



2020/2021

ANNUAL REPORT

SENIORS ACTION QUEBEC

EXECUTIVE DIRECTOR MESSAGE

This important annual meeting is an excellent opportunity for us to pause and reflect on what we have accomplished in the past months. In 2020 and 2021 SAQ faced challenges that we could have never foreseen. COVID-19 hit us in March of 2020, and we were only just beginning to understand the implications of the virus. We certainly had no idea the magnitude of the impact on our community, and the overwhelming number of people who were lost, was a devastating shock to us all.

But English-speaking Quebecers are resilient, and rather than feel defeated, people banded together and supported one another. We witnessed countless community efforts – both at the group and individual level- to organize last minute food and pharmacy delivery, as well as phone check-ins on people who might need help. There were countless organizations who went above and beyond their mandate and adapted all their work around their new reality – always with the goal of supporting and assisting seniors. More than that, organizations came together to support one another. Groups from different regions and neighborhoods were pooling resources, sharing volunteers, and – most importantly- cracking jokes and making one another smile. It was badly needed and deeply appreciated.

Despite the challenges, SAQ's team managed to accomplish amazing things during the pandemic, some we had planned on doing, like the Map of Services for Seniors, some that we adapted, such as our Resilience Training Program and some that we created to fill a need, such as our online COVID Resource page.

The dedication of our Board, our staff, our volunteers, and our partners has been remarkable. While each one of us struggles with the impact of the pandemic, everyone has shown up and done their best to serve the community, and I believe our collective efforts are starting to pay off.

It is unlikely that COVID will simply be eradicated in coming months, but we have shown that we are able to cope, to adapt, and to remain vigilant. It is my hope that when we recall the COVID 19 pandemic, we focus on the incredible work that people did to help others in the face of great fear and uncertainty. That kind of effort is what makes a community such a powerful thing.

Vanessa

RESILIENCE TRAINING PROJECT

The global pandemic was an unexpected event that solidified the need for our Resilience Training Project. Originally planned as being an in-person, train-the-trainer project, where Project Coordinator Mirella Castrechini would travel across the province to provide the courses to community organizations, the general lockdown forced us to readapt the project to an online e-learning model. During 2020-2021, we created three training modules: Resilience Training and Self-Awareness, Recognizing Character Strengths and Coping Control Mechanisms (Part One). Over 80 people and 21 community organizations participated in our training modules. We hope that the skills and knowledge that were shared throughout the Resilience Training Project, were able to help support seniors and our partner organizations to navigate the enormity of the pandemic and its repercussions on English-speaking seniors.



When Mirella told me she was going to be putting together, and giving, workshops on "Resilience" I immediately knew I wanted to participate. I've really appreciated the modules not only for the practical content but also for the reflection they invoke (and some of Mirella's lightheartedness to soften what can be a heavy subject). I've definitely found the training useful in my work with clients as well as in my own personal life. Thank you Mirella! and thank you SAQ.

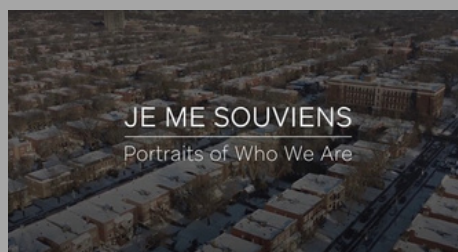
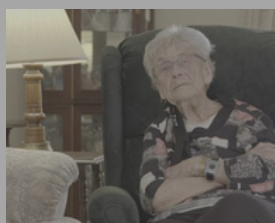
- Fiona Smith, I.T.M.A.V. Outreach worker - Contactivity Centre for Seniors

The sessions that were offered on Resiliency came at a time when we all had to be resilient in coping with the Covid-19 pandemic. Working at Cummings Centre and with the 50+ Montreal community, we were particularly faced with the challenge of helping older adults adapt and adjust and in some cases flourish in these difficult circumstances. Mirella's concepts and teachings helped me to create an awareness amongst our volunteers and members as to how resilient they truly are. It allowed for interesting conversations, committee learning and training and some open discussion with staff.

- Joy Lawee, Cummings Centre

JE ME SOUVIENS PROJECT

Seniors Action Quebec 2020–2021 became one of five community organizations to participate in an exciting new community organization consortium in the COM-Unity project. This partnership between the Black Community Resource Centre (BCRC), English-Language Arts Network (ELAN), Leading English Education and Resource Network (LEARN), Quebec Anglophone Heritage Network (QAHN), Youth for Youth Québec (Y4Y) and Seniors Action Quebec, endeavoured to focus on the English-speaking community's sense of belonging to Quebec. Each organization developed projects that highlighted the theme in a way that is specific to their sector. Our project, Je Me Souviens: Portraits of Who We Are, consisted of nine interviews with English-speaking seniors. This web series sought to document the personal experiences of older Quebecers who have first-hand experience of living through some key cultural and political moments in Quebec and have witnessed the evolution of the province.



WE'RE ALL IN THIS TOGETHER

In June of 2020 Seniors Action Quebec and the English Language Arts Network partnered to create the We're All in This Together web-series to help support seniors during the COVID 19 pandemic and subsequent lockdowns. Montreal's award-winning filmmaker Bobbi Jo Hart was at the helm of this innovative project and she was personally very committed to the project's goal of fighting isolation. As part of the project SAQ and ELAN distributed iPads to partner organizations across the province to encourage digital literacy and engagement in the older adult community.



Canadian
Heritage

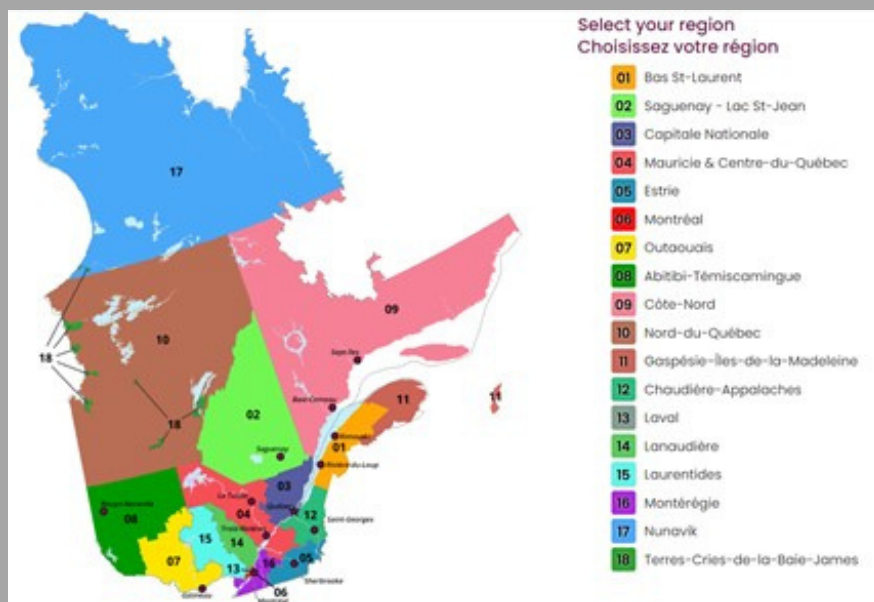
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MAP PROJECT

Another important and energizing step in the evolution of Seniors Action Quebec, was the creation of a new online resource. Our Map Search Quebec is an online bilingual map of services for seniors that highlights services offered to English-speaking seniors across the province. Launched in March 2021, the map has two active search categories (so far): Health and social services and partners and community groups. The categories that we plan to add on this year are: legal, housing and transportation. We hope that this exciting new website, will help seniors, and their families, find key services in English in their respective regions and communities.

Please send us any services or professionals that you believe should be added to the map at: katia@seniorsactionquebec.ca



EVENTS

September 9, 2020

Cultural Change in Long Term Care

This presentation was a co-sponsorship with Recreotherapy.


The COVID 19 pandemic has provided an opportunity to think about how long-term care homes can be transformed from restrictive institutions into vibrant caring communities, full of dignity and respect, where older adults can flourish and prosper, not just survive. This event featured some of Canada's leading researchers on Culture Change in Long Term Care followed by an animated interactive discussion.

September 22, 2020

The Safe Use of Medication: Do I Still Need This Medication?

Co-presented by the Canadian Deprescribing Network and Seniors Action Quebec

Camille Gagnon, PharmD, Assistant Director of the Canadian Deprescribing Network presented on topics such as: How to make sure your medications are helping and not harming, Why does aging make us more sensitive to the effects of medication?, and How can seniors, caregivers and healthcare professionals work together to prevent harmful medication effects?



Join the live stream!
For more information: eric@recreotherapy.com
To register: <https://bit.ly/2w8v8hng6>

Recreotherapy and Seniors Action Quebec Present:
Culture Change in Long-Term Care in Quebec: A Virtual Summit
You are invited to participate in the discussion and solutions
Wednesday September 9th, 9:30-11:30am
Presented in English with simultaneous French audio interpretation

Presenters
Re-imagining Long-Term Residential Care: Results from an International Study of Promising practices with Dr. Pat Armstrong, Distinguished Research Professor of Sociology at York University and Principal Investigator of study.
Put LIVING First: Creating a Culture Where Everyone Thrives with Barb Sutcliffe, Lead Culture Change Coach at the McGeel-University of Waterloo Research Institute for Aging.
COVID-19 and Long-Term Care Policy for Older People in Quebec with Dr. Patrick Marier, Scientific Director of the Centre for Research and Expertise in Social Gerontology.

RECREOTHERAPY SENIORS ACTION QUEBEC In collaboration with SHYTT Hourglass Studios



SAVE THE DATE!
Seniors Action Quebec invites you to a free webinar...

DO I STILL NEED THIS MEDICATION?
How to make sure your medications are helping not harming

Tuesday Sept 22nd, 2020 9:30-11:00 am ET

FREE REGISTRATION! To register, contact Ruth Pelletier at info@seniorsactionquebec.ca by September 14th.

SENIORS ACTION QUEBEC seniorsactionquebec.ca
Canadian Deprescribing Network deprescribingnetwork.ca

You will learn:

- Why does aging make us more sensitive to the effects of medications?
- In what situations would the risk of harmful drug effects outweigh potential benefits?
- How can patients, caregivers and healthcare professionals work together to prevent harmful medication effects?

CAMILLE GAGNON
Clinical Pharmacist & Assistant Director, Canadian Deprescribing Network

October 20, 2020

Tools for Planning Ahead: Power of Attorney, Protection Mandates, Advance Medical Directives, and Wills

Co-presented by Éducaloi and Seniors Action Quebec

This online workshop reviewed and explained various legal tools available for seniors who are looking to plan ahead. After a brief refresher on power of attorney, protection mandates, and advance medical directives, the workshop focused primarily on wills and the relatively new law “Advanced Medical Directives”.

November 17, 2020

Seniors and Cannabis: Everything You Wanted To Know But Were Afraid to Ask!

Co-presented by Éducaloi and Seniors Action Quebec

Alain Deschamps: Your Legal Responsibilities and Rights

Mr. Deschamps, a former defense lawyer working as a Plain Language Specialist and Translator with the legal information centre Éducaloi, reviewed topics such as: Cannabis and driving: what are the limits?; What powers do the police have with regards to cannabis?; Possession of cannabis: how much can you have and where can you have it?; and What are the laws around travelling with cannabis?

Anne Millette: Learn About the Different Types of Cannabis and the Potential Medical Benefits of Cannabis for Seniors

Anne Millette, a microbiologist, and industry specialist, focused on the following topics and questions: The differences between THC & CBD, how cannabis affects the body, who can benefit from cannabis as a medical treatment and different ways to consume cannabis.

SAVE THE DATE!
Tools for Planning Ahead: Power of Attorney, Protection Mandates, Advance Medical Directives, and Wills

This online workshop will explain:

- Various legal tools available for planning ahead (power of attorney, protection mandates and advance medical directives)
- Three different types of wills that are legal in Quebec
- How to make a will and the conditions to respect to ensure that a will is valid
- How to update a will you have already

This workshop will be an excellent opportunity for seniors to learn how to make their wishes known, which is especially important during the COVID-19 pandemic.

Seniors, adult children and care-givers, and social workers and staff of seniors' organizations are encouraged to sign up for either session.

Register by October 13th by emailing Ruth at info@seniorsactionquebec.ca

October 20th, 9:30 – 11:30 AM

éducaloi SENIORS ACTION QUEBEC

Online Event: **éducaloi**

Seniors and Cannabis: Everything You Wanted To Know But Were Afraid to Ask!

Your Legal Responsibilities and Rights with lawyer **Alain Deschamps**

Mr Deschamps is a former defense lawyer working as a Plain Language Specialist and Translator with the legal information centre Éducaloi. Mr. Deschamps will be addressing the following: Cannabis and driving: what are the limits?; What powers do the police have with regards to cannabis?; Possession of cannabis: how much can you have and where can you have it?; and What are the laws around travelling with cannabis?

Learn About the Different Types of Cannabis and the Potential Medical Benefits of Cannabis for Seniors with **Ann Millette**

Ann Millette, a microbiologist and industry specialist, will be focusing on the following topics and questions: The differences between THC & CBD, how cannabis affects the body, who can benefit from cannabis as a medical treatment and different ways to consume cannabis.

Tuesday November 17 2020
9:30AM – 11:30AM

To register for event please email your name and phone number to info@seniorsactionquebec.ca

Deadline to register: November 12, 2020

Canadian Heritage Patrimoine canadien Québec

We acknowledge the financial support of the Government of Canada and the Government of Québec.

February 23, 2021

Taking Care of Body & Mind as We Get Older: Symptoms & Treatment Options

Seniors Action Quebec brought together a group of medical experts from Geriatric Medicine- McGill, Dept. of Psychiatry, Jewish General Hospital/ Lady Davis Institute, McGill University, and the Douglas Hospital to discuss the physical & psychological aspects of aging, the pandemic's impact on wellbeing and mental health as well as treatment options that can be done from the safety of your homes.

We welcomed Dr. Wendy Chiu is a Geriatric Medicine specialist at the MUHC - Montreal General Hospital, Dr. Soham Rej is a Geriatric Psychiatrist and Assistant Professor at the Jewish General Hospital/Lady Davis Institute, McGill University, Montreal, Canada and Dr. Paola Lavin Gonzales, Research Associate, is a medical doctor who specializes in clinical research. She is a research associate at the Lady Davis Research Institute and the Douglas Hospital in Montreal.

March 18, 2021

Understanding Seniors Addictions, Behavioural Habits and Treatment Options

In response to what we learned was a growing issue within our community SAQ organized an information session for seniors, and those who care for them, who wanted to learn more about addiction and what treatment options are available to those dealing with it.

We were very lucky to welcome presenters Solange Baril and Dr Blanca Vacaflo. Solange Baril completed her undergraduate studies in philosophy and gerontology, with more than nine years' experience working as a counsellor, clinical supervisor, trainer and coordinator at Groupe Harmonie. Dr Vacaflo completed a bachelor's degree in psychology and her medical studies at Université de Montréal. She completed residency in Psychiatry at McGill University and is currently pursuing subspecialty training in Geriatric Psychiatry at the University of British Columbia. She has published on the topic of cannabis use in older adults and continues to harbor special interest in the growing field of Geriatric Addiction.

Free ZOOM presentation:
Taking Care of Body and Mind as We Get Older: Symptoms and Treatment Options

Are you feeling anxious, cannot sleep, lack motivation, depressed, feeling helpless, no interest in things that used to bring you joy? You are not alone! Please join us and learn about what you can do to start feeling better and what support is out there for you.

Speakers:
Dr. Wendy Chiu is a Geriatric Medicine specialist at the MUHC - Montreal General Hospital.
Dr. Soham Rej is a Geriatric Psychiatrist and Assistant Professor at the Jewish General Hospital/Lady Davis Institute.
Dr. Paola Lavin Gonzales, Research Associate, Lady Davis Institute.

Tuesday, February 23 2021
1:30-3:30 PM

To register for event email contact info at
info@seniorsactionquebec.ca

FREE ZOOM WEBINAR
Thursday, March 18 2021 10:00 AM - 12:00 PM (NOON)

**Understanding Seniors Addictions,
Behavioural Habits and Treatment Options.**

This webinar will help you navigate these often-troubled waters.
Do you or someone you love struggle with late-life addiction?

Participants' identity (name & photo) will not be visible on the screen

Presenters:
Solange Baril: Solange completed her undergraduate studies in philosophy and gerontology. She has more than nine years' experience working as a counsellor, clinical supervisor, trainer and coordinator at Groupe Harmonie, a Montreal-based community organization helping people aged 50 years and over who struggle with addictions.
Dr Blanca Vacaflo: Dr Vacaflo completed a bachelor's degree in psychology and her medical studies at Université de Montréal. She completed residency in Psychiatry at McGill University, and is currently pursuing subspecialty training in Geriatric Psychiatry at the University of British Columbia.

To register for event send contact details to
info@seniorsactionquebec.ca

MEDIA COVERAGE & ANALYTICS

6 newsletters sent out
and 27 e-blasts

+210 increase in
Facebook followers

Monthly website
visits
2020: 1424
2021: 2024 (+600)

Newsletter subscribers
2020: 271
2021: 697 (+334)

5 recorded webinars

25 media interviews
in
2020-2021

SAQ FUNDERS

We acknowledge the financial support of our funders.
Thank you



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***Secrétariat aux relations
avec les Québécois
d'expression anglaise***

Québec

