



THE COUNCIL  
FOR BLACK AGING  
COMMUNITY OF  
MONTREAL INC.

---

LE CONSEIL  
DES PERSONNES  
ÂGÉES DE LA COMMUNAUTÉ  
NOIRE DE MONTRÉAL INC.

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2018.  
17th Conference  
30TH ANNIVERSARY  
**STRATEGIES  
TO MAXIMIZE  
BETTER AGING**

**Saturday October 27, 2018**

*Le Nouvel Hotel and Spa*  
1740 René-Lévesque Blvd W,  
Montreal, QC H3H 1R3



**Manon Barbe**  
Mairesse

**Le conseil d'arrondissement  
est fier de souligner le 30<sup>e</sup> anniversaire  
du Conseil des personnes âgées de la  
communauté noire de Montréal.**



**Borough Council is proud to mark the  
30th anniversary of the Council for Black  
Aging Community of Montreal Inc.**



**Richard Deschamps**  
Conseiller de ville  
District Sault-Saint-Louis



**Laura Palestini**  
Conseillère d'arrondissement  
District Sault-Saint-Louis



**Nancy Blanchet**  
Conseillère d'arrondissement  
District Sault-Saint-Louis



**Lise Zarac**  
Conseillère de ville  
District Cecil-P. Newman



**Josée Troilo**  
Conseillère d'arrondissement  
District Cecil-P. Newman



**Serge Declos**  
Conseiller d'arrondissement  
District Cecil-P. Newman



## **Welcome! Welcome! Welcome!**

My name is Pauline Nicholls. I am the Chair of the Council for Black Aging Community of Montreal Conference Organizing Committee.

It is my privilege and pleasure on behalf of The Council to welcome you here today, to our 17th Conference titled: Strategies to Maximize Better Aging, and where we also salute our past presidents in this our 30th Anniversary year.

Prepare yourself to be inspired by the esteemed specialists and professionals chosen to be panellists, and the passion they bring with their knowledge.

Our Committee has put together an info-laden thoughtful and engaging programme to enable the making of informed decisions and enhance quality of life.

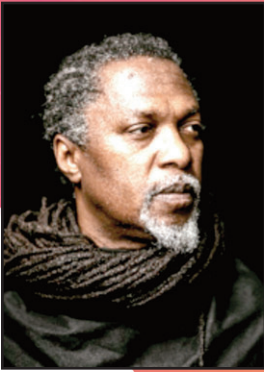
We are delighted to have you with us. Thanks for reserving today for us. Thanks for your support and participation.

It is wonderful to see so many Council members as well as new and familiar faces here today. I hope by the end of the day new friendships are struck. Thank you for coming.

Once more, welcome!

***Enjoy!***

## MESSAGE FROM THE PRESIDENT



The history of our community is one of struggle, resistance, sacrifices, resilience, and personal and collective success. Collective success is contingent upon organized and collective effort. The Council for Black Aging Community epitomizes collective success.

Countless men and women; members, Board of Directors, staff and volunteers that daily went in the trenches to agitate on behalf of our elders, and who worked beyond the call of duty and without accolades to render service, advance the education and/or economic fortunes of our seniors, and bring pride and respect to community contributed to the Council being 30 years young.

As the 13th president of this august body, I stand on their shoulders and those of my predecessors. I am humbled, privileged and honoured to hold the reins of CBAC albeit with a bit of trepidation. I have large shoes to fill and my feet are small. Nonetheless, I am comforted that my shoulders are a tad broad and that the collective spirit, energy and history of The Council reassure and empower.

The latest census data shows for the first time in Canadian history there are more people over the age of 65 than there are under the age of 15. The steadily increasing aging population cannot but tax services. Factor in people are living longer.

Compounding matters are non-stop advances in automation, computerization, innovative and information technologies and global changes to the economic paradigm.

They made numerous long-established occupations and skilled trades obsolete, closed factories, laid off million of workers and created widespread joblessness that in turn deprive governments and municipalities from having a large tax base of workers and consequently, adequate financial resources to deliver and service the basic needs of the population, much more the needs of an increasingly aging population.

Add to the mix Quebec uniqueness. Bill 101, French language militancy and Francization of Quebec saw the province unable to facilitate the dreams of young, educated Black anglophone youths. They had to migrate to greener pastures.

Aging parents now live alone and must contend with infrequent visits as aches, pains, arthritis, high-blood pressure, diabetes and other illness exhaust and advance their aging. Throw in inactivity, divorce, separation, death of spouse/companion or a lifestyle of single parenting and the financial constraints that often come with retirement and voluntary withdrawal, emotional loneliness and social isolation are befriended.

Loneliness and social isolation are linked to increased mental health issues, increased risk of chronic health issues and even early death.

Given that part of The Council's mission is to organize activities for seniors to engage in social, recreational, cultural and educational activities to prevent social isolation and foster their continued engagement in the community, perform friendly visits and do call-ins to persons that are shut in, ill, lonely, depressed etc., it's plain to see The Council and its work are vital and needed.

If you are not already a member, I implore you to join. Assist us to assist others—and even you. Tell your friend about us. Together we aspire, together we achieve. You can also show your appreciation by contributing. We welcome and accept donations.

Many volunteers who have been pillars of this organization are getting older, weaker and are unable to continue. Some already need some of the same services they have rendered over the years. And so, I appeal to those who can, to join our volunteer program to help us maintain our quality of service.

At our June 2018 AGM, The Council adopted as its motto: Respect • Mindfulness • Caring. Words whose import are self-evident and far reaching, and words I leave with you.

Be respectful, be mindful, and please extend care to the vulnerable.

*N Oji Mzilikazi*

## MESSAGE FROM THE EXECUTIVE DIRECTOR



According to traditional lore, a fitting gift for a 30th anniversary is a pearl. A natural pearl forms when an irritant, works its way into an oyster, mussel, or clam. As a defense mechanism, a fluid is used to coat the irritant. Layer upon layer of this coating, called 'nacre', is deposited until a lustrous pearl is formed.

CBAC was formed thirty years ago when a group of Black seniors identified an “irritant” in the place they called home viz, the non-existence of an organisation that addressed their specific needs. So, like the oyster, mussel or clam, they secreted layers of “nacre :”- a physical place to meet; activities to take part in; an organisation with a structure that would allow it to keep on “going and growing;” They held conferences all with the aim of addressing topics of interest to seniors.

2018 is marks the 30years since first CBAC received its charter granting it official status. Before that, the organisation existed in the minds and hearts of its founders, and in the negative space that the lack of such an organisation identified. Today we can admire and be proud of the pearl that has formed.

***Congratulations CBAC you are 30 years young. May you continue going and growing***

***Cynthia Davidson***



The Council for Black Aging Community of Montreal Inc. (CBAC) is a charitable, non-profit corporation founded in 1987 and incorporated in 1988 to address the specific needs of Montreal's Black native-born and West Indian/Caribbean Anglophone seniors.

The Council for Black Aging Community of Montreal Inc exists to provide services; be an emotional support network; to organize activities and create opportunities for seniors to engage in social, recreational, cultural and educational activities; to prevent social isolation; foster their continued engagement in the community; enhance their quality of life; and to promote, encourage and assist them to maintain for as long as is possible, their autonomy and independence at home.

**The Council for Black Aging Community of Montreal Inc.**

**7401 Newman, Suite 6, LaSalle, Quebec H8N 1X3**

**Tel.:(514) 935-4951 Fax (514) 935-8466**

**Email: [counb@bellnet.ca](mailto:counb@bellnet.ca)**

**Facebook: CBAC CBAC**

**Website: <https://www.cbacm.org>**



*The Council for the Black Aging Community of Montreal  
has been served by the following presidents:*

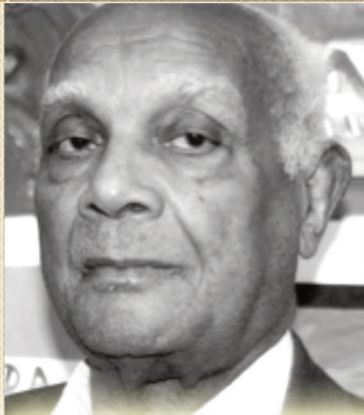


*Wilfred Browne  
1988 - 1990*



*Adolphus N. Robertson  
1991 - 1994*





*Melville Medford*  
1994 - 1998



*Lindorf Mayers*  
1998 - 2000



*Michael Thomas*  
2000



*Erla Sandiford*  
2000 - 2003; 2004 - 2005



*Richard Lord*  
2003 - 2004



*Emile Leacock*  
2005 - 2006



*Emelda Phipps*  
2006 - 2007; 2013 - 2014



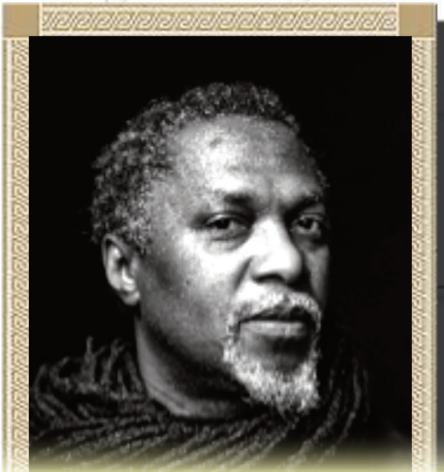
*Catherine Orr*  
2008 - 2011



*Edith Dutherville*  
2011 - 2013



*Wilma Alleyne*  
2014 - 2018



*N Oji Mzilikazi*  
2018 - Present

*Honourable Mention*  
*Executive Director*



*Elisé Faure*  
1998 - 2011

# *Best Wishes & Congratulations*

<b>Pamela King</b>	<b>Congratulations! Keep up the good work</b>
<b>Vera Barrington</b>	<b>Greetings and Best Wishes to CBAC for their 2018 Conference</b>
<b>Muriel Williams and Family</b>	<b>Congratulations and best wishes to the CBAC on your 30th Anniversary.</b>
<b>Marché EHI Inc. Punjab Foods Stanley Paul</b>	<b>Congratulations! Keep up the good work Congratulations! Keep up the good work Congratulations! Keep up the good work</b>
<b>Sheila Kennedy and Gilmour Cumberbatch</b>	<b>Congratulations! Keep up the good work</b>
<b>Yvette Christie</b>	<b>Best Wishes to CBAC on your 30th Birthday. Remember age is just a number and life is precious at any age.</b>
<b>Betty Joseph Merley Cumberbatch Pauline and Sonia Nicholls Jim Wilkes and Claire Kirven Elsie Weekes Louise Paul &amp; Family Josephine Simon Elaine Husbands</b>	<b>Congratulations! Keep up the good work Congratulations! Keep up the good work  Congratulations and Best Wishes on your 30 years  Congratulations and Best Wishes on 30 years Congratulations! Keep up the good work Best wishes on your 30th year. May Blessings follow you for the next 30 years Thank you for being a part of my life during my times of need. May you see 30 more years of success</b>
<b>Julian Macintosh and Family</b>	<b>Best Wishes to CBAC</b>
<b>M.C.S.O. Women's Federation</b>	<b>Congratulations on 30 years of growth and continuation</b>
<b>Charitie Bien</b>	<b>30 Years of excellent service to the community</b>



# *Best Wishes & Congratulations*

**Antoinette Henry &  
Shamourah Glory Henry**

**May our generation, learn, be mindful and respect the footsteps you've paved for us... congrats on 30 years!**

**Peter & Philippe Langlais**

**Congratulations on 30 years of progress and may the next 30 be just as fulfilling.**

**Lenroy (Tabby) & Gloria Henry**

**We, thank you for your diligent works in the community. Your impact has been marked 30 Years Young! Great Job! Congratulations**

**Aldwin & Lucille Grant  
Ruth Knights and Family**

**Congratulations on 30 Years, Keep up the good work! Congratulations to the Council for Black Aging Community of Montreal Inc., for the many years of Community service**

**UMAR CORIAN  
Toronto ON**

**CONGRATULATIONS CBAC ON YOUR 30TH ANNIVERSARY**

**Yah\*Mari Cole  
New York, NY**

**Wishing continued success to CBAC**

**Akil Alleyne**

**Congrats and here's to many, many more years of serving the community**

**Tristan  
New York, NY**

**Eat Ackee for Life! Congrats on your strength of 30 years!**

**Sekou Alleyne  
Trinidad & Tobago**

**Happy 30th Anniversary CBAC!!!!**

**Curt Williams  
Atlanta, USA**

**Way to go CBAC. Happy 30th Anniversary**

**Osei & Maria Alleyne  
Philadelphia, USA**

**30 Years and still going STRONG!  
Congratulations on your success CBAC!**

**Stephen Hennessy**

**Continue the Good Work, Stay Blessed**

**Cynthia, Isa and Caleb Davidson**

**Well wishes from the Davidson Family.**

**House of Mzilikazi**

**Much Respect to CBAC**

# Conference Agenda 2018

- 8:00 am to 9:00 am**      **Registration and Reception**
- 8:00 am to 9:00 am**      **Continental Breakfast**
- 9:00 am to 9:15 am**      **Opening/O Canada National Anthem/ Welcome Address**
- 9:15 am to 9:25 am**      **Keynote Address: Mrs. Margaret Adlum**
- 9:30 am to 10:00 am**      **Panel: Your Living Space**
- Home Customization, Adaptation to Electronics,**  
**Speaker: Andrew Dufour, Customized Home Care**
- Decluttering, Principles of Home Safety**  
**Speaker: Silvia Klemmer**
- Alternative Living Arrangement:**  
**Speaker: N Oji Mzilikazi**
- 10:00 am to 10:30 am**      **Morning Coffee Break**
- 10:30 am to 11:30 pm**      **Panel: Master Your Money**
- Fundamental Financial Concepts, Financial planning/Budgeting, Stretching Your Dollar**  
**Speaker: Shawn Seales, Black Community Resource Centre (BCRC)**
- Pre-retirement Planning, Annuities, RIFFS**  
**Speaker: Tony Azar, Financial Planner, La Capitale Financial Services**
- Wills, Notary & Mandates**  
**Speaker: Vincent Occhionio, Collins Clarke Macgillivray White**
- Speaker: Jeff Dulay, Sesen and Dulay, Notaries S.E.N.C.**
- 11:30 am to 12 noon**      **Panel: Fraud Protection, Financial & Elder Abuse**  
**Speaker: Stephen Laprieie, SPVM Station 9**  
**Speaker: Daniel Carosella, CVAC Montreal**
- 12 noon to 12:30 pm**      **Saluting CBAC's Past Presidents & Eliséé Faure**  
**Speaker: N Oji Mzilikazi, Cynthia Davidson**



**12:30 pm to 1: 30 pm**

**Lunch**

**1:30 pm to 3: 00 pm**

**Panel: Health & Wellness**

**Medication Management, Legal, Medical Cannabis and Seniors**

**Speaker: Jona Destin  et Makinson et Martin**

**Personal Care: Personal Hygiene, Dental Care, Manicure, Pedicure, Eyes, Ears, Makeup, Clothing**

**Speaker: Norma Olshansky**

**Mental Health & Leisure & Recreational Well-being**

**Anxiety, Isolation**

**Speaker: Silvia Klemmer**

**3:00 pm to 3: 30 pm**

**Afternoon Coffee Break**

**3:30 pm to 4: 00 pm**

**Panel: Intimacy:  
Relationship, Finding Companionship, Sex**

**Speaker: Edith Duterville**

**Speaker: N Oji Mzilikazi**

**4:00 pm to 4: 10 pm**

**Closing Ceremony/Wrap Up**

**Speaker: Wilma Alleyne**

**4:10 pm**

**Evaluation**

# Board of Directors 2018 – 2019



N Oji Mzilikazi	President
Elsie Weekes	Secretary
Louise Paul	Treasurer, Interim Vice President
Darrah Virgo	Public Relations Officer
Thelma Carter	Director
Ingrid Pierre	Director
Urla Clarke	Director
Jodie Rester	Director

*(Elected June 7, 2018, Vice President Sherma Salandy passed away September 15, 2018)*

## Staff

Cynthia Davidson	Executive Director
Antoinette Henry	Administrative Assistant

## Conference Committee

Pauline Nicholls	Chair
Elsie Weekes	Secretary
Wilma Alleyne	
Merley Cumberbatch	
Louise Paul	
Ingrid Pierre	
Josephine Simon	
Ruth Knights	
Lucille Grant	
N Oji Mzilikazi	
Cynthia Davidson (Staff)	
Antoinette Henry (Staff)	

**Special Thank You**  
*Johnson Ariwei*



*Congratulations to the Council for Black Aging Community of Montreal Inc. on this celebratory year. Good luck with this important conference and best wishes for continued success in all the good work that you do.*




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The Mount Royal Cemetery Company is a private non-profit organization administered by a Board of 21 Trustees who are all volunteers and lot owners. The Charter of the Company has never been changed maintaining a commitment to care for the burial sites in perpetuity with all profits entirely devoted to the embellishment and improvement of the property. Now celebrating over 165 years it remains today a very active organization with a full service Funeral Complex.

#### **“Historical Journeys at Mount Royal Cemetery”**

A new historical booklet entitled “Historical Journeys at Mount Royal Cemetery” outlines the themes of our free Historical Walking Tours that have been presented since 1995 and contains highlights of information recounted during these tours. Even though this booklet does not give the entire contents of the tours, more than 120 individuals who are buried in the Cemetery are mentioned as well as information on numerous organizations.

“Historical Journeys at Mount Royal Cemetery” is available in English and French at the Cemetery office and the Mount Royal Funeral Complex at the cost of \$10.00 or through the mail for an additional \$3.00, with all payments made to the *Friends of the Mount Royal Cemetery*.



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**CORNUCOPIA ASSOCIATION OF CANADA**  
**UPCOMING EVENTS**



Pre-Christmas Party Saturday, November 24, 2018  
Pre-Valentine's Party Saturday, February 9, 2019  
Barbecue Saturday, June 8, 2019  
Family Bus Ride Saturday, July 13, 2019  
Family Fun Day Saturday August 10, 2019  
Banquet and Scholarship Presentation  
Saturday, August 24, 2019

Dates are subject to change



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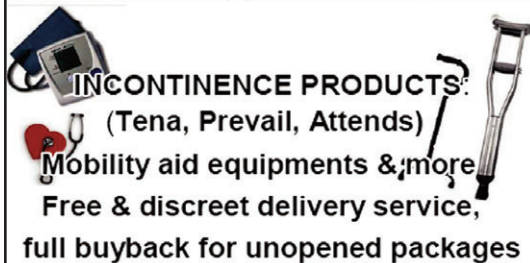
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# 3 Tips To Age Well



## 1. Move Around/Exercise/Dance



A body in motion will age better than one on the couch. Exercise slows the effects of aging on your most visible organ — the skin. Losing weight has been shown to reduce the risk for diabetes and heart disease and improve metabolic function in liver, fat and muscle tissue. Exercise facilitates the losing of weight. Studies show dancing especially practicing intricate dance choreography—cognitively-challenging dance strengthens both the body and the mind at the same time. Activities that involve moving and socializing perk up an aging brain.

## 2. Tap Into Your Inner Artist



Art can inspire an aging body and mind. Studies show activities as diverse as music, dance, painting, handcraft, knitting, crochet, quilting, singing, writing poetry, writing and storytelling add meaning, joy and a vibrant sense of well-being in seniors.

## 3. Watch What You Eat



Small changes in your eating habits can lower your risk for many of the diseases associated with aging. Minimize your salt and sugar intake. Minimize your consumption of process foods; process meats and beverages.

## 10 Surprising Habits That Reduce Alzheimer's Risk

**Snack on high-quality dark chocolate.**

**Load up on red fruits.**

**Log at least seven hours of sleep at night.**

**Read books regularly.**

**Tackle some crossword puzzles.**

**Complete a jigsaw puzzle.**

**Enjoy a glass of red wine.**

**Listen to music.**

**Learn a new language.**

**Get your ears checked.**

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COMMUNITY  
CONTACT**

**Congratulations  
to the  
CBAC**

Council for Black Aging Community

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# CBAC

Council for Black Aging Community

## UPCOMING EVENTS

November		January	
<b>15</b>	December	<b>TBA</b>	
<b>Community Lunch</b>	<b>6</b>	<b>Community Lunch</b>	
	<b>Holiday Lunch</b>		<b>TBA</b>
			<b>Black History Month Event</b>
			<b>Cabane Au Suc-St Eustache</b>

**FOR MORE CHECK US OUT ON FACEBOOK**

 **Cbac Cbac**



*Congratulations on your Milestone of 30 Years*  
Wishing you all the Best for the Future!



**450-691-5555**

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*The Council for Black Aging Community  
of Montreal exists to*

*Serve You!*



**Do you know any Black seniors who need help making it to their appointments or running their errands?  
Do you know any Black seniors who are alone, shut-in or isolated, and who would appreciate some company or a phone call?  
If you do, or if you are one of these seniors,  
please do not hesitate to call The Council at (514) 935-4951.  
The Council offers a wide array of services designed to assist Black seniors maintain their dignity. The Council can help you.**



*Gone but not Forgotten*



**NAME DATE**

**CARLTON BAIRD**

**MAY 10 2015**

**DOREEN KERSELLIUS**

**DECEMBER 2015**

**RICHARD LORD**

**FEBRUARY 2016**

**VERONICA HENRY**

**APRIL 18 2016**

**“TREVOR” OWEN FREDERICK ELLIS**

**FEBRUARY 22 2017**

**NORMA HUSBANDS**

**MARCH 2017**

**FRANK WELCH**

**MARCH 2017**

**ZETTIE MLOUD**

**JULY 16 2017**

**DAISY SWEENEY**

**AUGUST 11 2017**

**SHERMA EDWARDS SALANDY**

**SEPTEMBER 15, 2018**

**LOUISE SAMUELS**

**SEPTEMBER 16, 2018**

# Anju Dhillon

Députée/ Member of parliament Dorval-Lachine- LaSalle



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Lachine, Québec  
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514-639-4497  
[anjudhillon@parl.gc.ca](mailto:anjudhillon@parl.gc.ca)



HOUSE OF COMMONS  
CHAMBRE DES COMMUNES  
CANADA

*Félicitations au Conseil  
des personnes âgées  
de la communauté  
noire pour 30 ans de  
service exemplaire*

*Congratulations to The  
Council for Black Aging  
Community for 30  
years of outstanding  
service!*



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Planning your funeral in advance ensures your  
wishes are respected and your family is protected.

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**Centre funéraire Côte-des-Neiges**

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**Résidences funéraires Laurent Thériault**

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