



# New Dawn Enterprises



2021-2022



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House Wine (6oz)	\$7.77
Domestic Beer (355ml)	\$5.25
Import Beer/Corona (330ml)	\$6.75
Bretton Brewing on Tap (16oz)	\$7.50
Bretton Brewing Tall Cans (473ml)	\$7.50
Wanda Folk on Tap (12oz)	\$9.00
Wanda Folk Tall Cans (473ml)	\$9.00
Wanda Folk Slubby Bottles (355ml)	\$8.00
Garni (2oz)	\$6.50



Hot drinks, meals, and snacks  
available at Cafe Marie

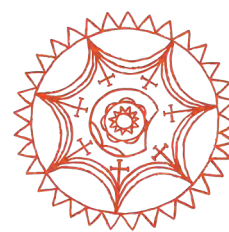
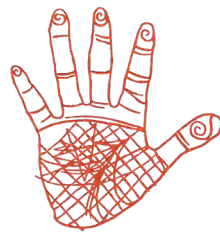
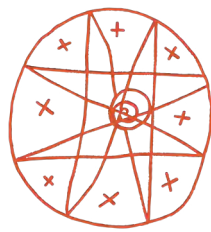


Eymu'ti'k Unama'ki, newte'jk l'uiknek te'sikl Mi'kmawe'l maqamikall mna'q iknmuettumittl. Ula maqamikew wiaqi-wikasik Wantaqo'tie'l aq q l'lamatultimkewe'l Ankukamkewe'l Mi'kmaq aq Eleke'wuti kisa'matultisnik 1726ek.

We are in Unama'ki, one of the seven traditional and unceded ancestral territories of the people of Mi'kma'ki. This territory is covered by the Treaties of Peace and Friendship which the Mi'kmaq first signed with the British Crown in 1726.

Ketu'-keknuite'tmek aq kepmite'tmek ula tela'matultimkip wjit maqamikew ta'n etekl mtmo'taqne'l. Ula tett, ula maqamikek, etl-lukutiek l'tunen aq apoqntmnen apoqnmaksim aq weliknamk Unama'ki.

We wish to recognize and honour this understanding of the lands on which we reside. It is from here, on these lands, that we work to create and support a culture of self-reliance and vibrancy.



## New Dawn Board of Directors

**CHAIR** Alex Paul  
CEO, Mi'kmaw Economic Benefits Office

**VICE-CHAIR** Kalie (Yujin) Wang  
Owner, Urban Grow Farms

**PRESIDENT** Erika Shea  
CEO, New Dawn Enterprises

Dr. Terry Gibbs  
Political Science Professor, Cape Breton University

Liam O'Rourke  
Social Entrepreneur

Dr. Laura Whyte  
Physician, Nova Scotia Health Authority

Maureen Baldwin, CND  
Associate Professor, Regis College







## Sharing Our Stories

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We are grateful to collaborate with photographers Corey Katz and Steve Wadden to capture the spirit of the people and work of New Dawn Enterprises. Thank you to all of our volunteers, artists, and community members featured in our Impact Report.

Photograph on cover and above of Murray Morris, Corey Katz, Clary Chambers, and Juan Tun (Photo by Riley Smith for the Nova Scotia Government)

## Message from The Chair



To start, I want to note that it has been an absolute honour to have served as Chair of the New Dawn Board of Directors for the past year.

It has been a pleasure to see the organization continue to grow its expertise and capabilities across all its divisions. This doesn't just help New Dawn improve the services we provide for community members, but also allows us to more effectively engage and participate in projects that strengthen communities across the island.

As we look back, it is important that we acknowledge the incredible contributions of previous staff and Board Directors. We would like to take a moment to thank all of those who have served the organization, and through it, the community. We are truly

standing on the shoulders of these giants. Wela'lioq.

Despite all we have achieved I have struggled with my Message from the Chair. It is difficult to look back at the previous year and identify one event or accomplishment as being the most significant for our organization and more broadly our community.

With that said, the work of the Board and executive team to help prepare the organization for the process of achieving national quality assurance accreditation with Accreditation Canada, does stand out.

New Dawn's Healthcare Division has been accredited with Accreditation Canada since 2018. Over the years, the process of preparing for and achieving Accreditation has improved every aspect of our operations including our governance.

Another highlight, of course, was the opportunity for the senior team to visit social enterprises in Scotland with colleagues from the Learning Enrichment Foundation in Toronto. This experience has provided our team with the opportunity to learn how other groups approach community development, to exchange lessons and experiences, and to find much need time to reflect. New Dawn's innovative approach to community development must continue

informed by its past, but resolutely focused on the future needs of our island socially, economically, and in a sustainable manner. New Dawn is not just about what we do, it's about "how we do what we do".

On behalf of the Board, I would like to thank the staff and volunteers of New Dawn for their hard work and dedication in bringing New Dawn's vision to life every day. To have the privilege to sit on committees with these folks, to see them in action is truly awe inspiring.

I want to thank my fellow board members, who continue to offer their time, share their counsel, guide our process, and shape our future.

Finally, I want to thank the community as a whole, particularly our clients and customers, from whom the organization continues to draw both its motivation and vision.

**Alex Paul**

Chair, New Dawn Enterprises



## Message from The President

This year has been one in which we've braved setting aside some of our natural skepticism. A year in which we've started to accept that the extraordinary growth we see in all directions is not a fluke, but the beginning of a sustained new chapter; one that had, in fact, been inevitable all along.

The world has discovered a great secret: the natural beauty, deep kindness, unfolding opportunity, and striking culture, landscape, and people of Cape Breton-Unama'ki.

This comes just in time, as five decades of steady outmigration and commercial decline had begun to threaten the viability of even basic services, and like a flywheel, as more people left it became harder for those who remained to stay.

Our turn in the road – the arrival of hundreds of newcomers, small businesses popping up like purple crocuses in spring, and visitors from across the world marvelling at the loveliness of the place we call home – call on us to think differently, to stretch ourselves to meet the challenges that are inextricably linked to the abundance we've been longing for.

Our neighbourhoods need more houses, our streets need more buses, our businesses need more employees, and our hospitals more doctors.

We're not the first community to experience sudden growth. From the arrival of Irish immigrants

to Toronto in the 1840s, to the influx of East Asians in Vancouver after World War Two, many before us have had to shift how they think about, and plan for, well-being in a changing community.

And though this is not Sydney's first population boom, the world has changed in important ways since many thousands arrived here in the early 1900s, called by the steady work of the coal mines.

As we come together now to imagine the kind of community we are creating, we know of the impacts of climate change, the economic, social, and political displacement of Mi'kmaw communities, the brutality of unfettered capitalism, the dangers of absentee ownership of our resources, the connectedness and commerce made possible by the world wide web, and the need to meet all those who are suffering with a deep wellspring of both compassion and action.

Being, as they say, "at the end of the earth," has brought its fair share of difficulties to Cape Breton-Unama'ki. But in this moment, our distance, or separateness, from the well-established growth and population poles of the country provides us an immense freedom.

We are free to take stock of our gifts – those here from time immemorial and those arriving on planes for the first time today,



to note the unintended (and then difficult to resolve) consequences of dated approaches to city building, and most importantly to name and let ourselves be guided by the values of the renewed Cape Breton-Unama'ki we are weaving together: justice, truth, self-reliance, sustainability, radical well-being, compassion, beauty, and community.

What an incredible privilege and immense responsibility it is to dream about this impending future and then set to bringing it into being with every project, every conversation, every apology, and all the ways in which we must change, and quickly, to meet the offerings of this precious moment.

**Erika Shea**

Chair, New Dawn Enterprises



# New Dawn

Community Engagement







New Dawn's Community Engagement division supports local people in thinking and acting together to address key challenges facing our community.

Over the past two years, the division continued to work with Community CARES Youth Outreach in the development of a youth-led community hub serving young people and families on CBRM's Northside, and in completing training in the Sustainable Livelihoods Framework, a participant-driven, asset-based approach to helping young people meet their goals.

The division also contributed to the work of Northside Rising, as it facilitated broad-based community mobilization on the Northside. Research was completed on the state of hope, agency, and trust on the Northside, and shared through a series of public talks and discussion guides.

New Dawn contributed to a review of Northside Rising's Substance Use Roundtable and development of a new phase of this work: a CBRM Safe Spaces Network that will help to build the supportive environments all people need for well-being.

Also in support of Northside Rising, New Dawn served as the charitable partner on two recent funding initiatives, one with the Catherine Donnelly Foundation to expand the Northside Changemakers program (building the capacity of local changemakers) and one with Bell Let's Talk to strengthen first-responder capacity to address mental health emergencies.


New Dawn continued its work on local food and food security which led to the development of two community research partnerships - one exploring the role of community food assistance programs, and the other promoting food security

by creating a stronger local food system.

Finally, two new areas of focus evolved for the Community Engagement division during this period: equity and social justice, and climate change. New Dawn's Social Equity and Justice Action Team is a working group addressing equity and justice goals in New Dawn's operations and its work in the community. Simultaneously, the division partnered with the Climate Change Task Force – Unama'ki/ Cape Breton, ACAP-Cape Breton, and other community groups to strengthen local action on climate change through learning opportunities and networking building.

Ongoing work by the division to create a local data portal has evolved to support these themes and to bring community partners together in efforts to create a local economy that is both more socially just and more environmentally sustainable.

## Community CARES Youth Outreach



While in university, Dorothy Halliday completed several community-based practicums. This experience led her to work in alternative education and then to the creation of Community CARES Youth Outreach (CCYO). The organization provides pathways for underserved young people to meet their needs and re-imagine their relationships and roles in the community. She came to understand that empowerment could best be achieved if they also had opportunities to help others and give back.

That was 23 years ago, and her relationship with New Dawn began soon after. Rankin MacSween, then CEO of New Dawn took an interest, offering both practical help and moral support. New Dawn Board Director Helen MacDonald, former NDP leader, was also a real asset, connecting CCYO with other community leaders. More recently, Eric Leviten-Reid, New Dawn Manager of Community Engagement, has served on the CCYO Board helping Community CARES navigate its way to a new operating model.

Dorothy explains that New Dawn had been, "Like a true, good friend you don't have to see all the time but is always there and accessible...but doesn't always get credit for help they give other organizations."

During COVID, CCYO hosted the Good Food Bus, and ran food programs (The Good Food Pack) in collaboration with New Dawn. Dorothy explains, "As a larger organization, New Dawn can source food more efficiently, while smaller organizations like us, on the ground, can bring it to the people."

The Community CARES building, a former school purchased in 2013, is a community hub with program rooms, workshop spaces, a commercial kitchen, and welcoming social spaces. The Love Life mural decorates the outside walls, and much care has been taken to make the place feel safe and vibrant.

Inside features a community kitchen, a growing outreach space, employment programs, as well as

regular recovery programs. Several organizations, including Family Place Resource Centre, rotate their programs through CCYO. The most recent addition is a women's wellness group.

During the pandemic, CCYO functioned as a hygiene station, where anyone could come for masks, gloves, wipes, showers, harm reduction supplies, and to connect with others. Dorothy points to a "deep poverty across generations, and an inability to get out from under it without a hand up".

These days she's particularly optimistic about a new Family Peer Support initiative at CCYO, one of two provincial pilot projects funded by the Department of Community Services. It's community-led, so the people who benefit help to shape it - exactly what the seemingly tireless Dorothy Halliday envisioned almost a generation ago.

Learn more about Community CARES Youth Outreach at: [communitycaresyouth.com](http://communitycaresyouth.com)



# Hurricane Fiona

In Cape Breton, and most of Nova Scotia, 2022 will be remembered as the year in which one of the largest storms in Canadian history hit Atlantic Canada. Hurricane Fiona barrelled into the Island in late September, leaving immense destruction and disruption in its wake.

New Dawn and New Dawn tenants fared relatively well with only superficial damage to most buildings. The historic Crowell's Building on Charlotte Street, however, was not as lucky, losing most of its roof and sustaining substantial interior water damage throughout the storm. Building tenants (apart from CBICI – the Cape Breton Island Centre for Immigration whose suite was untouched) were moved out to allow for demolition and restoration work.

In addition to building damage – experienced most acutely in the communities of Glace Bay and New Waterford – many in the CBRM were without power for upwards of two weeks. Though the warm fall weather was a blessing, being without electricity made basic tasks more difficult, and electronic and cellular communication almost impossible, and for many, the days were long and lonely.

For New Dawn, the Hurricane meant assessing and attending to our most vulnerable (Meals on Wheels and Homecare) clients, thinking about how we could deploy our resources to ease some of the immediate challenges (the Good Food Bus), and looking for ways to bring people together.

Eltuek Arts Centre was equipped with a modest generator, which meant some access to power, hot water, and device charging for staff and volunteers. Although this generator didn't allow for the full operation of the kitchen, it did allow for the Eltuek, Café, and Meals on Wheels teams to plan and execute a community barbeque for Northend and CBRM community members. We have since upgraded to a more substantial generator following Fiona, enabling the building to operate as a warming centre in future disasters/outages.

With less than 24-hours of planning and advertising, we welcomed more than 1500 guests for an afternoon of music, community, and conversation over delicious salads, charcuterie, soup, barbeque, and so much more. Though we'd set out to nourish bodies (with something other than peanut butter and bread, which had become a staple in the absence of electricity) the true gift was being able to connect and talk with others who had been through the same strange, scary, and difficult couple of days.

Thank you to Annette Verschuren, the Clean Foundation, the United Way of Cape Breton, and the Seton Foundation for their generous financial contributions to the community barbeque and New Dawn's broader food security response following Hurricane Fiona.





## Behind the Name

### Recognizing the First Language at Eltuek Arts Centre

In reflecting on the many moments of impact and change of the last two years, one we hold close to our hearts is the day of the Eltuek Arts Centre Naming Ceremony held on October 29, 2021. As the sun rose, Elder Lawrence Wells of Membertou led a sacred fire ceremony outside, sharing traditional teachings, songs, and stories. The celebration continued with a morning feast among friends. It was an important moment that gave space to creativity, kinship, and the real work of reconciliation, wherein the building became known as Eltuek Arts Centre.

Eltuek (êl-du-ehg), means "(we) are making (it) together." The (we) decides what the (it) will be. It could be a painting, a poem, a shared meal, a relationship; the list is endless. Eltuek Arts Centre means accessible and inclusive spaces for art, community, and social change.

This naming initiative came from a series of critical and transformative conversations held over four seasons by the Elders Advisory Group. In our conversations with the Elders, 'Eltuek' was chosen as a new way forward, where all can "work to create something together. We wanted to honour the traditional territory in which we work, Mi'kma'ki, and show our respect for the First People of this land, the Mi'kmaq, through the support and recognition of the First Language in the new name.

Eltuek Arts Centre is honoured to now share Eltuek and the story behind the name with everyone and invite you to join us on this journey of reconciliation in action. We share our deep gratitude to the Elders - Pauline, Dolena, Anita, Lawrence, and Ernest - for their gifts of friendship and for their tremendous care and consideration in all our gatherings. And to Robert for bringing us all together. Wela'liek.





Eltuek Arts Centre, a 36,000 square foot arts centre in Sydney's North End, aspires to provide artists and the community with an open, vibrant, creative, supportive, and experimental space for arts and social change. Our mission is to make space that nurtures creation, connects artists with each other and with the community, and invites engagement with the arts as a means of individual and community empowerment for a more honest and just society. Eltuek Arts Centre was previously known as The Convent | Ta'n etl-mawita'mk, which opened in February 2020 in the former Holy Angels Convent, ca. 1890. It was purchased by New Dawn Enterprises in 2012 and the 130-year-old heritage building is the largest adaptive reuse of built heritage in Cape Breton-Unama'ki. The building stands as a symbol of hope and renewal for a community that has struggled for more than 40 years to reinvent itself after the decline of the coal and steel industries.

Today, Eltuek Arts Centre features 21 private artist studios, the Annette Verschuren and Stan Shibinsky Open Studio with 22 artist workspaces, three gallery and exhibition spaces, community event rental space, Café Marie, New Dawn Community Kitchen, Meals on Wheels, and anchor tenants Nova Scotia Community College Music Arts Program, Celtic Colours International Festival, Nova Stream, and The Coast 89.7 FM Radio Station. All spaces allow for 24/7 secure access, 365 days/year.

To the Mi'kmaw ear it makes perfect sense. But, more importantly, it brings to life the work of reconciliation right here in Cape Breton and the CBRM. The relationships that New Dawn has developed with the Elders will last for a lifetime. I am just as proud of that as the new name.  
**The Honourable Daniel Christmas, Senator (ret.)**

Artists are often conduits for change and for truth - to call out the things that hurt, show us another path, inspire awe and joy and wonder, open our seeing and feeling and thinking to possible worlds. To be able to support artists and their work here in Cape Breton-Unama'ki is a dream come true.  
**Christie MacNeil, Director, Eltuek Arts Centre**

We see a future filled with opportunities to learn about each other in a space where it is safe to share who we are, a space where culture is supported, a space where we can think outside the box and into the circle where we all belong, a space where voices will be heard and a space where real change can happen.

**Robert Bernard, Indigenous Guide Consulting**

Our shared work centres on community development, on creating a vibrant, self-reliant, and healthy Island for all. The path to that desired future is a path of art, love, listening, self-reflection, humility, and just action.  
**Erika Shea, President/CEO, New Dawn Enterprises**



2021 marked the first full year that Eltuek Arts Centre was open as a creative hub. Four seasons to consider and contemplate, a global pandemic, and significant moments of creativity and collaboration that we will never forget. The year that Eltuek Arts Centre was named. The one in which we toured the Prime Minister through our halls - if on an iPad for now. Our inaugural exhibitions, programs, and events held and bound by the seasons of beautiful Cape Breton-Unama'ki.

We remember and celebrate 2021 as the year in which *Resonance*, the first outdoor sculpture and public artwork by Ursula Johnson, was installed at the main entrance of Eltuek Arts Centre. *Resonance* is made of steel, brass, and wood, including some from the hull of the original *Bluenose*, and pays homage to the historic sounds of Sydney's North End neighbourhood. The *Resonance* bell evokes the clamour of one hundred years of steel production, contrasted with the measured hours and discipline of Holy Angels Convent and School, and rings now for contemporary art and social change. If you have a moment of inspiration or creativity here, of epiphany or understanding, we invite you to celebrate it by ringing the bell.

Eltuek is becoming a home to creators and organizations

who have their own unique and fascinating stories. We host artists of all ages, styles, demographics, who work hard every day to create art and music and stories in a world not necessarily built for artists. Our anchor tenants work tirelessly to create opportunities through education, festivals and events, and broadcasting and new media. Our New Dawn family and community collaborators use Eltuek spaces every day to find creative ways to welcome, connect and care, grow, feed and house, members of this community.

This was no more evident during the aftermath of Hurricane Fiona. In September, the eastern coastal communities of Cape Breton-Unama'ki, experienced one of the most disruptive weather events in decades. Coined a 'once in a generation storm,' Hurricane Fiona blew over the Island in a rage of wind and rain, displacing residents from their homes, downing power lines, uprooting thousands of elder trees, and leaving some communities in the dark for over fifteen long days. In its wake, the storm left many without basic human needs – food, access to clean drinking water, ways to ask for care through family and emergency services. New Dawn was fortunate to partner with the United Way and Annette Verschuren to host a free community barbeque

on the front grounds of Eltuek, with staff working together to create and serve a variety of food from the New Dawn Community Kitchen. Over 1,000 people came to eat, share their stories, and take comfort in sharing a homecooked meal together.

What followed Fiona at Eltuek was *Broken Pattern*, an exhibition by artist Jude Griebel. This was our first art installation in Gallery 211, and our first time hosting a traveling exhibition. *Broken Pattern* ran from October 20 to January 9, 2023, and explored the human impact on our world, evoking our eco-anxiety around climate change, through sculptures and drawings. An especially potent show after the hurricane tore through our own neighbourhood. Over 2,000 people took in *Broken Pattern* during *Lumiere*, the annual Art-at-Night Festival, which was postponed due to the hurricane and hosted in its entirety at Eltuek.

In addition to exploring climate change through art and ideas, we have been working to ensure that Eltuek can be used by the neighbourhood and larger community as a warming centre. This will enable New Dawn to provide continuous food service through Meals on Wheels, as well as comfort, care, and community to the public for the storms that lie ahead – to weather, together.



The intent, detail, and respect that went into the transformation of Holy Angels Convent into Eltuek Arts Centre has been recognized for its impact in various ways. In 2021, we were honoured to receive a Built Heritage Award from the Heritage Trust of Nova Scotia. These awards call attention to excellence in the conservation of Nova Scotia's built heritage. In July 2022, the design team of New Dawn, Joe Lobko, DTAH, and Trifos Design was recognized with a Lieutenant Governor's Award for Excellence in Architecture. The awards, presented annually by the Nova Scotia Association for Architects and Lieutenant Governor of Nova Scotia, celebrate architectural achievements in the province and the way in which good architecture brings well-being to those who spend time in these thoughtfully designed spaces.

That same month, we were thrilled to receive Rick Hansen Foundation Accessibility Certification, making Eltuek Arts Centre the first building in Cape Breton-Unama'ki to do so. From the inception of Eltuek, our mission has been to create a space that nurtures creation, connects artists with each other and with the community, and invites engagement with the arts as a means of individual and community empowerment for a more honest and just society. An integral part of this mission is ensuring that Eltuek is a barrier-free space. Although our journey

with accessibility is far from finished, we are thrilled with how far the 130-year-old heritage building has come. Eltuek has been thoughtfully designed to meet people where they are and adapt to what they need. The future of Eltuek is one that creates space for those who have traditionally been left out of beautiful buildings. Going forward we hope to build accessibility and inclusion into every aspect of our operations.

We received a Community Impact award from the Cape Breton Regional Chamber of Commerce in late 2022. It was encouraging to receive this award in the context of building community in business, not only for reconciliation in action but to validate the work and intrinsic value of artists. Too often, artists are treated as an afterthought, offering art in exchange, or asking for something for free. In the Eltuek ecosystem, or what I've been called Eltuek ecologies, we aim to nurture relationships, or symbioses, within the building, across communities and territories. Relationships built on integrity, trust, and care take time, are slow building and burning, and require understanding and listening. And creating these relationships with artists also means paying them for their time and work. That is the difference we aim to bring to the discussion to the

creative community in Cape Breton-Unama'ki. As the late Mary MacDonald so aptly put it, Art = Work.

In 2022 alone, New Dawn contributed \$50,000 directly to the local artist community in professional fees to create art, take photographs, install art works, host special events, talk about art and community, commission public art, build benches and displays, create designs and art prints, and dream together of the work that this building will inspire. Our indirect contributions are three times that number. We also gratefully acknowledge project funding support from Canadian Heritage, ACOA, the Province of Nova Scotia, and Arts Nova Scotia for special projects, amenities, exhibitions, and public art for all to enjoy into 2023 and beyond. We are excited to show the community what's ahead, knowing it's just the beginning.

Every day at Eltuek Arts Centre is an opportunity to think of creative ways to build community, find ways to pay artists living wages and professional artist fees, and plan for the post-pandemic, bright future of these cultural spaces we steward.

Christie MacNeil  
Director



ELTUEK »





# We Do This Together

## Thank You

Through storytelling, poetry, visual art, sound and music, dance, performance, the arts can transform places, give people hope, start conversations, show people a way to see themselves and the world, connect, challenge, confront, bring joy, inspire with awe.

Your compassion and encouragement help to create a more vibrant and self-reliant Cape Breton-Unama'ki. Your generosity is supporting the work of artists and the creative community, every day.

We do this together. And we couldn't do it without you. Thank you.

Archway Insurance Inc.  
Aiman Ballan  
BMO Financial Group  
Cape Breton Credit Union  
Cheryl Card  
Paul Clarke  
Congregation of Notre Dame  
John Grant  
Joe Lobko and Karen Powers  
Ritchie MacCoy  
Ian Olton and RKO Steel  
Rankin and Marie MacSween  
Allan and Barbara Pace  
Dolly (Pauline) Peters  
J. William Ritchie and Family  
Santana Contracting  
Dianna Schwartz and Family  
The Art Room

A very special thank you to donors Annette Verschuren and Stan Shibinsky, without whom Eltuek Arts Centre would not have been possible.





## PROPERTIES »

New Dawn Properties owns and manages 157 apartments, including the homes and duplexes at Pine Tree Park, those that are part of its SHIMI (Supportive Housing for Individuals with Mental Illness) program, and those held through the non-profit New Dawn Housing Association. With the influx of international students and newcomers, New Dawn's housing continued throughout 2021 and 2022 at 100% occupancy.

In addition to its residential properties, the New Dawn Centre, and Eltuek Arts centre, New Dawn owns and operates four other commercial buildings (714 Alexandra, the Crowell's Building, 808 George Street, and 52 Nepean Street) that house the Nova Scotia Health Authority's Cape Base Program, the Family Place Resource Centre, Island Folk Cidery, Louann's Café, VMP, Talem Health, Dr. AK Munshi, and the Cape Breton Island Centre for Immigration.



## A Visit with Bernie Gillis

Bernie Gillis lives in MacLeod Heights, a collection of two-story buildings built by New Dawn to address the lack of affordable housing in Sydney in the mid-1980s. Rents are affordable, and New Dawn prides itself on the care poured into its properties. MacLeod Heights, as with all New Dawn's apartments, is home to a mix of tenants: young people, families, newcomers, international students, and seniors. Most are long-time tenants, who do for each other without being asked.

Many of the ground floor apartments have small gardens in front. Bernie says it wasn't always like that. Not long after he moved in, Bernie planted some flowers by the steps. Then with the cooperation of New Dawn Properties staff, a fence was moved, and a bit of soil was added. It began to look like a garden, and

his neighbours got into the spirit, a flowerpot here, some planting there.

Bernie knows the value of making things look good. He spent 30 years working in the hotel business in Ontario before moving home in 1991. Having worked in a variety of management positions, he set himself up as food and beverage consultant on the advice of Business Cape Breton (BCB). BCB wanted to see more professionally trained staff in the hospitality industry. Bernie took a proposal to the Principal of what was then the Adult Vocational Training, now NSCC. They'd been thinking about a course like this, and they hired him on the spot.

In the beginning, it was a six-week course focused on serving, but it expanded in length and breadth until it was a six-month course on

bartending, front desk services, and other aspects of the hospitality business. Bernie started doing onsite training at Keltic Lodge during the off-season, and his students often became staff there. He was kept busy with teaching, supervision of student placements, and the expansion of training to other restaurants.

Looking back, Bernie shakes his head at all he was doing to help build the tourism sector on the Island. Now fully retired, he says his apartment really feels like home. It's quiet, excellent for sleeping, a one-minute walk to the bus route, and New Dawn service is "A-1."

"I think I'm going to stay here as long as I can still take care of everything myself, and when my time comes, I hope to go to New Dawn assisted living."





New Dawn  
Properties







## At a Glance

Opened in **2012**

Square footage: **38,000**

**100%** occupancy in 2021 and 2022

**24** tenants renting **41** spaces

### New Dawn Centre Tenants

Coastal Golf  
Clean Foundation  
Cape Breton Beard Company  
Easy Golf Tour  
Futureworx  
3% Real Estate  
Maskwiomin  
Acadian Games  
7 by 7 Restaurants  
Innovacorp Makerspace  
Navigate Start-Up House  
Nova Scotia Business Inc.  
The Ann Terry Project  
Common Good Cape Breton  
YMCA of Cape Breton  
City of David Church  
Pathways Cape Breton  
Nova Scotia Seafood Products  
Ally Parsons Tattoos  
Soulvaria Virtual Reality  
CBU Co-op Study Club  
The Good Food Bus  
New Dawn Enterprises  
New Dawn Community Kitchen  
New Dawn Homecare  
New Dawn Community  
Engagement  
New Dawn Human Resources  
New Dawn Properties

## The Northend Food Cupboard

The New Dawn Centre is honoured to be host to the community owned and operated Northend Food Cupboard and Community Fridge. Early in the pandemic, a small homemade cupboard was fastened to one of the trees lining the grounds of Eltuek Arts Centre. Very quickly this small cupboard became much loved and used, both by those stocking it with food and toiletries daily, and those picking up what they needed.

With sustained use, it became clear that the cupboard was too small. A community group made up of volunteers from the Northend and throughout the Cape Breton Regional Municipality designed and installed a larger cupboard, which features an awning to protect the supplies from the elements, and a community fridge.

The refrigerator, donated by New Dawn, not only improves food

safety but allows for a greater variety in food donations. New Dawn staff worked with the volunteer group to ensure that the new location was accessible, safe, and private.

Cafe Marie and New Dawn Meals on Wheels stock the community pantry and fridge with baked goods, perishable items, and cooked meals, whenever possible.



## Anne Terry Society



Katelyn is a program coordinator for the Ann Terry Society, a tenant in the New Dawn Centre since 2016. The Society chose the site because it provided combined classroom and office space, but they've found other unexpected benefits as well.

As one of several organizations working for social change in the building, staff feel very much at home among the New Dawn divisions and the other tenants, and their clients enjoy a camaraderie with the visitors, small businesses, and organizations working in the shared space.

Over the last six years as a New Dawn Centre tenant, the Society has partnered with New Dawn on work placements, offering their clients meaningful and

practical career experience. Ann Terry clients have shared their skills and time with New Dawn Homecare, Meals on Wheels, and the Cape Breton Island Centre for Immigration.

Because the Ann Terry Society provides specialized, women-centered career services for women who face barriers to employment, they focus on the person and how to help each in the most effective way. Katelyn says that sometimes that means "helping women recognize the skills they have acquired from living" that they might not be able to see.

The Society is extremely effective. In 2020, despite the challenges brought on by the Covid-19 pandemic, they had an 80% client success rate. Most of their

clients either remain in their job placements or return to school for training in fields they've learned they can succeed in.

Katelyn loves her work because she knows the barriers women face. She herself was a client of the Society, went on to get a BACS degree from CBU, and is studying for an MBA in Community Economic Development. Now Katelyn gives back, working with women who need the kind of help and advice she can give, "you're not only changing their lives, but you are also changing the lives of an entire family."

The Ann Terry Society can be found in the New Dawn Centre. You can learn more about their work by visiting their website: [annterrysociety.com](http://annterrysociety.com)



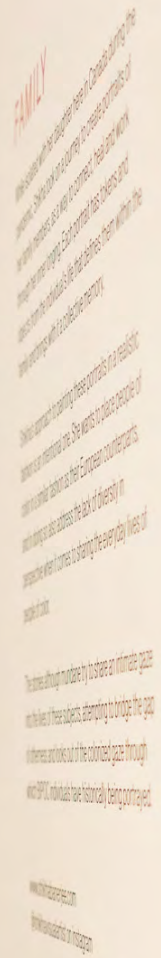






Robyn Young, artist, designer and community organizer,  
working out of the Sydney Makerspace in the New Dawn Centre







For the last six months of 2022, from June through the end of December, New Dawn piloted a Reduced Hour Work Week for all fulltime staff.

This approach (rather than the more traditional, but similar four-day work week) allows the many different divisions of New Dawn (and the many different people who make up New Dawn) to create schedules that best meet the needs of clients, the community, and the division.

The initiative grew out of a desire to see if we might strike a better balance between our work, home, family, and personal lives, recognizing that life is busy and getting busier, and

we're all carrying more tasks,  
responsibilities, questions, burdens,  
and priorities as we emerge from  
two COVID-dominated years.

The goals of the pilot included:

- Taking proactive steps to prevent workplace burnout
- Creating a workplace culture that prioritize balance between the work and home lives of employees
- Reframing how we think about work, from hours in office to responsibilities and outcomes to achieve
- Reflecting on the way in which Western culture connects worth to productivity, and thinking about the other needs and gifts we have that create whole and balanced lives: friends and family, connection and relationships, health and wellbeing, civic and community contributions, among others
- Continuously striving for the values of care, flexibility, responsiveness,

self-determination, and accountability in all that we do: for and with our employees, clients, tenants, and community

New Dawn undertook its pilot alongside similar, simultaneous pilots at the Impact Organizations of Nova Scotia (IONS), Cape Breton Centre for Craft and Design, and the Ecology Action Centre.

Together, the four organizations engaged Dr. Stephanie Gilbert, Associate Professor of Organizational Management at Cape Breton University to design and deliver a series of baseline and check-in surveys throughout the pilot to gather feedback from staff on whether the pilot was achieving its objectives. The feedback from staff was overwhelmingly positive and led to the late 2022 decision to make the Reduced Hour Work Week a permanent feature of the organization on January 1, 2023.



# Glace Bay Youth and Community Centre

In the summer of 2022, New Dawn joined MP Mike Kelloway, Provincial Minister of Youth and Mental Health, Brian Comer, and MLA, John White, at Undercurrent Youth Centre in Glace Bay to announce \$9 million in funding from the federal government and \$6 million in funding from the provincial government towards the construction of a new Glace Bay Youth and Community Centre.

The new Centre, to be built on the corner of Reserve and Union Streets, and will:

- Provide daily free programs for children, youth, teens, families, and seniors
- Provide well-equipped spaces for arts, entrepreneurship, recreation, and technology
- Connect youth with

adults, mentors, volunteer, employment, and other opportunities

- Bring together multiple Glace Bay community-serving organizations in one space
- Provide life skills classes, parental supports, and function as a community family hub
- Be a driving force in the revitalization of downtown Glace Bay and the Glace Bay community

While consultation with the community and anchor tenants are ongoing, we expect that the building will include:

- Multi-use space for programming for youth, families, and seniors

throughout the day

- Indoor and outdoor playgrounds and recreation space: volleyball, floor hockey, skateboarding, basketball
- Creative Lab and Maker Space for children, youth, families, and entrepreneurs
- Commercial kitchen for programming and entrepreneur use
- Community meeting spaces, art spaces, music spaces
- Outdoor greenspace
- Toddler/nursery area
- A community café

Construction will begin in 2024 with the Centre to open in 2025/2026.





## New Housing Development

In 2022, New Dawn added housing development to its housing operations work, with the welcoming of Alyce MacLean to the New Dawn team.

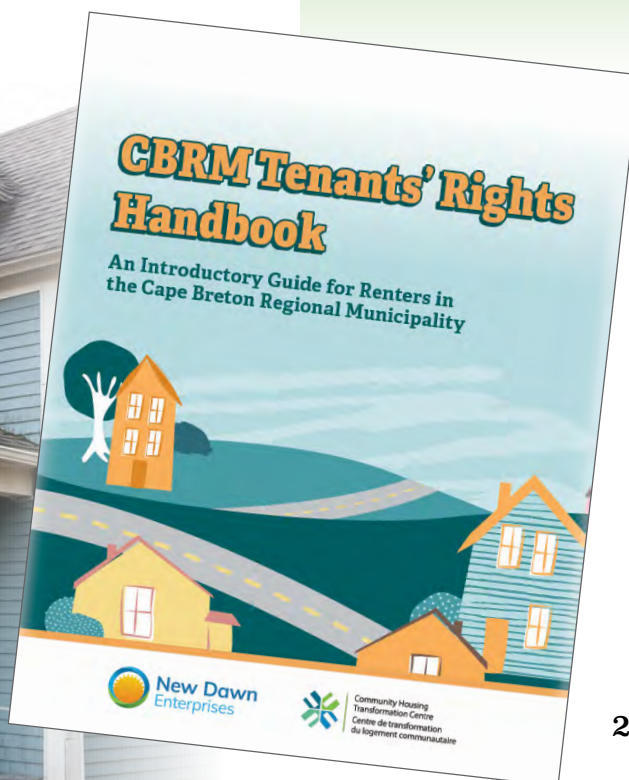
This housing development work include researching and drafting a housing plan for New Dawn that considered best practices in affordable housing across the country and emerging opportunities in the CBRM, working with the Town of Port Hawkesbury and Strait Area Chamber of Commerce to create a Town of Port Hawkesbury Housing Strategy, making an application to the CBRM for the creation of a new 24-unit housing development for vulnerable residents (in partnership with The Ally Centre), and leading the analysis of redevelopment and densification opportunities for Pine Tree Park with support from Happy Cities and Purpose Driven Development.

New Dawn's housing development work in 2022 also included the public-facing Tenant Education, Empowerment, and Advocacy project led by Claire Maxwell which, with support from the Community Housing Transformation Centre, set out to engage tenants, create materials, and educate the community at large about the rights and responsibilities of tenants in Nova Scotia. With the demand for housing at an all-time high, and vacancies at an all time low, the creation of spaces for tenant conversation and education felt like an especially timely and important undertaking.

This work entailed more than a dozen workshops throughout the CBRM and the creation of a CBRM Tenant's Rights Handbook which was distributed to organizations across the CBRM and can be found at: [cbrmtenants.ca](http://cbrmtenants.ca)



Thanks to support from the Clean Foundation, two EV chargers for public use were installed on the west side of Eltuek (off York Street between Eltuek and the New Dawn Centre) in 2022.





# New Dawn

## Guest Home/Home Living

The staff and residents of the New Dawn Guest Home and Home Living continued to feel the impacts of COVID-19 in early 2022, waiting for the pandemic to break as it dampened their typically active work, volunteer, visitor, and recreation schedules.

A day trip around the Cabot Trail, Rib Fest, and Making Waves were the highlights of the summer, and additional in-house activities:

a Halloween party, Christmas dinner, Canada Day celebrations, bingo, card games, board games, crafts, and pizza parties - sprung up throughout the rest of the year to make up for those quiet early days of 2022.

A special heartfelt thank you to the Sydney Sunrise Rotary Club and the Sydney Lions Club for the care, time, thoughtfulness, and joy they bring to activities, residents,

and staff at the Guest Home. Lastly, 2022 brought the opportunity for the New Dawn Guest Home to join the Nova Scotia Department of Community Services' Preferred Provider List (PPL). The PPL is an inventory of organizations who have been vetted to build new community-based and integrated accommodations for adults with physical and/or intellectual disabilities.





## Rene Beaudry

When he first moved here nineteen years ago, Rene liked to walk around exploring the city, but because of a series of seizures can't go out on his own now. He misses it. "The One Above is protecting me all my life". Rene explains that he was an altar boy, and his favourite thing was to ring the bell.

Living in a group home is better than living with relatives, he says, because the workers are more kind, more polite, and more caring. They try to get him involved in activities. "I'm doing all in my power to not. I'm like my dad, I'm stubborn. It would be good, but I don't."

There are organized activities offered, things like pottery and drawing, but Rene's interest lie elsewhere. After going through a counselling program, he was invited to participate in peer counselling, which he did because he likes to help other residents.

After supper residents can play movies in the common room. Rene usually organizes this, "Because I know how to set it up". Residents vote on the movies. Rene himself likes all kinds, but his favourites are the ones based on true stories, and action movies.

Some residents enjoy karaoke, but Rene prefers just to sing and play. He has a good voice and with his guitar plays old rock and roll (Eagles, Lynyrd Skynyrd, and Kiss), along with traditional Acadian songs. He hasn't been playing recently and other residents mentioned that they really miss his singing.

Rene says, "When we have an open house, I set up the tables and chairs and arrange things. Sometimes there are crafts on display, but I am not into crafts". He prefers Bingo and Auction 45s but doesn't compete to win.

"So far, I like it here. My bedroom, I bought pictures, and I decorated it. I have a picture where you must find things, like Find the Horses". Rene takes pride in keeping his room – which he refers to as his apartment – neat and tidy.

He likes the way he's treated, "They are not strict here, they are honest and sincere. If I'm doing something wrong, they tell me, and I make the correction. If I have a complaint I write it down, a report, and tell them about it".

"At a certain time, I'll have to move out. The One Above will know. I'll stay here as long as I can, and if I go to another place, I would like to take my picture if possible".



## At a Glance: 2022

**29** Residents and 1 Respite Bed at the New Dawn Guest Home

**18** Residents in New Dawn's six Home Living Duplexes at Pine Tree Park Estates

**19** Guest Home Care Staff and 6 Contracted Live-In Home Living Caregivers

**100%** Occupancy at the New Dawn Guest and 98% at Home and Home Living





## Mary Campbell

"I went to blind school when I was five and a half. I cried when my parents brought me there. Then I cried when I left for home at 21."

Returning home, after so many years away, Mary Campbell found it difficult to meet people. "I made my own decision to move to New Dawn Guest Home. It broke my dad's heart, he cried but he understood, he knew I like to be around friends. I knew people here, from taking the Handi-Trans. I was never homesick.... I remember the first day I came, it was spilling down rain, and I was getting hugs and kisses from the ones I knew, and there was a church group that came to play, and a one-man-band."

Mary plays cards, bingo, monopoly, and participates in the karaoke sessions. She loves

outings, and especially heading out with family. Last summer she went on a bus tour around the Cabot Trail with a group of residents and staff.

Mary goes curling once a week, and several times was part of the team travelling to Ottawa for the Canadian Vision-Impaired Curling Championship. One year the team won silver, and another year came back with a gold. She remembers being called to the podium, "walking in, everyone was clapping. It was very emotional experience."

Her favourite outings, though, are to concerts. Mary lists the names of those she's seen: Johnny Reid, Rita, Bruce Guthro, Lenny Gallant, Terry Kelly, John Allan Cameron. She's got her eye on the summer events at the Savoy Theatre in

Glace Bay. She says she keeps track of all the concerts.

Mary learned guitar and piano at school and continues to learn and practice on her own. She plays by ear and sings, mostly country and folk, for the residents and visitors. She learns new songs from YouTube, using Siri and voice-to-text commands to navigate. "Everybody loves my singing, I can tell when they're enjoying it, but I don't like it when people talk."

She's planning to go back to school and would like to get her GED and graduate, an option that wasn't available to her when she was at school. And after that? "I may discover something down the road, but I just want to do it for myself."





New Dawn Meals on Wheels is a charitable, volunteer-driven division of New Dawn committed to fostering independence and quality of life.

Each year, New Dawn Meals on Wheels provides more than 20,000 hot and nutritious meals to people in our community who are unable to prepare meals for themselves: seniors who are aging at home, community members living with disabilities, and those recovering from illness and injury. All meals are delivered to the doorstep by a team of friendly and dedicated volunteers.

Research shows that healthy eating promotes not only physical health but general wellbeing. It reduces the risk for chronic diseases at older ages, and to leads to increased autonomy

In 2022, New Dawn Meals on Wheels welcomed new Program Coordinator, Sara Roth, who brings her passion, compassion, deep and broad experiences in community building, and expertise in local food production, to the Meals on Wheels team.





## Ralph Urqhart

Client

**"It's like I have an umbrella sheltering me when those people come. I don't take this for granted." – Ralph Urqhart**

Ralph Urqhart is 74 and has been a client of Meals on Wheels for the last two years. "When I was growing up, I never stepped into the kitchen, my mother was in charge there. And then when I was married, my wife stayed home and I worked, so I never learned to cook."

When he found himself single, Ralph was too busy to learn to cook. "I was what you'd call a workaholic," he says, and there were fast food outlets close to his workplace, so after a long day he would pick something up on his way home at night.

"I never ate healthy when I was working."

Things changed when he had a heart attack. When he left the hospital, he had to change his eating style. He started learning to make meals for himself, "I'm not much of a cook," he says, "but people like my pasta." After a cancer diagnosis, though, meals became a challenge. He was too fatigued to cook every day or plan nutritious meals.

A friend recommended New Dawn Meals on Wheels. "The food is heart healthy, and I know

it's good for me. There's lots of variety and fresh vegetables. It's comfort food, but healthy."

Ralph gets meals delivered four days a week and his favourite is the turkey dinner with potatoes and vegetables and "not too much gravy." He thinks the service is a blessing for people with limited mobility or not much family support, and the subsidy makes it affordable for those on fixed income. "It's like I have an umbrella sheltering me when those people come. I don't take this for granted."

## At a Glance: 2022

**220** Individual clients served

**20,424** Meals prepared and delivered

**\$149,844** In subsidy provided to those for whom cost is a barrier

**4,500** Volunteer hours per year

**72** Volunteers



## MEALS ON WHEELS »

### Linda Crocket

#### Volunteer



Linda Crocket has delivered Meals on Wheels for over twelve years, since moving back after 40 years gone from the Island.

It was always something she'd wanted to do. Most of her other volunteer commitments involve sitting on boards and looking at policy and procedures. Meals on Wheels allows her to contribute in a way that is easy and effective, and to meet and interact with the people she's helping.

A member of the Sunrise Rotary Club, she subscribes to the Rotarian motto: Service Before Self, but notes that while she's serving vulnerable people, she feels she has gained much as well.

She has grown very fond of her clients and tries to be helpful to

them. "Sometimes I was the only one they saw that brought some joy that day. And that brought me joy."

Each volunteer is assigned a route, often close to their home, and given a list of clients. They go to the New Dawn Community Kitchen to pick up the dinners, which are stacked in order and labeled. After dropping them off, Linda heads home and brings the warming bags back on her next delivery day.

Linda delivers on her own and doesn't mind it, but there are some couples who work as a team to do deliveries, one driving and one acting as the 'runner'.

Because deliveries happen during the day or just at the end of the workday, most of the volunteers have been retirees,

and Linda notes with a smile that some of her clients are younger than she is.

Several improvements have been made in the service since she started, notably the packaging, which is much more convenient now for both the volunteers and the clients, and the food, which she points out is "fabulous!" and very nutritious. She asked several of her clients if they'd noticed a difference in how they felt since signing up for the service and they said felt much better.

She says that the dinners are always ready on time, and she has never had to wait, and points out that this respects volunteer time and shows how much New Dawn values its volunteers. "It's very well managed by some lovely, smart people."



## Feeding a Community

The work of New Dawn Meals on Wheels and the New Dawn Community Kitchen would not be possible without the generous gifts from members of our community here and abroad.

Your commitment to the well-being, health, connection, and empowerment of people across Cape Breton-Unama'ki fuels our work, our hearts, and the strengthening of our Island. Thank you.

AB Mechanical  
Emily Johnson Allan  
ARL Mechanical Ltd.  
Drew Tyler Baxter  
Wendy Bergfeldt  
Amandeep Bhatia  
Janet Bickerton  
Jeff C.T. Bond  
Reed Boudreau  
Norma Boyd  
Christopher Brace  
Susan Burchell  
Wilfred Butler  
Anne Sophie Brieger  
Debbie & Brian Calabrese  
Jeannine Cameron  
Travis J. Campbell  
John Campbell  
Myrtle Campbell  
Kristi Carmichael  
James Carocci  
Shirley Chesal  
Stephen Kyle Cipak  
Debra Clarke  
Susan M. Coady  
Tony Coady  
Kathryn Cogswell  
Andrée Crepeau  
Linda Crockett  
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Jean Crosby  
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Green Diamond Equipment  
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Joseph Larade  
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Paul MacInnis  
Emilie MacIsaac  
Shauna MacKeigan  
Sheldon MacKenzie  
Lorraine MacKinnon  
Janet Mackinnon  
Eileen MacLennan  
Marina MacLennan  
LeeAnne MacLeod-Archer  
Florence MacNeil  
Christie MacNeil  
Brian MacNeil  
Seonaid MacNeill  
Heather MacPherson  
Rankin & Marie MacSween  
Stephanie McCormick  
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Wayne McKinnon  
Kyle McPhee  
Gerald Moore  
James G. Mugford  
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Leonard Murray  
Michael Nearing  
Erin O'Brien  
Carl O'Neil  
Kenneth O'Neil  
Nadine Paruch  
Minh Sang Pham  
Mary Reid  
Ardelle Reynolds & Mike Targett  
Joseph Roberts  
Emily Rosta  
Hugh Henry Scott  
Erika Shea & Rob Calabrese  
Maureen Sullivan  
Laura Syms  
Claudette Taylor  
Remax Park Place  
The Auction Hut  
The Nova Scotia Liquor Corporation  
Steven Thorington  
Claire Turpin  
Muhammad Usman  
Leonard Vassallo  
Joline Vassallo  
Sabrina Vatcher  
Annette Verschuren  
The Walsh Family  
Kalie Wang  
Joan Weeks  
John Whalley  
Dr. Laura Whyte  
Ge Yang  
Margaret Young

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The United Way of Cape Breton  
Employment and Social Development Canada  
(New Horizons for Seniors)  
Nova Scotia Communities, Culture, and Heritage  
(Age Friendly Communities)  
Nova Scotia Department of Community Services  
CBMIC (Patio Lanterns Fund)





# CAFE MARIE





## Welcome Cafe Marie Cafe and Catering

A Better Bite Cafe and Catering opened three years ago, during the pandemic, with many restrictions in place and limited capacity. We have grown and evolved over the past few years and are excited to take this opportunity to reintroduce ourselves as Cafe Marie.

The Convent became Eltuek Arts Centre in 2022 and in 2023 we will become Cafe Marie. We are an evolving creative centre, and the cafe is the gathering space for artists, tenants, community, and visitors to the building.

We have worked closely with a beloved graphic artist – Paul Hammond - on our new logo and branding; it is fun, bright, sweet, playful with an emphasis on community, food, and home.

Marie is someone you know, everyone knows a Marie – your sister, an auntie, a kindred spirit, your new BFF.

Our journey to this name was inspired by one Marie in particular, but we know the name and the space will be welcoming to, and connect with, all – whether in search of a one-of-a-kind sandwich, a bright place to lunch with friends, or a warm and familiar place to work for a few hours.

### Why Change the Name?

We like the creative process; our cafe is situated in an arts centre, and we saw an opportunity to be creative and collaborate with an artist. The timing was good for a refresh, a new year, relaxed Covid restrictions, and we've achieved a lot in the past few years. A reason to re-evaluate and move to the next step.

Our menu is made in house with love by our team of culinary artists. We feature simple dishes that focus on fresh vegetables and farm goods, served from morning to late afternoon.

Cafe Marie is a social enterprise cafe. Any revenue generated is invested back into New Dawn Meals on Wheels, which provides affordable and nutritious food to those in need.

We are located on the second floor of Eltuek Arts Centre, is a renovated historic property in the North End of Sydney and a centre for contemporary art, culture, and community.

There are special events and happenings regularly at Cafe Marie to celebrate the spirit of art and community. Follow us on social media to learn more @cafemariECAFE

For the latest Cafe Marie Cafe and Catering menus, please visit our website at: [cafemarie.ca](http://cafemarie.ca) or send us a note at: [hello@cafemarie.ca](mailto:hello@cafemarie.ca)



## GOOD FOOD BUS »

The Good Food Bus is a market on wheels for everyone in all communities, making it easier and more affordable to eat a greater variety of fresh foods. Vouchers are available for those in need to help offset the cost of purchases.

In addition to hosting more than 100 markets throughout the Island in 2022, the Good Food Bus hosted its annual Christmas Market at Eltuek Arts Centre, welcoming more than 300 people to the barrier-free event. The Christmas Market offers food, cooking supplies, and recipes in a relaxed shopping setting that prioritizes choice, dignity, and inclusion in the winter holiday season.

A partnership with Feed Nova Scotia, allowed the Bus to host a series of 15 markets in locations throughout Eskasoni, serving more than 500 customers, and getting to better know the needs and wants of Eskasoni community members when it comes to fresh and affordable produce.

The Good Food Bus would not be possible without the encouragement, trust, and financial contributions of our partners and funders:

- Feed Nova Scotia
- Nourish Nova Scotia
- The United Way of Cape Breton
- Province of Nova Scotia
  - Communities, Culture, Tourism and Heritage: Building Vibrant Communities
  - Communities, Culture, Tourism and Heritage: Age-Friendly Communities

Our annual Christmas Market would not be possible without the generous donations and contributions of:

- WICO
- Breton Wealth
- ARL Mechanical
- Feed Nova Scotia
- Nourish Nova Scotia
- The United Way of Cape Breton
- Alice's Table/The MacCormack Family Fund
- Santana Contracting
- Rising Youth Grants



## At a Glance: 2022

<b>103</b>	<b>Markets</b>
<b>2230</b>	<b>Customers</b>
<b>20</b>	<b>Communities served</b>
<b>\$22,047</b>	<b>Total sales</b>
<b>\$20,798</b>	<b>Client subsidies</b>





## « GOOD FOOD BUS

### Helen Ann Burrows

Customer

Helen Ann is a mature student at Cape Breton University, in the Business Administration program. A long-time Glace Bay resident, Helen Ann loves to cook and bake, and she's been using the Good Food Bus since it started three years ago.

She was introduced to the service by a Facebook post shared by a friend and was first attracted by the reasonable prices and the convenient location. After using it a few times she was drawn in by the sense of community.

The staff working on the bus are friendly and welcoming, "they talk to you, and you want to come back to see them. They recognize you and say hello. It's like a family environment and I really enjoy it." The staff can help to compare or highlight different fruits and vegetables, answer questions about what to do with items, and provide encouragement and cooking tips.

Because she lives alone and likes to try new things, she appreciates not having to buy perishable fruit and vegetables packaged in

large quantities and the resulting food waste. And she likes that the schedule, along with products and their prices, is posted on the Facebook page, so she can plan her purchases, and stop on her way home from school.

Last year, the bus brought seeds and plants, which were very popular. This year they've added some bulk items. "They always have lots of stock, I don't think I've ever seen them run out, even at the end of the stop they had what I was looking for."



### Alika Soni

Volunteer

Alika came to Cape Breton in 2019. She was a dentist in India but getting a dentistry licence in Canada (or having her credentials recognized) is a long process.

Instead, she focused her efforts on a Public Health degree from Cape Breton University, looking for work in her new profession, and working at a local call centre in the meantime.

Asked about her first impression of Cape Breton, she says, "At first it seemed small to me. And I was looking for the mall. But then I got used to the peace, and I didn't want to leave."

She started volunteering for New Dawn during the pandemic, assembling Good Food Packs for distribution. "It was fun, I joined for community involvement, and I wondered if they would have the fruit and vegetables I was used to in India."

Alika found the Good Food Bus a good way to get to know the area, especially smaller rural communities. "I grew up in a city, so I never thought of how it was living in such a place, far away from shops." She points out that people "used to buy fresh food once a month, so tended to have frozen food. Now they can have

fresh food all the time. It reminded me of being a dentist in India, we used to go on buses like this, using coupons and discounts and offering dental care to people in rural areas, especially disadvantaged people."

She enjoys discussions on how to make the Good Food Bus even better, "fresh produce is for health. Once you get to know it, it's a benefit for everyone, nutrition-wise, cost-wise, everything."

"I wanted to make a difference, and you can't do that working at a call centre."









## Hello Cape Breton

The 2022 Hello Cape Breton (HCB) Festival was celebrated as an indoor/outdoor event at Eltuek Arts Centre and featured six hours of music, entertainment, and sharing of culture. This included world class performances by local and international talent.

Elder Lawrence Wells, and traditional Mi'kmaw storyteller Graham Marshall from Membertou First Nation, opened the day with a smudging ceremony and shared stories of the history of the First Peoples of Unama'ki.

The Festival offered delicious food from five international food vendors and unique gifts and goods from local and international crafters and artisans. The popular Cultural Exchanges room had displays representing several different countries and was hosted by residents of those countries.

Hello Cape Breton once again proved to be a vibrant celebration of both differences and our shared humanity, with more than 1,400 visitors throughout the day.

## 2022 Highlights

- 678 clients: 182 nonstudent newcomer clients and 496 international students and their families
- One-on-one supports services provided to 401 international students
- 70 non-student clients obtained their permanent residency in 2022
- 5 non-student clients received their Canadian Citizenship
- 106 clients were supported through their AIP (Atlantic Immigration Program) process
- 37 local employers received information and support in relation to the AIP and their respective role within the program
- 95 students participated in tours to Goat Island, Membertou Heritage Park, Ski Ben Eoin, Inverness, Cape Smokey, Baddeck, and Friends United Art Gallery (Richmond)
- 198 clients, students and non-students, took part in workshops/events/activities including First Aid CPR, CBDC information session (small business development), resume building, immigration pathways, CRA Tax Clinics, financial literacy, games night, potlucks, and a luncheon with the Mayor
- 316 international students and their spouses attended a CBICI job fair
- 14 clients used the CBICI space for movie nights, birthday parties and faith gatherings/celebrations
- 23 clients, student and non-student, attended a conversation club to supplement language learning



## Tabassum and Akib Bhati

Newcomers

When Tabassum Bhati came from India to Cape Breton as a student in Public Health at Cape Breton University, she'd arranged for a room in a shared house. After her first semester, she was allowed to sponsor her husband Akib. He arrived ten months later, and quickly found a job at a call centre. Tabassum graduated in December of 2020, and they now live in a small apartment, with Assim, their son.

Tabassum says her first impression of Cape Breton came from a visit to Service Canada, "everyone was so nice - opening doors, respectful, interested, and professional."

Akib had visited Winnipeg and Toronto but found a difference in Cape Breton, "People here greet

you, even the bus drivers. And the bosses have no attitude of position, they value employees".

He says that India and Cape Breton have the same strong family culture, and similar values. Akib has a work permit at present, but once he can secure his permanent residency, he'll be able to write the exam to get his engineering certification. He notes that in India civil engineers spend time learning how to manage extreme heat (50C) in their homes and buildings, but in Canada it's extreme cold that's the challenge.

They share cooking duties, and at first, they asked for some spices be sent from home. "Now we tell them we are finding everything, but they still want to send, to take care of us".

The Cape Breton Island Centre for Immigration was recommended by co-workers, who were also friends from home. Because Amandeep, one of the Centre's Retention Facilitators, is from Punjab, he can assist with application support, while navigating both language and technical issues.

"The [CBICI] office feels like home over here." They've had help with immigration services, but they've also had assistance with job fairs, job applications, CPR courses, finding childcare, and even arts and culture activities and other points of interest. "They are angels for immigrants," Tabassum says.

**"The [CBICI] are angels for immigrants."  
– Tabassum Bhati**







## Home, Under Renovation

Lodi Deeb and Fadi Hanna are both from Syria. Fadi worked in Dubai for over twenty years and Lodi moved there soon after they were married. Their son Joseph was born in Syria, and daughter Maria in Dubai. But in Dubai, they were required to apply for residency every year, as foreign workers attached to a particular company.

When war broke out in Syria, they knew they wouldn't be able to go back. They had heard Canada was safe and good for children. Fadi contacted a cousin in Canada, as well as the Canadian Consulate in Abu Dhabi. The Consulate suggested sponsorship by the Anglican Church of Canada, and they decided to make the move for Joseph and Maria.

Lodi, Fadi, Joseph, and Maria arrived in Sydney in June 2017. Maria was three and Joseph was six at the time. Fadi had worked in real estate in Dubai and knew he could put his skills to use in here in their new home. He bought his first property for renovation only eleven days

after their arrival. There were many things to learn about and get used to, but it helped that Fadi's cousin was nearby in North Sydney.

They contacted the Cape Breton Centre for Immigration, where they met Nadine who has been their guide and friend ever since. Their citizenship application required language lessons and assessments, but they progressed quickly in their small classes. Though, because they were applying as a family, the process was complicated. That's where Nadine came in. "We appreciate everything she did. And Amandeep is a computer expert, he helped with the online application".

Lodi has been granted her citizenship, and Fadi is waiting for another language test. The children adapted quickly. Joseph had learned some English before arrival and doesn't remember it being hard. But he remembers how excited he was to see snow for the first time. Maria remembers very little about life in Dubai, and says her school is the

best thing about Canada, "I have best friends here".

Lodi first worked as a school playground supervisor, and now works at Walmart. Fadi had driven a car for years, but Lodi had never driven. She found that life in Sydney River, with a job and children in school, made it important for her to learn, so she's taking lessons now. Lodi still cooks Syrian food but enjoys some typical Canadian dishes like turkey dinner.

She and Fadi are both from villages in Syria, so are happy to live in a smaller community and appreciate being close to nature. They still have family in Syria who they haven't seen now since 2015, but they stay in touch with daily video calls, and look forward to the time when they can visit.

They are both grateful for their kind and helpful neighbours. Fadi says, "The air is clean, and it smells good, and there are four seasons like in Syria".



# New Dawn Homecare



Luci Mendez-Sanchez, New Dawn Homecare



## At a Glance: 2022

<b>81</b>	<b>Frontline staff</b>
<b>3</b>	<b>Transportation clients</b>
<b>94</b>	<b>Personal care clients</b>
<b>27</b>	<b>Transitional support care clients</b>
<b>47</b>	<b>Home support clients</b>
<b>2</b>	<b>Nursing care clients</b>
<b>13</b>	<b>Hospital-based clients</b>
<b>1</b>	<b>Facility-based client</b>
<b>64,478</b>	<b>Total hours of care provided</b>



## Ubalдина “Luci” Mendez-Sanchez

### Personal Care Assistant

Trained as a Registered Nurse (RN) in Dominican Republic, Ubalдина “Luci” Mendez-Sanchez came to Cape Breton with her husband, a student in business analytics at CBU. She looked online for work, but as she was out walking, she saw the New Dawn sign and stopped in. At reception she asked if any work was available, submitted a resume, and was offered a job with New Dawn Homecare.

Luci was originally trained as a medical technician, and after working in the field for two years, she studied to be a Registered Nurse (RN) and then worked in nursing for the next four years. Her RN License isn't valid in Canada, though, as a Personal Care Assistant with New Dawn Homecare, she's been able to

continue working in the care field. Her clients have varying needs for assistance with their activities of daily living, some of whom use wheelchairs or walkers for mobility support, or specialized equipment such as oxygen which requires constant monitoring. Whether her clients have cognitive impairment, varying degrees of dementia, or are convalescing from illness or injury, often families are not equipped to manage their care on their own.

Working as a Personal Care Assistant, Luci can assist her clients with care while providing loving support to both clients and their families, reassuring them, “It's okay, you're not alone.”

Luci says she doesn't feel lonely in her new home. She's met people

through church, other caregivers, and friends of her husband, and she calls and texts with family and friends in the Dominican. She and her husband often talk about their future, and whether they will stay in Cape Breton. Their experience in Cape Breton is helpful to both, him for education, and her for experience in different kinds of care. “We saved for four years to fund this education and experience”.

“Working at New Dawn is a beautiful opportunity that God prepared for me, and I am very grateful. Starting from zero is difficult and more so if it is in another country, where you do not have your loved ones nearby and where you have a different language to adapt to. Courage is very necessary, as is faith”.

## HOMECARE »

For New Dawn Homecare, COVID-19 remained a defining feature of 2022.

As COVID cases grew early in the year, so too did those looking for care at home, rather than in a hospital or facility setting. Part of this growing demand included clients looking to transition out of hospital but requiring around-the-clock nursing or personal care to do so.

We are proud of the safe, responsive, diverse, high-quality care we were able to provide this year, even as periodically high case counts grew among clients and their families.

We learned a great deal through the pandemic about our embedded resilience, our service orientation, and the systems keeping us safe and informed, but will be happy

to once and for all be looking at the pandemic's peak in the rear-view mirror.

Congratulations to Amanda Thomson (LPN), our Nurse Care Coordinator, who obtained certification as a Teepa Snow Positive Approach to Care Trainer, enabling us to provide deeper dementia training to our frontline staff.

## 2022 Homecare Services

- Meal preparation and grocery shopping
- Dementia and Alzheimer's care at home
- Care after surgery or hospitalization
- In-hospital companionship
- Basic & advanced footcare
- End-of-life/palliative care
- Medication reminders
- Around-the-clock care
- Bathing and dressing
- Serious injury care
- Falls prevention
- Housekeeping
- Wound care
- Respite care
- Nurse care







## Valerie Edwards

### Client

Valerie Edwards' mother had dementia for seven years but in the last two to three years her condition worsened. Valerie, whose husband works out west, left her job to help her father care for her mother. That was manageable until her father was diagnosed with bone cancer; at that point the Edwards hired New Dawn Homecare to help.

Her parents were older, and had never wanted anyone in the house, so Valerie wasn't sure it would work out. But it did. "How they place them is really good, they ask for extra information, medical conditions, interests, and background. They filtered people who would be best for our situation, and they sent the right people. It was a learning curve for us. We learned from New Dawn staff."

Once, Valerie had to take her father for bloodwork and her mother couldn't be left alone, so she came along. This was challenging for Valerie and hard on her mother because of mobility issues and the confusion it caused her. Learning that New Dawn Homecare could drive and accompany her father for his bloodwork changed everything. The caregiver "picked my father up and took him for bloodwork, he spoke loudly so my father could hear him, and explained everything, and my father was very happy. There's a personal touch there with staff."

About a year ago, as both medical conditions worsened and her parents needed full-time care, they began bringing New Dawn Homecare in for overnight care.

Valerie's mother died in March, but now it's her father who needs full-time care. So, Valerie and her husband provide care during the day, with a three-hour break three times a week, and the night shift is covered by New Dawn Homecare.

"My father went from driving, to eight months later using the commode. It's good for him to have the same people, he gets to know them, he feels comfortable; he knows about them and their kids." It's a relief for Valerie and her husband to know they can come home and have a good sleep, and not worry through the night.



## Valerie MacLeod

LPN

Valerie MacLeod always wanted to be a nurse but caring for both her mother and a daughter with special needs meant it wasn't possible for many years. Two years ago, her circumstances changed, and she was able to enroll at NSCC as a mature student. Now, a newly graduated LPN, she's working in her first job with New Dawn Homecare. Her clients require round-the-clock care, so she often works 12-hour days or nights.

She's proud of the progress she sees in her clients because

of the care they receive, whether that's medication management, exercise therapy, social engagement, and/or nourishment support. Valerie smiles, "Looking at them and understanding what they've been through makes you more compassionate. I love my clients. I see all they've gone through and how they've dealt with it." With New Dawn Homecare, Valerie says, she gets to take her time with clients and give them the care and attention they need. "It's more rewarding than in a hospital."

In addition to working closely with her clients and their families, Valerie has regular access to professional and administrative support through New Dawn Homecare on all aspects of her work and her client's needs. "This is my first job after my placement, and I hope it'll be my last job because I'll stay as long as they'll have me!"

If you see a natural space to fit the Homecare Services in 2022 with all of the above changes, please feel free to add it back in.







*Etle'k-The Embers of the Fire are Still Going*  
 Chanelle Julian and Isaac Gould  
 Winter 2022 Exhibition, Eltuek Arts Centre









# NEW DAWN: AT A GLANCE

20,000

Fresh, hot, nutritious meals delivered to seniors every year



159

Apartments and commercial properties throughout the CBRM

45

Artists, arts organizations, and anchor tenants in Eltuek Arts Centre

45

Residents of New Dawn Guest Home and Home Living

28

Small businesses, entrepreneurs, and not-for-profits in New Dawn Centre

250

Community markets and more than 7500 mobile market customers of Good Food Bus



74K+

Hours of care provided in 2021 by New Dawn Homecare's more than 75 full and part-time caregivers



6000

Newcomers and international students supported each year by CBICI

100 

EMPLOYEES ACROSS

8 DIVISIONS

10000's

Community members served every day



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