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OCTOBER 2024, ISSUE 16

# Seniors Action Quebec

E-Newsletter



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Please note that Seniors Action Quebec  
offices will be closed on Monday, October 14  
2024 for the Thanksgiving holiday.

# SAQ 2023-2024 AGM

Our Annual General Meeting was held on Wednesday, June 19, 2024. As Montreal was in the throes of a heatwave, we had to do a last-minute pivot. Instead of having a full day event off-site, as originally planned, we decided to hold the morning event as scheduled and the afternoon AGM over Zoom. We were very pleased to see that despite the heat, several brave souls decided to show up at the Multifaith Chapel on the Loyola Campus of Concordia University for the screening (a great success) of our short documentary on seniors' sense of belonging to Quebec.

This was our final project in the COM-Unity project that ran from 2020-2023. It was the first time Seniors Action Quebec had screened the documentary before an audience and it was a long overdue premiere! After enjoying an animated question and answer period, people continued discussing what they had just seen or caught up with other attendees before collecting their lunch boxes and going home to shelter in the coolness of air conditioned rooms. Seniors Action Quebec did likewise and held the afternoon business meeting over Zoom.



During the Annual General Meeting, a few changes were made to Seniors Action Quebec's Board.

After serving six years on the Board, Darla Fortune stepped down from her role to focus on her research and academic work. Seniors Action Quebec thanks Darla for her commitment to the organization and hopes that she will not be a stranger!

After joining the Board in 2019 and representing the organization for two years as President, Walter Duszara stepped down from his role and the Board. Everyone at Seniors Action Quebec thanks him for his steadfast leadership and guidance.

New Board member, Fred Jansen (Montreal), was thrown into the deep end and was voted as the new President of Seniors Action Quebec after our June AGM.

"I would like to thank Walter Duszara and Darla Fortune for their many years of service and dedication to the SAQ community. They leave the board work behind for new board members to complete and stay with the SAQ as committed members.

Through their years of service, they have presided over many important growth steps for our organization and have set the course for better realizing our mission in service of seniors all across Quebec.

Further, I would also like to thank the new Board members, who have picked up the challenge and are excited to plan, elaborate, organize and initiate the next steps of our SAQ organizational growth process. Together with the management and staff, this Board will help to ensure secure organizational funding, expanded research and policy development, and will continue to build strong networks through focused communication, partnerships and increased memberships.

Through the collaborative process we will focus on strengthening community fellowship while building friendships, and further defining and helping to answer the needs of our community stakeholders and constituents.

To our larger Quebec community, I thank you for your continued support of Seniors Action Quebec." Fred Jansen.

Returning Board members Mona Beck (Montréal), Debbie Ford-Caron (Saguenay), Linda Marion (Abitibi-Témiscamingue), Deidre Shipton (Laurentians) and Richard Silver (Montréal), were joined by new Board members, Janet Torge (Montréal), Mary Farrell (Montréal), Raquel Huggins (Montréal) and Lynn Travers (Montréal).

Curious about who our Board members are? You can read their bios on [our website](#).

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## MORE RECENT NEWS

There have been some changes at Seniors Action Quebec over the summer. Andrew Palucci, the Director of Policy and Governance, has left to pursue an opportunity at the Office of the Commissioner of Official Languages of Canada (OCOL). We look forward to working with Andrew in his new role. Seniors Action Quebec thanks Andrew for his work and the time he dedicated to the organization. Moving forward, Seniors Action Quebec will begin the recruiting and hiring process shortly. We will update our members, funders, partners and network with more details in the upcoming weeks.

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## COMMUNITY ACTIVITIES

Seniors Action Quebec was present at the:

- Cummings Centre AGM (via Zoom; June 2024)
- Townshippers' Association AGM held in Knowlton on June 23 2024: This was the first time we were able to meet in person and was a great opportunity to meet with everyone.
- Gay & Grey barbecue (July 19 2024) : A perfect afternoon to put everyone in the holiday spirit.
- CHSSN AGM on September 19 2024: After a very early start, we arrived in Québec and were able to chat with many of our colleagues at other organizations and also at the Secrétariat. All in all, a very interesting day.
- Townshippers' Festival at Brome on September 21 2024: Their annual get-together this year marked their 45th Anniversary! A great time was had by all and was the perfect opportunity to catch up.

While activities may have been few, contact with the community was ongoing and continuous.





Top left: A little entertainment at the Gay and Grey BBQ

Top right: Townshippers' AGM on June 23 2024

Bottom: Townshippers' Executive Director Denis Kotsoros speaking to the crowd and SAQ table all set up and ready to meet with the public

# SAQ OUT AND ABOUT

On August 29 2024, [Agape Association](#) invited Seniors Action Quebec to screen our short documentary *Je Me Souviens: Portraits of Who We Are*. Ruth Pelletier, who is featured in the documentary was on hand to answer questions during a Q&A period. Big thank you to Agape Association and to Ruth!



On September 17 2024, Seniors Action Quebec was invited by [McGill Centre of Lifelong Learning](#) (MCLL) to participate in a panel discussion titled: *Getting Smart in Old Age: Thriving and Staying Healthy in a Stimulating Learning Environment*. Seniors Action Quebec founding President, Ruth Pelletier participated in the panel discussion on innovative approaches to aging, and the powerful role lifelong learning plays in enhancing the quality of life for seniors. [Click here](#) to watch the recording of the panel discussion.

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## MEETING WITH MINISTER OF FRENCH-LANGUAGE

On August 12, we received an invitation to attend a meeting with the Minister for the French language, Jean-François Roberge, concerning the Government of Quebec's newest health directive. As an organization representing the interests of English-speaking seniors, we felt it was necessary to be in attendance to relay the concerns being expressed by seniors and their ability to continue accessing health and social services in English and also to support our colleagues at the [Cummings Centre](#) and [Jeffrey Hale](#) who were also in attendance.

At the meeting, we shared our deep concern with the confusion this directive has created within the English-speaking community and impacted institutions. We also expressed our uneasiness and hope that a larger contingent of stakeholders from across the English-speaking, and cultural communities could meet with Ministers in the future and share their concerns.

Seniors Action Quebec is encouraged that the provincial government expressed a willingness to discuss the numerous concerns we raised regarding this health directive. An updated version of the directives were published on September 23 2024 and can be [viewed here](#) (please note, directives are only available in French) A checklist version of the directives is [available in English](#). Seniors Action Quebec will continue to work closely with government and community partners to address the concerns of English-speaking seniors. If you have any questions, please contact us at [katia@seniorsactionquebec.ca](mailto:katia@seniorsactionquebec.ca)

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## UPCOMING WEBINARS

October 15th, 2024

### Cancelling Your Lease Due to Special Needs: Understanding Your Rights and Obligations

Are you someone who has special needs and is having issues with your rental apartment? This webinar will tackle this complex issue, by providing information on what medical ailments qualify as special needs, what are the steps and documentation required to prove this, what are tenant responsibilities versus landlord rights, and the rules relating to visitors and access to apartments.

Presenter: Maître Richard Goldman: Lawyer and Plain Language Specialist with Éducaloi.

DEADLINE TO REGISTER: OCTOBER 8 2024

November 19th, 2024

**Bill 25: Protecting Your Personal Information – The impact on not-for-profits and the legal implications.**

The Quebec government adopted Bill-25 **An Act to Modernize Legislative Provisions** as regards the protection of personal information on September 21, 2021. Since then, many questions have been raised on steps that not-for-profit organizations and community groups need to take to implement this new law. This webinar will aim to provide all the appropriate information on this topic to aid groups understand the steps to be taken and possible legal implications of this law.

**Presenter: Marlo Turner Ritchie: Founder and Primary Consultant, Social Impact Consulting**

**DEADLINE TO REGISTER: NOVEMBER 12 2024**

December 10th, 2024

**Legal Aid: Understanding Who Qualifies and the Process**

Have you ever wondered what the term legal aid really means? Then this is the webinar for you. Information will be provided on what are the criteria for eligibility, services that are and not covered by legal aid, the layout of the legal aid network in the province and other alternative legal services.

**Presenter: Me Salomé Dufour-Simard. Lawyer with Services juridiques communautaires de Pointe-Saint-Charles et Petite-Bourgogne**

**DEADLINE TO REGISTER: DECEMBER 3 2024**

All webinars will take place from 10 am – noon and will be held on Zoom  
To register, please email Ruth Pelletier at [ruthkathleenpelletier@gmail.com](mailto:ruthkathleenpelletier@gmail.com)

All of our past webinars are recorded and uploaded to our [YouTube page](#) where you can view any or all of the webinars at your leisure.



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## HOUSING REPORT

During the 2023-2024 fiscal year, Seniors Action Quebec carried out research into the housing situation in Quebec and its effect particularly on English-speaking seniors. This research involved the production of eight webinars explaining the complex and growing concerns with housing. These webinars (which can all be found on the [SAQ YouTube page](#)) met with great success.

After extracting all the salient information submitted in these webinars, over the summer we prepared a report which will shortly be shared on our website in both English and French. We will keep you informed of developments.

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## ONE VOICE COALITION

Most of 2023-2024 was spent on meeting with each individual organization that sits on the Coalition and working with them on a needs assessment survey and deciding on the next steps to moving the group forward collectively. On Monday, September 9, 2024, the One Voice Coalition regrouped for the first meeting since the summer break. Now with logistics and meeting dates being worked out and agreed on, we look forward to continuing working with the Coalition to set more building blocks and growth. Stay tuned for more detail.

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## RESILIENCE TRAINING MANUALS

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: [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca) with your contact information, address and number of manuals needed and we will send them to you.



# UPCOMING EVENTS TO SHARE

Should you have any upcoming events that you would like us to pass on to the community, please do not hesitate to contact us at:

[admin@seniorsactionquebec.ca](mailto:admin@seniorsactionquebec.ca)

*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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