



## Killick Coast North Seniors Co-operative

- Aging Well At Home -

(to be incorporated July 2024)

### ***Vision, Mission, and Purpose***

We are a non-profit community service co-operative in development. *Volunteers connect members to a wide array of practical support services and social connections that enable older adults to enjoy a rich, independent, and healthy quality of life when they choose to age in their homes and communities.* Initially we will serve the communities in Bauline, Flatrock, and Pouch Cove.

***"I express my utmost support and admiration for the incredible initiative the Killick Coast North Seniors Co-operative have taken on."***

(Joedy Wall, MHA)

### ***Services and benefits***

Our volunteers will

- organize and facilitate
  - health & wellness programs,
  - educational programs and
  - social activities for *social members*; and
- offer the following additional services for full members:
  - help with chores and light repairs at home,
  - provide access to vetted service providers,
  - assist with transportation,
  - conduct friendly visits,
  - help with computer and other technology,
  - support with pet care, and
  - provide a one-stop-contact.



Currently, our development team already offers ***free services to the public:***

- **Koffee Klatsch** – conversations, games, coffee & tea - meet & make friends.
  - Mon & Fri, 9-10:45am and
  - Thu, 7-9pm, Silver Threads, 669 Main Rd., Pouch Cove;
- **DVD Chair Yoga & Arthritis Exercises** – *together with Silver Threads 50+ Club*
  - Mon & Fri, 11am-12:30 pm, Silver Threads, 669 Main Rd., Pouch Cove; and
- **Seniors' Centre Without Walls** – *Socialize from the comfort of your own home.*
  - Wednesdays @ 10:30am or Fridays @ 3pm – all you need is a phone!
  - call 709-800-1645, enter passcode 636151, and join the program.

## Volunteers and members will be at the heart of our co-operative

You want to **volunteer**? Please complete our [volunteer application](http://www.KCNseniors.coop) on [www.KCNseniors.coop](http://www.KCNseniors.coop) or contact us. Volunteers are invited and encouraged to become members, but they are not required to. Our services can only be provided with dedicated volunteers and members!

You want to become a **member**? You support our vision, mission, and purpose? Please complete the [membership application](http://www.KCNseniors.coop) on [www.KCNseniors.coop](http://www.KCNseniors.coop) or contact us. We offer three levels of memberships:

1. **Shareholders**: One-time payment of \$10 per person will buy you a share of the co-operative (refundable upon cancellation of your membership) and allow you to fully participate in the governance of our co-operative (decision-making, voting, election to the board of directors). You will also receive our *MemberNews*. Shareholders who do not volunteer, need to also subscribe to one of the following membership levels:
2. **Social members** need to be shareholders. In addition, for an annual subscription fee of \$45 per person, you will have access to all social member services as summarized above (*early adopter bonus: if you decide to join us in 2024, this payment will maintain your membership until the end of 2025*);
3. **Full members** need to be shareholders. In addition, for an annual subscription fee of \$120 per person, you will have access to all social and full member services as summarized above (*early adopter bonus: if you decide to join us in 2024, this payment will maintain your membership until the end of 2025*).

If you would like to **donate** please follow the [donate now button at the top of our website](#) or call us at 709-330-0555. Your generous donations will make it possible for seniors at all income levels to be a KCN Seniors Co-operative member by supplementing membership fees.

## We are grateful to our sponsors:



## Engage with us:



### Website

[www.kcnseniors.coop](http://www.kcnseniors.coop)

[secretary@kcnseniors.coop](mailto:secretary@kcnseniors.coop)

 **709-330-0555**

### Facebook

[www.facebook.com/KCNSeniors](https://www.facebook.com/KCNSeniors)