
SEPTEMBER 2023, ISSUE 12

Seniors Action Quebec

E-Newsletter



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We hope that the summer break brought some much needed rest for everyone after the rigours of the Covid era and enjoyment of the "return to normal".

Please note, Seniors Action Quebec's office will be closed on Monday October 5, 2023 to mark the Thanksgiving holiday.

SENIORS ACTION QUEBEC – NEWS

Well, summer brought some much-needed R & R for everyone at Seniors Action Quebec but we are now back in the fold and working hard on forthcoming activities.

Firstly, however, we would like to extend a warm welcome to Andrew Palucci, our new Director of Policy and Governance, who came on board in July and has hit the ground running! Andrew's expertise is already bearing fruit. You will no doubt be seeing and hearing a great deal about Andrew over the next few months.

Our "Belonging" project documentary is now available with French subtitles. This can be viewed [here](#).

AUTUMN ACTIVITIES

We have a very ambitious series of webinars scheduled for the 2023–2024 year with the first one taking place on 19 September. You should already have received the preliminary information but if not, check it out below or, alternatively, on our website. Please note that all our webinars are given in English.

We shall be sending you more information on additional webinars in due course.

We have continued our partnership with Éducaloi and will continue to provide webinars on legal issues themes.



We will also be offering four webinars on mental health issues and COVID-19 as part of our project with CHSSN. Beginning in October, we will also be introducing eight webinars on housing.

SEPTEMBER 2023

Tuesday September 19: 10:00 am to 11:30am

Title: Emergency Preparedness in the Event of Natural Disasters

This webinar will focus on what you should do during natural disasters or other emergency scenarios and will provide tips that will protect you during unexpected events.

Presenters: Benoît Tremblay and Xiao (Anny) Hu, Canadian Red Cross preparedness team volunteers

Please register before 12 September 2023

Friday September 22: 10:30 am to noon

TITLE: Covid and its Impact on Health and the Healthcare System

This webinar will look back to the very early days of the COVID-19 pandemic and the immediate impact it had on our healthcare system, on the health of the general collective and senior population.

Presenters: Dr. Claire Godard-Sebillotte, M.D and Dr. Deniz Cetin-Sahin, MD, PhD

Dr. Isabelle Vedel, MD, PhD and Dr. Paola Lavin, MD, MSc

Please register before 15 September 2023

Friday September 22: 1:30pm to 3:00pm

TITLE: What was the Impact on Community Organizations That Were Identified Immediately?

This webinar will focus on the direct impact the COVID-19 pandemic had on the services and programming community organizations provide to seniors and to the general public. Presentation will also look at the impact on the staff, volunteers and added expenses.

Presenters: Diane Kyte, Brenda Yuen, Beth Cytryn, Fr. Manus Bradley

Please register before 15 September 2023

Friday September 29: 10:30 am to noon

TITLE: New Normal, Moving Forward and Lessons Learned.

This webinar will look at how society is moving into this new unknown world we now live in and how we navigate moving forward, while taking stock of what was learnt during the past three years.

Presenters: Dr. Paola Lavin, Dr. Claire Godard-Sebillotte, Dr. Isabelle Vedel, Brenda Yuen, Jody Lessard

Please register by 22 September 2023

Friday September 29: 1:30 pm to 3 pm

TITLE: What has Worked Well and What Still Needs To Be Addressed?

This webinar will focus on what we learnt during the COOVID-19 pandemic and in what ways the province and health care system could move forward with the lessons learnt and address what still needs to be done.

Presenters: Dr. Michael Kanevsky and an additional presenter

Please register by 22 September 2023

OCTOBER 2023

Tuesday October 17: 10:30 am to 3:00pm

TITLE: Know Your Rights: Rent Increases, Lease transfers and Reno-Evictions. Understand your Options.

Considering a Move? How to Prepare

This webinar, in two parts, will explain basic tenants' rights and how tenants can protect themselves against increasing rent, reno-evictions and issues revolving around lease transfers, while the second part will focus on what should be taken into consideration when downsizing and preparing a move.

Presenters: 1st. part - Me Richard Goldman; 2nd. part - Marie-Claude Giguère

Please register by 10 October 2023

Friday October 27: 10:30 am to noon

TITLE: Current Housing Status, the Need And where are we at?

This webinar will focus on giving an overview of the housing market in the province and will explain the challenges and gaps in housing for seniors.

Presenter: Jacques Beaudoin

Please register by 20 October 2023

Friday October 27: 1:30 pm to 3 pm

TITLE: Different Types of Housing for Seniors

This webinar will explain the different forms of housing options that are available to populations. From low-cost housing, co-op living and explaining the difference between private and public senior residences. Attention will also be given to the needs facing long-term care (LTC).

Presenters: Matt del Vecchio, Daphne Nahmiash

Please register by 20 October 2023

NOVEMBER 2023

Tuesday November 21: 10:00 am to noon

TITLE: Understanding Artificial Intelligence - AI: A "Round Table" on what is AI and Why We Should Care

Chaired by Dr. Kim Sawchuk, Professor of Communications Studies, ACT Lab of Concordia University, this webinar will be discussing the rise of AI technology and its implications for the future.

Presenters: To be confirmed

Please register by 14 November 2023

Friday November 24: 10:30 am to noon

TITLE: Renovations of Older Buildings

This webinar will focus on discussing potential ways to solve the current housing needs that are spreading in our society, most notably through cities purchasing abandoned buildings for conversion to housing projects. Presenters will also explain issues revolving around rent control of these dwellings and the challenge of cities to accept social housing projects that may never get developed.

Presenters: To be confirmed

Please register by 17 November 2023

Friday November 24: 1:30 pm to 3 pm

TITLE: Accreditation and Safety Standards

In light of safety measures that were implemented during the COVID-19 pandemic, this webinar will explain the complex issues around the accreditation process of residences and what are the steps of guaranteeing that these residences are safe and secure.

Presenters: To be confirmed

Please register by 17 November 2023

NATIONAL SENIORS COUNCIL

The Government of Canada is seeking applications from qualified Canadians to fill current and future vacancies on the National Seniors Council.

Members of the National Seniors Council play a fundamental role in our democracy as they advise the Government of Canada, through the Minister of Labour and Seniors and the Minister of Health, on matters related to the well-being, health and quality of life of seniors, including the opportunities and challenges arising from a rapidly growing and increasingly diverse aging population.

Through this application process, the Government of Canada is looking for a wide range of applicants from across the country to ensure the National Seniors Council represents the diversity of seniors in Canada and brings together members with varying and complementary experience and expertise. Individuals who identify as or have experience working with immigrants, 2SLGBTQI+ people, women, visible minorities, equity-deserving individuals, Indigenous people or persons with disabilities are encouraged to apply.

To apply, or for more information about how to prepare your application, visit the [Governor in Council Appointments website](#). The review of applications will begin on October 3, 2023. Candidates are strongly encouraged to submit their applications by this date. Applications received after this date will be retained and may be considered up until an appointment to the position is made.

The Government is committed to open, transparent and merit-based processes for selecting the National Seniors Council members. Governor in Council appointees play a fundamental role in our democracy, serving on commissions, boards, Crown corporations, agencies and tribunals across the country.

If you have any questions, please feel free to directly contact the National Seniors Council, they'll be able to assist you with your inquiries.

ONE VOICE COALITION

The Coalition will resume its activities this month.

Further to a presentation given to the One Voice Coalition by Marilynne Alerte of the City of Montreal, we have been involved in on-going discussions with MADA, the Age-friendly municipalities programme. We have recently been invited to sit on their Municipal strategy for seniors 2023-2030 monitoring committee and will be reporting thereon in due course.

MADA has also put out a call for projects under this programme. Information is available on the MADA programme website (see below. Information is in French.)



Appel de projets 2023-2024

Un appel de projets est en cours pour les deux volets du Programme de soutien à la démarche Municipalité amie des aînés (MADA) :

- Pour le soutien à la réalisation de politiques et de plans d'action en faveur des aînés (volet 1), l'appel de projets est en cours jusqu'au 13 octobre 2023.
- Pour le soutien à la mise en œuvre de plans d'action en faveur des aînés (volet 2), l'appel de projets est en cours jusqu'au 1er décembre 2023.

Pour en savoir plus, consultez le [site Web du programme](#).

Des séances d'information virtuelles sont prévues le 30 août et le 7 septembre 2023.

Rappelons que le Programme de soutien à la démarche MADA est affilié à l'Organisation mondiale de la Santé et s'adresse aux municipalités, aux municipalités régionales de comté (MRC) et aux communautés autochtones du Québec. Il vise à adapter les politiques, les services et les structures qui touchent les environnements bâtis et sociaux afin de mettre en place des conditions qui optimisent les possibilités de vieillissement actif. L'ensemble de la démarche est présenté dans le [Guide d'accompagnement pour la réalisation de la démarche Municipalité amie des aînés](#).

FUNDING OPPORTUNITIES

The deadline for applications for the New Horizons funding has been extended to September 28, 2023.

The New Horizons for Seniors Program funds community projects across Canada that prioritize seniors and reflect its national priorities:

- supporting healthy aging;
- preventing senior abuse;
- celebrating diversity and promoting inclusion; and
- supporting financial security.

You can visit the [New Horizons for Seniors Program website](#) or contact your [regional Service Canada office](#) for more information on eligibility and how to apply.

Using a simplified application process, organizations are invited to submit proposals for projects that meet at least one program objective, that involve seniors in program planning or delivery, and that seek to benefit seniors and communities.

NEWS FROM THE NEW FEDERAL MINISTER FOR SENIORS

Seamus O'Regan, the new Minister of Labour and Seniors shared some news with the world this week. Here are some highlights:

Retirement planning – The launch of the Retirement Hub

Canadians who are considering retirement, and those who support them, can now take advantage of two tools to help make informed decisions when it comes to retirement planning.

First, Service Canada has launched [the Retirement Hub](#), a new, user-friendly tool to help all Canadians understand the process of planning, applying for and receiving federal public pensions.

A key feature of this online tool is the [Retirement Ready Quiz](#). Users answer a series of questions, and the quiz generates a personalized checklist to help them prepare for retirement.

Safe Long-Term Care Act – Online consultation

This summer, the Minister of Health and Minister of Seniors announced the [launch of a public online consultation](#) to inform the development of a **Safe Long-Term Care Act**, expected to be introduced in the year to come.

This consultation is ongoing and you can share your thoughts on how to better support the quality and safety of long-term care. The online consultation is open until September 21 2023.

More information can be found on the government's official Facebook page – [Seniors in Canada](#), or visit the [consultation webpage](#).



RESILIENCE TRAINING PROJECT MANUALS

If additional copies of the manual kit (paper copy of manual and USB stick with presentations and documents) are required, we still have several copies left and would be pleased to forward them to you.

Send us an email at: info@seniorsactionquebec.ca with your contact info, address and number of manuals needed and we will send them to you.



UPCOMING EVENTS TO SHARE

Should you have any upcoming events that you would like us to pass on to the community, please do not hesitate to 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



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