

2023-2024 Annual Report



Prepared by
Celeste Gotell



Seniors Take Action Coalition

... promoting age friendly communities



VISION

Healthy communities supporting seniors' well-being by promoting age-friendly communities.

MISSION

The Coalition assists, supports and advocates to facilitate addressing the issues and concerns of seniors.

As a not-for-profit organization, the Mandate of the Seniors Take Action Coalition, within Richmond County, is to:

Take a leadership role in promoting and creating age-friendly communities

Advocate for issues impacting older adults

Strengthen collaborative partnerships with seniors' clubs and other community organizations serving older adults

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MILESTONES OF OUR HISTORY

● 2015

Seniors conference was organized in Fall 2015 with support of Celeste Gotell while working for Public Health, NS Health

● 2016

Worked in partnership with Community Links to form a Coalition

Launched STAC Facebook page

Hosted Municipal Candidate forum in partnership with Celeste Gotell in her role at Public Health

● 2017

Carried out Seniors Housing Survey
Presented to Council on Findings

● 2018

Partnered with The Mind, Body and Spirit Project for Richmond County

● 2019

Partnered with The Mind, Body and Spirit Project for Richmond County

● 2020

Participated in Richmond County Age-Friendly Community Planning

Social media campaign about seniors issues prior to Municipal Election

● 2021

Received CHB Wellness Funding to carry out Community Connections Project

Launched Better with Age newsletter

● 2022

Completed Community Connections Project

Provided input to the municipality of Richmond County's strategic planning refresh process

Gathered 1,200 petition signatures on the 2022 proposed NS Power increase for our MLA to table in the Legislature

● 2023

Registered with the NS Registry of Joint Stocks to become a non-profit.

Merged with Richmond County Seniors Council to strengthen support to seniors

Partnered on the Acting Collectively Project

Co-hosted Imagine the Possibilities - Chapter One



Seniors Take Action Coalition
... promoting age friendly communities

2023-2024 YEAR AT A GLANCE

BECAME A REGISTERED NOT-FOR -PROFIT SOCIETY

Seniors Take Action Coalition became registered as a non-profit society in Nova Scotia and joined with the former Richmond County Seniors Council to become one organization. This strengthened our ability to support older adults in the community.



AGE-FRIENDLY GRANT FROM THE PROVINCE OF NOVA SCOTIA- WORKING TOGETHER

The Working Together project provided us the opportunity to continue with our popular newsletter, grow our presence on FaceBook, (we now have 750 members,) create a new calendar, connect more with clubs in the area and support their activities, host meetings in different communities in partnership with clubs and organize two Imagine the Possibilities events.



LAUNCHED A MONTHLY CALENDAR

Produced 12 monthly calendars highlighting Club activities and other areas of interest for older adults to participate in Richmond County and made these available via social media and in locations throughout Richmond County.



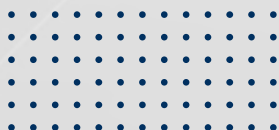
HOSTED IMAGINE THE POSSIBILITIES - CHAPTER ONE

In June 2023, hosted Imagine and Possibilities - Chapter One and planned Chapter Two held in May 2024.



BETTER WITH AGE NEWSLETTER

Produced four quarterly newsletters to promote an age-friendly community, share information and celebrate older adults in Richmond County. Recruited several new regular contributors.



A MESSAGE FROM THE BOARD CHAIR

The past year has been one of change, of growth, of challenges and many accomplishments. The Seniors Take Action Coalition of Richmond County is now Nova Scotia Joint Stocks registered as a not-for-profit organization. This enables us to apply for federal, provincial and municipal grants. We united with the Richmond County Council of Seniors to strengthen our voice and impact working together.

Seniors' lives have changed since COVID. Along with many others, we learned the adverse impact of social isolation. Yet many find it difficult to re-engage with their community. STAC continues to collaborate with seniors' clubs and groups to provide opportunities to learn, socialize and share a meal. Over this past year we rotated our meetings and co-hosted with seniors' clubs and arranged for guest presenters.

As an organization, we continue to advocate for resources, services and programs that benefit older adults. Our advocacy has included sending letters to both levels of Government expressing our concerns about equitable access to both the Shingles and RSV vaccine and the barriers in cost for some seniors. We also shared concerns about Emergency Closures in the area. We attended the Municipal Council meeting in December to bring forward our support for a Voluntary Vulnerable Sector Registry and followed up with a letter. We also reached out to our MLA to ask for his support for core funding for the organization.



Certificate of Incorporation

Societies Act

Registry ID

4627803

Name of Society

SENIORS TAKE ACTION COALITION OF RICHMOND COUNTY

I hereby certify that SENIORS TAKE ACTION COALITION OF RICHMOND COUNTY was incorporated under the Societies Act and that the liability of the members is limited.

Registrar of Joint Stock Companies

July 16, 2023

Date of Incorporation



Seniors Take Action Coalition of Richmond County becomes a registered non-profit organization in July 2023.

A MESSAGE FROM THE BOARD CHAIR ... CONTINUED

In June 2023, we hosted Imagine the Possibilities - Chapter One and met with representatives from most senior clubs to continue discussions about how we could connect with and support older adults in our communities.

We actively supported and participated in the Acting Collectively project (hosted by researchers at Dalhousie University and carried out in Cape Breton Regional Municipality, Victoria County and Richmond County).



This partnership resulted in Richmond County successfully recruiting 101 participants for this project. The total number of participants for all three counties was 220.

We look forward to the year ahead. I would like to extend my thanks to Robert, my co-chair, and the other members of the Board of Directors for their continued support and participation. I would also like to thank Celeste Gotell, our Community Outreach Coordinator, for her continued enthusiasm and commitment to older adults and promoting an age-friendly community.

Dorothy Barnard



BOARD OF DIRECTORS

- Dorothy Barnard
- Robert Goyetche
- Claire Doyle
- Debbie Samson
- Rene Samson
- Howard MacIntyre
- Marlene Leblanc
- Janine Lacroix

A MESSAGE FROM THE COMMUNITY OUTREACH COORDINATOR

When I moved back to the area in 2015 and began work with Nova Scotia Health in Port Hawkesbury, one of the first projects I was involved in was to organize a conference for seniors in the Fall of 2015. With a team of older adults, who volunteered to join me on a committee, we planned a day that brought together over 150 seniors. One of the actions that came out of this day was the formation of Seniors Take Action Coalition in January of 2016. Here we are eight years later still active in Richmond County promoting an age-friendly community.



This past year has been an exciting time for the Coalition. Lots of growth and new beginnings.

We have also been able to start to meet again in person and held several meetings in communities all over the County in partnership with seniors' clubs.

We launched our new calendar in April 2023, which is now a very popular resource to learn about what is happening. We were able to continue to publish Better with Age, our quarterly newsletter and our reach has grown to over 1000 views each issue.

Close to 50% of Richmond County's population is 55 years and older, with over 30%, 65 years old. It is important that we continue to focus on programs and services that are needed by older adults so they can "age well in place". It is important that we bring forward issues of concern and interest to our elected government officials, and celebrate the contributions and achievements of all the older adults in Richmond County.

Knowing about what is happening and services available in a key part of an age-friendly community, we are proud to be taking a lead role in ensuring older adults are well informed about what is happening in Richmond County and what services are available to them.

A MESSAGE FROM THE COMMUNITY OUTREACH COORDINATOR ... CONTINUED

I was honoured to have been invited to present the work of STAC at the annual meeting for the NS Federation of Seniors in May of 2023 in Truro and showcase our work. I am very proud that the efforts of STAC in Richmond County have been cited as an example of great work happening to support older adults in Nova Scotia.



A Picture is Worth a Thousand Words
Nova Scotia Federation of Seniors AGM
May 31, 2023

**Our presentation at the Nova Scotia
Federation of Seniors Annual Meeting.**

Recipe to Success- Key Ingredients

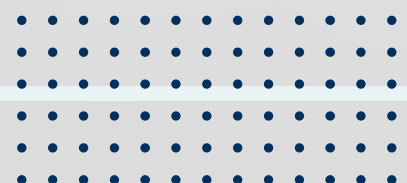
- Dedicated group of core volunteers
- Strong partnerships with the Municipality and other organizations like the Dr Kingston Memorial Community Health Centre
- Municipality now has a section on their website for seniors
- Dedicated staff support provided by staff in NS Health in her role as a health promoter –to work on the newsletter, STAC Face Book page, support to apply for grants
- Accessed several grants to support our work over the years, plan conferences and the project last year



I have since retired from NS Health and am pleased to be supporting the work of STAC through small grants available to them in a part-time capacity. While I make every effort to connect with seniors' clubs and organizations and grow our presence on social media to promote items of interest, I need your help. It takes the effort of everyone to share information, spread the word about our work, our FB page, our calendar, and our newsletter. Please encourage your friends and neighbors to check us out, bring things to our attention that you feel we need to look into and if not already involved in your community to improve the lives of our seniors, get involved, volunteer some time.

" Many hands make light work!"

Celeste Gotell



SENIORS TAKE ACTION COALITION OF RICHMOND COUNTY AND RICHMOND COUNTY SENIORS COUNCIL BECOME ONE

Members of the Richmond County Seniors Council, representing all the seniors' clubs in Richmond County and Seniors Take Action Coalition met in early Fall in 2023 and decided to become one organization and work together on behalf of older adults in Richmond County.

As part of their commitment to preserve some of the former traditions of the Council, meetings for STAC are now being held in different communities and hosted by a local seniors' club. Here are some highlights from the past year.

Seniors Take Action Coalition
... promoting age friendly communities

PLEASE JOIN US

FOR OUR MONTHLY SENIORS TAKE ACTION COALITION MEETING

Monday March 4th 10am to 1pm

AT 10AM Join us to hear from
Gina MacDonald from Cape Breton South
Recruiting for Health for an update on their work in
the area

FOLLOWED BY OUR MONTHLY MEETING AND A LIGHT LUNCH

FLEUR-DE-LIS SENIORS CLUB
156 GRANDIQUE FERRY ROAD, LOUISDALE

For More Information contact Celeste at 902-471-0317 or
seniorstakeaction.info@gmail.com

Celeste Gotell
Admin · January 11 · 🌐

Thanks to Jenny Comeau, Trevor Boudreau's Constituency Assistant for joining us at our Seniors Take Action Coalition board meeting on Jan 8th at the Jolly Club in L'Ardoise and sharing information on grants available to seniors.

View insights 196 post reach >

👍 Sonia Morris and 3 others

Celeste Gotell
Admin · February 15 · 🌐

At our Seniors Take Action Coalition meeting on Feb 12th at the Bonnie Brae Seniors Club in St. Peter's, members heard from Cecil Smith from the Cape Breton office of the Department of Municipal Affairs, Housing Services Division about housing programs available.

View insights 224 post reach >

👍 Tara-Lea Ocelot/Calli and 5 others

WORKING TOGETHER, ENGAGEMENT AND CONNECTIONS FOR OLDER ADULTS IN RICHMOND COUNTY

The Seniors Take Action Coalition (STAC) project called **Working Together, Engagement and Connections for Older Adults in Richmond County** 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, we can apply for our 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 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.
- Support and actively promote the ACTing Collectively Research Project.
- Strengthen relationship with several clubs and plan 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 of 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 *Imagine the Possibilities-Chapter One* to meet with seniors' clubs and discuss program needs.
- Plan *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.

IMAGINE THE POSSIBILITIES - CHAPTER ONE

STRONGER TOGETHER

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

Imagine the Possibilities - Chapter One was held on June 7, 2023, and was a partnership between Seniors Take Action Coalition and the Louisdale Fleur-de-Lis Seniors Club to bring together older adults representing all our seniors' clubs and seniors' organizations to begin the process of working together more collaboratively.

This was an outcome of the Working Together project hosted by STAC, funded by an Age-Friendly Communities Grant to do more outreach in the community and create opportunities to work more collaboratively in the future.

Participants rolled up their sleeves and began work on discussing possible actions to help address the eight areas highlighted below. The mood in room remained lively all day with many rich conversations, deep discussions and great ideas about the issues impacting seniors and how we can work together to create change.

- Community supports and health services
- Technology and communication
- Social safety and inclusion
- Emergency measures
- Accessibility/disability
- Housing
- Transportation
- Income and social status
- Increase access to information and knowledge of community services

The day wrapped up with a presentation from Dr. Grace Warner, one of the researchers from the Dalhousie University team working on the Acting Collectively Project.



Seniors Take Action Coalition
... promoting age friendly communities

You are Invited

Imagine the Possibilities

Gather members from seniors' clubs throughout Richmond County, members of the Seniors Take Action Coalition and others who work closely with seniors to share ideas and stories about what is happening in your clubs and the challenges you are facing.

Explore ways to re-vitalize and support seniors' clubs post COVID-19 and learn more about opportunities that are available to support your activities, including funding.

Hear more about the Acting Collectively Project and how becoming involved can help identify needed services.

Wednesday, June 7th, 2023 - 10am to 2pm
Louisdale Parish Hall, 156 Grandique Ferry Road
Coffee and Tea on Arrival at 930am
Lunch will be provided

RSVP or Questions?
Celeste at c.gotell@hotmail.com or 902-471-0317 or
Debbie at debbiesamson52@gmail.com or 902-345-2998



BETTER WITH AGE NEWSLETTER

Four quarterly issues were produced and reached over 1000 older adults throughout Richmond County. We have over 200 regular subscribers, each issue is posted on multiple FB pages, printed copies are available and each issue can be accessed on the Richmond County website.

Articles are featured regularly on STAC Facebook after each issue is published.

To subscribe to our newsletter, click here: <https://www.richmondcounty.ca/seniors-resources-and-support.html#betterwithage> and



Better with Age
Mieux avec l'âge
Spring 2023 - Volume 9

A Message from the Seniors Take Action Coalition

Spring is here, the days are longer, the sun is warm and the breezes are light... time to get out and about. Time to rekindle old friendships and develop new ones.

Volunteering is an amazing way to connect with others, use your talents, develop new ones, and share the enjoyment of working together.

We all have skills we can contribute and we all have things where we need support.

We were fortunate to receive an Age Friendly Communities provincial grant "Working Together - Engagement and Connections for Older Adults in Richmond County: community outreach project to increase awareness".

This grant will enable us to strengthen connections with seniors' clubs, share information and engage with seniors through our membership Facebook and Better with Age quarterly newsletter.

It is time to join together, appreciate the riches we have and together fill the gaps as we can.

Le printemps est là, les jours sont plus longs, le soleil est chaud et les brises sont légères... c'est le moment de sortir. C'est le moment de raviver de vieilles amitiés et d'en nouer de nouvelles.

Le bénévolat est un moyen extraordinaire de nouer des liens avec d'autres personnes, d'utiliser ses talents, d'en développer de nouveaux et de partager le plaisir de travailler ensemble. Nous avons tous des compétences que nous pouvons mettre à profit et nous avons tous besoin d'aide dans certains domaines.

Nous avons eu la chance de recevoir une subvention provinciale de Age Friendly Communities "Working Together - Engagement and Connections for Older Adults in Richmond County: community outreach project to increase awareness" (Travailler ensemble - Engagement et connexions pour les personnes âgées dans le comté de Richmond: projet de sensibilisation de la communauté pour augmenter la prise de conscience).

Cette subvention nous permettra de renforcer les liens avec les clubs d'aînés, de partager des informations et de nous engager auprès des aînés par le biais de notre Facebook pour les membres et du bulletin trimestriel Better with Age.

Il est temps de s'unir, d'apprécier les richesses dont nous disposons et de combler ensemble les lacunes.

Take care and enjoy the season!
Dorothy Barnard, Coalition Chair



Seniors Take Action Coalition
... promoting age friendly communities

Welcome to our ninth 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 neuvième 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 précieuses. 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.



Better with Age
Mieux avec l'âge
Summer 2023 - Volume 10

A Message from the Seniors Take Action Coalition

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

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

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

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

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

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

Take care and enjoy the season!
Dorothy Barnard, Coalition Chair



Seniors Take Action Coalition
... promoting age friendly communities

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

Nous sommes fiers de vous présenter notre dixième édition de *Mieux avec l'âge*. Ce bulletin a été développé par Seniors Take Action Coalition pour en savoir plus sur les aînés et leurs préoccupations en fournissant diverses informations précieuses. 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.



Thanks to Community Links Micro-Grant and Dept. of Seniors and Long-Term Care, Age-Friendly Communities Grant for the funding to produce our newsletter.

Our Spring 2024 issue included a fresh redesign!



Better with Age
Mieux avec l'âge
Winter 2023 - Volume 12



A Message from the Seniors Take Action Coalition

May you Find Peace

We seem to be more accepting of our "new normal"... starting to understand that we live in uncertain times and more than ever, we need each other. The holiday season is traditionally a time of sharing and celebration, of memories and regrets, of caring and understanding of the challenges faced by many living in our area. Yet, no matter our circumstances, how dire things may seem, we all have something of value to share... and this is definitely the season to share! We are surrounded by an abundance of older adults throughout Richmond County who generously give the gift of their time, knowledge and skills by volunteering to make our communities a better place!

May you find peace in this hectic of seasons!
Take care, Dorothy R Barnard, Coalition Chair

Nous semblons mieux accepter notre "nouvelle normalité"... nous commençons à comprendre que nous vivons des temps incertains et que, plus que jamais, nous avons besoin les uns des autres. Les fêtes de fin d'année sont traditionnellement un moment de partage et de célébration, de souvenirs et de regrets, d'attention et de compréhension des défis auxquels sont confrontés de nombreux habitants de notre région. Pourtant, quelles que soient nos circonstances et la gravité de la situation, nous avons tous quelque chose de précieux à partager... et c'est vraiment la saison pour le faire! Nous sommes entourés d'une abondance de personnes âgées dans tout le comté de Richmond qui donnent généreusement de leur temps, de leurs connaissances et de leurs compétences en faisant du bénévolat pour faire de nos communautés un meilleur endroit!

Puissiez-vous trouver la paix en cette saison mouvementée!
Dorothy R Barnard, Coalition Chair

Welcome to our 12th 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 of age-friendly communities, we will increase the awareness about, and emphasize the importance of, age-friendly community for people of all ages who live in Richmond County.

Nous sommes fiers de vous présenter notre 12th 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 pratiques. 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



Better with Age
Mieux avec l'âge

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



What's in this issue:

- Page 1: Update Seniors Take Action Coalition
- Page 2/3: Age-Friendly Communities Voluntary Vulnerable Sector Check
- Page 4/5/6: Who are the people in your Neighbourhood? Blair Gotell - A Man of Many Talents
- Page 7: Spotlight on Taking care of our Physical and Mental Health
- Page 8: Community Corner Update from Rachael LeBlanc
- Page 9/10: Spotlight on Tellico Community Television and Reaching All Canadians
- Page 11: Useful Links and Grants Available
- Page 12: Last words - Meet Ian McKinnon
- Page 13: Imagine the Possibilities - Chapter Two and Seniors' Clubs in your Community

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.

We provide content regularly for the Richmond County Seniors Resource section.



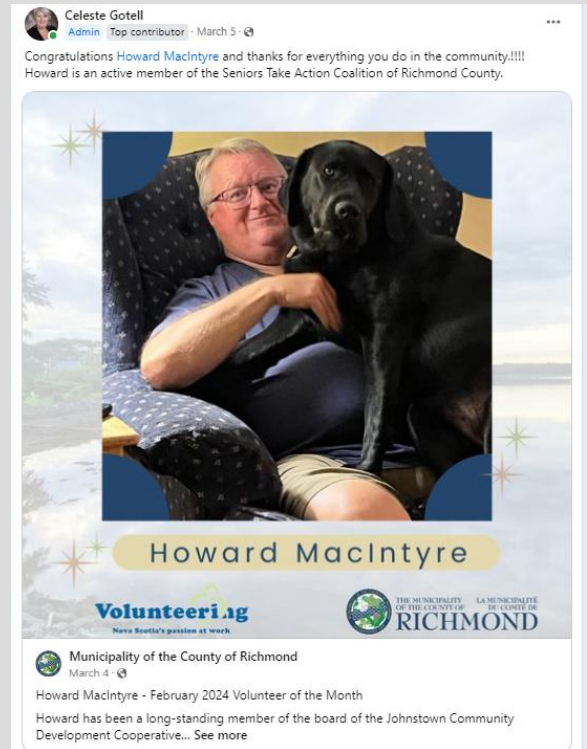
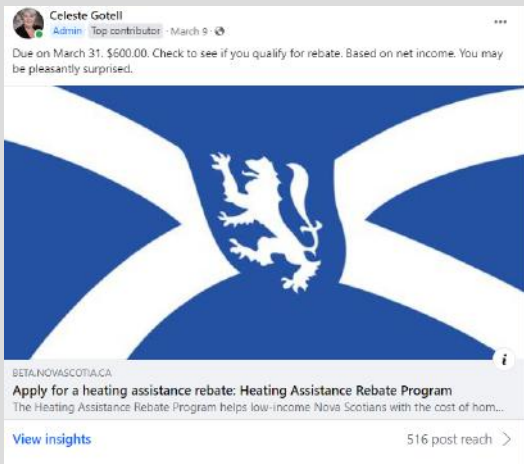
<https://www.richmondcounty.ca/seniors-resources-and-support.html>

SOCIAL MEDIA PRESENCE



Highlights include:

- 750 Members - 246 are from Louisdale
- Over 40% are 65 years and older
- 85% are women
- Several posts were shared up to 20 times
- 1000 posts over the past year
- Over 40,000 views



Our Monthly Calendar is shared widely via social media and sent via emails to all seniors clubs and several community organization. Printed copies are also available in the community.

Seniors Take Action Coalition ... promoting age friendly communities						
April 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Want to stay informed? Join our Facebook Group and sign up to receive our newsletter. Recruitment underway for adults 65 years and older for the Acting Collectively Project. Cold Plate Drive. Tickets on sale 1- 2:30 pm at the New Horizons Club, weeks of April 11-14 and April 18-21.						1 New Horizons Club Archat Crib at 7 pm
April is Cancer Awareness Month						
2 New Horizons Club Archat Monthly Meeting 1:30	3	4	5 New Horizons Club Archat 45 card play 2 pm	6 New Horizons Club Archat Bingo 2 pm	7 Good Friday	8 New Horizons Club Archat Crib at 7 pm
9 Easter Sunday	10	11	12 New Horizons Club Archat 45 card play 2 pm	13 New Horizons Club Archat Bingo 2 pm	14	15 New Horizons Club Archat Crib at 7 pm
16 National Volunteer Week: April 16 to 22nd Volunteers Strengthen the Fabric of Communities	17 Spring Issue of newsletter letter with Age released Louisdale	18 Seniors Take Action Coalition Lions Hall in Louisdale Monthly Meeting 10:30am	19 New Horizons Club Archat 45 card play 2 pm	20 New Horizons Club Archat Bingo 2 pm Jolly Club, L'Ardoise Monthly meeting at 3:00 pm, followed by potluck supper. New members welcome.	21 New Horizons Club, Archat Jpm Session 7pm to 10 pm - light lunch will be offered	22 New Horizons Club Archat Crib at 7 pm

Seniors Take Action Coalition ... promoting age friendly communities						
MARCH 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. Remember to check ahead if the weather is questionable.						1 Informal Knitting/Crocheting group in the PDG Library at 2pm. Come when you can! kind of group.
3 Legion Branch 150 Archat - 8 to 11am Community Breakfast New Horizons Seniors Club Monthly Meeting at 1:30PM at Club in Archat	4 D'Escoive Hall Mass at 9:30am Seniors Take Action Coalition Meeting - 10am Fleur-de-Lis Club Louisdale	5 River Roots Cafe 10-12 noon River Bourgeois River Roots Meets with Friends 11:30 to 1:30 River Bourgeois L'Ardoise Mens Club Free Lunch 12am to 1pm Soup and Sandwich	6 Jolly Club Sewing Group 10am to Noon Seniors Club Coffee Break from 9-11:30 Red Islands Fire Hall	7 Coffee and Conversation 10am to Noon West Bay Community Centre 45c Card Play 7:30 pm D'Escoive Civic Improvement Hall	8 Informal Knitting/Crocheting group in the PDG Library at 2pm. Come when you can! kind of group.	9
New Horizons Club Crib/7pm Archat	River Roots Meets with Friends 11:30 to 1:30 River Bourgeois Quilting/Sewers Group 10am-3pm New Horizons Club	River Roots Cafe 10-12 noon River Bourgeois L'Ardoise Mens Club Free Lunch 12am to 1pm Soup and Sandwich 45's card game St. George's Channel Hall 7:30pm	We Care Cafe Fleur-de-Lis Club Louisdale at 10am Painting Class 1:00 pm Meets with Marie and Tony	River Roots Cafe 10-12 noon River Bourgeois 45 Cards 2pm Archat		

FINANCIAL STATEMENTS

Seniors Take Action Coalition

Cumulative Income Statement
For Period Ending March 31, 2024

	Consolidated	STAC	Imagine ...	Community Links
Revenue				
Grants	\$2 500,00	\$0,00	\$500,00	\$2 000,00
Membership Fees	\$0,00	\$0,00	\$0,00	\$0,00
Contributions & Sponsorship	\$5 886,41	\$1 636,41	\$4 250,00	\$0,00
Fundraising	\$177,00	\$177,00	\$0,00	\$0,00
Interest	\$0,00	\$0,00	\$0,00	\$0,00
Total Revenue	\$8 563,41	\$1 813,41	\$4 750,00	\$2 000,00
Expenses				
Salaries and Benefits	\$0,00	\$0,00	\$0,00	\$0,00
Professional Fees	\$0,00	\$0,00	\$0,00	\$0,00
Traveling Expenses	\$0,00	\$0,00	\$0,00	\$0,00
Advertizing & Promotion	\$0,00	\$0,00	\$0,00	\$0,00
Office Rental	\$0,00	\$0,00	\$0,00	\$0,00
Insurance	\$0,00	\$0,00	\$0,00	\$0,00
Activities	\$0,00	\$0,00	\$0,00	\$0,00
Banking Fees	\$0,00	\$0,00	\$0,00	\$0,00
Office Supplies	\$5,00	\$5,00	\$0,00	\$0,00
Membership Dues	\$25,00	\$25,00	\$0,00	\$0,00
Donations	\$0,00	\$0,00	\$0,00	\$0,00
Legal Fees (R.J.S.)	\$0,00	\$0,00	\$0,00	\$0,00
Miscellaneous	\$0,00	\$0,00	\$0,00	\$0,00
Total Expenses	\$30,00	\$30,00	\$0,00	\$0,00
Net Income (Loss) (A - B = C)	\$8 533,41	\$1 783,41	\$4 750,00	\$2 000,00
Income or loss, preceding year	\$0,00			
Income or loss, year end (C + D = E)	\$8 533,41			

FINANCIAL STATEMENTS

Seniors Take Action Coalition

Balance Sheet

For Period Ending March 31, 2024

ASSETS	2023-24
<u>Short Term Assets</u>	
Bank	8 533,41
Petty Cash	0,00
Accounts Receivable	0,00
Prepaid Expenses	0,00
<u>Long Term Assets</u>	
Equipements	0,00
Lands & Buildings	0,00
Other Financial Assets	0,00
A. Total Assets	8 533,41
LIABILITIES	
<u>Short Term Liabilities</u>	
Accounts Payable	0,00
Taxes (dues)	0,00
<u>Long Term Liabilities</u>	
Mortgage	0,00
Others	0,00
B. Total Liabilities	0,00
Equity	
Retained Earnings / Deficit	8 533,41
General Reserve	0,00
C. Total Equity	8 533,41

ACKNOWLEDGEMENTS AND THANKS



For their Partnership with us to host the Department of Seniors and Long-Term Care Age-Friendly Communities Grant for the working Together Project.



THE MUNICIPALITY OF THE COUNTY OF
LA MUNICIPALITÉ DU COMTÉ DE
RICHMOND

For their financial support in sponsoring the June 2023 Imagine the Possibilities - Chapter One co-hosted with the Fleur-de-Lis Seniors Club in Louisdale.



Department of Seniors and Long-Term Care Age-Friendly Communities Grant for the Working Together Project.



Community Links for the MicroGrant for our newsletter.

