



Community Links

Aging Well Together



Annual Report

2018 - 2019

*Community Links gratefully acknowledges the generous support of the
Nova Scotia Department of Seniors*

Our Mission

Community Links is a province wide organization that promotes and supports age friendly communities by connecting individuals and organizations.

Our Vision

All Nova Scotians can age well in their communities.

Our Values

Collaboration, inclusion, respect, equity, compassion, transparency, accountability, and engagement.

PRESIDENT'S REPORT

Carol Rogers

This first year as President has been one of learning and interest. Community Links is affiliated with the National Pensioners Federation and I attended their AGM and conference in Regina in September. I also sit as delegate to the Seniors Advisory Council, formerly known as the Group of IX. Both of these bodies work diligently on behalf of seniors in identifying challenges and benefits that affect the lives of Canadians and have influenced understanding at our local level.

The past year has seen several changes in Community Links. In October we welcomed Helen Mac Donnell as Executive Director and already have come to appreciate her insightful, confident and energetic sense of order. She has steered the way toward the future work of Community Links.

The makeup of the Board has changed as two directors left for other endeavors and today we will say farewell to two others after long service. We also welcome new members to the Board today and look forward to their interactions and ideas. Board members

are recruited from throughout the province and bring not only their specific skills and interests but also knowledge of the needs of their communities and regions.

New directions and opportunities have presented themselves as we move forward in Nova Scotia communities with Age Friendly Communities work. The 2019-2024 Strategic Plan will point the way in the expanding role of this organization.

We welcome members, as individuals and as representatives of the many agencies and service groups that contribute to quality of life within their own spheres and to the vitality of this organization. We anticipate moving forward with their help and participation.

ED REPORT

Helen MacDonnell
Executive Director

Community Links has worked for more than a quarter of a century to ensure older Nova Scotians have opportunities to age well in their communities, be that Goldboro, Bras d'Or, Tusket or Ecum Secum. Using principles of community

development, adult education and the social determinants of health, Community Links brings together senior-serving organizations, agencies, clubs and individuals to share information, address issues of local concern and work on solutions to ensure seniors can remain active and engaged.

Community Links' Aging Well Together Coalitions create collective impact by strengthening connection and working to ensure rural communities remain vital despite changing demographics and the changing nature of volunteerism, always keeping the well-being of older adults at the centre of the work.

As Executive Director since October 2018, I feel privileged to join the effort of many Nova Scotians to ensure all of us can age well in our beautiful province.

I joined Community Links just as the 2019 Year of Aging Well calendar was being published, and was fascinated to see how popular this educational and functional tool was – 10,000 copies left our office in late November and flew across the province, with demand quickly outpacing supply.

It has been a pleasure to meet Aging Well Together Coalition members in Digby, New Glasgow, Mahone Bay and the Seniors Take Action Coalition in Louisdale and discover the value they place on stepping outside their individual mandates to work together on projects that impact older adults in their communities.

There is no simple way to combat social isolation and connect older adults in far-flung rural communities; these issues were identified when Community Links opened its doors in 1992 and continue to be challenges today. It is heartening to know Community Links brings together people who collaborate to find solutions, as well as educates and supports capacity building of older adults throughout Nova Scotia.

It is also hard to measure the impact of breaking down silos and sharing resources, yet I know Community Links' four part-time Regional Coordinators drove more than 29,000 kilometers, hosted over 60 Aging Well Together Coalition meetings, and attended more than 100 meetings with collaborative partners last year.

As well, they presented Falls Prevention workshops at eight Nova Scotia Community College campuses and held eight focus groups on the availability of fitness programs for seniors in remote and rural communities; co-hosted workshops on matters such as *Finding and Writing Grants*, *Attracting Volunteer Leaders* and *Conducting Effective Meetings* and helped pursue initiatives such as the creation of a satellite food pantry in North Queens, tai chi classes in Musquodoiboit Harbour and a One-Door Mental Health Clinic for Pictou County.

In Halifax, we worked to establish relationships with a variety of organizations including Engage Nova Scotia and Inspiring Communities; participated in exploratory Centre of Rural Aging and Health consultations; distributed monthly e-bulletins to 623 subscribers and leveraged technology to share information with 547 Twitter and 271 Facebook followers; provided input into Shift: Nova Scotia's Action Plan for an Aging Population's mid-term evaluation work; sat on the Nova Scotia Centre of Aging Advisory Board and the Seniors Advisory Council and served on the founding Board of the Nova Scotia Transportation Network.

This Annual Report offers an opportunity to reflect on the work of Community Links even as we look forward to exploring a new role for the organization in promoting and supporting Age Friendly Communities work in our province.

We are grateful to former Executive Director Anne Corbin and Regional Coordinator Brenda MacKinnon for their commitment to Community Links. Both retired in late 2018 and the loss of their institutional knowledge created a challenge but also, an opportunity for the Board and staff to evaluate, refresh and re-focus our mission and vision. I'll miss the wisdom and guidance of long-serving Board members Mary MacLellan and Ruby McDorman, who I had the pleasure of working with for too short a time.

It has been a busy introductory eight months for me; I am grateful for the warm welcome from the Board of Directors, staff and our many members and partners. I look forward to making more connections and working together as we continue to build a province that values and supports all of its citizens, no matter their age or ability.

COMMUNITY LINKS
Statement of Revenues and Expenditures
Year Ended March 31, 2019

	Budget 2019	Total 2019	Total 2018
Revenues			
Coalition Fundraising (Calendar)	\$ -	\$ 2,850	\$ 8,500
Nova Scotia Department of Seniors	264,000	264,000	264,000
Summer Jobs Canada	3,500	2,946	3,388
New Horizons Rural Communities in Motion Grant	24,667	-	-
Investment income	150	148	195
Age Friendly Grant	20,000	20,000	-
Fundraising and fee for service	2,000	-	1,280
Seniors Mental Wellness Project	-	-	21,000
	<u>314,317</u>	<u>289,944</u>	<u>298,363</u>
Project expenses			
New Horizons Social Planning Project	-	-	4,069
Seniors Mental Wellness Project	-	-	12,103
Fountain of Health Project	-	452	-
New Horizons Rural Communities in Motion	20,967	-	-
Age Friendly Project	-	-	3,468
Age Friendly Conference	9,000	6,854	-
Calendar Costs	-	9,670	9,149
	<u>29,967</u>	<u>16,976</u>	<u>28,789</u>
Net income after project specific expenses	<u>284,350</u>	<u>272,968</u>	<u>269,574</u>
Expenses			
Amortization	-	280	236
Board expenses	11,392	13,240	11,268
Communications	5,000	1,564	3,925
Interest and bank charges	-	1	(2)
Office expenses	21,810	19,581	20,525
Other (insurance, fees, memberships, licenses)	7,838	5,178	6,684
Personnel	208,710	187,681	169,968
Programs, meetings and workshops	10,000	3,724	6,540
Recruitment expenses	-	1,307	-
Travel and accommodations	19,600	12,278	15,237
	<u>284,350</u>	<u>244,834</u>	<u>234,381</u>
Excess of revenues over expenses	<u>\$ -</u>	<u>\$ 28,134</u>	<u>\$ 35,193</u>

The above is an excerpt of the Review Engagement financial statements prepared by
Sutherland Watt CPAs Inc.

For a copy of the complete financial statements including the Review Engagement Report,
please contact Community Links at
(902) 422-0914 or 1-855-253-9395 (toll free)/ info@nscommunitylinks.ca

Community Links Board of Directors Year End 2018-2019

Board Member Name	Position	Location in province
Carol Rogers	Chair	Sydney -Cape Breton County
Ruby McDorman	Secretary	Debert -Colchester County
Paul Rowe	Treasurer	Gold River –Lunenburg County
P. Earl Muise	Vice-Chair	Tusket – Yarmouth County
Mary MacLellan	Past President	Stellarton-Pictou County
Dolly Williams		East Preston – Halifax County
Pamela Fancey		Halifax County

Community Links Staff Year End 2018 -2019

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Carla Malay Regional Coordinator – Lunenburg, Queens, Shelburne	Phone: 902-212-1643 Email: carla.malay@nscommunitylinks.ca
Brenna MacDonald Regional Coordinator – Yarmouth-Kings	Phone: 902-765-2052 Email: brenna.macdonald@nscommunitylinks.ca
Carole Jones Regional Coordinator – Colchester, HRM, East Hants	Phone: 902-292-0631 Email: Carole.jones@nscommunitylinks.ca