

Seniors Action Quebec

E-Newsletter



ONE YEAR ON

The last year has been an extraordinary time for our community. Quebec's older adults, and those who work to support them, have faced unimaginable challenges, and many have struggled. This has been a very dark time, and we have witnessed illness, death and loss, but we have also seen examples of strength, resilience, kindness and hope. Our community has come together in remarkable ways, people reaching out to help those around them, and ensuring that their loved one, colleagues and neighbors are safe and healthy. The campaign to vaccinate us all is progressing incredibly well as we race to get ahead of the new virus variants that are among us, and we remain hopeful. Spring is coming, and if all goes well, days spent with friends in the sunshine are not far off. In the meanwhile, please take care, look for the joy in your day, and continue to support those who need it.

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NEW RESILIENCE TRAINING MODULES

We are pleased to announce that modules three and four of our Resilience Training have begun. These modules will focus on the concepts of control and coping mechanisms and the roles they play in building personal resilience. For more information on the Resilience Training Program, please contact Project Coordinator, Mirella Castrechini at mirella.castrechini@seniorsactionquebec.ca



Seniors Action Quebec

Resilience Training Program

Module 3 and 4: Coping And Control Mechanisms

How do coping and control mechanisms help us deal with stressful events and build resilience?

MODULE 3 TRAINING DATES

Tuesday March 16:	1:30 pm-3:30 pm
Thursday March 18:	10:30 am-12:30
Tuesday March 30:	1:30 pm-3:30 pm
Thursday April 1:	10:30 am - 12:30
Tuesday April 6:	1:30 pm- 3:30 pm
Thursday April 8:	10:30 am - 12:30

MODULE 4 TRAINING DATES

Tuesday April 13:	1:30 pm-3:30 pm
Thursday April 15:	10:30 am-12:30
Tuesday April 20:	1:30 pm-3:30 pm
Thursday April 22:	10:30 am-12:30
Tuesday April 27:	1:30 pm - 3:30 pm
Thursday April 29:	1:30pm -3:30pm

Our Resilience project is a series of train-the-trainer modules accessible online to our members focused on teaching resilience skills to English-speaking seniors.

For more information or to register, contact
Mirella.Castrechini@seniorsactionquebec.ca

The Resilience Training Program is made possible by funding from



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JE ME SOUVIENS: PORTRAITS OF WHO WE ARE



**Je me Souviens:
Portraits of Who We Are**

WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF QUEBEC AND THE SUPPORT OF THE FOLLOWING PARTNERS



Partners in the COM-Unity Project:

Black Community Resource Centre (BCRC)	Learn Quebec
English Language Arts Network	Quebec Anglophone Heritage Network
	Y4Y Quebec

For the past year, SAQ has been working on a collaborative project with the [Black Community Resource Centre \(BCRC\)](#), [English Language Arts Network \(ELAN\)](#), [Learn Quebec](#), [Quebec Anglophone Heritage Network \(QAHN\)](#), and [Youth 4 Youth \(Y4Y\)](#). These organizations make up the [COM-Unity project](#).

Managed by Concordia University's [QUESCREN](#). The COM-Unity Project is looking at English-speaking Quebecers' and their sense of belonging in Quebec. Our project, called [Je me Souviens: Portraits of Who We Are](#), is a series of video interviews with English-speaking seniors who discuss the theme of belonging and what it means to them.

We are delighted to have such a wide variety of seniors, living in different corners of our province (the Laurentians, the Lower North Shore, the Magdalen Islands and others) participating in the project.

To learn more about the COM-Unity project and the organizations involved, watch this [interview](#) with QUESCREN's Lorraine O'Donnell.

WE'RE ALL IN THIS TOGETHER UPDATE



We are so happy to say our We're All In this Together web series has been very well-received since the launch of our first episode in December 2020.

Co-produced with English Language Arts Network (ELAN), the project is designed to help seniors cope with isolation and emotional stress during the pandemic. Director Bobbi Jo Hart and her excellent team have been filming episodes on topics such as baking, cooking, art therapy and writing.

Our February 12 episode featured an interview with acclaimed New York Times best-selling novelist Louise Penny. The hour-long conversation inaugurated our Authors in Conversations Series and was filmed on location at Brome Lake Books store in the heart of Knowlton village. If you are a fan of her books or just want to learn more about the writer herself this intimate interview gives great insight into one of Quebec's great talents.

Episodes of the web series are uploaded on a bi-weekly basis on Friday evenings at the official YouTube page and Facebook page. Head on over to our news section on our website to read the latest news articles about the series.

Partner Events

Do you have an event, bit of news or information that you would like to share with our extended network? Send us an email at info@seniorsactionquebec.ca and we will possibly share your information on our [Facebook page](#) or in our next newsletter.



Black History Month



February was Black History Month, and The Toronto Star Editorial Board marked the event by writing an important article arguing for more inclusivity in long-term care homes. Included in the article, is a link to a 20-minute podcast on the subject. Click here to read article and [listen to podcast](#). Inclusivity is an issue older adults face in Quebec as well, and more awareness needs to be raised around this reality.

Closer to home, CBC Montreal has created a series celebrating influential Black Quebecers, who are aiming to make a difference for the Black community. In the same spirit, You can have a [look here](#).

One Montrealer who was honoured, was Clarence Bayne. Dr. Bayne has long been involved in community organizations and is the President of the [Black Community Resource Centre \(BCRC\)](#). To read the complete article, [click here](#).

If you require a paper copy of this newsletter, please contact us by email (info@seniorsactionquebec.ca) or by phone 438-356-1944 .



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