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## REISA's May Newsletter



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**Have questions or feedback? Want to connect with someone from our team?**

We're available by phone every **Tuesday and Thursday from 9 AM to 4 PM**. Give us a call at **514-955-8370, ext. 2217**, we'd love to hear from you!



### Message from our Executive Director, Claudia

Whether you've been following REISA for a while or *are new here*, welcome and happy reading! We're feeling energized and excited about this year's partnerships and programming, and we hope to take you along for the ride. Please don't be shy to ask a question or feedback, whether you're reading from a professional standpoint or a personal one. We would love to hear from you.

Que vous suiviez REISA depuis un certain temps ou que vous soyez *nouveau*, bienvenue et bonne lecture ! Nous sommes pleins d'énergie et d'enthousiasme pour les partenariats et la

programmation de cette année, et nous espérons vous accompagner dans cette aventure. N'hésitez pas à nous contacter pour toute question ou commentaire, que vous soyez un lecteur professionnel ou personnel, nous serions ravis de vous lire.



### Welcome to the team Ama!

Please join us in welcoming Ama to the REISA team! Ama is our **Senior Wellness Coordinator**, focusing on developing social, wellness and health activities for English-speaking seniors in Saint-Laurent.

Want to get in touch with Ama? Email [wellness@reisa.ca](mailto:wellness@reisa.ca).

### Community Portraits

Over the past six months, the REISA team has been hard at work creating community portraits of the English-speaking populations in Rivière-des-Prairies, Parc-Extension, and Saint-Laurent.

These portraits share real, personal accounts of daily life for English-speaking minority residents in each borough, alongside key statistics on employment, income, and education.

They serve as valuable tools for community, public, and health partners to better understand the realities and challenges of English speakers in these neighborhoods. Each borough has its own strengths and service gaps, and these portraits help REISA advocate more effectively by providing concrete evidence of where support and resources are most needed.

[Read the reports here](#)





### Canvas of Connection Comes to a Close

Over the past six months, REISA's *Canvas of Connection* program brought together English-speaking seniors from the Steger Residence and students from Lauren Hill Academy for a series of monthly intergenerational art workshops.

Participants engaged in creative activities while building meaningful relationships and bridging generational gaps.

At the heart of the program was the creation of a collaborative, multimedia *Art Hive*, a vibrant scrapbook that showcases the shared stories, artwork, and cultural expressions of both youth and seniors.

[Watch the recap video here](#)

### Mental Health Forum

Last month, REISA hosted a Mental Health Forum dedicated to the incredible frontline workers in our health and social services network.

These community champions are often the first to help others, but rarely get the time to focus on their own well-being.

💬 With the inspiring guidance of **Roen Higgins**, participants engaged in reflection and visioning exercises — a reminder that *you can't pour from an empty cup*.

💡❤️ A heartfelt thank you to everyone who took the time to show up for themselves and for each other.



## Community Events

Follow the links for more details

- [Senior's Driving Safety Videoconference](#)
- [AMI-Quebec May Workshops](#)
- [AMI-Quebec Support Groups](#)
- [Walking Group](#)

### Join AMI-Quebec's New Walking Group – Starting This May!

As part of AMI-Quebec's ongoing commitment to promoting physical activity for better mental health, they've launched a weekly walking group open to all friends of AMI—including family caregivers and their loved ones, regardless of ability.

 **Tuesdays at 4:30 PM**

 **Meet in the parking lot behind AMI's office** at 5800 Décarie Blvd, Montreal

 **No RSVP required!**

[Details here](#)



### Job Board

Looking for a job? REISA's job board is your go-to resource! Start exploring opportunities today: [Job board](#)



### Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists services servicing English speakers, connecting you to essential services. [Click here to explore the resource guide](#)

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