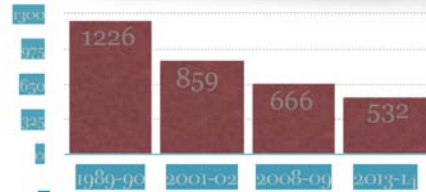


WHAT IS THE LOWER NORTH SHORE BUSINESS INCUBATOR - ACCELERATOR CENTRE AND RESEARCH FACILITY?

STUDENT POPULATION DECLINE



A world class facility to attract, create and support diverse business opportunities, develop the economy, bring youth home and create sustainable communities

- #### SERVICES TO PROVIDE
- Mentors
 - Networking & Support Groups
 - Referrals
 - Offices & Equipment
 - Research & Development
 - Assessments
 - Toolkits
 - Monthly Meetings
 - Training & Education

AGRICULTURE & COMPOSTING INITIATIVES

WHO BENEFITS?

COMPOSTING PROJECT

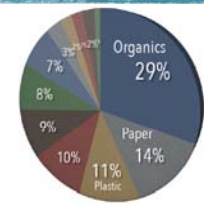
The facility will accept fish waste from local seafood processing plants, as well as incorporating domestic organic waste from the communities.

This results in the production of nutritiously rich soil and fertilizer used for agricultural development (s) along the Lower North Shore.

Increased agricultural production throughout the region is important for future food security in every community.



HOUSEHOLD WASTE



AGRICULTURE PROJECT

- Linking local gardener's with training and guidance
- Assist and support pre-existing agricultural operations (commercial, volunteer, or home gardens)
- Local produce is being produced in the Municipality of Gros Mécatina
- Harvesting of Birch Sap currently underway in St. Augustine
- Potential is everywhere in our region, the Incubator Accelerator Centre will help these initiatives either get started or expanded!

WILD BERRY PROJECTS

- High value extracts in our local wild berries
- Useful in entering the cosmetic industry or expanding Parallele 51
- Tackles issues of northern sustainability using our local knowledge to economically develop our region
- Can simultaneously wild harvest and cultivate berries as to ensure yields meet demands

COSMETIC INDUSTRY \$170 BILLION US/YEAR



AQUACULTURE PROJECTS

Give local residents job opportunities involving skill sets geared toward our existing local expertise. Allows for creation of an innovated and sustainable environment.

- Extracts in Algae can be used:
- As a filter to clean waterways
 - New, healthy food (s)
 - Top quality fertilizer (s)
 - High value cosmetic (s)



LOWER NORTH SHORE CURRENTLY HAS A 60% UNEMPLOYMENT RATE

MARKET FOR BIOPESTICIDES INCREASES 10% PER YEAR SINCE 2006
\$1 BILLION INDUSTRY IN 2010



IN COLLABORATION WITH



As the Holiday Season is upon us, we find ourselves reflecting on the past year and on those who have helped to shape the Coasters Association in a most significant way. We value our relationship with you and look forward to working with you in the years to come. In warm appreciation of our association during the past year we extend our very best wishes for a happy holiday season and a New Year filled with peace and prosperity.

From the board of directors and staff of the Coasters Association

UNITED FOR A BETTER FUTURE



Social Programing for Lower North Shore Seniors

The day centres for seniors and those with a loss of autonomy in small communities have the potential to address many of the needs of the seniors and their communities. Seniors and those with a loss of autonomy face obstacles and struggle daily with aspects of everyday life which many people take for granted. For the seniors and those with a loss of autonomy population of the Lower North Shore, the level of difficulty is multiplied due to being a remote and isolated region which lacks facilities, services, and programs.

The Day Centers and programs across the region are meeting some of the needs of the seniors and those with a loss of autonomy. However, it is also clear that a successful day centre requires a dedicated animator, the support of everyone in the community, as well as sustainable funding to keep its doors open on a regular basis and to be able to carry out effective programming.

In this edition we wanted to showcase the programs that are on-going through our Day Centers and the importance of them and take the opportunity to Thank all our partners on and off the Lower North Shore for their on-going support and dedication to our SENIORS.

Priscilla Fequet Griffin, Manager



Day Centers for seniors and those with a loss of autonomy

The Day Centers goal is to help seniors keep their independence and quality of life with therapeutic, preventative and fun activities designed just for them. The following is a brief overview of programs carried out by the Coasters Association and support by its partners.

Currently, there are eight (8) Day Centers in place for seniors and those with a loss of autonomy; Kegaska, La Romaine, Harrington Harbour, Tête à la Baleine, La Tabatiere, St. Augustine, St. Paul's River and Blanc Sablon. In 2017 approximately 550-day center days were held, 180 adapted exercise classes and 140 craft days were held.

Books on Wheels

This program is meant to break the isolation of seniors and those with a loss of autonomy through social participation and the inclusion of seniors. In 2017, one hundred and fifty-seven (157) Books on Wheels days were held; there are a variety of books, many of which are in large print, if you wish to borrow books, you can contact the Day Center animator in your community or visit the Day Center.



Leona Griffin, Animator, St. Paul's River

Community Kitchens/Meals on Wheels

One hundred and forty-two (142) community kitchens events were held, as well as various health promotional activities and community events. The Meals on Wheels program is going strong in Chevery and St. Paul's River. Chevery provides outreach frozen meals to Kegaska, Tête a la Baleine, and La Tabatiere. St. Paul's serves the community of St. Paul's River, Old Fort Bay and Middle Bay.

Home Visits

Animators also carry out home visits; they are offered to seniors who are unable to participate in the Day Center activities (especially during the winter months). In 2017, approximately five hundred (500) home visits were carried out in various communities. It has proven to be a much-needed service and seniors enjoy having the Animators visit them on a regular basis; however, they are always encouraged to participate in Day Center Activities.

Respite Services

The Coasters Association is pleased to have an amazing partnership with the Alzheimer's Society Cote-Nord to provide respite services to the caregivers of the Lower North Shore. Approximately sixty (60) hours per week is allocated to this service and we are happy to say that these hours are being used on a regular basis.

A Special Thank you to the Alzheimer's Society for recognizing the need in our region. In 2017 approximately three thousand (3000) hours were offered to caregivers in Respite Services. Respite care provides caregivers a temporary rest from caregiving, while the person with Alzheimer's, dementia or those who are housebound receives care in a safe environment at home. If you have a love one who suffers from Alzheimer's or dementia, please feel free to call and we will make every effort to support you.

Health Promotion & Prevention

The purpose of the health promotion programming at the day centers is to increase access to health and social services, help break isolation, promote active ageing and maintain independence, as well as provide support for caregivers. This has been very successful, and information is being disbursed through the Day Centers to the local population, via posters, workshops, luncheons. A "Panier des services", in regard to health promotion programs is offered to seniors in the communities through the health center.

Telehealth - CHEP

The Community Health Education Program (CHEP) is a distance support program that offers English-language health and social services information to remote and rural Quebec communities, mainly via

videoconference. The video conferences are streamed from the Montreal Children's Hospital and communities hook up through the local Community Learning Centers (CLCs).

Community Animation

The community animators support all the programs in their respective communities and are doing a great job! If you are interested in more information or would like to participate in any of these initiatives, please feel free to contact the Animator in your community, or the Seniors Health Promotion Program Manager.

Animators:

Kegaska, Terrilyn Ingram @ 418-726-3068
La Romaine, Noella Guilemette @ 418-229-2928
Harrington, Leona Anderson @ 418-795-3136
Tête à La Baleine (Vacant)
La Tabatiere, Jennifer Wellman, @ 418-773-2556
St. Augustine, June Gallibois @ 418-947-2607
St. Paul's River, Leona Griffin @ 418-379-2072
Blanc Sablon, Antoinette Keats @ 418-461-2008

Priscilla Fequet Griffin, Manager
Health Prevention and Promotion/
Seniors Initiatives
Coasters Association Inc
Tel: (418) 379-2006 ext: 228
email: pfgcoasters@gmail.com or
seniors.coasters@gmail.com



Residence aux Beaux Sejours

The seniors at the Beaux Sejours have been very busy this past summer. As the weather started to warm and the snow started to melt the seniors have been going outside and enjoying the change in the season. Outings and social walks have become more abundant and a sense of liveliness is in the air at Beaux Sejours. One of the great events that took place was on Canada Day, thanks to the wonderful support of our local radio station and help from Mary Letto, Velma Butt and Janice Letemplier, a beautiful tea party was arranged for our local seniors and was held at Residence aux Beaux Sejours. Lots of



also attended this meeting with us. Mr. Qui is hoping to invest in Canada to implement sea cucumber Aquaculture. He stated to the ministers that he wants to move forward with this development on the Lower North Shore with the team that the Research Centre has in place. This is a large employment and investment opportunity for the region and updates will be given as this development continues. Overall

the Conference presented many excellent economic development opportunities that the Coasters Association is looking forward to supporting over the next year.

Next Edition:

The next edition of the Forecaster is scheduled for February 2018 on Economic Development



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From the Board of Directors and Staff of the Coasters Association.

This Newsletter was made possible through a financial contribution from:



challenges faced by our communities. On November 22nd to 24th the Community Health and Social Services Network hosted a conference to look at the data from Anglophone Minority Communities in Quebec and working with the CISSSCN representatives we were able to recommend priorities for the next five (5) years of funding from Health Canada. Overall it was a great week of partnership building and we look forward to working on moving these initiatives forward with the population of the Lower North Shore.

BioMarine Conference Rimouski 2017 October 1st to 3rd 2017

BioMarine Conference (<http://www.biomarine.org/rimouski2017/>)

Biomarine is an international marine development network for businesses, governments, investors and various other partners. They hold an annual conference to share successes, develop new partnerships and work on the ongoing innovation in the marine industry.

In 2016, this conference was held in Oslo Norway, where Kimberly had the opportunity to attend thanks to a recommendation by Merinov, which was followed by an invitation from Maritime Affairs in Quebec to participate in their delegation. It was here a partnership with Pierre Erwes the BioMarine Chariman was made. Thanks to this partnership, the ongoing bio-development on the LNS was asked to present a workshop on Commercialization and Distribution of Marine Ingredients: Biological Actives and Brands Inspired by the Sea during the 2017 Conference on Monday October 2nd. The Lower North Shore delegation was also given the opportunity to pitch the Lower North Shore (LNS) Cosmetic Concept –Clean Beauty from the Arctic. A delegation from the Lower North Shore (LNS) was able to participate in the Bio-Marine conference, Kimberly Buffitt; Lower North Shore Bioproducts Solidarity Cooperative, Dean McKinnon-GIDC (local business), James Buckle- Coasters Association Inc, Julie Monger; MRC, Karla Roberts; Master's Student University of Quebec at Trois Riveres and Jessica Poole; Master's Student University of Quebec at Trois Riveres. A special thanks to the MRC du Golfe du Saint Laurent for giving 4000\$ in funding for Lower North Shore Bio-Products Cooperative to send two delegates to attend the conference. Also in attendance were partners that have been aiding in

moving our bio-development initiatives forward, Simon Barnabe- PhD University of Quebec at Trois Riveres, Louis-Charles Rainville-PhD Merinov, David Courtemanche-PhD Merinov and Maxim Tardiff-Biopterre.

On September 29th and 30th the team from the LNS and our pre-existing research team in Quebec (University and CCTT Partners) met with cosmetic professionals (Lillian Georges PhD-Pure Beauty Concepts Consulting firm and Former R&D Innovations lead at Este Lauder Companies ,Greg Chambers- President Clean Culture Laboratories, Vince Penn- VP of Clean Culture Laboratories, Shahan Lazar- Senior VP of R & D, Estee Lauder Inc, responsible for global R &D for all Estee Lauder brands and developer of key industry products for Revlon and Avon) to discuss the opportunity of formula and brand development on the LNS. This meeting was very successful, fostering a clear path forward the next steps would be to put together a list



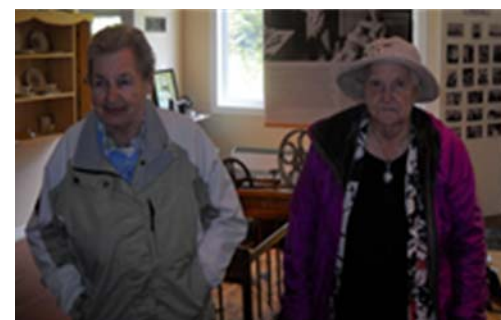
of all the plants that could be used to make the cosmetics, finalize a business plan to bring 10,000 units of cosmetics to test market, and the proper marketing image for an arctic line.

On October 1st, 2017 an opening ceremony was held by the Premier of Quebec, Prince of Monaco, Minister of Fisheries, Minister of Maritime affairs, Minister of Seas from Portugal, which discussed the opportunities ahead in the development of the blue economy in the world.

On October 2nd, Kimberly Buffitt presented on a panel for commercialization of cosmetics with Lillian Georges, Shanan Nazar, and Vincent Penna. We were also able to speak to a Chinese Businessman, Danny Qui the Chairman of the Board of Directors of Benthos BioScience, that was introduced to us by Pierre Erwes the conference chairman. Mr. Qui invited us to a meeting with Quebec government officials (Martime Affairs, MAPAQ, etc...), Simon Barnabe-UQTR and Yacine Boumagher-CEPROQ

goodies, laughs, and music took place followed by the viewing of the local Canada Day Parade. The seniors had a blast.

A second outing for the seniors at Beaux Sejours took place in Middle Bay, Quebec, at the beautiful Historic Museum. It started with a beautiful ride with fabulous scenic viewings, a delicious homemade dinner, and ended with a look at all the wonderful historic memorabilia's in the museum, the seniors enjoyed it immensely.



Susie Martin on behalf of Group Accessibility held a painting activity at Beaux Sejours with members of Groupe Accessibility. They made some beautiful acrylic paintings, which was hung for display at Beaux Sejours Residence, it really brightened up the place.



The seniors have been keeping busy with their daily exercise, activities and beautiful crafts. Feel free to stop by and say hi, they would love the company.

The staff and the residence of Residence aux Beaux Sejours would like to take this opportunity to wish all a Merry Christmas and a Happy New Year!

LNS Housing Corporation

A provisional board of directors was formed to establish a sustainable Housing Plan for seniors and low-income families on the LNS through the support of the Coasters Association, in collaboration with the CISSSCN. A project was approved by the MRC (for one year) to hire an Administrative Assistant to incorporate the LNS Housing Corporation and work in partnership with the LNS Senior Housing

committees/working groups and other local and regional groups (Municipalities, Local Table Seniors, CISSS Côte-Nord, MRC, CSL, Lower North Coalition for Health, etc...) to identify needs, key priorities, build community profiles, carry out necessary assessments and produce a detailed business plan. The job will be posted, and the candidate selected to start in the New Year. The members of the provisional board of directors are: Darlene Rowsell Roberts, Randy Jones, Laurette Gallibois, Eileen Scholfield, Tony Roberts, Johanne Beaudoin and Vincent Joncas.

The Coasters Association Inc. has been managing the Residence aux Beaux Sejours, seniors home in the Municipality of Blanc Sablon, in partnership with the CISSSCN since April, 2015, and will continue to do so until the LNS Housing Corporation is incorporated and prepared for management. We would like to take the opportunity to thank the Manager and all the employees of Residence aux Beaux Sejours for their hard work, devotion and loving care to all the seniors of the LNS residing at the home. Hats off to you.... For additional information, contact Cornella Maurice, Executive Director, at 418-379-2006, ext. 223.

Giving Thanks to our Caregivers!

With the support of **L'Appui**, we have had the opportunity to acknowledge and give thanks to our many caregivers on the Lower North Shore, who have taken on the responsibility of looking after their family, friends and sometimes even neighbors who may be limited physically or cognitively, or who are living with illnesses that require the need for care. Often unpaid, these caregiving duties are generally, in addition to maintaining their regular paid jobs, raising children and keeping up with the other aspects of their lives.

It is very important to raise awareness on the role that family caregivers play in our communities and **Thanks** to L'Appui we can do that.



Caregivers Support Counsellors

If you need help or support you can call the number below and a counsellor will be there to listen to you, provide information and/or they can refer you to the appropriate services. The caregiver support line is a free confidential phone consultation, information and

referral service for the caregivers of older adults, as well as friends and family, practitioners and health care professionals.

Contact information: 1 855 852-7784
info-aidant@lappui.org

La Romaine Seniors on the MOVE...

The Seniors of La Romaine have been busy the last three (3) years with help from our partners such as the Coasters Association, CLE, PARSIS and student projects. All activities are held at the "joie de vivre"; Seniors day center activities are held from Monday to Thursday, the seniors participate in activities such as paint, crafts, knitting, walk in a group or just have a coffee and chat. Men also participate and come to play "pool" three times a week. Twice a week a community kitchen is held, and a meal is shared. Celebrations are also held every two (2) months to celebrate the birthdays of seniors in the community. Community gardens are also a positive activity for the seniors in the community.



In 2016, the Club Anti-Âge employed a senior to work on the museum/interpretation center which has been open to the public since May 2017. This employee is responsible to carry out the research and to entertain the visitors. The center recounts the past, with a time line, a genealogic tree and an even a model of the village in the early 50.



Currently a documentary is being done with the seniors to share stories about the past, such as; old jobs like telegraph, cooking without electricity, how they got their jobs, was it passed on to them by their dad, ie: from generation to generation...

Harrington Harbour Day Center

This past summer (2017) was a very busy time at the Day Center in Harrington Harbour. On June 15th there was a cupcake sale to raise awareness on the Mistreatment of Seniors. One hundred and twenty (120) cupcakes were made and sold. Thank you to the population for their generosity.



On June 30th a celebration was held to celebrate Canada's 150th Birthday with the Residents at the DG Hodd Pavillion and some family members. Following the singing of 'O Canada, a lovely dinner was held. Thank you to everyone who came to make the day a special one for the residents.



The residents were out and about in the village and the Golf Cart was a very useful means of transportation. It allowed the residents to explore the village and breath in the nice salty air. Those that were able, also strolled out on the wharf to see the fishing boats docked there, and continue over to the

Table, St. Paul's Tourism Development Association, and the Eastern Lower North Shore Harbour Authority. Priorities, strategic orientations, and challenges were identified by consultation participants, and recognized as the most critical issues that need to be addressed to ensure the long-term viability of the Lower North Shore. Major accomplishments were also presented. The results of the consultation were:

- The Coasters Association will provide the Québec representative of the Office of Commissioner of Official Languages with a summary report of the meeting, and the Québec representative of the Office of Commissioner of Official Languages will recommend the Commissioner of Official Languages request a meeting with the Auditor General of Canada.

The report was forwarded to OCOL for the pan-Canadian consultation held in Montreal on November 30th, 2017. A copy of the report is available at the office and on our website page, which is www.coastersassociation.com. David Johnson has visited the coast on two occasions and Charles Taker on a number of occasions, we value their partnership and we look forward to their next visit with the new Commissioner of Official Languages.

Partnership with the native community of Pakuashipi

From November 10th to 13th, 2017, community representatives of Pakuashipi (Mathias Mark, Mary Mark, Charles and Christine Mark visited the eastern sector of the LNS). They participated in the "Blanket Exercise" at Mgr Scheffer school and the community of Blanc Sablon organized by CLC/CSL, and attended the Remembrance Day event in St. Paul's, tour of the fish plant and museums of St. Paul's and Middle Bay with the support of Garland Nadeau, and the bio-product coop with Kimberly Buffitt.

On November 12th, they participated in a meeting at the Coasters office with representatives of Coasters – Cornella Maurice & Garland Nadeau, Commission Scolaire du Littoral – Sarah Olsen and Caroline Manauke, Tourism organizations of St. Paul's – Garland Nadeau, and Old Fort – Reese Bilodeau and the Mayor of Bonne Esperance – Roderick Fequet. Programs and projects were discussed, and they were very receptive to working with the various organizations, in particular the Whitely Museum

committee with a joint project to promote and increase tourists in the region. It was announced that Mathias was now the Tourism Development Agent for the Band Council – Congratulations Mathias! Mary Mark, General Director of Band Council, will provide an overview of the meeting to the council and decide upon a strategy for future tourism development.

A special thanks to Kimberly Buffitt and Garland Nadeau for making all this possible – and thanks for everyone who organized and participated in the events and gave them such a welcome, and to the participants at the meeting at the Coasters office. The Mark family was really pleased with their trip, and also expressed how pleasant their stay was at Waterfront Bed and Breakfast.



The Coasters Association had a variety of meetings through the week of November 20th, 2017 looking at the development of long term funding and initiatives in the economic and health sectors. On November 20th, 2017, a meeting was held with MAPAQ, Maritime Affairs, and Plan Nord to introduce and discuss the financing needed for Bio Development initiatives, research and development and education to develop the bio-development industry on the Lower North Shore. On November 21st, 2017 meetings were held with CBC to look at improvements that could be made to radio, tv and internet news reporting services regarding English content services. Some great suggestions were made, and CBC will be getting back to the Quebec Community Groups Network with some solutions. In the evening a meet and great was held at the National General Assembly and the Coasters had the privilege of meeting the new Minister for Anglophone Secretariat- Kathleen Well, Mr. Barette –Minister of Health and the Premier Philippe Couillard. It was a wonderful evening and the Coasters Association was able to raise some key



The Coasters are proud partners of the L'Alliance movement.



Joanne Beaudoin, Coasters Associations delegate, proudly presents the Coasters Association board of Directors with its plaque of commitment to the L'Alliance movement. The goal of the Coasters Association is to partner with regional partners to increase and sustainably improve access to respite services for seniors and their caregivers, maintain seniors' day centers, and increase social participation and inclusion of seniors.

Therefore, priorities must be promoted to access resources for vulnerable seniors to meet their basic needs, increase availability of housing for seniors so they can remain in their communities as long as possible and maximize the use of material, financial and human resources.

To date, the Coasters Association has Increase and sustainably improve access

- Improvements have been made to the respite program and access to services are now offered in all communities on the Lower North Shore.
- Four (4) additional Animators hired, to meet the needs of caregivers (respite program)
- Two new day centers in operation (La Romaine, Kegaska)
- Supported Chevery's seniors club with meals on wheels program (Animation)

Social participation and inclusion of seniors

- Nine (9) Caregiver events held, 188 persons participated

- Establish priorities and promote access to resources**
- Supported seniors club in developing projects and writing reports
 - Supported Local Table for Seniors in carrying out their project initiatives

Improving Housing Programs

- LNS Housing Corporation under development
- Coasters Association managing of Beaux Sejours in collaboration with CISSSCN

Recent Meetings/Activities of the Coasters Association

Results of the LNS Research Center Partnership Meeting

A total of thirty-four (34) guests were connected by teleconference and Zoom Video at four regional sites in Chevery, La Tabatiere, St. Augustine, and St. Paul's River, and one off-coast site in Quebec City, coming together to attend the three -day partnership meeting of the Lower North Shore Research Center from May 23rd, to 25th, 2017. Five (5) organizations presented, six (6) objectives of the Research Center were discussed, thirteen (13) industries were identified on the Lower North Shore, three of the thirteen industries were targeted (Bio-products development, Tourism development, and Agriculture & Farming Development) setting objectives, actions, identifying actors, partners, and funders. A two-year timeline was set for various actions of the three industries. Nine (9) partnerships were established, and eleven (11) enhanced.

Heidi Buckle
Youth Employability Program Manager

OCOL Meetings

In September of 2017, Mr. David Johnson, the Québec representative of the Office of Commissioner of Official Languages visited the Lower North Shore by the BELLA to consult with members of the public, business and government on matters relevant to their continued vitality. A consultation was held in St. Paul's River on September 8, 2017, with individuals representing the Coasters Association, Lower North Shore Bio-Products Coop, St. Paul's River Community Learning Center, Lower North Shore Housing Corporation, Municipality of Bonne-Espérance, Lower North Shore Tourism Ad hoc

duck pond to watch them bathe in the sun and feed with their little ones.



This is the first year for the green house project at the Pavillion, a variety of things were planted, such as; turnip, cabbage, lettuce, carrots, beets, onions, cucumber, tomato and herbs. It was slow growing due to cool temperatures at the beginning of the season, and the harvest was used at in the kitchen for all the seniors to share. Thank You to those who efforts made this possible. A huge Thank You to the Community of Harrington Harbour for your generous donations and continued support. A special thank you to all the staff who ensures that OUR seniors are well cared for.

Merry Christmas and God Bless you all!

Gros Mecatina Seniors Reaching out!



"Helping Hands" Outreach Worker

An Outreach worker has been hired by the La Tabatiere Senior's Group from April 1, 2017 to March 31, 2019 to ensure seniors had accessibility to services and resources within their community.

The funding was made possible from Ministère de la Famille Québec.

Would you like to attend activities at the day center but have no way of getting there or an event at the community center but have no ride to the event?

Are you a senior who needs help with your groceries, need to go to the bank or the municipal office or need a ride to the clinic for a doctor's appointment, a blood test, or to pick up medication?

Would you like to be a part of the Frozen Meals on Wheels Program?

If you are a senior who would like to use this service, contact Elaine Wellman at 2291 or 2556 for any questions you may have. This service is free of charge.

Schedule of Events at the Gros Mecatina Day Center

Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Class 1-2 pm	Crafts 1-3:30 pm	Day Center Activities 4:30 pm	Bingo 2-5 pm (Every 2 nd Thursday)	Home Visits
Computer Class 2-4 pm				

Once per month there is a supper for the seniors sponsored by Sécurité Alimentaire.

St. Paul's River 50 + Club

Members of the 50+ club and the Animator of the Senior Day center has been extremely busy this pass year. The 50 plus club is proud owners of a beautiful green house, and produced a bountiful crop of fresh vegetables. The crop was shared with seniors in the community, used in the preparation of meals in the Meals on wheels program, and some was sold in the local stores. The funds raised will be used to purchase their seeds for the next growing season.





making quilts and aprons and preparing for a spring sale, at which time the seniors in Chevery will be invited. On November 13th, 2017, they celebrated caregivers' week with a lunch, crafts sale and storytelling, twenty (20) people were in attendance.



The Board of Directors would like to take this opportunity to thank volunteers and organizations for their on-going support.

Seniors of St. Augustine

The Seniors Day Center in St. Augustine is a busy place, they celebrate birthdays, carry out intergenerational activities with the youth, do crafts, play bingo and occasionally have a special guest.



Kegaska Seniors

The Day Center is a proud addition to the community and is used on a weekly basis. It is funded through programs and projects by the Coasters Associations and supported by the 50+ club in the community. The day center has a part-time animator (10 hours) who is responsible for directing the different activities. The center has planned activities such as: community events and crafts days. At the moment they are

Tête à la Baleine Day Center

The Animator in Tête à la Baleine was very busy this past year organizing community events, dinners, crafts days, fundraisers, books on wheels, meals on wheels, community kitchens, respite services to family caregivers and home visits to isolated and lonely seniors. Since September 2017, the animator has not been available, however, a club member has been keeping things moving and just recently organized and carried out a caregiver's event.

Keep up the great work, you are appreciated for your dedication to your seniors.



Répit et soutien aux aides-soignants
Respite and support for caregivers

Aider les familles, les aînés et les personnes atteintes de la maladie d'Alzheimer, la démence ou une perte d'autonomie
 Helping families, seniors and those with Alzheimer's, dementia or a loss of autonomy

SERVICE GRATUIT
 FREE SERVICE

RENSEIGNEMENTS INFORMATION
 (877) 447 2006 X228 (418) 379 2006 X228
 seniors.coasters@gmail.com

Société Alzheimer Society CANADA L'APPU POUR LES PROCHES AYANTS DES BESOINS Vous êtes là pour eux, nous sommes là pour vous. COASTERS ASSOCIATION UNITED FOR A BETTER FUTURE

Age-Friendly Policy

The MRC du Golfe-du-Saint-Laurent and all municipalities have adopted an Age-Friendly Policy as well as triennial action plans. With the development of the MADA policy we have seen our municipal government, seniors, partners and government take important critical steps in improving the life of seniors.

A Joyful Christmas to all our loyal and diligent partners, volunteers and employees. We look forward to another year of success with you. It is in this spirit we say ... thank you and best wishes for Christmas and a Happy New Year.

The Board of directors of the MRC du Golfe du St-Laurent's Seniors Local Table. Joyeux Noël à tous nos partenaires fidèles et engagés, nos bénévoles et employés. Nous anticipons une

autre année de succès avec votre support. C'est dans cet esprit que nous vous disons: MERCI et MEILLEURS VŒUX pour NOËL & la NOUVELLE ANNÉE!

Le Conseil d'administration de la Table Locale de Concertation des Aînés de la MRC du Golfe-du-St-Laurent.

The Local Table for Seniors Supports Volunteerism

VOLUNTEERS, the ❤️ of the Lower North Shore! The Local Concertation Table for Seniors of the MRC du Golfe-du-Saint-Laurent (Local Table for Seniors) is currently in the process of developing a Volunteer Database for the Lower North Shore. This database aims to provide a tool that partners organizations and groups that rely on volunteers with people who are willing to volunteer based on their interests and abilities. Organizations can register by sending an email to the following address lnsvolunteers@hotmail.com. Individual volunteers can register by sending an email to the same address to obtain an electronic form or register online on the following link:

<https://goo.gl/forms/to1V2JVIdUs4I0DH3>

La Table Locale de Concertation des Aînés de la MRC du Golfe-du-Saint-Laurent (Table Locale des Aînés) est présentement en processus d'élaboration d'une base de données des bénévoles pour la Basse-Côte-Nord. Cette base de données vise à fournir un outil permettant de jumeler les organisations et les groupes qui s'appuient sur des bénévoles avec des gens qui sont prêts à faire du bénévolat en fonction de leurs intérêts et aptitudes. Les organismes peuvent s'inscrire en envoyant un courriel à l'adresse suivante lnsvolunteers@hotmail.com. Les bénévoles peuvent s'inscrire en envoyant un courriel à la même adresse afin d'obtenir un formulaire électronique ou pour vous inscrire en ligne, veuillez cliquer sur le lien suivant :

<https://goo.gl/forms/XPGBBfmST4Kf96S52>

Registration is FREE for EVERYONE!

Season's GREETINGS
Joyeuses FÊTES