

Le Montréal FADOQ

WINTER 2023 | VOLUME 26 NUMBER 2

fadoq

Région
île de Montréal

WINTER SCHEDULE

TAX CREDIT FOR HOME-SUPPORT SERVICES



Home • Auto



Life • Health • Investment



Pour vos lunettes ou verres de contact, il existe

4 promos FADOQ!



25\$ de rabais additionnel

à la promotion « la 2^e PAIRE à 1\$ ».



25% de rabais

à l'achat d'une paire complète: monture, lentilles et traitements de nos collections designers exclusives.**

15% de rabais

à l'achat d'une paire de lunettes de soleil ou complète de notre collection de designers internationaux.**

10% de rabais additionnel

à l'achat d'une provision annuelle de verres de contact à prix régulier.

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Offres réservées aux membres FADOQ, valables toute l'année. Sur présentation de votre carte de membre FADOQ. * Recevez un rabais de 25 \$ additionnel à la promotion « la deuxième paire à 1 \$ ». Avec l'offre 2e paire à 1 \$, achetez n'importe quelle paire de lunettes complète de notre collection de marques Exclusives avec monture et lentilles traitées antireflet premium, et recevez une deuxième paire de la même collection Exclusives et d'une valeur identique ou moindre pour seulement un dollar! **Rabais applicables sur le prix régulier, ces offres ne peuvent pas être jumelées. Sujets à changement sans préavis. Jacinthe Laurendeau opticienne.

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Le Montréal FADOQ

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Have you received a renewal notice?

When you receive your renewal notice by mail or email, it's important to complete it and return it as soon as possible so that you can continue to enjoy activities, discounts and other privileges. It's all the more important if you want to take advantage of the discount offered by Intact Insurance. In fact, it's important to have your FADOQ card in good standing in case you have to make a claim.

Have you moved?

To continue receiving our communications, notify us as soon as possible at 514 271-1411, extension 221, or by email at info@fadoqmtl.org.



Welcome 2023 with *hope and enthusiasm*

The year 2022 gave us several reasons to celebrate together. We first started by celebrating the 50th anniversary of the FADOQ Région Île de Montréal. In March, Mr. Bernard Derome us a memorable conference; in July, we enjoyed a magnificent evening aboard the Bateau-Mouche with a gourmet meal and in September, we welcomed Fall by way of a luncheon at the Botanical Gardens where you could walk about and visit the greenhouses

And what about our rich activities program: trips, educational workshops, sports and cultural activities, and all in person! What a pleasure it was to see you participate in such large numbers.

After a 2-year pause due to health necessities, we were finally able to hold our regional FADOQ

Games again. In all, 379 athletes took part in competitions in the 11 disciplines on the program. In addition, the Montreal region was also represented at the Provincial Games organized in Quebec with a delegation of 11 athletes and a silver medal was won in mixed golf. Congratulations to all! Not to mention the “*Vieillir et beautés*” exhibition by photographer Arianne Clément, the purple illumination of the Olympic Stadium Tower and the “*Rompre avec l’âgisme et favoriser la bientraitance*” round table; three events organized as part of the World Elder Abuse Awareness Day. We also took part in the Quebec Intergenerational Week and in the March marking International Seniors Day, and this is just a glimpse of all that we are doing with our valued partners to represent seniors and defend their interests within society.

I look forward to 2023 with enthusiasm. As usual, the entire team will work very hard to offer you a diversified program that will please you, pique your curiosity and encourage you to participate. If you wish to send us your suggestions for activities or conferences for the next year, or if you wish to get involved as a volunteer, we will be happy to read of your interests or ideas at info@fadoqmtl.org

The members of the board of directors and the FADOQ - Région Île de Montréal team join me in wishing you, dear members, a warm holiday season and a year 2023 filled with health and kindness.

Your president,
Jocelyne Wiseman

*This holiday season, we send you our best wishes
for happiness, health and a good time shared with those you love.*

*Merry Christmas
and Happy New Year!*

The FADOQ – Région île de Montréal team
Andrée, Assane, Augustine, Claudia, Dominique, Isabelle, Sophie et Rosée



Salon Carrefour 50+

Once again this year, the FADOQ – Région île de Montréal will be present at the Salon Carrefour 50 ans +. This event is an exceptional showcase on the various social, cultural, recreational and employment issues that affect people aged 50 and over. The Show will take place on April 14, 15 and 16, 2023.

Don't forget to come say hi at our booth!

Departure of Andrée Turmel

The Board of Directors and the entire office team would like to salute Ms. Andrée Turmel, who left her position as Assistant General Manager and Head of Communications last September.

Dear Andrée, we wish you the best of success and a lot of happiness in the new professional challenges that await you. Thank you for your rigour and humour. Working with you on a daily basis has been a real pleasure.



Boîte d'échange de livres



Amatrices et amateurs de lecture, nous avons maintenant une boîte d'échange de livres à l'extérieur de notre bureau (7537, rue St-Hubert). Un grand merci au talentueux Michel Boivin qui l'a construite. Profitez d'une visite à la FADOQ – Région île de Montréal pour y échanger vos livres. Bonne lecture!

Think cohabitation for your well-being!

Économisez, partagez, découvrez!

La maisonnée offers a free service to accompany people who wish to rent one of their rooms to a newcomer or to a single man or woman. For over than 20 years, this project funded by the city of Montreal has enabled dozens of hosts each year to live an enriching and unique experience. In addition to saving on the cost of rent, the hosts, men or women, testified to having experienced moments of sharing and exchange between hosts and immigrants. The testimony of a host and of a lodging requester illustrates the experience of living together:

“She taught me how to work with computers and how to garden. I discovered Mediterranean dishes”.

The host will participate in facilitating the integration of the newcomer in many ways, for example by introducing the newcomer to the different Montreal neighborhoods, the transportation system, etc.

For newcomers, meeting Montreal residents from the host society will accelerate their integration process through the practice of French, knowledge of cultural codes, etc.

The comments gathered from newcomers attest that this intercultural cohabitation facilitates their integration:

“During the cohabitation, we watched Quebec films and she introduced me to Quebec comedians and typical expressions. This facilitated my integration”.

“Cohabitation is an interesting concept, because we have reciprocity of needs”.

The project has implemented a rigorous procedure to ensure safety and to coordinate quality matches.

Questions?

Contact us! Ask for Adja Angely Gaye:
514 271-3533- ext. 248



Only for those at least 50 years young!

FADOQ FreeSpace® is a home and automobile insurance program **exclusively for members of the Réseau FADOQ**. Take advantage of the Intact Insurance offer, including:

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REGISTRATION START DATE: **MONDAY, NOVEMBER 28 AT 9 AM**

Activities presented below are held in French.
However, most of our guides and teachers are bilingual.
You are all welcome!



SPORTS ACTIVITIES

Toning and Stretching

This class is about gaining muscle tone through stretching. It not only includes exercises that promote flexibility to improve joint mobility, but also muscle exercises that aim to strengthen postural and stabilizing muscles.

Dates: Mondays, from January 16th to April 3th

Time: 2:30 p.m. to 3:30 p.m.

Location:

Centre du Vieux Moulin de LaSalle, 7644 Édouard Street (corner 4th Ave.), LaSalle

Cost: \$81 - 12-week session

Tai Chi Chen

Alternating slow and fast movements, Tai Chi Chen is characterized by its low postures, its "silk windings" (chan si jin) and its explosive bursts.

Dates: Wednesdays, from January 18th to April 5th

Time: 2:30 p.m. to 3:30 p.m.

Location:

Centre du Vieux Moulin de LaSalle, 7644 Édouard Street (corner 4th Ave.), LaSalle

Cost: \$81 - 12-week session



VIRTUAL CONFERENCES

Senior tenants: what to watch out for to avoid abuse

Despite housing rights and duties, elder abuse occurs. Fundamental rights are attached to every person, regardless of their living environment. We would like to talk to you about this topic and answer your questions. We hope to see you in large numbers on February 2nd, 2023: it's a date!

Date: Thursday, February 2nd

Time: 10:30 a.m. to 12 p.m.

Location: Virtual

Cost: Free



Canada Revenue Agency (CRA) - Information session for adults 65 years and older

65 years and older? Find out how the CRA can help! Benefits and credits can put money in your pocket and help you make ends meet.

Date: February 15th

Time: 1:00 p.m. to 2:30 p.m.

Location: Virtual

Cost: Free

Information session for persons with disabilities - Canada Revenue Agency (CRA)

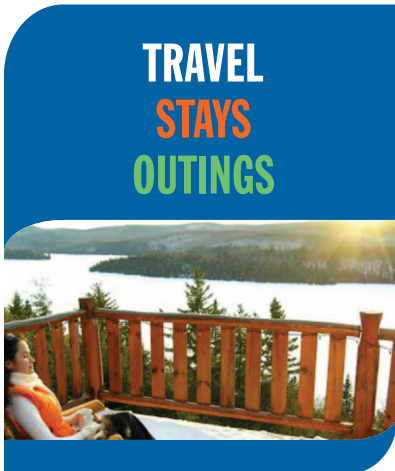
Be better informed about the benefits and credits available for persons with disabilities and their caregivers.

Date: March 1st

Time: 10h00 a.m. to 11h30 a.m.

Location: Virtual

Cost: Free



Cross-country skiing and/or snowshoeing Outing

Come experience winter while enjoying the magnificent landscapes of the Val David-Val Morin Regional Park. Equipment rental is available on site (\$). Transportation and meals included.

Date: February 2nd

Departure:

8 a.m., 7600 Sherbrooke Street E, Montreal

Expected return:

4 p.m.

Location:

Val David-Val Morin Regional Park, Far Mills sector

Cost: \$55 including lunch and transportation

OutPLAY Winter

An all-inclusive formula at the Hotel Sacacomis located in the heart of one of the most remarkable forests in Saint-Alexie des Monts for an exceptional experience in nature. Hiking

Included:

2 nights, activities,
2 breakfasts, 3 lunches
and 2 suppers.

Transportation by coach and
Nordic Spa available (\$)

Date: Tuesday, February 21st to
Thursday, the 23rd, 2023

Departure:

Tuesday, February 21st at 9 a.m.
from 7600 Sherbrooke Street E

Expected return:

Thursday, February 23rd at
3:30 p.m. at 7600 Sherbrooke
Street E

Cost: Occ.

Single: \$912
Double occ.: \$663.50
Triple occ.: \$580



**VOYAGE FADOQ 2023
Information Meeting**

Information session on the 2023 destinations that we are offering in collaboration with Groupe Voyages Québec.

Date: Tuesday, January 31st

Time: 1:30 p.m.

Cost: Free

Location:

Val David-Val Morin Regional
Park, Far Mills sector

Cost: Virtual

*In French



Supper Get-together

In a dinner-show format, an evening to socialize and eat in a musical atmosphere.

Dates: Fridays, February 10th and
March 17th

Location:

Costa Del Sol Restaurant,
4855 Jarry Street E,
St-Leonard, Quebec H1R 3G

Cost: \$63 each including meal and
show. (Tip and drinks not
included)

CULTURAL ACTIVITIES

The Time of the Pharaohs Exhibition as well as the René and Lévesque

Decode the myths and realities of ancient Egyptian culture in the company of the guide-facilitator. Also free to visit are the various exhibitions, such as René et Lévesque which highlights the milestones in life that shaped the personality of René Lévesque until his death in 1987.

Date: Thursday, March 2nd

Departure: 9 a.m., 7600 Sherbrooke Blvd. E, Montreal

Expected return: 6 p.m.

Location: Museum of Civilization, Quebec

Cost: \$75 including a guided tour, lunch and transportation by coach.

*The guided tour is in French



Registration required for all activities starting **MONDAY, NOVEMBER 28 AT 9 AM** at 514 271-1411 ext. 222. You can also register online. Consult the website fadoq.ca/en/ile-de-montreal/leisure-and-events

RETURNING TO WORK AFTER 60

François Dallaire, Assistant manager,
Carrefour Relance



Socio-professional workers at the Carrefour

In the current context of labour shortages, keeping experienced workers employed makes sense. Many of them have already left the job market for various reasons but want to return, whether to make ends meet, to get active or to continue contributing to society.

It should also be noted that the Government of Quebec has created tax incentives to facilitate and encourage the return or retention of experienced workers. You can consult different scenarios by consulting the website of the Consultative Committee for workers aged 45 and over at: <https://cc45plus.org/publications/travailler-au-dela-de-lage-de-la-retraite-est-ce-que-ca-vaut-le-cout/>

The Carrefour Relance team is trained and qualified to facilitate this return to work or professional reorientation. An employment preparation project for people aged 30 and over has been offered here for several years and it is clear that there has been an increase in the average age of users. In fact, over the past three years, more than 60% of the clientele had reached the age of 50 and over.

In order to respond adequately to these people, a special component concerning people aged 60 and over has been developed. Together with a socio-professional worker, a personalized action plan is set in motion in accordance with the skills, values, obstacles and transferable skills of each person. Individuals are thus able to update their knowledge regarding the job market and take stock of their previous jobs, training and achievements.

For beginners, this is an opportunity to learn about computers, sending resumes by email and exploring job search sites. For several years now, stress management workshops have been included throughout the users' journey. Here are some of the topics covered: self-esteem, self-confidence, communication, etc. Individuals learn to discern the false perceptions of the job market, and to acquire good techniques and job search strategies.

So, to help you return to work under winning conditions, don't hesitate to contact Carrefour Relance at 514-254-7400 and make an appointment with one of our socio-professional workers.





COLLECTIVE IMPACT PLAN: MONTREAL SENIOR RESILIENCE NETWORK

Caring Community

Caring Community has existed since 2017 in the Centre-Sud district. It joined the Montreal Resilience Seniors Network (RRAM) from the start of the process.

Caring Community provides a bridge between health and community through the integration of peers into primary care teams. Peers are individuals with significant life experience who engage as allies in a listening, connecting, and accompanying role in attainment of the life goals set by the individual, at their own pace. The role of peers is distinct from and complementary to those of health-care professionals and community workers.

Peers are not matched with citizens/patients by disease, age or gender. It turns out that most of the people accompanied, even in homelessness, are seniors, which makes perfect sense considering the aging population. The accompaniment is done in

complete confidentiality, in a safe and non-judgmental environment, at the pace of the person, and according to their emergencies, needs and aspirations; whether in person, by phone or by videoconference.

Caring Community is built on the experience of peer support initiatives (e.g., in mental health, addiction, homelessness, for women, seniors, and Indigenous peoples) and distinguishes itself by its integrated community care approach, regardless of the person's age or health conditions.

Piloted since 2017, **Caring Community** has been the object of a publication in the *British Medical Journal*, identified as an “emblematic model” of integrated community care by the international consortium TRANSFORM, and has been recognized as a leading practice by Accreditation Canada and the College of Family Physicians of Canada.

The Regional Public Health Department (DRSP) of the CIUSSS du Centre-Sud-de-l'Île-de-Montréal has chosen to pay particular attention to the social participation of seniors, as it has a well-documented effect on the health of people aged 55 and over.

This initiative took the form of a Collective Impact Plan (PIC) titled Montreal Resilience Seniors Network – the PIC RRAM. In future editions of our newsletter, we will present the different components of this plan. This first text will present an innovative model of primary care including patients and citizen partners.

TAX CREDIT FOR HOME-SUPPORT SERVICES FOR SENIORS



Do you want to live in your home as long as possible? Are you familiar with the **refundable** tax credit intended for people aged **70 and over** for expenses related to home-support services (housekeeping, grounds maintenance, snow removal, nursing care, etc.)? This credit is refundable and can be granted to you even if you do not have tax to pay.

For the year 2022, the tax credit is equal to 36% of eligible expenses. The maximum eligible expenses vary according to your family income, whether you live alone or with a spouse and whether or not you are autonomous. Eligible expenses are expenses related to eligible services. They do not include the cost of products used in connection with these services (for example, expenses for housekeeping services do not include the cost of cleaning products). Eligible services and the calculation of eligible expenses

differ depending on whether you own or rent the place where you live. Here are some examples of eligible home-support services that qualify for the tax credit: :

- housekeeping services
- maintenance services for clothes, curtains and bedding, provided by a domestic helper where you live;
- grounds maintenance and snow removal services, including services for minor work outside the home (for example, installation and removal of a seasonal shelter);
- dressing assistance services;
- bathing assistance services;
- meal assistance services
- nursing services;
- companion sitting services;
- emergency call service activated by a device, such as a bracelet or pendant;
- services related to the use of a GPS tracking device.

For more information, visit the Government of Quebec website:
<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-home-support-services-for-seniors/>
 Or call 514 864-6299

Reference: <https://www.revenuquebec.ca/>

Le Château au temps des collégiens

CHÂTEAU
DUFRESNE
MUSÉE ET LIEU HISTORIQUE PATRIMONIAL

What happened to the Château after the departure of the Dufresne family? The exhibition *Le Château au temps des collégiens* tells a little-known slice of life of this memorable place. From 1948 to 1961, the Château was transformed into a classical college for young boys.

During this time, the “Pavillon Dufresne”, as it is called, offered Literary language, Rhetoric, Philosophy I and II courses to boys from the eastern districts of Montreal. On the eve of the Quiet Revolution, the Externat Classique Sainte-Croix developed a French-speaking social and intellectual elite there.

Exclusive testimonies from former college students in the neighborhood, including that of journalist Gilles Gougeon, remind us that higher education was far from being within everyone’s reach. Caricatures, illustrations, poetic flights or philosophical reflections not lacking in humour and self-mockery, evoke the atmosphere of freedom and camaraderie that reigned within the young students’ sumptuously decorated, quasi-surrealist classrooms.

On view until January 30, 2023

At all times, the permanent exhibition Le Château Dufresne, un lieu d’exception

Château Dufresne, museum and historic heritage site

Chateaudufresne.com 514 259-9201

Wednesdays to Sundays, 9:30 a.m. to 5 p.m.

First Sunday of the month free for Quebec residents

Preferential rate for FADOQ members at all times

DISCOUNT PARTNERS

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514 593-9064

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