



A Message from the Seniors Take Action Coalition

Spring is here! We have had an early Equinox and Easter, as well as an Eclipse! Just waiting for the weather to catch up...

And seniors' clubs are actively planning and implementing their programming to provide many opportunities to get out and enjoy what Richmond County has to offer. With their increasing interactions with the Seniors Take Action Coalition, there is even more we can accomplish together.

Spring is generally a time of optimism and looking forward... a time of renewed energy. Let us take that energy and rekindle friendships and work together to make Richmond County a place where all are included and are free to be as well as they can be!

Dorothy Barnard, Coalition Chair



Le printemps est là ! Nous avons eu un Équinoxe et une Pâques précoces, ainsi qu'une éclipse ! Il ne reste plus qu'à attendre que le temps se mette au diapason.

Les clubs de seniors planifient et mettent en œuvre activement leurs programmes afin d'offrir de nombreuses possibilités de sortir et de profiter de ce que le comté de Richmond a à offrir. Grâce à leurs interactions croissantes avec la Seniors Take Action Coalition, nous pouvons accomplir encore plus de choses ensemble.

Le printemps est généralement une période d'optimisme et d'anticipation... une période d'énergie renouvelée. Prenons cette énergie, renouons des amitiés et travaillons ensemble pour faire du comté de Richmond un endroit où tous sont inclus et libres d'être aussi bien qu'ils peuvent l'être!

Dorothy Barnard, Coalition Chair



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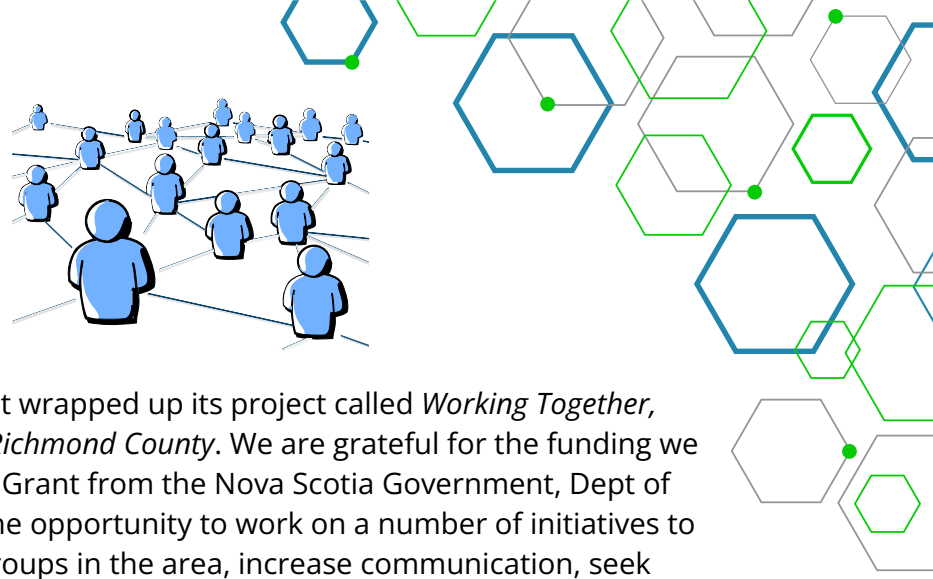
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Welcome to Better with Age. This newsletter is provided by the Seniors Take Action Coalition to learn more about seniors and their concerns by providing information and opportunities for seniors to contribute to this newsletter. We hope to demonstrate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

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

AGE-FRIENDLY communities



That's a Wrap

by: Celeste Gotell

The Seniors Take Action Coalition (STAC) has just wrapped up its project called *Working Together, Engagement and Connections for Older Adults in Richmond County*. We are grateful for the funding we received through the Age - Friendly Community Grant from the Nova Scotia Government, Dept of Seniors and Long-Term Care that provided us the opportunity to work on a number of initiatives to both build stronger connections with seniors' groups in the area, increase communication, seek funding opportunities to offer programs and create new partnerships.

Our long - standing partnership we have had with the Dr. Kingston Memorial Community Health Centre, (DKMCHC) allowed us to access this grant by acting as the financial sponsor. Now that STAC is registered as a not-for-profit, it can apply for its' own funding, but we will never forget the generous spirit over the years with our friends at the DKMCHC who acted as the financial host for many projects with us.

This project provided us the opportunity to:

- Produce a monthly calendar for the past year promoting activities of interest to older adults.
- Produce our quarterly newsletter Better with Age and expand our distribution.
- Increase our Facebook group membership and presence.
- Support the blending together of STAC and the Richmond County Seniors Council.
- Strengthen relationship with several clubs and planned information sessions for monthly meetings to share information with clubs.
- Work in partnership with the local Acting Collectively team to support this research project.
- Promote various funding opportunities available to seniors' organizations and support the development of several successful applications including Community Links, Community Health Board, Age-Friendly Communities, New Horizons Seniors Funding and the Mental Health Foundation of Nova Scotia.
- Support the development STAC becoming a not-for-profit organization.
- Present at the annual conference for the Nova Scotia Federation of NS Seniors in May 2023.
- Present to the Richmond County Council Committee of the Whole on the importance of Age- Friendly Communities.
- Promote the traits of an age- friendly community on our Facebook Page.
- Organize our June 2023, Imagine the Possibilities–Chapter One event to meet with seniors' clubs and discuss program needs.
- Plan our Imagine the Possibilities–Chapter Two fall conference, which we postponed until May 2024.
- Produce a Year at a Glance Summary of our activities.
- Collaborated with Telile Community Television to offer programming ideas and appear on several Telilie interviews to promote activities and initiatives for seniors in Richmond County.

Thank You



AGE-FRIENDLY communities



INTERESTING FACTS



Seniors Take Action Coalition was formed in January 2016 and became a not-for-profit organization in July 2023.

It has a Facebook with over 700 members. Check us out.

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

It produces a quarterly newsletter called Better with Age. Click link to receive a copy

<https://mailchi.mp/417a15e16d90/subscription>

It meets monthly and partners with seniors clubs throughout Richmond County.

Seniors Take Action Coalition of Richmond County: Busy Working on your Behalf

In the last few months, we have been busy working on behalf of the older adults in our communities. Letters were sent to all levels of government to communicate our concerns and thoughts on the following issues:

- The expense of the Shingles and RSV vaccines.
- Interest and support in a Voluntary Vulnerable Sector Registry for Richmond County.
- The need for on-going core funding to support the work of the Coalition.
- Compliments and concerns about health care in Richmond County, including Emergency Room Closures.

La coalition Seniors Take Action du comté de Richmond: travaille activement en votre nom

Au cours des derniers mois, nous avons beaucoup travaillé au nom des personnes âgées de nos communautés. Des lettres ont été envoyées à tous les niveaux de gouvernement pour faire part de nos préoccupations et de nos réflexions sur les questions suivantes.

- Le coût des vaccins contre le zona et le VRS.
- L'intérêt et le soutien pour un registre du secteur vulnérable volontaire pour le comté de Richmond.
- Le besoin d'un financement de base continu pour soutenir le travail de la Coalition.
- Compliments et préoccupations concernant les soins de santé dans le comté de Richmond, y compris les fermetures de salles d'urgence.

What is a Voluntary Vulnerable Persons Registry?

By : Celeste Gotell

A Vulnerable Persons Registry (VPR) is a free, voluntary, confidential service that will improve the safety of residents living at home who would be at greater risk during emergencies. During severe storms and sustained power outages, a voluntary registry provides Emergency Services with contact information, detailed physical descriptions and special needs of this individual.

It provides important information to emergency response teams to help them be more aware when dealing with large scale emergencies by dealing with an emergency involving this individual through communication, or visiting a residence.

Both the Halifax Regional Municipality and The Kings County Regional Emergency Management Organization (Kings REMO) have recently implemented.

Seniors Take Action Coalition, raised this issue during the December meeting of the Committee of the Whole and has followed up with a letter to the Municipality to move forward with this service. We have been advised that plans are underway.

Qu'est-ce qu'un registre volontaire des personnes vulnérables?

Le registre des personnes vulnérables (RPV) est un service gratuit, volontaire et confidentiel qui permet d'améliorer la sécurité des personnes vivant à domicile et qui seraient plus exposées en cas d'urgence. Lors de tempêtes violentes et de coupures de courant prolongées, un registre volontaire fournit aux services d'urgence les coordonnées, les descriptions physiques détaillées et les besoins particuliers de ces personnes.

Il fournit des informations importantes aux équipes d'intervention d'urgence pour les aider à être plus attentives lorsqu'elles font face à des situations d'urgence de grande ampleur en communiquant avec cette personne ou en se rendant à son domicile.

La municipalité régionale d'Halifax et l'organisation régionale de gestion des urgences du comté de Kings (Kings REMO) ont récemment mis en place ce système.

La Seniors Take Action Coalition a soulevé cette question lors de la réunion de décembre du comité plénier et a envoyé une lettre à la municipalité pour l'inviter à mettre en place ce service. Nous avons été informés que des plans sont en cours.





WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Meet Blair Gotell

by: Celeste Gotell

A Man of Many Talents

In this spring issue of Better with Age, I am excited to be featuring someone who has been part of my life since I was born, my older brother, Blair Gotell.

Born in Greenwood in December 1957, Blair was the third son, and one of seven children of the late Joseph Gotell and Evelyn (Boudreau) formerly of Little Anse. Other siblings include, two older brothers, Kevin and Glenn, one younger brother, Rennie, three sisters, all younger, Carla, Denise and yours truly.

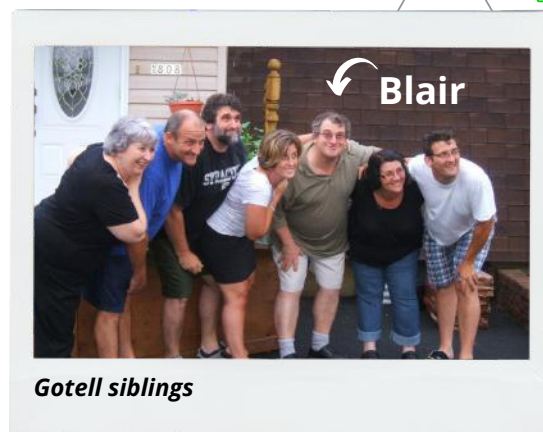
As a young child, Blair was considered a military brat and lived on several Canadian Forces (CF) bases with his family across Canada, which included Greenwood, St John's, Newfoundland, Portage La Prairie, Manitoba, Halifax and Summerside. In the early 1970's, our dad retired from the CF and eventually we made our way to live in Arichat.

At a very young age, Blair's creative side began to shine and his musical talent began to appear. While still living in Manitoba, back in 1965, our father bought an accordion for my eldest brother Kevin. It soon became evident, that it was really intended for Blair when Kevin showed no interest or talent. Blair, on the other hand, proved to be a natural. His young start as a musician really took off when we moved to Nova Scotia later that year and took accordion lessons from band musician Ray Calder with [Don Messer Jubilee](#).

Blair, was always one to march to the beat on his own drum... and one might say his life path took a rather unconventional journey with many twists and turns, reinventing himself several times along the way.

By 1976, Blair graduated from Isle Madame District High and like many young people at the time, left for Ontario or out west eager to be on their own and earn an income. Blair packed his suitcase for Ontario where he worked for Dupont of Canada in Ajax, Ontario until 1979.

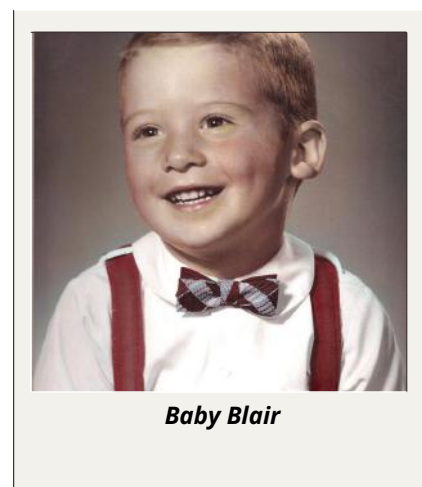
After a few short years, he decided that wasn't for him so in 1979, he returned to school and Studied Kennel Management, with a specialization in dog grooming. The following year, like others before him, he found the pull to return to Cape Breton hard to resist and moved back to Arichat, where he operated a Dog Grooming business Blair's Clipping and Grooming Ltd., with offices in Antigonish, Port Hawkesbury and Sydney.



Gotell siblings



Blair playing his 1965 vintage accordion



Baby Blair

Blair the Family Man

Blair met the love of his life while attending high school at IMDH, Louise (Samson). While she may have caught his eye, but, alas, it was an “unrequited love” and she was already in a committed relationship. Perhaps their love was destined to be. Because several years later, when they both returned from moving away following high school in the early 1980s, Blair was by struck again by Cupid, and this time the stars were aligned. Blair’s strategy changed and he focused this time on making sure that Louise’s mom, the late Leola Samson fell in love with him first, allowing everything to fall into place. Louise finally saw the light; they became a couple of began their lives together.

Married for over 40 years, Blair and Louise have spent most of those four decades living on the lower road in Arichat, where they raised three wonderful children, twin daughters Evelyn, (Red Deer) and Adele (Port Hawkesbury) and son Justin (Arichat).

When I asked Blair what brought him the most joy in life, he did not hesitate. ***“My family. Both my own immediate family and the one I created with Louise. I am especially proud of being the father of three amazing children, who are kind and generous and my loving relationship with my wife Louise, who somehow managed to put up with me all these years!”***

Back to his interesting life of twists and turns. After a couple of years working at dog grooming full time, he headed to Calgary for work and on his return towed home a 1948 Chev, which became a new hobby, as he restored the car to its original glory. This talent, and his many others, he came by honestly, inheriting that gene, qualities and skills passed on to him from our father.

Blair the Hobbyist

“An idle mind is the Devil’s workshop,” would not be how one would describe Blair’s three rooms/ transformed into workshops in his home in Arichat. In one room you will find his musical equipment, another room is located the materials needed to do build small models, and work on smaller projects and inventions. And, in the basement is where you will find all his tools and equipment needed for woodworking projects and other inventions.

There is no shortage of hobbies that Blair pursues in his spare time from building car models, flying model helicopters, fishing, skeet shooting, music, wood turning and carving. Some hobbies turned into inventions.



Justin

Adele and Evelyn



1948 Chev in Progress

1948 Chev Fully Restored



His brilliant mind at work, in his workshop making inventions.



Blair the Musician

That Fall, in 1981 Blair returned to school once again, this time to study music at St. F.X. in the Jazz Studies program. However, even with a passion for music and making a few dollars doing part-time music gigs in a couple of bands, including a duo called Brothers with Glenn and High Tyde, Blair realized that the life of a musician, would not pay the bills. During those early days of raising his young family, he was a successful car salesman at Keltic Motors in Antigonish, Glasgow Mercury in New Glasgow, and Hyland Honda.

In 1992, Blair joined forces with brother Glenn to form Kidd Brothers - Childrens' Entertainers (a live musical comedy production. With young children of their own this career path was a no brainer, they both were natural entertainers and performers. Kidd Brothers produced three full length recordings, and in 1999 were the Recipient of the East Coast Music Award for Childrens' Artists of the Year. For many years, they performed at elementary schools and festivals and events throughout Atlantic Canada. They toured across Canada (from coast to coast) and performed at events in Orlando, Florida and Bristol, Tennessee.



High Tyde - Blair Gotell, Francis Boudreau, Kenny Petitpas, Hector Martell and Hughie Martell



**Kidd Brothers
Photo Credit- Trudy Samson**



**1999 ECMA Award
Childrens Artists of the Year**



**STACK-A-BUOY
Photo Credit- Jack Ronalds**

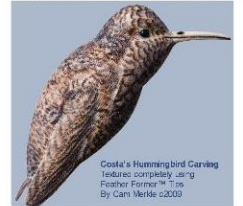
Blair the Inventor

In 2004, Blair started to channel his creativity towards the design and development of innovative new products, the first of which was a patented new "stackable" buoy designed for the lobster fishing industry. The STACK-A-BUOY provided fishers with a product that was stackable for ease of transport and saved space when storing during the off-season. His innovative design earned him second place (Cape Breton Region) in Nova Scotia's Provincial I3 new business start-up competition and a nomination for the prestigious Canada-wide Manning Innovation Awards in 2008.

He then moved onto to inventing a couple of smaller products used in wood carving and woodworking, including a [wood turning tip](#) for adding textured decorative feathers and an [Easy Wire Burning Kit](#).

Always an innovator, Blair was the driving force and founder of the Richmond Trap and Skeet Club and the Island Society of Traditional and original musicians. (ISTOM), two volunteer organizations in his community. When I asked Blair about all his inventions and other creative accomplishments, what he was most proud of, in true fashion, Blair responded, **"I haven't finished yet! There is still more to come. I am currently working on two wood lathe accessories scheduled for release in 2024."**

Feather Formers™



...again, our product development team has been working hard, creating another Feather Former™ tip that can form a feather in one touch. There are 50 new tips in this other Feather Former™ line and they've been burning up the albuming industry since their introduction at the Wood World in April of 2009. OK, so you're probably thinking "60 more ??? Do these guys lay awake at night dreaming of new tips?" assure you that we don't. In fact, we can't even claim rights; particular idea. We have amazing customers, and one of the tactics me about a year ago with his idea. This inventor, a young fellow named Blair-Coles from Nova Scotia had a novel concept. We started with his original concept and after some time in R&D - voila! We can a be thankful for Blair and I have thinking! You might also want to check out Blair's flagship item at his website www.stackabuoys.com (especially if you are a fisherman)...

<http://www.razzeip.com/featherformers.htm>



**Accepting provincial I3
Business Award**

I know I speak for my own family, Blair's wife Louise and his children, his extended family and many friends when asked how would you describe Blair? Without hesitation all, or certainly most, would likely reply.

"Blair's positive energy, zest for life, creative genius and talent and his sense of humour make life with Blair a joy every day!"





Spotlight on:

Taking care of our physical and mental health

by: Holly Brown, BSW, RSW

Holly Brown is a Social Worker with Primary Health Care. A big part of her role is supporting older adults and caregivers in our communities. Holly certainly sees many barriers to seniors accessing supports and services in our rural communities.

Here are a few things YOU can do to help maintain or improve your mental health and overall well-being. Remember, small changes can make a big difference!

As we age, it becomes increasingly important to prioritize our mental health and our physical well-being.

-- Holly Brown

Develop bedtime and morning routines

Having a regular sleep schedule is key to getting good quality sleep. Try to develop regular bedtime routines that include limiting screen time and engaging in activities before bed that help relax you (such as reading, meditation, breathing exercises, or even having a hot bath). Try avoiding caffeine and alcohol. Limit naps during the day. Don't forget to set your alarm clock for the morning!

Get active!

Whether this is a walk outdoors or joining a class through Richmond Recreation, there are a number of things you can do to get active at your own ability and pace. Join a group today and bring a friend!

Stay engaged in hobbies and interests

As we age, it is important for us to continue to feel a sense of purpose. Doing things that we enjoy (such as cooking, knitting, gardening, volunteer work, etc) is sure to boost our mood and self-esteem.

Stay connected

Having our circle of support and sense of belonging in community is fundamental in maintaining our mental well-being. Attending events in the community, calling to check in on our neighbour, or inviting a friend over for a cup of tea can help decrease feelings of loneliness and isolation.

Maintain a balanced diet

Eating a balanced diet of healthy fruits, vegetables, proteins, and grains is important for everyone at any age. Connecting with your Dietician to discuss healthy eating and meal ideas that best suit you can help improve your overall mental and physical health.

Seek emotional support

We can sometimes find ourselves feeling anxious and depressed. It is important for us to find someone we can talk to, which could include a family member, close friend, or healthcare worker. Healthcare workers can provide you with useful tools and resources or connect you to someone you can talk to.

Primary Health Care, Social Work support is offered through the Arichat Medical Clinic, Dr. Kingston Memorial Community Health Centre, and Port Hawkesbury Collaborative Health. Patients can self-refer. Social work support includes (but is not limited to) supporting patients who are experiencing anxiety/ depression; Financial supports including grant information; Grief/ loss; caregiver support/ burnout; medical coverage/ equipment; suicidal ideation/ self-harm; connecting to community supports and resources, and much more!

If you have questions, or would like to book your appointment today, please contact:

- Arichat Medical Clinic: 902-226-1674
- Dr. Kingston Memorial Community Health Centre: 902-587-2800
- Port Hawkesbury Collaborative Health: 902-625-3200





COMMUNITY CORNER

update



by: Rachael LeBlanc

Richmond County
Seniors' Safety & Social Inclusion Coordinator
Dr. Kingston Memorial Community Health Centre
Phone: (902) 587-2800 ext: 3
seniorsafetycoordinator.dkmchc@gmail.com

Spring is in the air! As we begin to put the long winter to rest, we start to welcome new growth and possibilities. As the Senior Safety & Social Inclusion Coordinator at Dr. Kingston Memorial Community Health Clinic, I am finding ways to immerse her spirit and help support the wellness of seniors around Richmond County. You can reach out to me for a variety of reasons; housewarming programs, housing grants, connections with transportation, social isolation, community events, home care, rebates, continuing care, programming, food insecurity, adult protection and other general information.

One project that is currently underway is an 8-week cooking program at the Adult Drop-In in St. Peters. The program empowers people to build confidence in the kitchen, learn about nutrition, and food safety while bringing about positive conversations around healthy lifestyle.

To help promote active healthy lifestyle, the Adult Drop-In in St. Peters, has received recreational funding from the Municipality of Richmond to create more opportunities to be active. The group now has a variety of options to stay active though the more traditional games, or they can choose to play something completely new! The energy felt by the participants is contagious. Many thanks to the incredible volunteers and community support that make this group possible.

The Dr. Kingston Memorial Clinic and River Roots has partnered to host Memory Cafes. A Memory Cafe is a comfortable safe space for people experiencing memory loss (Alzheimer's Disease, stroke, brain injury, mild cognitive impairment etc) and their caregiver to come and just enjoy time together. It is a small social group that aims to build on connection, will offer varied engaging activities, music, entertainment, a warm drink and a healthy treat. Stay tuned for the details to come! See Page 11.

I will also be starting up a weekly walking group in L'Ardoise. If you are interested in becoming more active and enjoy the cool salt breeze in your hair, you can give me a call at the clinic!



Spotlight on:

Telile Community Television

by: Becky Bourinot



Photo Credit - IMHS Post Collection
Photos taken in 1940s

In Our Day

Telile Community Television, in partnership with the Isle Madame Historical Society, (IMHS) with funding provided by the Nova Scotia Government Age - Friendly Community Grant presents the series "In Our Day!!"

Older adults from the community were invited to join in conversations about the way things used to be with host Anne Leavitt, followed by a catered lunch.

Topics covered are listed below and are all available for viewing on the Telile Community Television YouTube Channel.

- Episode 1: Schooling and Education- <https://youtu.be/zJrmvflL5Hc>
- Episode 2: Business - <https://youtu.be/SJ1QmDJWSOg>
- Episode 3: Local Legends - <https://youtu.be/4oHjV2NSv11>
- Episode 4: Ghost stories and Mysterious Tales - <https://youtu.be/HddIT6kfbNU>
- Episode 5: Entertainment - <https://youtu.be/-rZej9oHzFw>
- Episode 6: Christmas Traditions - <https://youtu.be/R6RpLA3Im7Q>
- Episode 7: Historical Places - <https://youtu.be/iDF7f54RQQM>
- Episode 8: Cooking and Traditional Recipes - <https://youtu.be/cz7KZzJQiXE>
- Episode 9: Marriage - <https://youtu.be/QWFqeehFXIE>



**Click here to visit
Telile's YouTube
channel**

www.youtube.com/@telilecommunitytv



Check out the Seniors Resource Section on the Municipality website

<https://www.richmondcounty.ca/seniors-resources-and-support.html>



30th Anniversary of the Launch of Telile Community Television

by: Becky Bourinot

To honour the 30th anniversary, we are planning a number of activities to help celebrate this landmark year. Events include a wide array of Arts and Cultural activities across Isle Madame and Richmond County.

These culturally diverse events will feature the Indigenous, Gaelic (including Irish and Scottish Gaelic), Acadian, and 2SLGBTQI+ communities. Follow our Facebook page and watch the scroll to learn more about a spectacular range of arts, cultural, and heritage events, including a multi-location celebration of music, dance, food, visual arts, crafts, authors, storytelling, and history with a focus on youth and senior accessible events.

We look forward to seeing you, as we celebrate the community which we have been proud to represent for the past 30 years.



"You can't participate if you don't know what's going on," says Silver Donald Cameron, Telile's founding chairman. "You can't have real community, and you can't have real democracy, if you don't have communications. Telile's role is to make sure that people here do know what's going on, and do know how they can participate. That's what Telile is all about."



Reaching All Canadians: Seniors Initiative

Many Seniors miss out on their benefits because of inadequate knowledge of available benefits or programs. In addition, seniors often struggle to get the necessary support or do not know where to locate the appropriate support to apply for individual programs and benefits.

We need your help

We are looking to collaborate with local governments and community organizations to help facilitate access to services and benefits for Seniors facing barriers and those harder to reach. Home Care workers can help us target the barriers and alleviate them therefore, we have created the Seniors Initiative.

The Seniors Initiative

The Seniors Initiative is a virtual initiative that will do individual service needs determination with each senior, advise them of what benefits they may be entitled to, determine what forms are required, and identify potential missing benefits. CRA will be joining this initiative and providing support to seniors.

Process

We will be working closely with Home Care Agencies, whose employees know the clients that might need the necessary financial help.

- Home Care Workers will request consent from seniors and provide a list of potential seniors that we could support.
- We have a group of employees trained to support vulnerable clients in the Atlantic, who will contact the seniors.

Method of Delivery

- Call made by Service Canada & client is authenticated
- Full needs assessment with senior to determine if there is any missing benefit
- CRA will be involved if needed (filing taxes & other support required)
- Follow up call to senior will be done in 30-60 days.



Canadians are missing out on billions of dollars in unclaimed benefits. The latest estimate reveals that 170,000 seniors could qualify for Old Age Security and Guaranteed Income Supplement (OAS/GIS) benefits.

Interested in working with us or learning more?

Contact **McCollins Jones, Senior Citizen Services Specialist!**
mccollins.jones@servicecanada.gc.ca



Servir tous les Canadiens

Servir tous les Canadiens (STC) est une initiative mise de l'avant par Service Canada pour éliminer les obstacles qui empêchent les clients d'accéder aux prestations et aux services du gouvernement fédéral. STC vise à éliminer les obstacles et à accroître l'adoption des services et des avantages. Cette mesure peut améliorer la qualité de vie et la situation financière des Canadiens. STC aidera à changer la façon dont le département fournit des services aux Canadiens à risque.

STC est une approche novatrice pour atteindre les populations vulnérables en s'associant à tous les ordres de gouvernement et aux intervenants communautaires locaux qui interagissent avec les communautés mal desservies et peuvent fournir un aperçu des groupes, des quartiers et des clients qui ont besoin d'aide.

Nous avons besoin de votre aide.

Nous cherchons à collaborer avec les gouvernements locaux et les organismes communautaires pour aider à faciliter l'accès aux services et aux avantages pour les personnes confrontées à des obstacles et à ceux qui sont plus difficiles à atteindre. Les organismes communautaires peuvent nous aider à mieux comprendre les obstacles et à les atténuer. Les partenaires de services peuvent également nous recommander des clients par l'intermédiaire du Centre d'appui des services mobiles (CASM) ou de notre Initiative d'aiguillage vers des services. Nous pouvons également personnaliser un processus de manière non conventionnelle.

STC cherche à éliminer les obstacles parmi les Canadiens à risque, notamment :

- Aînés
- Peuples autochtones
- Personnes handicapées
- Résidents des régions rurales et éloignées
- E-Personnes vulnérable
- Personnes de diverses identités de genre
- Canadiens racialisés
- Sans-abri
- Personnes à faible revenu
- Nouveaux arrivants
- Jeunes vulnérables/ Enfants prises en charge

Obstacles empêchant les Canadiens d'avoir accès aux prestations et aux services

- Ne pas être au courant des avantages et des services disponibles.
- Avoir peu ou pas de soutien, comme la famille pour aider à naviguer dans les services gouvernementaux.
- De longs temps d'attente au téléphone.
- Littératie et numératie : utiliser un langage ou des mathématiques complexes qui sont difficiles à comprendre.
- Ne pas avoir accès à un téléphone ou à Internet.

Les Canadiens passent à côté de milliards de dollars en prestations non réclamées. La dernière estimation révèle que 170 000 aînés pourraient être admissibles aux prestations de la Sécurité de la vieillesse et du Supplément de revenu garanti (SV/SRG).

Vous souhaitez travailler avec nous ou en apprendre davantage ?

Communiquez avec **McCollins Jones, Spécialiste principale des services aux citoyens**

mccollins.jones@servicecanada.gc.ca

Want to check out past issues?

They are all available on the Seniors Resource and Support Section on the Richmond County website.

Visit here:

<https://www.richmondcounty.ca/seniors-resources-and-support.html#BetterWithAgeNewsletter>



NEWSLETTER





GRANTS AVAILABLE for organizations and individuals

Useful links

Nova Scotia websites:

- <https://caregiversns.org/>
- <https://alzheimer.ca/ns>
- <https://ns.211.ca/>
- <https://nscommunitylinks.ca/>
- <https://novascotia.ca/seniors/>
- <https://novascotia.ca/dhw/ccs/>
- <https://housing.novascotia.ca/programs/housing-programs-seniors>
- <https://mha.nshealth.ca/en>
- <https://fountainofhealth.ca/>
- <https://www.legalinfo.org>
- [Nova Scotia Centre on Aging \(msvu.ca\)](https://www.novascotia.ca/aging)

CALL FOR WELLNESS FUND APPLICATIONS

WELLNESS FUNDS 2023-2024

Are for non-profit groups/organizations to address the Community Health Board (CHBs) Health Plan priorities.

Priority will be given to projects that use a population health-based approach to address the social determinants of health at the population level e.g. people related to food security, housing, transportation, social isolation and community resilience.

DEADLINE FOR APPLICATIONS
MAY 6, 2024
BY 5:00PM

FOR MORE INFORMATION VISIT:
www.communityhealthboard.ns.ca/wellness-funds
or contact Community Health Board Coordinator
Dorothy Bennett
dorothy.bennett@nshealth.ca

nova scotia health | Community Health Boards

Early Childhood Development

Contact your local CHB Coordinator
Dorothy Bennett
dorothy.bennett@nshealth.ca
(902) 867-4500 ext 4272

Community Health Boards

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.



Mental Health Week

May 6 - May 12, 2024

Visit cmha.ca/mental-health-week/ for more information.

Dr. Kingston Memorial Community Health Centre & Richmond River Roots

PRESENTS:

River Roots Reminisce Café

April 24, 2024
from 2-4pm
403 Church Point Road
River Bourgeois

An exciting glimpse into the world of teas with Rita!

Music by David Stone

River Roots Reminisce Café is a comfortable, social gathering that allows people experiencing memory loss and a loved one to connect, socialize, have a snack and a warm drink.

Free entry and **SEE YOU THERE!**

Please register with Rachael, Senior Safety & Social Inclusion Coordinator by phone (902) 587-2800

Dr. Kingston Memorial Community Health Centre
RICHMOND RIVER ROOTS

LAST WORDS

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

Meet Artist Ian McKinnon

Ian recently relocated with his partner to Petit-de-Grat. Ian taught drawing at NS College of Art and Design (NSCAD) in Halifax from 2003-2020. He also has a Bachelor of Fine Arts from NSCAD, a Master in Fine Arts from Concordia University and a Master of Theological Studies from Trinity College, University of Toronto.

Working with Prismacolor pencil and gold gesso on wood panel, Ian sees his work as a contemplative engagement with his subject matter whatever it may be: everyday objects, old family photographs or most recently – interpreting the land, sea and skylines of Île Madame.

In Ian's own words, *"The past twenty years have been a pilgrimage of sorts to understand how my drawing process is a means of being present to God. Essentially it is drawing as a form of prayer. The gold iridescent ground holds and breaks through the chant of pencil marks and chorus of colours. I think of my drawings as speaking to the often, overlooked, sacredness of everyday experiences. It is one way to cherish all that is gifted to us but inevitably and necessarily dissolves away. My art practice is a surrendering to the process of seeing – and being seen; of being called and responding; change."*



Ian's studio in Isle Madame



View of Boudreauville, 2024. Prismacolor pencil and gold gesso on 12 in. x 12 in. cradled wood panel

Ian loves to cook and enjoy exploring new foods in the kitchen. He gets out for a walk as often as he can; takes a lot of photographs and really enjoys a good book.

Since his arrival in Isle Madame, Ian has become a member of the Seniors New Horizon Club and the Arichat Legion, will soon be joining the Board the Richmond County Literacy Network next month. He also hopes to join the board of the Isle Madame Historical Society in a few months time.

Ian looks forward to exhibiting his work here and to find folk interested in learning to draw and - more importantly - how to see.

You can reach Ian via email at ianjmckinnon@gmail.com or message him through Facebook or Instagram: [ianmckinnoncreates](#).



We wish to extend our sincere thanks to Community Links for the micro-grant which supported STAC in producing the Holiday 2023 and Spring 2024 issue of our Better with Age newsletter.



Seniors Clubs and Organizations in Richmond County

Arichat

Gloria Samson

Isle Madame New Horizons Seniors Club
Gemsamson27@gmail.com
902-219-3102

Lower River

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

St. Peter's

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

Dundee/St. George's Channel

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

Port Hawkesbury

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

Others Seniors Groups

Richmond County Branch of Retired Teachers

Donna Machin
richrtopres@gmail.com

Grand River

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

Red Islands

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

Le Regroupement de Aines et Aines de la Nouvelle-Ecosse

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

L'Ardoise

Quentin Mombourquette
L'Ardoise Jolly Seniors
lorrainemom@outlook.com
902-302 2563

River Bourgeois

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

Register online using the following link
<https://forms.gle/nbU4KqJL2Cobm5ZBA>
or by calling Janine at 902- 226-0077
or Debbie at 902-345-2998

Louisdale

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

Rocky Bay

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

THANK YOU!

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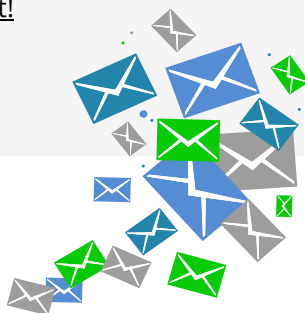


Newsletter Design

Celeste Gotell
Janelle AuCoin

STAYING CONNECTED

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



Seniors Take Action Coalition
... promoting age friendly communities

Imagine the Possibilities
Chapter Two
Imaginez les possibilités
Chapitre deux

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

Keynote Speaker
Conférencier principal
Barry Braun from the
Happy Communities Project

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

