

Seniors Action Quebec

E-Newsletter



JE ME SOUVIENS: PORTRAITS OF WHO WE ARE

On Thursday, June 10 we celebrated the exciting launch of our project: [Je me Souviens: Portraits of Who We Are](#), a series of videos featuring the stories of English-speaking seniors in Quebec. The interviews feature the stories of those who have witnessed our province's recent history and have been a crucial part of the development of our culture and community.

[Click here](#) to watch and listen as they talk about what it means to them to be an English-speaking Quebecer, and why they have chosen to call this province home. Featuring stories from six regions of the province, we hope you enjoy this fascinating insight into our shared history, from many different perspectives.

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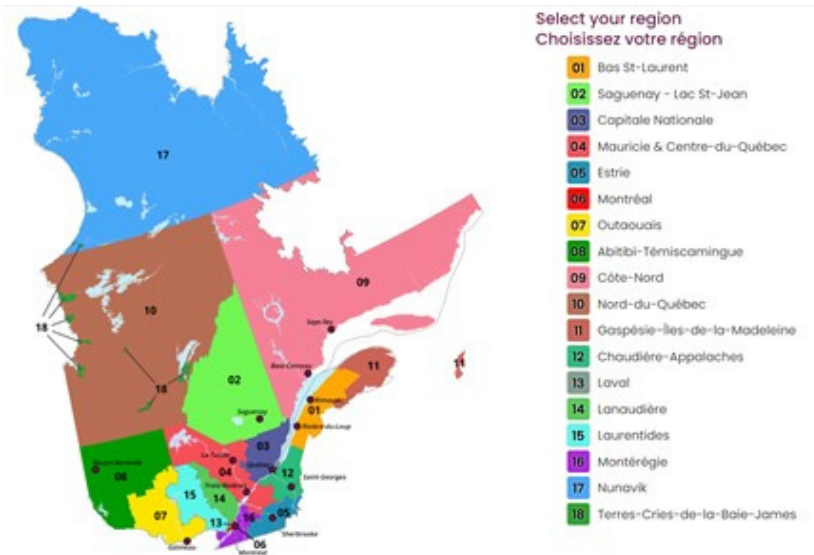
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The videos were created as part of the Com-Unity project, a collaborative effort between Seniors Action Quebec, BCRC (Black Community Resource Centre), ELAN (English Language Arts Network), LEARN (Leading English Education and Resource Network), QAHN (Quebec Anglophone Heritage Network), and Y4Y Québec (Youth 4 Youth). Each organization is contributing to an examination of the concept of belonging in the English-speaking community of Quebec from the perspective of the sector of the community that they serve. Watch all the episodes here.

Also, we are happy to announce that the project will continue and allow us to further connect with English-speaking Quebecers. For the second phase of the project, we plan to showcase community organizations across the regions of Quebec, who work directly with seniors, and highlight the specific challenges and difficulties they face while working to support their community. More info to come!



Map Search Quebec–Services Map for Seniors



We are very proud to invite you to explore our latest exciting web resource for English-speaking seniors. This map is meant to highlight services offered to English-speaking seniors across Quebec. Currently featuring health and social services, we encourage you to check back often as new categories (legal assistance, transportation etc.) are going to be added over the summer. [Click here](#) to explore the map and don't forget to click on the links on the page to view video tutorials on how to navigate the website. If you know of any organizations in your area that work with English-speaking seniors and feel they should be included in the map, send an [email](#) to Katia Toimil-Bramhall, Program Coordinator.

Resilience Training Program Update



Our Resilience Training sessions will be winding down for the summer, but will return in the fall, with the final two modules. Module five will focus on the theme of connection, and the role of social connection in developing resilience. If you are interested in gaining more insight into the program, head on over to [our website](#) and under the Resilience Training section, you will find the recordings to the first four modules in the series.

Please feel free to share the recordings with your network. For further information and details, please contact Project Coordinator [Mirella Castrechini](#). Listen to an interview with Mirella on a podcast produced by the [Centre for Access to Services in English \(CASE\)](#), where she explains the goal of the Resilience Training Project. Part one can be found [here](#) and part two can be found [here](#). Podcasts are also available to listen on [our website](#).

WE'RE ALL IN THIS TOGETHER UPDATE



The popularity of our and [ELAN Quebec](#)'s project, We're All In This Together, continues to grow on weekly basis. Directed by award winning director Bobbi Jo Hart, the project centers around bi-weekly episodes designed to connect with English-speaking seniors around the province in need of support and entertainment! All 15 episodes have been uploaded and linked into our newly created [Media Page](#). Feel free to watch past episodes and share videos with your extended circle. Visit [our Facebook page](#) to get all of the latest news on the project and stay tuned for future episodes, which will be uploaded to both [Facebook](#) and [YouTube](#) every second Friday, at 6pm.

SAQ WEBINARS ONLINE

This year, we organized three virtual webinars on diverse topics such as nutrition, seniors and addiction and issues around senior's mental health. Each webinar was recorded and uploaded to our website. [Click here](#) to watch all our past webinars, including those that were held in 2020. Feel free to share these resources with your network and loved ones. Stay tuned for more details on future webinars!



FUTURE PODCAST

We are happy to announce that we are currently working on creating a podcast geared towards issues relating directly to seniors. Stay tuned for more news!



COMMUNITY NEWS

On June 21, Christopher Skeete, Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers, along with Jennifer Johnson, Executive Director of Community Health and Social Services Network (CHSSN), announced the additional funding and creation of 32 new wellness centres geared towards servicing the English-speaking communities in various regions of the province. You can watch the announcement here on Facebook.

SHARING NEWS



Do you have an event, bit of news or information that you would like to share with our extended network? Send us an email and we will possibly share your information on our Facebook page or in our next newsletter.

HAPPY SUMMER

Wishing everyone a restful and lovely summer!



If you require a paper copy of this newsletter, please contact us by email (info@seniorsactionquebec.ca) or by phone 438-386-1944



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