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July 26 to August 8, 2010

Victoria County, Cape Breton

## The new Alderwood

# A place to call home

by Jim Morrow

It was always the Alderwood Board's intent to make this facility a "home" claimed Victoria County Deputy Warden, Fraser Patterson who hosted the July 23rd official opening of the 70 bed senior complex in Baddeck.

Project manager for MHPM Project Managers, Murray Tate said, "We wanted to build a place where one could live well and be in a place to call home."

"This wonderful facility will enable residents to receive the health care and support they need in their home community," said MLA Maurice Smith, on behalf of Health Minister Maureen MacDonald. "It is part of government's ongoing commitment to make life better for Nova Scotia seniors."

The new facility replaces a 40-year-old nursing home which had double rooms and bathrooms that were shared by residents.

Alderwood reflects the province's new design standards, which emphasize one and two-storey buildings with access to green space and homier surroundings. The design also enables couples who require nursing home care to live together in the same household.

Residents have access to 24-hour nursing care and receive regular visits from a podiatrist and occupational therapist as well as physiotherapist and a dietitian. Alderwood also includes a community hall and a spiritual room.

Alderwood's design has embraced green technology. It reduces its use of potable water through low flow plumbing fixtures and water efficient appliances. A solar hot water system passively heats water for the building, reducing

see \$26 million, page three

## Age Friendly Communities

# Victoria County has the oldest population *per capita* in Canada



Discussing the Age Friendly Communities Program at Alderwood were L-R Jean Ferguson Director of Geriatric Psychiatry; Eileen Woodford, Director of Rural Health; Larry Dauphinee, Municipal Councillor, District #6; Jacqueline Campbell, Community Development Officer for the Department of Seniors; Deputy Warden, Fraser Patterson; Alderwood Administrator, Arlene Morrison; and Victoria County Warden, Bruce Morrison.

by Jim Morrow

Nova Scotia has the highest number of seniors per capita per province and Victoria County has the highest number of seniors per capita of any municipality in Nova Scotia.

This distinction puts the Municipality of the County of Victoria in an excellent position to access the Nova Scotia Department of Seniors Age Friendly Communities Program.

Community Development Coordinator for N.S. Department of Seniors, Jacqueline Campbell met with Municipal Council on July 19th to explain why the program came into being and why Victoria County should be involved in the program

This grant program was created to give communities the information and resources to continue to become more age-friendly. After participating in the

World Health Organization's Age-Friendly Cities project, Nova Scotia also partnered on the Rural and Remote Communities Project to adapt the Age-Friendly Cities guidelines so they match the needs and interests of rural communities in the province.

The program assists municipalities in creating or adapting structures and services that are accessible and inclusive of seniors with varying needs and capacities in order to ensure they are able to lead healthy, active lives.

Ms. Campbell pointed out that communities which have become accessible for and inclusive of seniors are maintainable if not increasing their populations.

The NS Department of Seniors is an amalgamation of five Provincial Departments which include Health, Justice, Labour and Workforce, Community Services, Service Nova Scotia and Municipality

Relations.

The Union of Nova Scotia Municipalities has signed a Memorandum of Understanding with the N.S. Department of Seniors to promote and develop age friendly communities.

Issues which have already been identified for age friendly environments include: Outdoor spaces and buildings; Social participation; Transportation; Communication and information; Housing; Civic participation and employment; Respect and social inclusion; Community support and health services.

The agreement is to create communities in which the policies, services and structures related to the physical and social environment are designed to support and enable older people to live in a secure environment, enjoy good health and continue to participate fully in society.

## PC Leadership

# Bain comes out in support of Baillie

by Jim Morrow

"I decided to endorse Jaimie Baillie's candidacy for leader of the PC Party of Nova Scotia. I have known him as I do from the days when he was Premier John Hamm's Chief of Staff," said MLA for Victoria-The-Lakes, Keith Bain.

Mr. Bain becomes the third Progressive Conservative Caucus member to endorse Jamie Baillie's candidacy.

Mr. Bain said he supports Jamie Baillie's vision of transparent and accountable government. "I agree with Jamie when he says the NDP are taking Nova Scotia in the wrong direction. Our

province needs a leader who understands how to grow our population and create a dynamic 21st century economy."

MLA Bain, said, "Jamie is the kind of leader who is as comfortable at the Baddeck Community Centre as he is in a boardroom. He understands the challenges facing rural Nova Scotia and how we need to attract people to our province. I'm looking forward to helping Jamie Baillie in his efforts to get Nova Scotia back on the right track."

Jamie Baillie responded, "I'm delighted to have Keith Bain's support. see Support, page two

## Medical History North of Smokey

# "To Heal Sometime - To Comfort Always"

by Margrit Gahlinger

"To Heal Sometime - To Comfort Always - An Exhibit of Early Medical Care North of Smokey" followed by a presentation entitled "Reflections on the life and work of Dr. Austin and Marie MacDonald" drew a large and enthusiastic crowd on a Sunday afternoon in mid-July in Cape North. Some traveled from as far away as Sydney, including a surprise guest, Jack Yazer, now 96 years old, who was a traveling merchant to the area over many years and a benefactor of the first hospital here.

The presentations took place at the North Highland Community Museum

and its Culture Centre, which hosted the event.

The exhibit included many photos of former staff and past physicians, the original North Victoria Cottage Hospital and its successor, Buchanan Memorial Hospital. On display were a variety of medical tools including old surgical instruments as well as several doctors' bags, old stethoscopes and old medicine bottles. Although it was a time of ether and chloroform these were only listed and not shown.

Also on display were an old electrocardiograph machine, a tuberculosis see Medical, page five