

Seniors

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

The Wellness Centre was continued throughout the last year, in collaboration with CASA. The Wellness Centre has continued to have a good number of participants with an average number of 19 seniors, participating every 2nd Wednesday, with 5 new participants signing up this year. The Wellness sessions run from 10am-2pm, and consist of games and activities followed by 30-40mins of light exercise, lunch, and finally an information session. Some of the information sessions we have held this past year were topics such as nutrition, heart and stroke, eye care, and mandates (living wills). The Wellness Centre is held in the new community centre in York which is offered to the seniors free of charge.

The Day Centre in Barachois also had a successful year. The Day Centre is provided by the CSSS Cote de Gaspé. 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 CSSS day centre team prepare activities and exercises for the morning portion, then after lunch the Vision coordinator provides some activities. The Day Centre is held at the Royal Canadian Legion in Barachois at no charge.

Youth

Vision was invited to sit on a new committee *Regroupement Santé Jeunesse*. This table is consists of community organizations that work with 0-20 year olds, as well as school board members, health care workers, and representatives from the Ville de Gaspé. The goal of this group is to identify the main issues for this age group and to develop action plans based of these issues. This committee receives funding from School Perserverance (Complice), Avenir Enfant, and Quebec en Forme. Vision takes part not only in the sub-committees of this table, but also on the Board of Directors. This committee allows Vision to ensure that the Anglophone community is included in the action plans.

CHEP

Vision, once again, participated in the Community Health Education Program (CHEP). This year Vision presented the following CHEP video conferences to the community: Grief, Alzheimer's Disease, Caregiving, and Stress Management. Vision discovered that these sessions hold an added bonus to health professional as certain CHEP sessions count as accredited training hours for these professionals. Vision shared this information with the other 18 NPI partners throughout Québec.

Families

Vision`s Grandmaman Arrive / Supernanny Arrives program continued to be available to both Francophone and Anglophone communities throughout the year. This 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 have received training from the CLSC perinatal nurse, and infant CPR training. These volunteers 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 usually because a friend has had the service and has recommended it. This program assisted 4 families during the past year.

For a 2nd time Vision partnered with Maison de la Famille, to co-animate the Nobody`s Perfect parenting program, in the Anglophone community. These workshops take place over 7-8 weeks and are approximately 2 hrs in length. This program is for parents with children between 0 and 5 years old. The parents inform the animators of the different topics they would like to know more about (ex: discipline, sleeping, potty training, eating), and the workshops are based around these topics.