

Services d'accompagnement et de répit aux personnes âgées à domicile

The Infolettre

FALL 2022 - NUMBER 72



A WORD FROM THE PRESIDENT

An organization such as the Centre de bénévolat SARPAD can not operate without a Board of Directors which must define its orientation and ensure that its mission is respected while managing its personnel and staying within the budget allocated by government authorities.

Our Board of Directors is comprised of volunteers of various backgrounds with the level of expertise needed for the well-being of our organization.

I wish to sincerely thank all those who have accepted to give their time graciously on diverse Board functions. Through their knowledge and experience, we are assured of the proper working of our organization and of achieving our mission.

Jules Vanier, Chair of the board







CENTRE DE BÉNÉVOLAT SARPAD

BOADD OF DIDECTORS

2022 - 2023	
Jules Vanier Fonctionnaire Fédéral	Chair of the board
Marcel Barchechat Retraité	Vice-chairperson
Ivan Rochette Retraité	Secretary
Frédéric Guilmard Courtier immobilier	Member
Paulina Zamfir Courtier immobilier agréé DA	Member
Nadia Moubarik Infirmière clinicienne	Treasurer
Jean-Pierre Martin <i>Retraité</i>	Member

MEDICAL TRANSPORTATION

SARPAD offers medical transportation as an essential service. Our volunteer drivers accompany our impaired mobility beneficiaries to their medical appointments while respecting all hygiene requirements. For this service to be efficient, we need your collaboration.

When you call for a medical appointment, it is crucial to make all your information available to us, such as name of the site, precise street address, pavilion if needed, department, floor, room number and, if possible, the duration of the appointment.

SARPAD offers transportation to persons 55 years old and over with

impaired mobility whose annual income is 30 000\$ or less. For the Côte-des-Neiges beneficiaries, you may contact us at 514 737-2454, extension 224 and for the Outremont beneficiaries, at 514 271-8869. Our offices are open Monday to Friday, 9am to 5pm.

Pascal Tanguay

Côte-des-Neiges volunteers coordinator

PERMANENT STAFF	
Daniela Roiban	General manager
Pascal Tanguay	Coordinator for Côte-des-Neiges
Marie-Paule Duquette	Coordinator for Outremont
Christiane Bulembi	Administrative Assistant





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CAFÉ-RENCONTRE

On March 19, 2022, as part of the « Café-rencontre » series of workshops in partnership with the Institut Universitaire de Gériatrie de Montréal, we attended the first conference on normal aging issues. The subject of the conference was explicitly **The communication issues relating to the normal aging process**. The event brought together 30 participants to hear experts explain the various communication issues we have to face when getting older and starting to search for words.

Next November 23, the second « Café-rencontre » workshop will deal with *Hearing and communication issues affecting seniors*. Teachers and researchers of the *École d'orthophonie et d'audiologie de l'Université de Montréal and of the Centre de recherche de l'Instititut Universitaire de Gériatrie de Montréal*, will inform us about hearing issue. We are expecting all of you at 6767 Chemin-de-la-Côte-des-Neiges, room 602.

Daniela Roiban, Directrice



vous voulez ameilorer la qualité de votre communication et avoir une experience plus agréable?

Participez à notre atelier gratuit présenté par :

Mme Adriana Lacerda, Ph. D.
Professeure agrégée à l'École
d'orthophonie et audiologie de
l'Université de Montréal

Chercheuse au Centre de recherche de l'Institut universitaire de gériatrie de Montréal M. Jean-Pierre Gagné, Ph.D.
Professeur émérite à l'École
d'orthophonie et audiologie de
l'Université de Montréal
Chercheur au Centre de recherche
de l'Institut universitaire de gériatrie
de Montréal

Mercredi 23 novembre à 14 h 00 6767, Chemin Côte-des-Neiges, 6ème étage salle 602 Inscrivez-vous : 514-737-2454 - sarpadCDN@sarpad.com

MANY THANKS TO OUR VOLUNTEERS AND TRAINEES!

After going through a pandemic since March 2020, it is finally time to enjoy a certain sense of security. It's not that there is a lack activity at SARPAD, believe me; both the number of beneficiaries and of service requests

are rising. We have been quite lucky to be able to recruit very talented volunteers and trainees. Thanks to their generosity, availability, and experience, we can meet most of the demand. I often get phone calls from our beneficiaries, their families and CLSC resources who express their utmost gratitude and appreciation for our volunteers.

More and more elderly persons express their desire to stay at home as long as possible with a little help. Since the beginning, SARPAD offers transportation and personal accompaniment for medical visits, help for groceries, friendly visits and phone calls, walks, as well as a much-needed break. SARPAD has also started a new program to familiarize the elderly with digital technologies. All these actions bring an added level of security to our beneficiaries.

Marie-Paule Duquette, Coordonatrice bénévoles à Outremont

SENIORS DAY

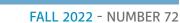
At SARPAD, we are still moving forward with our workshops.

Last September 28, to underline **Seniors Day** celebrated each October 1^{st} , we attended a conference on **Digital Fraud** given by Mr. Brian Smith, Vice-President, Quebec Operations of the Canadian Foundation for Economic Education (CFEE) who spoke about online fraud and methods to defend against it.

The object was to understand fraud and its many mechanisms, learn how to identify signs of fraud and know what to do in case of doubt, understand why seniors are targeted and know what to do when we fall victim to fraud.

A dozen beneficiaries and volunteers attended the event. A cold buffet and coffee followed to allow our seniors to socialize.

Christiane Bulembi, Administrative Assistant





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NEW SERVICES

During the last year, we have implemented new services for our beneficiaries:



→ A free income tax service for low-income seniors.

For two months, March and April, volunteers help seniors 55 years and older to fill in their income tax returns.



➡ The Digital Project

A digital technology Q&A workshop for elders who have difficulties mastering digital services.



➤ For the past three years, the Snow Brigade is a snowremoval service helping seniors with impaired mobility.



LANCEMENT DE LIVRE

SARPAD a le plaisir de vous inviter au lancement du livre « Comment retarder les effets négatifs du vieillissement » d'Ivan Rochette.



DATE: Mardi, 29 novembre 2022

HEURE: 14h30

LIEU: Résidence Cornelius

Groupe Maurice 6235, Av. de Darlington

Montréal, H3S 0A5

INSCRIPTION obligatoire au 514 737-2454, poste 223



Faites une différence dans la vie de nos aîné(e)s

Ce que vous pouvez faire :

- Visite amicale
- Appel téléphonique amical
- Promenade
- Courses à l'épicerie
- Transport pour visite médicale
- et autres



514-737-2454 sarpadCDN@sarpad.com



