

Seniors

This past year Vision was able to maintain the Wellness Centre and Day Centre with great success.

The Wellness Centre continued throughout the last year. Beginning in October and running until June, the Wellness Centre consists of games and activities followed by 30-40mins of light exercise, lunch, and an information session. The Wellness Centre has continued to have a good number of participants with an average number of 19 seniors participating every 2nd Wednesday. Four new participants signed up this year. The Wellness Centre sessions run from 10am-2pm. This year the information sessions were based on the Healthy After 50! program developed by the Santé Publique. This program covered topics such as: safe medication use, sleep issues, digestive issues, dealing with stress, arthritis, and how to be prepared when speaking to your doctor or pharmacist. Other topics that were covered include; fraud and scams and shingles. The Wellness Centre is held at the Royal Canadian Legion in Gaspé free of charge. This year we experienced a challenge with the adapted transport, as their budgets has been cut and they wanted to charge more to our participants who need adapted transport. After discussions with the transport they agreed to continue offering the service at the initial low cost for our participants, as our Wellness Centre is considered a health improving activity.

The Day Centre in Barachois also had a successful year. The Day Centre is provided by the CISSS de la Gaspésie Day Centre team. Vision plays a supporting role by coordinating the Day Centre. The Day Centre takes place every 2nd Wednesday from 9:30am-1:30pm. The Vision coordinator provides reminder phone calls to all the participants. The CISSS day centre team prepare activities and exercises for the morning portion. For the afternoon portion the Vision coordinator provides some activities.

The Frozen Meal Program for Seniors continued throughout the year. This service provides nutritious and affordable meals to people 65 and over in the MRC Cote de Gaspé and from Saint Georges de Malbaie to Coin-du-Banc. This service is available to both the Anglophone and Francophone communities. The meals are prepared at the Douglastown Community Centre, which provides the space at no charge. The meals cost 3\$ each, are delivered every 2 weeks, and a client can order up to 10 meals for that time period. Vision received financial support from the ATI Rocher Percé, CHSSN, the Ville de Gaspé and Ville de Percé to support this program. The program continues to increase in popularity since its inception. Over the last year we have grown from 32 clients to 81 clients, an increase of 153%, and have served 3359 meals. Vision regularly receives referrals from social workers at the CISSS de la Gaspésie for the service.

Youth

Vision has continued to be a part of the *Regroupement Santé Jeunesse*. This committee is made up of organizations that work with 0-20 year olds, including school board members, health care workers, and representatives from the Ville de Gaspé. The goal of this committee is to identify the priority actions for this age group and develop an action plan based on these priorities. The funding sources of Complice, Quebec en Forme, and Avenir Enfant are channeled through this committee. The *Regroupement* went through a restructuring over the last year. Vision was nominated to sit on the *Comité Vision* to represent to Anglophone community. The role of this committee is to validate and prioritize actions identified in the four sub-committees. Vision also sits on three of the four sub-committees.

Vision received funding from Santé Jeunesse to work on the creation of a garden committee, which would facilitate the transfer of the community garden over to the Douglastown Community Centre.

CHEP

Vision, once again, participated in the Community Health Education Program. The first session that was held, *What is Autism?*, had 9 participants attending. Due to technical issues the participants were not able to watch the presentation. However, the participants did stay and discuss their experiences with Autism. The open discussion went very well and an alternate date will be scheduled when Vision receives the DVD of the presentation. Vision also took this opportunity to pass along the information for the autism association in our region *Autisme de l'est-du-Québec*.

Vision was also scheduled to participate in the *Prostate Cancer* session, however due to weather conditions this session will also be scheduled on an alternate date once Vision receives the DVD of the presentation.

Families

The Grandmaman Arrive / Supernanny Arrives program aims to assist parents with babies under 1 year old. The program also helps seniors to break isolation, and provides them with a chance to participate in the community. The program has a list of retired women who offer their support to parents for 2-3hrs/week for 6 weeks. The referrals generally come from the CLSC perinatal nurse, others have come from la Maison de la Famille, and still other clients phone directly to the Vision office. One of the client/volunteer match ups this year was so successful that the volunteer still continues to assist the parents even though the 6 week period is completed. The clients have all expressed gratitude to their volunteers and to the service itself.