

[REISACTION]

The East Island Network for English Language Services Newsletter

[TOPICS]

REISA AGM.....	1
Ensemble on a du 'fun'!.....	1
Community Network Table Planning Day.....	2
Tap Water vs. Bottled Water.....	3
Family Caregivers Support Guidelines.....	3
Elder abuse workshop for ethnocultural communities.....	3
Lève-toi et Bouge.....	4
CSSS and School Board Committee.....	4
Glee Project.....	5
AMI-Québec fall program.....	5
Servizi.....	5
Jog Your Mind.....	6



The East Island Network for English Language Services
Le Réseau de l'Est de l'Île pour les services en anglais

8370 Lacordaire Boulevard, Suite 312, St-Léonard, QC H1R 3Y6
Tel (514) 955 8370 extension 2217, Fax (514) 274 1325

Mission: Community and public partners work to develop and promote access to English-language health and social services in the east-end of Montreal.

If you would like to learn more about any of the projects mentioned, please feel free to email us at info@reisa.ca. Thank you for reading!

REISA AGM



REISA Executive Director and members of the Board of Directors at the REISA AGM in June.

REISA's Annual General Meeting was held on June 20th and attended by twenty-six persons representing the public and community sectors. REISA's Executive Director presented the annual report of the 2012-2013 fiscal year. REISA Board President Dominic D'Abate stepped down and thanked the Board and REISA staff for their hard work and dedication to the English-speaking community of the East Island of Montreal. He will remain on the Board of Directors. Following the AGM, Ella Amir, Executive Director of AMI-Québec, was elected Board President and Joe Marsillo, Executive Director of Toxico-Stop was elected Vice-President. Howard Nadler, Manager and Liaison with Network Partners at Batshaw Youth and Family Centres, remains Secretary and Treasurer. Visit www.reisa.ca, click on *Documentation* and then on *Publications* to read REISA's Annual Report.

Ensemble on a du 'fun'!

On May 30, the three subcommittees of *Le comité des besoins des 6-12 ans* met to exchange on the results of their pilot projects and discuss future collaboration. *Le comité santé et hygiène de vie*, of which REISA is a participating member, presented the *Ensemble on a du 'fun'* pilot project. The project consisted of free activities including sports and other games for English-speaking and French-speaking elementary school students during a period of 8 weeks. The end of the project was marked by a fair where friends and families were also invited. To learn more about the results or the evaluation of the pilot project, please contact us at info@reisa.ca.

[REISACTION]

The East Island Network for English Language Services Newsletter



Members of *le comité santé et hygiène de vie* proceeding their presentation of the results of the *Ensemble on a du 'fun'* pilot project.

Le comité prévention de la violence, de l'intimidation et de la cyberintimidation explained the activities of their pilot project, which included an evening information fair on violence prevention, the distribution of newsletters to the community, the publication of articles in local newspapers, and evening workshops for parents with free daycare provided. *Le comité nouveaux arrivants et relations interculturelles* developed a map of Saint-Léonard highlighting pertinent resources for recently-arrived immigrants and cultural communities. Moreover, several *femmes-relais* supported the population. The *femmes-relais* acted as liaison agents between the families and the school board, the public health system and community resources. They aided in the integration of these families into mainstream society. Activities of *Le comité des besoins des 6-12 ans* will resume in the Fall.

Community Network Table Planning Day

In July, the Montreal-Laval-South Shore Community Network Table met to plan activities for the upcoming year. Partners shared ongoing and in planning initiatives supported by the table. Youth Employment Services-YES Montreal has begun offering

videoconferencing services to partners and branched out employment services off the island. An entrepreneurship service is offered for artists and a job search service is offered for adults up to 35 years old. YES noticed that many clients were suffering from mental health problems such as anxiety, depression and substance abuse and hired a Psychologist to train staff on the issues. A support group was created offering a platform for clients to speak about and share their experiences.

AMI-Québec, YES Montreal and the NDG Senior Citizens' Council are collaborating to develop a professional development training for staff dealing with clientele facing mental health issues to enhance resiliency amongst the youth, adult and senior populations. There is interest from the Centre of Excellence for Mental Health of the Lester B. Pearson School Board, and the first training will take place in early 2014.

The African Canadian Development and Prevention Network-ACDPN has as policy objective to increase access to prevention resources for Black families. There exists an overrepresentation by 15% of the Black population in youth protection at Batshaw Youth and Family Centres. Issues faced by the Black population include high unemployment and the phenomenon that 1/3 of the population is composed of single mothers living at or below the low-income cut-off. ACDPN has developed a three-year intervention plan that includes data collection, community mobilization and the creation of the Roadmap on Policy and Program Reforms to Increase Access to Prevention Services for Black English-speaking Families.

The NDG Senior Citizens' Council has begun catering to the Boomer population who have revealed

[REISACTION]

The East Island Network for English Language Services Newsletter

emerging issues including the inability to adjust their goals after a divorce or job loss, little technological know-how and basic or no French-language competency. A drop-in Boomer Café allows adults over 50 to relearn interpersonal skills. Moreover, a Mature Workers project with the CHSSN was implemented. 5 focus groups were facilitated for 27 weeks; after 20 weeks, individuals felt comfortable and ready to re-enter the workforce.

As mentioned in a previous newsletter, REISA is assisting the CHSSN in developing partnerships with the English-speaking South Asian communities of Greater Montreal to share knowledge and support them in seeking access to services. The Assistance and Referral Center in Montérégie is equally starting a dialogue with the South Asian communities in the area and learning about their needs and realities.

The report of the Mental Health Forum held in March 2013 has been published. Please send an email to info@reisa.ca for your electronic copy!

Tap Water vs. Bottled Water

At the beginning of June, REISA organised a booth at the Leonardo Da Vinci Centre promoting bottled water awareness animated by the Éco-Quartier de Saint-Léonard. Over 30 persons participated in a water test, drinking samples of three types of bottled water and one sample of tap water, and identifying which of the 4 they enjoyed the most. Participants were then told which of the 4 was tap water and given information on the healthy process by which tap water in Québec is filtered and the benefits of drinking tap water versus bottled water for ourselves and the environment. REISA has

facilitated a partnership between the local Éco-Quartier and the Leonardo Da Vinci Centre for future collaboration and dissemination of free and important information to the community.

Family Caregivers Support Guidelines



In June, the Mental Health Commission of Canada released National Guidelines to support caregivers of a person with a mental illness. The Guidelines describe what an unpaid individual requires to fulfill their responsibilities as a caregiver as well as maintain their own wellbeing. Guidance and support is needed for these caregivers and missing from the healthcare system. AMI-Québec is participating in the effort to mobilize change.

REISA Board President and Executive Director of AMI-Québec, Ella Amir, is the Chair of the Family Caregivers Advisory Committee of the Mental Health Commission of Canada. Visit www.mentalhealthcommission.ca to download the guidelines and learn more about the initiative.

Elder abuse workshop for ethnocultural communities

Alliance des communautés culturelles pour l'égalité dans la santé et les services sociaux-ACCÈSSS is offering an interactive workshop on elder abuse. The half-day workshop is intended for advocates

[REISACTION]

The East Island Network for English Language Services Newsletter

and staff working with immigrant and ethnocultural community clientele. Topics covered include the different statuses of immigration, ethnic diversity, demographic and socioeconomic data on immigrant seniors, problems in accessing public and governmental services, the roles of family, community and religion, fraud and senior vulnerability amongst various others.

The workshop is offered at a sliding scale to non-profit or community organisations, as well as public or private institutions and professional associations. To learn more about the workshop, contact Development Agent Pascual Delgado by telephone at 514-287-1106 or by email at pascual.delgado@accesss.net.

Lève-toi et Bouge



Students, parents and volunteers go cycling at the *Lève-toi et Bouge* event at Gerald McShane Elementary School in May.

On Saturday, May 11, Gerald McShane Elementary School held a *Lève-toi et Bouge* event in conjunction with *le Grand défi Pierre Lavoie* and the Mayor of Montreal North, and in partnership with the community. The mission of *le Grand défi* is to encourage young people to adopt healthy life habits. The goal of *Lève-toi et Bouge* is to get the

community moving to accumulate energy cubes. To read more about the challenge, visit www.levetoietbouge.com. Several community organizations including REISA and the Italian-Canadian Community Services of Québec as well as parents and members of the community supported the school in the planning and animation of activities. Other support was granted by the local Police Department, CSSS and numerous private businesses. 140 people participated in various activities including cycling, soccer and zoomba.

CSSS and School Board Committee

In June, REISA was invited to participate in a meeting with the CSSS de Saint-Léonard et Saint-Michel and the English Montreal School Board. A local committee for the entente between the Ministère de l'Éducation, du Loisir et du Sport (MELS) and the Ministère de la Santé et des Services sociaux (MSSS) meets monthly to coordinate actions between the education and health and social services networks.

REISA had the opportunity to learn about the needs in the different schools of Saint-Léonard and Saint-Michel, create links with administrators, health professionals and community workers around the table, as well as inform potential partners about youth programs that the network has managed in the past and that it continues to promote. REISA will be involved in supporting the committee via student placement and by introducing health promotion programs that are in line with the established objectives. REISA will meet with the committee again in the Fall.

[REISACTION]

The East Island Network for English Language Services Newsletter

Glee Project



Glee club at the Miriam Foundation art auction in honour of David Azrieli's 90th birthday.

In August, REISA met with creative arts therapist and professional singer Jennifer Furlong to learn about her Glee Project. The Glee Project is a therapeutic glee club for adults and children with developmental disabilities. The project consists of three phases: Dramatic play, Action and Dramatic ritual. In Phase 1, participants engage in improvisation, playful and interactive exercises and structured games. Participants learn to express their feelings through sound and movement and are introduced to vocal warm-ups. In Phase 2, members sing songs and relate experiences through role-play, puppets or other dramatic means. Finally, Phase 3 involves a closing activity validating the good work that the group has done during the session.

Mrs. Furlong has worked with the English Montreal School Board, le Centre Gold, the Centre for the Arts in Human Development, Avatil, Batshaw Youth and Family Centers and the Centre for Dreams and Hopes. To learn more about the Glee project, contact Jennifer Furlong at 514-884-0331 or by email at Jenniferleefurlong@gmail.com.

AMI-Québec fall program

On September 11, AMI-Québec has organised a conference call to introduce their Fall program and answer any inquiries. This year, they will be offering 8 tele-workshops, 3 videoconference-roundtable discussions and 2 webinars. Their goal is to reach the English-speaking caregivers across the province of Québec, especially families whom are affected by mental illness and mental health problems. Moreover, AMI-Québec offers individual counselling to caregivers by telephone or Skype. For further information, visit AMI-Québec's website at www.amiquebec.org or call at 514-486-1448.

Servizi

The Italian-Canadian Community Services of Quebec, a.k.a. the *Servizi* have launched the West End Outreach Project, a new initiative looking to improve its services to the Italian community (mostly Anglophone) residing the western part of the Island of Montreal. The West End Outreach Coordinator, Domenica Pulcini, has begun surveying the needs of the Italian community as well as reaching out to public and community partners in the area. In partnership with CCS, the *Servizi* hopes to improve existing services and develop services and activities for seniors and families in the areas west of St-Laurent Boulevard, including LaSalle, Lachine, NDG, Montreal West and the West Island.

A second project that is underway is the construction of a residence and community centre in the area of Lachine. The order of Scalabrini has

[REISACTION]

The East Island Network for English Language Services Newsletter

bought a church and its adjacent lot where they plan to construct a building whose basement and first floor would be dedicated to services for the community, and floors 2 and up would consist of a seniors' residence. The services will not be exclusive to the Italian community. The Servizi in partnership with CCS will have use of this space to provide services and activities for the community.



Members of the community support the Servizi at their first benefitting BBQ in collaboration with Berchicci Importing.

On July 13, nearly 300 people attended the first barbecue benefit of the Servizi, organized by Joe Occhiuto, owner of Berchicci Importing. The activity was a great success and the proceeds of \$ 2,000 will be used to fund projects and activities of the organization. The Servizi thank Joe Occhiuto for his collaboration and generosity, the staff of Berchicci, the volunteers and all those who participated, particularly Silvio De Rose, President of the Leonardo Da Vinci Center, Frank Sorrentino, Marketing and Sponsorship Director of the Leonardo Da Vinci Center, Giovanni Chieffallo, ex-officio of the Canadian Italian Business and Professional Association-CIBPA, Rocco Caruso, ex-officio CIBPA and Ivana Bombardieri, Italian radio station CFMB 1280.

Jog Your Mind

In August, REISA was invited to attend a presentation of the preliminary results of an evaluation of the Jog Your Mind program. The evaluation was done by l'Université de Montréal in collaboration with le CSSS Cavendish and le Centre de recherche et d'expertise en gérontologie sociale. The Jog Your Mind project was developed by CSSS Cavendish in 2006 and piloted in 2007 with 83 seniors. Between 2009 and 2013, the program has been evaluated and continues to be analyzed until 2014. 250 seniors participated in the evaluation, pertaining to 23 different public and community groups. Half of the seniors participated in the Jog Your Mind sessions while the other half did not. Evaluators compared changes in attitude and aptitude before and after the sessions. Areas where the increase in an attitude or aptitude was greater for the seniors who participated in the sessions than the seniors who did not participate were: confidence in their capacity, use of strategies for memory recall, frequency of leisure activity, selective attention and attention in general.

REISA conducted an evaluation with the seniors who participated in the sessions in the East end of Montreal, animated by a Volunteer Senior Ambassador and a Social Work intern trained by REISA. The observations were similar to those of the large-scale evaluation. Please email info@reisa.ca to learn more about the Jog Your Mind program or the evaluation conducted by l'Université de Montréal.
