

[REISACTION]

The East Island Network for English Language Services Newsletter

[TOPICS]

Official Languages Health Contribution Program 2013-2018	1
CBC Special Feature: Living English	1
530 Health & Wellness Challenge	2
Jog Your Mind	2
Community Network Forum on Mental Health	3
Network Evaluation	3
Demographic portrait of the English-speaking South Asian Communities of RSS Montréal	4
Citizenship and Remembrance Day Ceremony	4
CHSSN Retreat and Exchange Session	4
<i>Le comité des besoins 6-12 ans</i>	5
<i>Inspiring Voices Literacy Project</i>	6
Inspirations Newspaper – A Snapshot of Our Special Needs Community	6
The Italian Women's Center of Montreal	6
SNACS Program	7
AMI-Quebec Services Are Just a Phone Call Away	7
Marathon OASIS Montreal	8
Give your time and save a life	8



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

8370 Lacordaire Boulevard, Suite 312, St-Léonard, QC H1R 3Y6
Tel (514) 955 8370 extension 2217, Fax (514) 274 1325

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!

Official Languages Health Contribution Program 2013-2018

On March 27, a videoconference was held to confirm the renewal of the Roadmap for Official Languages and the Health Contribution Program for the 2013-2018 period. The Health Contribution Program's 3 components are: Health Networking, Training and Retention of Health Professionals and Projects for Official Language Minority Communities – OLMC's. Minister Moore officially announced the renewal of the Roadmap the following day.

The REISA network is very pleased with the news of this renewal, because it ensures the continuity of the community and partnership development in Montreal's East End.

CBC Special Feature: Living English

In February, REISA was solicited by CBC to contribute to their special feature *Living English*. The special feature sheds a light on the experiences faced by the English-speaking community in Montreal, with regards to education, work and sense of belonging.



CBC Reporter Sean Henry interviewed Fatiha Guemiri and Ghislaine Prata of REISA to learn about the

[REISACTION]

The East Island Network for English Language Services Newsletter

situation of the English-speaking community in East Montreal. Mrs. Guemiri discussed the mission and mandate of the network. Mrs. Guemiri explained that REISA works in partnership with the public institutions and that it does not substitute the services that the public sector should be offering. Furthermore, she elaborated on several projects started by the network, including senior satellite groups that got English-speaking seniors out of isolation in the 4 CSSS' territories of the East Island. Mrs. Prata talked about the outcome of providing quality services on public institutions. She explained that providing the care in the patient's language of choice will reduce misinterpretation of medical instructions and other errors, therefore minimizing the cost on the institutions.

See the interview that aired on CBC News Montreal on Thursday, February 28th by following the link: <http://www.cbc.ca/player/News/Canada/Montreal/ID/2339546631/>

530 Health & Wellness Challenge



(Dietetics Masters student Joelle Khairallah presenting a workshop on healthy snacks for elementary-level children to Gerald McShane teachers.)

For the fifth consecutive year, REISA promoted the 530 Health and Wellness Challenge. (www.healthchallenge.ca) This year, REISA focused

on promoting the challenge in two schools: Gerald McShane elementary school in Montreal-North and Laurier Macdonald high school in Saint-Leonard. Both of the schools are linked to Community Learning Centres.

The challenge started on March 1st and ended on April 11th. The challenge encourages you to eat right, exercise and focus on your overall wellness for a period of six weeks. Activities included the dissemination of material and handouts to teachers and students on the topic of healthy eating, a presentation on healthy snacks and nutrition to Gerald McShane teachers during a lunch break, two lunchtime quiz sessions on exotic fruits and nutrition for students in the Laurier Macdonald cafeteria, and finally an evening workshop for the general population presented by a Dietician Masters student at the Laurier Macdonald CLC.

Jog Your Mind

In the Fall of 2012, REISA recruited and trained a senior volunteer ambassador to animate the *Jog Your Mind* program to senior satellite groups in East Montreal. A social work student completing an internship with the Italian-Canadian Community Services of Quebec animated the ten-week program to the Montreal-North senior satellite group.

An evaluation of the program was conducted by the student. Most of the seniors enjoyed the interaction that the sessions allowed them to have with one another and found the program stimulating, inspiring and educational. Of the 15 participants, 12 responded that there was nothing that they disliked about the program. The remaining 3 participants answered that

[REISACTION]

The East Island Network for English Language Services Newsletter

they wished the sessions were longer and that the only part that they disliked was the mathematical session.

The group stated that new skills acquired included openness to opinions, how to function in a group, improved memory, stress-coping and healthy living strategies. The majority of the seniors answered that at least one part of the program was challenging but that the challenge was appreciated. Finally, participants urged that the program should be implemented in other centres.

Community Network Forum on Mental Health

The Montreal-Laval-South Shore Community Network Table steering committee consists of organisations in the Greater Montreal Area including AMI-Québec, Batshaw Youth and Family Centres, NDG Senior Citizens' Council, Youth Employment Services, as well as six NPI's. The Community Network Table allows partners to share best practices and community resources.

On March 14, the Montreal-Laval-South Shore Community Network Table organised a forum on Mental Health: **Enhancing Resiliency to Overcome the Challenges of Work and Personal Stress.**

This was the second community network forum on mental health. The forum aimed to continue a dialogue started in October 2011 among community organisations on methods of supporting vulnerable members of the community. Participants explored resiliency approaches and tools for targeted action to

turn strengths into strategies to restore and maintain health for themselves and for the people they serve.

Dr. Robert Savage of McGill University presented an evaluation of the Friends for Life pilot done in Laval in partnership with AGAPE. Catherine Austin and AnnMarie Churchill of Austin Resilience Development Inc. presented resiliency strategies for adults.

Network Evaluation

REISA is undergoing a participatory evaluation that will assess how REISA's activities have resulted in increased access to health and social services in English in the East end of Montreal. Other indicators that are being looked at are the network's partnerships and collaborations with public institutions and community groups and the network's influence on the integration of services in the public sector.

REISA hired External Evaluator Claude Rousseau of Groupe Recherche Focus to conduct the evaluation. Board members participated in an initial focus group where they shared their views on different aspects of the network's functioning and progress. M. Rousseau held a second focus group with the Executive committee and conducted interviews with public partners as well.

The results and recommendations of the evaluation will serve as a tool for REISA in approaching other partners, applying for funding, and as a point of reference. The evaluation report will be available at the end of May.

[REISACTION]

The East Island Network for English Language Services Newsletter

Demographic portrait of the English-speaking South Asian Communities of RSS Montréal

A priority of the CHSSN is to share knowledge that supports communities in seeking access to services. On March 26, REISA organised an initial meeting with 12 leaders from the English-speaking South Asian communities of Greater Montreal and the CHSSN. Joanne Pocock presented data from the Socio-economic profile of the English speaking visible minority produced by the CHSSN in 2012. Data included: low-income cut-off, labour force activity, education levels. Discussions shed light on health and social services issues these communities deal with.

Fehmida Khan from the Montreal chapter of the Canadian Council of Muslim Women stated: "we have always worked closely with CLSC's and main stream social organizations. With the information provided to us today CCMW will be able to better understand and deal with health and social services issues faced by the South Asian community". To consult the Socio-economic profile of the English-speaking visible minority population report, visit the CHSSN website at www.chssn.org.

Citizenship and Remembrance Day Ceremony

On November 8th, REISA participated in a Citizenship and Remembrance Day Ceremony hosted by Laurier Macdonald high school and Community Learning Centre in Saint-Léonard. The ceremony honored Canadian Veterans and Holocaust survivors and swore in 30 men, women and children with origins from over 10 different countries as Canadian citizens. Students and staff of Laurier Macdonald, Saint-Leonard/Saint-Michel MP Massimo Pacetti, Pastor at

the Imani Family and Full Gospel Church Reverend Daryl Gray, numerous Veterans and Master Corporals and several representatives of the media witnessed this momentous event.



(St-Leonard/St-Michel MP Massimo Pacetti and others presenting citizenship diplomas to thirty new Canadian citizens.)

In the afternoon, students and honored guests participated in an interactive session. This marked the fourth time that Laurier Macdonald high school has brought Holocaust survivors, Canadian Veterans and Canadian Peacekeepers together in one panel to share their experiences.

CHSSN Retreat and Exchange Session



(REISA team with board members, E.D. of the ICCSQ Maria Maiolo and E.D. of AMI-Québec Ella Amir at the CHSSN Retreat and Exchange Session.)

On February 11th, REISA participated in the Community Health and Social Services Network-

[REISACTION]

The East Island Network for English Language Services Newsletter

CHSSN bi-annual retreat in Quebec city. NPI's from across the province shared their accomplishments. Opportunities and resources for moving forward was another major objective of the day. The Commissioner of Official Languages in Canada, Honorable Mr. Graham Fraser, made a special presentation on his observations of the English-speaking minority communities in Quebec, and the importance of the Road Map renewal.

On February 12-13, the CHSSN hosted a two-day exchange session on Health Initiatives for English-speaking individuals and communities in Québec. Several NPI groups presented adaptation programs that were done in partnership with their local Agence de santé et services sociaux and CSSS'. The case studies demonstrated effective collaboration between public institutions and community groups. Examples of programs that were adopted include a liaison agent for the English-speaking community in a local CLSC, or a wellness centre for seniors. Furthermore, a series of senior modules on topics related to health were provided to networks. The modules are ready for dissemination to senior groups across the province and do not need to be given by a health professional. Please email me for further details!

Le comité des besoins 6-12 ans

Le comité des besoins des 6-12 ans is managed by le Collectif Jeunesse de St-Léonard, la Commission scolaire Pointe-de-l'Île and the English Montreal School Board, and the CSSS Saint-Léonard/Saint-Michel. REISA sits on 1 of 3 subcommittees, whose focus is physical and mental health of elementary-level children.



(Students of Lambert-Closse and Dante elementary schools at a health fair on Saturday, March 23rd.)

The subcommittee's pilot project ran for 8 weeks starting at the end of January. It consisted of free activities, sport and other physical activity games, on Saturday mornings for students of Lambert-Closse French elementary school and Dante English elementary school, whose yards are connected. 45 students participated. Gestion Multisports provided free animation and was assisted by student animators from Laurier Macdonald English high school and Saint-Exupéry French high school. Caretaking was payed for by the two school boards involved.

A fair on Saturday, March 23rd marked the end of the pilot project. Similar activities were animated as previous weeks. Groups including the local Eco-Quartier, the local library, La Concertation en sécurité alimentaire, l'Arrondissement and REISA set up booths displaying services available in the community. REISA's Dietetics student and staff educated children and their families on healthy snack options. A committee is working with Santé Publique on indicators to evaluate the project.

[REISACTION]

The East Island Network for English Language Services Newsletter

Inspiring Voices Literacy Project

REISA sits on the partnership table at the Gerald McShane elementary school Community Learning Centre in Montreal-North. This past year, Gerald McShane won an award from le Ministère de Sports et Loisir for their Literacy Project entitled *Inspiring Voices*. Students were encouraged to share their voices through writing; they shared their moral lessons by writing their very own books. The *Kids Write Club* helped the children with their writing, and the books were later published by *99 Series*. 75 books are now available for purchase on Amazon by visiting www.amazon.com or Smash Words by visiting www.smashwords.com; search for Kids Write Club.

Inspirations Newspaper – A Snapshot of Our Special Needs Community



Inspirations Newspaper: a snapshot of the special needs community provides inspirational stories and information about resources in the special needs community.

Sponsored by the English Montreal School Board, *Inspirations* highlights uplifting success stories and timely advice in the area of special needs, brought to you by experts in various fields. Useful feedback is included from psychologists, guidance counsellors, speech language pathologists, autism spectrum disorder consultants, behaviour specialists, social workers and physiotherapists.

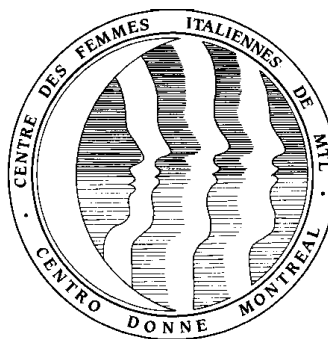
Amongst the many stories featured, *Inspirations* includes the 'Teacher of Inspiration' and 'Caregiver of

Inspiration'; an adapted travel section written by Michael Cohen; book reviews written by Stuart Nulman; a French-language column by Julie-René de Cotret; Planet Sheldon - a cartoon strip by Jason Goldsmith about his son who has autism, and many more regular columns.

The newspaper is published twice annually and distributed widely in the Greater Montreal, Laval and South Shore areas. Visit www.inspirationsnews.com for more details on their latest edition! There, you will also find their database of special needs resources, featuring over 450 entries.

For information about the many events taking place in the special needs community, visit Inspirations on Facebook at www.facebook.com/inspirationsnews. Two of these events include the Learning Disabilities Association of Quebec Montreal Chapter 1's 'Parent Conference: A Toolbox to Success' on April 28th, and 'Movement is the Door to Learning' with Dr. Paul Dennison on April 30th.

The Italian Women's Center of Montreal



Since 1978, The Italian Women's Centre of Montreal offers a place for women to meet, discuss and take action, in order to improve the social, economic and political conditions of all

women, regardless of their age, origin or sexual orientation. By using a feminist approach, the Centre promotes the empowerment of women, equality between the sexes as well as solidarity amongst all women.

[REISACTION]

The East Island Network for English Language Services Newsletter

The Centre's main objective is to reduce isolation through popular educational activities such as workshops, support groups, conferences, intercultural activities, etc. The Centre is actively involved in collective actions and activities with the purpose of raising awareness and defending women's rights. The Centre also offers individual intervention, a legal clinic and accompaniment for women in abusive relationships in English, French and Italian, and in a warm, respectful and confidential atmosphere. The Centre is located at 1586, Fleury East #100 and welcomes women from neighbouring areas. It is open Monday to Thursday, 8:30am to 5:00pm. Visit www.centrefim.org or facebook.com/centrefemmesitaliennesmtl.

The Centre is hosting an English conference entitled "Am I being hijacked by my emotions? Exploring triggers, overreactions and thought out responses" with Lise Moisan, mediator, on **Thursday May 16th, 7:00pm**. A nursery will be available with registration. Refreshments will be served at 6:30pm. For more information or to register by May 9th contact Josie or Pina at 514-388-0980.

SNACS Program

Special Needs Activities and Community Services – SNACS is a program offering services to people who have special needs including physical disabilities, intellectual and pervasive developmental delays. The program provides stimulating activities for people with special needs including crafts, puppet shows, dance, exercise, bowling and other games. Furthermore, it provides respite for families and caregivers. Finally, it provides security and self-

confidence for students wanting to go into the workforce, through the set up of internships for children and adults with special needs.

SNACS is made possible through a partnership between Jefferey Hale Community Partners, Quebec High School Community Learning Centre, Voice of English-Speaking Quebec and l'Université du Québec à Trois-Rivières. For further information on the program, do not hesitate to contact us.

AMI-Quebec Services Are Just a Phone Call Away

A brief Interview with Ella Amir, Executive Director at AMI-Quebec

AMI-Quebec has been providing services for English speaking caregivers of people with a mental illness in Quebec for over 35 years now. How do you go about helping people across the province?

We at AMI-Quebec have been working predominantly in the west end of Montreal but we have also offered our services to English speaking people throughout the regions of Quebec, where mental health services are severely lacking. Hopefully all English speaking Quebecers can benefit from our services.

Our local services on the island include, among others, support groups, counseling and roundtable discussions. We reach out to the rest of the province through our teleworkshops, videoconferences and free telephone or Skype counseling.

From families in crisis to planning your loved ones future, caregivers require emotional and practical guidance in order to best help their loved one and ultimately, themselves. All you need to do is call, so

[REISACTION]

The East Island Network for English Language Services Newsletter

together we can explore how best we can help. In Montreal call 514-486-1448. Outside of Montreal call 1-877-303-0264. Consult our website at amiquebec.org.

Marathon OASIS Montreal



The McGill Centre for Studies in Aging will be participating in the annual Marathon OASIS Montreal, taking place on Sunday, September 22, 2013. The Marathon OASIS Montreal event is a yearly run that attracts thousands of participants. The half-day event features a full and half marathon (42.2 km and 21.1 km), and 10, 5, and 1 km events. The Marathon raises money for numerous charities including the Leukemia and Lymphoma Society of Canada, and the Montreal Children's Hospital Foundation and the Montreal Heart Institute Foundation.

Physical exercise continues to be one of the few proven ways to promote physical and mental health, and prevent neurodegeneration, and the MCSA is proud to give you the opportunity to actively participate in it! The MCSA would like you to consider registering with their team. The small difference in registration price when compared to the individual registration will support the research at the MCSA, and you will receive donation tax receipts for it. For further details, contact Silvana Aguzzi at the MCSA at 514-766-2010 or visit www.aging.mcgill.ca.

Give your time and save a life

On Friday, May 10th, 1:30-8:00pm, the Black Community Resource Centre will host the Second Annual Charles Drew Blood Drive at 6767 Côte-des-Neiges. The Charles Drew Blood Drive committee invites all Montrealers, whatever your community, to come, roll up your sleeve and save several lives. Refreshments will be served.

The blood reserve belongs to all Quebecers. Every year, some 80,000 patients need blood products to recover their health. Since there is a 60% probability that one will require a blood transfusion during one's lifetime, the blood drive organizers are appealing to the public's generosity to maintain the blood reserve at a sufficient level.

BCRC is proud to promote this drive because of the unique connections between life-saving blood plasma, Black ingenuity, and our fair city! The genesis of blood banks actually began with Dr. Charles Drew, an African-American physician, surgeon and medical researcher. Drew specialized in physiological anatomy as an honor student in Medicine at McGill. He researched the field of blood transfusions, developed improved techniques for blood storage, and applied developed large-scale blood banks in World War II. Drew's system for storing of blood plasma revolutionized the medicine. He established the American Red Cross Blood Bank and was its first Director.