

LET'S GET CONNECTED

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QUEBECNORTHSHORE.ORG

Government grants \$413,200 to reduce social isolation for vulnerable English-speaking seniors in the Côte-Nord region

QUÉBEC CITY, June 21, 2021/CNW Telbec/ - The Gouvernement du Québec is providing \$2.7 million in financial assistance over a three-year period to the Community Health and Social Services Network to implement a program that will reduce social isolation for vulnerable English-speaking seniors. The funding was announced today by Christopher Skeete, Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers. Out of this total, \$413,200 will be invested directly in the Côte-Nord region.

This investment will strengthen the funding for this program and support its implementation by the following two organizations in this region:

- Coasters Association;
- North Shore Community Association.

More than one-quarter of all English-speaking Quebecers are age 55 or older, and many of them are especially isolated and vulnerable. As a result, they have major needs for health and social services.

Modelled on Québec's existing day centres for seniors, Senior Wellness Centres offer a variety of activities, services and educational programming to promote physical and psychological health and prevent health problems among seniors whose housing needs are already seen to. The centres' offerings include physical activities, nutrition workshops, and educational sessions on legal issues and access to care.

(article continued on p. 3)



A Word from the Chair

We made it! The North Shore region officially entered the 'green zone' for COVID in June 2021. Our efforts have paid off and we can slowly reap the benefits of having been prudent and respecting all restriction guidelines put out by Health Canada. Those who wanted to receive the COVID-19 vaccine have done so and perhaps by end of August we will be able to remove our masks and see everyone's face again! A lot of our population have already received their second dose of the COVID-19 vaccine which significantly reduces the risks of contracting COVID. NSCA activities and events will resume normally in the very near future. Thank you everyone for doing your part.



It certainly has been an unprecedented year but one that has made us aware of how important it is to stay healthy, active, and engaged. Both Baie Comeau and Sept-Iles offices started walking groups for our senior population, which provided a much-needed outdoor activity to help break up social isolation and keep us fit. For those who were not able to participate in physical activity, the NSCA provided a variety of ZOOM sessions and webinars to keep our minds active, including activity-filled themed bags for toddlers and their families.

As we savour the warm weather, we can safely say that summer is officially here and start, once again, to actively take part in summer sports, camping and exploring our beautiful North Shore.

We look forward to seeing everyone again at our Annual General Meeting tentatively scheduled for September 2021. Continue checking the NSCA Face Book page for details and updates.

HAPPY SUMMER!

Cathy Larivière, Chair



NSCA Award Winner

It is with pleasure to announce the awarding of the NSCA Student Community Involvement Bursary for the 2020-21 academic year. The recipient, Louis Bérubé, who graduated from Baie-Comeau High School, will be pursuing his studies at the Champlain St Lawrence College in Quebec City. Congratulations Louis!

The NSCA Student Community Involvement Bursary recognizes the contributions of students who make a difference in their community.

Virtual Newsletter Option

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. Our membership has the option to sign up for a virtual copy of the newsletter. If you prefer to receive an electronic copy, please forward us an email at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

Government Grants to Vulnerable English-speaking seniors

(continued from p. 1)

This government funding will help to achieve four main objectives: keeping the Senior Wellness Centres program sustainable, extending its coverage to areas of Québec that are less well served, increasing these centres' capacity so that they can serve more seniors, and ensuring the deployment and coordination of new and existing centres. This assistance will help to overcome a lack of resources in the agencies serving the community of English-speaking seniors in Québec.

Quotes:

"Today our government is very happy to announce a \$2.7 million grant to 75 community agencies throughout the province. This support is intended both to help vulnerable people and to help our hospitals and health system carry out their duty to maintain, improve and restore the health and wellness of English-speaking Quebecers. At a time when the population is ageing and the pandemic is making everyone's lives harder, we are especially happy about this financial assistance, which meets the needs of seniors." *Marguerite Blais, Minister Responsible for Seniors and Informal Caregivers*

"As the Minister Responsible for the Côte-Nord Region, I am delighted at the announcement of this government funding, which will enhance the services provided to seniors in our community. The government will thus enable these two organizations in our region to deliver courses and workshops to nearly 7,200 seniors every year, a very tangible way of carrying out their missions even more successfully and improving quality of life for a large number of people."

Jonatan Julien, Minister of Energy and Natural Resources and Minister Responsible for the Côte-Nord Region

"With a much lower rate of bilingualism than other age groups, English-speaking seniors are among the most vulnerable people in Québec society, and the COVID-19 pandemic has made them only more vulnerable. With its varied offering focused on prevention, the Senior Wellness Centres program will enable English-speaking Quebecers to receive suitable care and services and thus alleviate their needs in this regard."

Christopher Skeete, Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers

"The Community Health and Social Services Network is delighted that the Gouvernement du Québec has announced its financial support to ensure the sustainability of the existing Wellness Centres for English-speaking seniors and to establish new centres of this kind throughout the province. This initiative, with its innovative, cost-effective, community-based approach to breaking down isolation among seniors, builds on the rich history of volunteerism in Québec's English-speaking community. The Network is ready to take this initiative under its wing and to contribute all its expertise to ensure that these investments succeed."

Jennifer Johnson, Executive Director, Community Health and Social Services Network (CHSSN)

About the Community Health and Social Services Network

The Community Health and Social Services Network (CHSSN) was formed in 2000 to support English-speaking communities in Québec in their efforts to redress health status inequalities, promote their vitality and improve their access to services. Visit the network's [website](#) for more details.

SOURCE Cabinet du premier ministre

For further information: Source: Ewan Sauves, Press officer, Office of the Premier, 418 643-5321, ewan.sauves@mce.gouv.qc.ca; Information: Antoine Tousignant, Team leader for public affairs, Ministère du Conseil exécutif and Secrétariat du Conseil du trésor, 418 781-9520, medias@mce-sct.gouv.qc.ca

Tourisme Côte-Nord: (Re-)Discover our Region

Check out Tourisme Côte-Nord for upcoming regional activities, events, and information on different musical, cultural, artistic, sports events, farmer's markets and festivals for every aspect of life on the North Shore.

A sample of what is being offered this summer:

Week of June 23 - August 16: Escale musicale du Vieux-Quai musical performances in Sept-Îles - Local and international artists perform in the summer with a local public market to buy goods at Parc du Vieux-Quai

<https://Ville.sept-iles.qc.ca>

Enjoy your summer with fun-filled activities



<https://Tourismecote-nord.com>

April's "RESPECT" Month at Fermont School



In April, the students at Fermont School discussed "Respect" during their classes. They watched videos, performed skits and puppet shows and created an animated cartoon dealing with respect.

The students in Pre-Kindergarten and Kindergarten painted pictures of "Respect Yourself". The students in Grades 2, 3 and 4 painted pictures of "Respect Others" and the students in Grades 5 and 6 painted pictures of "Respect the Environment". All the students did a great job, and the activity was a lot of fun. We would like to thank the NSCA for donating the paint and canvases for the activity.



BCHS/CLC Activities and Events

by Stephen Kohner, principal



Congratulations to the Secondary V graduates. Most of them have been together since being in Pre-kindergarten in 2008-2009. The awards and graduation ceremony took place on June 25th. Dozens of awards, prizes and bursaries were handed out to our deserving students.



The annual Home & School Association was held on May 28th. This year, orders were on a take-out and pre-order basis only. The profit of \$1245 from the 92 orders went directly to providing bursaries for our Secondary V students. A special "shout out" to the NSCA for organizing the delivery of 16 meals to their membership!



In collaboration with Unité régionale Loisir et Sport Côte-Nord and Vélo Québec, the students in grades 5-6 followed a 12-15-hour long program dealing with bicycle safety. Students spent time on the theory aspects but also had a road test. Thank you to Mr. Tristan Ellis, Ms. Sheila Gélinas, and Gabrielle Beaulieu for making this happen.



Our annual English book fair in collaboration with Babar Books of Montréal was a great success. Just over \$1400 in books were sold. Students picked up new books for their own reading pleasure and the homeroom classes were re-stocked.

Thank you to M. Richard Gaudet, CDA-CLC for helping to organize the book fair and to Babar books for their precious collaboration.

Newcomer? Get the NSCA Welcome Package



It's always a bit daunting when re-locating to a new area, especially if you are in a minority language group. The NSCA wants to welcome you and help make the transition to your new home a smooth one.

To assist you in getting oriented to the region, we have created a Newcomer's Package filled with resource material. You can obtain your kit by contacting our NSCA offices (Baie-Comeau 418-296-1545 / Sept-Iles 418-968-3148 or visit the NSCA website <https://www.quebecnorthshore.org> to see all of our services that we offer the English-speaking community.

You can keep informed of upcoming events and services by checking out our Facebook page at <https://www.facebook.com/groups/6851876461> or listen to our bi-weekly podcasts at <https://www.spreaker.com/show/nsca-weekly-podcast>. Explore and enjoy your new surroundings.

NSCA Welcomes New Staff to Serve You in the MRC Sept-Rivières!

The NSCA grew again this past year with the addition of 4 new employees in the MRC Sept-Rivières office. We are proud to welcome the following staff to the NSCA, each coming with their own expertise and skill set. A much-added bonus when it comes to maintaining our programs and creating new ones.

- Charlene Lavallee – Senior Wellness Coordinator and Office Supervisor - (Fall of 2020)**
Charlene was born and raised in Sept-Îles and has an extensive knowledge of community, and especially the English-speaking community.
- Chantal Gilbert - Community Coordinator - (Fall of 2020)**
Chantal originates from Toronto where she worked in early childhood programming. Chantal works and lives in Port Cartier with her husband and young daughter.
- Louise Mansbridge - Seniors Outreach - (February 2021)**
Originates from the Lower North Shore but has made Sept-Îles her home for 30+ years. She brings with her a wealth of knowledge about the community.
- Emilie Lacquement - Community Development Agent - MRC Sept-Rivières (June 2021)**
Welcome to our newest NSCA employee, Emilie Lacquement, who takes on the newly created role of Community Development Agent. Ms. Lacquement, a newcomer to the region, originated from France, then re-located to Sept-Îles from Britain, with her husband and daughter.

If you are in the area, please feel free to come by the office and learn more about our programs and services!

Wellness Activities: Spring has Sprung!

Sept-Îles -50+ Wellness Activities

During the months of April & May, Sept-Îles's community members were able to partake in a variety of wellness afternoon activities at our local and continued the outside activities. Crafts, birdhouse making, and themed art projects provided an outlet for creativity. Community members participated in these activities for social togetherness and a chance to learn a new art or craft.

The Stitch N' Yarn club re-started in late April where participants joined together to create various knitting articles and enjoy the social connection and a coffee. A lot of reminiscing was done at these events with the sharing of tips and tricks on knitting and embroidery. A lot of fun and laughter to be had by all.

The Walking Group, usually consisting of between 8-10 participants, got together weekly to discover new areas in and around the MRC Sept-Rivières. Taking in fresh air and getting exercise gave a boost to mental health and kept everyone fit.

As the weather was warming up, we moved outdoors in June to enjoy a well-attended picnic. A last social picnic luncheon get-together was held in June over the course of two days to bid adieu until September when wellness activities will begin again.

Baie Comeau – 50 + Wellness Activities

Many kilometres were covered as a very active Walking Group in Baie-Comeau discovered new trails such as Parc Nature, Lac Boreal, Waterfront docks, Manicouagan River and Mount Tibasse Nordique. A hot cup of coffee, along with a baked good was much looked forward to after the walk. These social outings were a boost to everyone's spirits and mental health. It was a good time to catch up with each other, share stories and even get tips on 'the olden days. An average, 10 - 12 participants attended the walking group outings.

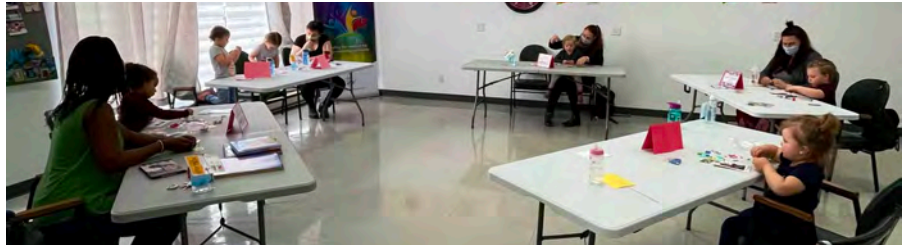
Everyone was delighted in being able to attend a summer social breakfast at *Le Blues Resto* on June 8 where a lot of active discussions took place. One last social luncheon get-together was held on June 15. Our community members enjoyed a scrumptious homemade meal to wind-down a year filled with various activities. Everyone looks forward to September 2021 where new activities will be starting and old ones will be enjoyed over again.

Both Sept-Îles and Baie-Comeau community members were offered virtual health-related educational webinars on various health promotion subjects. Other virtually held activity sessions included BINGOs, games, and even a trivia session on local history. Many of our members scored high---way to go!

Stay tuned for upcoming September events and activities. Enjoy your summer with family and friends.



Toddler Time & Story Time



Toddlers got together on May 7 to celebrate Mother's Day. They delighted in making a gift with craft materials for their mothers then finished off the event with a healthy snack and drink.

On June 18, Toddler Time explored insects and bugs. Participants relished making a craft to celebrate Father's Day. We're pretty sure some of the craft gifts brought back memories for fathers who put bugs and insects into their pockets when they were young! Lots of fun was had by all.

Toddler Time is a much looked forward to event and the next scheduled session is September 17, 2021, but continue checking out the NSCA Facebook page to keep informed and obtain details about registering for the events.

STORY TIME sessions were put on-hold these past months due to COVID restrictions, however, we do have a session scheduled for September 11, 2021. Check the NSCA Facebook page for more details.

We wish everyone a safe and happy summer filled with lots of adventures and look forward to seeing you all again in September.

Family Fun Care Activity Packages

Your child does not ask themselves why they play; they simply enjoy doing it, that is all. If playing comes naturally to children, it is because they need it to develop normally and discover the world around them. [reference]

We prepared fun games and activities to help reinforce skills required in school. Choose between a package geared to 0-4 years old or 5-8 years old and have fun together with your child reading and crafting!

The bags include activity sheets, crafts, books, and more!

Register by September 10th for the Fall Package with Annie at a.lafreniere@quebecnorthshore.org.

If you have already registered for the Summer Package, you are already on the list!



FAMILY TIES e-bulletin

The NSCA has launched *Family Ties*! This E-Bulletin centers on early childhood themes and will broach subjects relevant to our children on a bi-monthly basis. We wish to inform parents of the North Shore of resources, programs, and activities in which they can participate in with their families. Contact us to get on our mailing list!

For now, you can read the May 2021 edition here: <https://mailchi.mp/00d2bb6312e8/family-ties-e-bulletin>

Please be sure to watch for the second edition coming out July 15.



School Readiness Kits

What is it? A locally designed, science-based resource kit to assist English-speaking children, aged 3 to 6 years, prepare for their transition to school.

As a parent, it can be hard to watch your child head off to school for the first time, but you can help them be ready to learn while having fun.

Multiple tools will aid families to make the transition less stressful and go as smooth as possible.

To get a kit, contact us through email, phone, or Facebook: a.lafreniere@quebecnorthshore.org / 418-296-1545 / www.facebook.com/nsca.cotenord.3

NSCA Annual General Meeting

The North Shore Community Association Annual General Meeting (AGM) will be held on Saturday, September 25, 2020 at 11 a.m. in Port-Cartier (venue to be confirmed). We are Looking forward to seeing our members join us in celebrating our 21st anniversary.

It will be a great way to get together with friends and meet new ones, and a wonderful way for the community to learn about the NSCA and our past year highlights!

Invitations and AGM agenda will be forwarded to the membership in early September.



The schedule for NSCA's office hours will be as follows:

- Monday - Thursday: 8:00 a.m. – 4:00 p.m.
- Friday: 8:00 a.m. – 12:00 p.m.

Please note that the NSCA Baie-Comeau office will be closed from July 26th to August 6th.

The Sept-Îles office is closed from July 9th to August 6th.

Call for Nominations

Board of Directors Positions to be filled for a 2-year mandate

The Nominations Committee of the North Shore Community Association (NSCA) is seeking nominations to fill positions on their Board of Directors for a 2-year term. The Board of Directors is composed of a maximum of 10 directors (including 2 youth directors), all volunteers, and they meet at least six (6) times a year.

For more information about the NSCA and its mission please consult our website at www.quebecnorthshore.org and/or contact our office.

To submit your candidacy please contact the Executive Director at 418-296-1545.

Deadline to submit your completed nomination form is September 9, 2021

Youth and Mental Health

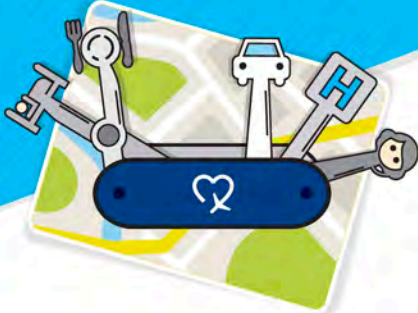
Mental health is a prevalent issue in today's society and should be talked about openly. One of the challenges is in reaching out to obtain help, however, the NSCA is here to assist. Mental health encompasses many aspects such as self-esteem and its impact on our lives, body image, resiliency, and anxiety.

The NSCA is making this possible by offering sessions and resource tools for youth and families. To date, a fridge magnet, wallet-sized resource card and virtual workshops have been offered to assist in coping with mental health. The NSCA has also put together a *Family Mental Health Tool Kit* that helps families with coping strategies to get through life. Some of the topics included in the tool kit cover areas on attachment, play, healthy eating and nutrition, family stress, signs and triggers of emotional turmoil, communicating your emotions, and links to videos for resources.

Please contact us for more information on our mental health resources.

ARE YOU TRAVELLING

TO QUEBEC CITY FOR HEALTH SERVICES?



LOOKING FOR SUPPORT WHILE YOU ARE THERE?
A patient navigator can accompany you while you are in Quebec city

navigator@qchfoundation.org
418-932-0095
www.travel4health.ca

English Respite Care Service



The NSCA provides an English respite care service for caregivers of seniors in the MRC of Sept- Rivières.

Alzheimer's disease and other neurocognitive disorders increase feelings of isolation for both senior and caregiver, and this service aims to redress those feelings.

The program also aims to provide typical respite services aimed at releasing the caregivers. The visits offer stimulation activities and are varied depending on the needs of the senior, but companionship and friendship are always guaranteed.

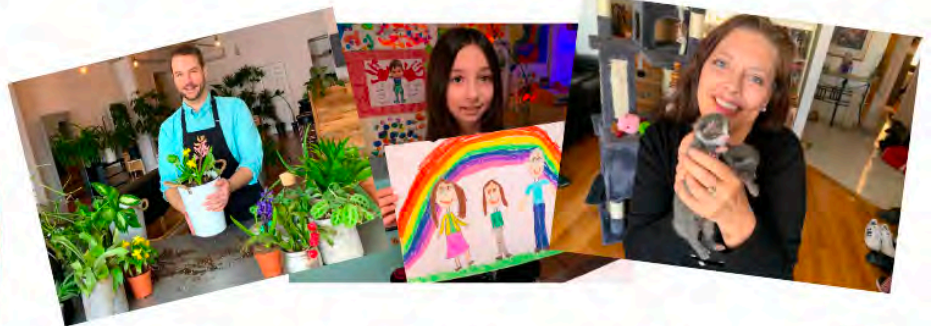
If you know someone who could benefit from our service or would like more information on the service or eligibility criteria, please contact our MRC Sept- Rivières office at 418-968-3148

More information on the service can also be obtained by contacting the NSCA (418) 296-1545 or nsca@quebecnorthshore.org



North Shore Community Association
Bringing Communities Together

DON'T MISS THE EXCITING FREE WEB SERIES FOR SENIORS!



WATCH ALL THE EPISODES ANYTIME ON



TO FIND US ON FACEBOOK PLEASE SEARCH

"WEREALLINTHISTOGETHERQUEBEC"

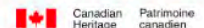


TO WATCH US ON YOUTUBE PLEASE SEARCH "WE'RE ALL IN THIS TOGETHER SENIORS WEB SERIES"

A COLLABORATION BETWEEN



THIS PROJECT HAS BEEN MADE POSSIBLE IN PART BY THE GOVERNMENT OF CANADA.



We're All In This Together is webseries and community collaboration between the English Language Arts Network and Seniors Action Quebec, with a mission to connect with and inspire isolated, English-speaking seniors across Quebec during the pandemic. The 18 bi-weekly episodes, directed by Montreal-based award-winning filmmaker Bobbi Jo Hart, features entertainment, activities and conversations designed to reach out to those in need of support and remind them that we are, indeed, all in this together.

Sept-Îles & Baie-Comeau Wellness Activity Photos



The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nsca@quebecnorthshore.org. (All submissions are subject to editing and approval)

North Shore Community Association

Volume 18, Number 1

NSCA Mission:

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

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Baie-Comeau, QC
G4Z 2G9
418-296-1545

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202-337, boul LaSalle
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Return undeliverable Canadian addresses to:

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