



## Better with Age Mieux avec l'âge

Summer 2023 - Volume 10

### A Message from the Seniors Take Action Coalition

Summer in Cape Breton is full of flowers, sunshine, rain, wind and calm...perfect to enjoy the outdoors! Meet with new and old friends! Reflect on old joys, sorrows, challenges and successes! And plan for new adventures and conquests in this beautiful area where we live.

The Seniors Take Action Coalition of Richmond County (our new official name) is going through the process of becoming a Joint Stocks of Nova Scotia recognized Society. This will enable us to apply for grant funding to build on our previous community-based projects and undertake new ones.

Enjoy the many activities planned in our communities and care for yourself and for others.



L'été au Cap-Breton est plein de fleurs, de soleil, de pluie, de vent et de calme... parfait pour profiter du plein air ! Rencontrer de nouveaux et d'anciens amis ! Réfléchir aux joies, aux peines, aux défis et aux réussites du passé ! Et planifier de nouvelles aventures et conquêtes dans cette belle région où nous vivons.

La Seniors Take Action Coalition of Richmond County (notre nouveau nom officiel) est en train de devenir une société reconnue par la Joint Stocks of Nova Scotia. Cela nous permettra de demander des subventions afin de poursuivre nos projets communautaires antérieurs et d'en entreprendre de nouveaux.

Profitez des nombreuses activités prévues dans nos communautés et prenez soin de vous et des autres.

Take care and enjoy the season!

Dorothy Barnard, Coalition Chair

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**Seniors Take Action Coalition**

... promoting age friendly communities

Welcome to our tenth issue of **Better with Age**. This newsletter was developed 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.

Nous sommes fiers de vous présenter notre dixième édition de **Mieux avec l'âge**. Ce bulletin a été développé par Seniors Take Action Coalition pour en savoir plus sur les aînés et leurs préoccupations en fournissant diverses informations propices. Nous voulons également offrir des occasions aux aînés pour contribuer à ce bulletin. 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.

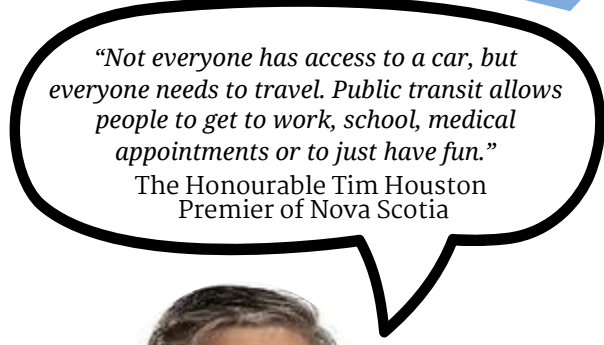
## The Connection Between Community Transit and Age-Friendly Communities

By: Cynthia Curtis

In rural communities like Richmond County, access to transportation is vital for older adults to age in place and lead full and active lives. Many older adults who live in rural communities do not reside close to many essential services like grocery stores and health care providers.

As we age into our senior years, and driving may no longer be a safe or viable option, older adults might begin consider public transportation as central to their well being. Using local community transit can be beneficial in many ways.

- It ensures safety and can reduce anxiety; greatly reduces the risk of accidents and driving stress;
- It eliminates the cost of car purchase, maintenance, fuel, and insurance;
- It improves opportunities to engage in the local community's social and recreational activities which helps reduce feelings of loneliness, isolation, boredom, and depression;
- It helps seniors to get out of the house, bettering cognitive skills, physical mobility, and emotional well being;
- It lets older adults stay informed and connected with their family and friends at a very reasonable cost;
- It makes access to important health services, groceries, and social events easier;
- Though it may be a service that is new to many seniors, inexpensive and reliable public transportation is of significant benefit in helping people get around and stay connected to all aspects of their community.



*"Not everyone has access to a car, but everyone needs to travel. Public transit allows people to get to work, school, medical appointments or to just have fun."*  
The Honourable Tim Houston  
Premier of Nova Scotia



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

**SAVE THE DATE**  
**OCTOBER 27TH**

**Imagine the Possibilities**  
**Chapter Two**  
**A One day Conference for Older Adults**



**Follow our Facebook group for more information...**

**Older adults in Richmond County, we need your help!**  
**Adulte âgés du comté de Richmond, nous avons besoin de votre aide!**

Our research team wants to learn what services help older adults live at home healthier and more independently.

Notre équipe de recherche veut savoir quels services aident les personnes âgées à vivre chez elles en meilleure santé, et de manière plus indépendante.



**There is still time to get involved!**

**What will you do?**

Have a one-hour conversation with a trained interviewer (in-person or over the phone) about your life as an older adult (65+) in Richmond County.

**Que ferez-vous ?**

Avoir une conversation d'une heure (en personne ou par téléphone) avec un enquêteur formé, vous posant des questions sur votre vie en tant que personne âgée (65+) dans le comté de Richmond.

**What is the benefit?**

- You will receive a list of services to support your needs.
- You will be entered into a draw for a \$200 Visa gift-card.
- Your local community will learn what older adults need to live well at home.

**Quel est l'avantage?**

- Vous recevrez une liste de services pour répondre à vos besoins;
- Vous participerez au tirage au sort d'une carte cadeau Visa de 200 \$;
- Votre communauté locale apprendra ce dont les personnes âgées ont besoin pour bien vivre chez elles.

Interested and want more information?

Si vous êtes intéressés et souhaitez obtenir de plus amples informations?

Contact/cantacter: Jennifer 902-587-2800 (ext. 4)

jennifertanner.dkmchc@gmail.com



Seniors Take Action Coalition							AUGUST 2023					acting collectively			
Sun	Mon	Tue	Wed	Thu	Fri	Sat									
Want to stay informed? Join our Facebook Group and sign up to receive our Better With Age newsletter.															
		1	2	3	4	5	6	7	8	9	10	11	12		
		Nicolas Denys Days Festival - St. Peter's Village Scavenger Hunt: 1:30 Weather Permitting Living History Days 2-4pm LeNoir Landing	Nicolas Denys Days Festival Open House 1-4pm at Museum Tea in the Museum b/c Madame Historical Society 2:00 to 4:30PM \$6.00 for IHMS members \$7.00 non-members	Nicolas Denys Days Festival Gravyard Tour - 6:30 Roman Catholic Cemetery St. Peter's Lennox Passage Yacht Club Festival St. John's Centre for the Arts in Arichat 11 am - 4 pm for tours Entertainment between 3pm - 2pm	Nicolas Denys Days Festival Live Entertainment 12-3pm at Farmer's Pantry Artisan Market Bonnie Bras Seniors Club in St. Peter's Lennox Passage Yacht Club Festival Hurghy Man's Breakfast D'Ecouse Hall 8:00-11:00am	Nicolas Denys Days Festival	D'Ecouse Hall Mus. at 9:30am	Living History Days 2-4pm LeNoir Landing	Petit de Grac Acadian Festival Official Opening Acadian Kitchen Party Tea in the Museum b/c Madame Historical Society 2:00 to 4:30PM \$6.00 for IHMS members \$7.00 non-members	Petit de Grac Acadian Festival Coffee and Conversation 10am to Noon West Bay Community Centre Meals With Friends 11am - 1pm - River Roast Hub, River Bourgeois Concerts by the Sea-	Petit de Grac Acadian Festival Friday Open House St. John's Centre for the Arts in Arichat 11 am - 4 pm for tours Entertainment between 3pm - 2pm	Petit de Grac Acadian Festival Community Breakfast 7-11am at La Picaresse Ile Madame Public Market - 10-12pm LeNoir Forge Museum	Harbour Wars Alamy's Legacy Little Harbour L'Ardebe		

Join the Seniors Take Action Coalition Facebook Group and stay informed.



Check out our new monthly calendar promoting activities of Seniors Clubs on Facebook.

# Spotlight on: Community Transit

## The Wheels on the Bus Go 'Round and 'Round

By: Cynthia Curtis



One of Richmond County's best kept secrets is the door-to-door service called Book-A-Ride, that the Strait Area Transit (SAT) provides—to residents of all ages and in all communities.

Operating Monday through Friday and by special charter arrangement, this transportation service is available to anyone in Richmond and Inverness counties. Five mini vans and two larger transit buses make up the fleet, four being wheel chair accessible.

So how does it work with no bus stops or schedules? Simple. You just call the office, at least 24 hours in advance. Advise Nicole, the manager, of the time you need pick up, where you want to go, and when you want to return. Within Richmond County, the cost each way is \$7.50, payable by cash to the driver or in advance via e-transfer; it is the same flat rate whether you are travelling 5 kilometres or 50. Discounted monthly passes are also available. Clearly, this essential service is reasonably priced, user-friendly, and very accessible to all—even those who have special needs or live in very remote areas of the county.

Only for hospital, doctor, or dental appointments? No! These vehicles can be used for any reason that you might use your car—transportation to a college class or work site, shopping trips, recreational activities, dining out, and social gatherings. A SAT bus will also deliver parcels or groceries if other options are not available.

The Strait Area Transit has been a vital service to many residents of Richmond County since 2007. Those who are without a car or other transportation assistance can feel isolated, especially those who are disabled or live in a remote location. Getting “out and about” is essential to a productive, satisfying, and healthy lifestyle.

Julie Freeman, a member of our Newsletter Committee and one of SAT's friendly, experienced drivers, smiled at the end of her shift: **“Seeing the freedom, independence, and opportunity such personal transportation provides is a most gratifying aspect of my job. ...It is so great to see people get out and do things they couldn't without this service.”**

### Real Riders

“The doctor basically told me to get out of my apartment more often than coming to see him. I have mobility issues and without this service I would be stuck. This has made a 100% improvement in the quality of my life.”

— MARK F.



Julie also enjoys the social nature of her work. The conversations she has with her passengers are often quite interesting. **“It has been rewarding to get to know the clients, their personalities, and their stories that, so often, are quite inspiring and heart-warming.”**

One frequent traveller with SAT was happy to learn that others too may hear about and benefit from Strait Transit. He has been using it for several years and believes it has been a **“life-saver”**: **“I just call ahead to set up the trip. The bus arrives at my door and off we go. When my appointment or visit or shopping is done, there they are, on time, to drop me back on my doorstep. And all that done with happy hellos, lotsa chat, and no worries about parking. You can't beat it!”**

New experiences are always a little hard; to take advantage of this service you must take the initiative and make that first call!

**Contact SAT today and arrange your next outing!**



Telephone: (902) 625-1475 (use to set up transportation)

E-mail: [dispatcher@satbus.ca](mailto:dispatcher@satbus.ca)

E-mail: [director@satbus.ca](mailto:director@satbus.ca) (use to set up transportation, receive your itinerary confirmation, and make e-transfers)

# WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

## Meet Debbie and Bobby Samson



Love of family, strong commitment to community, lots of laughter and a strong faith are what keeps these two lovebirds singing

By: Celeste Gotell

Five decades have gone by since Bobby first asked Debbie out in 1972. Both grew up in Louisdale. Debbie was the oldest of five siblings, one sister and four brothers, and Bobby the youngest with three older sisters.

One would think that everyone would know each other in a small village like Louisdale but not always the case, it seems. Though they knew of each other's families, they really didn't know each other. One family resided in the east end and the other in the west so had not attended school together or had friends in common.

In the summer of 1972, a chance encounter at the French Village Restaurant (where Debbie worked as a waitress and Bobby came in after baseball games with his teammates) changed their lives forever. Call it love at first sight. Bobby had just graduated from STFX and was to begin his career as a teacher. After two days substituting, he went out and bought the "green machine", a 1972 Cutlass. Bobby claims it was the "green machine" that sealed the deal!

During a time when teaching jobs were plentiful, he was offered three teaching positions. In the fall of 1972, he began with the Richmond County School Board teaching French to five grade nine classes. At the same time Debbie was about to begin her Bachelor of Nursing degree at St. F.X. Four years later, after a long courtship and many miles in Bobby's "green machine", they tied the knot in 1976.

It was a big year for Debbie as she also graduated in 1976 and immediately began work at Richmond Villa, which was newly opened. Her first position was to teach a continuing care assistant course. In 1980, she also began working casually at the newly opened Strait Richmond Hospital and soon found herself in a supervisory role. She later became Director of Patient Care.

After years of working as a full-time nurse in different positions and raising her children through their formative years, in 1993 Debbie returned to St. F.X. to complete a Bachelor in Education, planning on making a career change that could open up new opportunities. Bobby had also returned to St.F.X., taking summer courses to pursue a Masters in Education (Administration). They both graduated in 1994. Unfortunately, full time positions in teaching were not as plentiful in 1994 as they were for Bobby in 1972. However, it would seem the universe had different plans for Debbie. This was around the same time that home care was experiencing huge growth in Nova Scotia; with Debbie's experience she found her way back into the nursing profession and spent another 18 years in various roles in home care and the continuing care sector.

Bobby and Debbie have four children; Jonah, Jeremy, Janeen, and Jennifer and ten grandchildren, ranging in age from 19 to 5. With one exception (Janeen in Fall River), their other three children live close by in Louisdale. Debbie and Bobby absolutely love being grandparents and family gatherings are a huge highlight of their lives. Many of the grandchildren were born close together, with only weeks apart, so in many ways cousins are like siblings and spend a lot of time together sharing meals, and important life events. There are always organized activities, around holidays and special birthday celebrations. They host family Christmas and Easter gatherings and on every grandchild's birthday they get to pick their favourite meal and cake.

Debbie freely admits that when she cooks, she never cooks for just two and always makes enough to feed more. It is not uncommon that her 92-year-old mother joins them for dinner and often some of her children and grandchildren in Louisdale find their way over and have a place at the table.



Bobby and Debbie dating years



Bobby and Debbie  
St. F.X. Graduation in 1994



According to Bobby, "The Damczyk (Janeen) family living in Fall River, miss out on a lot of meals!"

# WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Debbie retired in 2012 from her final position as Director of Continuing Care with the former GASHA District Health Authority, following a 36-year nursing career in the community. Since retiring Debbie has remained a strong advocate for health and wellness, and is always willing to step up and take on a leadership role. Debbie is always willing to lend a helping hand, whether she is organizing We Care Days, volunteering for the Richmond County Active Living Strategy or Recreation Committee, planning activities such as walks in her community, Scottish line dancing, encouraging older adults to stay socially connected, or volunteering for activities for St. Louis Parish. She is a founding member of the Seniors Take Action Coalition, an organization that, since 2016, has been promoting an age-friendly community to improve the health and wellness of older adults in Richmond County. Debbie is also involved in the “Acting Collectively” Project as one of the local assessors that is meeting with older adults in Richmond County.

During Debbie’s involvement with the Catholic Women’s League (CWL) over the past 20 years, she has served on the Parish Executive, Diocese President, Provincial President, and at the National level on two committees. She is a Life Member, an honour bestowed on women who have served on Parish, Diocesan and Provincial levels of the League. At the National Convention, the CWL holds a special pin ceremony for every member in the country who has earned the recognition. CWL members pass through a line up of all past national presidents and the bishop gives each person a blessing for many more years of service.

Over the years she has attended 12 national CWL conventions and has travelled the entire county. Combining holidays with each convention held in August, meant Bobby was able to accompany her on these trips.



Debbie participating in Flag Ceremony during the National CWL Convention.

In 2004, Bobby retired from his 32-year career as an educator, both as a teacher and for the last 17.5 years in administration as vice-principal and principal. Bobby has spent many years coaching minor hockey and baseball. He also coached and managed the Louisdale Baracos baseball team, bringing the team to victory several times as Richmond Amateur Baseball League champs and Provincial Intermediate A & B champions.

He served as President (King Lion) with the Louisdale Lions Club, President of the Parish Council and has volunteered for over 20 years on the Finance Committee.

He gave as many years in a volunteer role on the Board of Directors for the Richmond arena, before it was taken over by the municipality. Since retiring he has been more active with the Louisdale Fleur-de-lis Seniors’ Club and has been treasurer for the past five years.



Debbie receiving blessing from bishop for her years of service.



Bobby presenting Harley Marchand a service pin.



Bobby chatting with others after an Arena board meeting.

# WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Nobody can ever question their combined community spirit and commitment, both involved in many different organizations over the years, taking on many leadership roles.

It should come as no surprise that both were recipients of the Queen's Elizabeth II's Platinum Jubilee Medal. Bobby received his medal in 2015 and Debbie in 2022.

Debbie also received the Making a Daily Difference Volunteer Award at the recent Cape Breton South Recruiting for Health banquet.

When not volunteering in the community and organizing family events, they also find time to enjoy their hobbies and other passions, with friends and family.

Bobby loves watching sports on TV and attending local St. F.X. University and Cape Breton University games whenever he has the chance. And of course, now with all those grandchildren, there are many opportunities to attend their sports games, creating opportunities for occasional travel for both him and Debbie. For the past five years he has been known to enjoy a weekly card (poker) game, a group of ten friends called the Louisdale Poker Club. They meet year around; after a short summer break, they are back to shuffling cards come September.

While Bobby pursues his hobbies, Debbie also has many hobbies and passions of her own, including scrapbooking, crafts, baking, walking, her monthly book club, prayer group and spending time with her beloved 92-year-old mother.

They both love theater and can often be found in the audience of many performances throughout the area. Some days you will also find them Scottish country dancing.

Their love of travel has included trips across the country and exploring many international destinations as seasoned cruisers, including two trips to the Mediterranean with ports in Italy, Spain, and Greece. While in Italy they spent a few extra days in Rome. They have sailed to the East and West Caribbean, Baltic Sea, Panama Canal, Alaska, and Hawaii.



Debbie receiving medal with MLA Trevor Boudreau

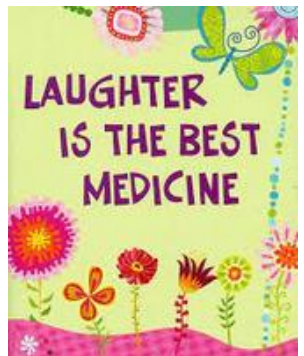


Bobby receiving medal with MLA Michel Samson



When I asked about their secret to close to 50 years of happy marriage, this what they had to say...

**“We laugh together, and are able to laugh at our own and each other’s mistakes. We have a shared love for our community. Our family is and has always been the priority, and our strong faith has always been our guiding light through the challenges we have faced”.**



# Spotlight on:

## Imagine the Possibilities- Stronger Together

By: Celeste Gotell

Guess what happens when you gather over 40 people representing seniors' clubs and organizations in a room to explore possibilities to improve the lives of older adults in Richmond County? You witness "Magic" at work.

**Imagine the Possibilities** was a partnership between Seniors Take Action Coalition and the Louisdale Fleur-de-Lis Seniors Club to bring together older adults representing all our seniors' clubs and seniors' organizations to begin the process of working together more collaboratively. This is an outcome of the project hosted by STAC, funded by an Age-Friendly Communities Grant to do more outreach in the community and create opportunities to work more collaboratively in the future.

The day began with a lively game of "Bingo" so folks could get to know each other and then participants rolled up their sleeves and began work on discussing possible actions to help address the eight areas brought forward in last year's June workshop.

As the facilitator for the day, it wasn't easy to keep things on time. The mood in room remained lively all day with many rich conversations, deep discussions and great ideas about the issues impacting seniors and how we can work together to create change.

### Community supports and health services

Lobby the provincial government for improved home care supports in Richmond County - contact MLA Trevor Boudreau.

### Technology and communication

Create a directory for the existing services within Richmond County that identifies what they provide and make this available, (not everyone has access to the internet).

### Social safety and inclusion

Encourage all club members to work together, inviting other clubs to attend their events.

### Emergency measures

Recommend that EMO for Richmond County creates an advisory committee that meets regularly and exchanges information.

### Accessibility/disability

Bring forward stories of people experiencing accessibility issues to the Richmond County Council and Accessibility Committee to demonstrate the needs of people. Advocate for mobi-mats at all local beaches.



### Housing

Advocate to the provincial government via letter campaign and bring forward to MLA

Recommended changes to seniors' home programs to be based not solely on income. An option for seniors to also to receive pro-rated funding with a higher income.

### Transportation

Increase awareness of Strait Area Transit and invite them in to attend sessions to talk about the services they offer.

### Income and social status

Apply for grants to improve food production and food insecurity.



During lunch we were also entertained with some music and Scottish Country dancing led by Debbie Samson and Belinda LeRochelle.

Over a lovely lunch provided by the Louisdale Parish Catholic Women's League, the conversation shifted to a hosted discussion, called **Around the Dinner Table** where participants shared information about what successful activities, they have offered in the so others could learn from their experiences.

To begin pre-planning for the fall event, participants were asked to share their suggestions for training and skill development workshops that could be offered at the up-coming conference, **Imagine the Possibilities - Chapter Two**.

### The general themes suggested include:

- Personal interest and development
- Organizational skills and training
- Health related topics
- Increase access to information and knowledge of community services

Planning has begun for this Fall event which will take place on October 27. Stay tuned for more information.

The day wrapped up with a brief presentation from Dr. Grace Warner one the researchers from the Dalhousie University team working on the Acting Collectively Project. There is still an opportunity for people to participate.

Please let your friends and family members know. If you haven't participated yet yourself, pick up the phone and give Jennifer a call or send her an email.



Si vous souhaitez contribuer à la lettre d'information avec un article de votre club, faites-le nous savoir.  
If you would like to contribute something from your Club to the newsletter, let us know.

TAKE NOTE

# COMMUNITY CORNER

## Changes Afoot in the Community



Michele MacPhee has recently left her role as the Senior Safety Coordinator and taken on the role as Administrative Project Coordinator with CORAH (Centre of Rural Aging and Health) NSCC Strait Campus.

Michele is a graduate of Dalhousie University, certified Trauma sensitive Yoga Facilitator and certified in non-violent crisis intervention, mindfulness and Mental Health First Aid. Michele also brings extensive experience with program and event coordination, project management, facilitation and delivery of health programs.

Michele was responsible for launching the Seniors Safety & Social Inclusion Program in Richmond County and spent the last seven years working with older adults. Some notable program highlights include a successful YOGA for Falls Prevention program, public engagement and understanding around the impact of social isolation, introducing the evidence-informed JAVA music program, and piloting an inter-generational yoga series involving LTC (Long-term Care) residents and pre-primary students.

Michele.macphee@nsc.ca  
902-631-5833



### STRAIT AREA CAMPUS WELCOMES CORAH!

- C Centre
- O Of
- R Rural
- A Aging
- H & Health

#### Who is CORAH for?

CORAH is a community hub for all older adults in the Quad Counties aged 55 to 105+

#### Who are CORAH partners?

The Department of Health and Wellness, the Department of Seniors and Long Term Care and NSCC are all partners in CORAH.

#### Where are CORAH Hubs?

CORAH is expanding to include the NSCC Strait Area and Burrige Campuses this year!

The CORAH hub in Middleton is located at the NSCC Annapolis Valley Campus and has been active for over 3 years

#### What does CORAH do?

Our shared vision is to complement existing community-based programs, address gaps and add value to what is already happening on the ground in the Quad County region.

CORAH aims to increase the number of older adults engaged in a broad range of activities focused on Health and Wellness.

CORAH includes NSCC campus staff, students and community partners to support well-being of older adults with hands-on activities related to CORAH's four pillars of Health and Wellness

### CORAH Pillars of Health and Wellness



Active Living



Healthy Practices



Healthy Eating



Healthy Relationships

For details please contact:

Michele MacPhee, Administration and Project Coordinator  
CORAH (Centre of Rural Aging and Health)  
Michele.MacPhee@nsc.ca or (902) 631-5833

Linda Ouellette, Administrative Support, CORAH (Centre of Rural Aging and Health)  
Linda.Ouellette@nsc.ca

### Meet Danielle, the new Senior Safety Coordinator!



For years Danielle and her partner had a goal to return to his hometown in Richmond County. During her first visit, she fell in love with the community and saw it as much her home as his.

In moving to the area, she knew she wanted support the community in her professional and personal. Danielle volunteers with many local organizations and community initiatives, such as the Strait Area Community Health Board, she loves beach combing, adventuring outdoors, sharing a meal with others, and having a laugh around a good cup of coffee!

Danielle has worked with individuals from various backgrounds, taking notice of the barriers that many rural communities encounter, especially for women and young girls. She has a passion for helping people to navigate the support they need to recognize their own strengths and reach their potential.

Over the past four years, Danielle has been facilitating The Circles of Support & Change Project, with the Antigonish Women's Centre and Sexual Assault Services in Richmond County. This is a partnership with rural, underserved communities to develop community-led, community-based responses for preventing and responding to gender-based and sexualized violence. It is rooted in the belief that the knowledge and most culturally appropriate strategy to address gender-based violence and promote healthy relationships comes from within local communities.

In this role, Danielle has supported survivors navigate their own healing journey while also providing the community with new knowledge about healing and gender-based violence. Danielle will continue part-time in her role with the Circles of Support and Change project.

In her new part-time role as Seniors Safety and Social Inclusion Coordinator with the Dr. Kingston Memorial Community Health Centre, Danielle will continue to advocate for the community's needs, and help community members navigate opportunities and resources to support their wellness journey while they share their story over a cup of coffee or tea.

Danielle can be reached by calling 902-587-2800, Extention 5 or by e-mail: [seniorsafetycoordinator.dkmchc@gmail.com](mailto:seniorsafetycoordinator.dkmchc@gmail.com)

# GRANTS AVAILABLE for organizations and individuals

## Mental Health Foundation of Nova Scotia

Community Grants Round II  
Application Deadline: August 11th, 2023

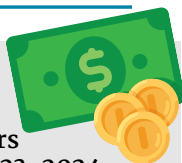
<https://www.mentalhealthns.ca/grants>

### New Horizons Grant

On August 1, 2023, the Government of Canada will launch the annual New Horizons for Seniors Program (NHSP) Community-based stream 2023-2024. Call for proposals (CFP) to invest in projects across Canada. This program is offered by Employment and Social Development Canada (ESDC).

Please note that the online Application for Funding Form and the Applicant Guide will only be available on the NHSP Funding page as of August 1, 2023.

Organizations will have a total of six weeks to submit their applications, from August 1 to September 14 at 3:00 p.m. Eastern Standard Time (EST). To learn more information about NHSP, [click here to visit the NHSP Page](#).



### Nova Scotia Property Tax Rebate for Seniors

Seniors receiving the Guaranteed Income Supplement (GIS) may be eligible for the provincial property tax rebate. This rebate is through the Province of Nova Scotia.

Provincial property tax rebate for seniors visit:  
<https://beta.novascotia.ca/apply-property-tax-rebate>

For more information, call 902-424-5200 or 1-800-670-4357 (toll free)

[Click here to learn more and apply for help with household, healthcare and home heating costs: Seniors Care Grant - Government of Nova Scotia](#)

**NOVA SCOTIA**  
NOUVELLE-ÉCOSSE



**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.



## Useful links and tidbits



### Caregivers Nova Scotia

Caregivers Nova Scotia provides free programs and services to Nova Scotians who give unpaid care to family or friends, regardless of the caregiver's age or the health condition of the loved one. Services include information (including healthcare system navigation), confidential telephone and e-mail support, monthly peer support groups, educational workshops, referrals and advocacy. For more information call 1-877-488-7390, e-mail [info@caregiversNS.org](mailto:info@caregiversNS.org), or visit their website, [www.caregiversNS.org](http://www.caregiversNS.org).

Caregivers Nova Scotia propose des programmes et des services gratuits aux Néo-Écossais qui prodiguent des soins non rémunérés à des membres de leur famille ou à des amis, quel que soit l'âge de l'aidant ou l'état de santé de l'être cher. Les services comprennent des informations (y compris la navigation dans le système de santé), un soutien confidentiel par téléphone et par courriel, des groupes mensuels de soutien par les pairs, des ateliers éducatifs, des références et des services de défense des droits. Pour plus d'informations, appelez le 1-877-488-7390, envoyez un courriel à [info@caregiversNS.org](mailto:info@caregiversNS.org) ou visitez le site [www.caregiversNS.org](http://www.caregiversNS.org).

**Alzheimer Society First Link** can connect you to dementia-focused health-services, support and information near you. For more information call 1-800-611-6345.

**Société Alzheimer First Link** peut vous mettre en contact avec des services de santé, de soutien et d'information axés sur la démence, près de chez vous. Pour plus d'informations, appelez le 1-800-611-6345.

**Legal Information Society of Nova Scotia (LISNS)** is a non-profit charity that provides legal information on a broad range of legal topics, such as Personal Directives, Power of Attorney, Executors and Alternate Decision Makers.

Legal Information Line: For free legal information or to request a lawyer or mediator referral, call, email, or connect by live chat at [legalinfo.org](http://legalinfo.org)

Hours: Monday to Friday, 9:00 a.m. to 4:00 p.m.  
Toll-free: 1-800-665-9779  
E-mail: [questions@legalinfo.org](mailto:questions@legalinfo.org)

Visit LISNS at [www.legalinfo.org](http://www.legalinfo.org).

There is an entire section on the Legal Information Nova Scotia website for seniors.

If you wish learn more about making a personal or helping others, you can complete the free online training at <https://navigator.legalinfo.org/> (click the tab "become a navigator") and a certificate of completion is available (signing up as a navigator upon completion is optional).



# LAST WORDS

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

## A Room With A View

By: Cynthia Curtis

Point Michaud Beach House is indeed a room with a view. And a most spectacular one at that! Nestled in the privacy of evergreens, Del Zappo's vacation gem offers a cloistered sand beach that overlooks the rugged rocky shore of the North Atlantic.



Photos courtesy of Cynthia Curtis

Thirty years after acquiring the lot, Del decided to develop the land, situated directly between her own home and the oh-so surf-popular provincial park. The building of her two-unit beach house began in 2004 and was completed in 2005. Del began to rent out the two upper units the following year, saving the lower level for herself – to use as her own personal sanctuary and weaving workshop.



Each of the upper units has a full bath, microwave-equipped kitchenette, and sleeps 4 (or so) guests. Additional cooking can be done in the cutest of cook sheds that includes a BBQ with side burner. Panoramic picture windows in each suite offer breath-taking views of a fresh water brook, coniferous forests, and ocean majesty. Immaculately clean, Del's Scandinavian chic décor is accented with unique beach finds and seaside novelties. Del has made every effort to provide her guests a memorable and comfortable stay. Useful kitchen gadgets, comfy bedding, games, and picnic kits are but a few of her carefully considered amenities.

Only 87 steps from Point Michaud Provincial Park, both units are in high demand, especially in August, Del's busiest month. Booking early is key to securing some getaway time at the Beach House. Ninety percent of Del's guests are return clients, some visiting annually since she debuted in 2006. Del is open for business from June to December, weather permitting.

A full five-star rating on Trip Advisor, this "taste of paradise" property is the pride of L'Ardoise.

To view, inquire, or book, visit the website <https://pointmichaudbeachhouse.com> or google "Private Beach House, L'Ardoise, NS. E. Del Zappo #3886 Point Michaud, Lower L'Ardoise 902-587-2777 (House), 902-587-2494 (Beach House and Studio) E-mail: [pmbeachhouse@gmail.com](mailto:pmbeachhouse@gmail.com)

## SENIORS CLUBS IN RICHMOND COUNTY

### in your community

#### Arichat - Susan Marchand

Isle Madame New Horizons Seniors Club  
[horizonnew689@gmail.com](mailto:horizonnew689@gmail.com)  
902-631-3853

#### Lower River- Peggy MacNeil

Riverdale's Seniors Club 55,  
[pegmacneil@eastlink.ca](mailto:pegmacneil@eastlink.ca)  
902-625-0166

#### Dundee/St. George's Channel -

##### Doris Matthews

South Mountain Arm of Gold Association  
[dorismatthews123@gmail.com](mailto:dorismatthews123@gmail.com)  
902-345-0495

#### Port Hawkesbury - Francis Lamey

Strait Area Evergreen Senior Citizens' Club  
[fm1amey@hotmail.com](mailto:fm1amey@hotmail.com)  
902-625-3962

#### Grand River - Joanne McCormack

Grand River Seniors Club  
[bilmac1111@yahoo.com](mailto:bilmac1111@yahoo.com)  
902-587-2143

#### Red Islands - Howard MacIntyre

Bras D'Or Lakers Seniors' Club,  
[howarddmacintyre@gmail.com](mailto:howarddmacintyre@gmail.com)  
902-631-5643

#### L'Ardoise - Rene Samson

L'Ardoise Jolly Seniors  
[renesamson@hotmail.com](mailto:renesamson@hotmail.com)  
902-587-2446

#### River Bourgeois - John Digout

River Bourgeois 50+ Seniors,  
[Johndigout@icloud.com](mailto:Johndigout@icloud.com)

#### Louisdale- Robert Goyetche

Fleur de Lis Seniors Club -  
[rgoyetche51@hotmail.com](mailto:rgoyetche51@hotmail.com),  
902-345-2232 or Cell - 902 227-7079

#### Rocky Bay - Cynthia Blackmore

Rocky Bay Irish Club,  
[cynthiawalterblackmore@gmail.com](mailto:cynthiawalterblackmore@gmail.com)  
902-302-3922

#### St. Peter's - Ken Leachman

Bonnie Brae Senior Citizens Club  
[kajpal@seaside.ns.ca](mailto:kajpal@seaside.ns.ca)  
902-535-2835

#### West Bay - Sedley Rafuse

Head of the Bay Seniors Club  
Sedley Rafuse  
[sedleyrafuse@gmail.com](mailto:sedleyrafuse@gmail.com)  
902-345-2063

### Other Seniors Groups

#### Richmond County Branch of Retired Teachers

Donna Machin  
[richrtopres@gmail.com](mailto:richrtopres@gmail.com)

#### Le Regroupement de Aines et Aines de la Nouvelle-Ecosse

Janine Lacroix, [janine.capricorne@gmail.com](mailto:janine.capricorne@gmail.com)  
902-226-0077

### THANK YOU! MERCI!

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