



SENIORS  
ACTION  
QUEBEC



LES  
AÎNÉS  
ACTION  
QUÉBEC

SENIORS ACTION QUEBEC ANNUAL REPORT  
2021-2022  
LES AÎNÉS ACTION QUÉBEC RAPPORT ANNUEL



# WHAT WE DO & WHO WE ARE

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Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

What we do:

- Building a network of organizations to support English-speaking seniors.
- Develop and support senior leadership locally and provincially.
- Encouraging and celebrating the contributions of English-speaking seniors throughout Quebec.
- Raising awareness and working to address challenges facing English-speaking seniors in Quebec.
- Working to ensure access to information and services for a healthy, and active, aging community.
- Seniors Action Quebec will work with governments to address challenges/needs facing English-speaking seniors.

## Seniors Action Quebec Board of Directors

Walter Duszara (President)  
Diane Lemay (Secretary)  
Mona Beck  
Syeda Bukhari  
Darla Fortune

Julie Hackwell  
Debbie Horrocks  
Linda Marion  
Richard Silver

# SENIORS ACTION QUEBEC FUNDERS

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We acknowledge the financial support of our funders.  
Thank you



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avec les Québécois  
d'expression anglaise**

**Québec**



# PRESIDENT'S MESSAGE



This has been another eventful year in the life of Seniors Action Quebec. Covid-19 has continued to have a grueling impact on our life as an organization. We have now gone two years without face-to-face meetings. In addition, we bade farewell to Vanessa Herrick in January 2022, who moved on to her new position as Executive Director of the English Language Arts Network (ELAN). Our administrative assistant, Whitney Collins, left at the end of March to continue on her career path and now finds herself in Edmonton, Alberta. As well, Mirella Castrechini completed her recent contract with us in early April. We thank each of them for their contribution to the work of Seniors Action Quebec and wish them all the very best in their future endeavours.

Needless to say, with such significant changes to the staff of SAQ over the past few months, much responsibility fell on the very capable shoulders of Katia Toimil-Bramhall who was appointed Interim Executive Director in January 2022. Thanks to her dedication and to that of our bookkeeper, Richard Wong, Seniors Action Quebec was able to successfully complete its on-going commitments to members, partners and funders. I thank them for their generosity, good humour and professionalism as we navigated rough waters together.

Following an extensive and intensive search for candidates with the assistance of a former board member, Lynne Fornarolo, Anne MacKay's candidacy was recommended to the Board of Directors by the Selection Committee in April. Unfortunately, shortly thereafter unanticipated family obligations forced Anne to turn down the position. Katia has been kind enough to carry on as Interim Director under the circumstances. A search for candidates will be relaunched in September 2022.

In March of this year, the Board of Directors welcomed two new board members. Syeda N. Bukhari, who has extensive experience in health research, training and education and is currently pursuing a Postdoctoral Fellowship with the Lady Davis Health Institute of McGill University and, Julie Hackwell, who has long-time operations management and human-resource management experience in the pharmaceutical and clinical research sectors.

Sadly, Seniors Action Quebec lost a long-time friend and supporter. Sheila Goldbloom passed away in July. Many of us had the pleasure and privilege of knowing and working with Sheila over the years. We mourn her loss and extend our sincere and heartfelt condolences to her family.

We look forward to more "normal" times and, in particular, to being able to once again meet face-to-face in the coming year.

Walter Duszara

# EXECUTIVE DIRECTOR'S MESSAGE

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2021-2022 was another busy and productive year for Seniors Action Quebec.

On behalf of the organization, I would like to thank Mirella Castrechini for going above and beyond during the last year of the Resilience Training Project. An enormous thank you must also be extended to Ruth Pelletier, for organizing a diverse set of webinars with timely information for seniors.

As ever, we would like to acknowledge and give thanks to our funders and partners for allowing us to continue these projects and to expand our activities as we evolve as an organization.

As we look to the future, here is a rundown of everything that Seniors Action Quebec accomplished in 2021-2022.

Katia




# RESILIENCE TRAINING

2021-2022 saw us wrapping up our Resilience Training Project. Organizations and staff throughout Quebec's various regions participated in the final half of our training modules. The themes and topics for these modules were as follows: Coping and Control Mechanisms Part II, Resilience and Social Connections and, finally, Review of the Key Skills that Build Resilience in Seniors.

Although we were unable to provide in-person training modules, due to public-health restrictions and various COVID-19 waves, Project Coordinator Mirella Castrechini continued to create online interactive training webinars for nearly thirty participating community groups.

While we wrapped up our training sessions, 2021-2022 saw us organizing the final activity of the project – the production of a training manual to be distributed to organizations and their respective staffs who participated in the training sessions. Stay tuned for more info on this exciting final stage of the project!



**Seniors Action Quebec**  
Resilience Training Program  
Module 3 and 4:  
Coping And Control Mechanisms

How do coping and control mechanisms help us deal with stressful events and build resilience?




**MODULE 3 TRAINING DATES**  
 Tuesday March 16: 1:30 pm-3:30 pm  
 Thursday March 18: 10:30 am-12:30 pm  
 Tuesday March 30: 1:30 pm-3:30 pm  
 Thursday April 1: 10:30 am - 12:30 pm  
 Tuesday April 6: 1:30 pm - 3:30 pm  
 Thursday April 8: 10:30 am - 12:30 pm

**MODULE 4 TRAINING DATES**  
 Tuesday April 13: 1:30 pm-3:30 pm  
 Thursday April 15: 10:30 am-12:30 pm  
 Tuesday April 20: 1:30 pm-3:30 pm  
 Thursday April 22: 10:30 am-12:30 pm  
 Tuesday April 27: 1:30 pm - 3:30 pm  
 Thursday April 29: 1:30pm - 3:30pm

Our Resilience project is a series of train-the-trainer modules accessible online to our members focused on teaching resilience skills to English-speaking seniors.

For more information or to register, contact  
Mirella.Castrechini@seniorsactionquebec.ca

The Resilience Training Program is made possible by funding from

17 Avenue de la Baie de Valois Suite #2020  
Pointe-Clare, QC  
H9R 4B3  
438-386-1844



**Seniors Action Quebec**  
Resilience Training Program  
Module 5  
Resilience and Social Connections

In this module we will take a look at how social connections build resilience, as well as, providing a tool developed for seniors coping with isolation due to challenging, (uncontrollable) circumstances.

**Training Dates**

Wednesday September 22 10:00 AM-12 PM	Tuesday October 19 10:00 AM-12 PM
Friday September 24 1:30PM-3:30 PM	Thursday October 21 1:30 PM-3:30 PM
Tuesday September 28 10:00 AM-12 PM	Monday October 25 10:00 AM-12 PM
Thursday September 30 1:30 PM-3:30 PM	Wednesday October 27 1:30 PM-3:30 PM
Monday October 4 10:00 AM-12 PM	Tuesday November 2 10:00 AM-12 PM
Wednesday October 6 1:30PM-3:30 PM	Thursday November 4 1:30 PM-3:30 PM
Wednesday October 13th 10:00 AM-12 PM	
Friday October 15 1:30 PM-3:30 PM	

for more information on the Resilience Training Program, contact Project Coordinator Mirella Castrechini:  
mirella.castrechini@seniorsactionquebec.ca

The Resilience Training Program is made possible by funding from





Seniors Action Quebec  
17 Avenue de la Baie de Valois, Suite #2020  
Pointe-Clare, QC, H9R 4B4  
438-386-1844



**SENIORS ACTION QUEBEC**

Join us for the last training module in our Resilience Training Program!

The last module is a concise review of the key skills that build resilience in seniors: self-awareness; strength of character; competence and confidence; contribution; connection; coping and control.

We are offering this training on multiple days so please select **ONE** of the below dates and register!

Wednesday, November 10	10:00 AM - 12:30 PM
Friday, November 12	1:00 PM - 3:30 PM
Tuesday, November 16	10:00 AM - 12:30 PM
Wednesday, November 17	1:00 PM - 3:30 PM
Tuesday, November 23	10:00 AM - 12:30 PM
Thursday November 25	1:00 PM - 3:30 PM
Tuesday, December 7	10:00 AM - 12:30 PM
Thursday, December 9	1:00 PM - 3:30 PM
Tuesday, December 14	1:00 PM - 3:30 PM
Thursday, December 16	10:00 AM - 12:30 PM

For more information, contact Project Coordinator Mirella Castrechini:  
mirella.castrechini@seniorsactionquebec.ca

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17 Avenue de la Baie de Valois  
Suite #2020  
Pointe-Clare, QC  
H9R 4B4

# WE'RE ALL IN THIS TOGETHER



The end of the autumn season also saw us saying good-bye to our We're All in This Together Project. The project began in November 2020, in partnership with the English-Language Arts Network (ELAN), with the aim of supporting seniors experiencing isolation due to the COVID-19 pandemic and associated lockdowns. Director Bobbi-Jo Hart, in collaboration with the Seniors Action Quebec and ELAN teams, created an engaging and educational video series. The 23 videos explored a diverse set of themes from bird watching, Indigenous hoop dancing, urban art and many more. If you have not seen these videos, please visit our website to watch this series.

Additionally, the purchase and subsequent distribution of iPads served to assist different community groups working with vulnerable and isolated populations throughout the province to help seniors develop internet literacy skills. A series of videos on the use of iPads is planned to complement the efforts of these community groups.

These training videos will be shared on our website and social media pages as well.



# COM-UNITY PROJECT



2021-2022 saw us continue our work on the COM-Unity project, a collaborative effort between Seniors Action Quebec and Black Community Resource Centre, (BCRC), English-Language Arts Network (ELAN), Learn Quebec, Quebec Anglophone heritage Network (QAHN), and Y4Y Québec. Each organization is contributing from the perspective of the community that they serve, to an examination of the concept of belonging in the minority English-speaking community of Quebec.

For the second year of the project, we turned our camera lens on five English-speaking organizations, to showcase the work that they do with the English-speaking seniors in their respective communities and to highlight the challenges faced by seniors in these communities.

To document these realities, we travelled to different locations and worked directly with the following organizations: African Canadian Development & Prevention Network (ACDPN) in Montreal, Council for Anglophone Magdalen Islanders (CAMI) in the Magdalen Islands, Community for Anglophone Social Action (CASA) in Gaspésie, Neighbours Association of Rouyn-Noranda (Abitibi-Témiscamingue) and Voice of English-speaking Quebec (VEQ) in the Capitale-Nationale. We would like to extend a massive thank you to each organization and their staff for taking the time to participate in this project and for welcoming us into their communities.





# WEBINARS

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Our partnership with Éducaloi enabled the development and presentation of these webinars:



April 13, 2021

**Food as Fuel: Discovering How To Heal From The Inside Out**

Crystal Baran, a Certified Integrative Nutrition Health Coach and Naturotherapist, discussed the role of nutrition in ensuring a healthy body and mind. Topics included basic information on nutrition, the differences between whole and processed foods, organic versus non-GMO foods, the value of reading nutritional labels and foods you can eat to improve your overall health.

September 21, 2021

**The Rights of Mature Workers**

Leslie (Laszlo) Acs, Executive Director La Passerelle and Chair Board of Directors of the Community Economic Development and Employability Corporation (CEDEC) and Megan Marinos, President/ Co-founder of Kigi Agency, identified obstacles and challenges faced by mature workers and presented arguments for their employment.

October 12, 2021

**Grandparents' Access Rights Following a Split or Divorce**

Family Law Lawyer, Linda Hammerschmid, addressed two key topics for seniors: the access rights that grandparents have to their grandchildren after a separation and divorce of their parents, and the rights of seniors who decide to enter a cohabitating relationship (often referred to as common-law).

November 9, 2021

## Tenants' Rights & Responsibilities

Richard Goldman, a lawyer and plain language specialist with Éducaloi, explained the rights and responsibilities of tenants who live in private rental housing and in senior residences.

December 7, 2021

## Travel Insurance Coverage Especially During a Pandemic

Stephen Fine (Snowbird Advisor), Jason Nagy (Snowbird Advisor Insurance) gave tips and recommendations on changes made to travel insurance coverage provisions since the beginning of the pandemic. Lawyer Shlomi Steve Levy shared relevant information for seniors who are thinking of buying properties outside of Canada.

February 8, 2022

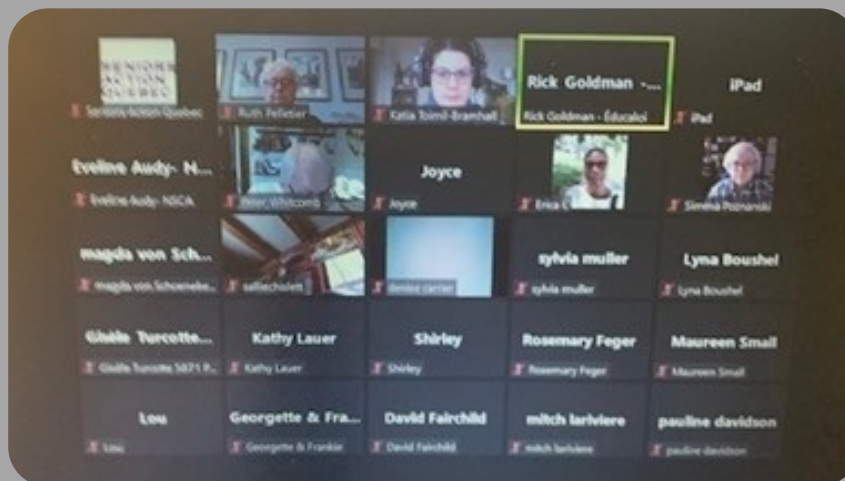
## Advance Medical Directives and Living Wills: What They Are and How to Make Them

Presented by Richard Goldman, a lawyer and plain language specialist with Éducaloi, this webinar set out to explain how advanced medical directives (AMDs) can be applied in specific medical situations.

March 16, 2022

## Identifying Elder Abuse: What Are Your Rights If You Suspect You Are a Victim of Elder Abuse? Is Mediation an Option?

Daphne Nahmiash (President, Handicap-Vie-Dignité and Associate member, McGill University Research Centre for Studies in Aging (MCSA) ) and Ann Soden (Lawyer and Executive Director, National Institute of Law, Policy and Aging and Founder of The Elder Law Clinic) explained the different types of senior abuse, how to prevent abuse, and provided information on legal recourses.



Seniors Action Quebec also participated in and organized two special presentations:

September 17, 2021



COVID-19 Vaccine Passport

In this educational presentation, Monica Escobedo from Concordia University's Centre for Research on Engaging (engAGE), introduced the audience on how to download and use the COVID-19 passport app on phones, tablets and other digital instruments. This webinar was presented in partnership with Centre for Research on Aging (engAGE) and the Community Health and Social Services Network (CHSSN).

January 28, 2022



English-speaking Seniors in Quebec: Challenges and Advocacy

Vanessa Herrick, former Seniors Action Quebec Executive Director, gave a presentation on English-speaking seniors in Quebec and advocacy as part of the program offerings of McGill Community for Lifelong Learning (MCLL).

All of our webinars and presentations can be found on our website and YouTube page.



<https://www.seniorsactionquebec.ca/>



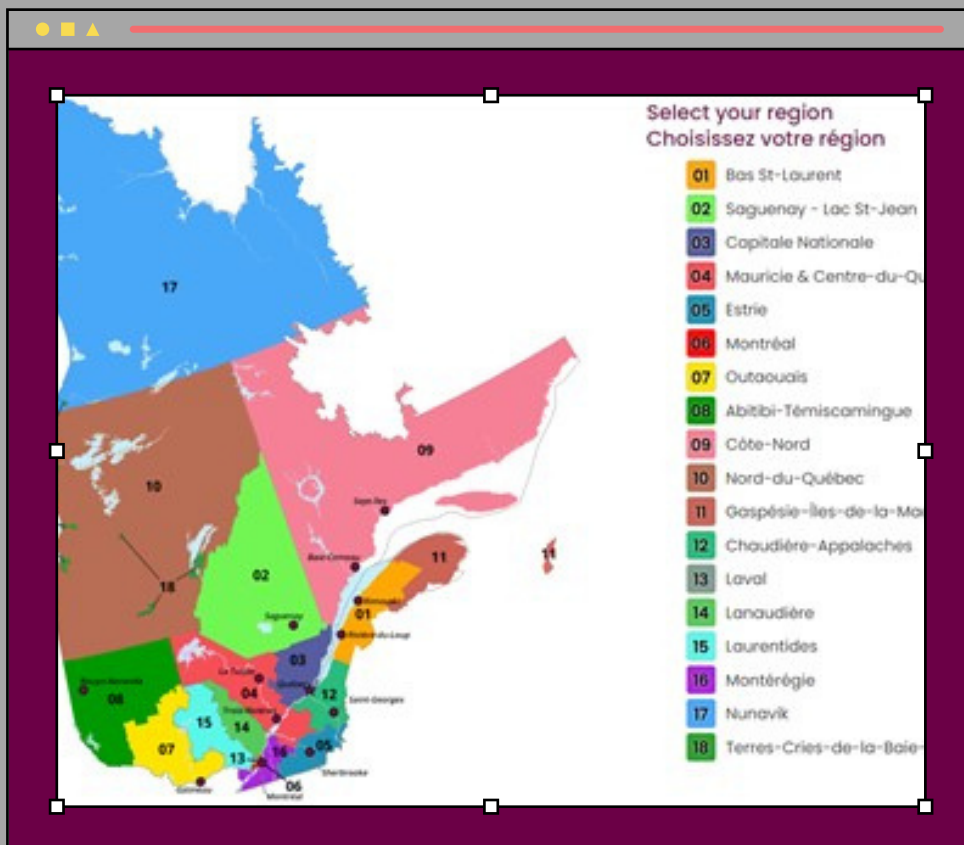
Search for Seniors Action Quebec and don't forget to subscribe!

# ONLINE MAP OF SERVICES

Launched in March 2021, our map of services website quickly became a key online resource for our organization. Traffic to the website grew steadily throughout the year and we are pleased to report that the website continues to evolve and expand.

Work was done on updating our two existing search categories: Community Organizations/Partners and Health and Social Services.

By the end 2021 a new sub-category was added to our Health and Social Services category – a complete list of the Centres d'hébergement de soins de longue durée (CHSLD) located throughout the province.



# ONE VOICE

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Seniors Action Quebec continued to participate in the meetings of this coalition made up of various English-speaking organizations working with seniors in the greater Montreal area.

If you want to learn more about the One Voice Coalition, check out their Facebook page:  
<https://www.facebook.com/Onevoicecoalition/>





# JOIN OUR MAILING LIST!

## SIGN UP BY VISITING OUR WEBSITE

### WWW.SENIORS ACTION QUEBEC.CA



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