
SEPTEMBER 2021, ISSUE 6

Seniors Action Quebec

E-Newsletter



NEW MODULE RESILIENCE TRAINING PROJECT

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We are pleased to announce the training dates for our newest module in our Resilience Training Program. In this fifth module, we will look at how social connections build resilience, and provide a tool for seniors coping with isolation due to challenging (uncontrollable) circumstances.

Training dates are listed on the poster that follows.



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
Friday September 24 1:30PM-3:30 PM

Tuesday October 19 10:00 AM-12 PM
Thursday October 21 1:30 PM-3:30 PM

Tuesday September 28 10:00 AM-12 PM
Thursday September 30 1:30 PM-3:30 PM

Monday October 25 10:00 AM-12 PM
Wednesday October 27 1:30 PM-3:30 PM

Monday October 4 10:00 AM-12 PM
Wednesday October 6 1:30PM-3:30 PM

Tuesday November 2 10:00 AM-12 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 #202D
Pointe-Claire, QC, H9R 4B4
438-386-1944

Please note that training dates for the sixth and final module in the Resilience Training Program will begin on November 9. Stay tuned for more details.

[Click here](#) to watch the four existing training modules available on our website for you, and your community, to follow and learn from. For more information and to register, contact the Project Coordinator, [Mirella Castrechini](#).

FUTURE PODCAST



We have some exciting news! Seniors Action Quebec is in the preliminary stages of producing a podcast for seniors and those who care for them! We will speak with members of the community and experts on everything from the latest news out of Quebec City to how to stay warm this coming winter! More information to come.

WE'RE ALL IN THIS TOGETHER UPDATE



There are only a few episodes left in our and [ELAN Quebec's project We're All in This Together](#). To watch past episodes, head on over to our [media page](#), or check out the [Facebook page](#).



This summer we were happy to be able to distribute some of the ipads that have been allocated to partners and will continue to work with community organizations, seniors and caregivers to improve seniors digital literacy in Quebec.

Photo on left: Resilience Training Project Coordinator Mirella Castrechini, donating three ipads to [Almage Senior Community Centre](#)

UPCOMING WEBINARS



We are delighted to share with you, the list of webinars that we will be hosting in the upcoming months. We teamed up with [Éducaloi](#) to organize a diverse set of webinars focused on issues around seniors and seniors' rights. To get more information on our webinars, visit our [upcoming events page](#). Note that this is not the final list so please follow us on Facebook and check our events page to stay up to date on what we are doing next!



UPCOMING SENIORS ACTION QUEBEC WEBINARS

Tuesday, October 12 2021 10:00am-11:30 am:

Grandparent's Access Rights Following a Split or Divorce

Well-known Family Law Lawyer, Linda Hammerschmid will be presenting on the following topics:

"What access rights do grandparents have following a split or divorce"

Plus

"Are you considering entering a co-habiting relationship (often referred to as common-law) or know someone in one? What are your rights? Are they the same as a married couple?"

Tuesday, November 9 2021 10:00am-11:30 am:

Tenant's Rights and Responsibilities

Richard Goldman, a lawyer with Éducaloi, will explain the rights and responsibilities of tenants who live in private rental housing and in senior residences

Tuesday, December 7 2021 10:00am-11:30 am:

Travel Insurance Coverage during a pandemic

This webinar will provide information on the changes that have been made to travel insurance coverage since the beginning of the pandemic and will focus on sharing tips and relevant information for seniors who are thinking of travelling.

For more information visit:

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



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ONE VOICE UPDATE



One Voice Coalition has launched its official [Facebook page](#). The One Voice Coalition is an association of community organizations that serve the English-speaking senior population of the Greater Montreal region, South Shore and Laval. Head on over to get more information on the coalition and on the latest community news from these amazing organizations

JE ME SOUVIENS: PORTRAITS OF WHO WE ARE



We are excited to reveal, that we are hard at work preparing the second phase of the COM-Unity_project. This year's project will be a natural evolution from the first phase, we plan on showcasing and interviewing community groups who work directly with, and on behalf of, English-speaking seniors. With this new web series, we will document how English-speaking community groups throughout the province of Quebec have seen the evolution, challenges and needs of English-speaking seniors.

Community groups play key roles in their local communities/regions, and we will highlight their history, roles, influence, and the work that they do to help English-speaking seniors, while highlighting the specific needs of their regions. Community groups are key to fostering a greater sense of belonging in Quebec and are the front-line in the fight against seniors' isolation.

If you missed our amazing videos featuring the personal stories of seniors from around the province, [click here](#). Stay tuned for more information and for updates!

BILL-96 AND ENGLISH-SPEAKING QUEBECERS



Seniors Action Quebec was invited by the Quebec Community Groups Network (QCGN) to speak at their public hearings on the potential impact of proposed Bill 96 on English-speaking seniors. Walter Duszara, Vice-President of the SAQ Board joined Vanessa Herrick, Executive Director, in giving a 30-minute presentation on the many issues that Bill 96 could present for seniors. You can watch the presentation [here](#) at the 11:17:34 time mark.

JOIN US!

SAQ is looking to build our network and better serve YOU. Our goal is to connect the vast community of caregivers who support English-speaking seniors in Quebec, family, healthcare providers and community organizations.

We are looking for organizations to join our community and help inform our work. If your organization works to support older adults in Quebec, please join us in working to improve their quality of life. We provide informational webinars, resources to help strengthen the vitality of our seniors such as our [resilience training program](#) and an opportunity for your organization to contribute to our work in advocating for seniors to our political leadership. We will also be holding meetings for our community's leaders to discuss current challenges and share best practices. Oh, and there is a podcast! For more information email Vanessa@seniorsactionquebec.ca. We look forward to welcoming you!

UPCOMING EVENTS



Atwater Library

THURSDAY, September 30 – 12:30 to 1:30 pm

By Zoom: FORGOTTEN MONTREAL NOVELISTS

For the Atwater Library Lunchtime Series, literary historian and anthologist Brian Busby talks about some fascinating Montreal writers of the past – their extraordinary lives and intriguing works.

To REGISTER and get the Zoom link, [click here](#).

THURSDAY, September 30 – 2:00 to 5:00 pm

By Zoom: CREATIVE WRITING WORKSHOP

The Lost, Forgotten, Once-Popular: Writing Inspired by Books of Our Past – Brian Busby leads a series of writing exercises. There will be time to write, share and discuss, and periodic breaks. For the Atwater Library AWE Project.

REGISTER and get the Zoom link: awe@atwaterlibrary.ca.

TUESDAY, October 12 – 10:15 am to 12:30 pm

By Zoom: A PICTURE AND A THOUSAND WORDS: Paired Art and Writing Workshops (1st of 4)

For the Atwater Library AWE Project, visual artist Anna Jane McIntyre leads an hour of art activities. Beloved Montreal writer Elaine Kalman Naves leads an hour of writing activities.

REGISTER and get the Zoom link: awe@atwaterlibrary.ca

Concordia University Centre for Research in Aging (engAGE)
October 1st 2021 at 1:30pm EST

In celebration of International Day of the Older Person, this panel invites older adult activists and community organizations to address the status of older adults in Quebec. Prominent age activists and members of community organizations come together to highlight the important contributions that older adults make to their communities and society, and to raise awareness of the systemic obstacles older adults may face that lead to their social exclusion. Panelists will explore ways to advance aging justice through solidarity building and resource sharing to change how we think about aging and later life. Q & A period and discussion will follow.

Where: Online. [REGISTER HERE!](#)

Who: Ruth Pelletier (Seniors Action Quebec), N Oji Mzilikazi (past President Council for Black Aging Montreal), and Philippe Poirier-Monette (Fédération de l'Âge d'Or du Québec)

This event is free and all are welcome to attend; however, registration is necessary.

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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