

[REISACTION]

[TOPICS]

REISA Sets Sail	1
QSAID: Quebec Students Against Impaired Driving	2
Diabetes expertise in the East Island	2
www.REISA.ca	2
Seniors at heart	3
The Scalabrini Centre	3
Bridging Cultures for Literacy, Integration and Support	4
NPI Retreat	4
ACDPN – Strengthening Families	5
UPCOMING EVENTS:	
Anxiety Awareness Workshop	6
Opportunities in the Not-for-profit Sector	6
A dream is a wish your heart makes... Help make miracles happen	6
Come and discover your CLC – Open House	6



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

REISA Sets Sail

The East Island Network for English Language Services is incorporated and now has an independent governing structure! At a network meeting in September, the news was announced to network partners who responded with a loud cheer! Janet Forsyth wrote a poem in the spirit of the occasion:

REISA Sets Sail

*A ship in sail on the winds of change,
Where all may embark for a voyage to partnership,
Joining hands for better health,
Leveraged funding, gathering of expertise,
Hope for the young,
Care for the old,
Acceptance of special needs,
Understanding for the troubled,
And love of community.*

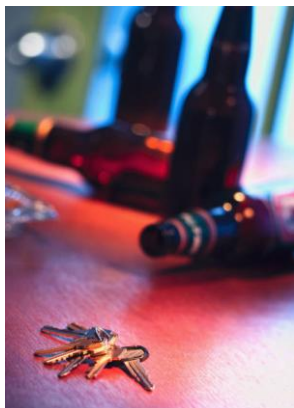


(REISA partners at the network meeting in September 2010.)

At REISA's first Board meeting in October, REISA's new board of directors elected an executive committee composed of three persons: Dominic D'Abate as President, Gerry Tullio as Vice-President, and Howard Nadler as Secretary/Treasurer. REISA will hold its first Annual General Meeting in 2011.

[REISACTION]

QSAID: Quebec Students Against Impaired Driving



REISA has partnered with Laurier Macdonald high school and Toxic-Stop in a program to empower teenagers to make proactive and responsible choices in their lives so they can prevent injuries caused by impaired driving. The QSAID pilot will consist

of importing the already successful model from Alberta to Quebec, identify teachers and students at Laurier Macdonald high school to lead the program at their school and organize an event increasing awareness on impaired driving. The ultimate goal would be to eventually transfer the model to all English school on the Island of Montreal and across Quebec. The pilot will start in the fall of 2010.

Diabetes expertise in the East Island

The Diabetes distance telemonitoring trials have begun in October 2010. The participating regions, the East Island Network, the Coasters, CAMI and CASA, have recruited patients from their local CSSS' to take part in the trials. The goal of the project is for diabetics to become competent in the self-management of their disease and ultimately reduce unavoidable visits to the hospital, thus decreasing costs for public health institutions. A second set of trials will begin in January 2011 involving another group of diabetic patients. REISA and the Servizi have also applied for the continuation of the project for 2011 to 2013, adding

the ACDPN (African-Canadian Development and Prevention Network), the MCDC (Megantic English-speaking Community Development Corporation), the OHSSN (Outaouais Health and Social Services Network) and the SAWCC (South-Asian Women's Community Centre) as partners. REISA and the Servizi were invited to apply for a national grant for Diabetes in the fall of 2010. The tentative project, *DICE: Diabetes Individual and Community Empowerment*, would widen the scope of the Blackberry distance telemonitoring project to include multicultural English-speaking communities in Quebec, Ontario and the Maritimes.

The Servizi and the Associate Professor at the McGill school of Nursing partnering in the project, Dr. Antonia Arnaert, have been invited by Le Réseau québécois de la télésanté (RQT) to present the project at the 10^e *symposium de la télésanté* on November 8th 2010 in Quebec city.

www.REISA.ca

What is the purpose of REISA's new visibility on the web? Our goal is to inform members of the community, community organizations and public institutions about services in English and to build partnerships to improve access to English-language health and social services.

An interactive resource guide will allow individuals to search for health and social service resources available in English in the East Island of Montreal. Viewers will learn about our network partners and upcoming events via a virtual calendar. Please visit our website at www.reisa.ca and don't forget to

[REISACTION]

leave us your questions or comments by filling out the form in the *Contact Us* tab.

The Scalabrini Centre

REISA has formed a new partnership with a center offering services to refugees and immigrants living in Montreal. The mission of the Scalabrini Centre of Montreal for Refugees and Immigrants is to help immigrants and refugees to *adapt, settle and integrate into society*.

The history of the Scalabrinian mission dates back to the 1980's. Bishop Scalabrini saw the need to aid Italian immigrants in their integration into North America. Most Italian immigrants arrived poor, illiterate and helpless. Eventually, the wave of immigration from Italy slowed down, and so the Scalabrinians (followers of the Scalabrini mission) began aiding immigrants from other countries such as Mexico, Columbia, Vietnam, South Africa, the Philippines, Haiti and Indonesia.



(French, English and Spanish language courses offered free to the newly-arrived immigrants and refugees.)

The Scalabrini Centre of Montreal for Refugees and Immigrants is a branch of the Scalabrini mission that has now been running for eight years. They are located in Ahuntsic, on the grounds of what used to be St. Rita's Church. Services include immigration and legal aid, language classes in

French, English and Spanish, accommodation for women and children, pre-employment services and computer courses. Furthermore, the centre offers a food bank, clothing and other objects for the immigrants and refugees in need, conferences and workshops. For more information about the Scalabrini Centre, visit their website at www.scalabrinimontreal.org.

Seniors at heart

REISA aided in the promotion of the *Healthy Aging, Healthy Mind, How to preserve your Cognition and Memory Senior's Symposium* that was hosted by the McGill Centre for Studies in Aging and the Douglas Mental Health University Institute on October 1st 2010. Seniors, caregivers and others working in the field were invited to listen to four presentations on topics such as aging and cognition, and the role of physical health and mental well-being in aging.



(Dr. Jens Pruessner, PhD, Director of the MCSA, Director of Alzheimer Research Axis, Douglas Institute, Associate Professor in the Departments of Psychiatry and Psychology, McGill University.)

Dr. Joe Schwarcz, Chemistry PhD and Director of the McGill University Office of Science and Society, presented an animated and eye-opening presentation on successful aging. He addressed

[REISACTION]

useful tips on eating right via the consumption of foods containing anti-oxidants, vitamin C and E, folic acid and omega 3. He also stressed the importance of physical exercise and the exercising of the brain. Another tip that he highlighted was the need for individuals to reduce their calorie intake.

In the afternoon, 200 seniors and people working in the field participated in four workshops on different subjects including yoga, meditation and cognitive remediation. *Email me for a copy of the powerpoint presentations, claudiam@scciq.com.*

Bridging Cultures for Literacy, Integration and Support

REISA and the Scalabrini Centre of Montreal for Refugees and Immigrants have jointly applied for a multiculturalism Inter-Action grant for 2011-2012. The *Bridging Cultures for Literacy, Integration and Support* project will consist of teenagers from English Montreal School Board high schools providing French schools of la Commission scolaire de Montréal in Montréal-Nord and Saint-Michel with ten-week sessions of one-on-one tutoring services for grade one children from non-French-speaking immigrant families. The teenagers will also provide parents with support for communicating with their children's teachers, and information easing integration into new neighbourhoods, reducing parental stress. Success strategies of immigrant families educating children in a language they don't speak will be collected, attractively packaged and transmitted to newly-arrived families.

NPI Retreat

The Community Health and Social Services Network (CHSSN) hosted their semi-annual retreat for NPI networks at le Nouvel Hotel in Montreal on October 26th, 27th and 28th 2010. Training and workshop themes included action plan building, project development, networking and the sharing of best practices, tools and resources. On October 26th, the CHSSN, the Community Economic Development and Employability Committees (CEDEC) and the Community Learning Centres (CLC) joined for a Community Vitality Workshop. The goal of the workshop was to promote intersectorial collaboration by the sharing of best practices and activities promoting community vitality.

Internationally-known fundraising trainer Kim Klein presented a fund development workshop on the 27th. Other guest speakers included Brigitte Paquette, Program Director at les Services Communautaires Jefferey Hale in Quebec city, Ella Amir, Executive Director of AMI-Québec and Nathalie Kishchuk, specialist in research and evaluation.



(Jennifer Johnson, Executive Director of the CHSSN.)

Kimberly Buffitt, Coordinator of the Coaster's Association, introduced a database form that

[REISACTION]

sparked great interest. Due to the slow and unreliable internet access in her region, her team created a health promotion and educational materials calendar in the form of a memory stick. Folders in the memory stick divide the health promotion ideas by month, and subfolders divide the educational materials by health topics related to the month in question, i.e. breast cancer awareness in the month of October. For the event in question, one can find a multitude of campaign and fundraising ideas, accurate and up-to-date information on specific health issues and even games. The Coaster's base their health promotion projects on the tools available in this memory stick, and NPI partners agree that this is a great way to organize ideas. Furthermore, public partners are handed a copy of the memory stick, allowing easy sharing and consulting of ideas.



(Left to right: Mary Richardson of l'Institut National de Santé Publique du Québec, and Marie-Claude Giroux, NPI Coordinator of the Heritage Lower Saint-Lawrence NPI.)

Russ Kueber, Program Coordinator at the CHSSN, animated the three-day event. During the closing activity, NPI groups expressed their gratitude for the educational workshop and training sessions as well as the time they spent bonding with fellow NPI's from across the province. Several NPI's expressed their appreciation for the resource sharing exercise; they were inspired and the shared ideas served as a great take-home tool. The REISA

team is very excited to benefit from our partners' success stories.

ACDPN – Strengthening Families

The Strengthening Families Program was developed in 1988 by Dr. Karol Kumpfer of the University of Utah. Today, the program has been adapted on an international level to diverse families including African-Canadian families. The African-Canadian Development and Prevention Network (ACDPN), an NPI partner of REISA based in the West Island of Montreal, has developed a program modeled on the Strengthening Families Program. The success of the program is based on the theory that strong families produce strong children. Moreover, it is believed that effective parenting is the anti-drug, and that a root cause of youth difficulties is dysfunctional family relationships.

The program consists of an organized dinner where families of youth at risk sit together with group leaders. The group is then divided in two, children and parents. Children are trained on the subject of social skills while parents are trained on parenting skills. The groups are then reunited and taught about family cohesion and organization.

This fall, REISA will be supporting the ACDPN as they introduce the program to the French-speaking Haitian community in the East Island, because of our network's collaborative ties and cooperative relationship with the CSSS' of the area. *To learn more about the Strengthening Families Program, visit the website at www.strengtheningfamilies.org.*

[REISACTION]

UPCOMING EVENTS:

Anxiety Awareness Workshop



The Laurier Macdonald Community Learning Centre will be hosting a workshop on Anxiety Awareness on November 10th at

7:00pm. The purpose of the workshop is to aid bewildered parents of teenagers who believe their child may be suffering from anxiety. Topics discussed will include what constitutes normal behaviour for an adolescent, what are the warning signs to look out for if a parent believes their adolescent is feeling anxious, and when and where to go for help. The workshop is in partnership with AMI-Québec and will be presented by Dr. Howard Magonet, Director of Counseling and Development at Concordia University. An interactive session will be made available via the centre's videoconferencing unit. *Please call CLC Coordinator Gina Bergantino at (514) 374-6000 or email at gbergantino@emsb.qc.ca for further information.*

Opportunities in the Not-for-profit Sector

On November 10th 2010, REISA will be amongst the exhibitors of the inaugural Concordia John Molson School of Business MBA Community Service Initiative and Career Management Services 2010 Showcase entitled *Opportunities in the Not-for-profit Sector*. Visitors of the tradeshow style event will have the opportunity to meet representatives of not-for-profit organizations and explore the possibility of internship or employment. REISA partners Service bénévole de

l'Est de Montréal, Batshaw Youth and Family Services, the Black Community Resource Centre and CCS will also be present. Come and visit us! *For more information, contact Dave McKenzie (MBA CSI) at dmckenzie@jmsb.concordia.ca.*

A dream is a wish your heart makes... Help make miracles happen

The East Foundation will host its 12th Annual Gala Evening on Saturday November 13th 2010 at Plaza Volare, located at 6600 Cote De Liesse in Montreal. The East Foundation's mission is to *provide and support therapeutic and recreational activities to children with intellectual and/or physical developmental delays*. The foundation has recently opened a center offering numerous activities and services including speech and occupational therapy, social skill training, an integrated summer camp and more. The Centre of Dreams and Hopes is located at 12550 Lacordaire Boulevard in Montreal North. *Visit www.eastfoundation.ca for more information about the non-profit organization.*

Come and discover your CLC – Open House

On November 24th 2010, the Laurier Macdonald Community Learning Centre will be opening its doors to the community. Opening hours will be between 12:00-1:00pm for students, and 3:00-5:00pm and 6:30-9:30pm for parents and others. Members of the community will have a chance to discover the various activities and diverse workshops offered for free for students, parents and others throughout the year, and even sign up on the spot. *Email me for more details, claudiam@scciq.com.*