
MARCH 2024, ISSUE 14

Seniors Action Quebec

E-Newsletter



INSIDE THIS ISSUE

SAQ still on the move	pgs 2-4
CHSSN needs Assessment	pg 5
AGM & related info.	pgs 6-7
Remaining webinars	pgs 8
One Voice Coalition	pgs 10
Map of Services	pg 11
News to share	pg 11

We would like to take this opportunity of wishing you and yours a very happy and joyful Spring, which is just around the corner.

Please note, Seniors Action Quebec's office will be closed on Monday April, 1 2024 to mark the Easter holiday.

We hope everyone was able to recharge over the year-end, regain energy and is facing this new year with renewed enthusiasm.

In keeping with many other organizations, January brought a tremendous burst of activity and even though we are accomplishing a great deal, the pace does not show much sign of slowing down. However, the positive note is that the days are growing tremendously, Easter is very near and Spring is just around the corner!

SENIORS ACTION QUEBEC – ON THE MOVE

Seniors Action Quebec attended two very important, in-person meetings on the same day in mid-January, one organized by the Department of Canadian Heritage on the bilateral services agreements on access to services in minority languages, and the other, a pre-budget consultation organized by the Secrétariat aux relations avec les Québécois d'expression anglaise (held in Montreal this year). We were invited to participate in both consultations, so that we could provide our input on the needs/issues facing English-speaking seniors and the organizations that serve them.

During our meeting with the Secrétariat aux relations avec les Québécois d'expression anglaise, we presented a brief on the situation of seniors and, in particular, English-speaking seniors, in Quebec. In the document, we highlighted the unique societal and linguistic challenges faced by Quebec's English-speaking senior population and how they increase barriers in accessing services throughout the province.

SAQ also attended sessions and consultations with Employment and Social Development Canada (ESDC) and the Canada Revenue Agency (CRA) and we ensured that the perspectives of English-speaking seniors, and the groups that serve them, were heard and understood. Finally, we attended a Department of Canadian Heritage (PCH) and Treasury Board information session/consultation about the new strengthened Part VII of the Official Languages Act and the new Action Plan for Official Languages. Additional information about the rollout of the 2023-2028 action plan for official languages should be coming soon

SENIORS ACTION QUEBEC - ON THE MOVE (cont.)

In mid-January, we travelled to Quebec City to attend the Regional Development Network (RDN) Members' Meeting for the launch of their "Who We Are" video series. We spent a very productive day meeting up with other like-minded organizations and introducing SAQ to them.



Late last year, Seniors Action Quebec became a member of the monitoring committee of Ville de Montréal's MADA (Municipalité amie des personnes âgées) programme concerning their strategy for seniors for the 2023-2030 period. The first meeting of the year for this committee was held in early February and it proved to be an extremely interesting and enlightening experience.

We were also invited by Literacy Quebec to give a brief presentation on our activities to members of the organization who work with various literacy councils throughout the province.

In late February we attended an event organized by the Provincial Employment Roundtable (PERT) to present a study they had commissioned and worked on with La Passerelle on employment among English-speaking mature workers.



In early March, SAQ was invited to attend the third edition of the Eva Marsden Centre's Community Health Fair at the Monkland Centre in Notre-Dame-de-Grâce. The Seniors Action Quebec team was able to introduce the organization to the community at large and learn from the many organizations that were present.



CHSSN AND SENIORS ACTION QUEBEC NEEDS ASSESSMENT SURVEY



Let your voice be heard

Are you 55 or over?

Are you an English-speaking senior living in Quebec?

This 15 min survey is for you!



<https://fr.surveymonkey.com/r/KVB8HMN>



Complete by March 20th

CHSSN

OBJECTIVE

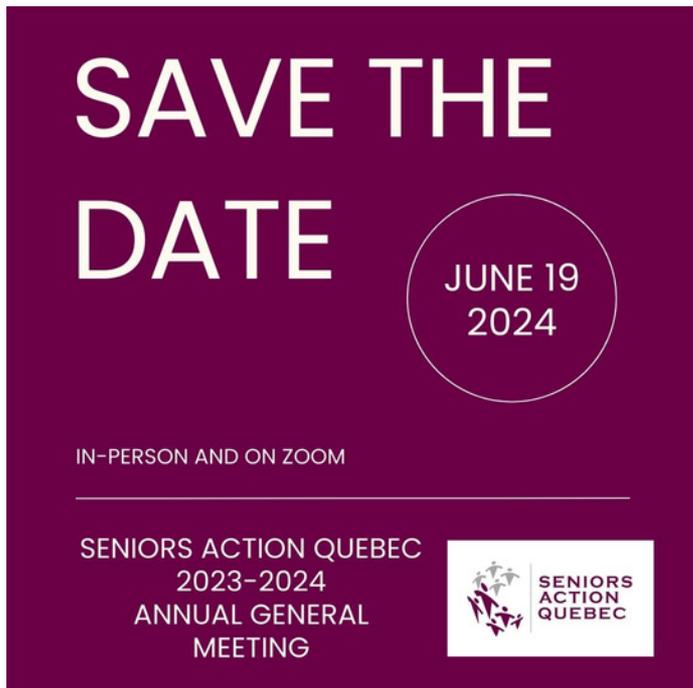
This survey will allow us to gain insight into :

- your experience accessing **health** and **social services** across Quebec
- your **needs** and **priorities** for maintaining your health and well-being

Seniors Action Quebec has partnered up with CHSSN, and Marie-Michèle Lord from the Université du Québec à Trois-Rivières, to hold a focus group with English-speaking seniors living on the island of Montreal, where we want to meet with them to discuss and better understand the needs and priorities of English-speaking seniors. The focus group will take place on March 19 2024 and we have already reached out to organizations to share a list of interested candidates who wish to participate in the focus group. Focus groups are also being conducted in various regions in the province, to get a better understanding of the needs and realities outside of the greater-Montreal area. This needs assessment will be used to update CHSSN's Seniors Health Promotion model and ultimately improve care and services.

At the same time, a wider survey is open to English-speaking seniors across the province. Please feel free to share the questionnaire with as many English-speaking seniors as you can – through your distribution lists of seniors and partners. Link to the survey: <https://fr.surveymonkey.com/r/KVB8HMN> Deadline to respond to the questionnaire is March 20 2024.

SENIORS ACTION QUEBEC 2023-2024 AGM



Our Annual General Meeting, will take place both in-person and on Zoom on Wednesday June 19 2024. We will be holding an event in the morning, followed by the AGM in the afternoon. An official notice will be sent shortly with more information on how to register.

We hope you can join us!

2023-2024 MEMBERSHIP RENEWAL

We would also like to remind members that to be able to vote at the Annual General Meeting, members must have renewed their membership by the end of March 2024.

To become a member or to renew your membership, please visit our [membership page](#), fill out the membership form and then pay your fee online via PayPal or send us a cheque, made payable to Seniors Action Quebec and dated no later than March 31 2024, to the office, at:

Seniors Action Quebec
Les Aînés Action Québec
1857 Boulevard de Maisonneuve Ouest
#307 and #308
Montreal, Quebec
H3H 1J9

SENIORS ACTION QUEBEC – BOARD NOMINATIONS



Seniors Action Quebec is seeking new nominations for the Board of Directors.

Interested candidates should submit their name to Ruth Pelletier, the Nominations Chair, with a Letter of Intent outlining the reasons they wish to be involved and the skills/experience they will bring to Senior Action Quebec's Board of Directors. In addition, a one (1) page bio would be beneficial. Each board member is expected to serve on at least one (1) committee.

These documents MUST be received no later than 30 days PRIOR to the AGM, that is, by **May 21 2024**.

To qualify to run or vote one must be a member in good standing – annual membership up to date and paid by the March 31 2024 deadline. Payments can be made online or by cheque. On your cheque, please indicate “Membership 2023-2024” on the memo line.

Your documents can be emailed to: ruthkathleenpelletier@gmail.com OR mailed to:

Seniors Action Quebec- Nominating Committee Chair,
1857 de Maisonneuve Ouest,
307
Montreal, QC. H3H 1J9.

Ruth Pelletier- Nominating Committee Chair
On behalf of Lyna Boushel, David Cassidy, and Martin Murphy.

UP-COMING WEBINARS IN 2024



With the end of our financial year fast approaching, we are now winding down the presentations with the final presentations as follows:

Tuesday March 12 10.00 a.m. - 11.30 a.m.

ActLab presentation on Fake News, Disinformation and Misinformation – What Is It All About?

A follow up of the November 21, 2023 webinar on artificial intelligence and concentrating on “deep fakes” with the ACT Lab, from Concordia University.

Presenter:

Scott DeJong: PhD candidate in Communication studies at Concordia University.

Partnership with Concordia University [ACTLab](#)

Deadline for registration: March 5, 2024

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

Friday March 15, noon to 1:00 pm

Lunch and Learn: Accessing Senior Care in Quebec

The Quebec Community Groups Network and Seniors Action Quebec invite you to save the date for a Lunch and Learn: Accessing Senior Care in Quebec on March 15 from noon to 1 p.m. The webinar will discuss the Access to Justice program and QCGN's 2023 report titled Access to Senior Care in English in Quebec.

Ongoing health-care crises have disproportionately affected Official Language Minority Communities (OLMCs) due to their weaker access to necessary health services in the official language of their choice. This report highlights the unique challenges faced by English-speaking seniors in accessing essential health services, including basic doctors' appointments and long-term care. The report's findings will interest community members, researchers, and practitioners alike.

This Lunch and Learn marks the beginning of the QCGN's Access to Justice series which will showcase various research reports. Please register here <https://membership.qcgn.ca/en/members-calendar/detail/lunch-learn-accessing-senior-care-in-quebec/49823> and feel free to share this information with anyone who may be interested.

Tuesday March 26 10.00 a.m. to 11.00 a.m.

Portrait of English-speaking Mature Workers

A presentation by PERT (Provincial Employment Roundtable) highlighting the findings of their newly published report on English-speaking mature workers in Quebec's workforce.

Presenter:

Sta Kuzviwanza, Director of Policy and Research, PERT

Deadline for registration: March 19 2024

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

info@seniorsactionquebec.ca

All webinars that took place between September 2023 and February 2024 have been recorded and can be viewed on our [YouTube page](#).

ONE VOICE COALITION

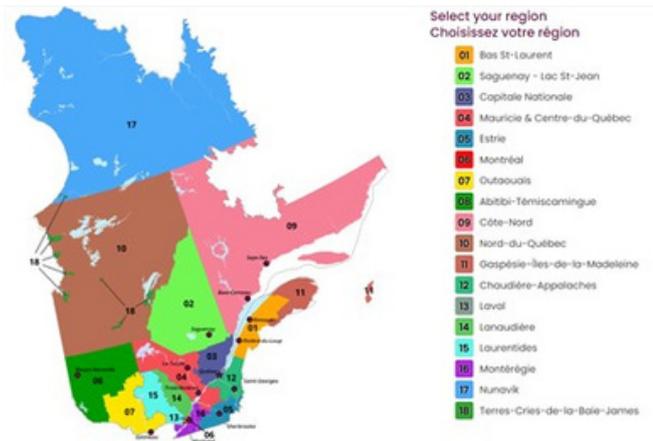


Following on the interviews we held in November - December 2023 with members of the Coalition on its future, we held an in-person retreat at the Loyola Chapel of Concordia University's Loyola Campus on January 18 2024. This was the first, in-person meeting since early 2020 and was extremely positive and a great success. We could finally put names to faces (well, almost!), re-connect with long-standing members and get to know the newer members. Thanks to the facilitators, robust and frank discussions were held which will be developed further at a follow-up meeting currently being planned.

Stay tuned for more developments!



SENIORS ACTION QUEBEC MAP OF SERVICES



Seniors Action Quebec has been hard at work updating and expanding our [Map of Services website](#). We are pleased to announce that we have added two new search categories: Adapted Transport and Housing (which features three search sub-groups).

We also continued to add more subgroups to our current Health and Social Services category and have also finished an overall cleanup on the back-end of the map, ensuring that all of the information is up to date.

NEWS TO SHARE



RESEARCH PARTICIPANTS WANTED FOR A STUDY ON HEALTHY AGING AND COGNITION

CONCORDIA RESEARCHERS ARE CONDUCTING A STUDY EXAMINING THE WAY OUR COGNITIVE ABILITIES CHANGE AS WE BECOME OLDER

A compensatory indemnity will be given for your efforts. If interested, please contact the Li Lab for more details: karenlilab@gmail.com



TO GET INVOLVED, YOU MUST BE:

- Aged 60-85 years
- A fluent English speaker and reader
- Right-handed (write with right hand)
- Have less than 3 years of musical experience and have not practiced regularly for the past 10 years
- Free of neurological, cardiovascular, orthopedic, and musculoskeletal conditions that affect mobility, concentration, or everyday functioning
- Free of uncorrected visual or auditory impairment
- Able to come to Concordia University's Loyola Campus in NDG for one assessment session

Given the concerns about the increasing cost of living and of rents, are you aware of the Quebec Shelter Allowance Program?

To determine eligibility, please consult the [Shelter Allowance Program](#)

engAGE Concordia Centre for Research on Aging

The Centre is seeking research participants aged 60-85 years of age for a study examining the way cognitive abilities change as individuals age. If interested, please contact the Li Lab for more details: karenlilab@gmail.com



P.S. RESILIENCE TRAINING PROJECT 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. Send us an email at info@seniorsactionquebec.ca with your contact info, 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

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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