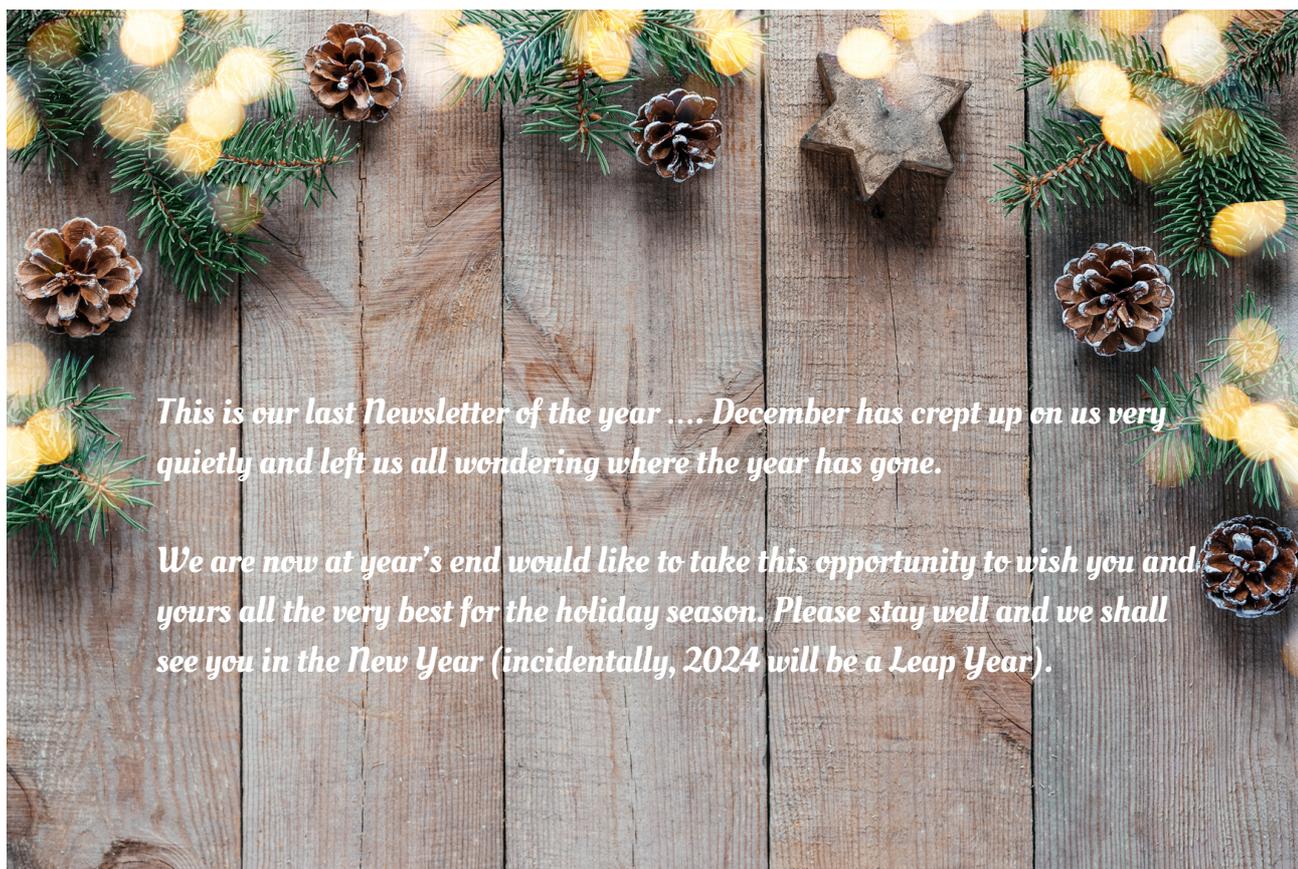


Seniors Action Quebec

E-Newsletter



This is our last Newsletter of the year December has crept up on us very quietly and left us all wondering where the year has gone.

We are now at year's end would like to take this opportunity to wish you and yours all the very best for the holiday season. Please stay well and we shall see you in the New Year (incidentally, 2024 will be a Leap Year).

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**Holiday closure: we shall be closed from
noon Friday, 22 December, 2023 and
returning on 3 January 2024.**

News from Seniors Action Quebec

Meet our newest SAQ team-member

Quinn Kennedy joined our team in early October 2023. A B.Com student, Quinn is hard at work building new search categories on our map of services website, taking over from the work that our summer student, William Fajzel, has been doing over the past few months. Thanks to the hard work of these two team players, we are happy to announce that we have two new individual categories (adapted transport and housing, the latter being divided into three sub-categories on various housing options). Head on over to our [map of services](#) to check it out.

Recent events

The return from the summer “break” has meant a hive of activity both for us and our partners. It is as though the floodgates have opened after being closed for so long during the pandemic and everyone is now trying to catch up with long-delayed plans and activities. It is heartening to learn how everyone is trying to get back up and running on all cylinders and the difficulties in doing so.



To mark International Seniors Day (October 1), we attended a reception at Montreal City Hall, where the city presented the new MADA (Municipalités et Villes Amies des Aînés du Québec) report entitled « Stratégie municipale pour les personnes âgées 2023-2030 ».

Montreal Mayor Valérie Plante presenting the MADA report

Montreal has been a member of this programme since 2012 and Seniors Action Quebec sits on the « Comité de suivi de la Stratégie municipale pour les personnes âgées 2023-2030 » (Monitoring Committee). The World Health Organization (WHO) founded the Senior Friendly Municipality (SFM) strategy in 2007. The goal of the SFM is to promote active ageing by optimizing opportunities for health, participation and security to enhance the quality of life as people age.

Andrew Palucci, Director of Policy and Governance, represented Seniors Action Quebec at a town-hall meeting on October 27, 2023, organized by MNA Greg Kelley's riding office on the West Island of Montreal. This enabled us to do some work at the grass-roots level and to learn firsthand about the difficulties being encountered by individuals and organizations on the West Island.

In late October, we met with Alexandre Renaud, the new Senior Regional Engagement Agent for the Quebec and Nunavut Region, at the Office of the Commission of Official Languages, who had contacted us for a "get to know you" exchange.

At the beginning of November, we attended QUESCREN's two-day Inter-Level Educational Table ILET symposium at Concordia University.

Two weeks later, Seniors Action Quebec took a trip to Quebec City to take part in the two-day conference entitled «Journées des partenaires «La lutte pour contrer la maltraitance et la promotion de la bientraitance, c'est l'affaire de tous»», organized by the Secrétariat des Aînés. The event was centered around the 2022-2027 Action Plan against elder abuse and allowed us to network with other organizations to learn how they are addressing such matters.

Sonia Bélanger, Minister for Seniors and Health opening the two-day conference



Seniors Action Quebec has also renewed contact with its French-speaking counterpart TCAIM (Table de Concertation des aînés de l'île de Montréal) and has been collaborating with them on different projects.

As though all this activity was not sufficient, Seniors Action Quebec has rolled up its sleeves and is in full strategizing mode, looking at best practices and ways of implementing the on-going restructuring and strengthening of the SAQ team to better serve you. More news will be available in time for our next Annual General Meeting to be held in June 2024 – keep an eye open for the official advisory.

UPCOMING WEBINARS in 2024

Our ambitious series of webinars got off to a flying start in September. In partnership with CHSSN and Éducaloi we have addressed matters of great interest to seniors such as mental health issues relating to the COVID-19 pandemic and legal issues revolving around seniors and older adults. In addition, we also embarked on an 8-part series of webinars on issues relating to housing in Quebec and a brand-new set of webinars on various topics on seniors that have come to light.

We shall continue looking at some of these issues in 2024 but will also focus on others.

Ruth Pelletier is our stalwart organizer and host of these webinars. All webinars that took place between September and November 2023 have been recorded and can be viewed on our [YouTube page](#)

The 2024 offering will feature the following:

January 2024:

Tuesday January 23 2024 10:00 a.m. - noon
Programs and Rebates for Seniors Aging in Home

This webinar will provide information on how to find and organise good care for seniors as they age at home. Themes will revolve around making homes safe for seniors, how to navigate the CLSC system, and how using technology can help the process of aging at home. The webinar will also be looking at explaining provincial and federal government programs that are available for seniors when it comes to aging at home.

Presenter:

Karine Saba: Founder and Owner of Care4Giver

Deadline to register: January 16, 2024

Friday January 26 2024 10:30 a.m. - noon
The Impact of Poor Housing on Our Health

This morning session will pay special attention to the negative effects poor conditions have on the physical, emotional and psychological health of seniors. The presentation will also focus on the hidden costs of poor housing on society and what can be done to change these negative impacts.

Confirmed presenters:

Dr. Sidonie Pénicaud, Médecin spécialiste en santé publique et médecine préventive CIUSS-Centre-Sud-de-l'Île-de-Montréal

Sam Watts: CEO Welcome Hall Mission

Deadline to register: January 19, 2024

Friday January 26 2024 1:30 p.m. – 3:00 p.m.

Social, Affordable and Community Housing: What Are They?

This webinar will explain the difference between social, affordable and community housing. Special attention will also be given to the benefits of these three types of housing and prevailing stigmas associated with them. Finally, the webinar will share a success story of a community who flourished after embracing a community housing project in their neighbourhood.

Confirmed presenters:

Ryan Simonyk: Housing Project Manager Territoire de Quartier Sud-Ouest de l'île (TQSOI)

Kate Coulter: President, Villa Beaurepaire

Deadline to register: January 19, 2024

Tuesday January 30 2024 10:00 a.m. to 11:30 a.m.

Do I still need this medication?

Medications can help us in many different ways. However, as we age, our bodies become more sensitive to the effects of medications. Some medications we take may even cause more harm than benefit. Learn about safe medication use and essential questions to ask your healthcare professional to help prevent medication harm—for you and those you care for!

Confirmed presenter:

Canadian Deprescribing Network

Deadline to register: January 23, 2024

EXCEPTIONALLY, REGISTRATIONS FOR THIS WEBINAR SHOULD BE MADE DIRECTLY WITH SENIORS ACTION QUEBEC. Please send us your contact info at: info@seniorsactionquebec.ca

FEBRUARY 2024

Tuesday February 2024 6 10:00 a.m. – 11:30 a.m.

Portrait of Adult literacy in Quebec's English-speaking senior population

Joined by Literacy Quebec, this webinar will highlight the reality, challenges and issues around adult literacy in Quebec's English-speaking senior population.

Confirmed presenter: Literacy Quebec

Deadline to register: January 30, 2024

EXCEPTIONALLY, REGISTRATIONS FOR THIS WEBINAR SHOULD BE MADE DIRECTLY WITH SENIORS ACTION QUEBEC. Please send us your contact info at: info@seniorsactionquebec.ca

Tuesday February 20 2024 10:00 am – noon

Understanding and Navigating the Journey of Caring for a Person Living with Dementia

This webinar will have a two-step approach. It will focus on describing what dementia is, the symptoms associated with the disease and the various stages of neurological deterioration.

Shifting gears, the webinar will also pay close attention to the needs of both formal and informal caregivers and provide tips on how to avoid burnout. We will learn how to manage challenging behaviours and access support services.

Confirmed presenters:

Dr. Serge Gauthier: Professor Emeritus Department of Neurology and Psychiatry at McGill University and Co-Lead of the Dementia Education Program

Claire Webster: Certified Dementia Care Consultant and Founder of Caregiver Crosswalk

Deadline to register: February 13, 2024

Friday February 23 2024 10:30 a.m. – noon
What and Where Are the Gaps in Housing?

This webinar will highlight the underlining gaps in housing for seniors and how all levels of government can address the needs and challenges around housing.

Presenters TBC

Deadline to register: February 13, 2024

Friday February 23 2024 1:30 p.m. – 3:00 p.m.
Moving Forward: What is Next in Housing?

This final webinar will present the work of the Canadian Housing and Mortgage Corporation (CHMC), the programmes they offer and what plans are in the works around increasing better senior housing.

Confirmed presenters:

Nathalie Gauthier: Account Representative, Client Relations, Canadian Housing and Mortgage Corporation (CHMC)

Deadline to register: February 16, 2024

To register for any of these webinars, except those specifically indicated, please email Ruth Pelletier at:
ruthkathleenpelletier@gmail.com

ONE VOICE COALITION

This Coalition came together pre-pandemic to improve outcomes for English-speaking seniors and the organizations that serve them on the island of Montreal and in the greater Montreal area. However, during the pandemic and lockdown, the coalition had to pivot to assist seniors' access to services and bring assistance to them in their isolation.

Seniors Action Quebec took over management of this coalition in September 2022 and we now act as stewards of the collective. At a recent meeting, SAQ suggested that given the changed circumstances post-COVID, we should examine how the Coalition can move forward to better assist English-speaking seniors. Participants were all in agreement since fundamental questions are in need of clarification and development.

The Coalition, together with our partner, CHSSN, has now decided to reassess its role, mandate and mission. We have therefore begun a series of interviews about the Coalition and how it can develop with as many of the members as possible. These interviews (completely confidential) aim to determine what each participant considers of most importance in the future of the Coalition and are already giving us much food for thought. They will be analyzed and the results reviewed with all participants at a day-long retreat to be held in January 2024.

Together with CHSSN, we have invited all current participants to this retreat where we can present the results of the interviews, what they suggest for the future of the Coalition and propose ways of moving it forward. Facilitators will be on hand to assist us in robust discussions which we believe should culminate in a deeper understanding of the Coalition's role and how it can contribute to better outcomes for English-speaking seniors and the organizations that serve them.

It is our intention to introduce a re-vamped Coalition in 2024 which will be of greater service to English-speaking seniors.

We will advise you of the outcome in due course. Stay tuned!

SENIORS ACTION QUEBEC MEMBERSHIP

If you wish to continue being a member of Seniors Action Quebec, please do not forget to pay your membership dues before March 31 2024.

Visit our [membership page](#) to get more information on how to sign up and pay.

P.S. RESILIENCE TRAINING MANUAL



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. To do so, send us an email at info@seniorsactionquebec.ca with your contact information, address and number of manuals needed and will send them to you.

UPCOMING EVENTS TO SHARE

Do you have any events in 2024 you would like us to share with the community? If so, please 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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