

December 5, 2022

Seniors Action Quebec Announces Change to Board of Directors

Seniors Action Quebec (SAQ) held its Annual General Meeting on November 17, 2022. We are pleased to introduce the members of the 2022 - 2023 SAQ Board of Directors and Executive Committee.

The new members of the Board of Directors are:

Debbie Ford- Caron, Saguenay Lac-St-Jean
Dian Cohen, Eastern Townships
Sharon McCully, Eastern Townships
Deirdre Shipton, Lower Laurentians

Remaining on the Board of the Directors are:

Mona Beck, Montreal
Syeda Bukhari, Montérégie
Walter Duszara, Montreal
Darla Fortune, Montreal
Diane Lemay, Montérégie
Linda Marion, Abitibi-Témiscamingue
Richard Silver, Montreal,

The Executive Committee members are:

Walter Duszara, President
Richard Silver, Vice-President
Dian Cohen, Treasurer
Diane Lemay, Secretary

“On behalf of all members and friends of Seniors Action Quebec, I welcome our new board members and thank them for their gift of service. I also thank and congratulate the Nominations Committee members - Ruth Pelletier, Chair,

Mona Beck and Richard Silver - for a job well done under challenging circumstances.” Walter Duszara

The Board of Directors bade farewell to Debbie Horrocks, immediate past-President, whose six-year term as Board member came to an end.

“Debbie served the board and members of Seniors Action Quebec generously and effectively at a time when SAQ was experiencing many changes and new demands. In the name of SAQ, I thank her for her leadership and dedication. On a personal note, thank you Debbie for your support and counsel when I needed it. We all look forward to your continued support and contribution to the mission and goals of Seniors Action Quebec.” Walter Duszara

The 2021-2022 Annual General Meeting reviewed SAQ’s accomplishments and, how we continued to move forward with our projects in the face of the many unexpected demands and challenges related to the Covid-19 pandemic. The following achievements were highlighted:

- The **Resilience Training Project** - a series of workshops which teach resilience skills to seniors, and those who work with seniors, was completed.
- A new set of videos showcasing five regional English-speaking organizations were produced and launched as part of our video series **Je Me Souviens: Portraits of Who We Are**.
- In partnership with the **English-Language Arts Network**, we wrapped up the **We’re All In This Together** project, a series of bi-weekly web-episodes with uplifting stories to help reduce the stress and isolation of seniors during the pandemic.
- We continued to expand our new online services and to further develop our directory of organizations and professionals who provide services in English throughout Quebec, the **SAQ Services Map for Seniors**.

Seniors Action Quebec is a non-profit organization that works to maintain and enhance the vitality of English-speaking Quebec seniors.

For more information on the organization, please contact
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