



Executive Director’s - Follow-up Report

The following information outlines the highlights (summary) of the activities of the Coasters Association Inc. from April, 2015 to March, 2016, as a follow-up to the annual report of April, 2014 to March, 2015.

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Operational Structure

Board of Directors/Committees

- All activities (meetings, documents) as scheduled were carried out with the Executive, Board and Staff
- Held three meetings of board with presentations by partners (i.e.: Surete du Quebec – SQ, Besidence aux Beaux Sejours, and the Local Wave), as well as a presentation by a LNS artisan regarding the “Arts expo & conference of YES, and reporting on activities and events by the Commission Scolaire du Littoral - CSL & Local Table for Seniors - LTS.
- Information/training session on Eco-systemic approach, and a workshop on Implementation of an Organizational Development Strategy (i.e.: Succession Planning)
- The Organizational and Staff Development Committee (Claire, Garland, Tony, Dale, Ashley, Hugh & Cornella), held a workshop regarding the Organizational Development Strategy. As a result a Human Resources Restructuring Plan was recommended as the next step in implementing the Action Plan of the Succession Plan, and approved by the board of directors.
- Representation on various boards - Lionel Roberts of the Provincial Health Committee, Johanne Beaudoin on the CISSS board of directors, Kimberly Buffitt on the Users Committee, Ghislaine Nadeau Monger on the Regional Seniors board of directors, Tony Roberts on the Local Table for Seniors, Anthony Dumas on the Uni-Foundation board of directors, Garland Nadeau on LNS Tourism Steering Committee, Cornella Maurice on the LNS Algae Committee, James Buckle on the board of directors of Co-op Bioproducts Solidarity - just to name a few

Staff

- Three staff meetings, three staff workshops/sessions on the Contribution Agreement of Canadian Heritage, Organizational Development Strategy - Succession Planning, and an Information/training session on Eco-systemic approach
- Employed 61 employees across the Lower North Shore in 2015/2016 (was 54 in 2014 – 2015), and managed over 1.2 million dollars.

Partnerships

- Through partnerships, the board of directors maintained seven (7) locations/sites across the Lower North Shore, and created two (2) additional sites
- Partnership continued with the YMCA to use their charitable status, as well as with CARS to submit projects on a National scope, and with the Fondation Uni-Aide and Dr. Camille Marcoux Foundation. The provincial foundation of the QCHSSN continued their support
- Participated in all meetings of the local/regional groups and the provincial groups, as well as all government (provincial and federal) departments
- Continued to participate in the activities and events of the QCGN

- Sustained partnership with CEDEC, and presently working on potential projects for the future development of the Lower North Shore economy
- Maintained a solid partnership with Quanglo Communications
- A model partnership with the Community Learning Centers/CSL and the CISSSBCN

Networking & Partnership Initiative - NPI

Lower North Shore Coalition for Health

- Lower North Shore Coalition for Health (LNSCH) held four (4) regular meetings & one (1) special setting meeting to oversee and organize various initiatives (i.e.: BCNeF, Senior Day centers, R2, Avenir d'enfant, McGill, KIDS camp, Health Promotion & Prevention program, Telehealth - CHEP)
- Sub-committee of LNSCH, Exchange Network, held monthly meetings regarding updates and sharing of various initiatives

McGill Project

- Three (3) bursaries of \$10,000.00 through the McGill Scholarship program for a total of \$30,000.00- *Shae-Lynn Roberts-Ecological Health Determinants Program, Kelly Fequet-Social work, Reagan Bilodeau- Phycology Program)*
- Two (2) year proposal accepted to improve retention and recruitment of health professionals throughout the territory - Golden Share Project

Foundations

- Supported the Uni-Aide Foundation, Lower North Health Fund program implementation, seventeen (17) requests supported for a total of \$11,956.53 (April, 2015 to March , 2016) plus two (2) loans for travel totaling \$7200.00 distributed in the communities
- The Uni-Aide Foundation Strategic Plan being implemented and Social Program Fund document completed and under implementation
- Raised approximately \$83,035.79 - to March, 2016 in fundraising events, to support social program, cancer patients and persons with serious illnesses on the LNS
- Supported the Dr. Camille Marcoux Foundation in their fundraising campaign through support of a lottery, approximately two thousand (2000) tickets were sold (winners were Darcy and Jenny Nadeau Rowsell - ski-doo, Jayda Shattler- two return tickets with provincial airlines to Montreal and Montreal Canadian tickets, and Colton Roberts- Air Labrador return ticket)
- An outstanding partnership formed with Dr. Camille Marcoux foundation, Uni-Aide foundation and McGill University to aid in maintaining Social Economy Development Agent, Social Economy Coordinator and Social Economy Animator

Training and Development

- Continued partnership with YES Montreal to provide business coaching to develop Social Economy initiatives on the Lower North Shore
- TAMARCK training “Collective Impact & Evaluation”, in partnership with the CLC’s
- Participated in the Interregional/Liaison project, sponsored by CASA, to create an action plan in regards to patients travelling of the territory to obtain services (i.e.: where, how many, for what, etc...)

Health Issues (Bill 10 & Bill 20)

- Meeting with CISSSCN point service de la Basse Cote Nord & LNSCH regarding Bill 10, in establishing an Advisory Committee to the CISSSCN Board of Directors followed by a letter to the Minister of Health & Social Services by the Coasters Association, and the request was approved by the Minister.
- Supported the QCGN in their efforts in regards to Bill 10, and a letter written to the Minister of Health & Social Services by the Coasters board of directors
- Supported the member of the Board of Directors of the Centre intégré de santé et services sociaux (CISSS), by providing concerns forwarded by the Lower North Shore population

Health Prevention & Promotion – HPP

Senior Day Center

- Six (6) Day Centers established on the Lower North Shore; La Tabatiere, Tête à la Baleine, St. Augustine, St. Paul’s River, Harrington Harbour, and Blanc Sablon in partnership with Commission Scolaire du Littoral, St. Peter’s Parish - St. Paul’s River, Dr. Hodd Pavillion in Harrington Harbour & Residence aux Beaux Sejour in Lourdes de Blanc Sablon
- Six (6) Day Center animators hired
- Community advisory committees established to support LNS senior day centers
- Partnership with Groupe Accessibility to provide activities for the disabled population, and hired an Animator to work with group accessibility members in St. Augustine, at the Senior Day Center

Health Promotion

- Partnership with CHSSN to deliver CHEP Tele-Conferences (Nutrition Video Conference, Life after Stroke, Bowel Conditions, Memory Disorder)
- In collaboration with CISSSBCN and the CLC, health promotional slides developed and disbursed on the Lower North Shore
- Adaptation project received to complete translation on health prevention and promotion documents and materials totaling \$5000.00 and \$5500.00 received to produce a Health

Passport and APP for seniors

Community Kitchens

- Community Kitchens implemented on the Lower North Shore
- Nine (9) community kitchens in place (Blanc Sablon, St. Paul's River, St. Augustine, La Tabatiere, Tête a la Baleine, Chevery, Harrington Harbour, La Romaine, Kegaska)
- Four (4) community kitchen Animator's hired carrying out activities (animation is also carried out by day center animators (five (5) animators), for a total of nine (9)

Book on Wheels

- Program implemented through the six (6) senior day centers along the Lower North Shore
- \$16,500 purchased in books for the seniors and those with a loss of autonomy across the LNS
- Program aids in breaking the isolation of seniors and those with a loss of autonomy through social participation and the inclusion of seniors

Alzheimer's Society

- Established partnership with Alzheimer's Society, eight year agreement, to deliver services to the LNS, in six communities (i.e.: Blanc Sablon, St. Paul's River, St. Augustine, La Tabatiere, Tete a Baleine & Harrington Harbour) through the Senior Day centers, and established a partnership with Coop d'aide a domicile de la Basse-Côte-Nord to explore a solution in providing respite services to all communities along Lower North Shore

L'APPUI

- Established partnership with L'APPUI to raise awareness on family care-giving, and activities held in nine communities (i.e.: Kegaska, La Romaine, Harrington, Chevery, Tete a la Baleine, La Tabatiere, St. Augustine, St. Paul's River and Blanc Sablon)

Adapted Transport

- File is being addressed at the MRC level

Local Table for Seniors

- Provided Administrative support to the Local Table for Seniors
- Assisted with project development and carry out of said projects (Volunteer, Media and Community Consultations)
- Partnered and provided support to Seniors groups across the LNS to carry out various activities

Municipalité amie des aînés (MADA)

- Participation on a MADA committee in the development of an Age Friendly Policy for the MRC, and assisted the Municipality of Bonne Esperance in developing their three (3) year action plan

Residence aux Beaux Sejour (CISSSCN)

- Signed an agreement with the CISSSBCN to manage the Residence aux Beaux Sejour in Lourdes the Blanc Sablon for 2½ years, providing service to ten (10) seniors and those with loss of autonomy, and hired a Manager, five (5) part-time workers and a replacement worker, as well as a part-time Maintenance person
- An Advisory Committee, Working Group, Employee Committee and a Family Residence Committee were established, and a countless number of meetings held
- All the necessary administrative documents were produced for the Seniors facility, and the necessary training to support the employees to adequately carry out their duties
- Offered day center activities at the home and to vulnerable seniors in the community

Youth Programs

Basse Côte Nord en Forme

- Six (6) Animators hired (Harrington, Chevery, La Tabatiere, St. Augustine, St. Paul's River and Blanc Sablon) to carry out BCNeF activities that promote healthy eating and healthy, active lifestyles
- Partnerships developed with Commission Scolaire du Littoral - Schools, Local Arenas & Youth Centres for infrastructures
- All six (6) Animators assist with healthy snack or breakfast activities within schools (6)
- Resource Team, comprised of CISSS, CLD, Coasters Association to support the BCNeF program
- Local Action Groups (LAGS) established to support the operations of the BCNeF program in their respective community
- Monthly Animator meetings held and regular follow-up to support BCNeF Animators on the Lower North Shore
- Promotion of healthy nutrition, physical activity and community events/activities promoting healthy, active lifestyles via social media (i.e. BCNeF Facebook page)

KIDS Summer Camp

- The theme for the 2015 camp season was "*Green Adventure*", with weekly themes focused on taking place outdoors
- Three (3) summer camps were in operation (La Tabatiere, St. Paul's River, Lourdes de Blanc Sablon)
- Ninety three (93) youth were enrolled into the KIDS Summer Camps for the 2015 season
- Partnerships formed with Young Canada Works, Service Canada, CSL, Mgr Scheffer and St. Paul's school, CLC of St. Paul's River, CISSSBCN, CLD, Social Economy fund,

Caisse Populaire de Blanc Sablon & La Tabatiere, MNA, Quebec 4H, QeF/Basse Cote Nord en Forme, local businesses, arena in St. Augustine & La Tabatiere

- Advisory Committee maintained of partnering organizations to plan and prepare for the camps
- Community KIDS camp committees m established to oversee the operations of the camp
- Thirteen (13) student counselors hired for the 2015 camp season
- The Municipality of St. Augustine implemented the “Bring Back Play” program this year instead of the KIDS summer camp and it was very successful, due to funding obtained from MAMROT and CSL
- Special funding envelope provided by CRE and PARSIS to hire five (5) shadows for the KIDS camp in St. Paul’s & Blanc Sablon, accommodating five (5) disabled youth
- Supported the Au Naturelle Chevery camp and the Harrington Harbour swimming pool in 2015, due to funds obtained from MAMROT & CSL

Other Youth activities

- A project received from Service Canada , “Work Force of Tomorrow”. in partnerships with CEDEC, CSSSBCN, CSL, CLD, MRC, Quanglo Communications, Caisse Populaires & local businesses
- R2 project for drop-out prevention accepted and eleven (11) communities supported
- Avenir d’enfants project accepted and seven (7) part time animators hired to work in five (5) municipalities, communities of Kegaska, Chevery, Harrington, Gros Mecatina (La Tabatiere & Mutton), St. Augustine, Bonne Esperance (Old Fort, St. Paul’s & Middle Bay), and Blanc Sablon (Bradour, Lourdes & Blanc Sablon)
- Training session and countless number of work sessions held to develop the eco-systemic approach, funded to complete the triannual plan for AE and QeF for 2015-2018
- Three (3) interns hired through YMCA Internship program to develop digital media and communication in regards to health prevention/promotion, tourism and bio-products
- Continued to provide support to the youth centers across the Lower North Shore

Economic Development

Lower North Shore Bio-products Cooperative

- Board of Directors – six (6) elected officers maintained for the Lower North Shore Bio-Products Cooperative- *James Buckle- Coasters Association representative*
- Funding secured by LNS Bio-products Cooperative to put in place Wildberry factory in Municipality of Bonne Esperance
- Training provided to fifteen (15) people of St. Paul’s & Old Fort, on wildberry food processing, given by CSL

Lower North Shore Research Facility

- Proposal under development to put in place a Research Chair to aid in development of bio-products on the Lower North Shore with the University of Quebec-Three Rivers
- Three (3) year commitment of financial and technical support received from American Pharmaceutical Company Arclay to support development of a Research Chair on the Lower North Shore with the Lower North Shore Bio-products Cooperative and the University of Quebec-Three Rivers
- Three (3) science students (Karla Roberts, Jessica Poole, and Kristin Mader) from the Lower North Shore recruited to complete their master program in Environmental Science

Partnering organizations

- Meetings held on possible projects regarding the Feasibility Study by the Company Collineo, lead by the CLD, in partnership with the Coasters, MRC, I&S Seafood, Harrington Harbour Seafood Co-op, Shore Grow and Co-op Bioproducts Solidarity
- Meeting with ATR regarding the new strategic plan of ATR, and meeting with CEDEC regarding the Tourism 2025 plan
- Continued partnership with CoSte, as the lead promoter, in the implementation of the project ‘Actualize the LNS tourism development’, in partnership with Emploi Quebec, CLD, CEDEC, CRE & ATR; hired two Tourism Development consultants through the support of Emploi Quebec and Industry Canada
- Long-standing partnership with QLF on all their initiatives, and established partnership with Destination Labrador

Communications

- Continued to publish the Forecaster/Health Matters, and provided articles to the local newsletters (i.e. Gros Mecatina Times, Local Wave, etc..)
- Promoted and published the organization through PSA’s, interviews, etc... on the local radio, CBC radio, Radio Canada, Cable TV
- Continued to place information on the web page & facebook. The new web address is <http://coastersassociation.com>

In-office Activities

- Carried out all the office duties as stated in the annual report and more

Conclusion

Should any one request additional documentation or further information regarding any of the above-mentioned summary of activities, please feel free to contact the office at your convenience and we would be pleased to accommodate you. **THANK YOU.**

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