

Seniors Action Quebec

E-Newsletter



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ANNUAL GENERAL MEETING

Seniors Action Quebec will be hosting its virtual Annual General Meeting on Thursday, October 8 2020 at 5:00 PM via ZOOM.

For those who would like to attend, please send us an email at info@seniorsactionquebec.ca, along with your name, phone number and the name of your organization (if you belong to one).

A ZOOM link, agenda and other relevant documentation, will be sent to your email address a week before the meeting.

Upcoming Events

Seniors Action Quebec is proud to announce the launch of five webinars for seniors.

Thank you to Ruth Pelletier and the many people who have been involved in organizing these events.

September 22, 2020 9:30 AM-11:00 AM

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

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

Camille Gagnon, PharmD, Assistant Director of the Canadian Deprescribing Network will be presenting on: 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 effects from medication?

Presented by Canadian Deprescribing Network and Seniors Action Quebec.

Register by September 14 by sending us an email with your contact info (name, phone number and organization) at: info@seniorsactionquebec.ca. We will send you a confirmation within a couple of days of registering.

October 20, 2020 9:30– 11:30 AM

This event is prioritized for participants who live in the Greater Montreal Region, Laval & South Shore

October 22, 2020 9:30– 11:30 AM

This event is prioritized for participants who live in Mainland Quebec

Please feel free to register for either session should the date for your area not be convenient for you.

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

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.



Jennifer Drouin
Lawyer at Éducaloi



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



October 20th, 9:30 – 11:30 AM (On Island Participants)

October 22nd, 9:30 – 11:30 AM (Mainland Participants)



This online workshop will explain the various legal tools available for planning ahead. After a brief refresher on power of attorney, protection mandates, and advance medical directives, the workshop will focus primarily on wills.

We will cover such topics as the three different types of wills that are legal in Quebec, the advantages and disadvantages of each type, how to make a will, the conditions to respect to ensure that a will is valid, and how to update a will you have already.

This will be an excellent opportunity for seniors who need to modify their current will or wishes to understand the requirements regarding Mandates and the relatively new law “Advanced Medical Directives”.

Presented by Éducaloi and Seniors Action Quebec.

Register by October 13 by sending us an email with your contact info (name, phone number and organization) at: info@seniorsactionquebec.ca. We will send you a confirmation within a couple of days of registering.

November 17, 2020 9:30 AM – 11:30 AM

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



Seniors Action Québec 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 Millett

Ann Millet, 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

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

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

Presentation 1: 9:30 AM–10:30 AM Alain Deschamps: Your Legal Responsibilities and Rights

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 questions: 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?

Presentation 2: 10:30 AM – 11:30 AM Ann Millett: Learn About the Different Types of Cannabis and the Potential Medical Benefits of Cannabis for Seniors

Ann Millet, 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.

Presented by Éducaloi and Seniors Action Quebec

Register by November 12 by sending us an email with your contact info (name, phone number and organization) at: info@seniorsactionquebec.ca. We will send you a confirmation within a couple of days of registering.

RESILIENCE TRAINING PROJECT UPDATE

We are very pleased to give you an update on Senior Action Quebec's [Resilience Training Program](#) which was launched in June 2020. The program trains community workers and volunteers to give resilience training to the seniors in their community.

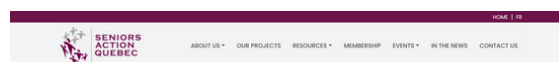
The goal is to encourage English-speaking seniors to develop stronger resilience skills which would lead them to be a better advocate for themselves. Also, personal resilience can contribute to confidence and will encourage seniors to be more involved with their community.

Project Coordinator Mirella Castrechini spent the summer leading a series of trainings based on the first module: "**Resilience and Self-awareness**". There will be a total of seven training modules given over the coming months. The response has been very positive, with many participants expressing an eagerness to share what they have learnt with their organizations and with the senior clientele.

The second training module will begin mid-October and will focus on "**Recognizing Character Strengths**". Topics such as: What are character strengths?; How do they build resilience? and What are your go to strengths, and how can you make the most of them to overcome adversity?; will be examined.

For more information on the Resilience Training Program, contact Mirella Castrechini directly at mirella.castrechini@seniorsactionquebec.ca.

CHANGES TO SAQ RESOURCES PAGE



COVID-19 Resources

Seniors Action Quebec

Government of Canada

Government of Quebec

World Health Organization & Centre For Disease Control

Community Groups Resources

General Information

Exercise Videos for Seniors

The New SAQ website resource section now has a dedicated [COVID-19 resource page](#).

On it you will find the latest information from both the federal and provincial governments, resources created by Seniors Action Quebec, resources from community organizations and partner organizations and much more.

Send us an email at info@seniorsactionquebec.ca, if you have any documents you would like us to consider including on this page.

Our Partners

CHSSN
Canadian Heritage
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HOW TO USE ZOOM GUIDES



In past months many of us have had to move away from traditional forms of communication and turn to online platforms to connect with our loved-ones and work colleagues. The switch was sudden, unexpected and left many struggling to learn new technology and software quickly. When it became clear that our community was going to have to rely on tools such as ZOOM for the foreseeable future, we teamed up with Concordia University's [The engAGE Living Lab](#), to create a comprehensive how-to guide on how to create a ZOOM account and on how to use ZOOM on both computers and Ipads/Iphones.

We strongly encourage our community to take advantage of the current situation of looser restrictions on visiting with loved ones to take some time to teach them how to use ZOOM or Facetime or another online communications platform. This will help combat the feeling of isolation should we face another period of extended separation.

The guide is designed to be printable and can be left with your loved one to remind them of how to log on and navigate Zoom.

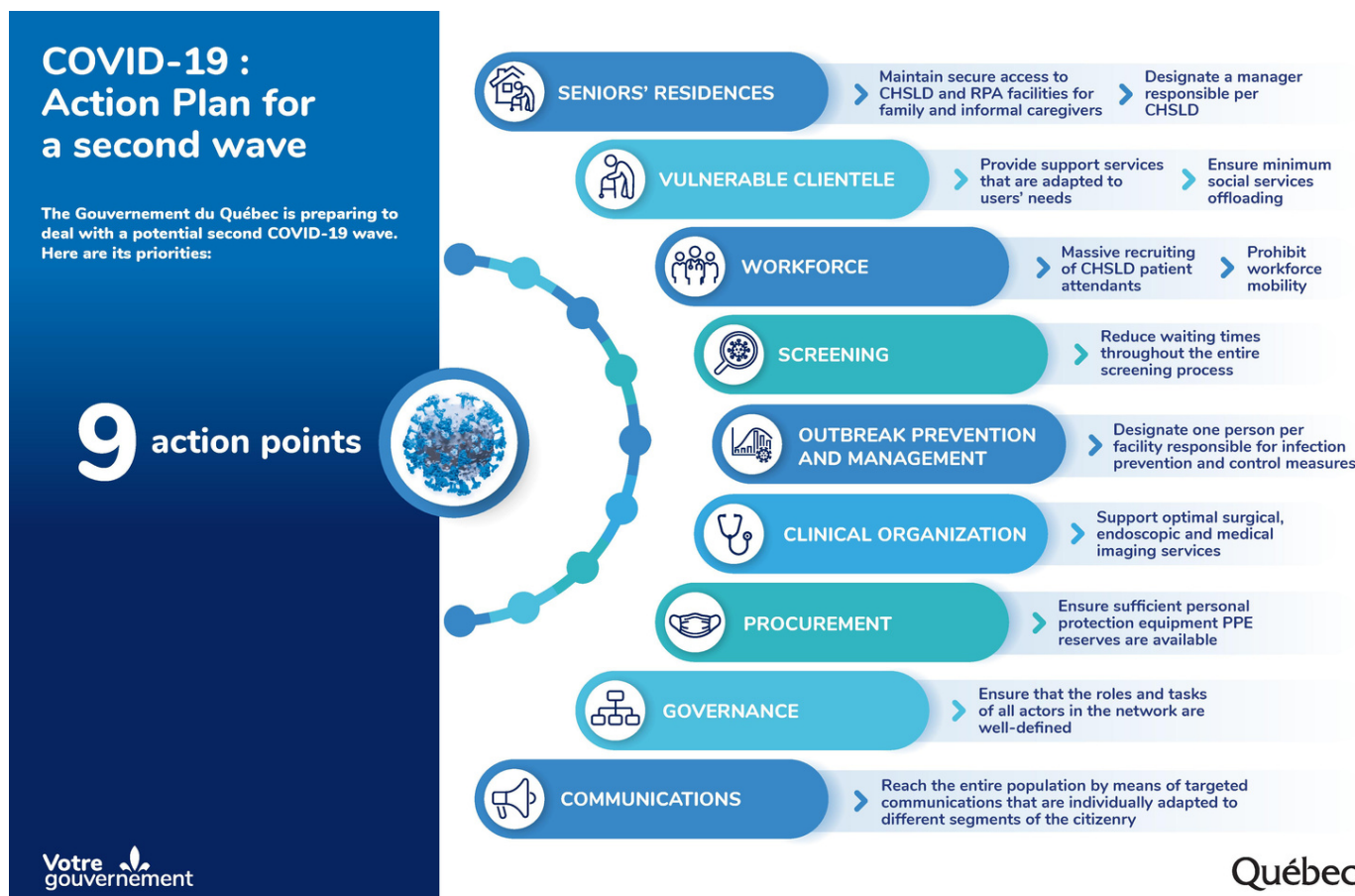
A downloadable and printable Power Point version of the guides are available on our website on our [COVID-19 page](#) in the Seniors Action Quebec section.

Please feel free to share this info sheet with your extended network, family, and friends.

GETTING READY FOR A POSSIBLE SECOND WAVE AND FLU SEASON

On August 18 2020, the government of Quebec unveiled its Action Plan for a potential second wave of COVID- 19.

The Plan consists of 9 Action Points, which can be viewed in the picture below.



Public health officials are voicing concern over the possibility that a second wave of COVID-19 will arrive during flu and cold season. Therefore it is even more important that those most at risk and/or vulnerable to infection get a flu shot this year.

The government of Quebec has provided information on the procedure people must take to get vaccinated. Those interested in booking an appointment to be vaccinated should speak to their family doctor or local CLSC.





The National Dance Therapy Centre of Les Grands Ballets Canadiens de Montréal are offering virtual and in-studio dance therapy classes for seniors.

Use promo code **SAQ2020** to get an exclusive deal and enjoy 20 per cent off fall session.

[Click here](#) for more information.



Do you have an event, bit of news or information that you would like to share with our extended network? Send us an email at info@seniorsactionquebec.ca and we will possibly share your information on our [Facebook page](#), our [resource page](#) or in our next newsletter.

From all of us at Seniors Action Quebec,
Stay safe!

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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