

# 2019-2020 Age-friendly Communities Grant program recipients

30 projects have been awarded a total of \$390,000

## **2019 NS Provincial Games Antigonish Society - \$25,000**

2019 Nova Scotia Provincial 55+ Games

Antigonish will host the 2019 Provincial 55+ Games. Over 700 individuals are expected to take part in over 25 events ranging from the more sedentary (45's, scrabble, crib etc.) to the much more active (hockey, golf and pickleball).

## **Antigonish County Adult learning Association - \$10,000**

"Face to Face" Promoting Social Inclusion and Respect using Digital Technologies

This project will teach seniors living in a residential care facility how to use email, video calling, and social media by becoming online "pen pals" with children and youth in 3 classrooms in local area schools. This project will promote intergenerational communication and help older adults stay connected to community life using digital technologies.

## **Aspotogan Heritage Trust Society & South Shore Housing Action Coalition - \$13,500**

Housing Options through Co-Living

This project will create short videos and resource materials including a toolkit and promotion/distribution strategy. The materials will be used with small groups and in community presentations to stimulate conversations about co-living and different possibilities for housing.

## **Bear River First Nation Health Centre - \$10,000**

Elders Socialization Program

This project will bring together elders and youth in the Community through programs such as gardening, drum workshops, flower making workshops, storytelling and participating in events together on and off reserve. The program is designed to bridge the gaps between the different generations.

## **Chess Nova Scotia - \$11,680**

Intergenerational Chess Project

This project includes workshops, educational sessions, and development and support of chess activity in communities across the province. It will introduce chess to seniors who

have never played the game before while providing those who already know the game an opportunity to give back to the community.

**CNIB Foundation - \$25,000**

Vision Mate Program

The program seeks to recruit sighted volunteers in rural Nova Scotian communities to provide 1-to-1 assistance to people with sight loss with everyday activities such as reading, organizing, going for walks or running errands.

**Community Links Association - \$5,500**

Community Links' 2020 Aging Well Calendar

Community Links will produce and distribute 15,000 free calendars across the province. This calendar celebrates older Nova Scotians with photos that capture moments of healthy aging. The calendar includes information about the importance of social participation, respect and social inclusion, health, community support, ageism and community transportation.

**Digby Area Learning Association - \$9,410**

The Intergenerational Childcare Pilot Program

This program, housed within a non-profit nursing home (Tideview Terrace), is bringing children and elders together for daily interactions to learn from each other, build relationships, inspire and help strengthen an intergenerational community.

**Dartmouth Adult Services Centre - \$2,750**

Get Connected

Home Services Nova Scotia and Dartmouth Adult Services Centre will run events for older adults in Dartmouth, Halifax, Bedford and Waverly. Home Services Nova Scotia and Dartmouth Adult Services Centre are involved with delivering home services such as house cleaning, lawn mowing and yard work to seniors in these communities. Events will be structured to support connecting isolated seniors identified through these programs to social gatherings, education and healthy living opportunities. These events will be offered at "pay what you can" prices to ensure they are accessible and inclusive to low-income older adults.

**Dr. Kingston Memorial Community Health Centre - \$10,000**

Working Towards Social Inclusion for All

This project will focus on persons living with dementia and their families, but the programs offered will also be helpful for persons without dementia. We will draw on the untapped skills and compassion of our community members to help include people who face challenges into local programs and weave into the fabric of our communities.

### **Free Spirit Therapeutic Riding Association - \$5,000**

#### Freedom to Belong Program

This program will be an inclusive, fully accessible program that targets older adults (50+). The program will run for 12 weeks and will include 10 therapeutic riding lessons, 10 stable management lessons and 5 workshops.

### **Hope Blooms Youth Social Entrepreneurial Ventures - \$10,000**

#### Seniorpreneurs with a Purpose

This project is about bringing culturally diverse people together, across generations, from the North End community of Halifax. There will be a focus on innovation led by seniors and mentorship from youth leaders of Hope Blooms.

### **Live Well Community Church - \$25,000**

#### CONNECTCare

This project will establish an affordable food system in Digby Neck and Islands for low-income people. "CONNECTCare Boxes" will contain one week's worth of groceries.

### **Keep Well Antigonish Society - \$9,910**

#### Keep Well Antigonish Exercise and Wellness Program

This weekly exercise and wellness program for older adults will accommodate varying levels of mobility, including general fitness (focusing on flexibility, strength and balance) and chair-yoga. It will also include talks by health practitioners (like nutritionists), hands-on activities (like mindfulness activities) and healthy snacks. It will also provide information about other programs and events relevant that promote health and well-being of seniors.

### **Legal Information Society Nova Scotia - \$25,000**

#### Legal Information Society Navigators

This program will give seniors direct support from a navigator in their community to help organize their legal affairs to safeguard against financial abuse and provide peace of mind. Seniors will connect with the navigators through in-person or telephone meetings. The navigators will be trained to guide seniors through online estate planning apps to create wills, personal directives and power of attorney documents.

### **Main Street Dartmouth and Area Business Improvement District - \$13,000**

#### Get to Know Your Neighbour

This project will use a variety of tools to help connect intergenerational neighbours by skill set and interests. Tools will be designed to honor safety and confidentiality in matching and meeting others.

### **Nova Scotia Community College - \$25,000**

#### Linking Senior Mentors to Student Entrepreneurs

NSCC Entrepreneurship will work with the BoomersPlus mentor network to find mentors to support NSCC's 4 Enactus teams across the province. This formalized mentorship arrangement will provide consistent support to the teams, connect retirees in the regions with local students and the local NSCC campus, and provide opportunities for multi-generational engagement.

**Pictou-Antigonish Regional Library/ community health boards - \$10,000**

Spark a Connection – A Social Isolation Learning Event with International experts on Social Isolation

This conference will bring together stakeholders to develop a collaborative approach to address social isolation in rural communities. Dr. Mary Beth Sullivan and Dr. Christina Victor International researchers, involved in the Loneliness Experiment in the UK, will present at the conference. This conference will provide a forum to facilitate further action work on reducing social isolation.

**Port Morien Wildlife Association - \$8,500**

Accessibility-Barrier Free Fishing Program

This program will provide a sportfishing experience for seniors and people with mobility issues who wouldn't normally have this opportunity.

**reachAbility Association - \$25,000**

Creating a Connection

This project will bring two generations together, providing an opportunity for seniors to share their wealth of knowledge and experience with youth interested in the filmmaking process. The result will be short films which will be presented at the Bluenose-Ability Arts & Film Festival and shared through community and youth organizations, schools, and elder care facilities.

**Recreation Nova Scotia - \$25,000**

HIGH FIVE Principles of Healthy Aging

This is a training workshop designed to give frontline staff the tools they need to build quality programs for older adults. It will build capacity for delivering training by certifying trainers in communities across Nova Scotia, including both rural and urban municipalities, community organizations and marginalized or underserved populations.

**Region of Queens Municipality - \$1,400**

In-home exercise program

This project will provide an in-home exercise program for residents that aims to increase mobility, balance, and flexibility. Participants will be paired with a peer mentor who will guide them through the movements. Volunteers will be trained to deliver this program

for frail and inactive seniors who can benefit from more physical activity and social interaction.

**Regroupement des aines de la Nouvelle-Ecosse (RANE) - \$10,000**

Soul of the Artist in Nova Scotia's Acadie

This intergenerational cultural project will bring together seniors and young amateur musicians and singers. The goal of the project is to provide a unique opportunity for seniors to showcase their musical talents and know-how.

**Reseau Sante- Nouvelle- Ecosse - \$10,000**

Improve Access to Palliative Care in Acadian and Francophone Communities

This project will help develop a palliative care model to support other similar initiatives in the province. It will involve creating training for volunteers who support Acadian families dealing with palliative care, while also providing these volunteers with moments of respite. The second part of this project includes workshops on advance care planning and fostering seniors' understanding of palliative care.

**Seniors' Safety Program Association of Hants County - \$5,000**

Fidget quilts and activity blankets

This project will work with a group of local seniors and train them to make fidget quilts and activity blankets which will be distributed to RCMP and Hants County Seniors' Safety Services Association to help soothe seniors with dementia and anxiety. It will also include a puppetry workshop and meal.

**Shelburne County Mental Health and Wellness Association - \$25,000**

Warm Line Program

This anonymous, confidential, non-crisis, toll-free telephone line will serve vulnerable populations, including people who are lonely, isolated, alienated, part of diverse populations, or living with mental health issues or concerns. Currently all the volunteers are seniors. The Warm Line volunteers are there to listen, whether callers simply need someone to talk to, or whether they are going through a mental health problem (crisis-level calls will be transferred to appropriate services, keeping the caller on the line the whole time).

**Sou'West Nova Transit Association - \$9,100**

Travel Transitions

This project will help encourage and equip seniors to identify and drive within their limits, and to start preparing to change their driving habits and transition to other transit options when the time is right for them.

**St. Ann's Bay Development Association - \$10,000**

Weaving a Tight Community

This project will decrease the sense of loneliness and isolation in the St. Ann's Bay region through neighbourhood gatherings for older adults. The St. Ann's Bay TimeBank <https://stannsbay.timebanks.org/> will support this project with the database to promote and engage attendees.

**St. Margaret's Bay Community Enterprise Centre - \$10,000**

**Mobilizing the Age Advantage**

This project will use expertise, experience and motivations of older adults living in the St. Margaret's Bay area to help develop new profit, not-for-profit and/or social enterprise ventures. It will also give the older adults an opportunity to provide mentoring support to existing small businesses and not-for-profit associations in the area.

**Upper Big Tracadie Seniors Action Club - \$5,250**

**Intergenerational Stitching and Instilling Peace**

This project will bring together community members to connect and support each other while they make a quilt that outlines the migration of the African slave trade to Nova Scotia and the establishment of African Nova Scotia communities in Nova Scotia. This quilt will be used as an educational tool for schools and organizations to study, share and educate.