

# Seniors Action Quebec

## E-Newsletter



***St-Jean-Baptiste is approaching and that means, SUMMER! From the entire SAQ team, wishing you all a good and healthy summer - take advantage and soak up the sun and recharge those batteries, it's much needed. Enjoy the summer break and see you all again in September!***

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Please note, Seniors Action Quebec's office will be closed on Monday June 24, 2024 and Monday, July 1, 2024 to mark St-Jean-Baptiste and Canada Day holidays, respectively.

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## SENIORS ACTION QUEBEC BACK ONLINE

Well, the start of the new financial year brought an incredible curveball out of left field with the temporary loss of access to our domain and email service. Needless to say, the whole team experienced considerable stress and frustration but thankfully we were able to work around it and everything was finally restored on April 24 2024. We hope never to have to experience the caprices of the technological gods ever again!

## SENIORS ACTION QUEBEC IN THE NEWS

The big news this spring was that Ruth Pelletier, our founder, has been awarded the Quebec Lieutenant General's Silver Medal. The Lieutenant Governor's Medal recognizes "the voluntary involvement, determination and dedication of Quebecers who make or have made a difference in their community or Québec nation". There are three categories of medals: Youth (bronze), Senior (silver) and exceptional merit (gold). Ruth received the official letter of invitation to the presentation ceremony in late March 2024 and the presentation itself took place in Laval on April 20 2024. Everyone at Seniors Action Quebec is extremely proud that Ruth has been honoured in this manner and looks forward to being able to celebrate with her at a later date.



(Left) Quebec's Lieutenant Governor- Honorable Manon Jeannotte and Ruth  
(Right) Seniors Action Quebec President Walter Duszara and Ruth

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# 2024 ANNUAL GENERAL MEETING

Our AGM will take place on Wednesday June 19 2024. In the morning, prior to the AGM, a special, in-person event will take place. Seniors Action Quebec is inviting everyone to come network and enjoy the final product of a video project we undertook during the pandemic titled **Je me Souviens: Portraits of Who We Are**. This in-person event will consist of a screening of a documentary produced by SAQ, based on a series of interviews conducted over 3 years with English-speaking seniors and organizations working with seniors across the province on their sense of belonging. It was our goal to bring their stories and experiences to life. Following the presentation of the film and a Q&A, the current Seniors Action Quebec Board of Directors will take the opportunity to reflect on Seniors Action Quebec's 12 years of existence and thank all those who have contributed to the growth of the organization. **Doors will open at 9:00am** and breakfast treats will be provided to any eager beavers who wish to show up early

Beginning at 2:00pm, members in good standing of Seniors Action Quebec, (i.e. those who paid membership dues for the period April 1, 2023 to March 31, 2024), are invited to attend the business meeting (both in-person and online) where we will reflect on the past year of activities and members will vote for new Board members as well as any other business which will require their attention (more details and official documents to be sent closer to the date of the AGM). **Please note that only those members of good standing as of March 31, 2024 will be able to vote.**

To attend the morning event or AGM, please RSVP before June 5 2024 by responding to [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca). Please inform us of any dietary restrictions and if you will be attending either the morning event and/or the AGM in-person or online. Remember, the morning is open to all who wish to attend but registration is required, while the afternoon is reserved for members only.



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# WORLD ELDER ABUSE DAY

In addition, June 15 2024 marks World Elders' Abuse Day, an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

## COMMUNITY ACTIVITIES

Seniors Action Quebec has been very active on the “social” front while attending to normal business, preparing the AGM and dealing with the unexpected, time-consuming IT situation, SAQ was present at the:

### Gay & Grey launch of Map of Services

SAQ was on hand on March 21st for the launch of Gay & Grey Montreal's project Q-11, Creating Links to Care for 2SLGBTIA+ English-speaking Older Adults in Quebec. [Click here](#) to view the map of services. Congratulations to Project Lead Andrea Palmer and the entire team! Gay and Grey Montreal is an organization that provides support and advocates for the needs of the English-speaking 2SLGNTQ+ community 55 years and older. [Click here](#) to learn more about them.



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## Coasters' AGM

Seniors Action Quebec was delighted to participate in Coasters' 29th Annual General Meeting on March 28 2024. The organization also marked its 35th anniversary and also included a happy retirement sendoff to Bill Floch, Sous-ministre adjoint, Secrétariat des relations avec les Québécois d'expression anglaise. Congratulations to the entire Coasters team on 35 years of existence!

## Treasury Board consultation on Part VII

SAQ attended a pre-consultation on April 18 2024 with the Treasury Board Secretariat as they begin to create regulations for Part VII of the Official Languages Act. The regulations are:

- texts of general application, i.e. they are not intended for a specific person or situation;
- they define how the law, or a part of the law, is to be implemented and are legally binding;
- regulations must conform to the limits established by the enabling legislation;
- unless explicitly stated, regulations cannot define a term of the Act that the Act does not define.

Part VII of the Act is responsible for the Advancement of Equality of Status and Use of English and French. In essence, it is the government's commitment to enhancing vitality of communities and fostering English and French, i.e. the reason they fund community organizations. The pre-consultation we attended was the first step as the Treasury Board looks to define clear and precise obligations for federal institutions to follow. Several community partners were in attendance and, collectively, it was stressed that further clarity, transparency and better definitions are the first major step toward determining how federal departments can best respect their obligations. Consultations will continue and SAQ will continue to participate.

## Annual General Meeting Comités nationaux contre la lutte à la maltraitance envers les personnes âgées d'expression anglaise et de communautés culturelles

SAQ is pleased to sit on a committee organized by the Ministère de Santé et des Services Sociaux (MSSS) working to combat and prevent elder abuse. In 2022, we joined the committee to ensure that the provincial government's 2022-2027 Action Plan Pour contrer la Maltraitance envers les Personnes Âgées considered English-speaking seniors in their work. Two years later, we sit on a follow-up committee that deals with the fight against elder abuse in English-speaking and cultural communities. As in previous years, we participated in the Annual Committee meeting, which took place on April 25 2024. As the deliberations of the committee unfold and we hear about the numerous projects being developed, SAQ, along with a handful of community partners, will work to ensure that challenges and needs of English-speaking seniors are heard.

## CHSSN Montreal Satellite Office Open House

The SAQ team was happy to attend the Open House unveiling of the new CHSSN Montreal satellite office. Located in the Old Port of Montreal, the move represents the first time that CHSSN has had a permanent office on the island. We look forward to continuing our work with both the CHSSN Montreal and Quebec City offices.



From left to right: CHSSN Executive Director Jennifer Johnson, Alexandre Renaud Office of the Commissioner of Official Languages, South Shore Community Partner's Kevin Erskine-Henry, SAQ Executive Director Katia Toimil-Bramhall and Le Havre Executive Director Dolly Shinhat



## RDN Community Builders Award and Community Meeting with the SRQEA

The team was on hand in Quebec City on May 8 2024 for an amazing evening unveiling the first Community Builders Award. Organised by the Regional Development Network (RDN) and held at the Morrin Centre, the award was given to Hugh Maynard in recognition of his dedication and endless support for the English-speaking community over the past few decades.

The evening continued with a celebration of the work of Bill Floch, Sous-ministre adjoint, Secrétariat aux relations avec les Québécois d'expression anglaise au ministère des Finances. Mr. Floch will be taking retirement shortly but spent one more evening with the community he has helped for so many years.



The SAQ team remained in Quebec City for an all-day meeting on May 9 with the Secrétariat aux relations avec les Québécois d'expression anglaise and all its groups. During the meeting, we presented the growth of SAQ and discussed some of our upcoming initiatives while listening to presentations from the government and community organizations about their development.



(left) Ministry of Finance and SRQEA Sous-ministre Julie Gingras speaking (right) SAQ team with William Floch

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## Department of Canadian Heritage Consultation

On May 13 2024, SAQ attended a Department of Canadian Heritage (PCH) consultation in which the community was brought together to discuss the additional funding made available through the Action Plan for Official Languages 2023-2028: Protection-Promotion-Collaboration. The situation for community organizations is increasingly challenging as limited funds hinder the development or enhancement of programs needed for the community. The Action Plan for Official Languages provides a boost in funding for Official Language Minority Communities. Groups that are currently funded by PCH received an automatic 12.5 per cent boost to their funding last fiscal year. These same groups are invited to apply for an additional 12.5 per cent top-up for the coming years to provide additional funding to meet community priorities and emerging needs.

Additionally, more money will be made available to the community in the fall when the Department of Canadian Heritage launches another call for proposals. New and emerging groups that do not yet receive PCH funding, representing or providing services to diverse or vulnerable populations, will be invited to apply. Organizations with no core funding (Program Funding), but receiving financial support for recurring projects, would also be able to apply. These could then be considered for regular core operations. For more information, or for questions, please contact Andrew Palucci.

## COVID-19 AND MENTAL HEALTH VIDEO

In the fall of 2023-2024, Seniors Action Quebec organized four webinars that focused on discussing the impact that the COVID-19 pandemic had on seniors and specifically English-speaking seniors' mental health. These webinars were part of CHSSN's project **Supporting and Promoting Mental Health (SPMH) in OLMCs in Quebec 2022-2024**. To condense these 4 webinars, we produced a one-hour video showcasing the key points that emerged in these four webinars.



## 2024-2025 WEBINARS PROGRAMME

We are currently planning for the webinars to be presented in 2024-2025. More news to follow this summer. Stay tuned!

For those who may have missed some of the 2023-2024 offerings and are interested in learning more about them, please go to our [YouTube page](#), where you can view any or all of the webinars at your leisure.



## ONE VOICE COALITION

Following up on the in-person retreat at the Loyola Chapel of Concordia's Loyola Campus, held in January 2024, a second meeting to develop the mission and vision of the Coalition was held on Monday, April 15 2024.

We came out of this extremely profitable meeting with a consensus of what the Coalition is and should be and will be holding a meeting in early June to finalize some aspects prior to moving forward in the autumn.

Stay tuned for more developments!



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# CHSSN AND SENIORS ACTION QUEBEC NEEDS ASSESSMENT SURVEY

CHSSN were delighted by the response to this survey which was accompanied by focus group meetings in three regions. Seniors Action Quebec, together with CHSSN, hosted one of these meetings in Montreal on March 19 2024. It proved to be a very lively meeting offering very different perspectives from what the researchers had encountered in the Gaspé and Lanaudière.

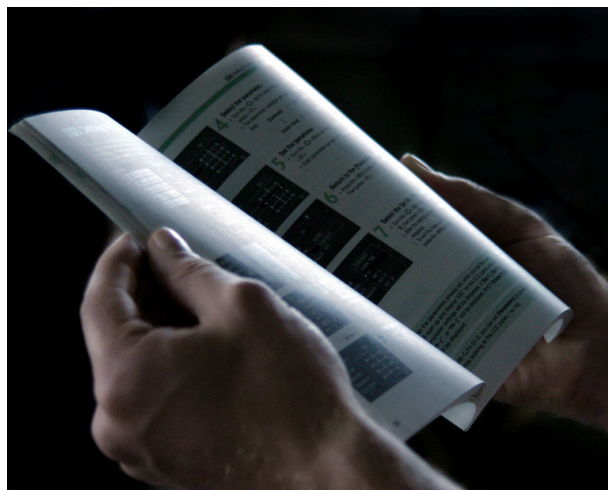
Phase Two of the project will commence shortly.



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# RESILIENCE TRAINING PROJECT MANUALS

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



## CALL FOR PROPOSALS

The Ministère de l'Emploi et de la Solidarité Social is launching a call for proposals on: Soutenir le développement d'une culture d'évaluation au sein des organismes communautaires autonomes. The purpose of this call is to support initiatives that enable community organizations to evaluate their programs and develop knowledge and intervention methods for community action and volunteer action. Deadline to register is June 12 2024.

## 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](mailto:admin@seniorsactionquebec.ca)

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



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