



A Message from the Seniors Take Action Coalition

Summer brings freshness, sunshine, flowers and freedom for many. It is a time to renew friendships and share a cup of tea and rejoice that we live in Richmond County.

Yet we should also be concerned...concerned that our beautiful surroundings are at risk from the results of climate change that are becoming increasingly obvious. We are experiencing more wind, more episodes of severe weather and, instead of gentle rains, downpours leading to soil erosion and periods of drought. Our environment is increasingly affecting our health and ability to grow food.

There is much we can do as community members to work with the Municipality and others to better prepare for blizzards, floods and fires (and heat waves). We need to be more climate conscious.

Dorothy Barnard, Coalition Chair



L'été est synonyme de fraîcheur, de soleil, de fleurs et de liberté pour beaucoup. C'est le moment de renouer des amitiés, de partager une tasse de thé et de se réjouir de vivre dans le comté de Richmond.

Pourtant, nous devrions également être inquiets... inquiets que notre magnifique environnement soit menacé par les conséquences du changement climatique qui deviennent de plus en plus évidentes. Nous connaissons plus de vent, plus d'épisodes de temps violent et, au lieu de pluies douces, des trombes d'eau qui entraînent l'érosion des sols et des périodes de sécheresse. Notre environnement affecte de plus en plus notre santé et notre capacité à cultiver des aliments.

En tant que membres de la communauté, nous pouvons faire beaucoup pour collaborer avec la municipalité et d'autres acteurs afin de mieux nous préparer aux blizzards, aux inondations et aux incendies (ainsi qu'aux vagues de chaleur). Nous devons être plus attentifs au climat.

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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

Seniors Centre Without Walls Coming to Richmond County

*Gather
Together*

by: Celeste Gotell

Older adults in Richmond County will soon be able to participate in programs via a Seniors Centre Without Walls. A new initiative will soon be getting underway; to work with local seniors 'clubs and other groups in the various communities to expand the programs they have available for all seniors, age 55 years and older.

The idea of a Seniors Centre without Walls is not a new concept. The idea is that older adults can access, via telephone or online programs that can be found in other communities; however, we are expanding our version to address the unique challenges older adults experience living in rural communities. We plan to bring some programs and presentations into the communities, but also offer similar programs via Zoom sessions and by telephone to seniors that are not able to attend in person.



Our Seniors Centre model will also involve a communication and awareness component. It will keep older adults socially connected using our Facebook group, our quarterly newsletter, *Better with Age*, our monthly calendar and programming on the local Telile Community Television.

These programs will be provided by working with other partners and collaborators. We will work with others, and we will pursue opportunities based the needs of the communities of Richmond County. The project will be overseen by the Seniors Take Action Coalition Board along with a Community Advisory Committee with representatives from collaborators and older adult community members.



Research has shown that strong social networks have beneficial effects on quality-of-life. Loneliness and social isolation can present significant risks to both mental and physical health. Social isolation has been associated with poorer health outcomes that lead to cognitive decline and other risk factors for conditions like depression, anxiety disorders and falls.

Our Centre is being funded by the Department of Seniors and Long-Term Care, Age Friendly Communities Grant.



Watch for more news in the Seniors Take Action Facebook page <https://www.facebook.com/groups/1161257753926917/> or feel free to contact Celeste Gotell if you have any questions.



AGE-FRIENDLY communities

Imagine the Possibilities - Chapter Two

by: Sara Bona and Celeste Gotell



Barry Braun with Robert Goyetche

On Wednesday, May 29th, 2024, the Seniors Take Action Coalition welcomed over 120 older adults and community service providers from Richmond County to “Imagine the Possibilities”- Chapter Two at the St. Louis Parish Hall in Louisdale.

The day started with a light breakfast prepared by the St. Louis Parish CWL. With Celeste Gotell as our facilitator, the day flowed seamlessly with lots of humour and door prizes handed out throughout the day.

Warden Amanda Mombourquette joined us for opening remarks and then we heard from our Keynote presenter Barry Braun from the Happy Communities Project and the Good Neighbour App that helps people who live near each other feel more connected and cared for. He provided us with much food for thought about the importance of connected communities and invited Richmond County to become involved.

Anne Harriet Simmonds and her colleague Mary MacLennan joined us to share information about a program developed in Pictou County on promoting mental health resilience in rural communities. There seems to be a keen interest in looking to offer this three-part workshop series in Richmond County.

Following this presentation, participants had an opportunity to interact with 20 organizations that offer important services in Richmond County. Following the community showcase, participants were invited to join community service providers in a more intimate setting and learn more while breaking bread over lunch.

During lunch, we were pleased to welcome MLA Trevor Boudreau to share a few words about the Government’s commitment to seniors and highlight initiatives underway.

Michele MacPhee kicked off the afternoon with a short, calming meditation which helped relax our participants and to get them ready for the final presentation of the day on Volunteerism by Danielle Casagrande and her colleague Jessica from the “Cape Breton Partnership”.

Thank you to our presenters, sponsors, many door prize contributors, community showcase providers, our volunteers and all the participants who helped make this day a success!

Watch for Chapter Three in the future.....



*Thanks to our summer student
Sara Bona for all her help!!!*



AGE-FRIENDLY communities

Isle Madame New Horizons Seniors Club Turns 38 in October

by: Celeste Gotell



A humble beginning in October 1988, with 40 members meeting at the Acadiaville Community Centre, the club now has over 400 members offering a wide range of programs from monthly jam sessions with local musicians to yoga classes offered by the municipality. In 1990, the deed for the property was handed over the club from the province and the main building was constructed in 1994, with additions added over the years.

The building is located on Highway 206, a convenient location in the heart of Arichat, next to the Richmond County Municipal Office with lots of parking available.

The club's mandate to promote fellowship among members and all seniors in the community. Over the years, the club has been involved in organizing many activities including 45 card games, Bingo, cribbage, jam sessions, monthly meals, yoga, and other workshops.

In addition to programs for the members, the club is one of the warming centres for emergencies located in Richmond County and can be rented for other private events such as class reunions, baby showers, public health immunizations and other activities.

To learn more about rental opportunities, contact Jeannette Roberts at 902-226-0536.

The new executive team for the club:

Donald Goyetche as President
Susan Marchand as Treasurer
Claire Boyd as Secretary

Membership is just \$5.00 a year, and over 100 members are over the age of 80 years old, and have a lifetime membership.

Isle Madame New Horizons Seniors Club has recently launched a Facebook page for their members to keep them informed about their activities.

facebook



AGE-FRIENDLY communities



Welcomes Shirley Ann Burdock as Executive Director

Reprinted from Community Links website

Shirley Ann was raised in Saskatchewan, where, as a young mom of twins, she completed a Bachelor of Commerce program, majoring in Health Care Administration. She worked as a consultant with the provincial government and community-based organizations in the areas of poverty, mental health, intellectual disability and emergency medical services.

Shirley Ann received her Masters in Adult Education from UNB Fredericton in New Brunswick, and shortly after, she and her family moved to Nova Scotia where Shirley Ann held leadership roles in the areas of dementia, injury prevention and health promotion.

With more than a dozen years of experience as an Executive Director for impact organizations, Shirley Ann's experience is diverse. The connecting theme throughout is her passion to collaborate to create solutions to challenges, improve the lives of individuals and strengthen the communities in which they live.



Shirley Ann is a mom of three, step-mom of four and grandmother of three. She lives with her husband John in Wolfville. Having spent the past 18 months in rural Italy, she brings a broadened perspective of aging "well" in place.

We also want to take this opportunity to extend our best wishes to Helen MacDonnell in her retirement. Thanks for all you did during your years at Community Links to promote age-friendly communities in Nova Scotia.

UPCOMING EVENTS

Seniors Take Action Coalition promoting age friendly communities						
JULY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Want to stay informed? Join our Facebook Group and sign up to receive our Better with Age Newsletter.						
	1 HAPPY CANADIAN DAY Check the Richmond County Facebook page for more details on festivities	2 River Roots Market Shed Sale 11am-7pm River Bourgeois	3 "Tea in the museum" 2:00pm LeNoir Forge, Arichat \$6 for IMHS member \$7 for non-members	4 Concert by the Sea Lenoir Landing, Arichat 6:00pm-7:30pm	5	6 Free Acoustic Music Session with Daniel LeBlanc Legion Branch 150 Arichat 2:00-4:00 (ish)
7 Legion Branch 150 Arichat 8 to 11am Community Breakfast Outdoor Farmer's Market at Johnstown Landing from 10:30am-1:00pm	8 River Roots Meals with Friends 11:30 to 1:30 River Bourgeois Song Circle hosted by the St. George's Channel Hall 6:30pm	9 Jolly Club Sewing Group 9am in L'Ardoise River Roots Learning Garden 6:00pm-7:30pm	10 "Tea in the museum" at 2:00pm LeNoir Forge, Arichat \$6 for IMHS member \$7 for non-members Concert by the Sea St. Peter's Marina 6:00pm-7:30pm	11 Coffee and Conversation 10am to Noon West Bay Community Centre 45+ Card Play 7-30 pm D'Escousse Civic Improvement Hall	12 New Horizons Seniors Club Three Old Dames Dinner Theater Hosted at the Rocky Bay Hall Doors open at 5pm play begins at 6:30/person	

To access the monthly calendar:

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



AGE-FRIENDLY communities

Potlotek's Anita Basque - The Essence of an Elder

by: Julie Freeman

Sometimes you just sit down to converse with someone you've never met, and a comfort just clicks into place. It's rare, and always so welcome.

Such was the case when Cynthia and I met with Anita Basque, an Elder of the Potlotek First Nation in Richmond County. I had requested an interview to learn for myself the role and importance of Elders in our indigenous communities, little knowing how engaging, informative and inspiring our time was going to be.



Anita welcomed us at the Kisiku (Elder) Center and we learned about a woman who has lived her life for her community and family – the essence of an Elder.

Anita has lived almost all of her life in the area, with the exception of some years in Halifax as a teller, and later a trainer at RBC. Family comes first with Anita, and their needs pulled her home to Potlotek in 1994, where she eventually began her work with Apaqtukewaq Fisheries in Louisdale, mentored by her older brother and fellow-Elder, Norman Basque.

Those were the years of the highly successful oyster farming on Lake Bras d'Or, and with the inspirational business influence and guidance of Premier Seafood's accountant Selene Deroche, Anita progressed from bookkeeper to plant manager of the barges and oyster resources at Chapel Island. She remembers harvesting oysters at the lake from childhood, when two hours could reap two thousand of the animals, so she brought much knowledge,, solid instincts and many skills to the Fisheries, a Knowledge Keeper, valued by indigenous and non-indigenous alike. These days, as a leaseholder developing new technology, she is seeing the revival of the industry again, after the destruction by a parasitic invasion in 2002.

This respected Mi'kmaq Elder is highly accomplished. With a BA from CBU, successful careers with RBC and the Fisheries, she took on the role of Band Councilor for Potlotek First Nation in 2016, retiring finally in May of 2022. Her focus in those years was lobbying for the much-needed Food Bank in the community. She tackled food insecurity in the community as her priority and is adamant she could never have accomplished the fundraising and support all by herself. Anita gratefully acknowledges those who supported and enabled the venture, and who continue to volunteer and strengthen it.

I can imagine now, sitting comfortably with her in Kisiku, how she would have been tireless. It's that drive and commitment to make the lives of those around her better, that have drawn accolades and volunteer awards, including the Queen Elizabeth Jubilee Award. She's still tireless. But now she is retired, and her work is entirely volunteer. She manages the Kisiku Center not only as a drop-in for all ages, but also hosts meetings of groups from within and outside the community: Residential School Survivors Society, computer skills classes, language and culture lessons (Anita speaks fluent Mi'kmaq herself) and quilt-making for fund-raising. The list is as endless as her involvement and as diverse as her own life-experience.

KISIKU CENTRE'S NEW SIGN!

THE LADY SLIPPER

helps you find that safe place to regain your composure, your strength and inspiration, to hear the murmuring of your heart, your inner callings, despite the external noise and internalized messages from the world around. It helps calm sensitivity, helps counter anxiety and depression. It supports allowing yourself to both follow the dictates of your heart with keeping body and soul intact. To bring your fullest self to whatever you do, you are guided by this plant to walk the path with spiritual purpose and integrity.



THE CIRCLE OF SWEET GRASS

Brings us together, connection with humans to the Earth and Sky. Three sections of the braid represents Love, Kindness and Honesty. Becoming Strength; strength in Family and strength in Community.

The Hieroglyphs -
They will Teach Us Forever.

"Our Kisiku Centre not only gives a welcoming area for Our Teachers but also; for anyone willing to learn. We welcome anyone who stops by. Enjoy a Cup of Tea and a Conversation."
Words from our Elder liaison Anita Basque.

"An Elder", says Anita, "should have a good heart, live a life of kindness, and avoid anger and meanness".

In her humility of the relating of her life-story to us, she demonstrates that to be the truth.



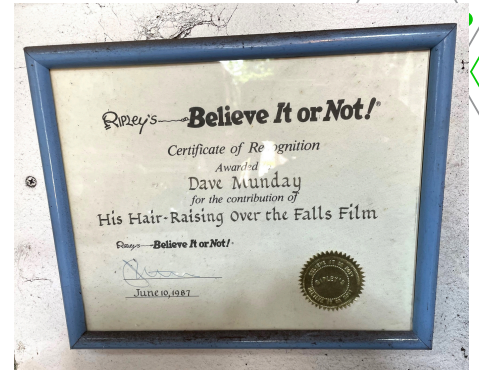
WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

“Super Dave” Munday of Little Harbour

by: Cynthia Curtis

Before I visited Dave Munday in Lower L’Ardoise, I did a little bit of homework. I knew he had quite the reputation so I wanted to double check a few facts.

Mr. Munday is one of only two people in the entire world to live to tell the tale of twice barrel-bombing Niagara Falls. Google supplies ample detail about his various foiled attempts and successes. It also outlines the legal battles and financial penalties that were the consequences of his dare-devil escapades. Dave did talk to me about those things, but quite surprisingly, he claimed the actual dives over Niagara were the “least exciting” aspect of his capers. Other experiences in life, some involving the Falls, have held greater meaning and challenge for him.



Born in Hamilton, Ontario, Dave’s family owned and operated a dairy farm in nearby Caistor Centre. He left his one-teacher school after completing grade eight to help with the family business. On warm weather Sundays, his father would take him to Niagara Falls, often upon rumour that some exhibitionist might do a dive. They were always disappointed, but the seed of inspiration had been planted. When his father fell ill, Dave toiled to fill his father’s absence as did his mother. Entrepreneurial in spirit, Mrs. Munday purchased a dump truck that would haul topsoil between Ancastor and Hamilton. It made good money at 50 bucks a load. Dave was the principal driver—with a legal license, aged 15. Things were a little different in the early 50’s.

During one winter hauling dirt, the owner of a mechanic shop in Hamilton invited Munday in to keep warm. Jimmy Wayne noticed the young man’s interest in the cars and trucks awaiting repair. “Yes, I think I’d like to be a mechanic,” Dave said. Jimmy then “took [him] in” and he soon after attained his general mechanic’s license. Munday’s aptitude was so keen, that by his early 20’s, he “was running the shop.”

Dave obtained his diesel license next and went on to work for Massey Ferguson in Stoney Creek. He had worked there for approximately 14 years when the owner suggested he open his own business given there were no diesel injection shops operating in the area. The agreement that encouraged Dave to feel confident in his success was that his boss promised he would refer all Massey Ferguson diesel injection work to him. But the startup costs for machinery were significant. Dave’s father stepped up to back the initiative. “For the purchase of my first machine, [my Dad] had to put the entire farm on the line.” Hard-working and conscientious, Dave made sure he paid off his debit as quickly as possible: “I worried myself sick til I made that last payment. Even today, I insist on paying my bills instantly.”

The Smithville operation eventually employed 14 mechanics. Though a well-respected business in the area, its renown was—and still is—the dare-devil plans and constructs that were realized there. “Everything started in the lunch room...Eight organized guys sittin’ there shooting the baloney, sayin’ let’s go over the Falls tonight. That’s how it started, but it took a few years to do it. And it took a lotta dedicated guys.” The design and fabrication of the “barrels” that ferried Dave were done at his shop.

Though the plans were supposed to be kept secret, word often leaked out. In fact, Ken Slogget, aka the “River Rat”, once paid him a visit at his shop. Now, Ken was the guy, back in the day, who was apparently paid \$10 to fish the desperate and the dead from below the Falls. He had heard about Munday’s plan to dive and came to advise or perhaps warn him: “I’ll be the one dragging you from the water.” And, sure enough, Ken was the man, four times, to do just that. Fortunate for Dave, each time he was very much alive.

Pressed further on the excitement of the Niagara dives, Munday surprised me. He repeatedly said, no, it really wasn’t that much of a thrill. “Everybody thinks [the big excitement] was Niagara Falls; it wasn’t. “The Lower Rapids and Whirlpool was probably the worst. And the best. Because we got away from the police and they never caught me.” Dave claims “the fun part” was the lead up two years, 1985-1987. The twelve-man team conducted the likes of a “military surveillance operation” to learn the daily habits of the authorities. Their efforts proved worthwhile as they eluded being stopped and immediately arrested. A month later he was fined \$500 and slapped with two years’ probation. Such penalties were not new to Dave.



At the brink



Rapids and Whirlpool Cylinder

The capsule for this 1987 event was a steel cylinder with a large snap shackle on top. It was basically a “a steel pipe with a seatbelt.” There was no oxygen and no padding protection. Shooting the Great Gorge Rapids and rescue from the Whirlpool depended on a simple plan: a thick, tauged rope was suspended across the maelstrom. The hook atop his capsule had to snag the line to stop him so his comrades ashore could pull him in. But what if that hook wobbled or ducked and missed the rope? We all know the answer to that question. Dave knew the risks, admitting, “there was a lot of luck involved. It was mostly luck, eh?”

Though the Falls and Whirlpool capers brought Munday fame, Dave claims “[he] had more thrills skydiving than [he] ever did in Niagara.” His parachute failing to open on three occasions was amongst those. Learning to fly as a youngster, Munday’s interest in planes and helicopters led to his passion and skill in skydiving. Dave started doing freefall dives on weekends that would draw large audiences of baited breath. Eventually, interest in the audacious activity grew to the point that Munday started “the first skydiving school in Mount Hope.” Though he soon had hundreds upon hundreds of jumps in his experience, skydiving remained a side hustle while he pursued his career in mechanics.

So, to sum up Mr. Munday so far: Niagara Falls crash-tester and world’s wickedest Whirlpool tamer--check. Death-defying skydiving instructor and, oh, yes, helicopter pilot for CHCH television news in Hamilton--yep and yep.

So, what's next in Dave's catalogue of interesting and unusual experiences?

How about dating Elvis Presley's stepmother, Dee. Apparently, another of the notorious dares born in the lunch room of his diesel repair shop. In the place where "everything happened", Dave's round table pushed him to find a way to meet the widowed Mrs. Presley. Impossible? Not in Munday's philosophy: "You can meet anybody, any person in the world, if you really wanna go at it."

And so he did. Munday called up the operator in Nashville and asked did she know one Dee Presley. And she replied, "Well, yes, actually I do." He learned Dee was working in a very high-end lady's wear shop at 100 Oaks Mall. When he arrived there, they chatted a while, then Dee claimed to need a ride home. The rest, as they say, is history.

Lasting three or four years, Munday would fly back and forth often. But the liaison was an expensive one and like so many things, it eventually came to an end. "What it took to hang out with that family was a lotta money, a lotta lotta money." There were moments during this exchange about his relationship with Dee when I must have seemed disbelieving. Dave simply looked me straight in the eye: "What I'm telling you is the truth. The only time you have to worry is if you are telling a lie."

All this extreme living happened before Dave moved to his home in picturesque Little Harbour, Lower L'Ardoise, almost 25 years ago. While living here, he has faced challenges different from those of his younger years. Munday suffered a serious stroke that left him severely disabled for two years. And then there was the fire. A terrible, terrible fire. He was working, fixing a car in his garage. A cool day, he had his little wood stove burning in the corner. Doing one last check on his repair, the gas line blew off, spewing fuel into the flame. "It was like a bomb went off," Dave said. "I stayed. Trying to save the car. I didn't want the car to burn up." Joe-C Martell, the volunteer fireman who came to his rescue, sat in the ER at the Strait for hours, all the while the flesh of Dave's face melting onto the floor. When he was finally bandaged and sent home, Munday had to return to the hospital each day to have the dressings redone. Unable to drive, it was his neighbour, Dave Kemp, who took him daily, "for weeks and weeks."

Recalling that horrendous day and terribly painful ones that followed, Munday is more than grateful for the kindness and friendship of his community. "What kinda people do that?" he posed rhetorically. "That's what it's all about here. The people."

Though Munday is well aware of his notoriety as "Super Dave", that is not what he wants to be remembered for. He has always believed in doing good for others. A prime example of this is the big, beautiful house he built on the family farm for his elderly mother. She had never enjoyed the amenities of a modern home so he set out to remedy that. Sadly, she died only days before she was set to move in. Since moving to L'Ardoise long ago, he has been fixing cars and trucks for free, helping those in need with rides or cutting lawns, "anything, honestly." What matters to Munday is right here at home. With "no regrets" and "not really anything" left on his bucket list, Dave's greatest hope "is to be remembered for helping people."



Dave working in his shop

By the time I picked up my notebook and prepared to leave, I knew I had only scratched the surface of the stories Dave could tell. In that very short time, Mr. Munday had certainly convinced me that "there's so much more to [his] life than Niagara Falls."

Spotlight on:

Benefits of Occupational Therapy

by: Courtney MacKinnon, MSc OT (Reg NS)

“Medicine adds days to lives, occupational therapy adds life to days.”

As a Community Occupational Therapist (OT) with Nova Scotia Health serving all of Richmond County and part of Inverness County, I am available to complete home visits, focusing on helping seniors to age well in their own homes.

Occupational Therapy’s focus is on a person’s abilities to complete meaningful daily activities such as self-care (bathing, dressing, etc.), productive activities (meal prep, housekeeping, etc.) and leisure activities. By completing an assessment of the person’s abilities and their home environment, I can assist with optimizing a person’s ability to safely and effectively perform these daily activities.

While not exclusive, here are some things a Community OT can help address:

Falls Prevention:

- Mobility equipment (i.e. walkers, wheelchairs, grab bars, raised toilet seats, etc.) can help prevent falls. An OT can determine what will work best for you and your home environment.
- Home accessibility (i.e walk-in showers, ramps, etc.) can also help to prevent falls. An OT can help determine the best options and assist with finding potential funding programs.

Pressure Sore Management:

- An OT can make recommendations on positioning changes and cushions/mattresses that can help prevent bed sores from occurring and help heal them once they happen.

Engaging in Everyday Activities:

- Some health conditions can cause fatigue, pain, weakness, etc. This can make doing everyday activities, such as cooking, cleaning or doing personal care difficult. An OT can provide recommendations on different strategies to use or how to set up your home environment differently. Planning, pacing and prioritizing tasks can be very helpful.

Call to book your appointment today!

Office: 902-625-7910 or **Cell:** 902-870-3225



Courtney MacKinnon

Frequently Asked Questions



- There is no fee for this service. It is covered under MSI.
- *Ce service est gratuit. Il est couvert par la MSI.*
- You do not need a doctor or other health professional to send a referral. You can contact me directly to schedule an appointment.
- I can visit your home as many times as needed to address the reason for the referral.
- *Je peux me rendre à votre domicile autant de fois que nécessaire pour répondre à la raison de la demande.*
- If you are looking for an exercise program, we also have a Community Physiotherapist. You can contact 902-867-4745 with any questions regarding this service.





COMMUNITY CORNER update



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



Check out what's coming this Fall...

Estate Planning

The presentation discusses three main Estate Planning documents – the Will, Power of Attorney, and Personal Care Directive. Bring all your questions for Estate Planning Lawyer, Haley Sampson, of Patterson Law. This will take place in October.



Café Reminisce

A relaxing and welcoming social space that allows people experiencing memory challenges and a loved one or caregiver to connect, socialize, have a snack and a warm drink.

Online Safety for Seniors

Financial Wellness for Seniors Learn ways to keep people safe online This presentation will put be put on by the East Coast Credit Union and will include opportunities for questions and answers. This will take place in October.



Falls Prevention

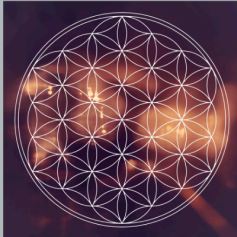
Every year 1 in 3 seniors will fall. In this interactive information session we chat about how to spot the risks, and way to prevent falls. This will take place in November as part of Falls Prevention Month.



For more information, please contact Rachael,
902-587-2800 xt 3
seniorsafetycoordinator.dkmchc@gmail.com



WHAT'S UP SUMMER?



Reminisce Café

What is a Memory Café?
A free social event for individuals living with memory challenges and their caregivers.

What happens at Memory Café?
We enjoy conversations, entertainment and each other's company in a relaxing, welcoming atmosphere.

Join us from 1:00pm-2:30pm

July 31
August 28
September 18

Where are they held?
River Roots: 403 Church Point Rd
River Bourgeois, N.S.



WANT TO JOIN A WALKING GROUP?

- WALKING GROUPS ARE THE PERFECT ACTIVITY TO MAINTAIN YOUR HEALTH; MENTALLY, PHYSICALLY AND SOCIALLY!
- THE MORE YOU PRACTICE HEALTHY CHANGES IN YOUR LIFESTYLE, THE MORE YOU ARE ABLE TO STAY DOING WHAT YOU LOVE!
- FREE, GENTLE AND GO AT YOUR OWN PACE!
- LEAVING FROM DR. KINGSTON MEMORIAL COMMUNITY HEALTH CLINIC IN L'ARDOISE

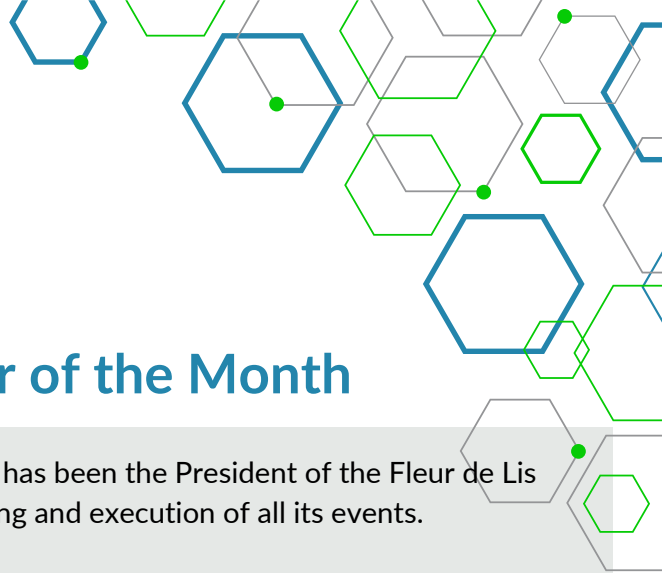
PRIORITIZE SELF CARE!



PLEASE REGISTER WITH RACHAEL SENIORSAFETYCOORDINATOR.DKMCHC@GMAIL.COM 902-587-2800 XT 3



COMMUNITY CORNER update



Robert Goyetche: May 2024 Volunteer of the Month



Over the past 10 years, Robert has been the President of the Fleur de Lis Seniors Club leading the planning and execution of all its events.

During this time, he has been instrumental in coordinating the club's ticket sales, bookings, and event promotions.

Robert chairs the Strait Richmond Hospital Board and is the Co-Chair of the Seniors Take Action Coalition. He is the Treasurer of the Louisdale Lion's Club and an active board member for the Louisdale Community Homes.

When Robert is not attending board meetings, he can often be found managing the rentals for the Louisdale Lion's Hall and lending a hand at their monthly breakfast making delicious scrambled eggs.

Please join us in recognizing Robert for his hard work, dedication, and commitment to his community.

Claire Doyle: June 2024 Volunteer of the Month



Over the years, Claire was a founding member of the first group of Isle Madame Brownies and Guides, was active with the Isle Madame Food Bank, was President of the Isle Madame Tourism and Business Association, an Executive Member of the local unit of the Canadian Cancer Society, a member of L'Association des Femmes Acadiennes de Richmond as well as the Religious Education Coordinator for the Stella Maris Pastoral Unit.

More recently, Claire was the Chair of the Stella Maris Social Justice Committee, which organized fundraising efforts to support two Ukrainian families who relocated to Isle Madame. She also was a member of the Strait Richmond Housing Matters Coalition, an Executive Member of the Rocky Bay Irish Club, Director for the Seniors Take Action Coalition, and was involved in the ACTing Collectively research project.

As a passionate gardener, Claire has been actively involved in community gardening as the President of the Isle Madame Garden Club. Please join us in recognizing Claire for her hard work, dedication, and commitment to her community. We thank you for all you do for Richmond County!



Spotlight on:

River Roots Learning Garden

by: Norma Jean MacPhee-Zinck, River Roots Program Manager

Who doesn't love playing in the dirt? Planting seeds and witnessing the wee seedlings emerge from the soil? Or feel the therapeutic satisfaction of a garden bed well weeded? All that with the added bonus of meeting new people and sharing the gardening adventures with others in the community.

The River Roots Learning Garden started in June, 2024. People attending are of various ages, ranging from age 5 to age 81. At the end of the first session one of our youngest gardeners, Asher Burke, fist pumped the air and exclaimed, "this is so much fun!"



Emily and Shari Grimes and Asher Burke planting parsnips.

We're planting veggies in tall raised beds - for ease of tending and harvesting. We also put in a Three Sisters Garden plot directly in the ground. A Three Sisters Garden is planted in large mounds of soil. Corn is planted first, then pole beans to climb the corn - the beans provide terrific nitrogen - and squash on the edge as their large leaves provide shade. The three grow wonderfully together. For Sook Youn, the first seed she ever planted was the corn for the Three Sisters garden. Most excellent!

In the raised bed boxes we planted potatoes, carrots, beets, bush beans, kale, sweet peas and romaine lettuce. We also popped a few tomatoes in pots.



Sook Youn planting her first seed.

The Learning Garden sessions happen twice a month until October in our outdoor garden (RAIN or SHINE — please dress appropriately). We'll gather to plant and tend to veggies. All ages, all abilities and all varying levels of gardening experience (from lots to none) are welcome. We ask those under 12 please bring an adult with you.

Tuesday, July 9 will be the third session of the River Roots Learning Garden. As a special component of that session, partnering with the Cape Breton Welcome Network, we're asking any and all newcomers to come "Plant Their Roots". We'll plant beautiful nasturtiums together.

For each session, we gather at the River Roots Hub (former Glebe House) and then head over to the garden by 6:15 or so. Each session will be filled with planting and tending to the veggies, including instructions and tips on ways to best grow the crops. Then, as things grow, we'll harvest and prepare meals together. The plan is to continue the Learning Garden into the Winter and Spring of 2025 — with sessions including how to start plants from seeds. You can come to one or all of the sessions — drop-in style. Registration isn't necessary, but we'd love to hear from you if you plan to attend. Register on our website via the events section — so we'll have your email and can send updates.



Group shots of the two sessions thus far...



Email Norma Jean with any questions: riverroots2020@gmail.com. Here's to growing and learning together!



Spotlight on: The Work of a Potter

by: Susan Marchand-Terrio, Executive Director
Isle Madame Historical Society / LeNoir Forge Museum



Photo with permission of family

The Isle Madame Historical Society and LeNoir Forge Museum are excited to share a new temporary exhibit happening this summer entitled “*The Work of a Potter*”, a tribute to local artist Jack Ouellette.

Jack Ouellette was born and raised in Ontario. He joined the Royal Canadian Navy and graduated from Canada’s Naval College. He eventually became a naval aviator, flying helicopters and other aircraft. He left the navy in 1963 and would go on to study fine art at the Detroit School of Fine Arts, the University of Windsor, and the Nova Scotia College of Art and Design. He took further courses at Haystack School in Maine, Banff School of Fine Art and Penland School in North Carolina.

For most of us, we knew Jack Ouellette as part of the Isle Madame Community.

Many of you may own some of his work. He moved to Arichat with his wife Peggy and sons Michael and John in 1972 and quietly set up his pottery studio. From that studio came some amazing work such as bowls, cups, wine glasses, platters, plates, vases, planters and much more. Many of us were excited to receive some of his work marking milestones in our lives whether it was a wedding gift, an anniversary or perhaps a retirement gift. We were proud when traveling to come across the Arichat potter’s work in gift shops, and to hear how his beautiful, one of a kind creations were being received outside of our community.

Many were gifted pieces from his studio. If you did him a good turn you often received a mug! In fact it was noted after his death, that so many people were gifted items that one would wonder how he could have had anything left to sell!

The focus of this exhibit is on how Jack’s art changed over time. As we began to lay out the selected pieces, it became clear that the style of his work changed from practical pieces to a more playful art form. It will be a pleasure to share this collection with our community and visitors.

Please join us on Sunday July 14 at 2:00 pm as we open the exhibit which will feature Jack’s work. The exhibit will close in October and his beautiful creations will go back to their owners, cherished in private collections.



Claire Doyle’s collection



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/ho-using-programs-seniors>
- <https://mha.nshealth.ca/en>
- <https://fountainofhealth.ca/>
- <https://www.legalinfo.org>
- [Nova Scotia Centre on Aging \(msvu.ca\)](#)
- <https://www.nshealth.ca/frailty>



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.



Community Grants Update

Accepting grant applications from **July 4 until noon on August 15**

Our Community Grant Program awards funding to community-based mental health and addictions initiatives across the province.

Start thinking about your application now!

Find eligibility criteria, resources, FAQs and more
mentalhealthns.ca/grant-applications

Click here to learn more: www.mentalhealthns.ca/grant-applications



Property Tax Rebate for Seniors opens for applications July 1

Property Tax Rebate for Seniors helps low-income seniors with the cost of municipal residential property taxes. Rebates are 50% of what you paid on last year's property taxes, up to a maximum of \$800. You can apply until 31 December 2024. [Click here](#) to learn more or visit : <https://beta.novascotia.ca/apply-property-tax-rebate-property-tax-rebate-seniors>



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Mobi-chair Loan

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LAST WORDS

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

R.M. Landry's - Almost a Century Old

by: Cynthia Curtis

Next year, the Landry family will celebrate their store's 92nd anniversary. But the Grand Greve lumber and hardware business we know today had rather humble beginnings, just a stone's throw down the highway.

Blair Landry's father, Raymond, opened the fledgling mercantile in 1933. At that point, it was largely "a meat shop and grocery store" with "some hardware items, like paint, nails, and feed." Though Raymond set up the business, "his family ran it" until he returned from the merchant navy in 1944.



Blair Landry in front of his store in Grand Greve. Taken June 2024.

The expansion into more hardware and lumber happened in 1966. It was then that Blair built the home he lives in today and was finding it difficult to secure materials to do the job; he was having to make far too many trips to Sydney or Port Hawkesbury. Blair realized, through his own experience, that there was a need for locally accessible building supplies. Mr. Landry decided his shop could satisfy that demand. The original store had to be expanded three times before Blair finally opened the new one, just east, where it is today.

That building has doubled in size since Blair opened it in 1975. Originally a 1500 square foot retail space, an addition in 1995 made it 3000. This too was soon outgrown which led to the further construction of an additional two warehouses and a larger lumber yard.

In 1996, R.M. Landry's joined the Castle buying group. Blair extolls the benefits of that partnership: "Castle is a national brand. It's amazing what they do for us to stay competitive." With ten employees, both full and part-time, Blair's Grand Greve enterprise continues to thrive.

Mr. Landry has no intentions of retiring any time soon. He finds the work fulfilling and the interaction with customers "rewarding." In fact, Blair believes there is another significant personal benefit to working at the store: "I think it's keeping me healthy, actually." Blair's son, Jason, and his daughter, Marlene, have been working in the business for 30 years. It is their hope to keep it going.

The Landry clan has been in the retail business for almost a century. Over the years, the family has helped thousands of customers with their meat, grocery, hardware, feed, and building supply needs. Together, they have attended to so many in and around the St. Peter's area. Pensive, Blair smiled when we discussed his legacy: "Service. Yes, I think I'd like to be remembered for service. Call me at 11 o'clock any night and I'll be there to help."

Seniors Clubs and Organizations in Richmond County



Arichat
Donald Goyetche
Isle Madame New Horizons Seniors Club
dGitchie@hotmail.com
902-227-7059

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

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

Louisdale
Robert Goyetche
Fleur de Lis Seniors Club
rgoyetche1951@outlook.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
Pat Leachman
Bonnie Brae Senior Citizens Club
palkal@icloud.com
902-535-2835

Others Seniors Groups
Richmond County Branch of Retired Teachers
Donna Machin
richrtopres@gmail.com

Le Regroupement de Aines et Aines de la Nouvelle-Ecosse
Janine Lacroix
janine.capricorne@gmail.com
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THANK YOU! MERCII!

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