



A Message from the Seniors Take Action Coalition

As seniors, fall and winter are our seasons with their beauty, triumphs and challenges. On October 1st, the world recognizes our value. We have wisdom of experience, skills from our 'worklife' and many established connections. By far, most volunteering is done by seniors. Yet we often forget our power to create change.

Our AGM, held on September 9th in Louisdale was well attended. The presentation by Shirley Ann Burdock, Executive Director of Community Links illustrated potential areas of collaboration in the future.

The current Board members now include Dorothy Barnard, Chair; Robert Goyetche, Vice-Chair; Janine Lacroix, Treasurer; Howard McIntyre, Jean Pottie, Marlene LeBlanc and Richard Cook.

Working together, we can strive for the health and well-being of all in Richmond County.

Dorothy Barnard, Coalition Chair

En tant qu'aînés, l'automne et l'hiver sont nos saisons, avec leur beauté, leurs triomphes et leurs défis. Le 1er octobre, le monde reconnaît notre valeur. Nous avons la sagesse de l'expérience, les compétences de notre « vie professionnelle » et de nombreuses relations établies. Ce sont les personnes âgées qui font le plus de bénévolat, et de loin. Pourtant, nous oublions souvent que nous avons le pouvoir de créer le changement.

Notre assemblée générale annuelle, qui s'est tenue le 9 septembre à Louisdale, a attiré de nombreux participants. La présentation de Shirley Ann Burdock, directrice générale de Community Links, a illustré les domaines potentiels de collaboration à l'avenir.

Les membres actuels du conseil d'administration sont Dorothy Barnard, présidente ; Robert Goyetche, vice-président ; Janine Lacroix, trésorière ; Howard McIntyre, Jean Pottie, Marlene LeBlanc et Richard Cook.

En travaillant ensemble, nous pouvons œuvrer pour la santé et le bien-être de tous dans le comté de Richmond.

Dorothy Barnard, Président de la coalition



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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



What is a Seniors Centre Without Walls anyway??

by: Celeste Gotell

What is a Seniors Centre Without Walls anyway? Well, this is our way of connecting with older adults in Richmond County without having a physical building or structure. It means we partner with other local organizations to plan presentations, we provide information via our Facebook page, produce a monthly calendar and our quarterly newsletter, *Better with Age*. Plans are also underway with several seniors' clubs and organizations in Richmond County to arrange local presentations on topics of interest to older adults. We are looking at exploring some programming via Telile Community Television.

Why not get together with friends, learn together and socialize at the same time?

We are promoting a new idea to encourage older adults to participate workshops and sessions from credible sources like NS Health, Alzheimer Society via Zoom, or on You Tube etc. as a group. We will make these opportunities known to folks.

To host a **virtual watch party** all you need is a location, a session to watch and the technology to make it happen. A great way to involve younger people is have them help with the set up.

If you can watch it at your local seniors centre, or a community hall with a computer and screen or a smart TV this will allow you to get together as a group, watch the video, chat about it and socialize at the same time. Or, if you have a few friends and a session you want to view, perhaps there are locations in your community that we can assist in arranging. Or, you can always host it in your home. Instead of sitting watching something on your own, why not invite a few friends over and make a watch party out of it.

UPCOMING EVENTS



Seniors Centre Without Walls
FOR RICHMOND COUNTY

A PROJECT HOSTED BY



Seniors Take Action Coalition
... promoting age friendly communities

Invitation

Join us for
"We Care Days hosted by
Fleur-de-Lis Seniors Club



Strait Richmond
PALLIATIVE CARE SOCIETY

Join us to hear from members of the Strait Richmond Palliative Care Society Board and learn more their organization and the work they do.

Also, joining us is Nadia Landry, Social Worker and Courtney MacKinnon, Occupational Therapist, members of the NS Health Palliative Health Care Team



Wed, October 30th, 2024
From 10:00AM to 12 noon
Followed by Lunch

Louisdale Parish Hall, 156 Grandique Ferry Road
Followed by the monthly meeting for the Fleur-de-Lis Seniors Club at 1pm



Seniors Centre Without Walls
FOR RICHMOND COUNTY

A PROJECT HOSTED BY



Seniors Take Action Coalition
... promoting age friendly communities



Join us to hear from three team members from Primary Health Care, NS Health and learn more about services they offer in the community.
Holly Brown, Social Worker
Courtney MacKinnon, Occupational Therapist
Shelley Marchand, Dietician



Louisdale Parish Hall, 156 Grandique Ferry Road
Followed by the monthly meeting for the Fleur-de-Lis Seniors Club at 1pm



Wed, November 27th, 2024
From 10:00AM to 12 noon
Followed by Lunch

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

Watch for more updates 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 at seniorstakeaction.info@gmail.com or call 902-471-0317



AGE-FRIENDLY communities



Five fall activities to boost your well-being

As the leaves change colour and the air turns crisp, fall offers an opportunity to embrace the season's beauty and boost your mood. While the shorter days and cooler weather can sometimes bring a touch of the blues, plenty of enjoyable activities can help older adults stay active, engaged, and positive this fall.

Enjoy the fall colours on a nature walk

The vibrant hues of fall foliage are a feast for the eyes. Head to a local park or nature trail and enjoy a leisurely walk with a friend. The combination of fresh air, gentle exercise, and the beauty of nature can do wonders for your mood and well-being.



Explore fall festivals and markets

Fall is festival season! Many communities host events celebrating the harvest, local crafts, and seasonal flavours. Farmers markets are also at their peak, offering fresh produce, baked goods, and unique finds. Immersing yourself in the festive atmosphere and connecting with your community can be a great mood lifter.



Get creative with a fall craft

Embrace your artistic side and try a fall-themed craft project. Whether you paint pumpkins, create leaf collages, or knit a cozy scarf, engaging in a creative activity can be both relaxing and rewarding.



Curl up with a good book

As the evenings get longer, it's the perfect time to enjoy a good book. Choose a genre that brings you joy and lets your imagination soar.

Connect with loved ones

Spending time with friends and family is essential for emotional well-being. Organize a potluck dinner or game night, or enjoy a chat over a cup of tea. Sharing laughter and stories with those you care about can boost your mood.

Fall is a season of change and reflection, but it doesn't have to be a time of melancholy. By incorporating these activities into your routine, you can embrace the season's charm and cultivate a positive outlook.

This article was Reprinted from the McMaster Optimal Aging Portal

<https://www.mcmasteroptimalaging.org/age-well>

McMaster
OPTIMAL AGING PORTAL

ABLE Village
(<https://www.ableplatform.ca>) is a virtual platform that allows older people to connect, play games, make art, and engage in movement activities with others, including family members in different locations, through computer video at the same time (or "live"). The platform was co-designed between older members of the community, computer scientists, and researchers in media arts and gerontology.

AGE-FRIENDLY communities

Retirement in Action *Retraite en Action*



Seniors Take Action Coalition is pleased to partner with the Conseil de développement économique de la Nouvelle-Écosse (CDÉNE) to promote this initiative in Richmond County.

Discover the benefits of staying at or returning to work after age 50.

Maintenance of skills and life experience

By continuing to work, older people can maintain and share their professional skills and expertise, which may be beneficial to them and the employer.

Contribution to Society

Older people often have much to offer in terms of wisdom, experience and perspective. Their continued presence in the labour market enables them to continue contributing to society and sharing their expertise with younger generations.

Better Physical Health

Studies show that staying active can contribute to better physical health for older people by encouraging them to stay active and keep an active lifestyle.

Social and Mental Well-Being

Work can provide a daily structure for older people, a sense of usefulness and contribution, and social interactions with colleagues, which can have a positive impact on their mental and emotional well-being.

Financial Security

Maintaining and/or returning to the labour market allows people over 50 to continue earning income, which contributes to financial security and stability.

Delayed Retirement

For some seniors, staying and/or returning to the labour market can delay their retirement, which may have long-term consequences, including increased pension benefits.

Do you need support to return to the job market?
Contact us! work@rane.ns.ca



La Seniors Take Action Coalition est heureuse de s'associer au Conseil de développement économique de la Nouvelle-Écosse (CDÉNE) pour promouvoir cette initiative dans le comté de Richmond.

Il y a plusieurs avantages pour les personnes de 50 ans et plus à rester et/ou retourner sur le marché du travail :

Maintien des compétences et de l'expérience de vie

En continuant à travailler, les personnes âgées peuvent maintenir et partager leurs compétences professionnelles, et leur expertise, ce qui peut être bénéfique pour elles-mêmes, et l'employeur.

Contribution à la société

Les personnes âgées ont souvent beaucoup à offrir en termes de sagesse, d'expérience et de perspective. Leur maintien sur le marché du travail leur permet de continuer à contribuer à la société et à partager leur expertise avec les générations plus jeunes.

Meilleure santé physique

Des études démontrent que rester actif professionnellement peut contribuer à une meilleure santé physique pour les personnes âgées, en les encourageant à rester en mouvement et à garder un mode de vie actif.

Bien-être social et mental

Le travail peut offrir aux personnes âgées une structure quotidienne, un sentiment d'utilité et de contribution, ainsi que des interactions sociales avec les collègues, ce qui peut avoir un impact positif sur leur bien-être mental et émotionnel.

Sécurité financière

Le maintien et/ou retour sur le marché du travail permet aux personnes de 50 ans et plus de continuer à gagner un revenu, ce qui contribue à une sécurité et stabilité financière.

Retardement de la retraite

Pour certaines personnes âgées, rester et/ou retourner sur le marché du travail permet de retarder leur retraite, ce qui peut avoir des conséquences à long terme, notamment une augmentation des prestations de retraites.

Vous avez besoin d'appui pour retourner sur le marché du travail ?
Contactez-nous ! travail@rane.ns.ca

AGE-FRIENDLY communities

by: Julie Freeman

AI: Not the 'Good Old Days'?

For this edition's assignment, I decided to take on the subject of Artificial Intelligence and how it's making its way into the lives of seniors, too often bringing confusion and anxiety in ways both sly and sometimes just annoyingly obtrusive.

In the same way our generation remembers telegrams, handwritten letters, rotary phones and party-lines, and now accepts the way mobile phones links us at lightning speed, from anywhere to anywhere, we now are connected to almost everyone in the world who has accessed Data at one time or another. It's the Good Old Days on steroids - or it feels that way.

In the spirit of making friends with this robot-thing that can't be ignored any longer, I decided to attend an afternoon session recently hosted by COARAH at NSCC. It proved to be an eye-opener, giving me an inkling that perhaps I can actually use this thing to my benefit after all.

And so, I asked an AI app (in this case Microsoft Co-Pilot) to write a simple 500-word article for me, about itself. I asked it to write it from the perspective of a non-tech senior reader, and to include some cautions, not just the hype.

And it came back in a matter of seconds:

Certainly! Let's explore the fascinating world of artificial intelligence (AI) and discuss some important cautions, especially relevant for seniors.

WHAT IS ARTIFICIAL INTELLIGENCE?			
Machine Learning Using sample data to train computer programs to recognize patterns based on algorithms.	Neural Networks Computer systems designed to imitate the neurons in a brain.	Natural Language Processing The ability to understand speech, as well as understand and analyze documents.	Robotics Machines that can assist people without actual human involvement.

Artificial Intelligence: A Guide for Seniors

What Is AI?

Imagine having a super-smart friend who can think, learn, and make decisions—almost like magic! Well, that's what AI is all about. Let's break it down:

Definition:

- AI stands for "artificial intelligence." It's like giving computers and gadgets a special kind of brain.
- Just like you've learned from years of experience, AI learns from examples and data.

How Does AI Work?:

- Imagine teaching a robot to recognize different animals. You'd show it pictures of cats, dogs, and birds.
- The robot learns to say, "That's a cat!" or "Woof, that's a dog!" when it sees more animal pictures.
- It's like teaching your grandchild to tell the difference between a tulip and a daisy—they need to see lots of flowers to get it right!

Cool Things AI Can Do Today:

- Chatbots:
 - Have you ever chatted with a friendly robot online? That's a chatbot! It can answer questions, tell jokes, and even help you find recipes.
 - Next time you're on a website and a chat window pops up, say hello—it might be an AI friend!
- Self-Driving Cars:
 - Imagine cars that drive themselves! AI helps these cars see the road, avoid crashing into things, and follow traffic rules.
 - It's like having a car with a super-smart chauffeur who never gets tired.

Recommendations:

- Ever noticed how Netflix suggests movies you might like? Yep, that's AI! It looks at what you've watched before and says, "Hey, you might enjoy this mystery movie!"
- It's like having a movie buddy who knows your taste.

Games and Fun:

AI plays games too! It can beat humans at chess, checkers, and video games.

Maybe one day, you'll challenge an AI to a game of tic-tac-toe and see who wins!



AGE-FRIENDLY communities

AI: Not the 'Good Old Days'? continued



Important Cautions for Seniors

Privacy Concerns:

- AI often deals with personal data. Whether it's chatbots, recommendation engines, or surveillance systems, we need to protect people's privacy.
- Imagine an AI analyzing your medical records—privacy safeguards are essential.

Transparency and Explainability:

- Some AI models are like black boxes. They make decisions, but it's hard to understand why.
- We need AI systems that can explain their reasoning, especially in critical areas like healthcare or legal decisions.

Dependency and Autonomy:

- Relying too much on AI can reduce our ability to think critically or make independent decisions.
- It's essential to strike a balance between AI assistance and human judgment.

Ethical Dilemmas:

- Imagine an AI deciding who gets a life-saving treatment. These decisions have ethical implications.
- We need guidelines and discussions around AI ethics.

Remember, AI is a powerful tool, but like any tool, it needs responsible use. Let's embrace its potential while being cautious and thoughtful. 😊 Feel free to ask more questions or share your thoughts—I'm here to chat! ✨

Remember, curiosity keeps us young at heart! Keep exploring! 🚀 Impressive, if not entirely adequate, but pretty good as a doorway for our tentative further thought, discussion and yes, even exploration.

Curiosity does keep us young at heart – I'll look forward to more discovery, from classes, my grandkids, sharing thoughts with my peers, and rummaging around online.

And I'll do my best to remember that old adage: 'to get good stuff out, you have to put good stuff in'. 'Truth' as we knew it is becoming re-defined by the collective – the hive-mind – and all of us are the worker bees. Now there's a sweet thought from the good old days!

UPCOMING EVENTS

To access our monthly calendar, Better with Age Newsletter and other information of interest to seniors

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



Seniors Take Action Coalition ... promoting age friendly communities						
OCTOBER 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>National Day for Truth and Reconciliation</p> <p>Song Circle hosted by the St George's Channel Hall at 6:30pm</p> <p>St George's Channel Hall Monday, Sept 30, 2024 6:30pm</p>	<p>National Seniors Day "RETIREMENT IN ACTION" 2:00-4:00 pm Lewisdale Lions Community Centre</p> <p>Jelly Club Sewing Group 9am in Ladislav</p> <p>River Roots Market Shed Sale 1:00-5:00 pm River Bourgeois</p> <p>New Horizons Club Artistat Senior Social Day from 1:30pm to 5:00pm</p>	<p>Regular Wednesday Nursing Coffee St George's Channel Hall 10:00 am until 12 noon</p> <p>River Roots Seniors Club Get Together Lower River - 12 noon</p>	<p>River Roots Market Shed Sale 10am-7pm River Bourgeois</p> <p>River Roots River Bourgeois Potluck Workshop 3:00 to 4:30pm FREE</p> <p>Artisans Evening La Picaise All ages welcome. Bring your project! 6:30pm to 8:30 pm Knitting, macrame, crocheting, sewing and more!</p>	<p>Ladislav Fall Fair Breakfast Ladislav Community Centre 9am to 11am</p> <p>Seniors Take Action Coalition Meeting 10am-12noon Red Island/Red Islands Fire Hall, 14790 Highway 4, Red Islands</p> <p>New Horizons Club Dance 8pm to 11pm music by Paul MacInnis and Jimmy Webb \$12.00</p>	<p>Ladislav Fall Fair Breakfast Ladislav Community Centre 9am to 11am</p> <p>Free Acoustic Music Session with Doreen LeBlanc Lions Branch 550 Ardair 2:00-4:00 (vax)</p> <p>New Horizons Seniors Club in Arichat 43 a card play 7:30 pm</p> <p>Ladislav Fall Fair Trivia Night 8pm</p>



WHO ARE THE PEOPLE IN YOUR NEIGHBOURHOOD?

Claire and George Kehoe The Gardening Gurus of Rocky Bay

by: Cynthia Curtis

It was a sunny autumn day in late September when the Kehoe's welcomed me to their Rocky Bay home. Had I been a month or two earlier, I would have had the pleasure—and surprise--to see the incredible bounty of their gardens.

George and Claire have been reaping the fruits, herbs, and vegetables from their gardens on Isle Madame for decades. Since the mid-sixties, the Kehoe's have been living off the land. When they resided in Pondville, the pair cultivated "potatoes, strawberries, carrots, beets, and string beans." The root cellar, hand-dug by George himself, was essential in housing their harvest over the colder months. A few years later, when Claire and he moved to their new 10-acre property in Rocky Bay, the planting and harvesting grew accordingly. The couple produced additional vegetables, herbs and far more fruit--especially from "volunteer apple trees", those germinated from seeds left behind by children who walked the land for baseball.

The Kehoe's first harvest for sale was turnip, but as their union of 61 years testifies, those early yields were really but a mere spud in what would soon become a cornucopia of produce—used for both sale and sustenance. To harvest such a bounty each year, the entire family had to help out. As any gardener knows, there is much tending prior to harvest. George had wise words on weeds: "If you snooze you lose; get them early." Alas, both children and parents toiled long hours to grow, process, and preserve the food that fed themselves and many others in their Isle Madame community.

After George retired from his profession, the Kehoe's decided to get more serious with the sales end of things. They were invited to join the Farmers' Market in Arichat in the late 90's, kickstarting their venture into multi-vendor forums. There they sold produce, juices, teas, jams, fruit leather, and myriad other herbs and preserves. "Claire's Variety Produce", has been a great success, gaining popularity over the 30 years they have purveyed their wares. Still a favourite at the Market in Arichat, the Kehoe's are always a "go-to" at many of the markets in the southern Cape Breton area. Proud of her global, earth-offering logo, Claire truly believes her "Variety Produce" lives up to its complementary slogan: "Passing on the Basics of Life."

The Rocky Bay couple has faced some adversity though. Back in 2019, their home burned to the ground during an accident that occurred during renovations. While George was soldering one last fitting in the bathroom, a piece of surrounding insulation caught fire: "That plastic...was like gasoline." He attempted to smother the flames, but the fire continued to burn behind the walls and the house was destroyed. George and Claire then moved to an apartment in D'Escousse. While they were displaced from their home, George developed severe back pain. It took him eight months to recover from a condition that he truly believes was brought on by stress.

Now needing a house and frustrated by the real estate market, the Kehoe's decided to design a pre-fab home purchased from a company based in New Glasgow. The couple waited several months for the delivery of their brand new, two-part house that was to be placed on their land now cleared of the fire debris. Fortunately, they were able to move from the D'Escousse apartment into George's sister's place, right next door. That afforded them two opportunities: they could keep an eye on the building process, all the while tending to their numerous trees, plants, and bushes.



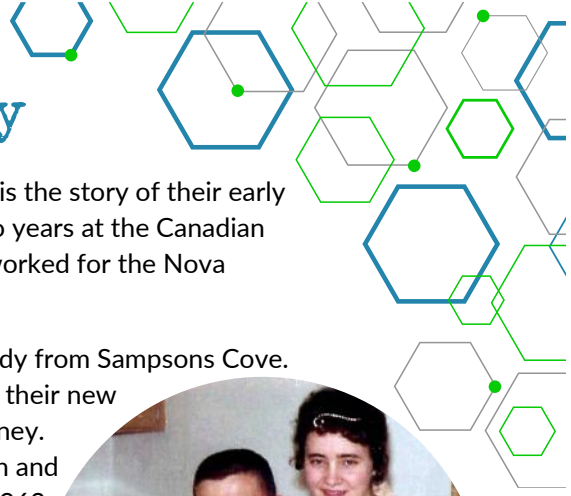
George and Claire at their raised vegetable gardens



Display of produce available

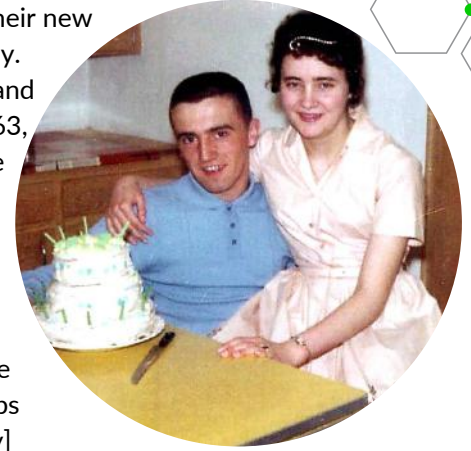


Claire and George Kehoe The Gardening Gurus of Rocky Bay



Though the history of their gardens and “Claire’s Variety Produce” is interesting, so too is the story of their early lives. At sixteen, George graduated from high school and left Rocky Bay to work for two years at the Canadian Cancer Society in Toronto. Upon returning home, he fished lobster with his uncle and worked for the Nova Scotia Power Commission.

George’s direction changed, however, when he met Claire Samson, a spirited Acadian lady from Sampsons Cove. Their romance was sparked at a dance at the Caledonia Hall in Grand Anse. Shortly into their new relationship, George decided to return to school, attending Xavier Junior College in Sydney. There he studied first year engineering. The following year he went to SFX in Antigonish and graduated with a junior diploma in education. The Kehoe’s were married in December 1963, just a few months after George started his mathematics teaching career of 30 years at Isle Madame District High. George continued to further his education, taking courses in the summer and on weekends, to achieve his Bachelor of Arts and Bachelor of Education.



George and Claire on their wedding day

Today, Claire and George are proud of their six children. While George was in the classroom, Claire was at home, instrumental in raising their five girls and one boy. Now living in various parts of the country, all six are excelling in varied professional careers. The Kehoe’s also adore their sixteen grandchildren, many of whom are pursuing interesting jobs across Canada and abroad. George admitted that the younger generation is so busy “[they] honestly can’t keep track of them.”



George and Claire with their six children.



George and Claire at a Beggers Banquet in Louisbourg



George and Claire’s children and grand-children taken at St Anne de Beupre as as part of their 50th wedding anniversary in 2013

Despite the demands of their work, family, and gardens, the Kehoe’s have always been avid volunteers. Upon retiring, George served on the Strait Regional School Board for two decades. Over the years they have belonged to—and led—many local seniors, church, gardening, and community groups. Some to mention are the Rocky Bay Irish Club, the Isle Madame Garden Club, the I.M. Social Action Committee, 4H, Isle Madame New Horizons and Louisdale Fleur-de-Lis Seniors Clubs. Both Claire and George have also been leaders in their church serving on Parish Councils and the Catholic Women’s League. They too have been involved in the Christopher Leadership Program that aims to help aspiring individuals improve their communication and intra/interpersonal skills.

The highlight of my visit with Claire and George was our tour about their beautiful property, chatting as we stopped at raised gardens, large fertile plots, grape-laden vines, and their sizable green house. At this time of year, however, the apple trees were most remarkable—many skillfully grafted by George to improve their longevity and yield. As we gazed into their foliage, each tree seemed almost a painting--deep green brush strokes with countless splatters of red.

As we strolled back through towering coniferous trees to the ocean-side bench that waits there, George turned to me and said, “We’ve been gardening for 60 years and we are still learning.” The three of us laughed and nodded at that unsurprising truth. Claire smiled, then added, “**But we love it, we really do.**”



Spotlight on:

Preserving Our Local History Fleur-de-Lis Seniors Club

by: Joan Bona

The Fleur de Lis Seniors Club has embarked upon a new venture of restoring and preserving the local history of Louisdale and area.

Early in 2023, we received archives related to the former Louisdale Historical Society. A committee was formed comprised of members of the club to build upon the Society's mandate. St. Louis Parish was approached to provide a space in the basement of the Glen Sampson Room. A grant proposal was submitted to the New Horizons Program with the Federal Government for start-up funding. The grant proposal was approved and the process to begin purchasing much needed technology, office furniture and renovation/supplies ensued. A research assistant and student were hired during the summer of 2023. Work progressed in setting up the office and needed technology. As a result, five PowerPoint presentations representing the life and culture of our village was finalized for public viewing throughout the Fall and Winter of 2023/2024. The five presentations captured Church History/Life, Businesses/Organizations, War Years (WW1, WW2, Korean, Peacekeeping), School Years and the History of Louisdale. The presentations took place at the Parish Hall with a traditional Acadian meal, followed by the slide presentation.

Early in 2024, the club applied and was successful in employing another summer student through the Canada Summer Student Grant Program. During the summer, work continued in document and visual preservation of our senior citizens through our "Living Legacy" series. We have begun to document marriages and a presentation using Power Point will take place (same format as the previous presentations) at a later date. The "Living Legacy" series captures the life, times, cultural and social aspects of our senior citizens who hold a lifetime of memories, sharing their stories of the early years, the Great Depression, World War II and beyond. They capture stories of the struggles and triumphs of our ancestors. We also began work on databases on family genealogy and an organized file system. We have additional work to do to organize and catalogue photos in albums.

Much work has been accomplished in the past two years with great support from our community and beyond. We acknowledge, with gratitude, the work of our seniors in reestablishing a vital link of historical significance for our future generations. We will continue to build our capacity as Louisdale celebrates the 175th anniversary in 2025. A celebration we look forward to being a part of.



Former members of Historical Society: Mary Samson, Viola Landry, Zelia Poirier and Elizabeth Henri attending a presentation of the Fleur de Lis Historical committee's 'School Years'. They were the authors of a School Years book in the 1990s.



Catholic Women's League Float in Centennial Year 1967



Visit from Prime Minister Lester B. Pearson with Joe Mancini at the former parish hall in Louisdale. Circa 1950s



Spotlight on:

Meet Shelley! Your Local Dietician

by: Shelley Marchand, Registered Dietician

I am a Registered Dietician, having worked in Richmond County since 2008. I am bilingual in French and English, and work in the communities of L'Ardoise, Arichat and Port Hawkesbury with the medical clinics.

Healthy eating as we age is one of the topics that would be covered as a topic of education when seeing a dietician. The focus is on staying healthy and strong, keeping with maintaining independence and quality of life. Cooking and shopping for just one or two people can sometimes be challenging when you're used to a larger family or haven't been the main cook in the past.

Some tips would include the following:

- Prepare meals and snacks when you have the most energy. Try to choose recipes that only use a few ingredients or require little to no cooking when you are tired.
- Try to cook a larger batch of recipes to provide leftovers to freeze for another time.
- Partner with a friend to alternate cooking days. This allows sharing meals and trying new recipes and traditions around food.
- Try to think about the meals and snacks you would like to eat and plan your meals around this.
- Make a grocery list of these ingredients in mind and snacks that you would like to eat; and it will help you remember what foods you need.

Try to choose affordable healthy options while shopping on a budget. Look for coupons at the store and take advantage of discount days for seniors.

There may be options to shop online. Shop with a friend to be able to split larger quantities. Using a delivery service to make it easy on yourself, if available or using the easy pick-up service that Superstore and Walmart have where you can order online and do curbside pickup. This may help to save some energy at the end of the day.

Another option to help with the ease of eating is to try to eat with others. It is great for the company but can also be good for your health.

Eat with others as much as you can.

- Join a lunch group
- Share a meal with a neighbour
- Invite a family member to join you
- Plan a potluck with friends

Check out your local seniors' clubs and River Roots to see if there are meal events, lunches or community kitchens you could join. Sometimes you may not be able to have other people to eat with, but try these tips to help make mealtimes more enjoyable.

- Try out a new recipe
- Choose a comfortable place to eat
- Play music you enjoy during mealtimes

References: *Healthy Eating for Seniors - Canada's Food Guide*
Tasty Meals When Cooking for One - Unlock Food



Telephone 902-631-4969
to book your appointment.

Frequently Asked Questions



Foire aux questions

There is no referral required, if the patient is under a local physician of one of the three clinics.

Aucune recommandation n'est nécessaire si le patient est suivi par un médecin local de l'une des trois cliniques.

One-on-One appointments are available .

Des rendez-vous individuels sont possibles.

Can provide group presentations on occasion.

Il est possible de faire des présentations de groupe à l'occasion.





Coup de projecteur sur: Rencontrez Shelley, votre diététicienne locale!



par: Shelley Marchand, Registered Dietician

Je suis diététiste professionnelle et je travaille dans le comté de Richmond depuis 2008. Je suis bilingue en français et en anglais et je travaille dans les communautés de L'Ardoise, Arichat et Port Hawkesbury avec les cliniques médicales.

Une alimentation saine à mesure que nous vieillissons est l'un des sujets abordés dans le cadre de l'éducation lors d'une consultation avec une diététiste. L'accent est mis sur le maintien de la santé et de la force, ainsi que sur le maintien de l'autonomie et de la qualité de vie. Cuisiner et faire les courses pour une ou deux personnes seulement peut parfois s'avérer difficile lorsqu'on est habitué à une famille plus nombreuse ou qu'on n'a pas été le principal cuisinier dans le passé.

Voici quelques conseils :

- Préparez vos repas et vos en-cas lorsque vous avez le plus d'énergie. Essayez de choisir des recettes qui n'utilisent que quelques ingrédients ou qui nécessitent peu ou pas de cuisson lorsque vous êtes fatigué.
- Essayez de préparer une plus grande quantité de recettes afin d'avoir des restes à congeler pour une autre fois.
- Associez-vous à un ami pour alterner les jours de cuisine. Cela permet de partager les repas et d'essayer de nouvelles recettes et traditions autour de la nourriture.
- Essayez de penser aux repas et aux en-cas que vous aimeriez manger et planifiez vos repas en fonction de ces éléments.
- Faites une liste d'épicerie en pensant aux ingrédients et aux collations que vous aimeriez manger ; cela vous aidera à vous rappeler les aliments dont vous avez besoin.

Essayez de choisir des options saines et abordables lorsque vous faites vos courses en respectant votre budget. Cherchez des coupons dans les magasins et profitez des journées de réduction pour les personnes âgées.

Il peut être possible de faire des achats en ligne. Faites vos courses avec un ami pour pouvoir partager de plus grandes quantités. Utiliser un service de livraison pour vous faciliter la tâche, si possible, ou utiliser le service de ramassage facile proposé par Superstore et Walmart, qui vous permet de commander en ligne et d'aller chercher vos achats sur le trottoir. Cela peut vous aider à économiser de l'énergie à la fin de la journée.

Une autre solution pour faciliter l'alimentation est d'essayer de manger avec d'autres personnes. C'est une bonne chose pour la compagnie, mais cela peut aussi être bon pour votre santé.

Mangez avec d'autres personnes autant que possible.

- Rejoignez un groupe de déjeuner
- Partagez un repas avec un voisin
- Invitez un membre de votre famille à se joindre à vous
- Organisez un repas-partage avec des amis



Renseignez-vous auprès des clubs d'aînés et de River Roots de votre région pour savoir s'il existe des activités de repas, des déjeuners ou des cuisines communautaires auxquels vous pourriez participer. Il peut arriver que vous ne puissiez pas manger avec d'autres personnes, mais essayez les conseils suivants pour rendre les repas plus agréables

- Essayez une nouvelle recette
- Choisissez un endroit confortable pour manger
- Mettez de la musique que vous aimez pendant les repas



Références : Alimentation saine pour les personnes âgées - Guide alimentaire canadien
Des repas savoureux pour une personne - Unlock Food (en anglais seulement)



COMMUNITY CORNER update



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



ENJOY OUR CAFE REMINISCE
JOIN US FROM 1:00PM-2:30PM ON:

October 15
November 5
December 3
January 14
February 11
March 11
April 15

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.

WHERE ARE THE CAFÉS HELD?
*River Roots: 403 Church Point Rd
River Bourgeois, N.S.*

For more information or to register:
Rachael LeBlanc, Senior Safety & Social Inclusion Coordinator
(902) 587-2800 Extn. 3
seniorsafetycoordinator.dkmhc@gmail.com









Dr. Kingston Memorial Community Health Centre

Fall Events and Programs

Dr. Kingston Memorial Community Health Centre

To register for any of the programs listed, please call: (902) 587-2800 ext. 3





Estate Planning Workshop
October 18th, 2024 at 1:00 pm
Registration is required. With lawyer Haley Sampson of Patterson Law. Topics covered include:

- Your personal care directive.
- Powers of attorney.
- Wills.

Address: 40 School Rd, L'Ardoise, NS B0E 1S0

Falls Prevention Workshop
November 21st.
Registration is required.
It's falls prevention month. Learn how you can reduce your risk of injuries.
Address: L'Ardoise Jolly Club, 206 Chapel Cove Road, L'Ardoise, Nova Scotia.

Memory Cafes
November 5th, and December 3rd. **Registration is required.**
Memory Cafes are a space to foster emotional and social well being for adults with dementia or other memory challenges and their families.
Address: 403 Church Point Rd, River Bourgeois, NS B0E 2X0

Weekly Walking Groups
Every Monday at 10:30 am, leaving from the parking lot at the Dr. Kingston Memorial Community Health Centre. Come enjoy a social activity and beautiful ocean views! No registration required.
Address: 40 School Rd, L'Ardoise, NS B0E 1S0

Adult Drop In Sessions
Every Thursday 1pm-4pm at the St. Peters Lions Hall. Hot drinks and snacks and group social activities! No Registration required.

Coming Soon

Age-Friendly Communities Grant Program

This grant provides funding up to \$25,000 for projects that help older Nova Scotians stay active, healthy and engaged in their communities. These projects aim to ensure older adults remain socially connected, support their quality of life, and foster diverse and engaged communities.

Deadline: November 1st, 2024
Contact: agefriendly@novascotia.ca
Website: <https://novascotia.ca/age-friendly-grant/>



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/mcsc/)
- <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.

The Seniors Care Grant helps low-income seniors with the cost of household services (like lawn care, snow removal, grocery delivery, transportation, small home repairs and phone service), healthcare services (like physiotherapy and mental health support) and home heating. Grants are \$750 for each household. You can apply until 31 March 2025. <https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>



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>



Nova Scotia Heating Assistance Rebate Program is now open.

You can receive \$600 if you qualify for the Heating Assistance Rebate Program.

Applications for the provincial program are now open, you can find out if you qualify and apply here: <https://beta.novascotia.ca/apply-heating-assistance...>



LAST WORDS

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

Shirley's Spud Wagon - A Family Affair

by: Celeste Gotell

While the name may be Shirley's Spud Wagon, this local business in Arichat is a family affair. Billy and Shirley Britten started their business back in 1988 as a food truck to provide part-time employment opportunity for their daughter Lyn who was in high school at the time. As one of the first food trucks in Cape Breton they would attend ball games, local events and sell fries, chicken, poutine, and other menu items travelling all over the County. It has always operated as a seasonal business, opening in May until the end of August each year. While their daughter Lynn and Christy run the restaurant now, since the beginning both Billy and Shirley have remained involved in supporting the business as it grew into a sit-down restaurant today.

About 15 years into the business, they expanded by placing a permanent structure on their land on the High Road in Arichat and then some years later expanded again. It now seats about sixty-five customers, both inside and on the outside deck. All these years later about 60% of the sales are still take-out. When I asked what their most popular item was, Billy replied without hesitation, "Poutine." But they offer an extensive menu of tasty items, as well as ice-cream, milkshakes, and delicious sundaes.

Over the years the Spud Wagon has not only provided all their children and grandchildren with summer jobs while attending high school and their post-secondary education, but they have also employed many local people in the community.

Over the years I have been in Arichat and ordered from their Spud Wagon, but not being a gravy person on my fries, have never indulged in Poutine, Billy assures me once I do, I will be converted.



Shirley's Spud Wagon on the 2477 Hwy 206, Arichat



Shirley and Billy



World Famous Poutine

MENU	PLATTERS	MENU
CHICKEN FINGERS 1/2 \$6.00	CHICKEN FRINGS PLATTER (6) \$12.00	REGULAR FRIES \$4.99 LG. \$6.75
CHICKEN NUGGETS (6) \$7.50	CHICKEN MUGGIE PLATTER (6) \$12.00	NOVIE FRIES \$M. \$4.99 LG. \$6.75
BARBECUE STEAK \$12.00	2 PC CHICKEN PLATTER \$12.00	INDOZA FRIES \$M. \$2.25 LG. \$7.75
TURKEY SANDWICH \$6.25	2 PC FISH PLATTER \$12.00	PLATTER OF MOZZA FRIES \$6.75
HOT TURKEY SANDWICH \$7.25	3 PC CHICKEN PLATTER \$15.00	CHICKEN RINGS \$6.25
HAMBURGER \$4.25	TURKEY SANDWICH PLATTER \$12.00	PIZZA FINGER \$6.75
DOUBLE HAMBURGER \$6.25	HOT TURKEY PLATTER \$12.00	SWEET POTATO FRIES \$7.25
CHERRY BURGER \$4.75	HOT HAMBURGER \$11.00	POSSO STEAK \$3.75
DOUBLE CHEESE BURGER \$6.25	HAMBURGER PLATTER \$8.25	BREADED FISH/SHRIMP (12) \$6.75
DELUXE BURGER \$6.25	DOUBLE HAMBURGER PLATTER \$12.00	
SPECIAL LETTUCE, CHEESE & TOMATO (M) \$11.00	ONE/DE BURGER PLATTER \$12.00	
CHEESE HOT DOG \$6.25	DELUXE BURGER PLATTER \$12.00	
BAKED CLAM \$6.25	LETTUCE, BACON, CHEESE, TOMATO, MAYO \$12.00	
SUBROUSSE SANDWICH \$8.75	HOT DOG PLATTER \$7.50	
BRANDED CHICKEN BURGER \$7.50	CHICKEN FISH PLATTER \$12.00	
CHICKEN FILET BURGER \$8.25	WING PLATTER (6) \$14.25	
SHRIMP EGG ROLL \$7.50	BRANDED CHICKEN BURGER PLATTER \$12.00	
3 SCALLIONS \$6.00	CHICKEN FILET BURGER PLATTER \$12.00	
BEAR CALLOL \$16.00 LG. \$14.00		
PESTO CHICKEN CAESAR \$14.99 LG. \$12.99		
INDIAN SALSAD \$10.75 LG. \$8.75		
SOY-BURGER \$7.50		
8 PCS SPICY CHICKEN / CHICKEN / DONOR \$16.25		
CHICKEN CHICKEN \$10.00 LG. \$8.00		
1 PC CHICKEN MEAL \$8.99		
DELUXE PLATTER OF FRIES, COLESLAW, SAUSAGE \$11.99		
SHRIMP & POT		

The Municipality of the County of Richmond

Vulnerable Persons Registry

We are so pleased to see that Richmond County will soon be rolling out its Voluntary Vulnerable Persons Registry. This will allow the Municipality of the County of Richmond to provide the information provided by people who have completed their voluntary registration form to emergency service groups (local fire, police and paramedics) for use during emergencies.

Steve Marcellus
Emergency Management Officer
emo@richmondcounty.ca
902-226-2400 / 902-226-3990

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
 902-226-0077



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THANK YOU! MERCI!

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