

A WORD FROM THE PRESIDENT



At this start of 2023, I would especially wish to thank Daniela, our General Manager, for all the efforts she deployed in order to maintain the high level of services offered to our C.D.N. and Outremont beneficiaries. I also want to acknowledge the exceptional work of Marie-Paule and Pascal whose responsibilities have increased tenfold with the many vacant positions in our team. For 2023, we are determined to help our seniors to better adapt to new digital technologies which can often make life increasingly difficult for them. Mario and Christina, both new at SARPAD, will be there to make life easier for our seniors faced with the many technology changes that can challenge the elderly.

Also please don't forget that we are always looking for new volunteers to render various services to the senior population which in turn will enhance their own self-esteem by serving their society.

Sincerely,
Jules Vanier

INCOME TAX CLINIC

Free

Contact-us

March 20 to April 30 2023

514-737-2454 ext. 223

impot@sarpad.com



CENTRE DE BÉNÉVOLAT SARPAD

BOARD OF DIRECTORS 2022-2023

Jules Vanier <i>Economist</i>	<i>President</i>
Marcel Barchechat <i>Retired</i>	<i>Vice-president</i>
Ivan Rochette <i>Retired</i>	<i>Secretary</i>
Frédéric Guilmart <i>Real Estate Broker</i>	<i>Administrator</i>
Jean-Pierre Martin <i>Retired</i>	<i>Administrator</i>



CALL FOR APPLICATIONS

BOARD MEMBERS WANTED

Number of positions to be filled: 2
 Mandate duration: Two years with possibility of renewal

Desired profile and pre-requisites

SARPAD wishes to enroll volunteer members with diverse expertise, of all ages and genders to fill the two vacant positions on its board in order to help the management team. Interested candidates must involve themselves with the organization by counseling and helping the management at different levels with the collaboration of present board members.

The following competency profiles are especially sought after: expertise in the communication and health sectors, accounting, traditional and digital marketing as well as human resources management.

Implication

Candidates should be available for a minimum of ten meetings annually with an approximate duration of two hours each. They will have the possibility of joining working committees within the board. The frequency and modalities of these working committees are left to the discretion of supervisors and members of each committee.

To apply

Submit your resumé along with a letter of intent by e-mail to Mrs. Daniela Roiban, General Manager, at the following address:

coordosarpad@sarpad.com by **March 31 2023** at the latest.

For more information: 514 737-2454 ext. 221

PERMANENT STAFF

Daniela Roiban	<i>General Manager</i>
Pascal Tanguay	<i>Volunteer Coordinator for Côte-des-Neiges</i>
Marie-Paule Duquette	<i>Volunteer Coordinator for Outremont</i>
Christiane Bulembi	<i>Administrative Assistant</i>
Mario Jean Paul	<i>Digital Project Facilitator</i>

Although our **Côte-des-Neiges** phone number stays the same (**514-737-2454**), we have recently modified the extension numbers where you can reach us:

- For **transportation**: extension 224
- For **management**: extension 223
- For **the Digital project (IT workshops)**: extension 222
- For **the directorate**: extension 221

As for **Outremont offices** : **514-271-8869** ext. 225

It will be a pleasure to answer your calls !





INTRODUCING A NEW TEAM MEMBER

My name is Mario Jean Paul. I am a young Information Technology (IT) professional, living in Montréal since my arrival in August of 2022 from my native country, Haïti. I came here to live new experiences, both professional and personal. Having graduated as a computer specialist more than 10 years ago, I have had the opportunity to work in the humanitarian field such as with the World Food Programme.

I was also privileged to support the elderly within the Centre intégré de santé et de services sociaux de Laval (Laval CISSS) at the Hôpital de la Cité de la santé de Laval as well as with the Centre communautaire de loisirs Sainte-Catherine d'Alexandrie in Montréal.

There, I supported seniors by heading various workshops and activities (introduction to IT, parlour games, discussion forums, etc.). Today, within SARPAD, I tackle the role of facilitator for the Digital Project, but I will also take part in various social missions. It will be my pleasure to respond to your calls and questions and to see you in our offices or at any of the many events and projects we organize.

CHRISTMAS LUNCHEON



December, the month of gifts! The Centre de bénévolat SARPAD wished to celebrate its precious volunteers by offering gifts. In this holyday season, a Christmas luncheon was held at the Yia Sou restaurant for the benefit of 50 participants.

In a warm atmosphere, attendees could socialize and share good times with SARPAD's board members.

Prize draws distributed gift certificates, books and more to the happy winners. The less-than-ideal weather didn't deter our volunteer drivers to give some of their spare time to help people who needed transportation to the restaurant.



BOOK LAUNCHING

Mr. Ivan Rochette's book **«For those who want to delay the negative effects of ageing»** was launched on February 7th at the Cornelius senior's residence. This book was published in order to raise seniors' awareness and address various means of thwarting some of the negative effects of ageing.

In a warm atmosphere, with more than 70 persons in attendance, Mr. Rochette took the time to present his book and sign autographs.

The nutritionist and collaborator to the book, Louise Lambert-Lagacé, took the opportunity to underline the importance of proper nutrition in slowing the effects of ageing.

To buy the book, please call 514-737-2454 ext. 223

The price is 20\$ (you can have a receipt for tax purposes)



VOLUNTEER SERVICES OFFERED BY SARPAD



We have come to realize that our elders wish to remain at home as long as possible. For more than 40 years in the Côte-des-Neiges borough and 20 years in Outremont, SARPAD has been meeting your needs by offering volunteer services to seniors with reduced autonomy and to their family caregivers.

Our services cover: **transportation and assistance for medical appointments, assistance for errands (groceries, shopping, banking), friendly home visits, weekly calls to create and maintain friendly bonds, neighborhood walks to stay in shape.**

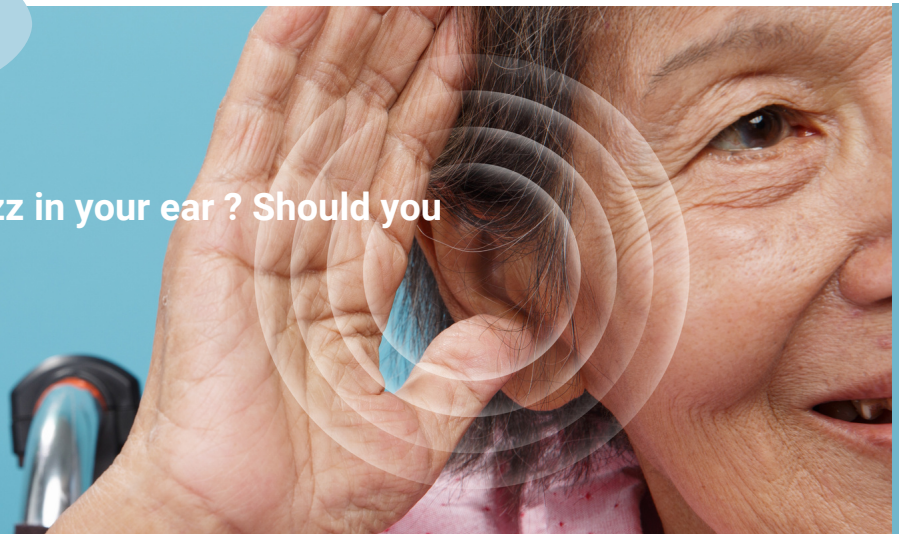
Since 2021, in answer to multiple requests, we have added 3 new services to further support our elders: An **Income Tax Clinic** given by volunteers with Revenue Agency training, a **Snow Brigade** in partnership with the Carrefour jeunesse-emploi Côte-des-Neiges and the *Groupe scout 55e Guynemer d'Outremont*, the **Digital Project**, a series of initiation workshops to help our beneficiaries cope with digital technology.

All these services bring a sense of peace of mind and security to our beneficiaries and aim to improve their quality of life.

For more information, please **call us at 514-737-2454 ext. 224 or 223 (Côte-des-Neiges) or 514-271-8869 (Outremont).**

COFFEE CLUB

What is tinnitus, that annoying buzz in your ear? Should you worry about it?



Thursday March 2nd at 2pm



Cornelius Residence, Groupe Maurice
6235 Darlington ave, Montreal
H3S 0A5



To register
514-737-2454 ext. 223
sarpadCDN@sarpad.com

CONFERENCE : TOWARDS A CULTURE OF RESPECT AND WELL-TREATMENT

for seniors and witnesses of situations of mistreatment (friends, neighbours, etc.)



 **Wednesday March 8 2023 at 2pm**  **6767 Côte-des-Neiges road, room 697**



Here are the main topics covered:

- Values and behaviors related to well-treatment
- Winning conditions
- Risk factors
- What are the types and forms of abuse and how to recognize them?
- What can we do?
- Available resources

To register : 514 737-2454 ext. 223

DIGITAL WORKSHOP

You want to learn to use the internet, a tablet or a smartphone ?



**Starting date for the workshops : March 9 2023
 11 am to noon**



**MANDATORY REGISTRATION
 Call Christiane :
 514-737-2454 ext. 223**



BECOME A VOLUNTEER

Make a difference in the lives of our seniors!

**Contact-us :
 514-737-2454 ext.223
 sarpadCDN@sarpad.com**

