



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



PLEASE REGISTER BEFORE
November 24th, 2022
514 737-2454, ext. 223

Christmas Lunch

THURSDAY, DECEMBER 1ST, 2022, 1 P.M.

Restaurant
Via Sou Greek Grill
5375 Queen Mary Rd.
Montreal, Quebec H3X 1V1



CENTRE DE BÉNÉVOLAT SARPAD

BOARD OF DIRECTORS 2022 - 2023

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

PERMANENT STAFF

| | |
|-----------------------------|--|
| Daniela Roiban | <i>General manager</i> |
| Pascal Tanguay | <i>Coordinator for Côte-des-Neiges</i> |
| Marie-Paule Duquette | <i>Coordinator for Outremont</i> |
| Christiane Bulembi | <i>Administrative Assistant</i> |

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

HOLIDAYS SCHEDULE

The SARPAD offices will be closed during the Holiday Season
 From **23th of December 2022**
 until the **4th of January 2023**.





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'Institut 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



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 of 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, Coordonnatrice 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 1st, 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



QUARTIER INNOVANT
COMMUNICATION



L'audition et la communication chez les aînés

Vous voulez améliorer la qualité de votre communication et avoir une expérience plus agréable?

Participez à notre atelier gratuit présenté par :

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| <p>Mme Adriana Lacerda, Ph. D. Professeure agrégée à l'École d'orthophonie et d'audiologie de l'Université de Montréal Chercheuse au Centre de recherche de l'Institut universitaire de gériatrie de Montréal</p> | <p>M. Jean-Pierre Gagné, Ph.D. Professeur émérite à l'École d'orthophonie et d'audiologie de l'Université de Montréal Chercheur au Centre de recherche de l'Institut universitaire de gériatrie de Montréal</p> |
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Mercredi 23 novembre à 14 h 00
6767, Chemin Côte-des-Neiges, 6^{ème} étage salle 602
Inscrivez-vous : 514-737-2454 - sarpadCDN@sarpad.com

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 snow-removal service helping seniors with impaired mobility.

INVITATION
 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 : 14 h 30
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

Contactez-nous :

514-737-2454
 sarpadCDN@sarpad.com

