

# Seniors Action Quebec

E-Newsletter



## RESILIENCE TRAINING EXTENDED TO WORK WITH CHSSN WELLNESS CENTRES ACROSS QUEBEC

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We are so pleased to announce that our resilience training project, funded by [Canadian Heritage](#), will be extended to be offered to the staff of Wellness Centres across Quebec.

While we hope to do these trainings in person, the public-health situation will dictate what we are able to do in the next few months.

If you have not had the chance to attend any of our virtual training sessions, we encourage you to go check out the first five modules, recorded and uploaded to our website [here](#). Please share these modules on your social media, with your partners, members and seniors.

The recording to the final six module, will be uploaded to the website in the new year. Stay tuned for more information!



**SENIORS ACTION QUEBEC  
RESILIENCE TRAINING PROGRAM**

A train the trainer program that engages and empowers a network of community organizations to give Resilience training to their English-speaking seniors.

The purpose of the Resilience Training Program is to:

- Provide the tools to help enhance the vitality of English-speaking seniors
- Help seniors develop skills that will empower them to self-advocate, build social networks and nurture community involvement.

The approach to the training program focuses on developing the seven competencies of Resilience

Self-Awareness  
Strength of Character  
Competence & Confidence  
Contribution  
Connection  
Coping  
Control

**SENIORS ACTION QUEBEC**

**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?*

**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 1:30-3:30pm

Thursday December 1st 9:30-11:30 am  
Thursday December 3 1:30-3:30 pm  
Thursday 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

**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



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**Seniors Action Quebec  
Resilience Training Program**  
Module 5  
**Resilience and Social Connections**



In this module we will take a look at how social connections build resilience, as well as, providing a tool developed for seniors coping with isolation due to challenging, (uncontrollable) circumstances.


**Training Dates**

Wednesday September 22 10:00 AM-12 PM	Tuesday October 19 10:00 AM-12 PM
Friday September 24 1:30PM-3:30 PM	Thursday October 21 1:30 PM-3:30 PM
Tuesday September 28 10:00 AM-12 PM	Monday October 25 10:00 AM-12 PM
Thursday September 30 1:30 PM-3:30 PM	Wednesday October 27 1:30 PM-3:30 PM
Monday October 4 10:00 AM-12 PM	Tuesday November 2 10:00 AM-12 PM
Wednesday October 6 1:30PM-3:30 PM	Thursday November 4 1:30 PM-3:30 PM
Wednesday October 13th 10:00 AM-12 PM	
Friday October 15 1:30 PM-3:30 PM	

for more information on the Resilience Training Program, contact Project Coordinator Mirella Castrechini: mirella.castrechini@seniorsactionquebec.ca

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**Seniors Action Quebec  
Resilience Training Program**  
Module 3 and 4:  
**Coping And Control Mechanisms**

How do coping and control mechanisms help us deal with stressful events and build resilience?

**MODULE 3 TRAINING DATES**

Tuesday March 16:	1:30 pm-3:30 pm
Thursday March 18:	10:30 am-12:30
Tuesday March 30:	1:30 pm-3:30 pm
Thursday April 1:	10:30 am - 12:30
Tuesday April 6:	1:30 pm- 3:30 pm
Thursday April 8:	10:30 am - 12:30

**MODULE 4 TRAINING DATES**

Tuesday April 13:	1:30 pm-3:30 pm
Thursday April 15:	10:30 am-12:30
Tuesday April 20:	1:30 pm-3:30 pm
Thursday April 22:	10:30 am-12:30
Tuesday April 27:	1:30 pm - 3:30 pm
Thursday April 29:	1:30pm -3:30pm

Our Resilience project is a series of train-the-trainer modules accessible online to our members focused on teaching resilience skills to English-speaking seniors.

For more information or to register, contact Mirella.Castrechini@seniorsactionquebec.ca

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**SENIORS ACTION QUEBEC**

Join us for the last training module in our Resilience Training Program!

The last module is a concise review of the key skills that build resilience in seniors: self-awareness; strength of character; competence and confidence; contribution; connection; coping and control.

We are offering this training on multiple days so please select **ONE** of the below dates and register!

Wednesday, November 10	10:00 AM - 12:30 PM
Friday, November 12	1:00 PM - 3:30 PM
Tuesday, November 16	10:00 AM - 12:30 PM
Wednesday, November 17	1:00 PM - 3:30 PM
Tuesday, November 23	10:00 AM - 12:30 PM
Thursday November 25	1:00 PM - 3:30 PM
Tuesday, December 7	10:00 AM - 12:30 PM
Thursday, December 9	1:00 PM - 3:30 PM
Tuesday, December 14	1:00 PM - 3:30 PM
Thursday, December 16	10:00 AM - 12:30 PM

For more information, contact Project Coordinator Mirella Castrechini: mirella.castrechini@seniorsactionquebec.ca

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# WE'RE ALL IN THIS TOGETHER – FINAL EPISODES – FOR NOW!



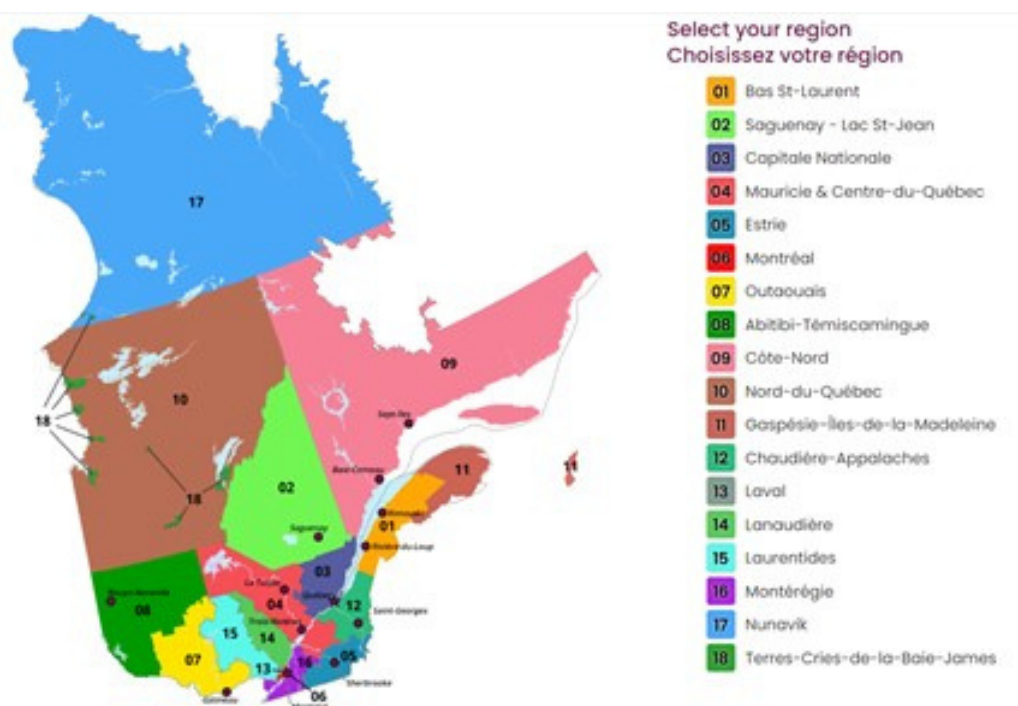
November also marked the end of our We're All in This Together Project, the web-series produced in collaboration with the English Arts Network (ELAN). The Last episode, A Celebration in Song, Spoken Word & Step, featured a gala concert with local performers such as The Montreal Steppers, who use their bodies as instruments to deliver a youthful, high energy art form that is rooted in Black History and tells stories of Black Resilience. Legendary Quebecoise singer/songwriter Patsy Gallant sang some classic songs, A.D.A. Flamenco showcased some traditional Spanish flamenco, and singer/songwriter Andrea Lindsay, the first English-speaking singer to win the Juno Award for Best Francophone Album of the Year, performed the theme song she wrote and recorded for the web series, with some familiar faces that you may have seen. Each episode of the series can be watched [here](#).

# OUR MAP OF SERVICES IS GROWING!



We are pleased to announce that we have been hard at work updating our map of services for seniors and have added a new search category, a list of all the long-term care (CHSLD) facilities across Quebec. [Click here](#) to access our map of services website. To search for CHSLDs in your region, simply select your region and then click on CHSLD under the Health and Social Services search category. [Click here](#) for a quick tutorial on how to use our map of services website. We have also updated our Partners and Community organizations section and the hospitals search category.

If you know of any organizations or institutions that should be added to our map, feel free to send us an [email](#).



# COM-UNITY IN THE MAGDALEN ISLANDS



The second part of our web series [Je Me Souviens: Portraits of Who We Are](#) (see past videos [here](#)), will be a series of videos featuring the hard work of English-speaking community organizations in Quebec, and the role they play in supporting English-speaking seniors. We would like to thank the [Council for Anglophone Magdalen Islanders](#) (CAMI) Executive Director Helena Burke and the incredible staff, especially Joy Davies and Jan Kelly, for granting us interviews, sharing their insights, for warming us up with cups of coffee and pastries, and allowing us to shadow them for the two days we were in the Magdalen Islands. We would also like to say a huge thank you to all the wonderful seniors who allowed us to crash their Christmas party and for sharing their amazing stories with us! Production on the remaining videos will continue in 2022. This work is being done as part of the COM-unity project in partnership with other organizations doing incredible projects- you can learn more [here](#).



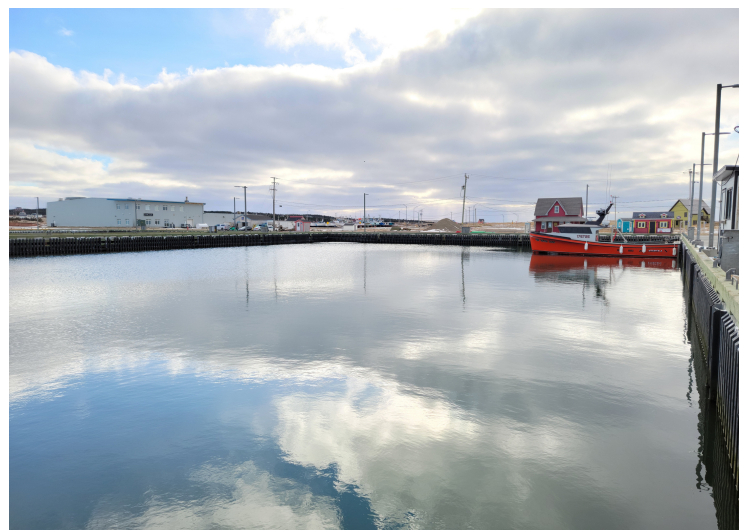
Council for Anglophone Magdalen Islanders (CAMI) offices



Vanessa Herrick with CAMI Executive Director  
Helena Burke



Interview in progress



Breathtaking views of the islands



Santa (aka CAMI's Joy Davies) visiting seniors  
and getting the homemade chowder ready!





Fudge making is serious business, but alas, someone always has to clean up

Baking and card playing during Jan Kelly's activities class



Production team hard at work!

## UPCOMING 2022 WEBINARS



We would like to invite you all to participate in our exciting 2022 webinars. To register for either of these webinars, simply send us an email at [info@senirosactionquebec.ca](mailto:info@senirosactionquebec.ca). Please include your name, phone number and name of organization (if applicable).

**February 8, 2022: 10AM- 11:30**

Advance Medical Directives and Living Wills: What They Are and How to Make Them

In this workshop, Rick Goldman, a lawyer and plain language specialist with Éducaloi, will explain the three specific medical situations, and the five medical treatments, in which advance medical directives (AMDs) apply. He will walk you through the process of making an AMD step-by-step, from downloading and filling out the Régie Assurance Maladie du Québec (RAMQ) form for an AMD, to adding it to the register so that doctors can consult your AMDs if necessary. By the end of this workshop, you will have all the information you need to create and to register your AMDs. It's free and easy to do! He will also discuss living wills, which are similar to AMDs but less formal.



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**Presenter:**

**Rick Goldman is a lawyer and plain language specialist with Éducaloi**

A lawyer for more than 30 years, Rick Goldman has a wealth of experience in the community sector. He was Staff Lawyer at Project Genesis, a Montreal community group advocating for housing, welfare and other social rights. He also served as Coordinator of the Committee to Aid Refugees. In addition to working at Éducaloi, Rick also serves as Supervising Lawyer at the Just Solutions Legal Clinic of the Montreal City Mission.

**Tuesday, March 16 2021 10:00AM-noon**

**Identifying Elder Abuse? What Are Your Rights If You Suspect You Are a Victim of Elder Abuse? Is Mediation An Option?**

This webinar will be discussing the different types of senior abuse. There will be information on issues relating to legal recourses, prevention of elder abuse and financial exploitation, with special emphasis on the following key topics:

- The older person's concept of justice and appropriate vehicles for achieving justice
- Approaches to preserve and repair family relationships when the perpetrator is a family member
- Recourses when the perpetrator is a third party
- Prevention of abuse and exploitation
- Over-protection of the older victim and violation of rights

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**Presenter:**

**DAPHNE NAHMIASH, Ph. D.**

Vice President, Handicap-Vie-Dignité

Associate member, McGill University Research Centre for Studies in Aging (MCSA)

Founder and Honorary president, Notre-Dame-de-Grâce (NDG) Community Committee on Elder Abuse (NDGCCEA)

Daphne Nahmiash, Ph. D., of Montréal, Quebec, was a member of the National Seniors Council from 2007 until April 30th 2011. She is a member of and former Chair of the McGill Centre for Studies in Aging, Education Committee. She was chairperson of the Notre-Dame-de-Grâce (NDG) Community Committee on Elder Abuse (NDGCCEA) which she founded in 1989. She was an Adjunct Professor in Gerontology and Social Services at Université Laval (with a Ph. D. in social work). She retired several years ago from her position as Director of Professional Services of CLSC NDG and as Commissioner of Complaints and Quality of Services at the Centre de santé et de services sociaux Cavendish in Montreal.

Dr. Nahmiash has been working in the field of seniors' health and social services for the past 50 years. She has been part of many government committees and volunteer boards, including at the Quebec Health and Social Services Ministry where she produced government reports on elder abuse, neglect and services to seniors.

She has co-authored the book **When Seniors Are Abused: A Guide to Intervention**, published by Captus Press and many book chapters and scientific articles on senior abuse as well as the book **Home Care: A Love Affair** translated into three languages. Some of her awards include Woman of the Year 2005–2006, awarded by the Montreal Council of Women for initiatives to improve the quality of life of older adults and the Queen's Diamond Jubilee Medal for her contribution to the field of Gerontology in 2012.

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Ann Soden, Ad, E

Is an Elder Law lawyer and mediator.

Ann is the Founding Chair of the National Elder Law Section of the Canadian Bar Association (CBA), a writer, editor and conference speaker on issues and problems of ageing and how they can be resolved and prevented in multidisciplinary, client-centred, human ways which avoid court and promote dignity, autonomy and quality of life for older persons.

In 2007 Ann Soden opened the Clinique juridique des aînés /The Elder Law Clinic, a pro bono mobile clinic and pilot research center serving older adults throughout the province of Québec and teaching clinical practices to law, medical and social work students on legal issues, and the multifaceted challenges, of aging.

In 2007 Ann Soden was designated an avocate émérite (Ad. E.) by the Barreau du Québec for her contribution to the legal profession, society and the law through the development of Elder Law in Canada. In 2017 she was the inaugural recipient of the Lord Reading Access to Justice Award conferred by the Minister of Justice of Québec.

Ann was awarded the Barreau du Québec's Justice Pro Bono Prize (2021)

## UPCOMING LECTURE AT MCGILL COMMUNITY FOR LIFELONG LEARNING



We are very excited to announce, that we have partnered up with [McGill Community for Lifelong Learning](#) and will be giving a lecture called **English-speaking Seniors in Quebec: Challenges and Advocacy**. The lecture will be presented by Seniors Action Quebec Executive Director Vanessa Herrick on Friday January 28 at 10:00AM. The lecture is open to non-members of McGill Community for Lifelong Learning and costs \$10.00. Click [here](#) for more information on the lecture and on other classes in the [Winter 2022 semester](#). To register, [click here](#).

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## BILL-96 UPDATE



The Quebec Community Groups Network is looking to the community, and to concerned individuals, to join them in voicing their opposition to proposed Bill-96. and to support a resolution rejecting any attempt by the Government of Quebec to define English-speaking Quebecers as an 'historic' community or limit their right to receive government communications and services in English. You can view the letter and the signatories [here](#).

In September, Seniors Action Quebec was invited by QCGN to speak at their public hearings on the potential impact of proposed Bill 96 on English-speaking seniors. Walter Duszara, the new President of the SAQ Board, joined Vanessa Herrick, Executive Director, in giving a 30-minute presentation on the many issues that Bill 96 could present for seniors. You can watch the presentation [here](#) at the 1:17:34 mark time.

## A YEAR IN REVIEW!

2020-2021 was without a whirlwind of a year for all of us at Seniors Action Quebec. If you are curious to see how the organization has grown in the past year, please check out our 2020-2021 summary report [here](#).

## PARTER EVENTS

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.



## CHRISTMAS SCHEDULE



Seniors Action Quebec offices will be closed from December 24 and will re-open its doors on Monday, January 3 2022.

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



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