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The East Island Network for English Language Services Newsletter

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REISA

The East Island Network for English Language Services
Le Réseau de l'Est de l'Île pour les services en anglais

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Mission: Community and public partners work to develop and promote access to English-language health and social services in the east-end of Montreal.

If you would like to learn more about any of the projects mentioned, please feel free to email us at info@reisa.ca.

New Online Survey for the CSSS de Saint-Léonard et Saint-Michel

With the goal of offering better customer services, the CSSS has added an online survey to their website which was developed to gather the opinions of their clientele based on services received. The population is now invited to answer one of three evaluation questionnaires on customer satisfaction in the areas of family-childhood-youth and public health administration, General and specific adult services administration or the administration of services for people with loss of autonomy. Please visit: www.csss-stleonardstmichel.qc.ca to access the survey.

Healthy aging with McGill: Gender Brain Health symposium

Over 130 people attended this one-day symposium October 8, at the Douglas Mental Health University Institute, which looked at gender differences in the aging process. They discussed the role of the hormone estrogen in healthy aging and what effect it has on the aging process on women; and understanding the role of a healthy hippocampus, a brain structure very important in memory for spatial learning. Afternoon workshops covered gender differences in care giving roles and techniques for the 21st century; and a four-pillar program to keep the hippocampus healthy and improve navigational techniques. This conference was of much value to those who work with seniors.

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CHEP Videoconference: What is Autism?

On October 15, REISA organized a videoconference through the Community Health Education Program at the CLC Laurier MacDonald, entitled: What is Autism? Presented by Dr. Mandy Steiman, Clinical Psychologist, who works at the Montreal Children's Hospital in its Autism Spectrum Disorders Program. This Interactive videoconference looked at the signs, symptoms, causes and risk factors of Autism Spectrum Disorders as well as resources for coping and support. "Autism Spectrum Disorders (ASD) is a complex, lifelong condition that affects individuals from all walks of life, as well as their families, friends and caregivers. Studies show that signs of autism are usually present by three years of age and it is four times more prevalent in boys than in girls." (Health Canada online). To learn more about ASD, the following resources were provided:

- Health Canada Online: www.hc-sc.gc.ca/hc-ps/dc-ma/autism-eng.php
- Film: Exploration of Autism from the point of view of autistic people themselves: www.neurotypical.com
- Autism Society of Canada: www.autismsocietycanada.ca/
- Autism Speaks online: www.autismspeaks.org/

If someone you know has ASD and you have questions about where to go, please don't hesitate to contact REISA for more resources, we would gladly help you find what you are looking for.

CHSSN NPI Retreat and CLC Collective Impact Initiative

The Community Health and Social Services Network (CHSSN) held their semi-annual retreat combined with the CLC Collective Impact conference, which took place at the Sheraton Montreal from October 21-23, 2014. The CLC Collective Impact Initiative was a one and a half day conference that looked at bringing communities together in a structural way to achieve social change. This conference was attended by Community Learning Centres as well as all of the Networking and Partnership Initiative (NPI) networks across the province; and was hosted by Tamarack which is an institute for community engagement. To kick off the retreat, all of the Executive Directors of the NPI networks were invited to an afternoon visit to Kahnawake where a different reality, that of aboriginals, was shown. The CHSSN also provided workshops in the areas of communications, caregiving and youth. Once again, these retreats have proven successful in achieving important networking time to share best practises for English-speaking minority communities across the province of Quebec.



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English Montreal School Board Career Fair

REISA participated in the 2014-2015 EMSB Career Fair which took place on October 29/30, 2014. 23 high schools and Adult centres with a total of 1979 students visited the career fair during the 2-day event, hosted by the English Montreal School Board at the St. Pius X Adult Centre. There was also an open house where the public was invited to attend on the evening of October 29. REISA was there to promote careers in the health and social services sector and handed out information pamphlets on the most in-demand careers of the year, specifying the level of education needed as well as the range of salaries for each position. This is a very valuable tool to those who are interested in a career in health but are not sure of what path to choose. The information used was translated from the government site: www.avenirensante.gouv.qc.ca where there were various careers to choose from with a variety of skill levels and salaries.



First Annual Health Promotion Fair in Brossard: a great Success

With several hundred visitors, 37 Kiosks, 4 workshops, the presence of Margaret Trudeau as guest speaker, as well as the appearance of the Health Minister, Gaetan Barrette; this first ever health fair, held on November 1, was well received on the South Shore of Montreal. The target audience for this event was primarily, but, not limited to, that of the English-speaking residents of the Montérégie area and organized by the Assistance and Referral Centre (A.R.C.) & the English Speaking Regional Partnership Table health and social services – Montérégie. An enormous amount of beneficial health information was available to the public, including kiosks from community organizations, Health Canada, Office of the Commissioner of Official Languages, and two CSSS. The timing of this event could not have been better as the Health Minister reassured the visitors that English Services would continue to be protected. Please see the link provided, for the news coverage reported by Stephane Giroux on CTV: <http://montreal.ctvnews.ca/video?playlistId=1.2082849>

Centre des femmes solidaires et engagées formerly The Italian Women's Centre of Montreal

The Italian Women's Centre of Montreal has recently changed its name to **Centre des femmes**

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solidaires et engagées (Your Women's Centre). Since 1978, the Centre offers a place for women to meet, discuss and take action, with the aim of reducing their isolation. By means of a feminist perspective and in solidarity with all women, the Centre seeks to improve the social, economic and political conditions of women regardless of age, ethno cultural affiliation or sexual orientation. In addition to this global approach and in keeping with its original mission, the Centre continues to be a forum for open discussion for women of Italian origin.

The Centre proposes various popular education activities such as workshops, support groups, conferences, etc. It gets actively involved in collective actions and activities with the purpose of raising awareness and defending women's rights. It also offers individual intervention, a legal clinic and accompaniment for women in abusive relationships, all in English, French or Italian, and in a warm, respectful and confidential atmosphere.

Some English activities include:

- Coffee, Chitchat, and time for me! An open discussion. Wednesdays at 10am.
- Women in action Committee: Let's mobilize and demand a just society. Thursdays at 6:30pm, with registration.

Located in Montreal at 1586, Fleury Street East #100, the Centre welcomes women from neighboring areas. Open from Monday to Thursday

8:30am to 5:00pm. For more information, visit:

www.facebook.com/centrefemmessolidairesengagees or www.cfse.ca

Kids Coding Jeunesse believes that coding should be part of the school curriculum

Kids Code Jeunesse is a Canadian bilingual non-profit organization, based in Montreal, which aims to provide every child in Canada with the opportunity to learn to code in school at no cost. Children who learn computer programming in school also learn team work, presentation and communication skills, patience, attention to detail, and other "non-scientific" skills that help strengthen general learning. The goal is to get children of all backgrounds to understand how computer programs are created and get them interested as careers in computer science are plentiful globally.

Presently, the team is offering courses in both French and English to students Grades 3 through 6, with expansion plans to include Grades 1 through 8. Students at General Vanier Elementary School, in St. Leonard, created their own websites last year as their final project. The websites look simple at first, until you realize that the students created them without the help of pre-made templates available online. For more information, visit: kidscodejeunesse.org.

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Ivrotexto: A free application to see the effects of alcohol abuse while you are texting



Éduc'alcool recently introduced an application for typing messages that let the sender and the receiver see the effects of drinking alcohol and sending text messages.

The application is called Ivrotexto and uses pedagogical ways, like scenarios and animations, to try to lower the age of alcohol consumption, promote social interaction with friends and decrease alcohol abuse. Statistics indicate that very few adolescents understand the effects of alcohol and at this age, their ability to adequately think about their decisions is still in development and they particularly appreciate strong sensations. This application is aimed at ages 12- 17.

Almage Logo Contest

Almage Senior Community Centre has been serving the East End English Community since 1982. It is the only English community centre in the East End. Almage is in the process of revamping their logo and needs you're your help! If you have a great idea for a logo, the deadline to submit your entry is: Friday,

December 12th, 2014. The winner will receive a prize of a \$100.00.

Almage 50+ Community Centre current logo:



A little bit of history: Members of three local parishes in east-end Montreal (St. Aloysius, St. Margaret's and St. George's) formed a social club to meet the needs of senior citizens in their community. As the need for services increased, CCS was contacted to study and evaluate the needs of the English-speaking seniors. In June 1982, the Almage Centre was officially founded. What began as a centre offering services two days a week with a membership of 50, is now offering services five days a week to 250 members. Today, Almage is proud to be fully independent and has extended its services to 2 Satellite Centres in Rosemont and Montreal-North where they each offer 1 day per week programs. The mission and vision of the centre promotes a "senior helping senior" approach to

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service delivery. The goal of Almage is to improve the quality of life of seniors who live independently. The programs and services are designed to enhance their dignity, support their independence and encourage their community involvement. *The centre is a home away from home.* If you are interested in participating please submit your entry form to Giovanna Colasurdo, (514) 355-1712 at info@almage.org or by mail at 8680 Hochelaga, Montreal, QC H1L 2M6. Deadline December 12th, 2014. Good luck!

Vivre en Santé: Health Fair in Saint-Leonard

Le Centre Leonardo da Vinci partnered with the Italian-Canadian Community Services of Quebec have held their second annual community health fair for the residents of Montreal East on November 18 and 19, 2014. The health fair gathers more than 20 community organizations, the CSSS, as well as private companies to offer information on health care services, disease prevention, and support services. On November 18, Dr. Serge Gauthier held a conference on Alzheimers prevention, and on November 19, Dr. Schwarcz held a conference on Aging: Fact or Fancy. There were workshops held on both days for seniors and were put together to show the right track of a brain-healthy lifestyle. Examples of the workshops include: Cognitive stimulation, Fall prevention, and Discovering computers. On the final day, there was also a Héma-Quebec blood drive and free glucose

and hypertension testing. Free flu vaccinations were also open to the public from 3-5 pm. There was a very positive response from the community as there were close to 150 people who received their vaccine in the two-hour period. As the nurses are trilingual, speaking English, French and Italian, this event is very beneficial to the community, reaching a vast population.



Salon
"Vivre en Santé"
2^e édition

Mardi, 18 novembre
et Mercredi 19 novembre 2014 | 15h00 à 21h00

Au **Centre Leonardo Da Vinci** | Ouvert à tous!
Open to all!

ACTIVITÉS:
Ateliers (Inscriptions requises)
Clinique de vaccination
Collecte de sang
Dépistages

CONFERENCIERS:
Dr. Serge Gauthier, M.D., FRCPC
La Prévention de la maladie d'Alzheimer
18 novembre à 15h00
Dr. Joe Schwarcz, Ph.D.
Aging: Fact and Fancy
19 novembre à 19h00

Plus de 20 exposants!

CENTRE LEONARDO DA VINCI
8370 Boul. Lacordaire, Saint-Léonard,
Québec, H1R 3Y6

Pour renseignements
inscription:
514.274.9462 www.cldv.ca



CCS Community Services' "Early Head Start" program is coming to the East Island!

CCS Community Services is proud to announce that *Early Head Start (EHS)*, an early childhood education

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program for parents and children 0-5 years old, will be offered to the East Island families starting in January 2015. For over 75 years the not-for-profit CCS Community Services has worked to build networks of support to serve those in our community most in need of a helping hand. REISA and the Community Learning Center (CLC) of Laurier-MacDonald High School has partnered with CCS Community Services to offer this family education program.

The Early Head Start (EHS) Program is an initiative that was developed by CCS Community Services, in collaboration with Orchard Elementary School of Lester B. Pearson School Board. The program addresses educational and social needs of families with young children. Key program features include:

- Educational activities contribute to children's global developmental domains including language, cognitive, social-emotional, and physical development.
- Arts and crafts, story time and singing time allow children to socialize with other children.
- Through creative activities, children have the chance to explore and discover their environment at their own pace.
- Parents learn various parenting skills and tools by participating in support groups and workshops.
- Outings and community events are organized regularly.
- Every EHS family becomes part of a community that aims to strengthen bonds with each other to

become inclusive for all.



If you have young children between the ages 0-5 years old and living in the East Island, come join us at *Early Head Start* to give your family a "Head Start" in school and life:

Starting January 2015, classes will be offered Tuesdays & Thursdays from 9:30 am-11:30 am in the CLC Room of Laurier-MacDonald High School.

Registration required.

For more information Call (514) 937 5351 ext.240 or e-mail: emilie@ccs-montreal.org



Thanks for reading!

