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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!

October 29-30th CLDV Health Fair

On October 29th and 30th, REISA took part in the first Annual Community Health Fair at the Leonardo da Vinci Centre, in order to increase health awareness and disease prevention through information sessions, health screenings and public activities engagement. The fair was organized by the LDV Centre in partnership with the Italian-Canadian Community Services of Québec, Action

Sport Physio de Saint-Léonard and Groupe Ergo Ressources. The community was given the opportunity to consult a Dietician, a Physiotherapist, an Occupational Therapist and other Healthcare professionals for blood pressure tests, physical evaluations and health and well-being advice. REISA also had an information booth at the event, to provide insight on the service it offers and its community engagement.

Gerald McShane CLC

The Gerald McShane elementary school Community Learning Center CLC located in Montreal North is offering a series of free workshops to the community on various topics throughout the months of February, March, and April 2014. The first workshop presented by clinical supervisor Carol Liverman on February 12th discussed parenting and its challenges which often rise from the pressure of balancing school, homework, work, and extracurricular activities with essential family time. It also focused on the enhancement of self-esteem, coping strategies due to failure or disappointment, motivation, and diverse parenting styles. Two workshops will be taking place in the month of March. On March 12th, Tamara Schwager will be discussing internet safety and digital citizenship to help parents and educators become aware of important issues associated with internet safety. The emerging legislation on cyber bullying will also be addressed. At the March 26th workshop, Denise Cartier will lead the discussion on senior protection from exploitation and abuse. She will provide a glimpse of the social challenges and forms of abuse to which seniors may be exposed to and what may be some of the prevention strategies.

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The workshop on April 23rd, animated by nurse and psychotherapist Moira Edwards will be on mental illness, how it can be treated and suggested coping skills. For the dates and times of the workshops, please contact the CLC Coordinator Bobbie Variantzas at 514-321-1100.

October 1st Seniors Action Quebec event



Members of the SAQ at the event in October.

On October 1st, National Seniors Day, REISA attended the event hosted by Seniors Action Quebec whose goal was to celebrate English-speaking seniors and their contributions to their communities. The event addressed the importance of volunteering and promoted their social participation over the past 50 years. Nine individuals were recognized for their many years of volunteerism. The event took place at the Loyola's Multi-Faith Chapel. Guest speakers Ms. Diane Kameem and Mr. Clifford Lincoln, inspired seniors to get involved and make a difference in their community. To learn more about activities organized by Seniors Action Quebec and their involvement in the community, visit their website at www.seniorsactionquebec.ca.

Montreal Hooked on School



Launch of 2014 Hooked on School Days (HSD) in Montreal.

In January, REISA invited Montreal Hooked on School to participate in a network meeting and have the opportunity to exchange with partners around the table. Montreal Hooked on School is a group of 32 partners whose goal is to increase school retention and develop projects designed to help youth, their families, and community stakeholders. Their mission is to mobilize the community and intervene in lowering dropout rates by enhancing student motivation, persistence, and success. The non-profit organization helps take students further in their studies and makes them feel more at ease and attached to the school. REISA will explore possibilities of collaboration with Montreal Hooked on School in the upcoming year.

Don Bosco Youth Leadership Centre

The Don Bosco Youth Leadership Centre-DBYLC is a non-profit community centre for all ages which encourages volunteerism and focuses primarily on youth, teenagers and young adults. The Centre, located in Rivière-des-Prairies, offers summer camps, after school programs, tutoring, sports and other activities to over a thousand of youth each year. With only two staff members and few

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contracted workers, the majority of DBYLC activities are animated by *recycled* youth, that is, youth who have benefited from the programs in the past and are now contributing voluntarily to the cause. The Don Bosco Youth Leadership Centre is gradually expanding and creating new partnerships with the aim to improve the lifestyle quality of young people in the community and help promote leadership education, harmony and non-violence. In the upcoming year, REISA will be exploring a partnership with the DBYLC for the development and implementation of Youth Leadership projects.

Who Cares for the Caregivers?

The Community Health and Social Services Network-CHSSN in partnership with the McGill University Health Centre hosted a videoconference on February 19th entitled *Who Cares for the Caregivers?* The videoconference is part of the CHSSN Community Health Education Program-CHEP. Ella Amir, Executive Director of AMI-Québec animated the interactive education session that had as main objective to increase awareness about the work of unpaid caregivers. E. Amir addressed the importance of caregivers and their role in the community which often comes at the expense of their own health and well-being. For more information on the conference and upcoming CHEP videoconferences, please email REISA at info@reisa.ca.

McGill Centre for Studies in Aging

On May 30th, the McGill Centre for Studies in Aging-MCSA will be hosting the “Health – Wellbeing Day!” an event aimed at promoting “Prevention in Seniors”

through different learning strategies. Each senior participant will receive a Passport that will be stamped as they visit different stations on the themes of oral health, nutrition, cognitive, and overall health and well-being. Participants will also receive information on the history and future of the MCSA, physical exercise and weight loss. This event is free of charge and aims to promote community support and public awareness of the MCSA and its professional expertise. The MCSA has also confirmed that its yearly senior’s symposium will be on gender brain health. The symposium will be held on October 8th 2014 and will include three morning lectures and two afternoon workshops offered both in English and French. Several kiosques representing different partners in the field will also be set up for participants to visit during free time. Further details about this event will be made available at a later date.

December 4th BCRC Hiring and promoting



Participants at the BCRC Hiring and Promoting event.

The African-Canadian Career Excellence (ACCE) is an initiative whose objective is to increase the diversity of Montreal’s workforce by bridging alliances among employers, organizations, and

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university graduates. Together with The Black Community Resource Centre (BCRC) and The African and Caribbean Student's Network of Canada (ACSioN), the ACCE held a Round Table Luncheon on December 4th, 2013. During this event, the participants were encouraged to share and learn about the best practices in workplace diversity and interaction with key stakeholders and businesses. To find out more about ACCE visit www.cedec.ca/acce.



Participants at the BCRC Hiring and Promoting event.

L'Appui

On December 11th, REISA and the Italian-Canadian Community Services of Québec-ICCSQ held a meeting with l'Appui on the topic of senior caregivers. L'Appui is funded by the Ministère de santé et des services sociaux and the Chagnon Foundation. The organization is offering financing over a three year period until March 2017, for intercultural projects whose primary goals are to provide information, formation and psychosocial support in English, French, or a third language. L'Appui has financed conferences and workshops for caregivers and projects that provide individual psychological help or specific need and emergency

support in territories such as Pointe-de-l'Île, St-Léonard/St-Michel, Ahuntsic, Cœur-de-l'Île, Sud-Ouest/Verdun, Pierrefonds and Petite Bourgogne. The ICCSQ has observed that the most requested service and need in the community is support for caregivers of seniors that suffer from Alzheimer's or other illnesses. These caregivers are faced with language and cultural barriers. The ICCSQ is seeking financing for individual, psychological support, workshops and conferences for caregivers on various topics such as nutrition, relaxation and mental health. The ICCSQ will be submitting a project proposal to l'Appui in the Spring of 2014.

Toxico-Stop Action Plan

The Toxico-Stop Action Plan in the upcoming months foresees the renewal of the agreement for the detoxification aid and support program and new training sessions for staff and interns. Toxico-Stop is also looking forward to create partnerships with the CSSS Ahuntsic/Montreal-Nord and other public sector organizations. The Action Plan foresees the production of a documentary to promote public awareness on the issues related to drug use dependance so that positive change may be achieved. Toxico-Stop is also applying for funds to continue providing a better service and submitting an application for recognition and eligibility as a charitable organization to the federal government in early 2014. The newly-formed Board of Directors now consists of eight members. Sub-committees will be established and will focus on funding, sponsorship, and general stability of the organization.

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Éco-Quartier screening "Chasing Ice"



Image from the documentary "Chasing Ice".

On January 14th, the Éco-Quartier de Saint-Léonard contributed to raising awareness on the current climate change issues through a screening of the documentary Chasing Ice and discussion with Audrey Dépault from Réalité Climatique Canada. The event took place at the Saint-Leonard library and encouraged public participation and discussion on the implications of climate change, how it affects winters in Quebec, and what can be done to reduce negative impacts on our environment on a daily and individual basis. The documentary captured the critical condition of Arctic glaciers, which are melting at unprecedented rates as a result of anthropogenic development and carbon dioxide emissions which have altered the composition of our modern atmosphere, leading to severe consequences to our environment. For information on upcoming activities view the following pamphlet or visit their website at www.ecoquartiersaintleonard.org.

Observations :
514-328-8500, poste 8589
514-328-8444

bibliothèque saintléonard

Les mardis de l'écoquartier
à 19 h, à la bibliothèque!

LE MARDI 25 MARS
Conférence Saint-Laurent : notre fleuve vivant
Par Dominique Bastien, ambassadrice du Saint-Laurent de la Fondation David Suzuki
À 19 h, au Café Lettré
Inscription - 35 places @

LE MARDI 22 AVRIL
Conférence Les plantes grimpantes : une solution rafraichissante
Par le Centre d'écologie urbaine de Montréal
À 19 h, au Café Lettré
Inscription - 35 places @

LE MARDI 3 JUIN
Atelier de fabrication de produits d'entretien ménager écologiques
Par l'Écoquartier de Saint-Léonard
À 19 h, au Café Lettré
Inscription - 15 places @

Bibliothèque de Saint-Léonard, 8420, boulevard Lacordaire

PROGRAMMATION PRINTEMPS 2014
Ateliers environnementaux pratico-pratiques **GRATUITS**
offerts par l'Écoquartier de Saint-Léonard

Fabrication de produits d'entretien écologiques
Mardi 11 mars, à 13 h
Local communautaire du Domaine Renaissance
4898, boul. Robert (app. 2)
Obtenez de l'information sur l'impact des produits d'entretien chimiques d'usage courant et découvrez des solutions saines pour les remplacer.
Fabrication d'un produit ménager maison comprise

La boîte à lunch zéro déchet
Vendredi 11 avril, à 13 h
5960, rue Jean-Talon Est
(Bur. 205 - Salle 5)
Obtenez des trucs et astuces pour préparer des repas en générant un minimum de déchets.

L'ABC des couches lavables
Vendredi 30 mai, à 13 h
5960, rue Jean-Talon Est
(Bur. 205 - Salle 5)
Démystifiez les différents modèles de couches lavables et les matières utilisées pour les fabriquer, apprenez les règles générales d'entretien et utilisez ce moment pour discuter avec d'autres parents.

OUVERT À TOUS
Inscription requise auprès de l'écoquartier

514 328-8444
ecoquartiersaintleonard@gmail.com

Venez rencontrer l'écoquartier

COLLECTE DE RÉSIDUS DOMESTIQUES DANGEREUX, VIEUX VÊTEMENTS ET AUTRES OBJETS
Samedi 10 mai, de 9 h à 17 h
Stabonement du parc Wilfrid-Bastien, face au 8400, boul. Lacordaire

DISTRIBUTION DE COMPOST
Samedi 17 mai, de 8 h à 13 h
Site de dépôt à neige, au coin des boul. Langelier et des Grandes-Prairies

100% recyclé

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Ensemble on a du 'fun'!

REISA is currently involved in the Ensemble pour un Saint-Léonard en forme initiative. Several partners representing different sectors (education, community, municipality, health and social services) have developed a program consisting of physical, recreational and social activities promoting the health and well-being of children aged 6 to 12. Dante and Lambert-Closse elementary schools are offering their gymnasiums every Saturday and Sunday morning from January 25th to May 25th 2014. REISA will be animating an interactive nutrition workshop for the children on March 22nd. To learn more about the initiative, visit the website of l'Arrondissement de Saint-Léonard at www.ville.montreal.qc.ca/st-leonard.
