



**Seniors Take Action Coalition**  
*... promoting age friendly communities*

# ANNUAL REPORT 2024-2025



Prepared by:

**Celeste Gotell**

April 1, 2024 to March 31, 2025

# 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 within Nova Scotia Health.

**2016**

Worked in partnership with *Community Links* to form a coalition.

Launched Seniors Take Action Coalition Facebook page.

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

**2017**

Carried out *Seniors Housing Survey*, presented findings to Municipal Council.

**2018–2019**

Began a collaborative partnership involving many community partners in Richmond County to develop the *Mind, Body, and Spirit Project*.



**2020**

Participated in Richmond County Age-Friendly Community Planning.

Social media campaign about seniors issues prior to municipal election.

**2021**

Received Community Health Board 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*.

**2024– 2025**

Launched our *Seniors Centre Without Walls* for Richmond County.

Co-hosted *Imagine the Possibilities - Chapter Two*.

Advocated for a Voluntary Vulnerable Sector Check for Richmond County.

Organized social media awareness campaigns for all three elections.

Launched a weekly calendar with *Telile Community Television*

Nominated for the *Dr. Strang Community Health Champion* award.

# 2024



**Seniors Take Action Coalition**  
... promoting age friendly communities

## 2024 YEAR AT A GLANCE

### STRENGTHENED PARTNERSHIPS WITH CLUBS

Seniors Take Action Coalition partnered with several clubs by rotating our monthly meetings and featuring presentations on a wide range of topics including housing, provincial grants for older adults, programs through Service Canada, and partnering opportunities with CB University.



### AGE-FRIENDLY GRANT PROVINCE OF NOVA SCOTIA LAUNCHED SENIORS CENTRE WITHOUT WALLS

Launched a Seniors Centre Without Walls, arranging presentations in local communities, virtual program and learning opportunities, and Virtual Coffee Clubs on Friday mornings. Still exploring other opportunities to host Virtual Watch Parties and planning a health and wellness fair .



### MONTHLY CALENDAR EXPANSION

Produced monthly calendars highlighting Club activities and other areas of interest for older adults to participate in Richmond County. Calendars are available via social media and in locations throughout Richmond County. Now available on Telile as a weekly program What's Happening.



### HOSTED IMAGINE THE POSSIBILITIES - CHAPTER TWO

May 2024, hosted Imagine and Possibilities - Chapter Two -125 participants gathered in Louisdale, learned more about the Happy Communities Project and attended a community showcase of service providers.



### BETTER WITH AGE NEWSLETTER

Celebrated four years of producing our quarterly newsletter to promote an age-friendly community, share information and celebrate older adults in Richmond County. Featured health care providers in the community.





# A Message From the Board Chair

Once again, the Seniors Take Action Coalition of Richmond County has had a busy year. Many of the accomplishments follow in this Annual Report. These accomplishments have been enabled by our registration with Joint Stocks of Nova Scotia as a non-profit organization (enabling us to receive grant funding) and support received from the Municipality of Richmond County.

We have been able to provide programming that supports Richmond County's progress to becoming an 'age-friendly' County. We have forged new connections and involved a greater circle of community members.

And we strive to involve even more community members for there is lots left to accomplish. As we face the future with its downs and ups, when we work together, we can achieve great things.

As always, I extend my thanks to Robert Goyetche (Vice Chair), members of the Board and Celeste Gotell, our Community Outreach Coordinator, all of whom make what we do possible.

Please join us when you are able!

*Dorothy Barnard*

## BOARD OF DIRECTORS



- Dorothy Barnard
- Robert Goyetche
- Janine Lacroix
- Richard Cook
- Howard MacIntyre
- Marlene Leblanc
- Jean Pottie
- Claire Doyle

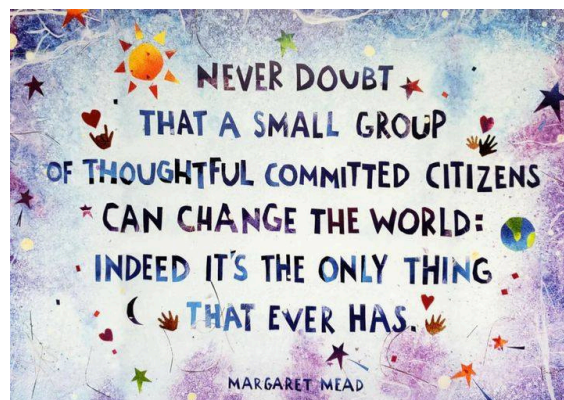
Une fois de plus, la Seniors Take Action Coalition of Richmond County a connu une année bien remplie. Bon nombre de ses réalisations sont présentées dans le présent rapport annuel. Ces réalisations ont été rendues possibles grâce à notre inscription auprès de Joint Stocks of Nova Scotia en tant qu'organisme sans but lucratif (ce qui nous permet de recevoir des subventions) et au soutien reçu de la municipalité du comté de Richmond.

Nous avons pu mettre en place des programmes qui soutiennent les efforts du comté de Richmond pour devenir un comté adapté aux personnes âgées. Nous avons noué de nouveaux liens et impliqué un cercle plus large de membres de la communauté.

Et nous nous efforçons d'impliquer encore plus de membres de la communauté, car il reste beaucoup à accomplir. Alors que nous faisons face à un avenir semé d'embûches, nous pouvons accomplir de grandes choses en travaillant ensemble.

Comme toujours, je tiens à remercier Robert Goyetche (vice-président), les membres du conseil d'administration et Celeste Gotell, notre coordinatrice des relations avec la communauté, qui rendent notre travail possible.

Rejoignez-nous dès que vous le pouvez !





# A Message from the Community Outreach Coordinator

This past year has been an exciting time for the Coalition. With close to 50% of Richmond County's population 55 years and older, it is important that we have programs and services that are needed by older adults so they can "age well in place". We need to continue to promote an age-friendly community and bring forward issues of concern and interest to our elected government officials. Finally, we need to celebrate the contributions and achievements of all the older adults in Richmond County.

In the Spring of 2024, Seniors Take Action Coalition (STAC) was fortunate to receive a grant from the Department of Seniors and Long-Term Care, Age-Friendly Communities funding stream to create a Seniors Centre Without Walls. A pilot project like this allows a small organization like STAC to try out different types of programs and approaches by offering a variety of activities designed to support older adults. Later in this report, I will share highlights of the many activities we were able to provide.

A grant from the Municipality also supported the important work of STACs Board of Directors who met monthly to carry out the work of the Coalition, rotating between board members on Zoom and in-person meetings hosted in several different communities. These general meetings included representatives from the various clubs and other interested community members. At each meeting we arranged a presentation on a topic of interest. Many thanks to the various seniors clubs who offered to host these sessions and provide lunch.

This year we hosted Imagine the Possibilities - Chapter Two in Louisdale in partnership with the Louisdale Fleur-de-Lis Seniors Club. At gatherings such as this, we are able to hear directly from seniors about their concerns and interests. Based on the feedback we heard about the mini community showcase we held with local service providers led to a bigger event in the future.

One of the key ingredients of an age-friendly community is communication and information. 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. In November 2023, we launched our new monthly calendar which is now a very popular resource.

**Invitation**

Monthly Seniors Take Action Coalition Meeting  
hosted by the  
St. Peter's  
Bonnie Brae Seniors Club

14 Toulouse Street  
St Peter's

Join us to hear from Stephen Anthony from the Strait Richmond Palliative Care Society. He will provide information on hosting Death Cafes and Comfort Teas in your community.

**Monday, Dec 2nd, 2024**  
From 10:00AM to 12 noon  
Followed by Lunch

Please RSVP by November 27 by email [seniorstakeaction.info@gmail.com](mailto:seniorstakeaction.info@gmail.com)



Continued on next page...

## A Message from the Community Outreach Coordinator continued

In November of 2024, we expanded the calendar to include a weekly version, called **What's Happening**, which airs daily on Telile Community Television. We published several issues of Better with Age and shared over 1,200 posts on our Facebook Group. In May, I was pleased to attend the Nova Scotia Federation of Seniors Annual General Meeting along with Debbie Samson on behalf of STAC located in Truro. Helen MacDonnell, retiring Executive Director from Community Links was the guest speaker, along with Trish McAuliffe, President of the National Pensioners Federation.

In September, we hosted the first Annual General Meeting for STAC after officially becoming a registered non-profit in July of 2023. The new Executive Director, Shirley Ann Burdock, of Aging Well Nova Scotia, formerly (Community Links) joined us.

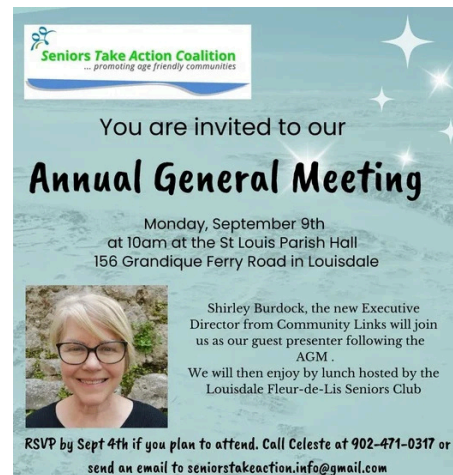
In September, I also went through a huge personal loss when Claire Doyle passed away. Claire was not only an active and committed board member, she was also my Aunt, (who was like a big sister) and one of my best friends. Claire and I spent many hours over the years sharing ideas about ways we could improve the community and lives of older adults.

I would like to extend my sincere thanks to the Board of Directors for STAC, our friends and supporters at the Municipality, Telile Community Television, Dr. Kingston Community Health Centre, Richmond River Roots, our Seniors Clubs and many other community organizations, who are also willing to step up and get involved in doing their part to support older adults live their best lives!



Je tiens à remercier sincèrement le conseil d'administration de STAC, nos amis et nos sympathisants à la municipalité, Telile Community Television, le Dr Kingston Community Health Centre, Richmond River Roots, nos clubs pour personnes âgées et de nombreuses autres organisations communautaires, qui sont également prêts à s'impliquer et à faire leur part pour aider les personnes âgées à vivre leur vie au mieux !

*Celeste M. Gotell*



*Merci*

# Imagine the Possibilities - Chapter Two



**Seniors Take Action Coalition**  
promoting age-friendly communities

**SAVE THE DATE**

Imagine the Possibilities  
Chapter Two  
Imaginez les possibilités  
Chapitre deux

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

 Keynote Speaker  
**Conférencier principal**  
Barry Braun  
from the  
Happy Communities Project

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



On Wednesday, May 29th, STAC welcomed over 120 participants and local service providers to Imagine the Possibilities - Chapter one 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 throughout the day. Warden Amanda Mombourquette joined us for opening remarks, followed by 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. 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".

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

# Highlights: Seniors Centre Without Walls in Richmond County

When Seniors Take Action Coalition (STAC) received news in the spring of 2024, that we were approved for an age-friendly community grant to pilot our project, we really did not know what to expect. Since we do not have a physical building, we wanted to explore the idea of working in partnership and collaborating with others to offer our programs. We also wanted to look at different approaches for programs that addressed the unique needs of seniors in rural communities.

In our application we proposed several activities that we planned to offer to help to promote an age-friendly community and collaborate with local seniors' clubs and organizations to offer programming to older adults throughout Richmond County. This grant, provided by the Department of Seniors and Long-term Care, allows small non-profits like ours to try things out and learn from our experience.

Over this past year, some of the outreach activities that we accomplished because of this funding include:

- Produced 12 monthly calendars
- Published four issues of our quarterly newsletter **Better with Age**
- Produced 19 editions of our weekly calendar **What's Happening** - Telile Community Television
- Created social media campaigns for all three elections on seniors' issues
- Hosted **Imagine the Possibilities - Chapter Two** event in May 2024. Over 120 seniors and service providers attended.
- Planned seven education sessions which we co-hosted with seniors' clubs and other organization
- Co-hosted a Seniors Intergenerational Games Day with the Fleur-de-Lis Seniors Club
- Shared virtual opportunities for online training and resources
- Hosted seven Virtual Coffee Club Gatherings
- Published over 1,200 posts on our Facebook page



Seniors Centre Without Walls  
FOR RICHMOND COUNTY

A PROJECT HOSTED BY



Seniors Take Action Coalition  
... promoting age friendly communities



## VIRTUAL COFFEE CLUB



Why not join us for a virtual cup of coffee or tea.

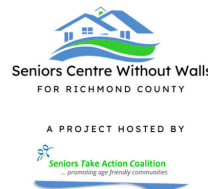
We will be chatting with  
Lyn Stuart, Caregiver Support  
Coordinator - Cape Breton  
Region

We are trying  
out a new  
day!

Come hear about the services  
and programs offered through  
Caregivers Nova Scotia.

Monday, March 31st, 2025  
from 10:00 to 11:00 am on Zoom  
Email- [seniorstakeaction.info@gmail.com](mailto:seniorstakeaction.info@gmail.com)  
for the link or go to our FB page.

Seniors Centre Without Walls is possible due to the financial support of the Province of Nova Scotia's Age-Friendly Community Grant



## Invitation

Join us for  
"Ask Your Pharmacist"  
at the  
Bonnie Brae St. Peter's  
Seniors Club

Come join us  
Jill MacLean from MacDonnell  
Pharmacy will share information  
about their expanded scope of practice  
and talk about pharmacy related  
services specific to seniors.

Bonnie Brae Club is located  
14 Toulouse St. in St Peters



Wednesday, March 19th  
2:00PM

Seniors Centre Without Walls is possible due to the financial support of the Province of Nova Scotia's Age-Friendly Community Grant

# Highlights continued



## Seniors Centre Without Walls FOR RICHMOND COUNTY

A PROJECT HOSTED BY



**SUMMER - l'été 2025** VOLUME

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**Welcome to Better with Age.** This newsletter provided by the Seniors Take Action Coalition team more about seniors and their concerns, providing information and opportunities for seniors to contribute to this newsletter. We hope to demonstrate and celebrate the best 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 le Seniors Take Action Coalition afin de vous tenir au courant sur les personnes âgées et leurs préoccupations, à fournir des informations et à offrir à des personnes âgées la possibilité de contribuer à l'actualité d'information. Nous espérons démontrer et célébrer les contributions des personnes âgées dans le comté de Richmond. En tant que défenseurs des communautés Amies des Âges, nous augmenterons la sensibilisation et nous soulignerons l'importance de cette collectivité pour les personnes de tous âges qui vivent de cette région.

### Join us for Our Second Annual Intergenerational Program

**"You Can Have Fun at Any Age Games/Child Teams compete"**

**A Partnership with Fleur-de-Lis Seniors Club**

**DATE: WEDNESDAY, MARCH 12TH, 2025**

**WHERE: LOUISDALE PARISH HALL 156 GRANDIQUE FERRY ROAD, LOUISDALE**

**TIME: 10AM TO 2:00PM**

**This program is for children ages 5 to 12 years old and they must be accompanied by a senior. Such as your Grandmother/Father, Family Friend, Aunt or Uncle... We will have pizza for lunch.**

**Seniors Centre Without Walls is possible due to the financial support of the Province of Nova Scotia's Age-Friendly Community Grant. Fleur-de-Lis Seniors Club is grateful to Aging Well Nova Scotia for the micro-grant to offer seniors games.**

MARCH 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Saturday - March 1</b> Acoustic Music: Session with Daniel Lefebvre - Legion Branch 150 Archat 2:00-4:00 pm Pilates Wellness Circle Club with Sonia of Seniors Fitness 9:30 to 1:30 \$5 min. \$20 max. Following the exercise session, hot flatbread, Royal Canadian Legion Branch 150 Archat Sunday - March 2 Legion Branch 150 Archat, 8 to 1:30pm Community Breakfast \$11.00 Mile Marlene New Horizons Seniors Club Lunch and learn at 11:30 Monthly Meeting 1:30 pm	Mass at 9:30am St Rose's Catholic Improvement Hall Pilates Wellness Circle Club with Sonia of Seniors Fitness 9:30 to 1:30 \$5 min. \$20 max. Following the exercise session, hot flatbread, Royal Canadian Legion Branch 150 Archat 45's Card Play Acadia Community Centre Hall Well Archat 7:30pm	Jolly Club Sewing Group meet in Uxbridge Dinner/Fun with Supper By Appointment St. George's Channel Hall at 4:45pm Mardi Gras Party Herbalife dinner + crafts for kids 4pm - La Plaisance, PETS de Grati 45's card game Richmond Library 9:30 - 11:00am St. George's Channel Club - Parish Hall 1:00pm - 3:30pm Seniors Jolly Club 1:00pm Seniors Games and Fun 10am Fleur-de-Lis Club Louisdale Parish hall Well Archat 7:30pm	Coffee Get Together 9:00 - 11:30 am Red Islands Fire Hall Regular Wednesday Morning Coffee St. George's Channel Hall 10:00 to 12 noon Café Conversation La Plaisance 9:00 to 1:00pm All levels of French welcome Digital Wellness Richmond Library 9:00am - 12:00pm Richmond County Municipal Office Archat Senior Center Without Walls Virtual Coffee Club 11am to 12:30pm Join us to hear about the Retirement in Action Project Fiber Club Informal knitting/ crocheting group in the Pet's de Grati Library 10am to 4pm Come when you can! lots of groups.	Coffee and Conversation 10am to Noon West Bay Community Centre Digital Wellness Richmond Library 9:00am - 12:00pm Richmond County Municipal Office Archat Senior Center Without Walls Virtual Coffee Club 11am to 12:30pm Join us to hear about the Retirement in Action Project Fiber Club Informal knitting/ crocheting group in the Pet's de Grati Library 10am to 4pm Come when you can! lots of groups.	Coffee and Conversation 10am to Noon West Bay Community Centre Digital Wellness Richmond Library 9:00am - 12:00pm Richmond County Municipal Office Archat Senior Center Without Walls Virtual Coffee Club 11am to 12:30pm Join us to hear about the Retirement in Action Project Fiber Club Informal knitting/ crocheting group in the Pet's de Grati Library 10am to 4pm Come when you can! lots of groups.	Coffee and Conversation 10am to Noon West Bay Community Centre Digital Wellness Richmond Library 9:00am - 12:00pm Richmond County Municipal Office Archat Senior Center Without Walls Virtual Coffee Club 11am to 12:30pm Join us to hear about the Retirement in Action Project Fiber Club Informal knitting/ crocheting group in the Pet's de Grati Library 10am to 4pm Come when you can! lots of groups.

Seniors Take Action Coalition presents:

## RETIREMENT IN ACTION!

Plus... opportunities in economic immigration

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

**Employers: Discover the benefits of hiring seniors.**

**Tuesday, October 1st, 2024 2-4pm**

**Presentation and Refreshments**

Louisdale Lions Club Hall  
3128 Whiteside Rd, Louisdale

Come celebrate National Seniors Day with us and learn more about how to continue playing an important role in your community's economic development.



We are excited to be able to continue with our quarterly newsletter, **Better with Age**, our monthly calendar, our weekly calendar on Telile, **What's Happening**, our new Telile program called **Age-Friendly Community Conversations** featuring local organizations and people who provide programs and services. We will also continue to partner with local clubs and organizations to bring educational sessions to the community. We will ensure that seniors are aware of important information such as ER closures, up-coming activities, health information and local services through our active Facebook group which has now close to 900 members.

We are developing new partnerships with others, such as with Bereaved Families Nova Scotia to bring new initiatives to support older adults dealing with grief and loss. We will be offering Mental Health First Aid for Older Adults in the months ahead. We are also working on a Seniors Toolbox of Resources as well as a local resource directory to share with seniors' clubs.

There are many ways to stay informed about the work of Seniors Centre Without Walls, follow us on Facebook, watch us on Telile Community Television, and subscribe to our quarterly newsletter.

# Raising Important Issues

Materials were developed for social media campaigns for all three elections in 2024-2025 to draw attention to issues that impact older adults and bring forward questions they could ask the candidates.

**Age Friendly Communities**

Age friendly communities are respectful, inclusive, accessible to all.

Areas without sidewalks are very dangerous.

Well-marked crossings, with contrasting colors, auditory signals, and tactile indicators allow people to feel safe.

Streetlights allow for safer walking.

A bench not only allows access to a pause or rest, but can also provide opportunities to engage and socialize with others.

For more information, e-mail: [seniorstakeaction.info@gmail.com](mailto:seniorstakeaction.info@gmail.com)

**Seniors issues are important in this upcoming Federal Election**

**FEDERAL ELECTION**  
APRIL 28  
Elections Canada

**Your Voice Matters**  
Questions to ask the Candidates

**Concerns about U.S. tariffs on Canadian Goods**

Many older adults are very concerned about what is happening in the United States and the tariffs. These tariffs could certainly compound those already existing affordability challenges. "In the spring of 2024, one in four Canadian seniors reported that rising prices were affecting their ability to meet and, to make ends meet."

For more information, e-mail: [seniorstakeaction.info@gmail.com](mailto:seniorstakeaction.info@gmail.com)

**Seniors issues are important in the upcoming November 26, 2024 Provincial Election**

Questions to ask candidates that knock on your door or reach out leading up to the election....

Poverty and food insecurity rates in Atlantic Canada are among the highest in Canada. Many older adults in Richmond County are food insecure and live in poverty. If elected what will your Party do to change that and improve the lives of Nova Scotians?

For more information, e-mail: [seniorstakeaction.info@gmail.com](mailto:seniorstakeaction.info@gmail.com)

**Seniors Take Action Coalition**  
... promoting age friendly communities

April 8, 2024

Honourable Michelle Thompson, Minister of Health and Wellness  
Health Minister (novascotia.ca)  
MIA Trevor Boudreau - info@trevorboudreau.ca  
Warden Amanda Mombourquette-amombourquette@richmondcounty.ca  
Andrew Highton, Nova Scotia's Eastern Zone Director of Integrated Rural Health  
andrew.highton@nshealth.ca  
Karen Oldfield, CEO NS Health - karen.oldfield@nshealth.ca  
Honourable Tim Houston, Premier - premier@novascotia.ca

On behalf of the Seniors Take Action Coalition of Richmond County, we are reaching out to share our concerns about the health care challenges we have in our region. However, we also want to take this opportunity to acknowledge the many successes that have occurred. These include the important work of the Cape Breton South Recruiting for Health to both recruit and retain health care providers, the Strait Richmond Hospital Foundation for its on-going efforts to enhance the services offered, and the excellent care provided by the Strait Richmond Hospital, the St. Anne Centre Urgent Treatment Centre, the Arichat Medical Centre, the Port Hawkesbury healthcare teams and the Dr. Kingston Community Health Centre in L'Ardoise.

Richmond County has an aging population with 32% of its population 65 years old (2021 Census - Stats Canada). We are a rural area, with limited access to alternative options to traditional healthcare compared with more urban settings. It is for this reason that we want to ensure that adequate services are available in the area to enable the well-being of all our residents and make it possible for all to access the services they need in their communities. Not having access to an Emergency Department when needed is a great concern to older adults in our community.

We both appreciate and understand that there is a need to have a paradigm shift in how we view health care and the many options that can be available to older adults to access health care. The expanded scope of practice available, for example, at Pharmacy Clinics and access to virtual care, increases options. However, for many, change does not come easy and when most residents are part of an aging population, access to adequate coverage in an Emergency Department is crucial when primary health care professionals are not available.

January 14, 2025

Department of Health and Wellness  
Barrington Tower, 1894 Barrington Street  
P.O. Box 488, Halifax, NS, B3J 2R8  
[Health.Minister@novascotia.ca](mailto:Health.Minister@novascotia.ca)  
Subject: Dialysis Unit at Strait Richmond Hospital

Dear Honourable Michelle Thompson:

On behalf of the Seniors Take Action Coalition of Richmond County, we are writing to acknowledge the recent commitment of this Government to three new dialysis units for Nova Scotia, with one coming to Richmond County's Strait Richmond Hospital in Evanston. This is welcome news for the people of Richmond County.

Access to life-saving dialysis treatment closer to home is critical in rural communities such as Richmond County. While there are currently four dialysis stations at the Strait Richmond Hospital, we understand this is a temporary unit and the announced upgrade will provide two more stations, allowing 8-12 more people access to care.

It has been brought to our attention that there are some patients from Richmond County receiving dialysis treatment in Sydney that need to stay there during the week and are home only during the weekends. While away, they do not have the much needed family/community support available to them that they would have at home.

We know how difficult this is on patients and their families both emotionally and financially. Depending on where one lives in Richmond County, the trip to Sydney can be 1.5 hours each way. There are also patients that have challenges even arranging transportation and the community transit available is not an option and is cost prohibitive. For patients who are not feeling well, this can be physically exhausting and uncomfortable.

Letters were sent to the Nova Scotia Government on the cost of hearing aids, the dialysis unit at the Strait Richmond Hospital and concerns about health care challenges in Richmond County.



# Better With Age Newsletter

In 2024-2025, four issues were produced, highlighting and reached over 1,000 older adults throughout Richmond County.

We have over 200 regular subscribers, each issue is posted on multiple Facebook pages, printed copies are available in various locations throughout Richmond County.

Each issue can be accessed on the Richmond County website. Articles are also featured regularly on STAC Facebook after each issue is published. You can access all past issue on the Municipal website Click here: <https://www.richmondcounty.ca/seniors-resources-and-support.html#betterwithage>



WINTER 2025 *hello winter* VOLUME 16

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- Comfort Tea

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Page 13: Last Words - Meet Sherry

Page 14: 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.

Dorothy Barnard, Coalition Chair

Chaque nouvelle année est l'occasion de prendre un nouveau départ... d'essayer d'apprendre la cuisine Italienne, de coudre un tablier, de faire de la corde à sauter tous les jours...

C'est aussi un moment de réflexion, où l'on repense à l'année écoulée, où l'on imagine ce qui aurait pu être différent, les erreurs commises et les triomphes. C'est le moment de se souvenir et d'être reconnaissant, même pour les pertes et les difficultés que nous avons rencontrées... grâce à elles, nous avons appris.

Nous sommes confrontés à un monde plein de défis, armés par le fait que nous vivons dans un coin magnifique de la Nouvelle-Écosse, au Canada. Nous avons les uns les autres, notre plus grande ressource et source de résilience. En pensant à notre vie en 2025, nous pouvons décider de secouer l'inertie et de trouver comment mieux partager nos compétences, notre temps, nos connaissances, nos intérêts et nos talents... nous en avons tous... car en tant que communauté, nous sommes plus forts et nous travaillons au bien-être de tous dans le comté de Richmond (et au-delà).

Dorothy Barnard, Président de la coalition

Seniors Take Action Coalition  
...promoting age friendly communities

- ♥ Are you looking for a way to give back?
- ♥ Become more involved in our community?
- ♥ Build your resume? Meet new people?

**STRAIT RICHMOND COMMUNITY HEALTH BOARD**

Your skill, talent, and passion can help. Together we'll make positive change!

**Join us today!**

novascotia health Community Health Boards  
Community Partnerships and a base for a healthier future

Stait Richmond Community Health Board

## Humbled to have been Nominated for the Dr. Strang Community Health Champion

Each of the 35 Community Health Boards across the province nominates one organization every two years for the Dr. Strang Community Health Champion Award, recognizing those who have made a meaningful impact on community health and wellbeing. This spring, the Strait Richmond Community Health Board selected the Seniors Take Action Coalition of Richmond County as their nominee for the 2025 award recognizing our commitment to improving the health and well-being of older adults.

While our organization was not selected as the provincial recipient this year, we are honoured to have been nominated and so thankful to the Community Health Board for recognizing our work.



# How We Communicate

654 posts

Sep 1, 2024 - Mar 31, 2025

Posts Comments Reactions

## Seniors Take Action Coalition

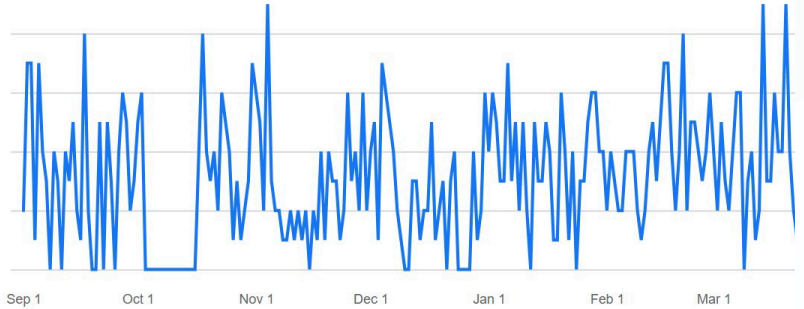
Public group · 886 members



Discussion Featured Events Media Files People

### Highlights include:

- **886 Members**
  - 281 are from Louisdale, 155 from Arichat and 58 from St. Peter's
- Over 64% of members are 55 years and older
- 83% are women
- Many posts were shared up to 40 times
- Posts viewed most often include ER closures, the newsletter, grant opportunities
- 1,200 posts over the past year



## Where to Access Information About Us

In addition to our active Facebook presence, we also provide content regularly for the Richmond County Seniors Resource section. You can find past newsletters, our monthly calendar, contacts for local seniors clubs, our annual report and other important information.



In addition our weekly calendar can be viewed daily at 9 a.m. and 5 p.m. on Telile Community Television.

A printed copy of the monthly calendar and our newsletter can be picked up at the Municipal Office and other locations such as the libraries, the MLA office and the Dr. Kingston Community Health Centre.

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

# Seniors Take Action Coalition of Richmond

## Annual Financial Report 2024 - 25

*April 1, 2024 to March 31, 2025*

	CONSOLIDATED	List of Projects
<b>Revenue</b>		
Grants	35 893,00 \$	Imagine The Possibilities
Membership Fees	- \$	Community Links
Sponsorships	750,00 \$	Seniors Centre Without Walls
Fundraising	474,50 \$	Summer Job
Interest	5,49 \$	Municipal Grant
Project Management Income	2 030,21 \$	
<b>A. Total Revenue</b>	<b>39 153,20 \$</b>	
<b>Expenses</b>		
Salaries & Benefits	6 220,60 \$	
Coordinator Fees	15 456,00 \$	
Professional Fees	4 400,00 \$	
Traveling Expenses	2 544,44 \$	
Advertizing & Promotion	- \$	
Rental	150,00 \$	
Insurance	990,00 \$	
Office Supplies	1 044,84 \$	
Activities	2 447,58 \$	
Banking Fees	24,00 \$	
Membership Dues	50,00 \$	
Legal Fees (R.J.S.)	31,15 \$	
Contributions	75,00 \$	
Miscellaneous	199,87 \$	
Project Management Fees	1 316,41 \$	
<b>B. Total Expenses</b>	<b>34 949,89 \$</b>	
<b>C. Net Income (Loss) (A - B = C)</b>	<b>4 203,31 \$</b>	
<b>D. Income or loss, preceding year</b>	<b>8 533,41 \$</b>	
<b>E. Income or loss, year end (C + D = E)</b>	<b>12 736,72 \$</b>	

# Seniors Take Action Coalition of Richmond

## Balance Sheet

For Period Ending March 31, 2025

<b>ASSETS</b>	2024-25
<u>Short Term Assets</u>	
Bank (B)	6 336,72
Petty Cash (B)	0,00
Accounts Receivable (B)	6 400,00
Prepaid Expenses (B)	0,00
<u>Long Term Assets</u>	
Equipements (B)	0,00
Lands & Buildings (B)	0,00
Other Financial Assets (B)	0,00
<b>Total Assets</b>	<b>12 736,72</b>
<b>LIABILITIES</b>	
<u>Short Term Liabilities</u>	
Accounts Payable (B)	0,00
Taxes (dues) (B)	0,00
<u>Long Term Liabilities</u>	
Mortgage (B)	0,00
Others (B)	0,00
<b>Total Liabilities</b>	<b>0,00</b>
<b>Equity</b>	
Earnings / Deficit	4 203,31
General Reserve	8 533,41
<b>Total Equity</b>	<b>12 736,72</b>



# Our Final Farewell



This year we said our final farewell to Claire Doyle, who died on September 24, 2024.

Claire was an active member of the Seniors Action Coalition for many years and served on the Board of Directors. For several years she represented STAC on the Strait Richmond Housing Matters Coalition and was always willing to lend a hand to work on behalf of seniors in Richmond County.

We remember Claire not just for her extraordinary deeds but for her extraordinary heart.

Her legacy of compassion, generosity, and unwavering dedication to others will continue to inspire all of us to live with more kindness, more empathy, and a deeper commitment to making the world a better place.



Cette année, nous avons fait nos adieux à Claire Doyle, décédée le 24 septembre 2024.

Claire était active de la Seniors Action Coalition pendant de nombreuses années et a siégé au conseil d'administration. Pendant plusieurs années, elle représentait la STAC au sein de la Strait Richmond Housing Matters Coalition et était toujours prête à donner un coup de main pour défendre les intérêts des personnes âgées du comté de Richmond.

Nous nous souvenons de Claire non seulement pour ses actions extraordinaires, mais aussi pour son cœur extraordinaire.

Son héritage de compassion, de générosité et de dévouement sans faille envers les autres continuera à nous inspirer tous à vivre avec plus de gentillesse, plus d'empathie et un engagement plus profond à rendre le monde meilleur.



# Acknowledgements and Thanks

Thank  
-YOU-



We are so grateful for your financial support for our organization



Thank  
-YOU-



We are so grateful for the financial support of Dept of Seniors and Long-Term Care Age-Friendly Communities Grant for our organization



Thank  
-YOU-



We are so grateful for your financial support for our organization



Thank You

To Telile Community Television for its' on-going support in helping us to promote an age-friendly community.

**Congratulations to two of our board members who were recognized in 2024 as Volunteer of the Month in May and June for Richmond County.**



Claire Doyle



Robert Goyetche

