

VISION
Gaspé - Percé / Now

ANNUAL REPORT

2018 - 2019

THE DIFFERENCE IN YOUR COMMUNITY



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PRESIDENT'S MESSAGE



This is a significant year for Vision because it marks our fifteenth anniversary as a community service organization. Over the past fifteen years, Vision has evolved into a pillar of our community as our client base, staff, and programs continue to grow. This year, for example, we have acquired funding that will provide digital literacy training and programs for the next three years.

In an effort to be in closer contact with our clients we opened a satellite office in Barachois in order to improve our services in that area. We also continue to enhance our partnerships with CASA and CAMI and to strengthen our ties with our Francophone community. Our services and programs focus on the areas of early childhood development, parental and caregiver support, education and employment for our youth, and the wellbeing of our seniors.

Vision is increasingly recognized as a formidable and valuable asset in our community and this is providing us with a stronger network of partners and supporters. We feel confident that we are serving the community's needs and we will continue to strive on improving and expanding the programs that we offer.

Finally, a very well deserved thank you to the Staff and Board of Vision; our past accomplishments and our hopes for the future could never be realized without the very dedicated and committed efforts of these experienced and hard working individuals.

TONY CONOLEY

PRESIDENT



EXECUTIVE DIRECTOR'S REPORT

Vision is proud to report that 2019 is our fifteenth year serving the English-speaking communities in Gaspé and Percé! In this time, we have accomplished so much and this past year has seen some of the biggest growth Vision has ever experienced.



The 2018-2019 year has seen the continued development of our existing programs and the rise of new initiatives. We are pleased to welcome three new employees and proud to report on the institution of a new satellite office for the Villages of/de Malbaie, early childhood education programs, projects that develop and celebrate the unique arts and culture of our area, and so much more. We have begun a new Digital Literacy program in partnership with Innovation, Science, and Economic Development Canada and we have opened a new Wellness Centre for Seniors in Murdochville. Growth of this caliber means we are very hopeful and excited for what the future has to bring.

Along with the expansion in the programs and services that we offer, Vision has continued to strengthen and grow our partnerships, which forms the basis for all of the work we do. For example, our Frozen Meals Program is a model for a successful partnership program (Multi Services, Centre d'action Bénévole (CAB), Accueil Blanche Goulet, MRC Côte-de-Gaspé, OMH), for our organization and for others across the province. Our work with CASA and CAMI provides a unified front for the Gaspésie-Îles-de-la-Madeleine region and our outreach within our own community has resulted in new partnerships with GESPEG and with the CAB in Murdochville.

None of this would be possible without the hard work, passion, and determination of our amazing staff: Amie Chicoine, Florence Agnesi, Tanya Kennedy, Stephanie Bond, Tracey Jones, Patricia Dussureault, Angelina Leggo, Linda Aspirault, Nyree Patterson, Laura Comeau, and Patricia Ste-Croix Annett. I would also like thank our Board of Directors for their constant support, feedback and input.

Without our partners, community, board, and staff, none of our accomplishments over the past fifteen years would have happened. So thanks to all of you!

JESSICA SYNNOTT
EXECUTIVE DIRECTOR



PROJECTS BRIGHT BEGINNINGS



AMIE CHICOINE
PROJECT COORDINATOR



A shining start for children ages 0-5

AMIE CHICOINE - PROJECT COORDINATOR

Bright Beginnings is a regional partnership approach developed to support English-speaking children aged 0-5 and their families. Thanks to the generous contributions of our partners, many activities and programs were held throughout the year.

Wiggle, Rhyme, and Storytime:

Nine sessions between April 2018 and March 2019 with approximately 6 children, plus family members, attending each session.

Christmas Tree Lighting at the Barachois Recreation Centre:

Prepared crafts and activities for the children during this activity and approximately 35 children participated.



Christmas Activity at Belle Anse Elementary School:

This activity was a collaboration between Gaspésie Literacy Council (GLC) and Vision's Bright Beginnings Coordinator, providing a full day of reading and crafts with students. Approximately 44 students participated.





Winter Fest Barachois:

Bright Beginning Coordinator prepared crafts and activities for children during this event held by the Barachois Recreation Centre. Approx. 30 children attended.

Family Days:

Two events were held over the course of the year. Between 20-30 children attended each event.



Fun Day:

The Bright Beginnings Coordinator set up a table at an event in Douglastown put on by the GLC with crafts and activities for children approximately 17 children participated in activities.



Destination Famille is a program aimed at helping families going through a difficult time. The past year, our contribution to this program consisted of co-animation with:

- Psychological educator through CLSC
- Sessions held in Murdochville in Spring & Fall 2018
- Arts and crafts activity set up at Fort Haldimand Day Camp

Barachois Focus Group for Parents

- Five parents participated in this event
- Numerous ideas for activities and concerns were brought forward

PROJECTS IN PARTNERSHIP WITH OUR SCHOOLS



Nutrition Month:

A lunch hour activity was held at the Gaspé Polyvalent, including taste testing and sugar content activity. (25 students participated)

AMIE CHICOINE - PROJECT COORDINATOR

Intergenerational Reading Project:

Held at Belle Anse Elementary School in May 2018. Three community members came to read with 10 Pre-K/K students

Workshops held at Belle Anse and Gaspé Elementary Schools:

- "Emotions" (53 students reached)
- "Resilience and Self-Esteem" (56 students reached)
- "Alterados" offered to Secondary 4 and 5 students at the Gaspé Polyvalent on self-esteem, confidence, communication, and trust (30 students reached)

Parent Liaison:

A pilot project at Gaspé Elementary School to give parents and caregivers of Pre-K students a means to feel comfortable and welcome at the schools, as well as a contact person (Parent Liaison) for activities and resources outside of the school system.



ere organized.

Mental Health Week Workshops:

Held in all 3 schools (Belle Anse, Gaspé Elementary and the Gaspé Polyvalent in May 2018) (150 students reached)



LAURA COMEAU - PROJECT COORDINATOR

Cultural Activity Day:

Held at Belle Anse Elementary School in partnership with the MicMac Interpretation Site.

This day-long activity consisted of singing, bracelet making, drum playing, and the legend of the dream catcher.

LAURA COMEAU
PROJECT COORDINATOR



TRACEY JONES PROJECT COORDINATOR

Presentation to Secondary 5 students on scholarship applications:

This was a joint activity with Tanya Dorion from the Carrefour Jeunesse Emploi and Tracey Jones from Vision. Promoted job offers in the health and social service fields at this event and others.

ARTS, CULTURE, AND LEARNING PROJECTS



**STEPHANIE BOND
PROJECT COORDINATOR**

STEPHANIE BOND- PROJECT COORDINATOR Art Inspiring Community Workshops

A series of art workshops provided to the community free of charge.

Twelve painting workshops were offered by artist Stephanie Bond, including painting on wood shingles, canvas, and ceramic tiles. Stained glass artist Nancy Wright-Clapson offered nine workshops at her studio to create sun catchers.

(A total of 200 participants were reached)





Positive Feedback comments from participants:

- “Enjoyed the workshops,so very entertaining and good for the mind. Got me back into painting again and loved the social time spent with others”
- “All the workshops I attended were enjoyed very much. Not only was it great to get out and learn new things, it was great to get together with members of the community to talk”
- “The instructor was always there to help when needed. She was very professional with offering comments and suggestions to help amateur painters. Creating is always fun! Materials all provided very nice!”



Art Inspiring Exhibit Night: Participants exhibited their favorite works at the end of the project.



Drawing workshops: A lunch hour activity was held at the Gaspé Polyvalent School once a week.

AMIE CHICOINE - PROJECT COORDINATOR

Tell Me a Story Project



**NYREE PATTERSON
PROJECT COORDINATOR**

programs/ websites in order to help minimize isolation and gain knowledge within our digital world.

YOUTH ACCESS



**TRACEY JONES
PROJECT COORDINATOR**

**YOUTH
OUTREACH
WORKER**

a support in your life



TRACEY JONES - PROJECT COORDINATOR

Over the past year, this project to increase services and programs to English-speaking youth, ages 10-19, has taken roots, gained momentum, and is starting to bloom.

A lot of energy was put into promoting and informing the community about this project. An interview on Télé-Gaspé was a very powerful tool and provided a boost of energy. The schools were a vital partner and provided a platform for the coordinator of this project to meet with students during class time, promoting the project.

Meetings were held with the organizations that offer services to the youth in our area (Carrefour Jeunesse Emploi, Maison des Jeunes, Maison de Quartier, Youth Outreach Worker, Maison l'Aid'Elle) to discuss the issues that Anglophone youth face and the services that can be provided in English.

We facilitated the translation of a pamphlet for the Youth Outreach Worker and an activity organized by the Maison des Jeunes.

The actions taken and activities held through this project contributed to developing closer ties with the other official-language community. Meeting with service providers and discussing the human factor, putting a face and voice to the obstacles encountered by the youth, is eye-opening. Expressing the desires of the English-speaking youth to be a part of society in Gaspé and how they feel left out, even neglected, by service providers is an important story to tell. Partnerships between Vision and local service providers, where most of the decision making is done by French-speaking members of the population, have been strengthened and bridges have been built.



Sharing the statistics related to the English-speaking population is very powerful tool, highlighting the vulnerability of the minority English-speaking community

CAREGIVERS

TRACEY JONES - PROJECT COORDINATOR

Bilingual Caregiver conferences were held in November 2018 to celebrate National Caregiver Week:

- For the English-speaking community: "Anxiety Among Caregivers - Getting to the Source of your Worries," by Dr. Megan McCallum, psychologist. 17 participants
- For the French-speaking community: « Heureux malgré tout? Oui, c'est possible! » by Karène Laroque. 43 participants

Caregiver Workshops with Dr. Megan McCallum, psychologist:

Six workshops were held in Fall 2018 and five in Winter 2019. These workshops were very well attended and covered a variety of topics, such as communication, grief and ambiguous loss, mind-body needs, thinking about thinking, and self-care strategies. The workshops also taught mindfulness exercises.

Suitcase on Wheels for Caregivers:

This initiative is a means of providing caregivers with resources and improving their capacity for self-care. A variety of audio books for caregivers, recommended by health professionals, were purchased and all were borrowed! The themes of the books reflected the type of caregiver support offered throughout the year, including: mindfulness, meditation, mind-body connection, coping skills, and communication as suggested by consulting health professionals.



MCGILL PARTNERSHIP



TRACEY JONES - PROJECT COORDINATOR

Vision's partnership with McGill University has had several successful projects benefit our community in the past year, such as:

McGill Health and Social Services Community Leadership Bursary Program:

The McGill Health and Social Services Community Leadership Bursary program awards bursaries to eligible students at universities and CEGEPs, as well as vocational students. With a record number of applicants Kaitlyn Annett and Isabelle Gauthier were awarded bursaries.

Career Exploration:

Provided students with advice and resources on career choices and the education required. Information about scholarships available to the students, and how to apply, was also provided.

Internship program:

Worked to recruit and provide welcome services and information for a bilingual speech language pathologist intern in the Chaleur Bay area.

English language conversations:

Worked to improve bilingualism in health care workers, a partnership between McGill, Vision, and the CISSS.



Kaitlyn Annett:
studying for a BSc.
in Nutrition at
McGill University



Isabelle Gauthier:
studying Respiratory
and Anaesthesia
Technology at
Vanier College

SENIOR WELLNESS CENTRES

GASPÉ

AMIE CHICOINE- PROJECT COORDINATOR

The goal of the Wellness Centres is to provide health and wellness information, activities to promote mental and physical health, and a place for seniors to socialize.

Hosted at the Gaspé Legion the Gaspé Wellness Centre focused on the same objectives and programming. The 20 regular participants enjoyed presentations from local professionals, businesses, and CHEP programming, as well as celebrating birthdays, hosting potlucks and parties, and lunch out at a restaurant.

- Provides seniors 50 and over with the tools to live independently as long as possible, health promotion and prevention information, and a pleasant way to maintain physical and mental health
- Activities at the Wellness Centre includes games and activities, light exercises, lunch, and information sessions
- Presentations over the past year have included: Notary, GESPEG, Steve Guimond (Patient Navigator in Quebec City), FADOQ, GES music group/choir, and Dr. Geraldine Lachance-Fortin, and a nutritionist





BARACHOIS

STEPHANIE BOND- PROJECT COORDINATOR

Hosted at the Barachois Legion with an average of ten participants every two weeks. The Barachois Wellness Centre hosted information sessions and enjoyed games, crafts, exercises, an opportunity to eat together, and parties on special occasions!

Transportation was made available for those who needed it.



MAISON DE QUARTIER:

AMIE CHICOINE- PROJECT COORDINATOR

Hosted at Maison de Quartier once a month, this Wellness Centre is slowly building community by enjoying games and physical stimulation. An average of eight participants attend.



PROJECTS FOR SENIORS

LAURA COMEAU- PROJECT COORDINATOR

Presentation in partnership with Educaloi

- Mrs. Line Desrosiers, a local notary from the area, presented at the Gaspé Wellness Centre in Winter 2019
- The topics discussed were: Wills, Protection Mandates, and Powers of Attorney

Legal Information Session:

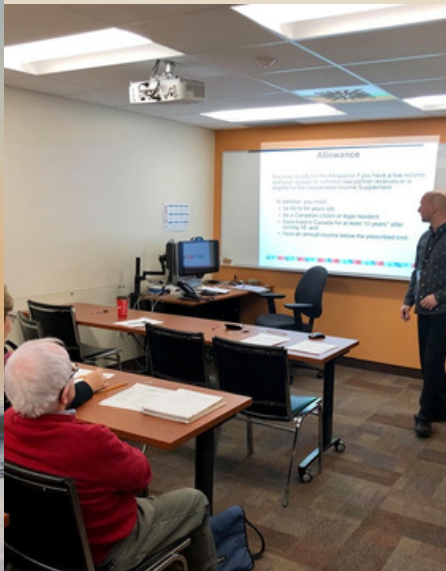
- Held at the Barachois Recreation Centre in Winter 2019, with Myriam Carbonneau a lawyer from Justice de la Proximité
- Topics covered included: Wills, Protection Mandates, and Powers of Attorney



Activity in partnership with GESPEG

Held at the Gaspé Wellness Centre in Winter 2019

- The activity focused on making bracelets, with Kalika Sinnett and Carole Chicoine from the MicMac Interpretation Site, and sharing a traditional story about the significance of the craft



AMIE CHICOINE- PROJECT COORDINATOR

Senior's Day in July 2018

- Approximately 60 seniors in Gaspé were presented with the different services and resources available to them from our organization

Information Session for Seniors

- Three participants attended this information session for English speaking seniors in Gaspé held by Service Canada

Seniors Against Abuse

- Six participants attended this presentation on abuse from the Coordinator of the Alzheimer's Society in Chandler and Vision's project coordinator

- Hosted by the Barachois Recreation Centre



STEPHANIE BOND- PROJECT COORDINATOR

Community Health Education Program (CHEP):

- A live CHEP session was presented to the community called "Why can't I sleep?"
- Two DVD sessions were shown at the Gaspé and Barachois Wellness Centres called "Sugar and Salt" and "Keep Your Teeth Healthy Longer!"

ANGELINA LEGGO- COMMUNICATIONS COORDINATOR

Bulletin for Health and Wellbeing

- Accessible health and wellness information on common issues facing seniors
- Ten issues published per year (monthly, excluding July and August)
- Distributed at the Wellness Centres, via email, and published on our website and social media



**ANGELINA LEGGO
COMMUNICATIONS
COORDINATOR**

BARACHOIS LIAISON



**PATRICIA STE-CROIX ANNETT
BARACHOIS LIAISON**



PATRICIA STE-CROIX ANNETT- BARACHOIS LIAISON

The position of Barachois Liaison was established in Fall 2018, with Patricia Ste-Croix Annett coordinating the satellite office.

Her accomplishments since this time included:

- Set up a Satellite office in the Barachois Recreation Centre
- Developed a Steering Committee with eight representatives compiled from organizations serving the area from Corner of the Beach to St Georges de Malbaie

Hosted meetings with the Steering Committee:

- Selected a name for the project: "Villages of/de Malbaie," which represents the communities of Coin du Banc, Bridgeville, Barachois, Belle Anse, Bougainville, Malbay, Pointe St-Pierre and St-Georges
- Logo created to portray the names and villages of the area served





Creating the Liaison Office as a Resource Space:

- Created a monthly calendar of activities and events for the Villages of/de Malbaie.
- Distributed the calendar in the Villages of/de Malbaie Area and neighbouring communities
- Collected and compiled a list of advertising sources for events and activities.
- Collected and compiled a list of Musicians for events
- Created a list of Venues to host activities and events within the Villages of/de Malbaie area
- Compiling resources and information for a resource/information pamphlet
- Recruiting volunteers on an ongoing basis to be compiled into a volunteer data base

Partnerships and Collaborations

- Growing partnerships with fourteen organizations
- Promoted the Meals on Wheels program, the Frozen Meals program, Patient Navigator, Barachois Fitness Centre, the CISSS, the CLSC, etc.
- Collaborate with Reseau Biblio in coordination with the Allison Aubut Library
- Network with the Ville de Percé on a variety of community initiatives
- Representation on the Politique de Famille Committee
- Participated in the Community Consultation meeting facilitated by the City of Percé and CEDEC
- Liaise and provide support to community members and organizations on an ongoing basis
- Provide support and consultation to organizations in event planning and fundraising efforts

FROZEN MEALS

LINDA ASPIRAULT - PROJECT COORDINATOR

The service has become better known and is really appreciated by our clients. Many of the clients prefer to pick up their meals directly at the Centre d'action Bénévole (CAB) and since we have an inventory of meals on hand, we can offer them a large variety of meals quickly. The inventory also allows us to respond to last minute requests. The program operates throughout the year and is complementary the Meals on Wheels program.

The solid partnership between Vision Gaspé-Percé Now, Multi Services, l'Accueil Blanche-Goulet, CAB Le Hauban, l'Office d'habitation de Gaspé, and the MRC Côte-de-Gaspé has made this service a success. Month after month we receive new requests, some only use the service on a temporary basis while others become regular customers.

The meals are sold for \$4.00 each and primarily intended for seniors, but are also available to people who are in a temporary vulnerable situation. The service meets a need and no requests are refused.

RESULTS FOR 2018-2019

Clients: **87**

Meals sold: **2958**



**LINDA ASPIRAULT
PROJECT COORDINATOR**



SECOND SOUFFLE



**PATRICIA DUSSUREAULT
PROJECT COORDINATOR**

PATRICIA DUSSUREAULT - PROJECT COORDINATOR

This year, Second Souffle du Rocher-Percé held twelve breakfast meetings in Chandler and Port Daniel. Among the invited guests were Suzanne Bourget (Alzheimer's Society), Hélène Chagnon (Memory Clinic), and Karène Larocque (conference provider). We discovered that participating community members really need to share experiences beyond their role as caregivers. Over the course of these meetings, the caregivers laughed together, surprised by the different personalities and passions of the people they thought they knew. The casual nature of these meetings is beneficial for everyone. We also provide whatever is needed in terms of information and support.



A half-day conference on Ambiguous Loss with Karène Larocque was held in Chandler and we also partnered with The Alzheimer's Society and The Villa Pabos for two other conferences.

During Caregiver Week we produced a video 'Tout le monde en parle pas assez' with service providers, caregivers, and other partners who spoke of the services that are available in our area for caregivers and the caregivers who spoke of their experiences. The video was later shown at the local cinema and the event was open to the public.

During the year 225 caregivers participated in our activities.

Caregivers continue to be a clientele that are difficult to reach, and they often do not realize that they are caregivers. Over the years we have built a solid base of clients and our project is well respected in our community.

STAFF TRAINING AND LEARNING OPPORTUNITIES



STEPHANIE BOND:

- NPI Retreat
- Vibe Symposium
- Disability arts conference

TRACEY JONES:

- Young Carers on the Map
- The first Quebec-based symposium

Laura Comeau:

- Mental Health First Aid Course
- NPI Retreat

PATRICIA STE-CROIX ANNETT

- NPI Retreat

AMIE CHICOINE:

- NPI Retreat
- Stress & Anxiety
- Sexual Health
- Mindfulness
- Dance Movement Therapy
- Alterados (New Realities of Sexuality in Youth)
- Palliative Care Conference
- Gatekeepers training
- Parent Liaison Vulnerable Families training
- Rest-Play-Grow book (course on understanding preschoolers)
- Webinar on Educaloi
- Video conference on Youth and Mental

ANGELINA LEGGO:

- NPI Retreat
- Health Canada Training
- Digital Marketing with the Quebec Anglophone Heritage Network (QAHN)
- Communications Webinars: Preparing Annual Reports, New Horizons for Seniors preparation, Statistics Canada Webinars (2), Suicide Prevention Week
- New resources on English-speaking Quebec with QUESCEN
- Health Promotion for Girls with Girls Action Foundation
- Quebec Community Groups Network Annual General Meeting 2018
- Minority Community Vitality through Education Forum with QUESCEN
- Early Childhood Health Promotion Conference with the Public Health Agency of Canada

OUR PARTNERS



Centre intégré de santé et de services sociaux de la Gaspésie

Québec



L'APPU POUR LES PROCHES AIDANTS D'AINÉS
GASPÉSIE-ÎLES-DE-LA-MADELEINE

Famille Québec



Patrimoine canadien



Société Alzheimer
GASPÉSIE-ÎLES-DE-LA-MADELEINE



Emploi Québec



CGE
CENTRE D'ACTION BÉNÉVOLE
La Grande Corvée

