsletter, a monthly calendar and an active Facebook group to share information.

Key partnerships have included a research project referenced below called ACTing Collectively and involvement in a project called Mind, Body and Spirit, a Collaborative Approach to Addressing Mental Health and Social Isolation for Older Adults in Rural Richmond County.

The Seniors Take Action Coalition of Richmond County does not have a physical building. As an organization, it works with others to create opportunities for seniors in our communities.

How we carried out our project

The funding allowed us to hire a part-time contract person that was able to carry out the activities associated with the project. We also had an advisory committee that met regularly to offer support to this individual, discuss various approaches, and provide feedback and input on the different components of the project.

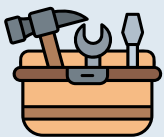
The coordinator also provided monthly updates to the Board of Directors on how the project was going and sought their advice when things required adjustment. The Advisory Committee also helped with the planning of the Community Health and Wellness Expo.

Why a toolkit?

This toolkit was developed so senior serving organizations in rural communities that are looking to provide innovative and responsive programs and activities for older adults can learn from our experience.

While many community organizations receive funding to offer programs in their communities, there is no one central place where we can go to access this information, share our successes and learnings with others.

Although rural areas are diverse and unique, many also have a great deal in common. We hope you find the toolkit is a user-friendly guide for planning and delivering programs in your communities using a less traditional approach to discover new ways to bring information and programs to where people live.



How to use the toolkit

The toolkit is divided into three categories and the various activities are featured in each section. Examples have been provided of activities that we offered as part our virtual centre and hyperlinks have been included throughout for you to explore further, if you wish.

A few tools in the toolbox...



We have a free account with **Canva** as a non-profit which allows us to create promotional material. It is a user-friendly program and several people on the team can access it. <https://www.canva.com/>.



We have an annual subscription (\$215.00) to a digital publishing platform called **Pubhtml5** which allows us to upload documents for viewing in a flipable magazine format. There is also a free version. <https://pubhtml5.com>.



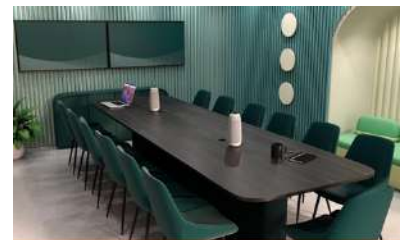
A **Facebook group** differs from a **Facebook page**. Depending on how you plan to use it, they both offer different options. A **page** is for public branding and an official presence (like a business) while a **group** is more for community, discussion, and interaction among members with shared interests.



A free **Zoom** basic account allows you to host up to 100 participants with a 40 minute time limit on group meetings. It includes unlimited 1-on-1 meetings, screen sharing, virtual backgrounds, and local recording. The 40 minutes time has limitations. An annual membership is about \$240.00 Canadian. Sign up at zoom.us/signup using your email, Google, Apple, or Facebook account.




We invested in **OWL technology**, a system that allows a group to be full participants during a meeting or a session as the camera travels when someone speaks. It provides 360° cameras, mics, and speakers. You can purchase via Amazon. For more information on OWL technology, visit <https://owllabs.com>.



Adaptable
tech

Expands to spaces up to 28 feet
with two Meeting Owls



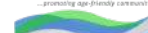
Key Area One: Communication and information sharing

Keeping older adults informed about community events and broader community information allows seniors to be better connected to their community, helps to reduce social isolation, and supports them in their daily lives.



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition



Coalition des aînés en action



We are fortunate to have a local community television station in Richmond County. This provided the opportunity to partner with them to have programs air on television that could reach seniors without access to the internet and social media for information. The programming was developed on Zoom and then provided to Telile to air. We developed background visuals to appear like we were in a television station. If you have your own Facebook group you can post things like this directly for viewing.



Produced a weekly calendar that airs daily at 9 a.m. and 5 p.m., and are available on their YouTube channel.

[Click here to watch.](#)



Produced episodes that air multiple times and are available on their YouTube channel.

[Click here to watch.](#)

Telile Community Television is pleased to collaborate with the Seniors Centre Without Walls to improve access of information to seniors in Richmond County. They are innovative and always willing to explore new approaches to reach seniors. During this project we worked together to bring two new programs, **What's Happening**, a weekly calendar that began in November 2024. What's Happening has over 50 episodes have aired since its launch. All episodes are on our YouTube Channel.



Age-Friendly Community Conversations was launched in the spring of 2025. It is a conversation style format that features guests that talk about various programs, services that all support an age-friendly community. We have aired 10 episodes to date, and they are also located on our YouTube channel.

- **Becky Bourinot, Station/Production Manager**



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition
promoting age-friendly communities
Coalition des aînés en action
favoriser des communautés amies des aînés

Better with Age newsletter

Our quarterly newsletter reaches thousands via an online subscription and shared via social media.

It is posted on the Richmond County Municipal website and printed copies are available in the community. Articles are contributed by older adults from our community, and other organizations. It also Includes useful information on aging well and age-friendly communities. Finally, it celebrates the contribution of seniors. This publication is produced in Canva.



Click on an issue below to check them out!



2024 Final Summer Issue Better With Age

Pubhtml5 /



Final Fall Issue 2024 Better With Age

Pubhtml5 /



2025 Fall Issue Better With Age

Pubhtml5 /

AUTUMN - AUTOMNE 2023 **VOLUME 18**

What's in this issue:

- Page 1: Message from the Chair Seniors Take Action Coalition of Richmond County
- Page 2-5: Age-Friendly Communities
 - Annual general meeting
 - Meet the Board of Directors
 - We Can Do It, and Service Canada Seniors Program
- Page 6-8: Who are the people in your Neighborhood? Tom and Zita Pribanic
- Page 9: Spotlight on Affordability in Richmond County
- Page 10-12: Spotlight on Seniors for Climate Action: Seniors' Perspectives: Homeowner Board Nova Scotia
- Page 13-14: Community Corner
- Page 15: Useful Links and Grants Available
- Page 16: Last Words: Talk of the Earth: Esthetics
- Page 17: Seniors' Clubs in your community

Message de la Présidente

Alors que nous entrons dans l'une des plus belles périodes de l'année, nous pouvons nous attendre de nous retrouver 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 conseil 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 nouveaux et uniques, nous sommes prêts à franchir une nouvelle étape dans notre évolution.

Dorothy Bernard
Présidente de la coalition

Wellness in Better with Age: This newsletter is produced 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 best and contributions of older adults in Richmond County. As strong advocates for age-friendly communities, we will continue to represent older adults and emphasize the importance of age-friendly communities for people of all ages who live in Richmond County.

Bien-être à Better with Age: Ce bulletin d'information est produit par la Coalition Seniors Take Action afin d'en apprendre plus sur les personnes âgées et leurs préoccupations, en fournissant des renseignements et en offrant aux personnes âgées la possibilité de contribuer à ce bulletin d'information. Nous espérons démontrer et célébrer le meilleur et les contributions des personnes âgées dans le conseil de Richmond. En tant que défenseurs acharnés des communautés amies des aînés, nous continuerons à représenter les personnes âgées et à souligner l'importance de communautés amies des aînés pour les personnes de tous âges qui vivent dans cette région.

SUMMER 2024 **VOLUME 14**

What's In This Issue:

- Page 1: Update Seniors Take Action Coalition
- Page 2-6: Age-Friendly Communities
- Page 7: Who are the people in your Neighborhood? Dave Munstary
- Page 10: Spotlight on: Benefits of Occupational Therapy
- Page 11: Community Corner: Update from Rachel, LaSalle
- Page 12: Community Corner: Volunteers of the Month (May and June)
- Page 13: Spotlight on: River Roots Learning Garden
- Page 14: Spotlight on: The Work of a Potter
- Page 15: Useful Links and Grants Available
- Page 16: Last words - BLM, Landry's - Almost a Century Old
- Page 17: Seniors' Clubs in your Community

Message à Better with Age: Ce bulletin d'information est produit par la Seniors Take Action Coalition afin d'en apprendre plus sur les personnes âgées et leurs préoccupations, en fournissant des renseignements et en offrant aux personnes âgées la possibilité de contribuer à ce bulletin d'information. Nous espérons démontrer et célébrer le meilleur et les contributions des personnes âgées dans le conseil de Richmond. En tant que défenseurs acharnés des communautés amies des aînés, nous continuerons à représenter les personnes âgées et à souligner l'importance de communautés amies des aînés pour les personnes de tous âges qui vivent dans cette région.



Monthly calendar to share information

A monthly calendar that highlights activities of interest to older adults and is shared widely on social media, posted on the municipal website, shared via with seniors clubs and other organizations. It is also available in print copy in several locations throughout Richmond County.

Gathering information to include on the calendar involves reaching out to the many local organizations that provide activities and doing research on multiple Facebook pages.

The calendar is kept current in an online, readable format that is uploaded to EPUB.

Click here to visit the Seniors Resources and Support page, where the most recent calendar can be found.

A few examples include:

Seniors Take Action Coalition promoting age-friendly communities						
APRIL 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want to stay informed? Sign up for Facebook alerts and sign up to receive our Notice with Age Newsletter.						
	Easter Mystery 4:30-5:30pm St. George's Church Hall 7-9pm	July Club Bowling Social 8:30-10:30pm St. George's Church Hall 7-9pm	Wx Care Call Newcastle Old Lunenburg 12:30-1:30pm Seniors Center and Cameron 2000 Bridge	Coffee and Conversation 10am to Noon West Bay Community Centre	Informal Writing/Coaching group in the POC Library at 10am. Come when you can't find of group.	
Ligon Hunt 12:30-1:30pm 8:30-10:30pm Community Hall	D'Arcy Hall 8:30-10:30pm New Horizons Club Meeting at 12:30pm (in April)	July Club Bowling Social 8:30-10:30pm St. George's Church Hall 7-9pm	Seniors Club Coffee Break from 9-11:30 Redlands Site Hall	Coffee and Conversation 10am to Noon West Bay Community Centre	Informal Writing/Coaching group in the POC Library at 10am. Come when you can't find of group.	
New Horizons Seniors Club Meeting at 12:30pm (in April) New Horizons Club Meeting - 8:30-10:30pm New Horizons Club Meeting - 12:30pm (in April)	New Horizons Club Meeting - 8:30-10:30pm New Horizons Club Meeting - 12:30pm (in April)	July Club Bowling Social 8:30-10:30pm St. George's Church Hall 7-9pm	Seniors Club Coffee Break from 9-11:30 Redlands Site Hall	Coffee and Conversation 10am to Noon West Bay Community Centre	Informal Writing/Coaching group in the POC Library at 10am. Come when you can't find of group.	

Seniors Take Action Coalition promoting age-friendly communities						
JUNE 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want to stay informed? Sign up for Facebook alerts and sign up to receive our Notice with Age Newsletter.						
PROUD Ligon Hunt 12:30-1:30pm 8:30-10:30pm Community Hall	Mass at 9:30am St. George's Church improvement Hall	July Club Bowling Social 8:30-10:30pm St. George's Church Hall 7-9pm	Morning Coffee 10am to Noon West Bay Community Centre	Coffee and Conversation 10am to Noon West Bay Community Centre	Friends in Seniors Club 10am to Noon West Bay Community Centre	Annual Music Session 10am to Noon West Bay Community Centre
Ligon Hunt 12:30-1:30pm 8:30-10:30pm Community Hall	Mass at 9:30am St. George's Church improvement Hall	July Club Bowling Social 8:30-10:30pm St. George's Church Hall 7-9pm	Morning Coffee 10am to Noon West Bay Community Centre	Coffee and Conversation 10am to Noon West Bay Community Centre	Friends in Seniors Club 10am to Noon West Bay Community Centre	Annual Music Session 10am to Noon West Bay Community Centre
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Seniors Take Action Coalition promoting age-friendly communities						
DECEMBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want to stay informed? Sign up for Facebook alerts and sign up to receive our Notice with Age Newsletter.						
PROUD Ligon Hunt 12:30-1:30pm 8:30-10:30pm Community Hall	Mass at 9:30am St. George's Church improvement Hall	July Club Bowling Social 8:30-10:30pm St. George's Church Hall 7-9pm	Morning Coffee 10am to Noon West Bay Community Centre	Coffee and Conversation 10am to Noon West Bay Community Centre	Friends in Seniors Club 10am to Noon West Bay Community Centre	Annual Music Session 10am to Noon West Bay Community Centre
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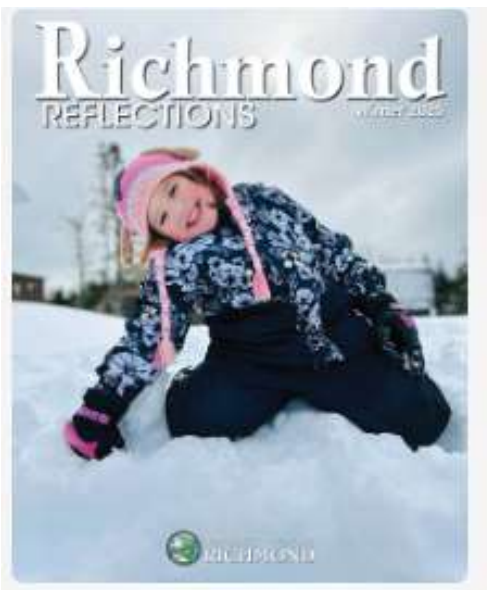
Click December's calendar to get a closer look at events we feature.

Articles and information shared by our municipal partner



We partner with the Municipality of the County of Richmond, to host our publications on their website, such as our monthly calendar, newsletter and other information about our work as we do not have our own website. We often share important information in general to post on their website.

We contribute to each quarterly publication for the municipal newsletter, **Richmond Reflections**, which is sent to every household in Richmond County.



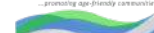
Seniors Resources and Support page on the municipality's website, where our newsletter and other important, informational resources are available.

[Click here](#) to see all issues of Richmond Reflections.



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition

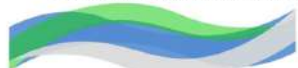


Coalition des aînés en action

Social media presence

Seniors Take Action Coalition

...promoting age-friendly communities



Coalition des aînés en action

...soutien aux communautés amies des aînés

Click here to visit and/or join our Facebook group:
Seniors Take Action Coalition of Richmond County

← What our group looks like!



Seniors Take Action Coalition of Richmond County

Public group · 100 members

An active social media presence via a Facebook group keeps older adults informed on a daily basis of local activities, grant opportunities, health related content, and educational opportunities, etc. In 2025 alone, nearly 1,000 posts were added!

Some example of what we share includes:

Free Webinar: Tips & Tools for Mindful Medication Use

FREE WEBINAR

Tips and Tools for Mindful Medication Use in Atlantic Canada

Free, Thursday, March 27th, 2025
10:00 a.m. Atlantic / 1:30-2:30 p.m. EST

Register at: depressionnetwork.ca/events

Do you or someone you care for take medications? Have you ever wondered if these medications are still safe and appropriate? Register for *Tips and Tools for Mindful Medication Use in Atlantic Canada*, a free and interactive webinar offering information and strategies to help ensure medications are working as intended while reducing the risk of harm.

This presentation will explore:

- How medications affect us differently as we age
- What medication overload means and why it matters
- Tips for discussing medications with a healthcare provider
- Practical strategies to prevent medication harm
- Key medication safety resources for older adults and caregivers

Speaker: **Dr. Emily McDonald**, Director, Canadian Medication Appropriateness & Depression Network

Webinar details:

- Date: Wednesday, March 27th, 2025
- Time: 1 - 2 p.m. Atlantic / 1:30 - 2:30 p.m. Newfoundland
- Location: Online (Zoom platform)
- Cost: FREE!

For more details or to register visit: www.depressionnetwork.ca/events

The Fountain of Health in partnership with the Mental Health Foundation of Nova Scotia are pleased to announce **FREE** educational opportunities

THRIVE with Self-Compassion

Monday, May 12th 2025
Monday, June 26th 2025
Monday, September 8th 2025
Tuesday, September 9th 2025 (French)



All Webinars will begin at 7pm (AST) Atlantic Standard Time

The Art and Science of Aging Well

Monday, June 16th 2025
Wednesday, September 24th 2025
Monday, January 12th 2026
Thursday, January 15th 2026 (French)
Thursday, February 26th 2026

Register Now

www.fountainofhealth.ca/en/individuals



Presented by: **Mental Health Foundation**



HOW TO SPOT FAKE NEWS

CONSIDER THE SOURCE
Click away from the story to investigate the site, its mission and to contact info.

READ BEYOND
Headlines can be outrageous in an effort to get clicks. What's the whole story?

CHECK THE AUTHOR
Do each author on the story have a bio they created? Are they real?

SUPPORTING SOURCES?
Click on links to see if the info given actually supports the story.

CHECK THE DATE
Reporting old news stories doesn't mean they're relevant to current events.

IS IT A JOKE?
If it is too outlandish, it might be satire. Research the site and author to be sure.

CHECK YOUR BIASES
Consider if your own beliefs could affect your judgement.

ASK THE EXPERTS
Ask a librarian, or consult a fact-checking site.

PUBLIC HEALTH MOBILE UNIT
All Ages Vaccination and Testing Clinic

Louisdale Lions Club
3128 Whiteside Rd, Louisdale
Monday September 15 from 12pm - 5pm

Drop-in or book an appointment:
• Single & Pre-menstrual vaccines (SAs)
• Book online: www.nshealth.ca/online-booking
• Drop-in: 1-800-268-8888 (24 hr. toll-free)
• Book online: bookings.nshealth.ca
• "Don't have an email?"
• Call us back to make an appointment:
1-833-797-7772

Drop-in only:
• COVID-19 (ages 12+)
• Hepatitis, Mumps, Rubella (MMR)
• Influenza (Flu) (ages 65+)
• Tetanus, Diphtheria (Td)
• Td, Pertussis (Whooping Cough) (Tdap)

Make us available and request a vaccine COVID-19 or influenza vaccine.

Please bring your Health Card number and ID if you have it.

www.nshealth.ca/PHMU

Public Health
YourHealthNS

DISRUPTION

STRAIT RICHMOND HOSPITAL
(Evanston, NS)

Emergency Department

Strait Richmond Hospital emergency department is closed on Friday, Oct. 24 between 7 a.m. and 10 a.m. and on Wednesday, Oct. 29 at 7 a.m., reopening on Monday, Nov. 3 at 8 a.m.

Cape Breton South VON (Victorian Order of Nurses)

VON Richmond, through the Department of Health and Wellness, provides home care to Richmond County residents requiring service. VON supports seniors, people recovering from surgery or injury, people with cognitive impairment, terminally ill clients and children, and adults with special needs.

VON home support services can include:

- Personal or hygienic care such as bathing and grooming.
- Housekeeping tasks such as cooking, laundry or light housekeeping.
- Assistance with getting in and out of bed or walking.
- Help with activities of everyday life.
- Medication supervision.
- Catheter and colostomy care.
- Environmental risk assessments to make sure your home is as safe as possible.
- Companionship and conversation.
- Respite for caregivers.

Meals on Wheels (Frozen)
Providing complete, frozen, home-style meals to seniors, people with disabilities, or those who aren't able to do their own grocery shopping and/or cook for themselves. All meals can be easily reheated in a microwave or conventional oven.



Do I need a referral to access VON support services?
Continuing Care determines who is eligible for support services. Anyone can make a referral to Continuing Care services as long as the individual requiring the services is aware of the referral. A referral may be accepted from the individual or a person acting on the individual's behalf.

1-800-226-2228
VON Richmond
1-902-345-2900

For more information on the services offered by VON, call the local office or visit their website: www.von.ca

Our Facebook group also provided opportunity to raise important issues during three elections in 2024 and to promote a social media campaign during Mental Health Week focusing on seniors.

Seniors issues are important in this upcoming Federal Election





Your Voice Matters
Questions to ask the Candidates


Positive and Healthy Aging

By 2040, 25% of Canada's population will be over 65. We need a long-term plan to ensure quality of life into retirement, access to affordable and appropriate housing, transportation and quality health care that includes long-term care and home/community care options.

If elected, how will you provide support to enable seniors to live in their own homes or in their communities for as long as they wish?



For more information, e-mail:
seniorstakeaction.info@gmail.com




Mental Health Week
May 5th - May 11th
Unmasking Mental Health

Fact:
1-4 Seniors live with a mental health problem. Social Isolation, poor health, and loneliness are factors.

Tip: Never underestimate the power of kindness. Be kind to yourself & others.

Your Mental Health is just as important as your physical health.



Nova Scotia Mental Health & Addictions Intake - 1-888-922-1122
Provincial Mental Health and Addictions Crisis Line
1-888-429-8167
<https://mhanshealth.ca/>

Source - Statistics Canada




Seniors issues are important in the upcoming November 26, 2024 Provincial Election

When a candidate knocks on your door, ask him/her if they would support a policy change that would help with the cost of hearing aids to remove barriers for many seniors.

33% of all voting residents are 65 years and older.



For more information, e-mail:
seniorstakeaction.info@gmail.com



Mental Health Week
May 5th - May 11th
Unmasking Mental Health

There are things you can do to improve your mental health.

Tips: Practice Self-Care


- Body(exercise, sleep, nutrition).
- Mind(journaling, gratitude, breathing, yoga).
- Spirit(meditation, nature, art gardening, reading, music).

Your Mental Health is just as important as your physical health.




Nova Scotia Mental Health & Addictions Intake - 1-888-922-1122
Provincial Mental Health and Addictions Crisis Line
1-888-429-8167
<https://mha.nshealth.ca/>

Source - Canadian Mental Health Association




Seniors issues are important in this upcoming October 19, 2024 Municipal Election

Some questions to ask candidates that knock on your door or reach out leading up to the election....



- If elected to Council, what will you do to improve the safety of your municipality's roads, and when applicable, the province's roads that pass through your municipality?
- What will you do to act on coastal protection at the municipal level? Will you push the province to implement the Coastal Protection Act?
- How will you use municipal resources to help residents navigate provincial and federal funding for energy retrofits in their homes?



For more information, e-mail:
seniorstakeaction.info@gmail.com

Key Area Two:

Engagement and learning

Many seniors do not participate in the programs available to them in the community for several reasons.

Common barriers are transportation, and not knowing about planned events (information not getting out to people in a timely or efficient manner). For others, they prefer to remain in their own local community or the programs offered are not of interest.

In our project, we tried to address some of these barriers by offering alternative ways to access information and participate in social activities and programs.



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition



Coalition des aînés en action

Bringing people together

125 participants attended Imagine the Possibilities Chapter Two

SAVE THE DATE

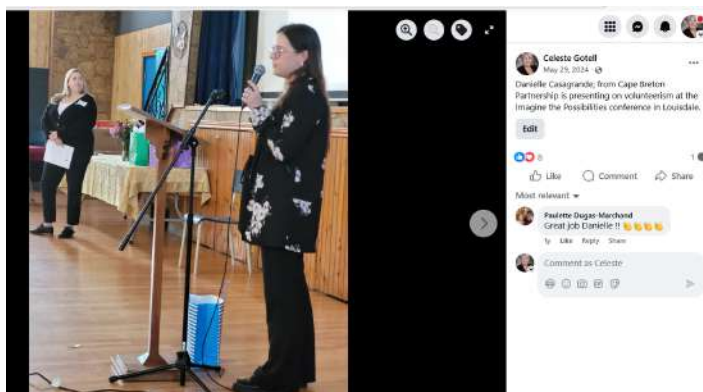
Seniors Take Action Coalition
... promoting age friendly communities

Imagine the Possibilities
Chapter Two
Imaginez les possibilités
Chapitre deux

Wednesday, May 29, 2024
Mercredi, 29 mai 2024
9:30 to 2:30pm
Louisdale Parish Hall-*salle paroissiale*

Keynote Speaker
conférencier principal
Barry Braun
from the
Happy Communities Project

For more information: **Pour en savoir plus**
follow our FaceBook Page or email us at
seniorstakeaction.info@gmail.com



Bringing People Together, continued

Over 100 people attended this event, which featured 35 local service providers. There was free transportation offered to those who needed a drive to the event.

Here are promotional posters we used to promote the event:



Join us for our **Second Annual Community Health and Wellness Showcase/Expo of Community Service Providers for Older Adults in Richmond County**

Wednesday, May 28, 2025
10am to 2pm
Louisdale Parish Hall
148 Grandique Ferry Road

There will be refreshments, and door prizes. Transportation provided by Strait Area Transit from key pick-up locations.

Email for more information:
seniorstakeaction.info@gmail.com
or call Celeste at 902-471-0317

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

Second Annual Community Health and Wellness Showcase/Expo of Community Service Providers for Older Adults in Richmond County - May 28th

FREE

Free Transportation is being provided by Strait Area Transit

If you wish to attend, the driver can pick up at your home.

Please call by 3:00pm on May 27th to book ahead.
902-625-1475

Tell them this is to attend the Expo.



Join us for our **Second Annual Community Health and Wellness Showcase/Expo of Community Service Providers for Older Adults in Richmond County**

Come explore the local organizations and programs and meet the people behind them! This free community event is a chance to ask questions, make connections, and discover how your community can support you.

Wednesday, May 28, 2025
10am to 2pm
Louisdale Parish Hall
148 Grandique Ferry Road

There will be refreshments, and door prizes. Complimentary Transportation provided by Strait Area Transit at the following pick-up locations. Two pick up times are 9:30 or 12 noon. Either time will give you 1.5 hours to attend event.

FREE

Isle Madame New Horizons Club, Arichat
Bonnie Brae Seniors Club, Toulouse Street in St. Peter's
Call to book ahead. 902-625-1475
(9 person passenger vans) wheelchair accessible
When you call to book, please advise them you wish to attend this event.

Email for more information: seniorstakeaction.info@gmail.com
or call Celeste at 902-471-0317

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

Here are some of the organizations that will be joining us.

- Municipality of the County of Richmond
- Service Canada
- Pan Cape Breton Food Hub
- CORAH-Centre of Rural Aging & Health
- NS Health Community Occupational Therapist
- Richmond County MLA Constituency Office
- Aging Well Nova Scotia
- East Coast Credit Union
- Le Réseau Santé Nouvelle-Écosse
- La Picasse Community Cultural Centre
- Strait Area Community Transit
- Raising the Villages
- Isle Madame Garden Club
- St. Peter's Adult Day Program
- Sonia of SonicSon's Fitness
- Strait Area Women's Place/ Leaside Society
- NS Health Primary Health Dietitian
- NS Health Social Workers
- Strait Richmond Community Health Board
- Richmond County Literacy Network (RCLN)
- Caregivers Nova Scotia
- Dr. Kingston Memorial Community Health Centre
- Strait Richmond Palliative Care Society
- Red Cross
- NS Health Continuing Care
- Nova Scotia Hospice Palliative Care Association
- Dementia Live Project
- Adult Protection- NS Government
- Cape Breton Family Resource Place
- Nova Scotia Federation of Seniors
- Cape Breton South Recruiting for Health
- Institute in Community, Sport, and Health- CB University
- Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ)
- VON Richmond- Meals on Wheels Richmond County
- Nova Scotia Provincial Government, Department of Growth and Development, Housing Services Division
- Disability Support Program with the Department of Opportunities and Social Development.



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition



Coalition des aînés en action

...ENSEMBLE ON CONTRIBUONS ENSEMBLE AU CHANGEMENT

Hosted in-person sessions

Many seniors' clubs in rural communities like Richmond County and local community organizations offer a variety of social type programs. Some like to also provide educational opportunities. We arranged many presentations and hosted several in-person sessions as we learned that most seniors prefer to have these sessions right in their communities.. Often, arranging for educational and information sessions in rural communities can sometimes present challenges as there are a limited number of people that you can tap into to provide the sessions. While some will travel and participate in sessions offered in local communities, other prefer to remain closer to home. For this reason, we widely promoted virtual learning also.

Here are a few examples of the sessions we hosted.

Invitation
Join us for a session on **Frauds and Scams** hosted by the **L'Ardoise Jolly Seniors Club**

Join us for a workshop with **Jim Mustard and Diane Moulard from Money Path Atlantic**

Money Path ATLANTIC

Topics Covered
What are frauds and scams?
Common scams in Canada.
Tips to avoid being scammed
What to do if you are scammed.

Tuesday, February 18, 2025
From 1:30PM to 3:00PM
Refreshments Provided
Location- 206 Chapel Cove Rd in L'Ardoise

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

Invitation
Join us for **"We Care Days hosted by Fleur-de-Lis Seniors Club**

Join us to hear from three team members from Primary Health Care, NS Health and learn more about services they offer in the community.
Holly Brown, Social Worker
Courtney MacKinnon, Occupational Therapist
Shelley Marchand, Dietitian

Louisdale Parish Hall, 156 Grandique Ferry Road
Followed by the monthly meeting for the Fleur-de-Lis Seniors Club at 1pm

Wednesday, November 27th
From 10:00AM to 12 noon
Followed by Lunch

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

Invitation
Join us for **"Ask Your Pharmacist" at the Bonnie Brae St. Peter's Seniors Club**

Come join us **Jill MacLean from MacDonnell Pharmacy will share information about their expanded scope of practice and talk about pharmacy related services specific to seniors.**

Bonnie Brae Club is located
14 Toulouse St. in St Peters

Wednesday, March 19th
2:00PM

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

Invitation
Join us for **"We Care Days hosted by Fleur-de-Lis Seniors Club**

Join us to hear from members of the Strait Richmond Palliative Care Society Board and learn more their organization and the work they do.

Also, joining us is Nadia Landry, Social Worker and Courtney MacKinnon, Occupational Therapist, members of the NS Health Palliative Health Care Team

Wed, October 30th, 2024
From 10:00AM to 12 noon
Followed by Lunch

Louisdale Parish Hall, 156 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 of the Province of Nova Scotia's Age-Friendly Community Grant

The collaborative partnership we have with Seniors Take Action Coalition and the Seniors Centre Without Walls, means that we can partner on hosting large scale events that reach seniors throughout Richmond County. During this project we co-hosted a conference in 2024 and a Community Health and Wellness Showcase in May 2025. Both events were attended by more than 100 seniors. In 2025, we also partnered on an Intergenerational Seniors Games during March Break.

**- Robert Goyetche, Club President
Louisdale Seniors Fleur-de-lis Club**

EVALUATION FORM

PALLIATIVE CARE
October 30th, 2024

Please take a few minutes and provide us with some feedback on the session

What was your favourite part of the session?

What is one thing you learned that you will take away, one of those AHA moments

Any suggestions for the future so we can make improvements

Rate the following by circling an icon:

Very pleased Met my expectations Did not meet my expectations

Content covered Length of Session Overall experience

An example of an evaluation form we shared with participants to collect feedback.

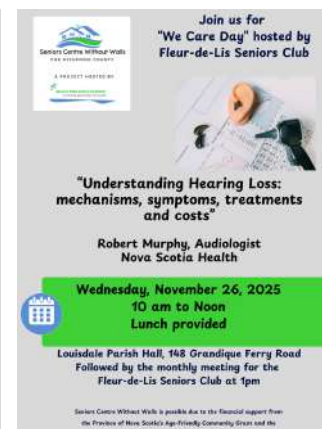
Hosted in-person sessions, continued



For the in-person sessions, we partnered with several seniors' clubs to arrange presentations on topics they identified of interest. We reached out to local health care providers and other organizations to arrange for these presentations. We arranged for the presenters, promoted the sessions, and hosted it with the local club. Sessions were usually followed by lunch or refreshments.

Examples of presentation topics:

- Palliative care
- Fraud and scams
- Digital literacy
- Mental health
- Brain health
- Estate planning
- Prescribing and safe use of medication
- Mindfulness and holistic wellness
- Continuing Care
- Ask your pharmacist - seniors pharmacy
- Role of primary health care staff, dieticians, social workers and community physiotherapist



"Do I still need this medication?": Deprescribing and safe use of medications

April 30, 2025

With Debbie Samson and Celeste Gotell



We were so thrilled to partner with the Seniors Centre Without Walls to offer our We Care Day Sessions to seniors in Richmond County. This collaboration allowed us to bring nine different sessions featuring topics on Palliative Care, Fraud and Scams, Continuing Care, etc. Our central location draws seniors from all over Richmond County, usually averaging 40 to 50 people per session.

I was also pleased to be part of the Advisory Group for the project which allowed us to provide input throughout the duration of the project.

-Debbie Samson, We Care Day Volunteer Coordinator, Louisdale Seniors Fleur-de-lis Club

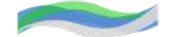


Hosted in-person sessions, continued



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition
...promoting age-friendly communities



Coalition des aînés en action
...pour une communauté plus âgée

Seniors Centre Without Walls FOR RICHMOND COUNTY
A PROJECT HOSTED BY
Seniors Take Action Coalition

Seniors' Workshops
Helping you navigate government programs and services

Service Canada

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

Learn more about Canada Pension Plan (CPP), Old Age Security (OAS) and the Guaranteed Income Supplement (GIS), and the Canada Dental Care Plan (CDCP) and focus on programs, such as the Child Rearing Provision, Survivor's Pension, voluntary deferral, Children's Benefit, GIS interruption of benefits and factors that could effect future benefits.

Wednesday, September 24th
10 am to 2pm
Lunch Provided

Louisdale Parish Hall, 148 Grandique Ferry Road
Followed by the monthly meeting for the Fleur-de-Lis Seniors Club at 2pm

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

Seniors Centre Without Walls FOR RICHMOND COUNTY
A PROJECT HOSTED BY
Seniors Take Action Coalition

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



We hosted an **Intergenerational Program**, a way for older adults to spend time with the young people in their life for example, their grandchild, great niece or nephew, or neighbour.

Seniors Centre Without Walls FOR RICHMOND COUNTY
A PROJECT HOSTED BY
Seniors Take Action Coalition

Join us for Our Second Annual Intergenerational Program

"You Can Have Fun at Any Age"
Games and Activities
Seniors/Child Teams compete

A Partnership with Fleur-de-Lis Seniors Club

DATE: WEDNESDAY, MARCH 12TH, 2025

WHERE: LOUISDALE PARISH HALL
156 GRANDIQUE FERRY ROAD, LOUISDALE

TIME: 10AM TO 2:00PM

This program is for children ages 5 to 12 years old and they must be accompanied by a senior. Such as your Grandmother/Father, Family Friend, Aunt or Uncle... We will have pizza for lunch.

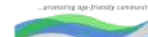
Seniors Centre Without Walls is possible due to the financial support of the Province of Nova Scotia's Age-Friendly Community Grant. Fleur-de-Lis Seniors Club is grateful to Aging Well Nova Scotia for the micro-grant to offer seniors games.





Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition



Coalition des aînés en action

Promoted virtual learning

There are many reputable organizations that offer online virtual training that is available for seniors to get together and participate in real time. They also have archived training sessions where you could gather together to watch and then have a discussion later.

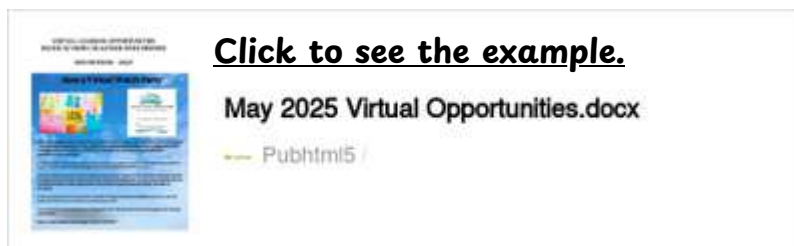
The key to being able to participate in live online training is having access to the internet, a large screen TV, and/or a computer with a LCD projector and a sound system so you can gather in a group and watch together. One person can register via Zoom or whatever platform the session is being hosted on and then the whole group can view together. To offer a more interactive session this would require that you have a webcam set up on the top of the TV with a wide lens and with a smaller group one on your computer or laptop. Many smart TVs allow for internet connectivity and access to platforms like YouTube.

Throughout our project we actively shared information in our Facebook group and shared via email upcoming educational opportunities. We also produced monthly bulletins to share this information. See below samples for your information.



VIRTUAL LEARNING OPPORTUNITIES WATCH AT HOME OR GATHER WITH FRIENDS

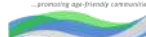
MAY EDITION - 2025



Click to see the example.

May 2025 Virtual Opportunities.docx

Pubhtmi5



Links to virtual opportunities



HealthyNS offers free online education and wellness programs to people who live in Nova Scotia. Classes are taught over Zoom by healthcare providers from Nova Scotia Health and/or IWK Health. Visit HealthyNS.ca for more information or e-mail them at HealthyNS@nshealth.ca. **Click here** and this will take you to the zoom sessions offered and dates.



Nova Scotia Grief Alliance has online educational offerings provide valuable insights on grief-related topics, to learn more, visit <https://www.nsgriefalliance.com/events>



The Fountain of Health is a national non-profit association that shares the science of wellbeing. Their education focuses on six actions that research shows can maximize your health and happiness. Their **Thrive Learning Centre** offers training and tools for individuals including older adults and caregivers, for organizations, training and resources for clinicians. **Click here** to explore and learn more.



Nova Scotia Hospice Palliative Care offers information about local supports for end-of-life care, families in grief and planning tools. They work closely with local organizations to share up-to-date information so that families and individuals can receive the best care possible. To learn more and explore resources, visit <https://nshpca.ca/resources/>.



Check out videos from **Alzheimer Society of Nova Scotia**, <https://alzheimer.ca/ns/en/programs-services> and <https://alzheimer.ca/en/help-information/dementia-resources/video-resources>.

Links to virtual opportunities, continued



The **McMaster Optimal Aging Portal** presents science-based research to help you sort through all the information online - so you can age with confidence, allowing you to live a healthy and active life, for as long as possible. The Portal provides accurate and evidence-based health information and more.

[Micro-learning | McMaster Optimal Aging Portal](#)

[Video Posts | McMaster Optimal Aging Portal](#)

[E-Learning Lessons | McMaster Optimal Aging Portal](#)



Planning for the future isn't just about finances—it's about making informed choices that help you and your loved ones feel secure. Whether you're a senior, a family member, or a service provider, **Legal Info Nova Scotia** is here to help. The free guide covers key legal topics like wills, power of attorney, health care decisions, scams, etc. Now, they've made it even easier to learn with a new webinar and a 12-part video series that breaks down these important topics in a clear and accessible way. **[Click here to start planning today.](#)** Download the guide, watch the videos, or webinar.



Check out the videos from **Caregivers Nova Scotia**. Watch the YouTube series explaining their free programs, services, and resources. All videos are posted here, **<https://caregiversns.org/how-we-help/youtube-video-series/>**.



The Advance Care Planning Canada initiative, led by the Canadian Hospice Palliative Care Association (CHPCA), focuses on advancing the Pan-Canadian Framework for Advance Care Planning. Their video section offers many videos on a variety of topics, to explore and learn more, **[click here.](#)**

Links to virtual opportunities, continued



The **National Institute on Ageing** host a wide range of virtual and in-person events throughout the year, [click here](#) to learn about upcoming webinars.



The **Canadian Association of Retired Persons - CARP** has a YouTube Channel that has over 300 videos on a wide range of topics.

[**CARP - YouTube**](#)



The **Canadian Medication Appropriateness and Deprescribing Network (CADeN)** produces, and shares to promote the safe and appropriate use of medications. [Click here](#) to visit their page.

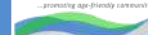


Elder Abuse Prevention Ontario shares expert insights on aging and abuse prevention from ageism and seniors' rights to fraud prevention and intergenerational connection. Each episode features an older adult sharing wisdom to support safe, respectful, and fulfilling aging. To listen to past and new episodes, visit <https://eapon.ca/webinar-archive/>.



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition



Coalition des aînés en action

Hosted 'Virtual Coffee Clubs'

While there are several in-person coffee clubs throughout Richmond County hosted in community halls and seniors' clubs, our virtual format provided an opportunity for seniors who could not attend in-person, or preferred an online format, especially in the winter months.

We also hosted guests from time to time, which differs from the in-person sessions in the community that are more social in nature. Coffee Club was hosted on Zoom and participants could sign up in advance or a couple of days prior to the session, the zoom link was posted on our Facebook group. It was a drop-in format, much the same as the in-person ones offered in the community.



VIRTUAL COFFEE CLUB

Seniors Centre Without Walls
FOR RICHMOND COUNTY

A PROJECT HOSTED BY
Seniors Take Action Coalition

Coming Soon

Join us for a virtual cup of coffee or tea and a chat about what programs and activities are happening of interest and share your ideas.



December 6th from 9-10:30am

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



VIRTUAL COFFEE CLUB

Seniors Centre Without Walls
FOR RICHMOND COUNTY

A PROJECT HOSTED BY
Seniors Take Action Coalition

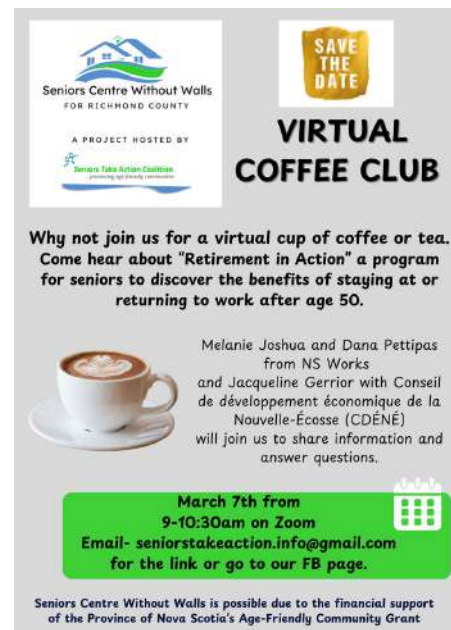
Coming Soon

Join us for a virtual cup of coffee or tea. Arlene Boudreau with Richmond Literacy will be joining is to chat about their Digital Wellness program that provides help to learners who are experiencing challenges with their laptops, phones, lpads,tablets.



December 13th from 9-10:30am on Zoom, Email seniorstakeaction.info@gmail.com for the link or go to our FB page.

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


SAVE THE DATE

VIRTUAL COFFEE CLUB

Seniors Centre Without Walls
FOR RICHMOND COUNTY

A PROJECT HOSTED BY
Seniors Take Action Coalition

Why not join us for a virtual cup of coffee or tea. Come hear about "Retirement in Action" a program for seniors to discover the benefits of staying at or returning to work after age 50.



Melanie Joshua and Dana Pettipas from NS Works and Jacqueline Gerior with Conseil de développement économique de la Nouvelle-Écosse (CDÉNE) will join us to share information and answer questions.

March 7th from 9-10:30am on Zoom Email- seniorstakeaction.info@gmail.com for the link or go to our FB page.

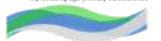
Seniors Centre Without Walls is possible due to the financial support of the Province of Nova Scotia's Age-Friendly Community Grant

Virtual Coffee Club, continued



Seniors Centre Without Walls
FOR RICHMOND COUNTY

Seniors Take Action Coalition



Coalition des aînés en action



VIRTUAL COFFEE CLUB

Why not join us for a virtual cup of coffee or tea.

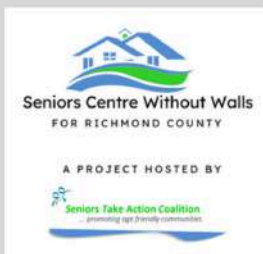
Come hear more about VON Meals on Wheels

Glenda Richards, Meals on Wheels Program Coordinator, from VON Richmond will be joining us.



February 21st from 9-10:30am on Zoom
Email - seniorstakeaction.info@gmail.com
for the link or go to our FB page.

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



VIRTUAL COFFEE CLUB

Why not join us for a virtual cup of coffee or tea.



We will be chatting with
Lyn Stuart, Caregiver Support
Coordinator - Cape Breton
Region

We are trying
out a new
day!

Come hear about the services
and programs offered through
Caregivers Nova Scotia.

Monday, March 31st, 2025
from 10:00 to 11:00 am on Zoom
Email- seniorstakeaction.info@gmail.com
for the link or go to our FB page.



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



Imagine being in the comfort of your own home, hot drink in hand, and having the opportunity to participate in conversations about significant issues that affect our lives as seniors and community members. Often these types of discussions lead to an action that makes life better for many in our communities. I encourage you to grab your mug and give the virtual coffee club a try in 2026!

Seniors Centre Without Walls came up with several innovative ways to reach seniors with important information. Since attending sessions in rural communities can be difficult during the winter, they launched a Virtual Coffee Club and brought in guests to share information about programs available in the community. I attended a few and these discussions often lead to new ideas.

Following a presentation by Caregivers Nova Scotia, this led to our club exploring offering a monthly support group, and another discussion with the Richmond Literacy Network resulted in our club arranging them to come in and present on their programs during a lunch and learn."

-Gloria Samson
Isle Madame New Horizons Club President





Key Area Three:

Collaborations and partnerships

**Relationships are built between individuals,
not organizations.**

Collaboration can help achieve outcomes that might otherwise be impossible. Collaboration requires effort to nurture human relationships.

The importance of collaboration

Collaboration is so important in rural communities. It helps to overcome limited resources, enhance service delivery, and build capacity for the future.

When you partner with your local municipality, other community organizations, and seniors' clubs, you can maximize the impact you can have and create stronger programs and services for older adults.

Finding ways to work collaboratively and develop strong partnerships is key to your success.

We explored several ways to strengthen existing and build new collaborations during the project. In rural communities with limited resources it is always a good approach to find ways to work together with others to share those precious resources and not duplicate your efforts.

Some of our partnerships are featured in the next couple of pages, but in every community there are many opportunities and collaborations to explore and many different ways to to work together.



The CDÉNÉ values its collaboration with STAC, which offers valuable insights and opportunities to support non-profit organizations serving the aging community of Isle Madame and surrounding areas. Through this partnership, the CDÉNÉ shared information on the Retirement in Action program and participated in a virtual café on the topic. Ongoing monthly meetings help the CDÉNÉ stay informed about relevant issues and potential areas of support. For example, CDÉNÉ and STAC jointly delivered a governance session for the New Horizons Seniors Centre. We look forward to continuing to work with STAC to develop projects that support this community and ultimately promote the economic development of the area.



Le CDÉNÉ valorise sa collaboration avec le STAC, qui offre des perspectives et des opportunités précieuses pour soutenir les organisations à but non lucratif au service de la communauté vieillissante d'Isle Madame et des environs. Grâce à ce partenariat, le CDÉNÉ a partagé de l'information sur le programme La retraite en action et a participé à un café virtuel sur le sujet. Les réunions mensuelles aident le CDÉNÉ à rester informé des questions pertinentes et des domaines potentiels de soutien. Par exemple, le CDÉNÉ et le STAC ont organisé conjointement une séance de gouvernance pour le Centre des aînés Nouveaux Horizons. Nous avons hâte de continuer à travailler avec le STAC pour développer des projets qui soutiennent cette communauté et, en fin de compte, favorisent le développement économique de la région.

-Jacqueline Gerroir, Economic Development Officer Isle Madame | Agente de développement économique communautaire Isle Madame



We have an active partnership with Seniors Take Action Coalition of Richmond County to provide grief programs in several areas of Richmond County. Several facilitators have been trained in the region to provide Monthly Support and Share and 6-week Living with Grief programs. Bereaved Families believes that we need more community-based initiatives This is especially important in rural areas with aging populations, where more resources are needed to create better literacy on death and grief.

-Kuli Malhotra, Project Lead, Bereaved Families Nova Scotia



We would to acknowledge our partnership with **Aging Well Nova Scotia**. We were offered one of the eight spots available to receive the facilitator training. Having local trainers means that there are now people known in communities that have experience working with seniors throughout Nova Scotia available for organizations that wish to access this training.



If people are looking to learn about courses in Nova Scotia, you can visit the **Opening Minds website**.

This Mental Health First Aid (MHFA) course for Older Adults is designed for people who have frequent contact with older adults, for example, family members, friends, public and private caregivers, community health workers, and volunteers.











We partnered with **NSCC**, Strait Area Campus to have a practicum student in social service program join us for three weeks. We also presented to their 2nd year social services class.



The collaborative partnerships we have with new partners like those above and our friends and colleagues at the **Municipality of the County of Richmond, Dr. Kingston Community Health Centre, Telile Community Television**, and many seniors' clubs made it possible for our **Seniors Centre Without Walls** to be very successful and has ensured that we can sustain this approach into the future.

These relationship mean everything to us!

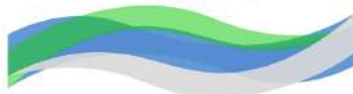
Lessons learned along the way

-  Sometimes the best ideas come about by accident.
-  When you try new programs always be open to pivot and gather feedback.
-  Many seniors prefer to participate in programs that are offered in-person and in their local community.
-  Using many different ways to get information out is key to engaging people.
-  Always remember to ask people what they want, don't assume you know.
-  Relationships are key to collaboration.
-  Be flexible to change.
-  Projects often take longer than planned due to many different reasons.

Thank You

Seniors Take Action Coalition

...promoting age-friendly communities



Coalition des aînés en action

...soutien aux communautés amies des aînés

The Seniors Take Action Coalition of Richmond County wishes to extend its sincere thanks to the Province of Nova Scotia, Department of Seniors and Long-Term Care, who provided the funding to pilot our Seniors Centre Without Walls through the Age-Friendly Community Grant Funding.



This toolkit was developed by the Project Coordinator, Celeste Gotell and the design was by Janelle AuCoin, JA Digital Design

If you would like more information you can contact us at: seniorstakeaction.info@gmail.com