

LET'S GET CONNECTED

October 2016

Volume 13, Number 2



Photo: Stephen Kohner / Essipit

QUEBECNORTHSHORE.ORG

NSCA Meets in Sept-Îles for its 16th AGM

Sept-Îles played host to our 16th Annual General Meeting (AGM) this year on a sunny Saturday in September. We were joined by our community members across the North Shore, with representation from Fermont, Sept-Îles, Port-Cartier and Baie-Comeau as well as invited special guests. Chair Debbie Laurie opened the AGM with warm words welcoming both old and new members of the NSCA. The Board of Directors were elected for the 2016-2017 period, and the Executive Director, Jody Lessard, presented a summary of projects that had taken place since the previous AGM and upcoming events and activities.

The Marc Deslauriers Outstanding Community Involvement Award was presented to Edith O'Brien, a long-time volunteer, valued enormously for her commitment to the community. Instrumental in the organizing of community social events and actively involved in the senior community activities, including intergenerational events, Edith is a volunteer that is devoted to her community and very engaged.

Our invited guest speaker was Bishop Bruce Myers, recently ordained as the Co-adjutor Bishop for the Anglican Diocese of Quebec. He delivered a timely presentation about the geographical challenges our region presents, and thus how important the work of the NSCA is. He was visiting the different parishes across the Côte-Nord to meet with members of the Anglican Church community.

To finish the event, a tasty lunch was served which included a delicious cake for dessert, giving time for older and newer members of the AGM to meet and catch-up with one another.
(more photos on back page)



Edith O'Brien (center) is presented with the award by Debbie Laurie, NSCA Chair (left) and Jody Lessard, Executive Director NSCA (right)

A WORD FROM THE CHAIR

Happy Fall to all! Hope you had your fill of turkey this past week as well. We sure have had a beautiful September and early October. Once more we find ourselves heading towards colder weather and the inevitable snow, but we have much to be thankful for!



We held our 16th AGM in Sept-Iles on September 10th. Elections were held and all of our Board of Director positions were filled. Congratulations to Billy Larivière from Fermont who was re-elected and will be our vice-chairman, Max Côté who will continue as treasurer, Mary Ellen Beaulieu and Edith O'Brien as directors. We have two new directors: Marianne Bizeau from Sept-Iles and Mallory Stonehill Chouinard (former Youth Director and new mom) from Port-Cartier. We also have two new Youth Directors: Pascal Desserault from Fermont and Chantal Mitterer from Baie-Comeau. Looking forward to a busy and productive year as we continue to serve the needs of our English- speaking communities.

Our 2016 Marc Deslauriers Outstanding Community Involvement Award was presented to a member of the Sept-Iles community who remains very involved in school, church and community activities. She might be retired but is busier than ever! Congratulations, Edith O'Brien!! Thanks for all you do for so many!!

Let's stay connected! Keep participating in the upcoming sessions and activities organized for you. Suggestions are always welcome as well.

Debbie Laurie
Chair

Welcome to the NSCA!



Christina Noble



Tammy Mansbridge

The NSCA is very pleased to announce the addition of two new employees, Christina Noble and Tammy Mansbridge.

Christina has been hired as Special Projects Coordinator & Communications Officer, will be working on coordinating special projects under the senior activity component and communications for the NSCA.

Tammy, Youth and Seniors Project Assistant, will be working on seniors outreach program and assisting animators for senior and youth activities.

We are very excited to welcome Christina and Tammy to our team at the NSCA!

NSCA Wants Your Help!

The NSCA newsletter "Let's Get Connected" needs your input on what's happening in your community. Tell us about your stories, upcoming events and the people who are making a difference in your community.

Send us your story and we'll share the news!

Bishop Myers Gets Connected

by Stephen Kohner



From left to right: Jody Lessard, Executive Director NSCA, Stephen Kohner, Lay Incumbent - Baie-Comeau, Debbie Laurie, NSCA Chair, Bishop Bruce Myers, Linda Stubbert, Lay Incumbent - Sept-Iles

On his third day of a visitation to the North Shore and Lower North Shore, Bishop Bruce Myers of the Anglican Diocese of Quebec spoke to members of the North Shore Community Association (NSCA) as they met for their 16th annual general meeting in Sept-Iles on September 10th.

As guest speaker, Bishop Bruce spoke for the need and the capacity for the Anglican church to work in close collaboration and partnership with the NSCA and the multitude of community organizations that are linked to it. He noted that the NSCA's mission statement of "building a vital, informed and strong community" is mirrors in part the need of the church to respond to the needs of its communities presently facing challenges related to economy, demographics, out-migration of its youth and the needs of seniors.

The visit has connected him with not only the NSCA but with the concept and goals of the Community Learning Centres (CLCs) that are an integrative part of many schools/communities within the diocesan territory. There are no less than 19 of these centres that help provide life-long learning opportunities in a spirit of cooperation and collaboration with community partners.

Breakfast Get Together for Baie-Comeau Community



Ten members of the Baie-Comeau community sat down for breakfast at the 'St. James au Bar de l'eau' on a sunny September 21st. It was a good opportunity to catch-up after the summer break, enjoy some good food and introduce new people and projects coming up in fall 2016.

Upcoming CHEP Sessions

In the coming months, the NSCA will be delivering the following COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) videoconference sessions for community members. These interactive videoconferences will give you the opportunity to ask questions and learn more about the topics. **Watch for flyers or give us a call if you want more information**

Baie-Comeau (head office) (418) 296-1545 or by email: nsca@quebecnorthshore.org

CHEP Videoconferences:

- **November 19, 2016 – Nutrition: Let's Talk About Protein with Dorothy Moffat, P.Dt., Dietician**
- **January 25, 2017 - Cancer - What you need to know (more details on presenter will be given at a later date)**

Mini-Salon of Community Resources for Seniors

The NSCA hosted its first successful Mini-Salon, in Sept-Îles for the senior community on Friday 23rd September. Over 20 seniors were in attendance and many different organizations from the town set up stands and delivered presentations about their services available in English.

Speakers at the event included:

- *Ville de Sept-Îles*: Town counsellor Lorraine Johnson fielded important questions from residents of the town.
- *CLSC*: Véronique Lanoue explained the vaccination program and her participation in upcoming senior workshops on health topics.
- *Coopérative d'aide à domicile de la MRC des Sept-Rivières*: Lorraine Tremblay provided an extensive list of services for seniors who wish to remain in their own homes but require assistance with daily tasks (see separate article).
- *Droits et Recourse en Santé Mentale (DRSM)*: Stephen Bourgoquin presented for this organisation which specializes in mental health rights and recourse. Their mission aims to promote and defend the individual and collective rights of people living or having lived with a mental health problem by providing them with the necessary support to exercise their rights.
- *Centre de bénévolé (CAB)*: Maurice Gagné spoke about the many services offered through the CAB. Meals on Wheels (popote rolaunte) service interested many seniors, especially since they could place orders for the weekend and place an order on behalf of someone else.
- *Taxibus*: NSCA's Danielle Duguay presented a new bus service offered from the town of Sept-Îles and *Transport adapté*.
- *NSCA*: **Shelby Shattler** discussed the intergenerational activities with the Toddler Time and Youth programming, Christina Noble talked about the GPS Project and Webinars and Danielle Duguay discussed the weekly senior events.

Other services from organizations unable to attend:

- *CISSS*: Sharon Tardiff delivers a vital community service by providing translation for French, English and Innu languages at medical appointments.
- The *Centre d'aide aux victimes d'actes criminels (CAVAC)*: distribution of information leaflets regarding elder abuse and financial fraud for the senior community.



After all the presenters had spoken and the seniors had time to visit each stand, we all sat down to enjoy a delicious plate of cipaille with a wonderful cake for dessert! It was a great event and one we look forward to repeating again! If you want any more information about the presenters and their services call your local NSCA office.



Home Care Service in Sept-Iles

(Coopérative d'aide à domicile de la M.R.C. des Sept-Rivières)

The *Coopérative d'aide à domicile de la M.R.C. des Sept-Rivières* offers various services to members of the population who need help taking care of their homes because of their decreased capacity. Someone who has had an operation and needs help at home may also benefit from the services of the Coopérative.

Among the services offered:

- light housekeeping work, such as laundering, vacuuming, dusting, cleaning (refrigerator, bathtub, pantry, etc.);
- heavy housekeeping work, such as major cleaning jobs and clearing snow from the main access to the residence;
- cleaning clothes;
- preparing **non-diet** meals;
- shopping for groceries and running other errands

To qualify for the program, you must fill out the forms entitled *Application for Financial Assistance and Service Agreement* and send them to the following address:

Service de la contribution et de l'aide financières
Régie de l'assurance maladie du Québec
425, boul. De Maisonneuve Ouest, bureau 213
Montréal (Québec) H3A 3G5

There are 2 types of financial assistance available:

- basic financial assistance of \$4 **for each hour of service rendered** is granted to any eligible person, regardless of family income
- variable financial assistance of \$1.25 to \$10 for **each hour of service rendered** may be granted over and above the basic financial assistance, and is determined on the basis of an eligible person's family income and family situation

The maximum total financial assistance granted **per hour of service rendered** is \$14 (\$4 in basic financial assistance and \$10 in variable financial assistance). The person pays only the difference between the rate charged by the business and the financial assistance granted.

For more information:

Contact person: Lorraine Tremblay - 418-960-0620

Coopérative d'aide à domicile de la M.R.C. des Sept-Rivières
 404, rue Arnaud
 Sept-Îles, QC G4R 3A9

e-mail: coop7rivieres@globetrotter.net
www.ramq.gouv.qc.ca or 1-888-594-5155

NSCA's Board of Directors & Staff 2016-2017



Board of Directors: (left to right) Marianne Bizeau, Director; William Larivière, Vice-Chair; Edith O'Brien, Director; Debbie Laurie, Chair; Maxime Côté, Treasurer; Cathy Larivière, Secretary; Mallory Stonehill, Director

Absent from photo: Mary Ellen Beaulieu, Director; Chantal Mitterer, Youth Director; Pascal Dessureault, Youth Director



Staff: (left to right) Christina Noble, Coordinator Special Projects & Communications Officer; Patricia Howell, Supervisor – Community Health Services; Tammy Mansbridge, Youth and Senior Projects Assistant; Jackie Bizeau, Community Liaison Agent; Jody Lessard, Executive Director; Danielle Duguay, Seniors Animator; Shelby Shattler, Youth Animator

Terry Fox Run #37 at Riverview School



For the 37th consecutive year, students, staff, and family members of Riverview School participated in the Annual Terry Fox Run. They joined students and staff of neighbouring École St. Alexandre for a leisurely walk to McCormick Island and back as part of the National School Run Day on September 30th. Enthusiastic chants of TERRY FOX! TERRY FOX! could be heard all along the route as we remembered and honoured the efforts of a courageous young Canadian whose Marathon of Hope inspired our country so many years ago. Both schools together raised \$1200. Congratulations!

BCHS September Start-up

by Stephen Kohner, principal



Eastern Shores School Board has provided each of BCBS' Secondary I-II students with a Chromebook. A number of secondary teachers have been using a variety of on-line Google apps such as Classroom, Documents, Presentation, Drive, etc. Each student has a Google account and is able to do some of their assigned work on-line, submitting it electronically. Due to our small enrollment, Seconder II-V students will also make use of them.



A "Back to School" barbecue lunch organized by the BCBS Home & School Association welcomed students, staff and families on September 16th. Hot dogs, chili, corn, veggies, fruits & drinks were all on the menu. It provided an opportunity to sign up families to the Quebec Federation of Home & School Association - 16 families signed up! Thank you to the H&SA for making this annual event a super success!

Books for Fort McMurray

by Stephen Kohner, principal



Janice O'Leary (née Wigmore), former BCBS teacher and student at Riverview School in Port-Cartier, will soon be receiving 4 boxes of library books from the school's collection. Janice teaches English in a francophone school in Fort McMurray - her school burned to the ground during the wildfires this past spring so they are starting from scratch. Our three Secondary V students, in their Integrative Project class, have been spending much of September sorting through the books (BCBS is relocating its library to other places in the school and a major triage is underway). The shipping costs are being picked up by our CLC.

Public Consultation on Educational Success

Major consultations have been launched in order to lay the foundations for the first policy on educational success, which will support students, schools and school board in three broad areas of intervention:

- All students achieving their full potential
- A favourable context for student learning, personal development and success
- Mobilization of partners and stakeholders in support of educational success

Your opinion matters!

From **September 16 to November 10**, participate in the public consultations and encourage your friends and family to do the same. Let's all get together to talk about education and about the future.

Ways to participate:

- Voice your opinion by completing the online questionnaire.
- Register for the meetings in your region.
- Answer the question, "If you were Minister..."
- Send a brief.



<https://www7.education.gouv.qc.ca/dc/consultation/x.php>

Consultation on the renewal of the Official Languages Health Contribution Program

Canada launched the Official Languages Health Contribution Program in 2003 following consultations with English and French minority communities. These communities make up about:

- 1 million English-speaking people in the province of Quebec
- 1 million French-speaking people in the other 12 provinces and territories

We are renewing the program in April 2018.

The goal of this consultation is to improve access to health services in the English-speaking communities of Quebec and French-speaking communities in the other 12 provinces and territories. We are seeking input from Canadians, key stakeholders, academic institutions, federal and provincial partners, pan-Canadian health organizations, health care administrators and practitioners, organizations currently or previously funded by the program. official language minority communities

The online consultation will be available between September 13 and November 4, 2016.

How to participate

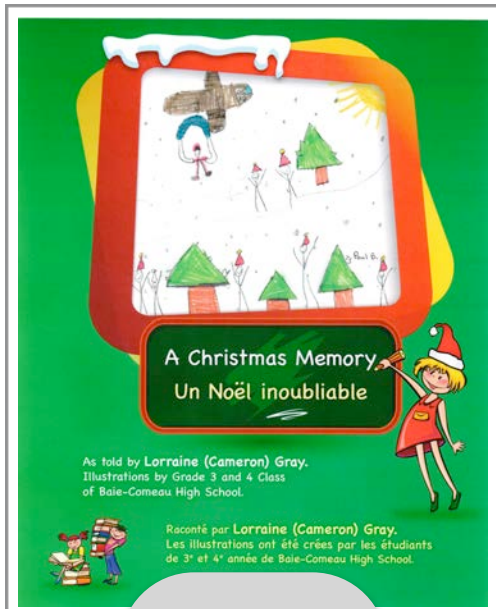
You can provide your input by completing the [online questionnaire](#), sending an email to the address in the contact information, or mailing a letter to the address in the contact information.

Contact us

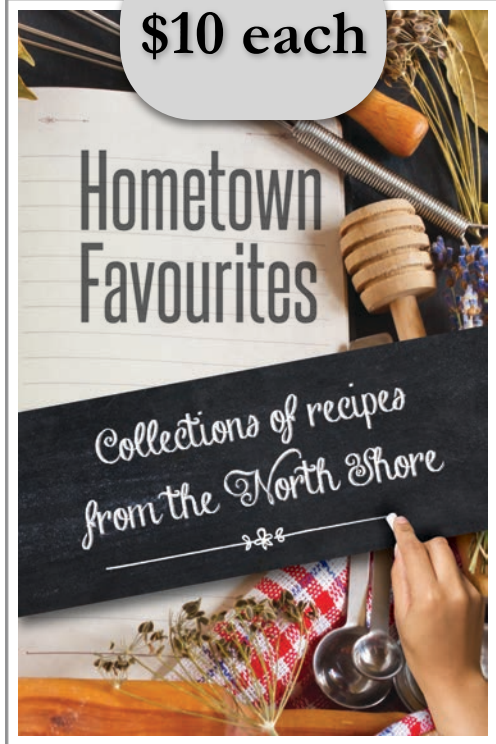
Official Language Community Development Bureau
 Jeanne Mance Building, PL 1904C
 200 Eglantine Driveway
 Ottawa, ON K1A 0K9
 e-mail: olcdb-baclo@hc-sc.gc.ca
 Online questionnaire: <http://tinyurl.com/jm83yt9>

Source : Health Canada

Two Books for Sale from the NSCA!



\$10 each



Worship Services

All Saints' Church

47, av. Ungava

Sept-Iles

Services commence at 10:30a.m.



- Oct. 3: Anglican Service
- Oct. 23: United Church Service
- Oct. 30: Joint Service
- Nov. 6: Anglican Service
- Nov. 13: United Church Service
- Nov. 20: Anglican Service
- Nov. 27: United Church Service

Christ the King Parish

15 Comeau, Sept-Iles (Église Ste-Famille)

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at paroissesseptiles.org/

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

Services commence at 11a.m.



- Oct. 30: Communion Service
- Nov. 20: Communion Service
- Dec. 4: Communion Service

Saturday, Dec. 17:

Christmas Service of Lessons and Carols at 5p.m.

Potluck Supper with Carol Sing-Song at 6p.m.

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgocable.ca

Virtual Newsletter Option...

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. We are now offering our membership 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! Happy Reading!

GPS: Getting to Programs and Services for Seniors

Are you looking for a new challenge? Do you want to learn new skills? Can you spare 1 hour or more a week? Look no further and read on below!

The NSCA was selected as one of 4 winning community associations out of the entire province of Quebec, to pilot the *Getting to Programs and Services for Seniors (GPS)* by Seniors Action Quebec, starting this Fall 2016.

Many seniors suffer from isolation in all walks of life. Losing a loved-one, becoming ill, and losing autonomy are all too common challenges for seniors in Quebec. For English-speaking seniors, language can prove to be an additional challenge. The GPS project was created with the aim to connect isolated English-speaking seniors with an English-speaking senior volunteer. We want to reduce senior isolation and deliver vital community information in English. A local information package including health and legal information is to be assembled which volunteers will use to help link the senior to their community. Our volunteers play an incredibly significant role and we need your help!

If you are interested in learning more about the project or wish to volunteer, let Christina at the Baie-Comeau office know by calling her at 418-296-1545 or by e-mail to nscadmin@quebecnorthshore.org



Webinars and Teleconferences

The NSCA is pleased to provide a new monthly service for all caregivers, professionals and interested persons an opportunity to watch and/or listen to a new presentation delivered by video or telephone on important health topics by health professionals.

In September we presented 2 webinars from The Caregiver Network; *'Anxiety in Others: Helping People Cope'* and *'Caring for a loved one with Dementia – Managing Caregiver Stress.'* Our next webinar will be broadcast on the 25th October, 12-1pm, *'Alzheimer's disease and Dementia – How to Communicate the Diagnosis: Choosing the Right Words'*. These webinars are delivered in order to provide an informative starting point on important health topics in English. After watching the presentations, you are invited to browse our own collection of information or ask a member of staff for further guidance.

We have dedicated spaces for any member(s) of the community who wish to view or listen to the presentations at our offices in Baie-Comeau and Sept-Îles. Simply call Christina in Baie-Comeau (418-296-1545), or Tammy in Sept-Îles, (418-968-3148), to confirm your presence. We look forward to seeing you!

If you are not available to attend but don't want to miss out, call the NSCA offices and we'll be happy to help you!

Upcoming Caregivers Teleconference: Alzheimer's and Dementia

How to Communicate the Diagnosis: Choosing the Right Words

Date:	October 25, 2016
Time:	12:00—1:00 pm (EST)
Audience:	Caregivers and Professionals
Register :	Contact Christina 418-296-1545, NSCA Baie-Comeau or Tammy 418-968-3148, NSCA Sept-Îles for more information and to confirm your presence.

Description: How do you communicate an Alzheimer's diagnosis to the person living with dementia and their loved ones? How can you approach the topic with them and discuss Alzheimer's Disease? The presentation will provide tools to ensure optimal communication between the patient, their caregivers and healthcare professionals.

Questions addressed during this presentation will include:

- Why are some individuals kept in the dark about their diagnosis?
- What are the consequences of not informing the patient about their diagnosis?
- How does one communicate the diagnosis?
- What are the proper steps to follow when communicating the diagnosis?



The purpose of this workshop is to properly equip caregivers and healthcare professionals to communicate the Alzheimer's Disease diagnosis in a manner that will allow the patient to feel comfortable and reassured.

The presentation will be followed by a question/answer period.

Speakers: Laurence Beaumier-Grant, Coordinator of Family Services at the Alzheimer Society of Montreal .



North Shore Community Association
Bringing Communities Together

Terry Fox Flag Waved High in Namibia

by Debbie Laurie



On September 23rd, after stopping days earlier at the Tropic of Capricorn, the Terry Fox flag and I, along with four other members of the group I was travelling with, successfully climbed the highest sand dune, Big Daddy, in the Namib Naukluft Park in the Namib Desert in Namibia. It took us two hours in the 36 degree heat to reach the summit at 350m.

I would like to thank all who sponsored me and helped me reach my goal of \$3700 for my 37th participation in the annual Terry Fox Run for Cancer Research. It was the first time I was outside the country but I found a way to stay involved nonetheless. Never give up on the dream!

National Seniors Day in Sept-Îles



English-speaking seniors of Sept-Îles once again participated in the celebration of National Seniors Day on October 1st, with 21 of our community members in attendance.

Organized by the Table de concertation des aînés of the MRC de Sept-Rivières, the celebration began with a church service at Ste-Famille Church, followed by a lunch at the Centre socio-récréatif de Sept-Îles with over 180 seniors present.

This year speeches and words of welcome were addressed in 3 languages; English, French and Innu. Speeches were given by Keith Eldridge from the English-speaking community, Gaby Gauthier from the Table de concertation des aînés de la MRC de Sept-Rivière, and Marie-Marthe Fontaine from the Innu community.

The final activity of the day was a recognition ceremony of seniors 80 years and over.

NSCA AGM 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 13, Number 2

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.

Mailing:
P.O. Box 163
Baie-Comeau, QC
G4Z 2G9
418-296-1545

Office:
39, av Marquette, Local 310
Baie-Comeau, QC
G4Z 1K4

Sept-Îles Branch Office:
Local #02, 652 Dequen
Sept-Îles, QC G4R 2R5
418-968-3148



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Secretary: Ms. Cathy Larivière
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Publication mail agreement #41540025

Return undeliverable Canadian addresses to:

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**Sponsored by the Official Languages Support
Program of the Department of Canadian
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