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Seniors Action Quebec

E-Newsletter



INSIDE THIS ISSUE

SAQ on the move pages 2-5

2023 AGM page 5

One Voice
Coalition page 7

Je Me Souviens:
Portraits of
Who We Are page 8

CHSSN survey page 8

We would like to take this opportunity of wishing you and yours a very happy and joyful Spring. We have just passed the Spring Equinox and it is time to begin thinking of sun, gardens and terrasses!

Please note, Seniors Action Quebec's office will be closed on Friday April, 7 2023 and Monday April 10, 2023 inclusively.

SENIORS ACTION QUEBEC ON THE MOVE

2023 started with a bang!

At the beginning of January, Seniors Action Quebec, along with other provincially mandated organizations, was invited to meet Éric Girard, the Finance Minister and new head of the Secrétariat aux Relations avec les Québécois d'expression anglaise. The meeting proved to be extremely fruitful. Various organizations were able to introduce themselves to Minister Girard who asked questions about challenges facing organizations working in specific sectors in the English-speaking community. Seniors Action Quebec was able to highlight challenges being faced by seniors in Quebec and the unique challenges being faced by English-speaking seniors, caregivers and organizations working with these two populations. President Walter Duszara also spoke on the future goals of the organization and how we are planning to increase our policy and research capacity as an organization. We very much look forward to future meetings and conversations with the Minister and with representatives from the Secrétariat aux Relations avec les Québécois d'expression anglaise.



Seniors Action Quebec President Walter Duszara with Minister Éric Girard

After the meeting, Seniors Action Quebec was invited to attend day one of the Community Health and Social Services Network Building Exchange 2023 Exchange Conference. This was the first in-person conference since the pandemic. It focused on health services and adaptive services in the English-speaking community. There were some very inspiring and interesting presentations that were given and Seniors Action Quebec was happy to finally be able to meet many organizations from different regions of the province, who are involved in CHSSN's NPI program. It was lovely to finally meet people in-person after nearly 3 years of ZOOM! Seniors Action Quebec very much looks forward to working with these organizations in the future. Thank you CHSSN for the invite!

In March, Seniors Action Quebec was once again on the move.

On Friday, March 3 2023, CHSSN invited us to attend a full-day event highlighting the work being done by organizations who received funding from the Supporting and Promoting Mental Health in OLMCs in Quebec 2022-2024 project. Many of the presentations revolved around services, created and run by community organizations and groups, that addressed general mental health and related issues that had arisen from the COVID-19 pandemic. It was heartwarming and inspiring to see the tremendous amount of work being done by these groups and a reminder of the toll the pandemic has had on various populations - both young and old.



from left to right: Jennifer Johnson (Executive Director CHSSN), Margo Legault (Executive Director Literacy Quebec), Katia Toimil-Bramhall (Executive Director Seniors Action Quebec), Russell Kueber (Director of Programming CHSSN), Anne-Marie Cech (Program Manager for Early Childhood, Youth and Families CHSSN) and Walter Duszara (President Seniors Action Quebec)

The following week on March 10, we attended a one-day event organized by the Quebec Community Groups Network (QCGN) on the Community Vitality Plan - an action plan highlighting the set of priorities that were identified by the English-speaking community. Four roundtables, made up of representatives of various English-speaking organizations, have been meeting regularly since 2021 to discuss four areas of priority for the English-speaking community: Data, Organization Health, Representation and Funding. SAQ is a member of the Funding table. It was an informative day and we will share more information as it becomes available.



Chairs of four priority community tables present main concerns and priorities highlighted by members of each roundtable.

For more info on the Community Vitality Forum and the Action Plan that is being built by QCGN, [click here](#)

The following week, we were invited by our neighbour English-Speaking Catholic Council to the first in-person St-Patrick's day luncheon. It was a sea of green and the air was festive! We were pleased to meet some of ESCC's Board members and were joined by Jenn Cooke from CHSSN and other familiar faces. Thanks to ESCC's new Executive Director Maria Centoni and Suzanne Brown for the thoughtful invite and for being able to mingle and hear bagpipes!



2023 ANNUAL GENERAL MEETING



Our AGM will take place on Tuesday, June 6, 2023 at 7:00 pm over ZOOM. An agenda and more details will soon follow. The AGM is open to the public, however only people who paid their membership fee before March 31, 2023 are entitled to vote. To attend the AGM, send us an email with your contact details at: info@seniorsactionquebec.ca

PRESS RELEASE QUEBEC BUDGET 2023

[Click here](#) to read our response to the Quebec Budget that was released on March 21 2023



ONE VOICE COALITION UPDATE



In the fall of 2022, Seniors Action Quebec took over the management of the One Voice Coalition, a group of organizations dedicated to advocating for the interests of the diverse and multicultural English-speaking seniors in the Greater Montreal region. To learn more about the Coalition, visit its [Facebook page](#).

SENIORS ACTION QUEBEC WEBINARS

Our final webinar took place on Tuesday, March 14, 2023. All of the webinars for the 2022-2023 financial year were recorded and were uploaded to our [YouTube page](#) and [website](#).

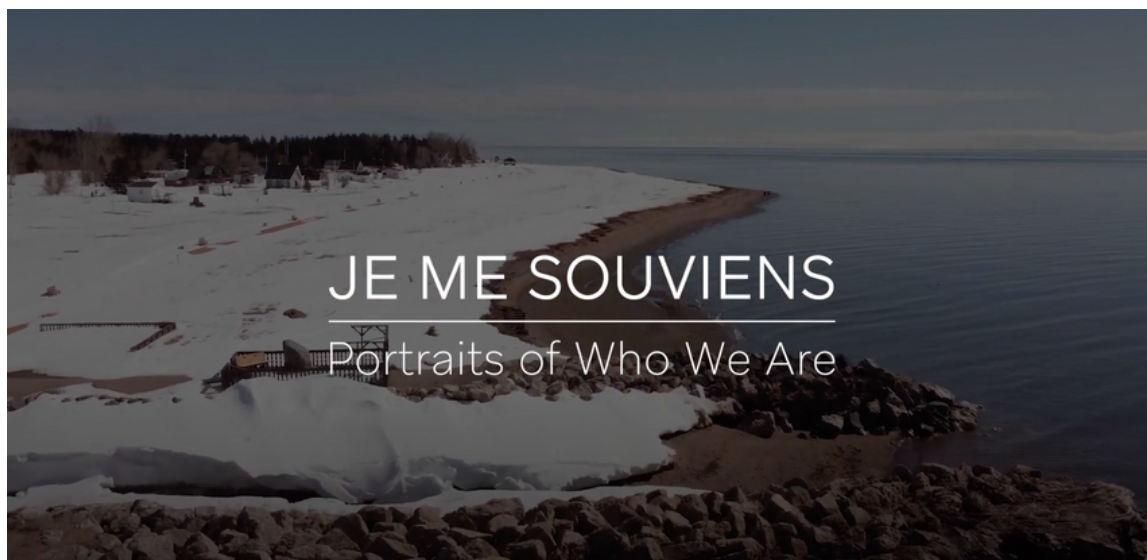
We would like to thank our partner [Éducaloi](#) and extend a big thank you to Ruth Pelletier for her sterling work in organizing these webinars. We would not have been able to do it without Ruth!

RESILIENCE TRAINING PROJECT MANUALS

Should you require additional copies of the manual kit (paper copy of manual and USB stick with presentations and documents), we still have several copies left and would be pleased to forward them to you. Send us an email at info@seniorsactionquebec.ca with your contact info, address and number of manuals needed and we will send them to you.



THAT'S A WRAP ON JE ME SOUVIENS : PORTRAITS OF WHO WE ARE



After three years of adventure, it's officially a wrap on Seniors Action Quebec's project Je Me Souviens: Portraits of Who We Are. This project examines the concept of belonging in the minority English-speaking community of Quebec. Our project is one of five that make up the COM-Unity project.

For the third and final phase of the project, Seniors Action Quebec produced a short documentary bookending the first- and second-year videos.

The documentary wove the interviews from the first-year project with English-speaking seniors with the footage for the second-year project that focused on English-speaking organizations working directly with seniors, to investigate and determine what belonging means to English-speaking seniors throughout the province. A blog piece on our project is also available to read here.

We would like to thank our fellow partners: Blue Met, BCRC, ELAN, Learn Quebec, QAHN, and Y4Y Québec and Quebec English-Speaking Communities Research Network (QUESCREN) for managing the overall COM-Unity Project.

An immense thank you also has to go to our production team, Avenue 8 for their sense of adventure and passion for the project. This was not an easy project to work on during the middle of a global pandemic, what with countless lockdowns, curfews, travel restrictions and constant logistical re-pivoting, the team rolled with every single punch over the last three years and were always ready to make this project happen.

Thank you to every single person who participated in the project and who shared their stories and communities with us!

The documentary is available to watch on our [YouTube page](#)

Happy viewing!

CHSSN RESEARCH ON ENGLISH-SPEAKING GRANDPARENTS

CHSSN is in the process of researching the needs of English-speaking grandparents in the province and have teamed up with Dr. Jacques Roy (from the **Pôle d'expertise et de recherche en santé et bien-être des hommes**, and the University of Quebec) to better understand the realities and needs of grandparents living in English-speaking communities in order to define actions and services to support them in their role as grandparents.

To do so, CHSSN has asked Seniors Action Quebec to share a survey that will shed light on these issues. The survey is strictly confidentially and can be filled out by clicking on this [link](#).

UPCOMING EVENTS TO SHARE

Should you have any upcoming events that you would like us to pass on to the community, please do not hesitate to contact us at:
admin@seniorsactionquebec.ca

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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