
ANNUAL REPORT



JUNE 1, 2022

SENIORS RESPITE MONTÉRÉGIE

83 Boulevard Churchill, Greenfield Park, QC J4V 3L8



Seniors Respite Montérégie

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2021-2022

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A Message from The President and Executive Director

We are proud to represent our organization and share with the community, social services and government organizations, the important services, and programs we provide to our 55+ English-speaking community in the Montérégie.

Like all organizations, we have experienced unusual times under COVID-19 throughout 2021/2022 and faced a challenging year. As SRM was deemed an essential service, our mission to enrich the quality of life for seniors and their caregivers did not go astray.

Faced with the challenge of meeting public health requirements and the decrease in the number of seniors attending our regular activities, we adapted the use of our space, and continued to welcome seniors at the day center to socialize and participate in activities either hosted by SRM or other community organizations.

Last year, we reported on the need to expand our funding base to add resources and services. Many hours were dedicated to increasing community involvement and submitting grant requests. We are starting to see the results of all this demanding work.

Thanks to new grants from the 3 levels of government, Canadian Heritage, Secrétariat aux relations avec les Québécois d'expression anglaise & Community Health and Social Services Network (CHSSN) & (SRQEA), Canada New Horizon, the City of Longueuil, and the Assistance and Referral Centre (ARC), we were able to provide financial assistance for natural caregivers as well as provide new activities for our seniors – please see page 9. Special thanks to Sherry Romanado (MP Longueuil-Charles-Lemoyne) and Nicole Menard (MNA LaPorte) for their ongoing support!

We at the SRM are committed to delivering quality service, of caring for natural caregivers & their loved ones as our own. *Respite • Sharing the caring • Motivated by love* is not just a credo, it is a commitment, and our team members excel at delivering kindness, respect, and compassion. We are enormously proud of the many testimonials we have received from our natural caregivers.

The pandemic underscored the importance to keep seniors living in their homes. It became clear that to delay entry into long term care centers or CHLSDs, our seniors must remain active and supported.

In the coming year, we will continue to collaborate with our community partners, including the Health and Social Service Centers, CSSS Montérégie, L'Appui and other community organizations to reach as many of the English-speaking seniors in our region and continue to provide services and activities that are meaningful and have a positive impact on the lives our seniors.

In closing, we want to thank all our team of volunteers, interns, staff, fellow board members, our valued members, and supporters! We look forward to seeing you again soon!

Franca Sparapani,
Executive Director

Kevin Erskine-Henry,
President

Seniors Respite Montérégie's mission is to enrich the quality of life for our English-speaking seniors and caregivers through specialized services and respite care.

Our day centre & respite care services are for individuals who:

- ✚ Are alone during the day (while family members are at work or taking care of other responsibilities).
- ✚ Need companionship, social stimulation, and functional assistance.
- ✚ Are physically or cognitively challenged.
- ✚ Are experiencing cognitive loss and/or early stages of dementia, including Alzheimer's disease.
- ✚ Cannot be safely left alone at home.
- ✚ Are caregivers who are looking for a safe and welcoming place for their loved one while they attend to other responsibilities, including themselves.

Mission

- Improve the quality of life for English speaking seniors and natural caregivers;
- Provide respite and support to natural caregivers
- Provide a stimulating and welcoming environment for seniors who have cognitive and physical limitations;
- Offer activities in order to maintain English speaking seniors' independence as much as possible;
- Provide respite services in-home
- Collaborate with hospitals, clinics, CLSCs, community organizations;
- Support training and work experience by providing internships for college and university students;
- Recruit volunteers and work with other not for profit groups who have similar objectives.

Caregiver Testimonial

"The constant smiling, the laughter and the great care are the benefits of the Centre. "Very nice people" is my mother's comment about her experience every time, as we drive away. Franca and her team maintain consistency and a high level of service delivery when caring for our loved ones. I appreciate their positive impact on my mother." - Ingrid

Whether at our day centre or in-home, our dedicated staff provides social and cognitive activities suited to the individual while providing natural caregiver vital respite. Using these types of respite services are beneficial to the participant as well as their caregiver.

Seniors Respite Montérégie provide specialized activities designed by professionals (recreational therapists, special care counselors, licensed practical nurse assistants, personal care workers (preposé aux bénéficiaires (PAB) to stimulate and encourage 3 essential abilities: physical, cognitive and social.

- **Physical Ability:** To stimulate our clients, a wide range of specialized activities are offered including light exercises, stretching, and chair yoga, dancing and deep breathing exercises. Different games such as bowling, beanbag and balloon toss are used to promote participation.
- **Cognitive Ability:** To help with cognitive stimulation, there are culinary arts, gardening, art & crafts, music and thought-provoking board games such as chess, checkers and puzzles.
- **Social Ability:** board games that stimulate participation are offered, along with memory games, group singing, classic games like bingo, Yahtzee, Sorry and card games.

Caregiver Testimonial

"My 92-year-old mom was hospitalized over the summer with a fractured ankle. Franca and her team visited her two or three times a week to help keep her stimulated. I was impressed with their proactive suggestions and their commitment to her well-being. They updated me after every visit. Now they are working alongside my mother's physiotherapist, doing the prescribed exercises with my mom while she is at the centre. Her strength and coordination have greatly improved. Franca has provided our family with exceptional service and support since the beginning."
- Julien C.

Intern Testimonial

"I completed a stage and worked as a summer student position at Seniors Respite while completing a degree in recreational therapy and the experience was excellent! Franca, Sylvia and all the fantastic volunteers helped me grow as a professional and person through their amazing work and care towards the client needs. A great environment to be a part of"- Meagan B.

The day centre also provides internship opportunities to students from Adult Education Centre (ACCESS) of the Riverside School Board, Centennial High School, Vanier College, Dawson College and Concordia University.

Seniors Respite Montérégie

Key Data 2021-2022

Respite Services

7,113 hours In-Home
8,183 hours Day Centre

Project Funding

\$124,841

Caregivers Supported

10 In-Home
25 Day Centre

Project Activities

50+ participants
1,350+ hours of activities

Personnel

25 caregivers & support staff
4 Student interns
4 Summer students

Community Organizations Support

6+ organizations used our location to deliver their services.

Volunteers

9 individuals – 8,200 hours

In the community

10+ partnership and community tables

Members

173

Facebook

671 followers

Did you know...

- SRM is the only day centre in the region providing respite services to English-speaking seniors
- SRM has no waiting lists
- SRM does not require a referral from health care professional
- SRM can provide financial assistance is available for low-income individuals

Credo

Respite • Sharing the caring • Motivated by love

Our Community

Located in the heart of Greenfield Park, on Montréal's South Shore, our day centre welcomes any English-speaking senior in the Montérégie and offer in-home respite care in a large area of the Montérégie.

Pre-pandemic the day centre was open 5 days a week, from 9:00 am to 4:30 pm and we welcomed 15 to 20 individuals daily.

During this past year, the day centre was open for respite/day centre activities 4 days a week from 9:30 am to 4:30 pm.

On Wednesdays, the day centre was used for other activities for seniors such as the Let's Connect program (see below) and activities hosted by other community organizations.



Caregiver Testimonial

“We have used SRM for in home care for a few months now. Christina has been a wonderful caregiver for my father and a huge help with household chores for my mother. She is super pleasant and full of life and keeps my dad entertained, in the library of their building, or out in the gardens. She always comes equipped with crossword puzzles or Sudoku to work on with my dad. If dad is not up to it, she helps mom with laundry and any other chores that she needs help with. I have had the pleasure of spending time with Christina when I have visited my parents on her days. I have no doubt that she is a good fit for them and am very happy and relieved to know that my parents can remain in their apartment. I am so thankful that we found SRM to provide these services to my parents in English. I would highly recommend Seniors Respite Montérégie to anyone who is looking for English services for their loved ones.” - Sandra S.

Community Partners

Members of Seniors Respite Montérégie's are highly active in the community participating in partnership and community tables to ensure that the needs of English-speaking seniors are integrated in the planning processes that eventually result in services delivered to Montreal's South Shore communities. The following are a sample of those consulting groups where SRM ensures your concerns are voices.

- ✚ L'APPUI communauté de pratique
- ✚ RHSSPT - Regional Health and Social Services Table - ARC - Assistance and Referral Centre
- ✚ CHSSN - Community Health and Social Services Network
- ✚ CISSS-ME SAD partenaires privés et de Répit
- ✚ Montérégie East Partnership for the English-Speaking Community (MEPEC)
- ✚ One Voice Coalition
- ✚ Table pour les aînés RLS Champlain
- ✚ CDCAL - Corporation de développement communautaire de l'agglomération de Longueuil
- ✚ CGPKC - Collectif Greenfield Park Collective
 - Comité Concours photo
 - Comité de pilotage / Steering Committee
- ✚ Ville de Longueuil
 - Groupe de Travail 2.0 pour une démarche visant la mise en place d'une gouvernance en développement social de l'agglomération de Longueuil
 - Semaine des aînés - comité organisateur
 - DASAL - Démarche de l'Alliance pour la solidarité de Longueuil
 - Comite 3DS Comité des partenaires



CGPKC - Collectif Greenfield Park Collective
Comité de pilotage / Steering Committee

Community Organization Cooperation

With COVID-19 restrictions, some community organizations were unable to carry on with their programs. Seniors Respite Montérégie made their space available to the following organizations during the past year:

- ✚ Assistance and Referral Centre
- ✚ Alcoholics Anonymous
- ✚ Arthritis Rive-Sud
- ✚ Destiny Church
- ✚ Phoenix Art Hive
- ✚ Women's Circle

Riverside School Board - Christmas exchange

In December 2021, 12 students from the kindergarten at Mount Bruno school, located Saint-Bruno-de-Montarville, participated in a Christmas decorations exchange with the seniors who attend the day centre. The children created a variety of holiday decorations to decorate our centre and create a festive and joyful atmosphere.

CPR & First Aid Training

Originally scheduled in November 2021, in conjunction with [Phoenix](#), the public was invited to participate in CPR & first aid training. In January 2022, 15 individuals, including our members of our team, took part in CPR training.

Caregiver Testimonial

"My father Wallace suffers with dementia and the program offered by Senior Respite Montérégie helps a lot. My Father is excited to go out, he's happy to see all his friends at the center and socializing in the morning. He loves the games they play together, the music they play and dances with them, and his happiness is being able to tell these stories of his life with the people their. The staff are very pleasant and they socialize with everyone at the center in a respectful way and keep them stimulated throughout the day. Assistance is always offered, either to go to the bathroom or just to get up, people are always there. All of this makes my father happy and me at ease that he is well treated. For me it's a big relief because my time was always required before I learned from the center, and it caused problems for us with my children, with my work, and I had to ask for days off only to assist him. All of these things gave my dad a reason to wake up every morning. I love my father very much and I'm happy that he has the SRM program, instead of taking him to a CHSLD." - Kyla

Funding & Income

By offering respite services as well as other activities that are developed with the 55+ community in mind, together with other community organization, we are part of the local support network for seniors and caregivers in the Montérégie.

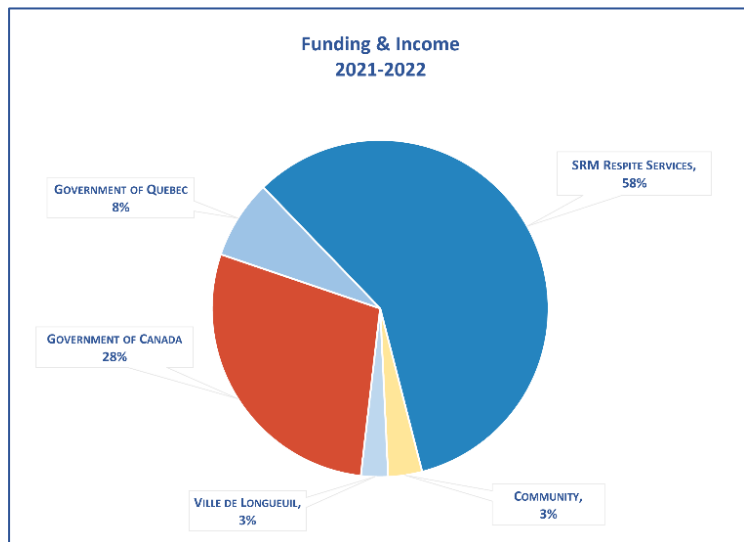
However, these services are underfunded, and recurrent & consistent funding is low. Few organizations enjoy the stability of mission-based funding for half their budget.

In other words, much of our funding comes from projects or service agreements which, in addition to being time-consuming in terms of accountability, are not guaranteed over time. Although project funding can be interesting periodically, when it is the norm, organizations are more at risk of cutting services periodically and losing their human resources, and therefore their expertise. Managers are constantly looking for funding instead of thinking about improving practices or developing services.

Seniors Respite Montérégie's financial strategy is to solicit support from Federal, Provincial and Municipal governments project grants to reduce the cost of our services for caregivers. While our primary source of operations funding is fees for services rendered, SRM has received financial assistance from elected officials, as well as donations from individuals.

In the coming year, we will continue to work with the Centre intégré de santé et des services sociaux (CISSS) de la Montérégie-Centre which is responsible for the administration of Le Programme

de soutien aux organismes communautaires (PSOC) within the Montérégie. The PSOC provides core (stable) funding to community organizations in support their mission.



Project Funding

In 2021-2022 SRM applied for several funding grants and were successful in obtaining funding to provide respite services as well as other activities our English-speaking seniors.

Seniors Helping Seniors Through the Arts
Community Cultural Action Fund
Canadian Heritage
\$47,500

- + Provide English-speaking seniors living in the Montérégie the opportunity to participated in art activities, reduced the COVID-19 isolation and increased sense of belonging.
- + Art activities for seniors at the day centre, including painting, music, sing-a-longs and arts & crafts.
 - + January 2021 to March 2021
 - + 101 hours person hours
 - + April 2021 to March 2022
 - + 592 person hours
- + Seniors Community Arts program via ZOOM
 - + Online art workshops, led by local artists, Addie Malkus & Sharon Smith
 - + Tuesdays & Thursdays, January to March 2022
 - + 51 weeks, 664 hours of art workshops
 - + 14 participants on average per workshop

Participant Testimonial

“These Art classes, held weekly via Zoom, were happy occasions to look forward to, stimulating and informative and most of all fun! These get togethers were particularly helpful in breaking the isolation of the COVID lock-down!” - Shirley P.

Community Health and Social Services Network (CHSSN) and
Secrétariat aux relations avec les Québécois d’expression anglaise (SRQEA)
\$27,000

- + Outreach to English speaking caregivers with respite caregivers & seniors in response to the COVID-19 pandemic
- + Months of April 2021 and February 2022
- + Provided caregivers with 525 days or 3900 hours of respite
- + 27 individuals with cognitive loss received physical and socialization at our day centre where our loving staff provided a safe environment for their loved ones.

Ville de Longueuil
Support program for organizations related to the COVID-19 pandemic
\$9,500

Let's Connect

Community Based Project

New Horizons for Seniors Program (NHSP)

\$24,989

- ✚ Members of our community learned and improved their digital literacy. In partnership with the [Atwater Library Connect Program](#) in Montréal, a group of seniors gained new knowledge on how to use our devices, be it smartphones, tablets, or laptop, while meeting new friends.
- ✚ July 2021 to December 2021
 - ✚ 30 seniors participated in our digital literacy activities. One participant even travel from Saint-Lazare!
 - ✚ Participants expressed being better informed and have a better understanding on how to use their devices.
 - ✚ Participants expressed more independence on using their device and not having to rely on family members to show them how to use their devices.
 - ✚ The seniors who participated had an active role in the development of the programming. In the second session of workshops, they chose what they wanted to learn more about.
 - ✚ Seniors were assisted by our summer students as well as volunteers.
 - ✚ The in-person sessions allowed for the participants to socializes with a new group of individuals and share their experiences.
 - During our photo session, when an individual who was struggling to take a photo, finally was able to take and share the photo with the rest of the group, spontaneous applause erupted from the group and the smile of pride on their face was incredible. The support and comradery were evident.
 - ✚ The equipment purchased will allow us to provide workshops in the future.
 - ✚ The exchange of information during these sessions inspired a new program called Let's Prepare scheduled for fall 2022.

Canada Summer Jobs

Summer Student Employment Wage subsidy programs

\$15,852

- ✚ Provided work experience for 4 youths during the summer months of 2021.

Our Team

Staff and Volunteers		
Executive Director	Franca Sparapani	
Caregivers	Kim Chevrier Amenah Al-hebshi Andrea Bardakas Michelle Garvie Caroline Deziel Catherine Webster Fatimoh Adedayo Owolabi Georgina Ramos Kaoutar Rochd Allyssa Kerr	Simone Nicholson Jessica Saintil Lynn Roche Melanie Barbara Feres Nathalie Corbeil Paul Olisa Ayoh Rafik Hana Stephanie Morgan Christina Candline Stephanie Faith
Day Centre Coordinator	Sylvia Skuse	
Day Centre support staff	Cynthia Dow Carol Ann Stevens	Tatiana Lochaitis-Rodrigues
Volunteers	Nancy Di Milo Gerry Carey Anastasia Koutlakis Marilyn Reid Kevin Erskine-Henry	James Burgess Debbie Morzajew Michael Sitruk Rachel Wagner
Seniors Helping Seniors Through the Arts Program animators	Jacques Lecavalier Addie Malkus Sharon Smith	Khaled Hobishi Johanne Watts
Summer Students	Grace Dominko Hala Hobishi	Vanessa Burton-Dulude Omar Hobishi
Interns	Tatiana Rodrigues Tania Blood	Kelsey Dezan Cory Robinson

Caregiver Testimonial

“Had it not been for this center, I don’t know what I would have done. The people who work at this center are angels without wings. To most people 3 hours might not be a lot but to me it is a life saver. I have peace of mind when I go grocery shopping as I know my loved one is in good hands. He has a great time cause he has to have a nap upon arriving at 🏠 I cannot find the proper words to express how grateful I am to be able to use these services. God bless everyone associated with this organization.” - Sue A.

The Annual General Meeting: The guardian of our mission

The Annual General Meeting (AGM) of members:

- ✚ Is the supreme and sovereign authority of the organization;
- ✚ Is held within ninety (90) days of the end of the fiscal year;
- ✚ Decides on the actions concerning the activities of the organization;
- ✚ Receives financial statements, estimates and annual activity reports, as well as any special report from the board of directors;
- ✚ Elects the members of the board of directors;
- ✚ Appoints an external auditor for the organization for the coming year;
- ✚ Is held on the date and at the location set by the board of directors;
- ✚ Is convened by public notice at least 10 days before the fixed date. The members present at the meeting constitute a quorum.

Last year, COVID-19 health measure restrictions delayed our meeting, and the AGM was held on Wednesday, September 2, 2020, via ZOOM. Despite our issuing notice of the meeting and follow up few members chose to participate.

Our board of directors: A solid pillar of our action

The board of directors:

- ✚ Is composed of five (5) directors and the Executive Director who is appointed ex officio.
- ✚ The five directors are elected from among the members in good standing of the organization at a general meeting for a two-year term and are volunteers.
 - ✚ Two (2) of the members of the board of directors are elected in even years and 3 are elected in odd years.

Board of Directors 2021-2022	
President	Kevin Erskine-Henry
Vice-President	Debbie Morzajew
Treasurer	James Burgess
Secretary	Michael Sitruk
Administrator	Rachel Wagner
Executive Director (ex-officio)	Franca Sparapani

In 2021-2022, the board of directors met eleven times via ZOOM.

Thanks to all our Funders, Partners & Supporters 2021-2022



Nicole Ménard
Députée de Laporte



GREENFIELD PARK
LIONS CLUB

Appui
proches aidants

You care *for them*,
we care *for you*.



Canadian
Heritage

Patrimoine
canadien



PHOENIX PROJECTS



Greenfield Park Branch 94



Solutions Financières Demets
inc.

Conseiller en sécurité financière, conseiller en assurances
et rentes collectives et représentant en épargne collective

We are grateful for the continuous support of our community!