

Age Friendly Recognition Program

Community Needs Assessment: Strait Shores

Community Profile

Strait Shores NB is a rural community in the Southeast part of New Brunswick. It was formed through the amalgamation of several existing villages and communities in 2023, due to local governance reforms, and has a population of approximately 3500-5000 people according to Census Data from 2016 and 2021 (some areas not available on their own).

Strait Shores has a large population of seniors, in keeping with the aging population of New Brunswick. Data gathered in 2019, during the conception of the Nursing Homes Without Walls (NHWW) organization, stated that there were approximately 1021 adults over the age of 65 in the communities that make up Strait Shores. This number has likely increased as older adults continue to age, as well as the number of people relocating from other provinces to Strait Shores (many of them seniors), has grown since 2019. Current registration for NHWW is 411 seniors, making up almost 40% of the senior population in Strait Shores. The NHWW program has allowed many seniors who otherwise would not be able to stay in their homes as they age to do so, contributing to increased independence and social connection. Using data from NHWW, we can estimate that approximately 80% of seniors live with alone or with a spouse, 10% live with family members, and the other 10% live in assisted living facilities in Strait Shores.

The Age Friendly Advisory Committee is made up of people who live and work in Strait Shores and is committed to advancing the health and well being of seniors and future seniors in the area. Some of our members include NHWW staff, senior community representatives, health & social service professionals, and local government representatives.

Community Needs Assessment

To gather data on current community strengths, needs, and gaps in services, 2 Town Hall meetings were hosted by the Age Friendly Advisory Committee, were open to the public and were well attended with approximately 20 different people at each session. To attempt to accommodate some of the transportation issues present in our rural community, we hosted one each in Baie Verte & Cape Tormentine in the fall of 2023 to gather input from those who live there and in the surrounding areas.

We assigned each domain a table and had 1-2 facilitators per table to assist community members in answering the 5 questions. Using the Age Friendly Guide to inform our questions, we rotated throughout the room to gather information from all in attendance for each domain. The responses were then compiled into the chart below and shared with the Advisory Committee to ensure accuracy. The Inventory of Services and Infrastructure was also developed from this information and the Advisory Committee's knowledge of the community.

Overall, our Community Needs Assessment outlined that while there are currently several resources available in the Strait Shores area for seniors in all eight domains, there are still gaps: particularly in transportation, housing, social participation, and community supports and health services. Our Action Plan will outline some of the ways our Age Friendly Advisory Committee, in collaboration with other community partners, may be able to address some of the issues within these domains with the long-term goal of creating a healthier and happier community for seniors.

Domain	What Exists Now?/Inventory of Services	Is this a need?	Past resources not around anymore?	What would you like to see?	How could we make this happen?	Notes/ Discussion
Outdoor Spaces & Buildings	<p>Outdoor Spaces:</p> <ul style="list-style-type: none"> - Westford Serenity Garden - Centennial Park - Blue Heron Park - Free Outside Parking for RV and Trailers by river in PE - Walking Trails: NB Trail, Trans Canada Trails, Green Wing Trail - Port Elgin School Food Forest & Disc Golf Course - Baie Verte Provincial Park & Swimming - Cape Jourimain Nature area - Murray Corner & Cape Tormentine Beaches - Fort Gaspareaux Provincial Park/Federal Monument <p>Public Buildings:</p> <ul style="list-style-type: none"> - Port Elgin Exhibition Grounds - Cape Tormentine Legion - East Botsford Rec Centre - Baie Verte Community Hall - Port Elgin Community Hall - Munroe Heritage Museum (PE) - PE Public Library 	Yes. All spaces & more are a need	Grocery store, bank, restaurant, theatre (Commerce & Entertainment)	<ul style="list-style-type: none"> - Walking trail around Port Elgin Exhibition Grounds - Better lighting in village of Port Elgin for the sidewalks - <p>Better signage for all walking trails and community gardens –</p> <p>A gathering place for seniors to be able to go 5 days a week for free to play cards, do puzzles, internet café, non scheduled activities, non structured</p> <ul style="list-style-type: none"> - Friendship or Community centres 	<ul style="list-style-type: none"> - 50/50 draws -Fundraising raffles - Donation boxes (PE Exhibition) -Foundation -Corporate sponsors -Municipal funds - Rotary Funds - Grant funding (infrastructure) 	
Transportation	<ul style="list-style-type: none"> - NHWW transportation program - Urban Rural Rides - Neighbors Helping Neighbours - Family 	Everyone answered yes to this question	<ul style="list-style-type: none"> - Train - Buses - Ferry - Taxi, - Wheelchair accessible van 	<ul style="list-style-type: none"> - Local delivery services for groceries, meals & prescriptions - Wheelchair accessible van available to the entire community 	<ul style="list-style-type: none"> -Fundraising to purchase a minivan for the community: This can be done through bake sales, 	

	<ul style="list-style-type: none"> - Maritime Bus Now Stops at Needs 			<ul style="list-style-type: none"> - Taxi service with flat rates such as \$10 to Sackville, or \$25.00 to Moncton or \$0.48/km that low-income seniors could afford - Minibus for group functions and outings - Patient transfer service such as CCTS across the border in Amherst NS 	<p>community partnerships, community suppers, auctions, 50/50 draws, dances, turkey dinners, concerts, direct donations, reaching out to car dealerships or organizations such as Ability NB, Cape Tormentine Development Corporation</p> <ul style="list-style-type: none"> -Transportation grants (GNB/Fed) <p>Infrastructure Canada - Rural Transit Solutions Fund: Planning and Design Projects Stream</p>	
Housing	<ul style="list-style-type: none"> - Magee Place - Westford Villa - Westford Nursing Home - Countryside Special Care Home - Shemogue Lodge - NB Housing Duplexes - Cape Tormentine Campground (Seasonal RVs) - Pumpkin Inn - Indian Point Motel - Local B&B's (Air BnB & private) - Houses not lived in year-round and/or need repairs to be habitable - "Tax sale" houses 	<p>Very strong need for more senior housing units ASAP</p> <p>No condos, condo fees</p>	<p>More rental units were available</p> <p>There are lots abandoned buildings that could be renovated and made into units</p> <p>Families used to live in multigeneration homes</p>	<p>More rental units (affordable, private market)</p> <p>More units at Westford Villa</p> <p>More NB Housing units</p>	<p>Look into Provincial and Federal housing grants to remodel existing structures</p> <p>Approach contractors for developments</p> <p>Approach realtors</p> <p>Speak with developers</p> <p>Fundraising for development</p>	

<p>Social Participation</p>	<p><u>NHWW</u></p> <ul style="list-style-type: none"> - Bingo - Coffee Group - Exercise Classes (NHWW & other hosts) - Lunch and Learns - Seniors Lunches - Monthly Newsletter - Pen Pal Program - Caregiver Support & Buddy Programs - Telephone Reassurance Program <p><u>East Botsford Rec Centre</u></p> <ul style="list-style-type: none"> - Bowling - Pickleball - Yoga <p><u>Cape Tormentine Legion</u></p> <ul style="list-style-type: none"> - Cards - Darts - Crib - Yoga <p><u>Bistro le Chat Blue</u></p> <ul style="list-style-type: none"> - Yoga and exercise classes - Massage therapy <ul style="list-style-type: none"> - Baie Verte Seniors Club - Port Elgin Rotary Club - ATV club for seniors - PEDVAC Volunteer opportunities - Masonic Lodge - UCW Women - Church Organizations - Sharon Cole's Radio Show CFTA 107.9 (more relevant to communication & information domain) 	<p>Yes and more</p>	<p>Silver Pioneers in Eastbotsford</p> <p>Church organizations</p> <p>Dances</p> <p>Christmas suppers</p> <p>Luncheons</p>	<p>Games afternoon at library (up and running – may add another time as well)</p> <p>Walking club</p> <p>More bingo's</p> <p>Regular hobby classes</p> <p>Daytime activities</p> <p>Music festivals</p> <p>Rotating coffee groups in different locations weekly</p>	<p>Fundraising</p> <p>Grants</p> <p>Strait Shores Advisory Committee</p> <p>Community Partnerships</p>	<p>This domain requires less financial resources – can influence more easily</p>
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	<ul style="list-style-type: none"> - Summer events - Special Functions - Farmers market - Cape Tormentine campground has lots of summer events - Swimming at Baie Verte Park - Tai Chi St. Clements Church - PEDVAC Cookies and crafting & other events as advertised - Spruce It up Quilt Shop in Upper Cape - Senior Games Gathering PE Public Library - Book Club & Unbook Club at PE Library 					
Respect & Social Inclusion	<p><u>NHWW</u></p> <ul style="list-style-type: none"> - Pen Pal Program - Greenhouse -Intergenerational Project * - Christmas Cards for Seniors - NHWW provides free transportation to all local functions & medical appointments for registered seniors - Community Connect program (on hiatus) <p>Accessibility notes:</p> <ul style="list-style-type: none"> - Baie Verte hall has chair lift - Cape Tormentine Legion has wheelchair ramp - East Botsford Centre has a ramp to get inside 	Yes	More community gathering places like churches & community centres.	<ul style="list-style-type: none"> - Food truck for local events - Door to post office opens backwards if in wheelchair or walker - Wide pathways that are wheelchair accessible in parks - More park benches - Cooking classes - Crafting classes 	<p>Auctions</p> <p>Fundraisers</p> <p>Raffles</p> <p>50/50 draws</p>	

Civic Participation & Employment	<ul style="list-style-type: none"> - Westford Nursing Home - Countryside Special Care Residence - East Botsford Centre - Needs Convenience - Petro Canada - Atlantic Windows - Robins - Post Office - Loella's Market - Allen's Market Place - Cape 16 Diner - Route 16 Diner - Le Chat Bleu Bistro - Cape Jourimain Nature Centre - Murray Corner Provincial Park - PEDVAC - Village Office - East Main Market - Port Elgin Farmers Market - Port Elgin Health Centre - Lots of volunteer opportunities already exist 	Yes	<ul style="list-style-type: none"> Train Hardware Store Clothing Store Bank Small Engine Repair Shop Woolen Mill Doctors Office Social/Case Worker assigned to the Port Elgin School 	<ul style="list-style-type: none"> Live stream council meetings Bank Volunteer in Port Elgin School, as well as Greenhouse Tutoring Reading program Computer classes Continuing education classes 	<ul style="list-style-type: none"> Community partnership connecting people to places they want to be involved Fundraising Raffles 50/50 draws Grants to cover needed costs 	Many jobs aren't suitable for seniors or open for applications, but are listed anyway
Communication & Information	<ul style="list-style-type: none"> - CFTA Radio Show with Sharon Cole - NHWW Newsletter & Facebook - PEDVAC Facebook - Cape Tormentine Legion Electronic Sign and Facebook Page - NHWW mail drops, flyers, posters - Other Facebook pages: Port Elgin Events, Strait Shores Municipal page, What's 	Yes	- Newspapers	<ul style="list-style-type: none"> - More ways to communicate with seniors other than electronic (ex: coffee time flyers) - Strait Shores Website more functional - Local bulletin board outside of town office with a park bench - Emergency preparedness plans could be on board, alerts, missing persons, local events, news. 	<ul style="list-style-type: none"> -Fundraising efforts - Selling advertising space on an electronic billboard - Community partnerships/community newsletters (ex: PEDVAC & NHWW partner newsletter) 	

	Happening Strait Shores, etc.					
Community Support & Health Services	<ul style="list-style-type: none"> - PEDVAC including Food bank - Community Food Pantry in Port Elgin - Port Elgin Health Centre - NHWW - Public Library - Guardian Pharmacy - NavCare: Hospice organization – serves Strait Shores too - In-home footcare services: Emily Reade 	Yes		<ul style="list-style-type: none"> Doctor Another nurse practitioner Walk-in clinic Local social worker Blood transportation service (extra mural can draw but not transport) Grocery delivery services Snow Angels for walkways and pathways for seniors Mental Health Services Local volunteer list for snow removal, electrical, carpentry, lawn care..... 	<ul style="list-style-type: none"> Local MLA advocating on behalf of the area Community support and partners 	

Inventory of Services & Infrastructure

Public & Outdoor Spaces

- Westford Nursing Home Serenity Garden: 57 W Main St, Port Elgin
- Centennial Park: Shemogue Rd Port Elgin
- Blue Heron Park: Station St. Port Elgin
- Free Outside Parking for RV and Trailers by river in Port Elgin (next to Centennial Park) – Shemogue Rd.
- Walking Trails: NB Trail, Trans Canada Trails, Green Wing Trail (Port Elgin to Cape Tormentine)
- Port Elgin School Food Forest & Disc Golf Course: 33 Moore Rd. Port Elgin
- Baie Verte Provincial Park & Swimming: Route 970 Baie Verte
- Cape Jourimain Nature Centre & trails : 5039 Route 16, Bayfield NB
- Murray Corner Provincial Park & Beach: 1679 NB-955, Little Shemogue NB
- Cape Tormentine Beach & Campground: Route 955 Cape Tormentine NB

- Fort Gaspareaux Provincial Park/Federal Monument: Fort Moncton Rd, Baie Verte NB

Public Infrastructure:

- Port Elgin Exhibition Grounds: East Main St. Port Elgin
- Cape Tormentine Legion: 72, Route 955 Cape Tormentine NB
- East Botsford Rec Centre: 15 Trenholm Rd. Murray Corner NB
- Baie Verte Community Hall: 387, Route 970 Baie Verte NB
- Port Elgin Community Hall (contains Community Food Pantry as well): 41 East Main St. Port Elgin NB
- Munro Heritage Museum: 1 Spring St. Port Elgin, NB
- Port Elgin Public Library: 33 Moore Rd. Port Elgin

Community Health & Social Services + Commercial Infrastructure (potential partnerships):

- Westford Nursing Home: 57 W Main St, Port Elgin
- Countryside Special Care Residence: 74 West Main St. Port Elgin NB
- Port Elgin Regional School: 33 Moore Rd. Port Elgin
- Needs Convenience & Shell gas station: 13 Shemogue Rd. Port Elgin NB
- Petro Canada Station & store: 3081 Route 16 Timber River, NB
- Atlantic Windows: 49 East Main St. Port Elgin, NB
- Robins Donuts: 42 Shemogue Rd. Port Elgin, NB
- Post Office: 3 East Main St. Port Elgin, NB
- Loella's Market: 2007 Route 955 Little Shemogue NB
- Allen's Market Place: 1509, Route 955 Strait Shores NB
- Cape 16 Market: 5 Harold Allen Rd. Timber River NB
- Route 16 Diner: 4335 Route 16, Malden NB
- Bistro Le Chat Bleu: 342 Route 970, Baie Verte NB
- Cape Jourimain Nature Centre: 5039 Route 16, Bayfield NB
- PEDVAC Foundation: 12 Church St. Port Elgin, NB
- Strait Shores Municipal Office: 9 East Main S. Port Elgin, NB
- East Main Market: 77 East Main St. Port Elgin, NB
- Port Elgin Farmers Market: East Main St. Port Elgin, NB
- Port Elgin Health Centre: 33 Moore Rd. Port Elgin, NB
- Nursing Homes Without Walls: 57 West Main St. Port Elgin, NB

- Guardian Village Pharmacy: 13 East Main St. Port Elgin, NB
- NavCare Hospice organization (staff serves Strait Shores too): Maison Albert House, Moncton, NB