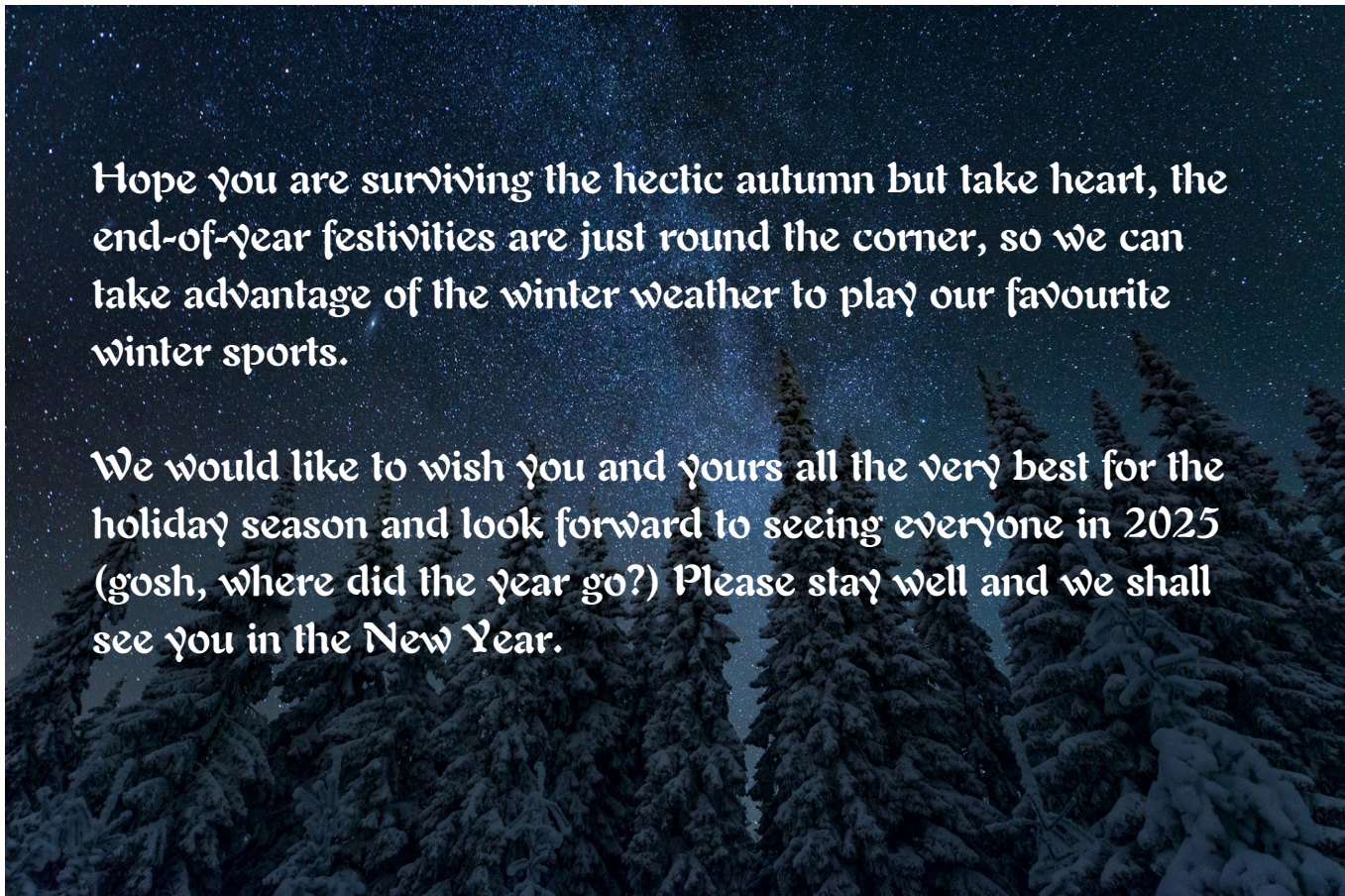


Seniors Action Quebec

E-Newsletter



Hope you are surviving the hectic autumn but take heart, the end-of-year festivities are just round the corner, so we can take advantage of the winter weather to play our favourite winter sports.

We would like to wish you and yours all the very best for the holiday season and look forward to seeing everyone in 2025 (gosh, where did the year go?) Please stay well and we shall see you in the New Year.

INSIDE THIS ISSUE

News from Seniors Action
Quebec page 2

Upcoming webinars page 5

One Voice Coalition page 6

Seniors Action Quebec
Membership page 7

Holiday closure: we shall be closed from
Monday, 23 December, 2024 and returning
on 2 January 2025.

News from Seniors Action Quebec

Seniors Action Quebec President

Fred Jansen informed the Board of Directors on November 24, 2024 of his decision to resign as President of Seniors Action Quebec. The Board elected Richard Silver as President and Mona Beck as Vice-President. They will assume these functions until the next AGM. The Board of Directors thanks Fred for his contribution to Seniors Action Quebec and wishes him well in his future endeavors.

Meet our newest SAQ team-member

Kate Kennedy joined our team in the summer. A brand-new McGill undergrad, Kate is working on our map of services website, plus helping with the archives. We now have two new individual categories (Seniors' Tables and Food Assistance). Check out the [map of services](#) to see how it's coming along.

Seniors Action Quebec in the Community

The return from the summer "break" has meant a hive of activity both for us and our partners. It is as though the floodgates have opened after being closed for so long during the pandemic and everyone is now trying to catch up with long-delayed plans and activities. It is heartening to learn how everyone is trying to get back up and running on all cylinders and the difficulties in doing so.

Here is a quick summary of the events we have participated in:

- October 7 2024: We were invited to participate in the CHSSSN Wellness Retreat reception at the Alt Hotel in Griffintown

-
- October 12 2024: Hudson Seniors Fair

Ruth Pelletier was on hand at the first ever Hudson Seniors Fair to promote Seniors Action Quebec.



- October 8 and 17 2024 Employment and Social Development Canada (ESDC) consultations with the English-speaking community

Seniors Action Quebec was invited to participate in two dialogue sessions with ESDC and other English-speaking organizations representing different sectoral issues on concerns and challenges facing the English-speaking community.

- November 5 2024: Cummings Centre Open House

We were delighted to get an invite to attend an Open House at the Cummings Centre, where we were able to learn so much more about this organization, one of the participants in the One Voice Coalition.



Group of ukulele students jamming it out at the Cummings Centre Open House

-
- The same day, our former President Fred Jansen attended an award ceremony in Quebec organised by the Secrétariat des Aînés, entitled 'Prix Hommage aux Aînés'.

- October 29 2024: Montreal Age Friendly City (MADA) Networking Event

As Seniors Action Quebec sits on the monitoring committee for the city of Montreal's Municipal Strategy for Seniors 2023-2030 (information available in French only), we were invited to participate in the autumn in-person networking event. The next in-person networking event will take place in the new year, with a time and date to be confirmed.

- November 22 2024: Town Hall at MNA's Greg Kelley office

Seniors Action Quebec was invited by MNA Greg Kelley's office (Official Opposition Critic for Relations with English-Speaking Quebecers), to attend a town hall meeting on health and social services in his West Island riding of Jacques-Cartier. On hand at the meeting, was André Fortin, MNA for Pontiac and Official Opposition Group Critic for Health and Social Services. A wide variety of concerns were expressed by those in attendance, including some concerning seniors.



UPCOMING WEBINARS in 2025

The programme will continue in January, 2025 with the following webinars:

January 21, 2025: The Advantages of Using Mediation to Resolve Conflicts.

Ever wonder what exactly is mediation and why it's used? Join us for this webinar that will try to demystify what mediation is, the role of a mediator, explain when and how mediation can be used and the advantages of using this process.

PRESENTER: Natalia Malone – Lawyer

Deadline to register: January 14, 2025

February 11, 2025: Settling Your Final Affairs. What you Need to Have in Place. Understanding Funeral Options

Settling your affairs is a term that often makes people shudder however, this webinar will aim to take another spin on this often-taboo topic by first looking at the legal aspects of preparing and organizing a willor that you have updated it and know what documents you require to settle an estate. What can the Liquidator or surviving partner do regarding bank accounts, selling of property, and filing that last income tax? Then we will discuss the many funeral options that are available, what each one includes and give an estimate on the approximate costs involved. Although no one likes to have this discussion, let's hear why it is so important to address this now for ourselves or with a loved one.

PRESENTERS:

Legal Information Clinic of McGill: (presenters TBC)

Mary Pallett- Kane & Fetterly, Family & Pre-Arrangements Counsellor

Deadline to register: February 4, 2025

All webinars will take place from 10 am – noon and will be held on Zoom.

To register for any of these webinars, please email Ruth Pelletier at: ruthkathleenpelletier@gmail.com

All webinars that took place between September and November 2024 have been recorded and can be viewed on our [YouTube page](#)

ONE VOICE COALITION



2024 has been devoted to re-structuring the One Voice Coalition after the pandemic. Two retreats were held to work out a Mission and Vision for the Coalition which led to the creation of a Participant Guide published in September. Meetings are now held on a quarterly basis and are online for the time being, although an in-person meeting is envisaged for May 2025.

Moving forward, we will also prepare a directory, showcasing the participating organizations and outlining their individual missions, contact information and services they provide. This directory will then be posted on our website and shared with the participating groups to share on their individual websites. Stay tuned for more details!

SENIORS ACTION QUEBEC MEMBERSHIP

If you wish to continue being a member of Seniors Action Quebec, please do not forget to renew your membership fee. Individual members can pay \$20.00, while organizations can pay \$50.00. Due to the current Canada Post strike, we recommend that payments be made online for now.

Visit our [membership page](#) to get more information on how to sign up and pay.

P.S. RESILIENCE TRAINING MANUAL



Should you require additional copies of the manual kit (paper copy of manual and USB stick with presentations and documents), we still have several copies left and would be pleased to forward them to you. To do so, send us an email at info@seniorsactionquebec.ca with your contact information, address and number of manuals needed and we will send them to you.

UPCOMING EVENTS TO SHARE

Do you have any events in 2025 you would like us to share with the community? If so, please contact us at: admin@seniorsactionquebec.ca



If you require a paper copy of this newsletter, please contact us by email (info@seniorsactionquebec.ca) or by phone 438 386-1944



**SENIORS
ACTION
QUEBEC**

**1857 Boulevard de Maisonneuve Ouest
#307 and #308
Montreal, QC
H3H 1J9**

Telephone: 438 386-1944

info@seniorsactionquebec.qc.ca

www.seniorsactionquebec.ca



www.facebook.com/seniorsactionquebec/