
NOVEMBER 2020, ISSUE 3

Seniors Action Quebec

E-Newsletter



INSIDE THIS ISSUE

New Partnerships page 3

Map of services for English-speaking Quebecers page 4

RESILIENCE TRAINING

The second module in our [Resilience Training Project](#) has started, please join us and learn more about : Recognising Character Strengths.

SENIORS ACTION QUEBEC



Training Dates

Thursday October 15 1:30-3:30 pm
Tuesday October 20 9:30-11:30 am
Thursday October 22 1:30-3:30 pm
Tuesday October 27 9:30-11:30 am

Thursday November 5 1:30-3:30 pm
Tuesday November 10 9:30-11:30 am
Thursday November 12 1:30-3:30 pm
Thursday November 19 1:30-3:30 pm
Tuesday November 24 9:30-11:30 am
Thursday November 26 1:30-3:30 pm

Tuesday December 1st 9:30-11:30 am
Thursday December 3 1:30-3:30 pm
Tuesday December 8 9:30-11:30 am
Thursday December 10 1:30-3:30 pm
Wednesday December 16 9:30-11:30 am
Thursday December 17 1:30-3:30 pm

RESILIENCE TRAINING PROGRAM Module 2: Recognizing Character Strengths

What are character strengths ?

How do they build resilience ?

What are your go to strengths and how can you make the most of them to overcome adversity ?

**For more information on the program, contact
Mirella Castrechini
mirella.castrechini@seniorsactionquebec.ca**

The Resilience Training Program is made possible by funding from



Canadian
Heritage

Patrimoine
canadien



Seniors Action Quebec
17 Avenue de la Baie de Valois
Suite #202D
Pointe-Claire, QCH 9R 4B3
438-386-1944
info@seniorsactionquebec.ca

As many community organizations are feeling the strain of the pandemic, our Resilience Training Project Coordinator, Mirella Castrechini, is offering to provide direct training of module one (Resilience and Self-Awareness) to volunteers and seniors.

We will provide one training session on November 27 at 1:30 PM and one on December 2nd 9:30 AM. The sessions will be limited to 15 people and are open to anyone interested. If there is a high demand, more dates could be reserved for January 2021.

If you are interested in organizing direct training for module one or have any questions on the Resilience Training Program, contact Mirella Castrechini, Project Coordinator at mirella.castrechini@seniorsactionquebec.ca

CANADIAN DEPRESCRIBING NETWORK WANTS TO HEAR FROM YOU!



**Canadian
Deprescribing
Network**

To celebrate Canadian Patient Safety week (October 26-30), the [Canadian Deprescribing Network](#) created a short quiz on medication safety. Test your knowledge on medication safety for older Canadians and discover useful information by clicking on this [link](#).

If you are interested in learning more about managing medication and safety with prescription medications, check out the tip sheet [9 Tips to Manage Your Medications](#) and in French: [Mieux gérer vos médicaments: 9 conseils utiles](#).

NEW PARTNERSHIPS

In the past few months, we have connected with some exciting organizations that may be new to you:

[CanAge](#) is a new independent pan-Canadian seniors advocacy group focusing on working with non-profit organizations, governments and the media to highlight issues around seniors and to produce change through policy.

[Cyberseniors](#) is a non-profit organization based in Ontario that is striving to fight senior isolation, by teaching elders to use computers and social media. Digital mentors, mainly volunteer youths, walk seniors through how to use computers, how to safely navigate the internet and how to use websites such as YouTube and Facebook. Since the pandemic, Cyberseniors has gone completely virtual and has extended its services to how to use ZOOM, Facetime, and other tools for seniors to stay in touch with their loved ones.

Based in the borough of Outremont on the island of Montreal, [the Covid-19 Help Foundation](#) is a new organization that was quickly set up in the spring of 2020 during the first pandemic lockdown. The organization was originally created to help with the increase demand of seniors who needed assistance with groceries shopping. A group of volunteers got together and organized a grassroots team who take shopping orders from seniors, do their shopping and drop off their food at the door. COVID-19 Help Foundation focuses on helping seniors in and around the Outremont borough.

SAQ FRENCH WEBSITE

We are pleased to announce that we launched the [French side of our website](#) in late summer. Please take a moment to have a look at it.

COVID-19 PAGE

We have been hard at work at updating our COVID-19 page. We have added a new section with reports from the government of Quebec on the COVID-19 outbreaks and deaths at Residence Le Laurentien, CHSLDs Sainte-Dorothée and Herron. A new section was created for a report on the impact the pandemic is having on official language minority groups by the [Office of the Commissioner of Official Languages](#). We also added various pamphlets, guides and new COVID-19 guidelines for CHSLDs from the Ministry of Health. They can be found under the government of Quebec resources section. [Click here](#) to view the page. For the French version, [click here](#).

MAP OF QUEBEC WITH SERVICES FOR ENGLISH-SPEAKING QUEBECERS



SAQ is currently creating an online tool to help you find organizations that provide services in English. The tool will consist of a map of Quebec, where people will be able to search for services based on specific categories and by geographical regions.

To do this, we need your help. Please send suggestions of groups, businesses and individuals who are working to serve the English-speaking community in your region. Please highlight any services of particular interest to seniors. Please send the information by email to Program Coordinator, Katia Toimil-Bramhall at katia@seniorsactionquebec.ca, with your contact details and with any services we should include and especially those of interest to seniors.

VIDEO: HOW TO USE AN IPAD

The use of technology that allow access to video conferencing tools is becoming more and more important in fighting isolation, and keeping families and friends connected as the province of Quebec copes with the second wave of the pandemic.

We would to share these videos, [iPad Tips for Seniors](#) and [iPad Tips for Seniors 2](#) in hopes that they can help people teach seniors how to use an iPad and tablet with more ease.



Partner Events



4 Korner's Family Resource Centre

Seniors Wellness-Tai Chi

A class that promotes strength and movement to seniors that can be done within their homes.

Tuesdays 1:00-2:30 pm

Via zoom, register by emailing info@4Korners.org

4 Korner's Family Resource Centre

Seniors Wellness-Drawing Classes

A guided drawing class, by Carol Lyng, that requires only a paper and pencil to get started. Promotes dexterity in aging hands and a sense of accomplishment.

Tuesdays 10:00-11:30 am

Via zoom, register by emailing info@4Korners.org

4 Korner's Family Resource Centre

Seniors Wellness–Painting Classes

A guided painting class, by Carol Lyng, that gives step by step instructions making masterpieces.

Thursdays 1:00–3:00 pm

Via zoom, register by emailing
info@4Korners.org

4 Korner's Family Resource Centre

Seniors Wellness–Chair Yoga

Adapted chair yoga offered online by a professional yoga teacher. Promotes movement and core strength all done while being seated in a chair.

Mondays and Thursdays 10:00–11:30 am

Via zoom, register by emailing
info@4Korners.org

ARC COMMUNITY OUTREACH

The Brossard Library, would like to offer their French-speaking patrons the opportunity to have one-on-one talks with English-speaking volunteers. Conversation classes would take place over ZOOM. The tentative starting date is Monday, January 25 2021 and the programme would take place on Mondays from 4:00–4:30 PM for a ten-week run.

As these are online classes, volunteers do not need to be from Brossard. People who are interested in this initiative, should contact Michele Tibblin at the Brossard Library at 450-923-6350 ext. 6280 as soon as possible. This could be a great way of possibly helping seniors fight COVID-19 isolation.

Arthritis South Shore will hold a Wellness Workshop called: Introduction to Arthritis on December 14 at 1:30 PM. The workshop will be online via Microsoft Teams. This will be a formal presentation about facts and statistics on arthritis; the difference between osteoarthritis and the various forms of inflammatory arthritis; nutrition and physical activity; assistive devices; and complementary therapies. Open to all, no not matter where you live. Register at: info@arthriterivesud.org to receive the link and the instruction.

MONTÉRÉGIE EAST PARTNERSHIP FOR THE ENGLISH-SPEAKING COMMUNITY (MEPEC)

Join us on ZOOM for an English Coffee Chat on Dec 11 at 2:00 PM. To register just send your name to info@mepec-pemca.org or call Deborah at 579-421-1008

The Yellow Door

Join us every WEDNESDAY at 1:00 PM for an adaptive yoga class

Free, all ages, all welcome, just click the link to join!

<https://zoom.us/j/644281579>

Join us every WEDNESDAY at 2:00 PM for 55+ Community Hour

Free, seniors only, wide variety of workshops and sessions, just click the link to join!

<https://us02web.zoom.us/j/89863970693>

For more information on upcoming activities at the Yellow Door, email activities@yellowdoor.org or call 514-845-2600 x.3

Virtual Holiday Concert on Thursday December 24 from 4: 30 PM to 5:15 PM

Everyone is welcomed to join us on Christmas Eve for a special holiday themed piano concert.

<https://us02web.zoom.us/j/89069553204>

Meeting Id 890 6955 3204

Join by Telephone : +1 438 809 7799

JEFFERY HALE COMMUNITY PARTNERS

Dec 1, 2020 - 10 AM Getting More Comfy with Zoom

<https://wejh.ca/event/community-outreach-getting-more-comfy-with-zoom/>

Dec 7, 2020 - 7:00 PM Caregivers' Virtual Café: Spreading Holiday Cheer - Better Holidays Visits with Senior Loved Ones

<https://wejh.ca/event/caregivers-virtual-cafe-spreading-cheer-better-holiday-visits-with-aging-loved-ones/>

Jan 11, 2021 - 7:00 PM Caregiver's Café: Anger & Caregiving Something we Rarely Tal About

<https://wejh.ca/event/caregivers-cafe-anger-caregiving-something-we-rarely-dare-to-talk-about/>

West Island Citizen's Advocacy (WICA)

Giving Tuesday Campaign

At WICA (West Island Citizen's Advocacy), we are addressing the challenge of maintaining our current matches and making new ones in times of COVID.



We have come up with a campaign to purchase tablets, and put them into the hands of our proteges for virtual visits to take place. People can make a donation through our website at www.volunteerwica.com. We're "Reconnecting the Vulnerable One Tablet at a Time", and need the support from our surrounding communities.

We are also planning to host a Virtual Art Exhibition to promote and sale the work done by our RVA (Rendez Vous Arts) program, since we are not able to host our annual exhibition in its regular format. This program addresses mental health, and provides many an outlet to express themselves and manage their mental health. Although we don't have a specific date yet, it will be announced on our website in early December.

A great Christmas gift idea : a unique piece of art, while contributing to a great cause. An online exhibit will take place where purchases can be made directly and artwork will be delivered promptly. More to follow on our website at www.volunteerwica.com

If you require a paper copy of this newsletter, please contact us by email (info@seniorsactionquebec.ca) or by phone 514-505-9077 .



**SENIORS
ACTION
QUEBEC**

**17 Avenue de la Baie de Valois
Suite #202D**

Pointe-Claire, QC H9R 4B3

Telephone: 514-505-9077

info@seniorsactionquebec.qc.ca

www.seniorsactionquebec.ca

www.facebook.com/seniorsactionquebec/