



Better with Age Mieux avec l'âge

Fall 2023 - Volume 11

A Message from the Seniors Take Action Coalition

Each season brings new opportunities! Seniors Take Action Coalition has recently joined with the Richmond County Seniors Council. Together we can increase our strength as advocates for seniors and support seniors' clubs to reinvigorate and thrive. One way we can work together to thrive is to attend our fall conference on October 27th, *Imagine the Possibilities - Chapter Two*.

And on another topic...

After a summer of little sun and lots of rain, it is easy to realize our climate is changing! And it reinforces the need for us to be prepared for severe weather challenges. While we enjoy our fall weather and look towards winter, we can plan with our neighbours and friends how best to plan for all of us to be safe.

Take care and enjoy our fall! Dorothy Barnard, Coalition Chair

Chaque saison apporte de nouvelles opportunités ! La Seniors Take Action Coalition s'est récemment associée au Richmond County Seniors Council. Ensemble, nous pouvons accroître notre force en tant que défenseurs des personnes âgées et aider les clubs de personnes âgées à se revigorer et à prospérer. L'une des façons de travailler ensemble pour prospérer est de participer à notre conférence d'automne le 27 octobre, *Imaginez les possibilités - Chapitre deux*

Et sur un autre sujet...

Après un été peu ensoleillé et très pluvieux, il est facile de se rendre compte que notre climat est en train de changer ! Et cela renforce la nécessité pour nous d'être prêts à faire face à des conditions météorologiques difficiles. Pendant que nous profitons du temps automnal et que nous attendons l'hiver, nous pouvons planifier avec nos voisins et nos amis la meilleure façon d'assurer notre sécurité à tous.

Prenez soin de vous et profitez de l'automne !



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Seniors Take Action Coalition

... promoting age friendly communities

Welcome to our 11th 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 11^{ème} 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.

AGE-FRIENDLY communities

A Message from the NS Federation of Seniors

Thank you to the Seniors Take Action Coalition for this opportunity to reach out to the older population of Richmond County through this "Better With Age" newsletter. The Federation and the Coalition share many of the same goals for older adults, especially those promoting programs and services to help seniors age in place in your home community.

A question often asked is: "What is the Nova Scotia Federation of Seniors and what do they do?" I could list many accomplishments, but this article does not allow space to do so. In short, the Federation is an organization of senior clubs and councils from across the province. The organization endeavours to present a new image of the active senior involved in his/her community and to be an effective voice to government (provincial and national) for their needs. We advocate for improvements in programs and services to enable older adults to remain in their homes for as long as they are able, provide user friendly transportation services, promote social and recreational programs, and improved medical and drug services at reasonable costs.

The Federation is not provincially funded. It is a volunteer, not-for-profit organization. Prior to being shut down by COVID, the process was to hold an Annual General Meeting of representatives from the clubs and councils to receive information, debate issues, and formulate resolutions for government about priorities for improvements for seniors. These would be given to various government departments and responded to as action items or to be considered in future budgets. We are working to bring this back and had a very successful provincial meeting on May 31st of this year.

In addition, the Federation is represented by two members on the Seniors Advisory Council (SAC) of Nova Scotia where we have input into provincial government decisions affecting older adults. We are also an active member of the National Pensioners Federation (NPF), an organization of 350 seniors' chapters, clubs, groups, organizations, and individual supporters across Canada with a collective membership of one million. This organization's goal is to help older adults have a life of dignity, independence, and financial security. They lobby federally for improvements to all things concerning seniors and retired workers.

As was the case with senior clubs and councils, COVID made it impossible for our membership to be active, but the leadership team continued their work, and we are now in a rebuilding process. To this end, several recent developments are indicating a return to a strong organization. We are pleased to welcome the Seniors Take Action Coalition of Richmond County as part of our organization working on your behalf.

Terry Donovan, President

"What is the Nova Scotia Federation of Seniors and what do they do?"



Terry Donovan

Stronger Together: Seniors Take Action Coalition and Richmond County Seniors Become One

By: Celeste Gotell

After seven years from its' beginning days in January 2016, the Seniors Take Action Coalition has experienced growth and success and recently made a decision to register as a not-for-profit society with the NS Registry of Joint Stocks. Over the years, we have had some club members very active in the Coalition and have had the opportunity to develop strong relationships.

Being a registered not-for-profit will provide the Coalition the opportunity to continue to its important work and access new funding sources to expand what it will do to promote an age-friendly community and support older adults in Richmond County. It will join together with the Richmond County Seniors Council that for many years represented the various seniors' clubs throughout the County under the leadership of the late Claire Marchand, as President.

The newly elected Executive include:

- Dorothy Barnard- Board Chair
- Claire Doyle- Vice Chair
- Janine LaCroix- Treasurer
- Debbie Samson- Secretary

All Richmond County Seniors' Clubs will be extended an opportunity to select a representative from their membership to join as a member of the Board. This will ensure that the local clubs continue to have a voice in the Coalition and with the Nova Scotia Federation of Seniors.

We look forward to having all the Clubs more involved with the Coalition so we can all work together to improve the lives of older adults in our communities.

OCTOBER 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Celebrating Seniors Week from October 2nd to 7th, 2023						
Want to stay informed? Join our Facebook Group and sign up to receive our Better with Age newsletter Fall Issue.						
1 Legion Branch 150 Arlivat Community Breakfast 8:00 am - 11:00 am	2 D'Ecousse Hall Mass at 9:30am	3 St. John's Centre for the Arts River Roots Salsa Workshop 6-8pm Registration Required 45's card game St. George's Channel Hall 7:30pm	4 New Horizons Club 45 Card Play 2pm Arlivat	5 Coffee and Conversation 10am to Noon West Bay Community Centre	6 Card Play 7:30 pm D'Ecousse Civic Improvement Hall	7 Artisans Market Bonnie Brae Seniors Club 10-2pm in St. Peter's Brunch at 12 noon Live Auction at 1:30 Fundraiser for Dr. Kingston Community Health Centre L'Ardoise Community Centre
8 Hungry Man's Breakfast D'Ecousse Hall 8:00-11:00am New Horizons Club Cribbage 7pm - Arlivat Celtic Colours Concert A Full Slate at 2pm L'Ardoise Community Centre	9 Tales and Tunes A music and storytelling event featuring Daniel LeBlanc and local storytellers Celtic Colours community event. Light refreshments. \$10 HAPPY BIRTHDAY	10 Knitting 1:30 to 3:30 St. John's Centre for the Arts 45's card game St. George's Channel Hall 7:30pm	11 Riverdale Seniors Club Monthly Meeting in Lower River - 12 noon New Horizons Club 45 Card Play 2pm Arlivat	12 Coffee and Conversation 10am to Noon West Bay Community Centre	13 Card Play 7:30 pm D'Ecousse Civic Improvement Hall	14

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

Spotlight on: Climate Change

Global Warming, Climate Change and Climate Crisis

By: Julie Freeman

'Global Warming', 'Climate Change', and 'Climate Crisis' – all terms relatively recent to us seniors, and yet they are quickly becoming undeniable in their consequences.

I expect very few of us here in Richmond County saw a good garden year due to heavy rains, fog and cooler temps. 'Ah yes,' you might say, 'but we've seen that many times...next year will be a bumper.'

But will it? Because now, that logic is defied on a global scale. And that, my dear fellow-elders, is the nut of it.

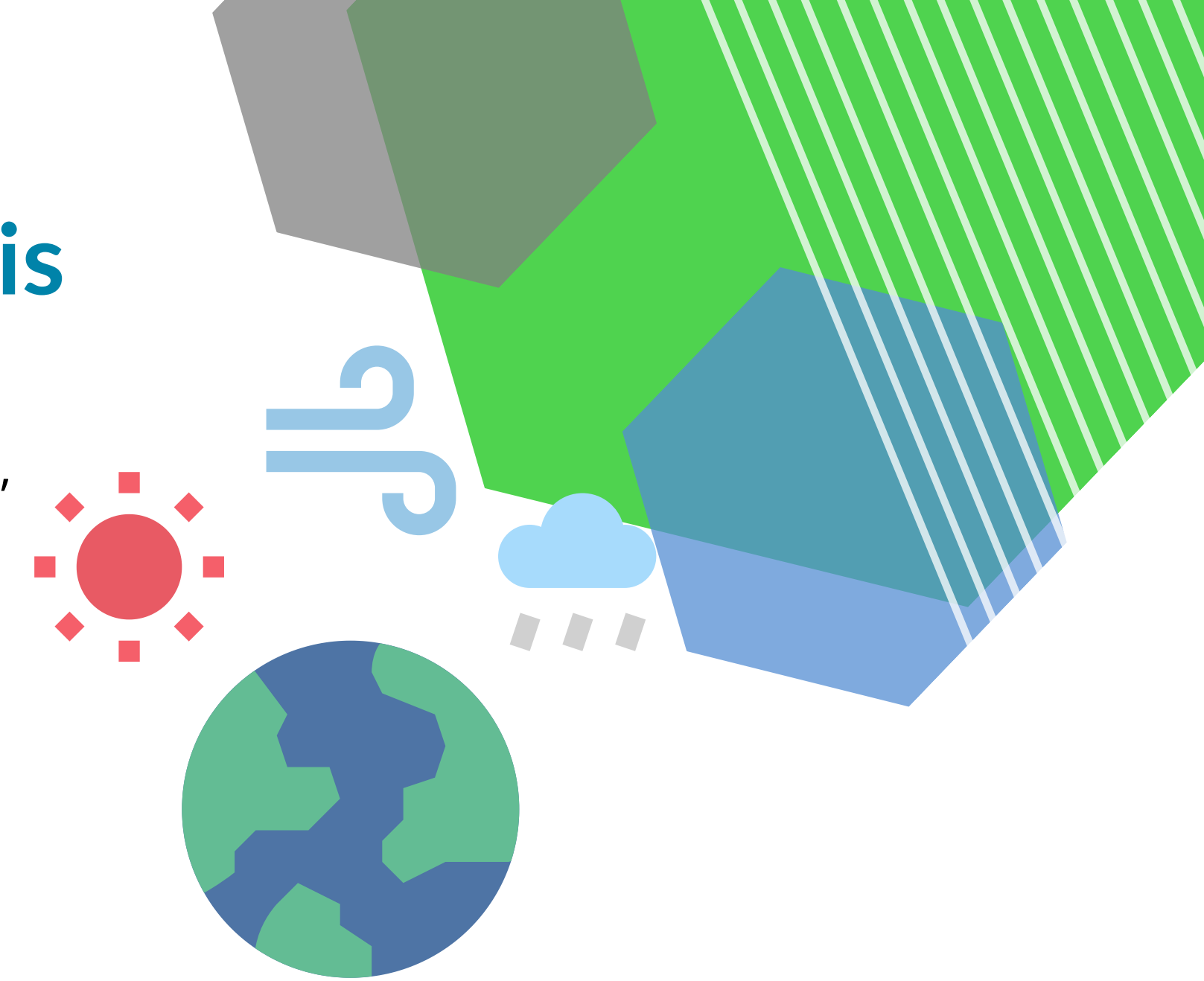
Recent news stoked us up again with news of Hurricane Lee, a monster potentially headed for our shores; it missed us in Richmond County as a direct hit, but made a landing that was hard for other parts of our province. Two such storms in two consecutive seasons is an unprecedented event. Can we slough that off as 'normal' anymore?

Wild fires bigger and fiercer than we've ever seen before. When 'normal' ceases to exist reliably, where are we left but to inform ourselves, prepare to adapt and survive, and look around as to how we can each affect the outcome?

That can feel daunting. The language of this science is not what we grew up with: emission standards, carbon footprints, climate-change literacy. Mass migration, disappearing species above and below the oceans – we see it here directly in our own fishing industries. And the rising heat that will render great tracts of the planet inhabitable gives us a nasty taste of the consequences as forest fires rage uncontrolled across the country.

We can learn much from each other, today's generations. As elders, we have survived before, adapted, strived and thrived. We know how to take a longer view, we know about perspective that brings wisdom. We know about the simpler ways that are not dependent on technology and social media.

Our youngsters, on the other hand, are savvy in the ways of today – information, communication, innovation, thinking beyond any boxes we know. Is there an opportunity to build a bridge to open dialogue? In the interest of broadening knowledge and adaptive thinking to both ends of our population segments?



There's some interesting material available to read on this subject.



Older People and Climate Action

UNFCCC (United Nations Framework Convention on Climate Change) published an eye-opening briefing, calling out the critical importance of older people around the world. "Climate Action Cannot Succeed Without Older People" they state, citing the fact that 10% of the world's population is over 60, and we live longer, healthier lives, and are better educated than our predecessors:

[https://unfccc.int/sites/default/files/resource/Older People inClimateAction briefing 18032021.pdf](https://unfccc.int/sites/default/files/resource/Older%20People%20inClimateAction%20briefing%2018032021.pdf)

This six minute read points out that 'we' – the general public, likely know less than we think we know about climate change. And why it's important to make it easier to understand basic climate change and science:

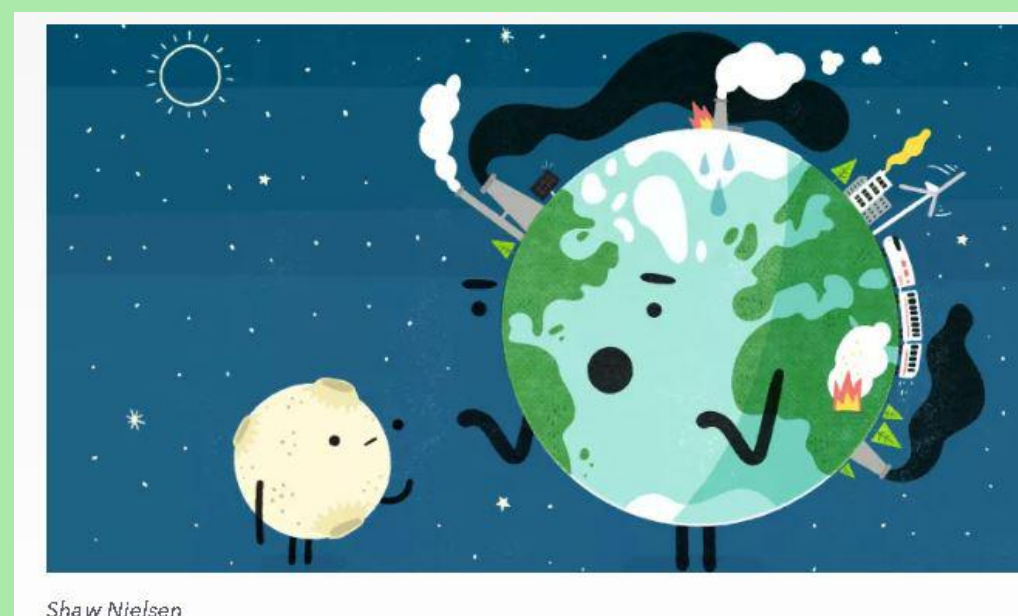
<https://www.yesmagazine.org/opinion/2020/10/23/climate-literacy-effective-change>

This article gives us hope as to where young people are leading us, for example, with new ways of adapting to climate change in farming – by returning, in some ways, to the ways of our predecessors:

<https://www.theglobeandmail.com/canada/article-climate-change-young-farmers-canada/>

This one. This one is key. It truly is a guide to get those conversations started with our kids and grandkids:

<https://www.nrdc.org/stories/your-guide-talking-kids-all-ages-about-climate-change>



The Oxford Dictionary definition of 'hive mind' goes as follows: a notional entity consisting of a large number of people who share their knowledge or opinions with one another, regarded as producing either uncritical conformity or collective intelligence.

I call it our super-power.

facebook

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

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

Spotlight on: Climate Change

Climate change is happening. Extreme weather conditions are upon us

By: Debbie Samson- Fleur-de-Lis Club

We Care Days session held on September 27th was all about emergency preparedness. Steven Marcellus, Emergency Services coordinator for the Municipality of the County of Richmond, with his experience as a both a firefighter and paramedic, was only on the job a short period of time when we experienced the wrath of Fiona last September. He was impressed with the way in which Richmond County residents looked out for, and helped each other.

There are many factors that come into play when faced with a disaster. Nova Scotians quickly learned this past year, with the mounting threats of forest fires, floods, hurricanes, winter storms and long power outages, that we need to prepare and have plan in place.

One of the biggest obstacles in orchestrating this plan is arranging to get the most vulnerable and isolated people to comfort stations. When roads are blocked, due to heavy rains, snow, downed trees or power lines, the County relies on local volunteer fire departments, the Red Cross and Nova Scotia Power to support residents.

Richmond County must ensure that comfort stations are ready to be operational when needed. There are 24 locations scattered around both the more remote communities in the County as well as more populated areas. Since these locations are not owned or operated by the County, they rely on volunteers to step up and mobilize these spaces for people to go to when they have no power or another emergency.

Comfort centres are a place for residents to warm up, have a cup of tea, charge their phone and have a safe a place during a weather event or other emergency. Comfort stations are operated during the day for either a portion of or the full day (8-4) depending on the need and what can be arranged. Comfort Centres o not provide overnight accommodations. When emergency accommodations are required, the County works closely with the Red Cross and the Nova Scotia Emergency Management office.

“Residents of the County should be aware of the needs of their neighbours, and it is important that everyone be responsible for each other during all weather events – Check on your neighbours to the left and right as well as across the street. As a Municipality unfortunately, it isn’t possible to address needs unless these issues are brought to our attention and reported.”

Steve Marcellus



The location of comfort centres can be located on the Richmond County website in the Comfort Centre and Emergency Shelter Policy. You can access this policy using the following link

<https://www.richmondcounty.ca/council/policies/council-policies/2248-comfort-centre-and-emergency-shelter-policy-2023/file>.

Suggestions were also made to publish them in [Richmond Reflections](#), updated quarterly, and to promote them widely ahead of a major event on social media.

JoAnna LaTulippe-Rochon, Executive Director of CB Family Resource Centre shared tips on what to do to prepare for disasters and in the event of an evacuation:

- Know how to turn off your water and gas.
- Know how to use your fire extinguisher, and making sure it has not is expired.
- Choose a planned meeting place for everyone in the household.
- Be prepared for at least 72 hours without power or running water.
- Have an emergency kit, a first aid kit, a flashlight, a whistle, cash, and other necessities.

See Checklist at <https://novascotia.ca/emergency-education/docs/emergency-kit-checklist-en.pdf>

Download “Your emergency preparedness guide” at <https://novascotia.ca/emergency-education/>

Safety Tips
Preparing an
Emergency Kit

When there's an emergency like a bad winter storm, a hurricane, or a fire it's important to be prepared. You need to be able to look after yourself and your family for the first 72 hours. Having an emergency kit prepared will help get you through the situation.

Things to remember when preparing an emergency kit:

- the kit should be easy to carry
- everyone in the household should know where it is
- check your kit twice a year and replace anything that is out of date
- replace the food and water once a year

Things to include:

- your emergency plan
- at least 6 litres of water per person (2 litres per day)
- food that won't spoil and that you can eat without cooking, like canned and dry foods
- manual can opener
- first-aid supplies
- at least a 3-day supply of your prescription medicines
- wind-up or battery-powered flashlight
- wind-up or battery-powered radio
- batteries for your flashlight and radio
- money in small bills
- copies of important papers like your driver's license, birth certificate, and insurance papers

It is also important to always keep your car's gas tank as full as possible and your cell phone fully charged.

“ The more information the public has, the better. We need to continue to have these types of presentations, to get community groups together so they have the knowledge and ability to not only act when the occasion arises. But, also to inform the proper people when their resources or abilities are limited by whatever event we may face.” - Participant quote

WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Meet Teresa MacNeil

By: Cynthia Curtis



Those were the directions. And good ones at that; even at highway speeds I could spot the postal landmark from a distance. Turning into the long, birch-lined lane, I parked out front and walked up to her sun-bright-yellow front door. Upon leaving, almost two hours later, I could not help but remark that Dr. Teresa MacNeil's choice of colour does indeed reflect her vibrancy, the spirited woman she is.

Though she grew up in the family farmhouse in Johnstown, Teresa lived for many years in the Bayfield area with her husband and colleague, Professor Luke Batdorf. This location allowed an easier commute for her career of 30 plus years at St. FX University in Antigonish where she served in various positions; as Chair of the Adult Education Department and then Director of Extension, appointed in 1982. Ms. MacNeil claims her time spent designing and implementing an innovative approach to adult education -- wherein the learners, with considerable pedagogical guidance, developed and assessed a curriculum specific to their own professional needs --was amongst the most successful and rewarding of her career.

Like the home she lives in now, amidst the beauty of forests, gardens, and the blue-grey mists of Bras d'Or Lakes, the house Teresa and her husband built near the harbour in Bayfield was quite unique. Three stories of ocean-view glass, it was powered largely by solar. But her childhood home, the one her parents moved back to during the 30's, was more modest. Having to leave Glace Bay due to Depression era layoffs, her father, mother and eldest sister were generously given the family farmhouse in Johnstown by her father's older brother, who then, unbegrudgingly, moved his family to live with in-laws in Soldier's Cove.

During the 40's, Teresa's family of seven "worked very hard to eke out a living like everyone else", raising pigs, cows, and chickens, selling as many as 5,000 eggs door-to-door in Sydney. Her father also bought a school bus to transport students to the local consolidated school and later a service station to help fuel and maintain his investment.

Ms. MacNeil's schooling was local until she completed grade eleven. Because the twelfth was not offered in the Johnstown area, her parents sent her to a boarding school in Mabou. To this day, Teresa is well aware of the financial sacrifice her parents must have made in order to prepare her for university two years later. There, at St. FX, she completed a Bachelor of Science. After co-operative focused work stints in Grand Falls, NL and Sydney, she went on to achieve a Master's degree and PHD in educational policy at the University of Wisconsin.

As a child and teen, Teresa's parents encouraged her to get involved in "a lot of things that led to leadership". In Ms. MacNeil's early years, she was quite involved in 4H where she learned to judge and evaluate, in speech festivals that built confidence in public speaking, and in music camps that taught her performance and group leadership.

Teresa also took a keen interest in the St. FX Extension program, learning about co-operatives and gaining banking skills by volunteering with the local credit union. These early experiences clearly lay the foundation for life-long leadership positions at the university and on various provincial and national committees.



WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Meet Teresa MacNeil



Check out the video...
[click here](#) or type out the link below.

https://www.youtube.com/watch?v=wJQ1VskBHs0&embeds_referring_euri=https%3A%2F%2Fen.unesco.org%2F&source_ve_path=OTY3MTQ&feature=emb_imp_woyt

continued...

One of Teresa's greater recent involvements has been in the establishment of the UNESCO (United Nations Educational, Scientific and Cultural Organization) Biosphere designation of 3600 square kilometers of the Bras d'Or Lake and its watershed.

Started in 2003, Dr. MacNeil, as chair of the committee, was instrumental in realizing this world designation in 2011. Though many consider this land designation as largely a protection effort, Teresa insists it is essentially educational. One of 18 biosphere regions in Canada, the organization promotes learning activities that allow "people...to live in harmony with their environment...sustainably". For more information, Bras d'Or Lake Biosphere Reserve, Canada ([unesco.org](https://en.unesco.org)).

A significant interest of Ms. MacNeil's, common to many who are concerned with the environment, is that of climate change. The horrific damage wreaked by Fiona last year certainly "told us there's something going on here". Not surprisingly, Teresa is worried "that we are not doing enough, fast enough...to [deter] the threat of destruction". Living in a rural area, she is well aware that certain heat sources and conventional modes of transportation continue to rely on fossil fuels. As a senior herself, she questions available options and resources:

"We are left with the question of affordable alternatives, given that most substitutes require pretty substantial investment that is not likely to be offset within my remaining days".

In addition to grappling with climate change fears and the adaptation dilemma, Dr. MacNeil faces other challenges, common to many aging adults in Richmond County. She worries about inflation and how the rising costs of food and services are negatively affecting her community. As citizens of Cape Breton continue to age, Teresa is concerned about medical expenses, home care, and the general unavailability of professional trades and services. It is her very firm belief that to address these problems, local people must come together--passionately consolidate--to identify and innovatively solve "what we are up against". She is confident that open-minded, change-friendly discussion that digs deep into local issues can bring about real and needed improvements to the community.

Still active on several local and regional committees, Dr. MacNeil continues to pursue many personal interests. She tends her gardens, assists local community activities, listens to CBC, and, of course, reads avidly. Teresa claims, of all her accomplishments, her good health at 86 years of age is her greatest. She attributes her easy lifestyle and good fortune for this achievement.

I must say I giggled a little when Teresa offered that answer. Good health. I had expected something else. In reading about Teresa MacNeil before I spoke with her, I discovered she was appointed to the Order of Canada in 2004. According to the official source, this award is "the cornerstone of the Canadian Honours System". It recognizes "people who make extraordinary contributions to the nation".

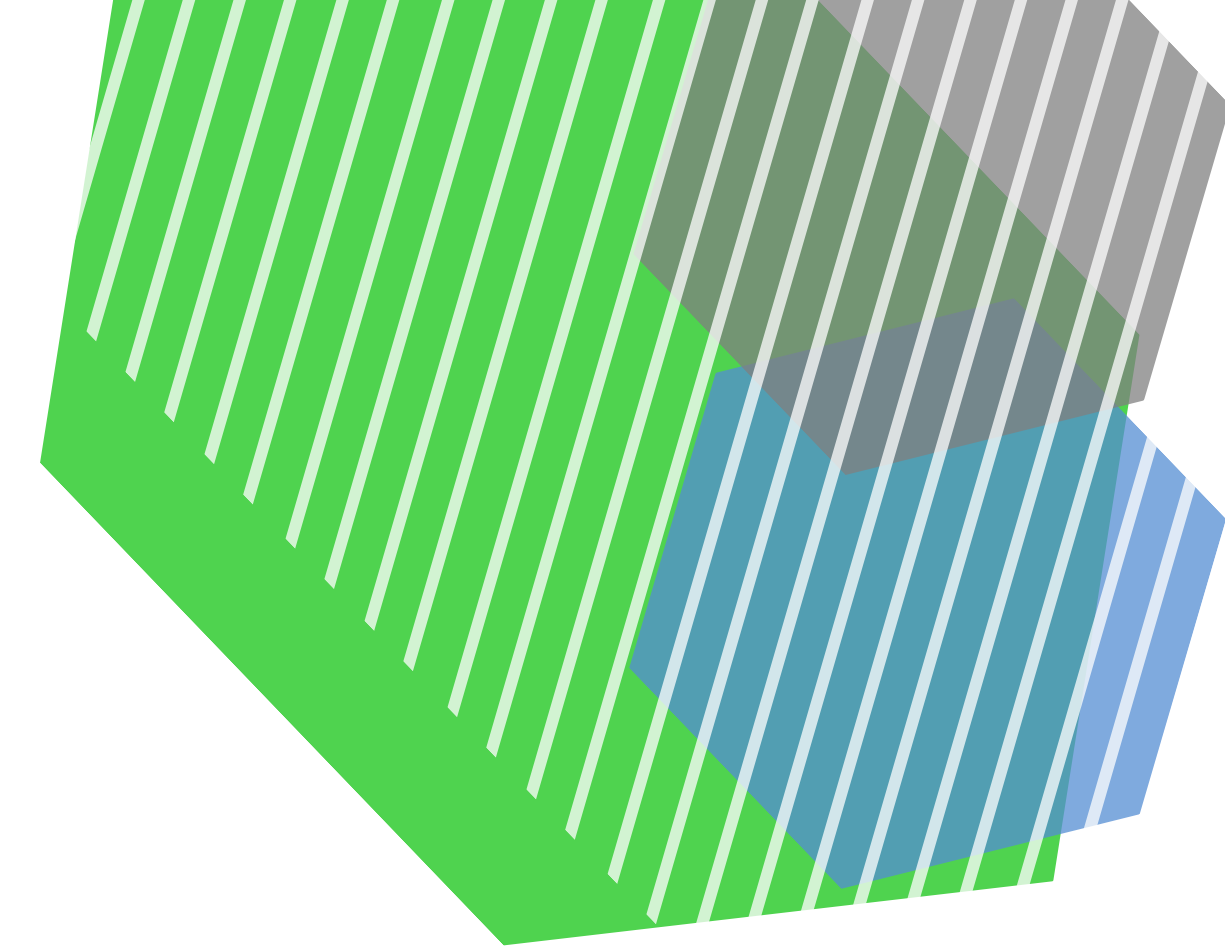
In the two hours of talk about her life, Dr. MacNeil did not mention it. Surprising—but telling—I suppose.



As of January 2023, 8,216 people have been appointed to the Order of Canada.

Spotlight on:

Imagine the Possibilities- Chapter Two



Imagine the Possibilities - Chapter Two
Imaginez les possibilités - Chapitre deux

OCTOBER 27, 2023
le 27 octobre 2023
8:30am to 4:00pm

Location :
Richmond Education Centre Academy
3238 Whiteside Road, Louisdale

Watch our FaceBook Group for more information. Consultez notre groupe Facebook pour plus d'informations

Meet our Keynote Speaker



When Barry Braun was reflecting on the future of his grandchildren, he decided to do something about their future. Barry believes that the young people of today will need communities of connectedness, belonging and caring more than ever. And so, he decided to use his professional skills for organizational culture change to create the Happy Community Project. The Happy Community Project focuses on changing community culture to being more connected across differences, belonging and caring for each other's well being.

Barry will be talking about what makes a happy community, why they are important and how do you transition a community to being a more connected, belonging and caring community.

Outline for the Day

In the morning you will hear from our keynote speaker, Barry Braun, learn from a panel sharing their insights on volunteerism and take in one of the five concurrent workshops on volunteer related topics.

- Effective Meetings - The Good, the Bad and the Ugly
- The Secrets to attracting volunteers in a world of declining volunteerism
- Reviving Rural Volunteers
- Generations Working Together
- Harnessing the Power of Newcomers: Fresh Ideas and Motivation in Community Volunteering!

Over an extended lunch break drop by our Community Showcase and chat with over 15 local service providers.

In the Afternoon you will hear presentations from the NS Federation of Seniors, Community Links and Acting Collectively in the afternoon and then take part in one of five concurrent workshop topics with a Personal Development theme.

- Financial Wellness for Seniors
- Chair Yoga and Mindfulness
- Support through Grief and Loss
- Becoming Friends with your Laptop, Cell Phone and Tablet
- Healthy Aging

Registration closes on October 20, 2023

Click below to register:

<https://www.eventbrite.ca/e/713673194737?aff=oddtcreator>

For older adults 55 and for others that work and volunteer with this group.

We are so grateful to our official sponsors for their support of this conference.



Richmond County Seniors Council



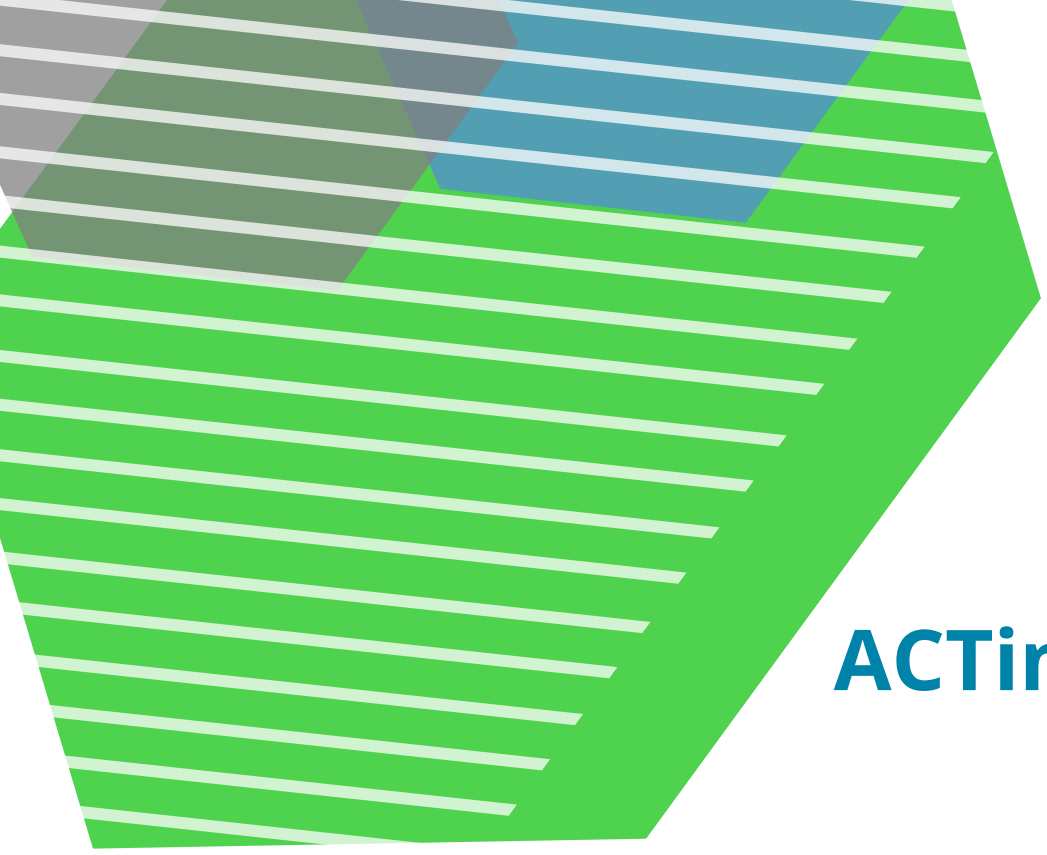
CAPE BRETON
WELCOME NETWORK
Here to welcome you home



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.





COMMUNITY CORNER update

ACTing Collectively Project Update:
September 2023

By: Dalhousie Team

With the 2023 fall season upon us, the ACTing Collectively project is coming up on one year of participant recruitment in the three participating municipalities, which include Richmond County, Victoria County, and the Cape Breton Regional Municipality. Since recruitment began last November, roughly 200 older adults (65+) have completed an assessment across the three municipalities. Using information from these assessments, the Research Team has started looking at the top concerns and priorities of the older adult participants. The Team has also started doing follow-up interviews with a sample of participants to see what they thought of the assessment and the information they received on local resources.

Deciding how to organize and present the project's findings is a current focus of the Research Team. They are doing this by meeting with representatives of the municipalities, including staff and Councillors, and project partners Nova Scotia Health and the Department of Seniors and Long-term Care. These meetings are helping the Team determine the direction of the Community Profile reports, which will help to inform local and provincial planning and decision-making.

Participant recruitment will continue this fall in Richmond County. To support the community's ongoing efforts, the Dalhousie Team will visit Cape Breton and attend local events later this fall.

Interested in learning more or taking part?
Please contact Jennifer at 902-587-2800 (ext. 4) or jennifertanner.dkmchc@gmail.com

For real-time updates, check out the ACTing [Facebook Page](#) and [ACTing Collectively website](#).



Are you an older adult (65+) living in Cape Breton?



Help your community by taking part in an important project!

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 in your local community.

What is the benefit?

- You will receive a list of services to support your needs.
- Your local community will learn what older adults need to live well at home.

**Interested and want more information?
Please contact someone from your local community:**

Richmond County - Jennifer

902-587-2800 (ext. 4) or jennifertanner.dkmchc@gmail.com

CBRM - Sheila

902-578-8146 or cbrmsafeseniors@gmail.com

Victoria County - Cassandra

902-295-3672 or seniorssafety@VictoriaCounty.ca



**MICHELE MACPHEE, ADMINISTRATIVE & PROJECT COORDINATOR
CENTER OF RURAL AGING AND HEALTH (CORAH) AT NSCC**

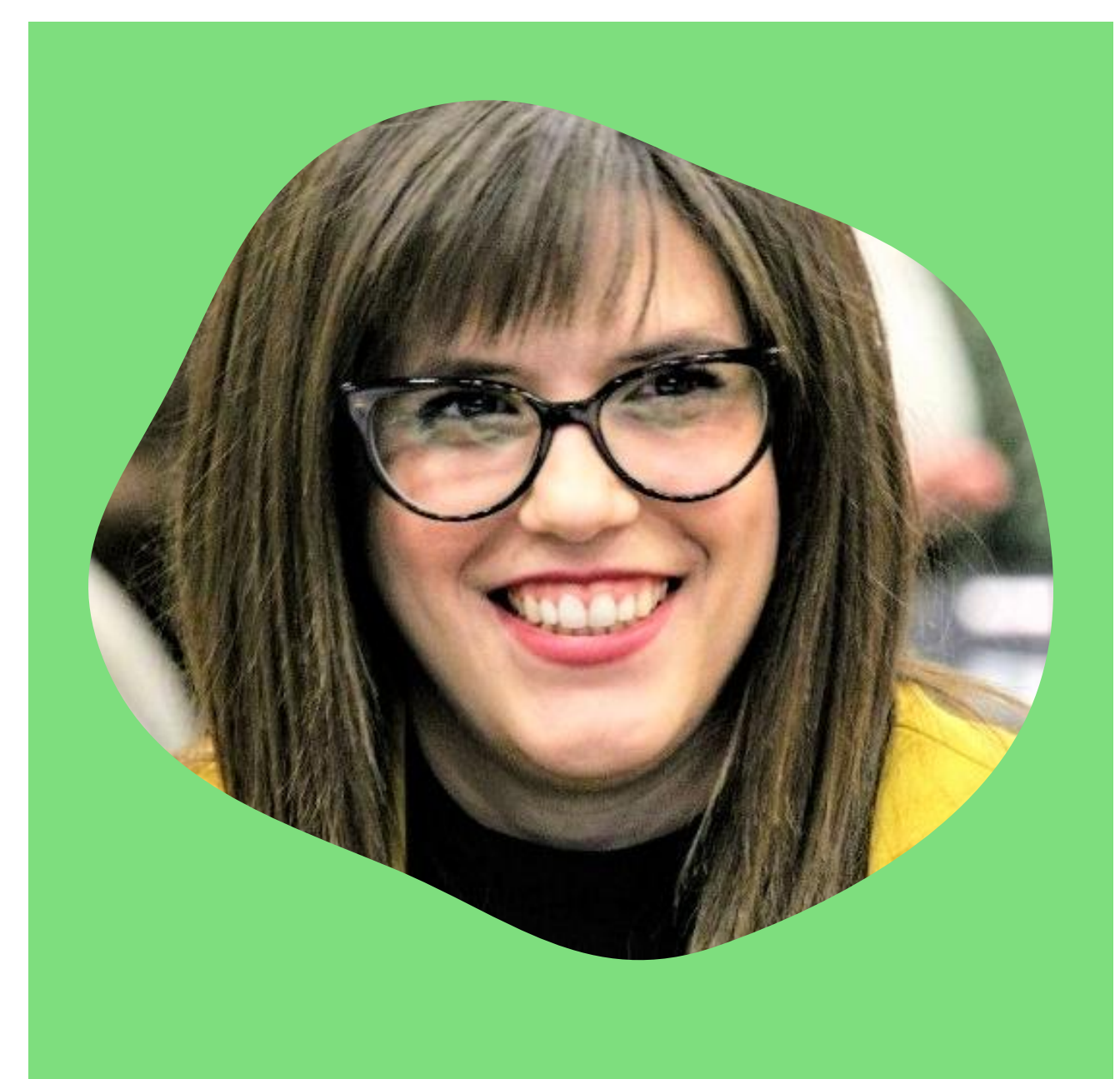
Where people come together

CORAH is a vibrant and active living centre located at NSCC's Strait Area Campus, in Port Hawkesbury that offers social, cultural, learning and recreational programs which promote health and well-being for people 55+ years young.

Connect with us to learn more:

902-625-4252
nscc.ca/corah
corah-strait@nscc.ca
facebook.com/CORAHNSCCStrait

nscc **NOVA SCOTIA**



In the last issue, we introduced you to Danielle Martell as the new Senior Safety Coordinator!

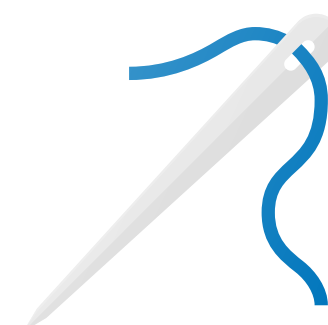
Since that time, Danielle accepted a position with Richmond County.

We will update you on who will replace Danielle in this role.

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

Spotlight on:

Morrison's Store in St. Peter's



By: Cynthia Curtis

115 Years. 3 Generations. 1 Remarkable Legacy.

"Everything from a needle to an anchor," according to Alexander Allan Morrison II. That is what he recalled his father, Willy D., telling a customer in search of some obscure item many, many moons ago. And Alex certainly concurred with the common belief that *"if [Morrison's] didn't have it, you didn't need it."*

Alex's grandfather, A.A. Morrison I, opened the store in 1881, after a short teaching stint in Loch Lomond. First in a rental, then moving across the street to the iconic two-story building, he ran the store until he was in his eighties. His son, William Daniel, joined the team in 1903 when he was about 16 years old. At the 100th anniversary celebration, in 1981, he was 94 and still an active manager. Third generation and steward of the legacy, Alex Allan Morrison II, started working at the store in 1941, followed by his sister, Kay Morrison MacDonald (a.k.a. Kay Fox) a few years later. She managed the large stock of dry goods, ran the Stirling outpost, and eventually took over as president when her father stepped back. It was A.A.II, however, who led the daily management of the store until it closed in 1996.



Alex Morris
Photograph provided courtesy of the
Beaton Institute, Cape Breton University.

The history of the building, too, is an interesting one. When Mr. Morrison bought it well prior to 1890, it was considerably smaller than the building it became. In 1925, when D.Y. Stewart's fish packing business closed, Willy D. pushed his father to buy this second, larger building and join the two. This more than doubled Morrison's retail space and added to the already many number of out buildings. A new facade was erected which then placed the entrance just a few feet from the main road. At one point the economic backbone of the community", the store's footprint was about 80x100'.

Like most department stores, there were certain areas for common types of things: *"The lower end of the store was where the dry goods were. And the upper end was where the groceries were. And in the basement was where you got your feed and your flour and lumber, and whatever"*. The managing office overlooked the retail floor and upstairs were three or four apartments. For some time, a local printing press, the *Bras d'Or Gazette*, occupied the upper southwest corner of the building.



Photograph provided courtesy of the Beaton
Institute, Cape Breton University.

On three different occasions, while the Mindemar Mines in Stirling was operational, Morrison opened an outpost mercantile there. In 1953, when they incorporated, this additional store motivated a name change to the plural: Morrison's Stores Ltd. Finally, in 1971, Morrison added the Home Hardware brand to its identify.

Naturally, the store evolved over the years, the operation and wares changing with the times. When Silver Don Cameron spoke with W.D. over forty years ago, the owner reminisced about how it was back in the day, back when he was a far younger man: *"The store was lit by acetylene gas [that] gave a brilliant white light...and it sold horseshoes, rope, chain, tea, sugar, leather for shoe repairs"*. They also bought *"cowhides and things like that"*. Molasses, salted pork, beef, and kerosene were not packaged as today, but sold from puncheons, casks, and kegs. Goods certainly were not boxed and wrapped in plastic.

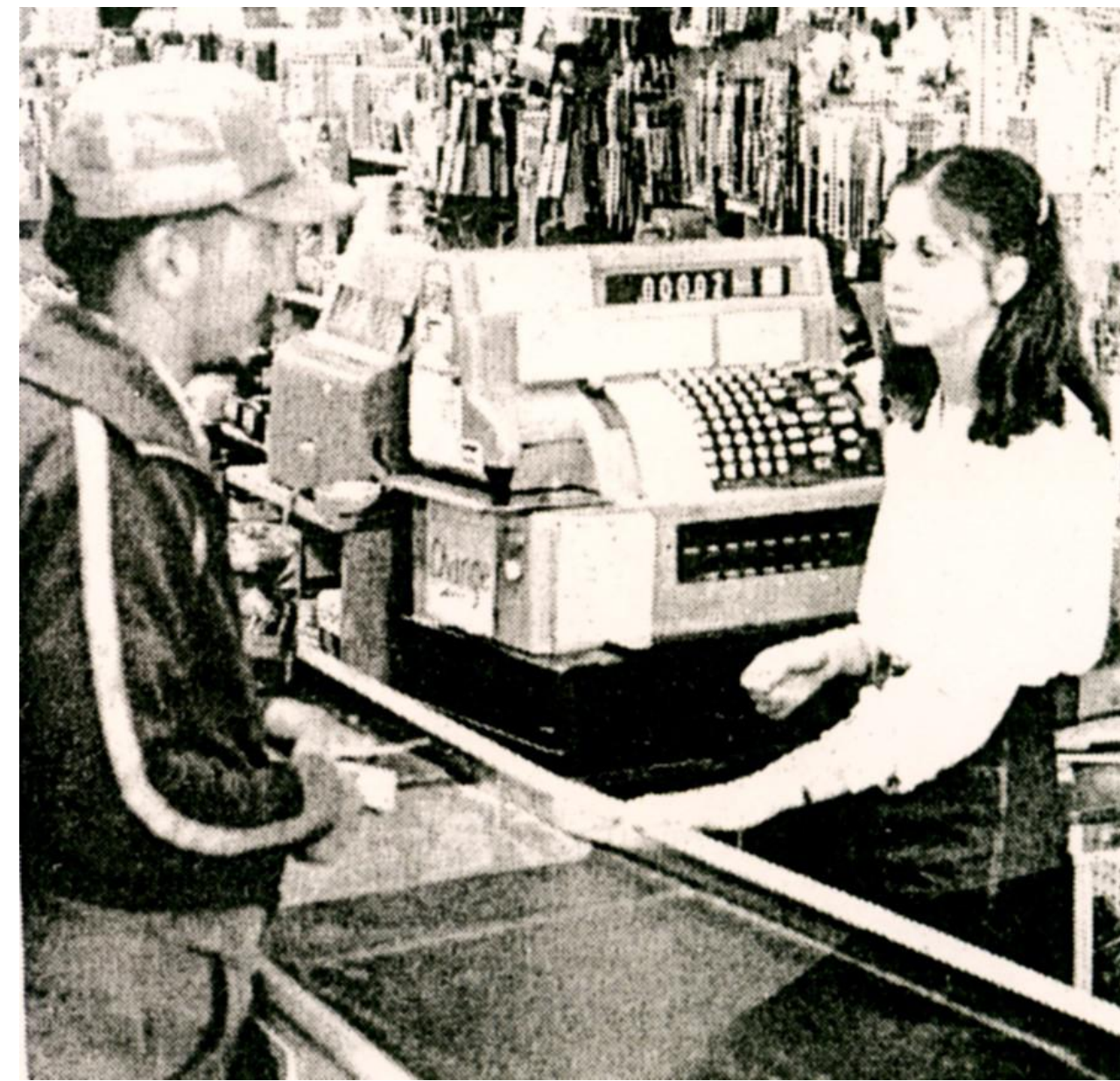
In his lifetime of running the store, Willy D. embraced the arrival of new technology. He told Cameron, during a 100th anniversary interview, that *"he enjoyed his first car in 1917, and [lived] the coming of radio, electricity, telephones, television [and] pavement."* The delivery of goods certainly changed as well--from sailing vessels, rail, and car, to trucks from Progressive Wholesale and C.B. Moore in Sydney, and, finally, to the 18-wheeler Home Hardware truck arriving from Kitchener-Waterloo, Ontario every Tuesday.

The success and resulting longevity of the business had a lot to do with the integrity, commitment--and kindness--of the people who ran the place. Years ago, it was accepted and necessary practice that even a family-run business would offer credit. Though some shoppers could pay with cash, many, over the years, could not. Irene Carter, a long-term employee at the store, spoke in an interview with archivists from the Beaton Institute at Cape Breton University.

Morrison's Store in St. Peter's Continued...

Her testimony to the generosity of the managers is clear:

"I don't know what would have happened to people if Morrison's Store wasn't there, because they served everybody, and refused nobody, as far as I know. If anybody came in for groceries, they got them. If it was cash or if they had to charge them until the end of the month". But often the end of the month would come and customers still could not pay for the items they needed. Much was forgiven. In fact, according to Leona Middleton, who worked in the grocery department of the store in 1949, there was many a time when staff would report petty theft and shoplifting. The Morrisons' response was consistent: *"Just let it go; they need it more than we do".* Though debts lingered, Morrison's Store faithfully continued to serve its community.



Photograph provided courtesy of the Beaton Institute, Cape Breton University.

All three merchants were known for their generosity. At the funeral wake of Sandra Morrison's father, A.A. II, it "seemed every other" mourner approached her with kind words about her father's generous nature. Many said that *"If he only had the money that was owed to him, you'd be really rich"*. She smiled. It was the fond memories of her Father that mattered, certainly not the money. Sandra also noted that she has been told, due to the loads of materials never paid for, *"[that her Dad] built a lotta homes in Richmond County for free"*. But such generosity had its consequences. A few years before Alex died, Sandra discovered that her Father, in carrying those debts for others, was himself in considerable debt-- \$70,000. Sandra and her husband, Rick, made arrangements to have the debt cleared, leaving all in good standing. *"My father was not the monetarily rich person everyone thought he was. He was rich in many [other] ways, though, including his faith, his family, and his wisdom"*.

A very significant aspect of the Morrison Stores operation was the employment it brought to many people in the St. Peter's area. Research shows that the store employed between at least 10-15 people consistently, depending on the season. Some employees worked at Morrison's their entire lives, fifty and sixty years. Irene Carter, in speaking with the archivists, said the work was rewarding and *"the staff was like family"*. Joyce MacLeod, who interviewed Carter, responded to her comment: *"Morrison's was always a happy place to go into. If you went in there and you were having a bad day, you usually came out with a smile. And because they were like a family, that was the atmosphere. Everybody got along and there was always a laugh"*.

Of all the good and wonderful things about Morrison's Store, it was the elation of visiting Toyland that folks remember most fondly. *"It was truly thrilling to walk up those 6 or 8 steps into that Christmas wonderland"*. The hope of receiving that doll or Barbie, train or sled, puzzle or a game was so electric, so tinsel-shiny exciting that those memories never fade. Even staff took delight in arranging the Christmas display. Looking back almost 75 years, Leona Middleton smiled, saying, *"We decorated...and set up Toyland...around the beginning of December. It was so fun. ...I remember the dolls, pretty dolls, in boxes."* Not surprising, so many people, now middle-aged and quite elderly, say virtually the exact same thing: *"Toyland. It was magical! My very best memory of Morrison's"*.

But, as the ol' cliché goes, all good things must come to an end. And, indeed, the iconic Morrison's Store did just that in 1996. Speaking with the Beaton Institute, Alex seemed to have come to terms with the closure: *"Well, things change,"* he said. *"People [went] to Hawkesbury a lot. Hawkesbury kind of grew. And then there were other stores opening in St. Peter's. I guess the time had come to say good-bye"*. Empty for several years, Alex eventually sold the building in 2001. The lot, bordered by Grenville Street and the old railway track along the bay, was sold to R.M. Landry and Son in Grand Greve. Though there was some consideration given to restoring the building, it was demolished in the spring of 2002. About *"200 residents, many with cameras in hand"* watched the building that housed such a remarkable legacy come crashing down. It was, indeed, a *"bitter sweet"* day for many.

A Tim Horton's franchise opened on the site in the winter of 2003. The view from the drive-thru—overlooking the lighthouse at historic Battery Park—is likely one of the prettiest in the country.

Credit and Sources

Silver Donald Cameron, "Rueful romantic shops for the past at Morrison's," *The Scotia Sun*, November 10, 1981.
Nancy King, "Village of St. Peter's loses landmark building," *Cape Breton Post*, April, 2002.
"Morrison's Store A Century Old," *St. Peter's Special*, August 12, 1981.
Interviews and photographs provided courtesy of the Beaton Institute, Cape Breton University.

Spotlight on:

SENIORS' SUPPORT AND CONNECT GRANT

By: Dawn Parks - Outreach & Communications Lead

Community Links is excited to launch the Seniors' Support and Connect Grants. We will be accepting applications starting October 4, 2023, through to November 1, 2023. This fund recognizes the pivotal role of senior serving clubs, groups, and organizations that ensure older Nova Scotians are supported to age in their homes while staying connected and engaged in their communities.



The Seniors' Support and Connect Grants are one-time micro-grants of \$2,000 to assist existing senior-serving community organizations to meet the needs of older adults. The total funding allocation for the Seniors' Support and Connect Grants is \$200,000. We hope to support 100 senior serving groups and organizations with a micro-grant this year.

In spring 2023, Community Links and Impact Organizations of Nova Scotia conducted research to identify the needs of older adults across the province and understand the contributions and challenges of the clubs, groups, and organizations that serve them.

Through interviews, focus groups, surveys and community conversations, the following seven categories were identified as high priority:

- **Social Connection and Reducing Isolation**
- **Transportation**
- **Food Security**
- **Help at Home**
- **Internet Access and Skills**
- **Climate Emergency Preparation**
- **Individual Emergency Support**

The Seniors' Support and Connect Grants will offer financial support for various programs and initiatives that address the needs of older Nova Scotians (ages 55+), contributing to the goal of making Nova Scotia a more age-friendly province.

Community Links is committed to inclusion, equity, and accessibility and encourages applications for initiatives led by and for diverse groups. If your program, activity, or initiative reaches Indigenous, African Nova Scotian, Black, Acadian, newcomer, disabled, 2SLGBTQIA+ or other underrepresented older adults, we welcome you to identify that in your application.

Applications are not restricted to registered charities. Volunteer groups, non-profit societies and seniors' clubs are encouraged to apply. Priority will go to applicants whose grant proposals best align with the priority areas listed above. The Seniors' Support and Connect Grants are open to community organizations or groups that work with older adults. Eligible organizations must have a bank account in the organization's name to receive funding.

These grants are made possible through the support of the Nova Scotia Department of Seniors and Long-term Care.

For more information on the Seniors' Support and Connect Grant check out our website: www.nscommunitylinks.ca

COMMUNITY LINKS RESEARCH UPDATE

Community Links is grateful to everyone who contributed their time and experience this past spring to help us gather information on the strengths and opportunities of clubs, groups, and organizations serving older adults (55+) throughout Nova Scotia.

We have completed the data analysis and submitted the results to the NS Department of Seniors and Long-term Care. We look forward to sharing what we learned with communities and senior serving groups across the province and will be working on some forward-facing communication tools later this fall. Stay connected with us through our website, e-newsletter, and social media for What We Heard.

GRANTS AVAILABLE for organizations and individuals

Useful links

Want to read past issues?

Summer 2023-https://pubhtml5.com/qkgt/hgym/?fbclid=IwAR28Xj2mhAHMvBUDw4t5RHedTgxPP8NRBTR22nftvuYBu9Thxn_F1i-Tc08

Spring 2023: <https://online.pubhtml5.com/qkgt/epdm/#p=1>

Holiday 2022-12-13 Final Better with Age Newsletter compressed (pubhtml5.com)

2022 Fall-09-21 Final Better With Age Newsletter Flip PDF Online | [PubHTML5](https://pubhtml5.com)

2022 Summer Issue Final Better With Age compressed (pubhtml5.com)

2022-03-19 Final Better With Age Spring 2022 Issue compressed (pubhtml5.com)

Holiday 2021: <https://online.pubhtml5.com/qkgt/vssg/>

Fall 2021: <https://online.pubhtml5.com/qkgt/ghmx/>

Spring-Summer 2021
<https://online.pubhtml5.com/qkgt/yamv/>

Winter 2021:<https://online.pubhtml5.com/qkgt/zief/>



Age-friendly communities grant - Government of Nova Scotia, Canada

The Age-Friendly Communities Grant Program provides grants of up to \$25,000 for community-wide efforts to create age-friendly environments and promote healthy aging.

Key areas of focus include:

- Physical activity, mobility, and nutrition
- Reducing social isolation and strengthening social connections
- Support at home or in community (non-medical support)
- Building digital skills

*Please note, this funding source does not fund capital, construction / renovation, or infrastructure projects.

Community groups are encouraged to create new projects to help Nova Scotia seniors be active and involved in their communities. The Grant can also support province-wide initiatives focusing on aging well in Nova Scotia. Groups eligible to apply include not-for-profit organizations and co-operatives, municipalities, First Nations communities and universities.

Applications are open until November 21, 2023.
Successful participants will be notified by January 31, 2024.

Le programme d'aide aux collectivités amies des aînés (Age-Friendly Communities Grant Program) accorde des subventions d'un montant maximal de \$25,000 dollars pour soutenir les efforts déployés à l'échelle de la collectivité en vue de créer des environnements favorables aux personnes âgées et de promouvoir un vieillissement en bonne santé. Les principaux domaines d'intervention sont les suivants :

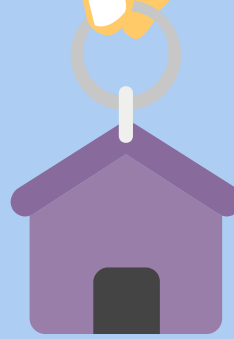
- Activité physique, mobilité et nutrition
- Réduction de l'isolement social et renforcement des liens sociaux
- Soutien à domicile ou dans la communauté (soutien non médical)
- Renforcement des compétences numériques

* Veuillez noter que cette source de financement ne finance pas les projets d'investissement, de construction/rénovation ou d'infrastructure.

Les groupes communautaires sont encouragés à créer de nouveaux projets pour aider les personnes âgées de Nouvelle-Écosse à être actives et à participer à la vie de leur communauté. La subvention peut également soutenir des initiatives provinciales axées sur le bien vieillir en Nouvelle-Écosse. Les groupes admissibles sont les organismes sans but lucratif et les coopératives, les municipalités, les communautés des Premières nations et les universités.

Les demandes sont ouvertes jusqu'au 21 novembre 2023.
Les participants retenus seront informés au plus tard le 31 janvier 2024.

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](#)



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.

LAST WORDS

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

Turn Hobby into Business

By: Celeste Gotell

Ren Gundlack is a Naturotherapist specializing in Foot and Hand Reflexology, Indie Head Massage and Reiki. Originally from Ontario she moved to Nova Scotia in 2011 and to Cape Breton in 2014 where she turned her hobby of Foot Massage Therapy/Reflexology into a business in September 2015. Ren is a Registered Reiki Practitioner and Reflexologist, and an Indian Head Massage Practitioner. She is also recognized as a Naturotherapist and is a member of Alliance Professional of Naturopaths and Naturotherapists (APNN). As a registered practitioner, most of her treatments are covered by insurance companies.

Ren is a warm, caring, compassionate person who loves helping people feel better and help them heal their body naturally. As an older person, Ren had to make lifestyle changes to help her to become the best version of herself inside and out. She now wants to show everyone that with her treatments, that a person can heal themselves.

Ren's passion is to help people reduce stress, to improve circulation, to reduce inflammation, to speed healing, to manage pain, to get rid of toxins in a person's body and to feel better.

To contact Ren call or text her at 613-432-1844 or e-mail her gundlackr@gmail.com



Ren Gundlack

"We only have one body, so invest in yourself and take the best care of your body."



SENIORS CLUBS IN RICHMOND COUNTY

in your community

Arichat - Susan Marchand

Isle Madame New Horizons Seniors Club
horizonnew689@gmail.com
902-631-3853

Dundee/St. George's Channel - Doris Matthews

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

Grand River - Joanne McCormack

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

L'Ardoise - Rene Samson

L'Ardoise Jolly Seniors
renesamson@hotmail.com
902-587-2446

Louisdale- Robert Goyetche

Fleur de Lis Seniors Club -
rgoyetche51@hotmail.com,
902-345-2232 or Cell - 902 227-7079

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 - Ken Leachman

Bonnie Brae Senior Citizens Club
kalpal@seaside.ns.ca
902-535-2835

West Bay - Sedley Rafuse

Head of the Bay Seniors Club
Sedley Rafuse
sedleyrafuse@gmail.com
902-345-2063

Other Seniors Groups

Richmond County Branch of Retired Teachers

Donna Machin
richrtopres@gmail.com

Le Regroupement de Aines et Aines de la Nouvelle-Ecosse

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

THANK YOU! MERCI!

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