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The East Island Network for English Language Services Newsletter

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The East Island Network for English Language Services
Le Réseau de l'Est de l'île pour les services en anglais

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Mission: Community and public partners work to develop and promote access to English-language health and social services in the east-end of Montreal.

If you would like to learn more about any of the projects mentioned, please feel free to email us at info@reisa.ca. Thank you for reading!

Canadian Youth Against Impaired Driving Annual Conference



In 2010, REISA hired an Addictions Counsellor to set up pilot QSADD committees in two local high schools of the English Montreal School Board.

In October 2012, REISA submitted a grant proposal to the Heritage Canada Exchanges Canada Program to allow for the participation of a group of students from the two high schools in the East end at the Canadian Youth Against Impaired Driving (CYAID) Annual Conference in Oakville, Ontario. To learn more about the CYAID Conference, visit www.osaid.org.

The CYAID is an organization formed in 1990 that unites youth across the country in their efforts to create awareness of impaired driving. Chapters include Ontario Students Against Impaired Driving (OSAID), Students Against Drinking and Driving (SADD) Alberta, SADD Manitoba and SADD Saskatchewan.

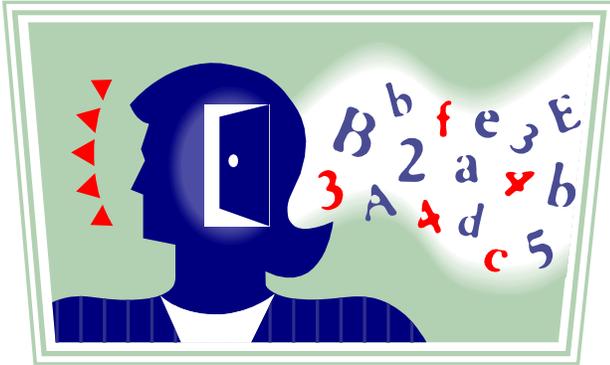
REISA has expanded its current mandate of the Quebec chapter, giving it the name Quebec Students Against Destructive Decisions (QSADD). The objective of QSADD is to provide leadership training and programs to motivate teenagers to make proactive and responsible choices in their lives so they can prevent injuries and save lives caused by

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destructive decisions. These decisions can encompass themes including smoking, drinking, drug use, texting at the wheel, sexting and bullying.

Jog Your Mind



REISA has recruited and trained a volunteer ambassador at the Rivière-des-Prairies senior satellite group to animate the workshops of the *Jog Your Mind* program to her group and other senior groups in the East Island of Montreal. A social work student completing his internship at the Italian-Canadian Community Services of Quebec (ICCSQ) has begun assisting her since the beginning of October 2012.

The prevention-promotion health and aging (PPHA) team at CSSS Cavendish, consisting of researchers and practitioners, developed the program in 2002 and revamped it in 2007. *Jog Your Mind* promotes the cognitive vitality of seniors. The target population for the program are seniors experiencing normal cognitive aging in diverse environments, including community groups, long-term housing, residences and day centres. The program lasts approximately 20 weeks and incorporates physical activity and adapted nutrition.

English Montreal School Board Career Fair



REISA participated in the English Montreal School Board-EMSB Annual Career Fair, held at St. Pius X Adult Centre on October 24 and 25. Approximately 2,000 students in secondary 5 and adult students, as well as parents and the general public visited kiosks representing universities, cegeps and vocational schools. REISA's kiosk informed youth about career possibilities in the field of health and social services.

REISA developed a partnership with the Agence de santé et services sociaux de Montréal and Jeunes Explorateurs d'un jour – JEUJ. JEUJ were funded by l'Agence under the McGill Training and Retention of Health Professionals Project to promote careers in health and social services by offering students in high school and college a day in the life of a professional of their choice. During their latest edition, 45% of the participants completed their one-day stage in the health and social services field. Previously, JEUJ had only partnered with schools in the French sector. REISA served as a gateway to the English-speaking community and led to a partnership and future collaborations with the EMSB.

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Senior's Symposium: Healthy Aging, Mind and Body

REISA aided in the promotion of the McGill Centre for Studies in Aging Senior's Symposium: *Healthy Aging, Mind and Body*, that took place this past October 12th, at the Douglas Pavilion in Verdun. Morning lectures educated



an auditorium-full of English and French-speaking seniors, as well as professionals working with seniors in the community, public and private sectors, on health-related topics including prevention of Alzheimer's Disease, the correlation between a fit mind and a fit body, meditation and other techniques in improving health, and sex and aging.

In the afternoon, participants had the choice of participating in two of four workshops on the effects of videogame playing on cognitive skills, Prevention of Neurodegenerative Diseases in Everyone at Risk (PONDER), Exercise: Think about it, and Relaxation techniques through exercise and Tai Chi. Please email me if you would like to learn more about the information presented!

ACCÉSSS information for seniors

As a point of reference to the Italian community, the ICCSQ (Italian-Canadian Community Services of Quebec) was approached to host a training session offered by ACCÉSSS (Alliance des communautés

culturelles pour l'égalité dans la santé et les services sociaux) on services and programs available to the elderly and their families in Montreal, adapted to cultural communities. In October, REISA and network partners who provide services to the senior population, including CCS and Almage Senior Centre, participated in the training. Furthermore, representatives from the health and social services sector, including public, private and community partners participated in the training.

Themes that were discussed included how to find a family doctor, how to procure homecare services, healthcare for refugees and migrant workers, respite and other support for caregivers, technical aids, retirement and fraud prevention amongst various others. Participants appreciated the information provided during the training. The extensive list of programs and services will serve as a very useful tool when steering the senior population to the appropriate organization or institution. If you would like to organize a training session, please contact Pascual Delgado, who is responsible for the seniors' services dossier at ACCÉSSS by email at pascual.delgado@accesss.net.

McGill Networking Exchange Meeting

REISA planned a Networking Exchange Meeting on November 13th for interns who were placed in community organizations in the East end of Montreal through the McGill Training and Retention of Health Professionals project. Interns in Dietetics and Social Work doing their stage at the Italian-Canadian Community Services of Québec, Toxic-Stop detoxification centre and the Centre for Dreams and Hopes respite and day centre for children and adults with special needs will exchange experiences on their internships.

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The information provided will enable REISA to document strengths and areas for improvement for the future. Our objective is to continuously work towards improving the McGill student internship experiences in our network member organisations. REISA has also planned a meeting with community organisation supervisors to evaluate their experience with the project, interns and educational institutions.

Matinées pour aînés



In May, the Leonardo Da Vinci Centre-LDVC was granted funds by the Municipality of Saint-Léonard for the *Matinées pour aînés 2* project in partnership with REISA and the Italian-Canadian Community Services of Quebec- ICCSQ. 18 seniors between the ages of 60 and 72 participate in 4 courses per week during a 10-week period. The activities include adapted yoga, aquacise, fitness training and nutritional workshops. Participants were recruited through local day centres and senior centres in the East Island of Montreal. The goal of the project is to better the quality of life, maintain good health and break isolation among men and women 65 years and older, with reduced mobility and who are economically underprivileged.

Thus far, participants are happy with the physical results that they are achieving, as well as the professionalism of the instructors and LDVC facilities.

They have requested that the program continue after the pilot project.

Student Online Support – SOS



STUDENT ONLINE SUPPORT

REISA is assisting in the promotion of the *Student Online Support-SOS*

workshop that will be held on Monday, December 10th 2012, at 7:00pm at the Gerald McShane

Community Learning Centre in Montreal North for parents and the community at large. At a steering committee meeting in September, CLC Coordinator Bobbie Variantzas brought forward the issue of children needing help with their homework and their parents are not available or familiar with the material to provide the necessary support to their child. SOS is a program offered by the Leading English Education and Resource Network-LEARN providing free, online tutoring sessions with teachers who are virtually present for all students who attend an English school in the province of Quebec. Teachers are available Monday through Thursday evenings to help with homework, practice and review. The program offers aid at the elementary-school level as well as for high school courses such as math, chemistry, physics, history, science and technology, language arts and French. If you are interested in attending the workshop, please email Mrs. Variantzas at cvariantzas@emsb.qc.ca.

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The Laurier Macdonald Community Learning Centre



The Laurier Macdonald Community Learning Centre has several projects in place and in planning for the current 2012-2013 school year. In mid-November, high school students will collaborate with

Meals on Wheels by making tomato sauce during lunchtime and providing this sauce to underprivileged families. Students have also prepared meals for Thanksgiving for the Benedict Labre House, a day centre for the homeless, and will be doing the same for Christmas.

Laurier Macdonald students will be visiting the Marie Enfant Hospital, a hospital providing pediatric care and physical rehabilitation to children, where they will read stories to the patients and keep them company. Furthermore, a Literacy pilot project will also begin in November and go on until April. Laurier Macdonald students will provide afterschool tutoring and help with homework at Nesbitt Elementary School.

Other activities taking place at the Laurier Macdonald Community Learning Centre will include presentations on different topics related to health and well-being such as a Dietician intern presenting on healthy eating, and a Social Worker student presenting on Bullying. In addition, a series of lectures on healthy aging is planned for the spring of 2013 in collaboration with REISA and the McGill Centre for Studies in Aging. Presentations planned by

AMI-Québec on topics related to mental health and caregiving will be accessible at the Laurier Macdonald Community Learning Centre via videoconference throughout the year. For further details pertaining to particular projects, please email CLC Coordinator Gina Bergantino at gbergantino@emsb.qc.ca.

Community Conversation

On Tuesday, November 27th the Laurier Macdonald Community Learning Centre will be hosting a **Community Conversation** at le Baron Royale Reception Hall in Saint-Léonard, between 5-7:00pm. The CLC's and school boards have planned for 15 community conversations that consist of informal dialogue involving public, private and community partners on the needs of the communities in question and what the CLC's have brought to them. "Last year, the CLC's provided \$3 million of services for students," stated Debbie Horrocks, Assistant Director of the CLC Initiative at LEARN.

Please contact Gina Bergantino, Laurier Macdonald CLC Coordinator, if you are interested in attending the Community Conversation at 514-374-6000 or by email at gbergantino@emsb.qc.ca.

CRÉ Membership

REISA had submitted an application and was accepted by *la Conférence régionale des élus (CRÉ) de Montréal* as a regular member at a Board meeting on October 15th. The mandate of la CRÉ is to promote development in a cooperative and collaborative approach. La CRÉ intervenes in agreements between ministries and governmental institutions, and initiates anchoring projects with relevant partners. La CRÉ also

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engages in research and disseminates notices and reports on issues that are important to the population of Montreal. Moreover, la CRÉ is an important player in the promotion of diversity with regards to decision-making, by supporting the candidacy of women, youth and recent immigrants. To learn more about la CRÉ, visit their website at www.credemontreal.qc.ca.

AMI-Québec calendar 2012-2013

AMI-Québec has put out the program calendar for 2012-2013. Tele-workshops began in September and Roundtables began in October. The next tele-workshop will be taking place on November 21st 2012, 7-8:00pm. The workshop will be presented by Loreen Pindera, journalist, on the topic of **More harm than good? Mental illness in the media**. If you are interested in participating, you can register in advance by calling 1-866-396-2433 or visiting www.careringvoice.com. Please visit the AMI-Québec website for their complete list of services and programs at www.amiquebec.org.

Almage Senior Centre



The Almage Senior Centre home support team will be preparing Christmas treats that will be delivered

during the weeks of December 3rd and 10th. If you know someone who will be alone at Christmas time, or will be in the hospital, or if you would like to make a donation, contact Home Support Coordinator Rosanna Padula at 514-355-1712. The Almage team thanks you in advance for your generosity!

Furthermore, Almage will be celebrating the Christmas season and the end of 2012 with a Luncheon on Tuesday, December 11th. Members and non-members will be served a wonderful turkey lunch including all the delicious trimmings, a glass of wine and Yuletide log. Inspirational speaker J.A. Gamache will provide the entertainment! For more information, contact Activity Programmer Donna Nicdao at 514-355-1712.

Accès Bénévolat Prix de Solidarité



(Executive Director of Accès Bénévolat Françoise Boucher (Center) poses with other recipients of le Prix de Solidarité at a ceremony in April 2012.)

Board member and network member of REISA, Accès Bénévolat received le Prix de Solidarité from Centraide in April 2012 for their *Chaîne des bénévoles d'ici et d'ailleurs!* event in December 2010. The event was organised in collaboration with 12 community groups including REISA, and took place at le Complexe Desjardin in downtown Montreal in celebration of International Volunteer Day. The day brought about performances by artists and testimonials from public figures giving omage to people who year after year, give generously of their time. The event mobilized 80 community groups and over 500 participants, volunteers of all ages and ethnic backgrounds, from ethnocultural organisations, businesses and community groups. Accès Bénévolat is planning for a second *chaîne des bénévoles* in 2013.