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March 2026 | Issue 22

2026–2029 Strategic Plan: In the Works!

Early in 2026, Seniors Action Quebec launched the development and creation of its 2026–2029 Strategic Plan — a milestone moment for our organization and the communities we serve.

Guided by **Rachel Hunting** of the *Regional Development Network*, our Board of Directors and Executive Director came together for two intensive five-hour work sessions in January and February, producing a Draft Strategic Plan.

ENVISIONING SENIORS ACTION QUEBEC'S 2026–2029 STRATEGIC PLAN



FACILITATED BY RACHEL HUNTING (RDN)

In April, we will consult further with our Founders, Builders, and Staff. The finalized Strategic Plan will be presented at our Annual General Meeting in June 2026. We look forward to sharing this vision with you!

[Click here to watch video](#)



A Word from Vice-President Linda Marion

I am delighted to introduce you to my hometown of **Rouyn-Noranda** as we celebrate our centennial year! Nestled in the heart of Abitibi-Témiscamingue at latitude 48°, this community of 42,313 residents (2021 Census) is accessible by plane, bus, and car — a scenic seven-hour drive from Montréal. English-speaking residents make up 4% of the population.

Hockey is synonymous with our city. Names like Keon, Turgeon, Martin, Desjardins, Houle, and Tallon echo through its history, and whether played on the streets, on frozen backyard rinks, or under the bright lights of an arena, the sport is woven into the very fabric of life in Rouyn-Noranda.

Founded in 1926, the city was shaped by many nationalities. Immigrant groups, alongside French and English settlers, each contributed their own traditions, languages, and stories to a rich and layered heritage. They arrived with little more than hope, hard work, and a belief in the future — and in doing so, laid the foundation not only for a thriving mining industry, but for enduring values of solidarity, perseverance, and pride.



Born and raised here, my first passion was deeply rooted in education. English education has long played an important role in Rouyn-Noranda's history, and as

a former teacher and Principal, I am especially proud of the generations of students who passed through our English schools. These institutions offered far more than learning — they were where friendships began, identities were shaped, and lifelong connections were formed.

I am currently helping to organize *A Return to Our Roots / Un retour à nos racines*, a reunion scheduled for July 28–30. The organizing committee looks forward to welcoming over 100 “children of our pioneers” — former English school students, families, friends, and past and present residents alike. It will be a meaningful opportunity to reconnect, reflect, and honour the shared experiences and memories that tie us to the place we once, or still, proudly call home.

Joining the board of Seniors Action Quebec in 2018 gave me the support and platform to advocate on behalf of all seniors. Our organization’s dedicated and diversified board works to ensure that seniors remain informed, supported, and are valued members of their communities.

THE HOUSSIAN FOUNDATION

DEADLINE: APR 25, 2026

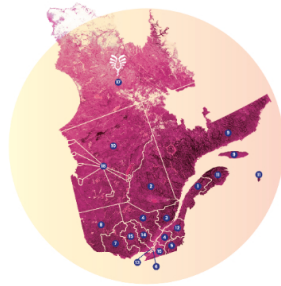
daylight
fund

The Houssian Foundation has opened applications for the 2026 Daylight Fund, a grant program supporting initiatives that advance gender-based safety for women and gender-diverse communities across Canada.

- Total funding available: \$500,000
- Grants: Up to \$25,000 per organization
- Eligibility: CRA-registered charities or grassroots groups partnered with eligible organizations
- **Deadline: April 25, 2026**

Application details are available on the [Houssian Foundation website](#).

INTERACTIVE MAP



Refreshed, Expanded, Ready to Explore

From legal aid to housing and from healthcare to social services and food assistance, our interactive map puts 2,000+ resources from across Quebec right at your fingertips!

We’ve just added two new categories — Geriatric Psychology & Psychiatry and Technology Support — so seniors can access specialized care and navigate the digital world with confidence in English or in French!



👉 Explore the map and discover what’s available near you.

One Voice Coalition Gathers for 2026 Annual Retreat

On March 18, 2026, the One Voice Coalition came together for its 2026 Annual Retreat, hosted at Seniors Action Quebec in Montreal, in collaboration with the *Community Health and Social Services Network (CHSSN)*.

Twenty member organizations from across the Greater Montreal area attended, united by their shared commitment to supporting seniors.

A welcome address by **Laurent Saint-Jacques**, *Conseiller en développement des communautés* at the *Secrétariat des relations avec les Québécois d’expression anglaise (SREQA)*, highlighted the importance of strong ties between community organizations and government partners in advancing the well-being of English-speaking seniors in Quebec.

The retreat was facilitated by consultant /writer **Michelle Holliday** whose guidance shaped a day of reflection and forward-looking dialogue among Coalition members. Participants explored strategic directions and identified potential common projects — conversations that will help shape the One Voice Coalition’s priorities in the year ahead.

2026 ONE VOICE COALITION RETREAT





[Watch video here](#)

Learn more about the One Voice Coalition:
<https://www.seniorsactionquebec.ca/en/one-voice-coalition.html>

NEW RESEARCH: UNDERSTANDING ADVANCED AGE (85+)

Did you know that in 2025, in Quebec there are **4X more centenarians** than there were in 2000? Quebec's population of persons over 85 years of age is growing rapidly — from 231,000 today to a projected 562,000 by 2050 — yet this group remains poorly understood and underserved. New research by the MADA-Québec Research Team at the University of Sherbrooke (February 2026) is changing that.



Despite common assumptions, most people in this age group rate their own health positively and retain significant capacities. The challenge is that their needs are distinct from those of younger seniors, and existing services often fail to understand them.

Through their work, researchers identified four priority areas for municipal action:

1. Adapting housing and home support
2. Combating social isolation
3. Improving door-to-door transportation
4. Addressing compounding vulnerabilities

Across all four areas, the message was consistent: proactive outreach, proximity networks, and inclusive program design can make a real difference. Gender-based inequities are also part of the landscape.

Conducted by the Université de Sherbrooke and the Centre de recherche sur le vieillissement in partnership with MADA — *Municipalité amie des personnes âgées* (Age-Friendly City) — Montréal's strategy for making the city more inclusive and responsive to the needs of older adults, this research offers a detailed portrait of the 85+ population, comprising comprehensive data and action pathways of value to seniors, municipalities, community organizations, and researchers alike.

[Read the full document here.](#)

NEW RESEARCH: FREEDOM OF CHOICE & EXCLUSION IN QUEBEC'S EDUCATION SYSTEM (1945-1977)

The percentage of immigrant students enrolled in French Catholic schools declined steeply between the 1930s and the 1970s. Why? Did immigrants increasingly reject French Catholic schools? Or did French Catholic schools increasingly reject immigrants?

Funded by the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA), this question is the focus of a two-year research project conducted by **Guy Rex Rodgers**.

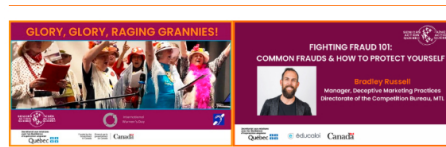


[Read about the full project here.](#)

YOUTUBE CHANNEL

Explore new presentation on Seniors Action Quebec's YouTube channel by **Claire Webster**, **Marie-Claire Giguère** and other thought leaders.





SUBSCRIBE FREE HERE

[Seniors Action Québec](#) (SAQ) is a not-for-profit provincial organization whose mission is to identify, advance, and address the needs of English-speaking seniors and to support organizations who work with and on behalf of English-speaking seniors throughout the province of Québec.

[Les Aînés Action Québec](#) (l'AAQ) est un organisme provincial à but non lucratif dont la mission est d'identifier, de promouvoir et de répondre aux besoins des aînés d'expression anglaise et de soutenir les organisations qui travaillent avec et au nom des aînés d'expression anglaise à travers la province du Québec.

We acknowledge the financial support of the Government of Canada and the Government of Québec.
Nous remercions l'appui financier du gouvernement du Canada et du gouvernement du Québec.



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