

A Message from the Chair

Spring seems to bring renewed hope, longer days, and more sun and warmth!

Hope, sunniness and warmth towards others are key ingredients for resilience. We are fortunate to live where there are different seasons each with its own gifts and challenges. As we move through these new and unforeseen times, we can look out for each other and together work towards thriving for all.

As the Chair of STAC, I am excited to share that STAC will be launching a few new projects this spring. Stay tuned and receive updates by frequently visiting and reading the Senior Take Action Coalition of Richmond County Facebook posts.

Additionally, STAC will be establishing committees to engage members of the community in improving the lives of seniors in Richmond County. To learn how you can become involved in these committees, see the article on page two of the newsletter.

Dorothy Barnard

Message de la Présidente

Le printemps semble apporter un espoir renouvelé, des journées plus longues ainsi que plus de soleil et de chaleur!

L'espoir, la bonne humeur et la bienveillance envers les autres sont des éléments essentiels à la résilience. Nous avons la chance de vivre dans un endroit où il y a différentes saisons, chacune apportant son lot de joies et de défis. Alors que nous traversons ces temps nouveaux et imprévus, nous pouvons veiller les uns sur les autres et travailler ensemble pour que chacun puisse s'épanouir.

En tant que présidente de CAEA, je suis ravie de partager que nous lancerons quelques nouveaux projets ce printemps. Restez à l'écoute et recevez des mises à jour en visitant fréquemment nos publications Facebook : Seniors Take Action Coalition of Richmond County.

Au cours des prochaines semaines, CAEA établira des comités pour engager les membres de la communauté à améliorer la vie des aînés du comté de Richmond. Pour en savoir plus sur la manière dont vous pouvez vous impliquer dans ces comités, veuillez lire l'article en page deux (2) de ce bulletin.

Dorothy Barnard

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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.

AGE-FRIENDLY communities

*"Alone we can do so little; together we can do so much."
-Helen Keller*

One of the main ingredients of an age-friendly community is the opportunity for seniors and older adults to remain active and contribute their talents by volunteering in the community.

With a view to tapping into YOUR knowledge and skills to improve the lives of seniors in Richmond County, we, the Board of Directors for Seniors Take Action Coalition of Richmond County, invite you to join one of the following newly established committees:

- Advocacy Committee - promotes the well-being of seniors and raises awareness of the challenges facing seniors living in Richmond County.
- Communication and Outreach Committee - coordinates and contributes to communications activities, e.g. developing content for quarterly newsletters, Facebook presence, and Telile programming for seniors.
- Collaboration and Engagement Committee – establishes and maintains relationships with organizations that share an interest in contributing to the health and well being outcomes of seniors and older adults.
- Finance, Grants and Resource Development – develops a budget and plan, outlining revenue streams needed to achieve desired outcomes.

Your involvement in one or more of these committees will help the STAC Board improve its impact in the lives of seniors in our county .

"More hands make for lighter work".

To learn more about our committee structure and to discuss how best you can contribute to this important work, please contact:

Celeste Gotell via email: seniorstakeaction.info@gmail.com or
Noreen LeBlanc via email: noreen.leblanc@yahoo.com



[Click here](#), or your Emergency Management Office (EMO) or local website for more resources to help you and your family prepare for all types of emergencies.

By taking a few simple steps, you can become better prepared to face a range of emergencies – anytime, anywhere. It is important to:

Know the risks – Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare.

Make a plan – It will help you and your family know what to do.

Get an emergency kit – During an emergency, we will all need some basic supplies. We may need to get by without power or tap water.

Be prepared to be self-sufficient for **at least 72 hours** in an emergency.

AGE-FRIENDLY communities

“Seul, nous pouvons faire si peu ; ensemble, nous pouvons faire tant de choses”. -Helen Keller

L'un des principaux éléments d'une communauté adaptée aux aînés est la possibilité pour les personnes âgées de demeurer actives et de contribuer leurs talents en faisant du bénévolat dans la communauté.

Dans le but de mettre à profit VOS connaissances et compétences pour améliorer la vie des aînés dans le comté de Richmond, nous, le conseil d'administration de la Coalition des aînés en action du comté de Richmond, vous invitons à vous joindre à un des comités suivants nouvellement créés :

- Comité de défense des droits - favorise le bien-être des aînés et sensibilise aux défis auxquels font face les aînés vivant dans le comté de Richmond.
- Comité de communication et de sensibilisation - coordonne et contribue aux activités de communication, par exemple en développant du contenu pour les bulletins trimestriels, la présence sur Facebook et la programmation Telile pour les aînés.
- Comité de collaboration et d'engagement – établit et maintient des relations avec des organisations qui partagent un intérêt à contribuer aux résultats en matière de santé et de bien-être des aînés et des adultes plus âgés.
- Finances, subventions et développement des ressources – élabore un budget et un plan, définissant les sources de revenus nécessaires pour atteindre les résultats désirés.

Votre participation à un ou plusieurs de ces comités aidera le conseil d'administration de CAEA à améliorer son impact dans la vie des aînés de notre comté.

“ À plusieurs, le travail est plus léger “.

Pour en savoir plus sur notre structure de comité et pour discuter de la meilleure façon dont vous pouvez contribuer à ce travail important, veuillez contacter :

Celeste Gotell via courriel : seniorstakeaction.info@gmail.com ou

Noreen LeBlanc via courriel : noreen.leblanc@yahoo.com



Age-Friendly Community Conversations
View past episodes on the Telile YouTube Channel

Click below to see themes and videos.
<https://online.pubhtml5.com/qkgt/kxsa/>



Seniors Take Action Coalition Expands Programming

Thanks to new funding sources, STAC is pleased to announce and make available the following two new initiatives to residents of Richmond County.

Approaching Death and Grief with Compassion and Understanding



Through Healing Pathways, the Nova Scotia Hospice Palliative Care Foundation, the Seniors Take Action Coalition (STAC) received funding to support individuals and families navigate and increase their level of comfort with grief.

STAC will be hosting a gathering titled, Good Life, Good Death Expo, as well as several community presentations throughout the year.

These events will provide information intended to help demystify advanced planning for end-of-life care, and highlight the programs and services available to support individuals and families grieving the loss of a loved one.

Building Capacity in Mental Health First Aid For Older Adults in Rural Communities



This funding, provided by the Mental Health Foundation of Nova Scotia, will support a partnership between Seniors Take Action Coalition and the Pictou County Community Health Centre (PCCHC). PCCHC is a community-based non-profit organization that helps address unmet health needs in Pictou County, with a focus on the health of seniors.

Mental Health First Aid - Supporting Older Adults training will be offered in both counties. In Richmond County we partnered with the local VON, and St Anne Centre to offer their staff and volunteers training. Based on space available, we will also extend an invitation to Richmond Villa and others who work with older adults in our community to participate.



BEREAVED FAMILIES
Helping people move through grief since 1990.

Grief Support and Share Monthly Session



Wednesday, April 29th from 2:00 to 3:30 pm in Louisdale
Wednesday, May 27th from 1:30 to 3pm at Telile



Glen Sampson Room, St Louis Parish, 156 Grandique Ferry Rd., Louisdale
Telile Community Television, 17 Conneys Ln, Arichat



Register: Visit our website to register, <https://bfocb.ca/>



Phone: 902-564-6795 to learn more about these sessions.



AGE-FRIENDLY communities

Friendly Calls



For some people, a little conversation can make a big difference. So, what if we told you that a meaningful connection was just a phone call away?

The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

It's not just about making a phone call – it's about forming connections. The Friendly Calls program is part of our bigger commitment to care for the overall well-being of people who live in Canada by creating and fostering stronger, more connected communities together.

Everyone deserves to benefit from the power of human connection, no matter where you live. We can't wait to connect with you!

Friendly Calls is safe, accessible, free, and available nationwide. Call 1-833-979-9779 toll-free from 9 a.m. to 5 p.m. on weekdays, or [click here](#) to sign up.

DID YOU KNOW?

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](#)



FRIENDLY CALLS

What if we told you that a meaningful connection was just a *phone call* away?



Make a connection, one call at a time.

Friendly Calls is **safe, accessible, free, and available nationwide.** Call 1-833-979-9779 or connect with us at redcross.ca/friendlycalls.

The Friendly Calls program matches **people over the age of 18** with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

APPELS AMICAUX

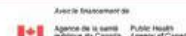
Saviez-vous qu'un coup de fil suffit pour tisser des *liens amicaux*?



Tissez des liens, un appel à la fois.

Sécuritaire, facilement accessible et gratuit, le Programme d'appels amicaux est offert partout au Canada. Pour en savoir plus, composez le numéro sans frais 1 833 979-9779 ou visitez croixrouge.ca/appelsamicaux.

Ce programme jumelle **des personnes de 18 ans et plus** avec du personnel de la Croix-Rouge dûment formé pour prendre des nouvelles des participants et participantes, leur offrir du soutien émotionnel, les encourager à adopter de saines stratégies d'adaptation, leur proposer des ressources et leur donner des références communautaires.



 **SUBSCRIBE**

[Click here to subscribe to the newsletter mailing list!](#)





WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Janine Lacroix, nouvelle arrivante à Petit-de-Grat, le 1^{er} janvier 2000

By: Noreen LeBlanc

Née Franco-ontarienne dans une campagne d'un village (Hammond) à l'est d'Ottawa, Janine Lacroix a été élevée et instruite en français et elle a toujours travaillé en français. L'importance de la langue et de la culture a toujours été très chère à son cœur.

Janine a commencé sa carrière dans l'Est de l'Ontario en tant qu'enseignante. Elle a ensuite travaillé dans l'administration, où elle a exercé ses compétences en leadership en tant que directrice générale dans plusieurs organismes communautaires, notamment la Caisse Populaire de Hammond, le Centre culturel La Sainte Famille (Rockland et les environs) et la Fédération des aînés francophones de l'Ontario.

En 1979, Janine a rencontré Yvon Samson (un Acadien de Petit-de-Grat, NÉ) lors d'un débat de campagne électorale fédérale. Yvon travaillait pour la Fédération acadienne de la Nouvelle-Écosse (FANE) et il faisait partie d'une caravane parcourant les communautés francophones de l'Est du Canada.

À cette époque, en plus de travailler comme directrice générale dans un centre culturel, Janine résidait à Clarence Creek, en Ontario, où elle possédait une érablière et exploitait une cabane à sucre artisanale. Avec l'aide de ses deux filles et de ses voisins, elle entaillait les érables avec gouterelles pour produire du sirop d'érable artisanal. Elle offrait aussi des tournées éducatives aux élèves des écoles primaires environnantes. Un jour, Wayne Ronstadt (musicien et animateur de télévision) lui a demandé de présenter sa propriété et son sirop artisanal dans l'émission de la CBC " On the Road Again ". Janine a accepté et a demandé à son nouvel ami Yvon de venir jouer de la guitare, accompagné de son ami en visite de Tusket (NÉ) jouant du violon. Et c'est ainsi qu'a commencé une histoire d'amour "sucrée à l'érable" entre Janine et Yvon !



“Janine Lacroix... continued

Avançons jusqu'au 1er janvier de l'année 2000 (Y2K), Janine est arrivée à Petit-de-Grat, comté de Richmond, pour construire une belle vie amoureuse avec Yvon.



En novembre 2000, Janine a accepté d'assumer le poste de directrice générale du centre communautaire culturel, La Picasse, à Petit-de-Grat. En mars 2019, elle a pris sa retraite de ce poste et a immédiatement cherché des moyens de rester active et de faire du bénévolat pour redonner à la communauté qui l'avait accueillie à bras ouverts.

Janine est très reconnaissante pour son excellente santé et ses expériences passées enrichissantes. Elle partage gracieusement son temps bénévole et ses talents auprès d'organisations tant au niveau provincial que régional. La Coalition des aînés en action (CAEA) a la chance de compter Janine parmi ses membres exécutifs actifs en tant que trésorière bénévole.



De plus, elle consacre actuellement de nombreuses heures de bénévolat en tant que secrétaire et trésorière du Club de jardinage Isle Madame; membre de l'Association des clubs de jardinage du Nord-Est de la Nouvelle-Écosse; membre du Regroupement des aînés de la Nouvelle-Écosse (RANE) et représentante régionale pour Isle Madame du RANE; membre du Réseau Santé Nouvelle-Écosse (RSNE); et présidente du Comité régional Nord-Est du RSNE.

Partage de faits amusants et réconfortants :

- Les **plats traditionnels canadiens-français préférés** de Janine de son enfance incluent **la tourtière** et **le ragoût de boulettes de porc** et **des pattes de cochons**.
- Son **mets acadien préféré** est **le fricot à la poule** et elle adore **le crabe frais**.
- Son **restaurant préféré** est **La Casa Grecque** à Montréal.
- Janine attribue **l'influence de sa mère Laura** comme ayant eu le plus grand impact sur sa vie. Elle était dévouée à sa famille et à la vie agricole et insistait sur l'importance de la culture et de la langue française.
- Le **cadeau le plus étrange** et **le plus agréable** que Janine ait reçu de ses filles a été **un tour en montgolfière à travers la campagne de Hammond**, en Ontario. Quelle expérience inattendue et incroyable.
- Le **souvenir préféré** de Janine est son **arrivée dans la magnifique Isle Madame** pour y construire sa vie amoureuse avec Yvon.





Parmi ses intérêts :

- Janine se passionne pour le **jardinage de fleurs, légumes, et fines herbes**; elle aime faire la cueillette de petits fruits et baies, s'adonne à la cuisine et elle aime décorer sa maison pour refléter les saisons et les thèmes des fêtes. De plus, elle est une ornithologue amateur.
- Une **journée parfaite** pour Janine commence par un **petit-déjeuner de fruits**, suivi de l'appréciation de la nature dans ses **jardins** – les fleurs et légumes qu'elle plante avec amour chaque année. **L'observation de l'activité des oiseaux de mer** dans le havre de Petit-de-Grat (devant leur propriété) qu'elle inscrit dans un petit journal. Pour compléter cette journée parfaite, Janine aime s'asseoir pour un **souper au barbecue préparé par Yvon**.
- Sa **chanson préférée** est “**Prends le temps**” par **Alain Morisod et Sweet People**, groupe musical originaire de la Suisse. Découvrez ces talentueux artistes sur YouTube.



Vivant dans la communauté côtière de Petit-de-Grat dans le comté de Richmond depuis environ 26 ans, Janine a observé une résurgence de fierté pour la langue française acadienne - essentielle pour maintenir la culture et les traditions.

Janine s'étonne de la maturité des jeunes qui, de plus ont une facilité d'apprentissage des connaissances informatiques et des technologies de l'information. Leur capacité de parler en anglais et en français sera un atout précieux pour ces jeunes dans leur vie personnelle et professionnelle.



Les paroles de sagesse de Janine sur le vieillissement

“On ne peut pas s'empêcher de vieillir, mais on peut s'empêcher de devenir vieux. La vieillesse, loin d'être une défaite, est une victoire sur le temps. Elle offre la sagesse forgée dans le creuset des expériences”.



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

Spotlight on:



Des liens plus forts. Une meilleure santé mentale.
Les liens sociaux sont essentiels à la santé et au bien-être général. Pourtant, trop de personnes se sentent isolées. Au Canada, environ 17 % des jeunes, 13 % des adultes et 10 % des aînés rapportent éprouver fréquemment ou constamment la solitude.

Du 4 au 10 mai, l'ACSM invite les gens de tout le Canada à s'unir. Il s'agit de favoriser de petites actions quotidiennes qui renforcent les liens et de souligner l'importance de chaque geste pour soutenir la santé mentale.

Ensemble, nous pouvons renforcer la santé mentale, bâtir des communautés plus saines et aider plus de gens à se sentir connectés.

Parce que les liens renforcent la santé mentale.

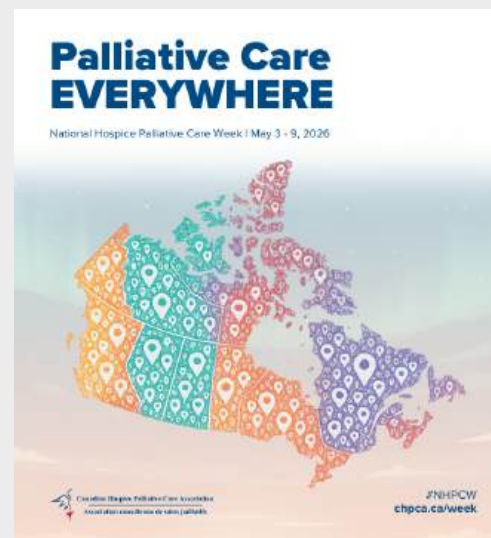


Stronger Connections. Better mental health.
Social connection is essential to overall health and well-being. But too many people are feeling alone. In Canada, around 17% of youth, 13% of adults, and 10% of seniors say they feel lonely often or always.

This May 4-10, CMHA is inviting people across Canada to Come Together. It's a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection.

Together, we can strengthen mental health, build healthier communities, and help more people feel connected.

Because connection strengthens mental health.



Many people in Canada still face barriers to accessing palliative care due to factors such as age, location, diagnosis, race or ethnicity, and housing instability.

Every family facing the challenges of a life-limiting illness deserves the best possible care and support. Whether in hospice, at home, in long-term care, or in hospital, palliative care can and should be available in any setting to meet individual needs.

This National Hospice Palliative Care Week, let's come together to call for equitable access to quality hospice palliative care for every community, everywhere.

Learn more from Health Canada's helpful guide, ***What to Do When Facing a Serious Illness.***

Spotlight on:

Célébration Isle Madame

Information contributed by: Jacqueline Gerroir, Agente de développement économique communautaire Isle Madame
Economic Development Officer Isle Madame

The idea for Célébration Isle Madame was initially conceived to promote the community halls on Isle Madame, through a collaborative event.

During those early discussions, local food and local talent were highlighted as all things to celebrate. This three-day event will focus on the abundance of local talent we have, whether it be in the kitchen, on stage or in the various ways we express ourselves artistically.

Célébration Isle Madame highlights seven community halls and invites people to come share and enjoy the dishes, music, and art that we love to create. Come celebrate with us!

L'idée de Célébration Isle Madame est née dans le but de promouvoir les salles communautaires d'Isle Madame à travers un événement collaboratif.

Dès les premières discussions, la gastronomie locale et les talents locaux ont été mis en avant comme autant d'éléments à célébrer. Cet événement de trois jours mettra l'accent sur la richesse des talents locaux dont nous disposons, que ce soit en cuisine, sur scène ou à travers les différentes formes d'expression artistique.

Célébration Isle Madame met en avant sept salles communautaires et invite les gens à venir partager et apprécier les plats, la musique et l'art que nous aimons créer. Venez faire la fête avec nous !

CALENDRIER D'ÉVÉNEMENTS 2026 EVENTS SCHEDULE



VEN 08 MAI	SAM 09 MAI	DIM 10 MAI
<p>16h à 18h – Souper galettes de poisson et fèves – Salle paroissiale St-Joseph</p> <p>16h à 18h – Exposition d'art local – St. John's Centre for the Arts</p> <p>19h à 23h – Danse: DJ BUNX – Salle paroissiale St-Joseph</p>	<p>8h à 10h30 – Déjeuner – Centre Communautaire Acadiaville</p> <p>10h30 à 12h – L'art du quilting – Centre Communautaire Acadiaville</p> <p>10h à 14h – Exposition d'art local – Salle paroissiale St-Joseph</p> <p>10h à 18h – Exposition d'art local – St. John's Centre for the Arts</p> <p>13h à 15h – Contes et musique locaux – St. John's Centre for the Arts</p> <p>15h à 18h30 – Exposition et vente d'art local – Centre Communautaire Janvin's Island</p> <p>16h à 18h30 – Souper de steak de jambon grillé – Centre Communautaire Janvin's Island</p> <p>19h à 21h – Spectacle, bouchées acadiennes, exposition d'art local – La Picasso</p>	<p>8h à 11h – Déjeuner, musique et exposition d'art local – Centre société d'amélioration civique D'Escousse</p> <p>10h à 14h – Exposition d'art local – Salle paroissiale St-Joseph</p> <p>10h à 18h – Exposition d'art local – St. John's Centre for the Arts</p> <p>17h à 18h30 – Souper de chaudière de fruits de mer – Centre d'action sociale Petite Anse Samson Cove</p> <p>19h à 21h – Concert: Robert Bouchard – Centre d'action sociale Petite Anse Samson Cove</p>
FRI MAY 08	SAT MAY 09	SUN MAY 10
<p>4-6 pm – Fish cakes and beans supper – St. Joseph's Parish Hall</p> <p>4-6 pm – Local art display – St. John's Centre for the Arts</p> <p>7-11 pm – Dance: DJ BUNX – St. Joseph's Parish Hall</p>	<p>8 - 10:30 am – Breakfast – Acadiaville Community Centre</p> <p>10:30 am - 12 pm – The Art of Quilting – Acadiaville Community Centre</p> <p>10 am - 2 pm – Local art display – St. Joseph Parish Hall</p> <p>10 am - 6 pm – Local art display – St. John's Centre for the Arts</p> <p>1-3 pm – Local Storytelling and music – St. John's Centre for the Arts</p> <p>3 - 6:30 pm – Local art display and sale – Janvin's Island Community Centre</p> <p>4 - 6:30 pm – Grilled ham steak supper – Janvin's Island Community Centre</p> <p>7 - 9 pm – Show (Fr), Acadian snacks Local art display – La Picasso</p>	<p>8 - 11 am – Breakfast, music and local art expo – D'Escousse Civic Improvement Society Hall</p> <p>10 am - 2 pm – Local art display – St. Joseph's Parish Hall</p> <p>10 am - 6 pm – Local art display – St. John's Centre for the Arts</p> <p>5-6:30 pm – Seafood chowder supper – Little Anse-Samson's Cove Social Action Centre</p> <p>7-9 pm – Concert: Robert Bouchard – Little Anse-Samson's Cove Social Action Centre</p>



Spotlight on:



Meet Julia

By: Julia Goldsworthy

I have been working in the field of Social Work for the past 17 years in various governmental settings. I am a Registered Counselling Therapist Candidate (RCT-C- C24-080) with the Nova Scotia College of Counselling Therapists and a member with the Canadian Counselling and Psychotherapy Association. I have a Bachelor of Social Work from Dalhousie University and a Master of Education in Counselling from Acadia University.

I have primarily worked in rural settings throughout my career and have a strong value for the intricacies and uniqueness that rural communities and ways of living have. Given my experiences professionally as well as personally in rural communities your confidentiality in accessing services is of the utmost importance in my work with you. I strongly feel that reaching out for help can be difficult and together we will build a relationship and develop rapport together through compassion, empathy and understanding to ensure that I am a good fit for your therapeutic journey to healing and wellness.

I practice from a trauma-informed approach ensuring clients feel supported and safe to be able to heal from past trauma. I also use an integrative, holistic and trauma-informed approach to counselling that is tailored to you and your unique needs. This may include Attachment Based Therapy, Trauma-Focused Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Mindfulness based practices and Solution Focused Therapy. I became certified in EMDR Therapy in July 2025.

In addition to my professional life, I am a mother of two young children, partner and rookie gardener. I bring these experiences into my work and our journey together.

Upcoming sessions

Joy, Connection and Purpose in our Daily Lives

May 25, 2026 - 12:00 p.m.
at the Dr. Kingston Centre

*What is the purpose in your life?
Why purpose matters?
Barriers to joy in later life.
Creating a joy plan.*

Managing Anxiety and Worry in Daily Life

June 18, 2026 - 12:00 p.m.
at the Dr. Kingston Centre

*Finding calm when the mind won't stop.
What is anxiety?
Notice thoughts without getting stuck in them.
Taking meaningful action even with worry present.*



I can be contacted by telephone, **902-719-6429** or e-mail, emcounselling@gmail.com, or you can visit my website <https://emcounselling.ca/>

I am available for in person appointments on Fridays at the Dr. Kingston Memorial Community Health Centre in L'Ardoise.

Call Rachael at 902-587-2800, Ext 3 to register to attend these free sessions.





Spotlight on:


New program coming to Richmond County: Connection Circle

Seniors Take Action Coalition is pleased to partner with Mobina Hasan of Counselling for All to offer Connection Circle, a 4-week, in-person program designed to support connection, belonging, and overall well-being.

This program creates a welcoming space for older adults experiencing life transitions such as loss, change, or increased isolation. Through guided conversation and shared experiences, participants can connect with others, build relationships, and feel less alone.

- Week 1: Creating Safety & Shared Ground - Theme: You Are Not Alone
- Week 2: Understanding Grief & Life Transitions- Theme: Honouring Change
- Week 3: Reducing Loneliness & Strengthening Connection - Theme: Building New Bridges
- Week 4: Meaning, Legacy & Moving Forward - Theme: Continuing the Circle

Note: Participants will need to commit to attend all four sessions.



Would you enjoy regular, friendly companionship?

Staying connected with others is an important part of maintaining health, well-being, and quality of life over time.

Connection Circle offers a calm, welcoming place to connect with others.

What is Connection Circle?

Connection Circle is a 4-week, in-person gathering for older adults, designed to support connection, belonging, and overall quality of life.

It offers a calm, welcoming space to meet others, enjoy meaningful conversation, and be part of a supportive community, all while enjoying a delicious, free meal.

Program Details

- **Dates:** Wednesdays, June 3, 10, 17, 24
- **Time:** 10:00 AM – 12:00 PM
- **Location:** Louisdale Parish Hall, 148 Grandique Ferry Road, Louisdale
- **Includes free lunch after each session**

CONNECTION CIRCLE IS A COLLABORATION BETWEEN COUNSELLING FOR ALL & SENIORS TAKE ACTION COALITION



counsellingforall.org/connection-circle

Call **+1 855-453-5530** or email seniorstakeaction.info@gmail.com to sign up

About Counselling for All: Counselling for All works to make mental health support more accessible by offering affordable services to individuals, regardless of income.

Meet the Facilitators



**Mobina Hasan, Registered Social Worker,
Trauma-Informed Practitioner, and
Founder of Counselling for All**

Mobina has been supporting individuals through life transitions, grief, and change for over a decade. Her work focuses on helping people feel more grounded, connected, and supported during times of change.

“Coming from a culture where emotions weren’t really talked about—and where vulnerability could feel like a weakness—I spent a long time feeling alone, even when I wasn’t.”

As I grew, both in my own life and in my work as a psychotherapist, I started to understand my experiences differently. I realized I didn’t have to go through things on my own. The hardest times for me were always periods of transition—when something was ending, bringing grief, and something new was beginning, bringing uncertainty and hope at the same time.

Right now, I’m in one of those transitions as I move to River Denys. It’s a reminder, in real time, of how important connection and community are during change. Creating this circle isn’t just something I’m offering—it’s something I need too. It will be a space where I can also stay grounded, connected, and supported through this transition.

That’s what led me to create the Connection Circles, a space where we can show up as we are, share what we’re carrying, and not have to go through it alone.

“My hope is simple: that we all feel a little less alone, a little more supported, and a stronger sense of belonging—together.”



**Celeste Gotell,
Community Outreach Coordinator with
Seniors Take Action Coalition**

Celeste Gotell, is the Community Outreach Coordinator with Seniors Take Action Coalition of Richmond County.

She is no stranger to seniors living in Richmond County and has been involved with STAC since it began in 2016, facilitating workshops and organizing many events.

Previous professional roles included her work with the Alzheimer Society of Nova Scotia, Canadian Mental Health Association, and Nova Scotia Health in both Mental Health and Addictions and Public Health.

“I have recently been through several life transitions in my own life, that include retiring from full time employment with NS Health in 2023 and then shifting to contract work over the past three years. I have also experienced recent personal grief and find myself supporting friends with health related issues. Over the years have come to realize just how important feeling socially connected is as we age. I look forward to offering this program with Mobina.”



From the desk of:

Sonia Morris, STAC Board member and owner of SonicSon's Fitness



The Importance and Benefits of Keeping Hydrated

Now that spring has arrived, it's time to start planting seeds indoors and get your garden ready for gorgeous blossoms. Remember to drink plenty of water and take care of your health, so you can flourish from within as well.

Did you know...? water makes up about 60% of the human body and is vital for regulating temperature, lubricating joints, delivering nutrients, and keeping organs working properly.

Benefits of Staying Hydrated

- Improves physical performance and reduces exercise-related stress.
- Boosts energy and brain function, helping with mood, focus, and memory.
- Prevents headaches and aids digestion.
- Supports healthy skin and strengthens the immune system.
- Can help with weight loss by reducing appetite when consumed before meals.



Recommended Hydration Guidelines

Individuals should consume an average of eight 8-ounce glasses of water daily; however, individual water consumption needs vary with activity, environment, and health. My preferred beverage is decaffeinated Green Tea with lemon, ginger, and turmeric. Occasionally, I add honey. You may also consider homemade water infusions, such as cucumber-mint-rosemary or orange-cranberry-cinnamon.

How do you stay hydrated?

Are factors such as aging, limited mobility, washroom access issues, incontinence, swallowing difficulties, medications, or illness a reason why you limit your fluid intake?

Keep in mind the following hydration tips:

- Carry a flask or water bottle.
- Sip water regularly.
- Use water flavorings.
- Choose decaf or herbal teas, soups, Jello or try ice chips and oral gels.



Dehydration can also be caused by sickness, heat, or heavy sweat. Assess your hydration status by evaluating skin turgor or monitoring urine color. For individualized recommendations, consult a healthcare professional.

Hydration is essential for good health.

For additional information on hydration, visit Nova Scotia Health's patient and family guide on '[Signs of Dehydration](#)'.

<https://caregiversns.org/resources/tiac/living-safely-at-home/nutrition-hydration-and-oral-care/>





COMMUNITY CORNER update

CAFE REMINISCE



A friendly and supportive space for people with memory challenges and their caregivers. Gentle activities and crafts, music, conversation, warm drinks and light snacks.

1-2:30pm

**Dr. Kingston Memorial Board Room
L'Ardoise**

May 12- Painting

June 16- Karaoke

SENIORS CONNECTING

Bringing communities together through social connection, creativity, snacks and warm drinks

April 21 at 1pm

Playful & Interactive Sound Workshop with Natascha
Riverdale Hall, Lower River

May 19, 2pm

Mosaic Garden Stepping Stones workshop with Teresa
River Roots, River Bourgeois



Caregiver Support Group Arichat

Do you provide **unpaid care** to a friend or a relative due to chronic illness, advanced age, frailty or a disability? **You are not alone!**

Our **free support group**, facilitated by a trained specialist, offers a confidential, supportive and friendly atmosphere to discuss your experiences and receive helpful information.

DAY	TIME	LOCATION
First Wednesday of every month	10:30am - 12:00pm	Isle Madame Seniors Club 2373 Hwy 206

Contact **Lyn Stuart** to find out more and register
902.595.0128 or 1.877.488.7390
CapeBreton@CaregiversNS.org

Registration required

www.CaregiversNS.org



OTHER GOODIES!

Frauds and Scams
Anne Sampson building
River Bourgeois
May 22, 1pm

Walking group starts May 13th



To register or for more information on these free events, contact:

Rachael LeBlanc

**Senior Safety & Social Inclusion Coord
902-587-2800 ext. 3**

NEW - 12 Week Food - Fit Programs Coming Soon



"Cook, connect and cultivate well-being with movement--together"

The three main goals of Food Fit are:

- Discover and cook nourishing and healthy meals, enjoy.
- Incorporate mindful activity into your daily routine.
- Build meaningful connections with your community.



Join us for We Care Day a partnership with the Seniors Take Action Coalition and the Louisdale Seniors Fleur-de-Lis Club



Join us for We Care Day a partnership with the Seniors Take Action Coalition and the Louisdale Seniors Fleur-de-Lis Club

ADVANCE CARE PLANNING WORKSHOP Take Charge of Your Future - Make Your Wishes Known with Nancy Cameron and Mary Cormier

WORKSHOP HIGHLIGHTS

- Understanding Advance Care Planning.
- How to communicate your wishes to loved ones and healthcare providers.
- How to encourage others to consider doing an Advance Care Plan.
- Tools and resources to document your preference.

Wednesday, April 29, 2026 at 10am

Followed by a light lunch and the monthly meeting for the Louisdale Fleur-de-lis Club at 1pm
Louisdale Parish Hall, 148 Grandique Ferry Road

Gardening is Good for Our Health with Joe Kiceniuk and Stephanie Bungay from the Isle Madame Garden Club

Presentation will cover how gardening contributes to positive mental and physical health outcomes as we age. We will also explore ideas and year-around gardening tips to make accommodations as we age (such as using raised beds and containers.)

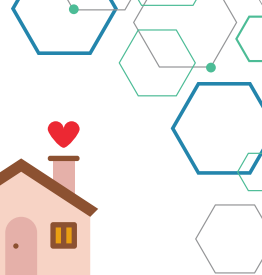
Wednesday, May 27, 2026 at 10am

Followed by a light lunch and the monthly meeting for the Louisdale Fleur-de-lis Club at 1pm
Louisdale Parish Hall, 148 Grandique Ferry Road



GRANTS AVAILABLE

for organizations and individuals



Useful links

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



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.

COMFORT TEA ... Come For Tea



We all experience many types of losses throughout our lives. To promote awareness of the impact of grief, you are invited to join us for a beverage and sweets. You may bring a friend, photo, memento, or memory to share or just be with others who understand.

Tuesday, June 16th , 2026

1:30 – 3:30 p.m.

D'Escouse Civic Improvement Society Hall
3276 Highway 320, D'Escouse

Hosted by the Strait Richmond Palliative Care Society
All are welcome!

- <https://healthyagingcore.ca/>
- <https://bc.healthyagingcore.ca/>
- <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors.html.ca/>



**Nova Scotia
Federation of Seniors
Annual General Meeting
May 25, 26th, 2026**





LAST WORDS

Celebrating and thanking the many artists in communities who are older adults



Rita Warner: "Jack Frost Has His Paintbrush Out"

By: Archie Nadon, President - Richmond Artists Alliance

"I remember the first time I heard the word 'art' ", says Rita Warner, sitting in the greenhouse-turned-studio behind her home in River Bourgeois. "It was on the windows. They used to freeze up in the winter, and my father would say, 'Jack Frost has his paintbrush out all night' ".

Rita grew up on River Dennis Mountain, above Judique. She was homeschooled. "We were free-range kids," she says. "You had to create your own entertainment." Her father recognized that need and let the kids paint whatever they wanted on the wall behind the stove. When it was full, he painted over it and they started again.

Her paintings reflect the world she grew up in – winter scenes with bonfires on frozen bays, laundry billowing on the line, cats at frosted windows, summer landscapes bursting with colour. She calls her style 'outside the box.' Others might call it folk art. "I paint from the heart," she says. "It's just whatever I see."

That spirit carried forward. Rita painted on window blinds, salvaged paneling, and repurposed thrift store artwork – and once, memorably, a door. It belongs to Ashley Maclsaac. When the celebrated Cape Breton fiddler was living in St. Peter's, the two reconnected after many years.

He commissioned a big painting for his stairs, and Rita, without a canvas big enough, painted a door instead.

When Maclsaac heard about the 157 paintings she'd quietly accumulated – stored in trunks and suitcases – he suggested a show. Last summer's barn exhibit in St. Peter's sold over \$2,000 worth of her work. Now Rita is returning to the same barn as an ongoing creative space – open to other artists, with popup events, live music, and card readings.



Photo Credit - Archie Nadon



Photo Credit - Archie Nadon

The Gallery Opens in May!



The Alliance Gallery at the D'Escousse Civic Improvement Society Hall opens for its' second season on Mother's Day, Sunday, May 10.

La galerie ouvre ses portes en mai
La galerie Alliance, située dans la salle de la D'Escousse Civic Improvement Society, ouvre ses portes pour sa deuxième saison le dimanche 10 mai, jour de la fête des Mères.

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





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.

Meals on Wheels



Christi Sampson
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.

THANK YOU! MERCI!

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