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## REISACTION No. 28

- Our Response to COVID-19 -

1. COVID 19 - Food Security
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### 1. COVID-19 and Food Security



In response to the current crisis, REISA staff have supported local food banks in preparing and delivering food baskets and prepared meals.

Six community networks in Saint-Laurent, Ahunatic-Cartierville, Montréal-Nord, Saint-Léonard, Rivière-des-Prairies and Pointe-Aux-Trembles each received 2,000\$ for food security.



In partnership with the Concertation en Sécurité alimentaire de Saint-Léonard, we have helped deliver food to 40 citizens of Saint-Leonard, prepared over 100 hundred baskets of provisions and offered support for on-site pick-up for two food banks: Alerte Providence and Mouvement Fraternité Multi-Ethnique.

REISA is one of several local organizations working together to address the pressing need in the community in these unprecedented times.



## 2. Dissemination of Information

In the early days of the pandemic, REISA took the lead in translating and disseminating information emanating from the CIUSS for the English Speaking Community.



Information on COVID-19 in English from all levels of government and the CIUSSS are posted and updated daily on our Facebook page and website.

REISA's website has been update to include a resource center for tools from community and institutional partners

REISA.CA

### 3. REISA Online Initiatives for Families

In April, REISA began 2 separate initiatives: Story Time Sessions and Parent-Child challenges.

The *Story Time sessions* are uploaded weekly to our Facebook page. These sessions keep children stimulated and entertained during this time of confinement, with a new and exciting story each week from our very own programs coordinator Claudia Maiolo.



Listen to Claudia reading from our latest session

The *Parent-Child Challenges* encourage parents and children to challenge themselves with activities based on art, movement and cooking. For every challenge posted, parents are asked to submit a photo or video with their children. The first five families to participate in the challenge and submit their photos and videos will be awarded a kit that includes educational and stimulating materials for their young children.



# REISA'S PARENT-CHILD CHALLENGES



Stay tuned for a new  
challenge every Monday!



[Click here to see our latest challenge](#)

## 4. Helping Our Seniors

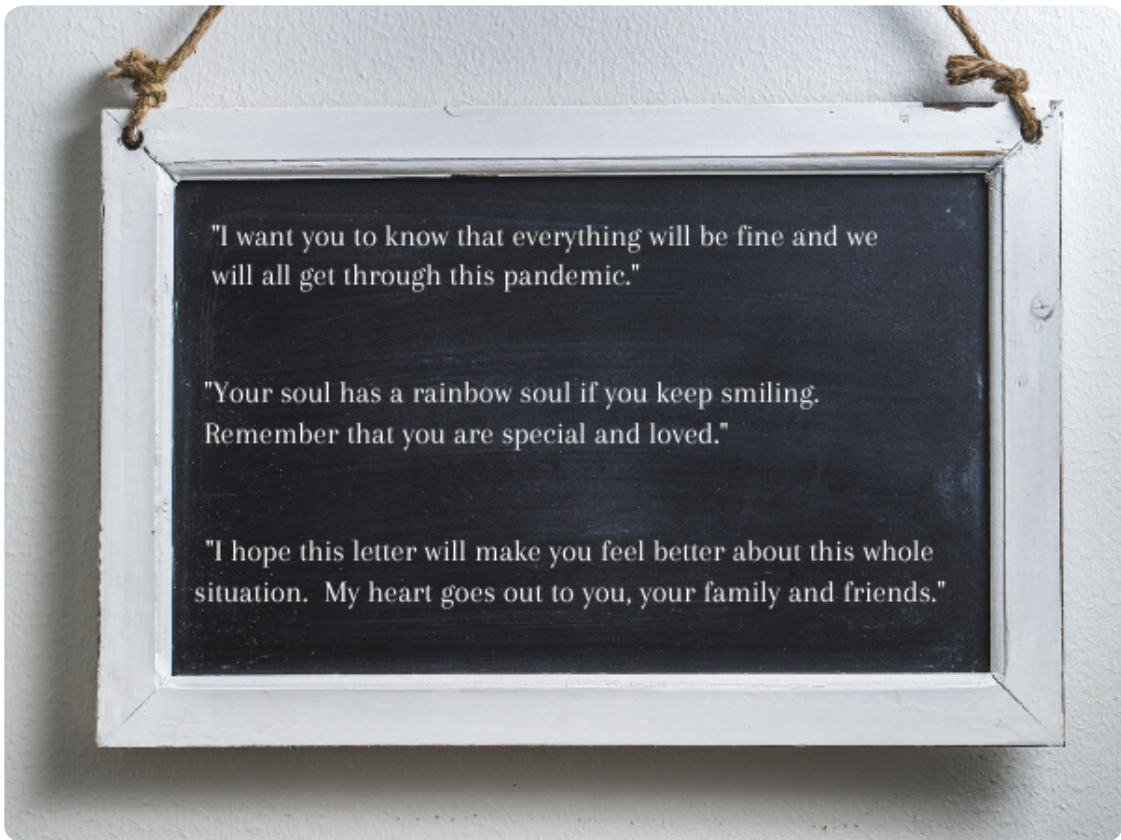
As part of REISA's COVID-19 initiative, our team has been helping our seniors in different ways: we connect with our seniors by calling them weekly for a chat in order to break social isolation.

Our youngest volunteers have also helped by drawing and sending out CA VA BIEN ALLEZ Rainbows and cards during Easter, Mother's day and Father's day. REISA would like to thank Almage Senior Center who helped deliver these rainbows to seniors in the East and North end of Montreal.



Between May 24th and May 30th, the EMSB celebrated Intergenerational Friendship Week. Students made videos and wrote letters of love and support in English and French to our isolated seniors. REISA printed out these letters and Almage Seniors Center delivered these messages their senior members.

Here are some excerpts from these letters:



## 5. Services for Special Needs

### **Respite at the Center of Dreams and Hopes is open!**



During the COVID-19 pandemic, the Center of Dreams and Hopes had to put a halt to all of their programs and services. However, due to the high need of support of the special needs community and their families during this time, the Center of Dreams and Hopes have re-opened their respite services and will be offering their camp program as of the end of June.

With the support of the CIUSSS, procedures and directives suggested by Santé Publique Québec, as well as various measures and protocols have and will continue to be followed by the Center of Dreams and Hopes to ensure the safety and best outcomes for the individuals and staff taking part in the programs and services.

Center of Dreams and Hopes

## 6. CHSSN Celebrates 20 Years





REISA would like to congratulate The Community Health and Social Services Network (CHSSN) for celebrating their 20th anniversary!

Their latest special edition of Netlink looks back at the achievements and the rich history of the CHSSN through the eyes of some of the people and partners who pioneered its rise to success.

CHSSN Netlink

## 7. Community News

We would like to thank the CHSSN and Les Aliments M&M for their generosity in offering gift cards to our seniors! 🙏







Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux

## Community Health Education (CHEP) Health Videoconference via Zoom

Learn about what you different topics given by  
healt professional from the comfort of your home!

DATE	SESSION / PRESENTER	DESCRIPTION
Wednesday, June 17, 2020 10:00-11:30 AM VIA ZOOM	<b>Coping with Arthritis During Social Isolation</b> Presenter: Myra Siminovitch, B.Sc., MBA, Physiotherapist with a special interest in Arthritis	One in five Canadians lives with Arthritis, according to the Arthritis Society. Arthritis can cause pain, decrease mobility, and diminish the quality of life. Join us to learn about what you can do to manage your symptoms better and improve your functioning during these times of social isolation when our regular routines have gone by the wayside. There will be an open Q&A period at the end of the presentation.
Wednesday, September 23, 2020 10:00-11:30 AM VIA ZOOM	<b>Topic: Continuation of Life Losses</b> Yvonne Clark, Psychosocial Therapist and Grief Counselor – a frequent popular CHEP presenter	Anxiety and depression related to the current situation and how we can cope during the COVID crisis. (More details to come)
Wednesday, October 21, 2020 10:00-11:30 AM VIA ZOOM	<b>Topic: Lung Health and Respiratory Difficulties</b> (Speaker to be announced)	Cold, flu, pneumonia, COPD, asthma and how these affect our lungs. (More details to come)
Wednesday, November 18, 2020 10:00-11:30 AM VIA ZOOM	<b>Topic: Vison Care</b> (Speaker to be announced)	What constitutes normal vision? How to know when to get special eye care. Vision problems related to aging that are easy to overlook (difficulty reading small print, cataracts, and glaucoma). (More details to come)



Register for any  
session  
by sending an  
email to  
[info@reisa.ca](mailto:info@reisa.ca)



Community Health  
And Social Services Network  
Réseau communautaire de santé  
et de services sociaux



## NOTICE OF ANNUAL GENERAL MEETING 2019 - 2020

Dear REISA Partners,  
Please join us at our Annual General Meeting

on **Tuesday, August 25, 2020**

at **10:00am**

by **Zoom videoconference**

RSVP to [info@reisa.ca](mailto:info@reisa.ca)

*The meeting link will be sent to confirmed attendees one week prior to the AGM*



**Contact us:**

HEAD OFFICE

8370 boulevard Lacordaire, Suite 308  
Saint-Léonard, Québec H1R 3Y6  
(514) 955-8370 #2217

SATELLITE OFFICE

1395 Fleury Street East, Suite 202.1  
Montréal, Québec H2C 1R7  
(438) 836-3472

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