

**THE COUNCIL FOR BLACK AGING  
COMMUNITY OF MONTREAL INC.**

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



**ANNUAL REPORT**

**2018 - 2019**

**RESPECT \* MINDFULNESS \* CARING**

JUNE 6TH 2019

## MISSION

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; prevent social isolation; foster their continued engagement in the community; enhance their quality of life; and to promote, encourage and assist seniors to maintain for as long as possible, their autonomy and independence at home.

## VISION

Acquisition and ownership of premises for the Council and a Nursing Home.

## VALUES

Respect, mindfulness, caring, patience, integrity, honesty, professionalism, service excellence, accountability, transparency and confidentiality.

## HISTORY

The Council for Black Aging Community of Montreal Inc. is a charitable, non-profit corporation founded in 1987 to address specific needs of Montreal's Black native-born and West Indian/Caribbean Anglophone seniors and to advocate on their behalf.



## CORPORATE INFORMATION

### Board of Directos

N Oji Mzilikazi  
(President)  
Elsie Weekes (Secretary)  
Louise Paul (Treasurer)  
Darrah Virgo (PRO)  
Ingrid Pierre  
Urla Clarke  
Annmarie Jones Clarke

### Administrative Staff

Executive Director: Katrina Nurse  
Administrative Assistant: Elsie Weekes (Interim)

### Contracted Instructors

Yoga: Manon Lacroix  
Folk Dance: Shiata Lewis  
Art/Painting: Megan McLoughin  
Nutrition & Exercise: Raquel Huggins

### Auditors

Amstutz Inc.  
6600 aut. Transcadienne, Suite 202  
Pointe-Claire, QC H9R 4S2

### Attorney

Mao Chambers  
650-4141 Sherbrooke West  
Westmount, QC H3Z 1B8

### Bookkeeper

Comité Jeunesse NDG  
3757 Avenue Prud'homme Suite 100  
Montréal, QC H4A 3H8

### Bankers

BMO  
7189 Newman Blvd  
LaSalle, QC H8N 2K3

### Registered Office

7401 Newman, Suite 6  
LaSalle, Quebec H8N 1X3  
(514) 935 - 4951  
Fax: (514) 935-8466



Cbac Cbac



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# EXECUTIVE DIRECTORS REPORT



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*“Every success story is a tale of constant adaption, revision and change. A company that stands still will soon be forgotten.” – Richard Branson*

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Always being up for a challenge is the perfect way to describe my last six months as an Executive Director and we, as an organization, have accepted each challenge as a united front. Challenges bring change, change brings growth which The Council for Black Aging Community of Montreal Inc. (CBAC) has been embracing.

CBAC as been serving seniors in and around our community for over 30 years. Membership at CBAC has grown, and we’ve welcomed many new members to CBAC this year. Through social media, word of mouth, events, partnerships and collaborations, CBAC continues to invite newcomers.

Thirteen-week programs have been implemented that meets the needs of all our members. Nutrition, Hand crafting, folk dancing, stimulation group, chair yoga, Art Program and computer and technology with more to come. Again, Growth.

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*“Growth is the process of responding positively to change.”*  
*-Paul Harvey*

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Strengthen partnerships with organizations that have been affiliated with CBAC over the last 30 years and creating new alliances is imperative to the vision set for CBAC.

With our motto, Respect, Mindfulness and Caring as our words of guidance, the goal is to revitalize CBAC.

- Programs targeted towards men
- Increasing our following within the community and social media
- Multiplying our membership numbers
- More outdoor excursions

CBAC will continue to move forward in a positive direction with our best foot forward and the well-being of our members at heart.

Katrina Nurse

*Executive Director*



# PRESIDENT'S REPORT

Overall, 2018-2019 was a great year for CBAC. It has grown in membership, programs, reach and scope. Challenging at times, it was a year of solid achievements.

There were only two returning Board members however the new Board benefitted from the energy, contributions and experiences of newly elected board members and from the experience and support of Mrs. Wilma Alleyne and Mrs. Louise Paul. Thank You! To both.

Mrs. Alleyne was president of CBAC for four years before being replaced by me. Still, she found time to serve the new Board for six more months as a guide -- ex-officio member. Mrs. Paul, who having served on the Board for three years, agreed to step up for a fourth upon Mrs. Sandra Anierobi's unexpected resignation one week after the AGM.

## Achievements:

The words, Respect, Mindfulness and Caring, adopted at the last AGM as the Council's motto has reaped dividends. They have fostered an environment and safe space that is harmonious and conducive to social participation. Many who step into our premises for the first time have spoken about the nice vibes, warmth and energy they feel.

Workshops mandated by Programme de Soutien aux Organismes Communautaires (PSOC) in 2017 as one of the criteria for continued funding by the provincial government yielded great results. Review of CBAC's Constitution and By Laws over a five-month period resulted in revision and was brought up to date to meet the needs of the organization. This was done by a Constitution Committee comprising of seven persons. The final products were ratified and adopted at a May 3, 2018 Special General Meeting.

As a participant in the workshop entitled Board Roles and Responsibilities by Fabiola Mizero Ngirabatware from COCo (Centre For Community Organizations), I intimately understood a Board is a legal entity, a Board has fiduciary and legal responsibilities, the Board oversees the management of an organization, including staff, and one of the primary responsibilities of Board directors is strategic planning that also includes risk management and protecting the company's reputation. The agenda of new Board under my leadership was clear: Governance! Truly oversee the organization:

Engage in an overall review of CBAC towards strengthening it, putting policies and procedures in place where they are lacking or where there is none, making sure we stick to the core of the Council's mandate, all of the administrative lapses are filled, reports are properly done and correctly filed. When we do an activity, the steps toward its achievements are planned and clearly defined so we don't have to engage in any last-minute amendments.



Consider the Evaluation of Events Report:

- What we did
- How it was done
- How successful
- Budget/Cost
- Contributors to the event; food, gifts etc
- Volunteers
- Attendance; males, females
- Challenges
- Recommendations



**"Office Performance was examined. Protocols were put in place. Documentation was demanded."**

Forms were instituted to apply for a personal day or time off, time sheets had to be approved by the Treasurer before they are sent to the bookkeeper. Lunch hours were fixed.

Since there are no activities in August, the Board thought it was best to make the first two weeks in August the Council's fixed vacation period, the same as Quebec's Construction holiday. The vacation period allows staff to enjoy the summer; by Resolution, the Board approved the August vacation period.

The way programs are run and paid for were revamped. Apart from Handcraft, registration with a small one-time fee is required for all programs. Programs were broken into sessions and each session has a starting and closing date. New programs were also introduced.

The Financial Committee has been one of the busiest. The fiscal year started without the Council having an official bookkeeper. In November, the Council entered into a bookkeeping contract with Comité Jeunesse de N.D.G.

For over two years the Council had close to \$400,000.00 sitting in a bank accruing no interest. By Resolution, and on advice from our auditor, \$300,000.00 was withdrawn and invested into 3 GIC certificates of \$100,000.00 each. Their maturation is from 18 months to 3 years.

The resignation of Executive Director Jenifer Legras in February 2017 resulted in interim EDs. In November 2018, the right candidate was found in Katrina Nurse to bring administrative stability to the Council and to actualize its goals. To ensure Board and staff are on the same page, regular meetings took place with the staff, the Board Secretary Elsie Weekes, and I.



**In life, there is no standing still;** It is either you move forward or fall behind, Adapt or die. Social media platforms are powerful. They increase visibility, help a non-profit organization such as ours to do outreach, mobilize, spread the word about its cause to succeed in its mission and mandate as well as facilitate engagement with its members and the public.



CBAC has a website, a Facebook account, an Instagram account and is on twitter. Now anyone can find us, read about us, easily get in touch with us, and be up to date. We intend to post a synopsis of all info-sessions on CBAC's social media platforms. Members, unable to attend, will thus be kept in the loop.

Photos are part of the social media landscape and a great advertising tool. They also increase engagement (likes, reactions, and shares). Since photos would be uploaded on our social media accounts, getting permission from our members to use or not use their photo or likeness of them necessitated changes to our membership form.



**The Council's October 27, 2018, Conference, Strategies to Maximize Better Aging, is still praised and lauded. For the first time in the history of the organization the Christmas Dinner was catered. Volunteers who year in and year out would cook and serve had a day off. Catering was another way to show appreciation for all their hard work and say thanks.**

**By Resolution, the budget for the Community Lunch was raised to keep up with the higher cost of food and the purchase of healthier foods.**

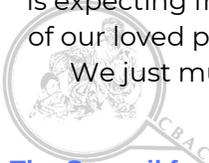


**The Financial Committee along with the Executive Director had several face to face meetings with the bookkeeper and auditor so we are all on the same page. They both had concerns about our fundraiser and his exorbitant 65 percent fee. The Council was advised in November, by the Accountant, to let him go however he left of his own accord this March.**

A meeting was sought with PSOC, our funders, because there were a lot of questions that needed answering; Good thing we did so. When we met in March, we found out that our financial report for the fiscal year ending 2018 showed \$29,051 less than they gave us. We were shocked. It has since been rectified. The correction and letter of explanation from our auditor is included in our Annual Report.

The meeting was productive. We understood where PSOC is coming from and what PSOC is expecting from us regarding their mandate. We were informed they do not pay for most of our loved programs and activities. That doesn't mean we aren't going to continue them.

We just must find a way to pay for them. Also, make sure we do the things for which PSOC's money is earmarked



Non-profits are not to save or have remaining more than 25 per cent of their funding at the end of their fiscal year. The, "If you don't use it, you don't need it, and you lose it." The Council has been repeatedly warned. I would not like PSOC to reduce our funding. The Council is currently experiencing a growth spurt, as shown in the membership fees in the Financial statement. I assured Mr. Anthony Santiago, the PSOC representative, that the Council will be under 25 per cent come March 31, 2019.

At the end of the day, the buck stops with the president of an organization. The president cannot turn around and say, "I don't know, I'm not aware, he/she didn't tell me." Accountability starts and ends with the president. The president is responsible for staff and their actions. Staff cannot decide what is their job or what they want to do or when they want to do anything. This is where governance comes in.

### **Challenges**

It is always difficult to get someone to buy in; change a culture of indiscipline when he/she is the beneficiary. They are going to find ways to sabotage or undermine the vision and new direction, unless they believe in the mission. Since no one person is bigger than an organization, inspired leadership will keep an organization standing.

It has been a privilege to be a part of CBAC at this exciting time and to see the organization grow. The Board is incredibly proud of the work that CBAC does and continues to do.

Thank you,

**N Oji Mzilikazi**

# ACTIVITY REPORT

CBAC activities are geared towards a holistic approach to health and wellness, engagement to break social isolation, to improve or enhance quality of life, and simultaneously have fun or derive enjoyment.

## VOLUNTEERS

Volunteers are the heart and soul of community, and CBAC is no exception. CBAC relies on its volunteers to provide services like accompaniment to and from medical appointments, delivery of meals, visits and/or telephone calls to members that are shut-in, due to either illness or physical incapacity, or reside in retirement homes, and to share and utilize their training, knowledge, expertise, skill and experience to help achieve the aim of the corporation.

Many volunteers who have been pillars of CBAC are getting older and weaker and are unable to continue with the vim and vigor they once had. Some already need some of the same services they once rendered. The challenge for the Council is to attract and/or get new and “younger” volunteers to step up and perform this much-needed service.



## VOLUNTEER APPRECIATION LUNCH

Even though this takes place during Volunteer Week, it was scheduled for July. Held at Pete's Cape Cod, Sainte-Anne-de-Belleuve, volunteers received a sumptuous seafood meal and a Thank You Diploma. Non-volunteers that attended paid for their meal.

Qualifications for the Volunteer Lunch is to have repeatedly volunteered during the fiscal year.



The Council for Black Aging Community of Montreal Inc.

## VOLUNTEER WEEK

Observed in April, members of the Council were exposed to a highly informative and inspiring speech on volunteering, courtesy 99-year old Louise Phillips Samuels, one of foundation members of the Council and whose spirit, energy and alert eyes belie her age. Mrs. Samuels also recounted personal experiences. Five months later, she was no longer in the world.

Annual Report 2018-2019

# ACTIVITY REPORT

## **Community Lunch/Info Sessions/ Meals on Wheels**

In the 2018-2019 fiscal year, members came together on eight occasions to share a communal meal (held once a month), and provided by a member or members of the Council, at a cost of \$7. (Lunch in February is a potluck.) In concert with the lunch are health and wellness or education information sessions. Some of the info sessions were:

Pain and Seniors by Elsie Weekes

Hearing and Seniors by an audiologist (C.H.I.P)

Wills and Mandate by Vincent Occhionio (Collins Clarke Macgillivray White) and Jeff Dulay (Sesen and Dulay, Notaries S.E.N.C.)

Insomnia and Seniors by Silvia Klemmer

Mindfulness by Sherma Salady and CAQ plans for Families

Seniors by CAQ candidate Vicky Michaud

February's Black History Month Potluck was a poetry reading session.

Novel Thomas (Montreal Community Contact) read some of his poems as did CBAC's president N Oji Mzilikazi who read from Shards of Glass, his debut book of poems.

Meals prepared for the community lunch are also boxed and delivered. Extremely bad winter weather that engender justified fears of falling (With seniors they can cause permanent damage and rapid deterioration.), affected attendance in January and February.

**Special thank you to: Sidney Braithwaite for always providing a cake for events.**



# ACTIVITY REPORT

## Annual Conference

The Council for Black Aging Community of Montreal organized its first annual conference on September 19, 1987, at the Sheraton Center.

The purpose of annual conferences is to provide the public with information about aging, health and wellness, and issues that may affect their lives or that of seniors, all towards enabling them to be better supportive of seniors and to make informed decisions.

### Strategies to Maximize Better Aging:

The Council held its 17th Conference on Saturday, October 27, 2018, at Le Nouvel Hotel & Spar, 1740 Rene-Levesque West. Titled Strategies to Maximize Better Aging, it was also a 30th Anniversary celebration of the Council and a homage to all its presidents.

This Conference was the high point of CBAC year of activities.

3,000 flyers were printed for its marketing.

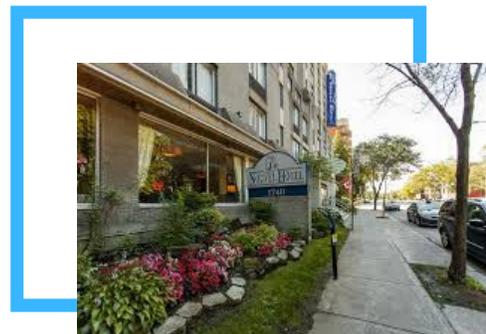
Ads were taken out in the Community Contact and Senior Times newspapers, and on CKUT 90,3 FM.

The conference was well-attended and well-received. Most attendees were not members of the organisation.

The topics addressed were timely and relevant. Subjects covered included: Home Customization, Principles of Home Safety, Medication management, Financial Planning, Pre-retirement planning, Annuities, RIFFS, Fraud Protection, Financial and Elder abuse, Personal care, Wills, Notary & Mandates and Intimacy: Finding Companionship, Healthy sex.

Many persons described it as being of international standards.

The Evaluation Sheet all had glowing reviews. The only complaint was its length. 8 a.m. to 5 p.m. was too long for seniors.



Special Thanks: Jodie Resther, Master of Ceremonies Akil Alleyne (Citytv Montreal) for promoting the Conference on television with an interview of President N Oji Mzilikazi and footage of members in action at the October 11th, 2018 Birthday Brunch.



# ACTIVITY REPORT



## VARIETY SHOW

***CBAC's annual fundraising event where members and invited artistes show their talents in music, spoken word, drama and dance, took place on one of the hottest days of the year. Adding to the distress was the construction work around the venue (LaSalle's Royal Canadian Legion) that made finding parking extremely difficult.***

***Performers included Belmont Freetown Cultural Arts and Folk Performing Company from Trinidad and Tobago (Thanks to Shiata Lewis who teaches our Folk Dancers) and Osei Alleyne, the son of past president Wilma Alleyne that resides in Philadelphia.***

***A West Indian-based skit by Sidney Braithwaite and Carol Garnet brought the house down, as did CBAC Folk Dancers and Josephine Simon. The event was hosted by Board Vice-President Sherma Salandy. According to Mrs. Yvonne Rice, "This was the best show ever."***



## Exercise slow the effects of aging

A body in motion will age slower than one that is sedentary. Exercise facilitates the losing of weight and the strengthening and building of muscle. Losing weight has been shown to reduce the risk for diabetes and heart disease and improve metabolic function in liver, fat and muscle tissue.

### Choir

Even though singing is not associated with exercise, when it comes to seniors, it can be defined as such. Having to learn and retain the words of a song, as well as pitch and key, forces the mind to work. Singing also exercise the mouth and jaw, gets the lungs involved and facilitates deep breathing. The inability to see the exercise component of singing when combined with the notion "I cannot sing," has the class with a see-saw life; strong attendance one session and very poor the next.



# ACTIVITY REPORT

## Chair Yoga

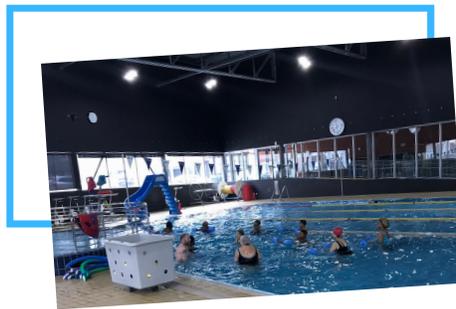
Targeting those with reduced mobility, aches and pains as well as those whose aim is to improve flexibility and reduce stress, yoga on a chair continues to be a very popular activity.

## Aqua Fit

The aqua fitness course takes place at the Centre Sportif de la Petite Bourgogne swimming pool in Little Burgundy. This aqua fitness group exists since the opening of the Centre in 1997. Our courses are on Monday, Wednesday, Friday from 11am to 12pm. We are 22 registered members, some of us are the since the beginning and still coming. Unfortunately, we are aging and some of us cannot come all the time because of illness, hospitalization etc. We have fun swimming and forget our pain and aches: we have good exercise and the possibility of socializing which is very important too. We enjoy being at the pool, the instructors are very helpful and like to see us making significant progress. Some of the instructors are there for years and know our strengths and weakness so they could help us individually.

We thank the Council for this opportunity that we have through your organization to be able to swim at that pool which is adapted for the elderly. At each session, we ask the members to pay for the entire bill for the season, so we never miss any payment. Hope this is helpful to the members who would like to join us at the pool.

Alice King (Acting for Margaret Blagdon)



# ACTIVITY REPORT

**Dancing is known to improve heart and lung function, improve coordination and balance and reduce stress. Studies show dancing especially practicing intricate dance choreography—cognitively-challenging dance strengthens both the body and the mind at the same time.**

## Folk Dance:

Under the tutelage of Shiata Lewis, participants in the program and who are now known as CBAC Folk Dancers are increasingly asked to perform at community functions. So popular is the class, limitation of space might necessitate a second class.

## Nutrition/Exercise

Small changes in eating habits can lower the risk for many of the diseases associated with aging. Since food directly affects health, in January 2019, a class on Nutrition was added to CBAC weekly activities so member could make informed decisions regarding what they consume. Exercise with very light weights was later added to the curriculum. Given the importance of nutrition and exercise to health and wellness, the Board so it fit to have exercise as a separate class. Commencing June 2019, Exercise will have its own slot.

**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.**



# ACTIVITY REPORT

## Painting/Art Class

Launched in February 2019, the painting/art class is one of CBAC's most dynamic, enjoyable and fun programs. The facilitator is amazing, patient and encouraging. Demand and size limitation might necessitate a second class. There are budding Picassos in the class based upon the quality of work from persons who never previously painted and offers to buy. Participants have planned an exhibition for later this year.



## Handcraft/knitting/Crochet

This is one of the Council's longest and well-established weekly activity. Scheduled twice a week, laughter and pouting faces are a constant. The numbers of participants continue to grow. They all love "teacher"— Cynthia Davidson, who does an awesome job and is most welcoming of newbies.



# ACTIVITY REPORT

## **Activities that involve moving, learning and socializing perk up the aging brain.**

### **Stimulation Activity Group**

Wow! What an energetic, loving, and caring group we are. Always eager to explore new ideas and activities while building on what we have. We added Dominoes to our other activities this year (Board games, movies/documentaries with post discussions, trivia), and of course we did a little teaching. Yes - we have good teachers and good students. That makes us thank God more and more for all his blessings, that we as "youth - seniors" are still capable of using our faculties with dignity and respect. Thanks to the president for his input at one of our Bible Quiz sessions, and thanks to the 2 new members that have joined the group. We are opened to new members who would like to keep on growing and aging with dignity and respect. We meet every other Tuesday of the week at the Council and go bowling or to the movies the other Tuesday.

Erla Sandiford, Chairperson.

### **Computer/Familiarization with cellphones, ipads, tablets**

Technology is inescapable and increasingly advancing. Technology has information at one's fingertips. The Internet is known the information super-highway. For seniors, navigation and adapting to a changing landscape necessitate learning and knowing; familiarization with technology. Survival might just depend on it. Last summer CBAC introduced a trial course: Familiarization with technology like cellphones, ipads, tablets etc. It was well-received. The past year saw a steady decline in the Computer class—to 3 persons, and so a decision was made to reformat and revitalized the Computer class, change its location, and add Familiarization with cellphones, ipads, tablets etc. as part of its component.

As of June 1, 2019, 10 persons have registered for the computer class that starts June 14, 2019. All have paid the \$10 registration fee. Class size is limited to 15 persons. While desktop computers and laptops are available, participants are encouraged to walk with their laptop, if they have one.



# ACTIVITY REPORT



## Outings and Excursions

**Aimed at changing the daily environment of seniors; our members, they foster socialization, meeting new people, rekindling old friendships, formulation of new friendships, camaraderie, bonding over shared experience, and allow seniors to laugh, enjoy themselves and have fun.**

### Sugaring off

Yearly rotation had Mt. St. Grégoire as the designated venue for this annual Spring event. While there were complaints over the quality of food and a decrease in their onsite activities, Line Dancing was enjoyed by all.

### Picnic

Held at Stoney Point Park in Lachine, 29 persons attended the picnic. Compare to the previous year, the weather was extremely cooperative. As usual, food was in abundance. A good time was had by all.

### Alouettes Football Game

With tickets courtesy Mr. Jean-Louis Plouffe, CBAC's fundraiser, 20 persons attended an Alouettes football game. Tickets were given out at the Variety show from the random pick of numbers. All enjoyed the game. The Alouettes lost.

### Montreal Museum of Fine Arts

Thanks to Mr. Jean-Louis Plouffe, July 27, 2018, 45 members and/or friends of the Council received a guided tour of the exhibit: From Africa to the Americas Face-to-face Picasso, Past and Present. The exhibit was beautiful and mind-blowing.



# ACTIVITY REPORT

## Trip to Washington

25 persons went on CBAC's August 23-27, 2018, educational excursion to Washington DC. For those who made the trip, it was a wonderful and enlightening experience, and made more so by the tour guide and his expertise.

The hotel accommodations were great. Places visited included:

National Museum of African American History and Culture

United States Capitol Visitor Center

United States Library of Congress

African American Civil War Museum

National Gallery of Art

Frederick Douglass National Historic Site

Stops included The Martin Luther King, Jr. National Memorial, The Korean War Veterans Memorial, The Vietnam Veterans Memorial, and The Lincoln Memorial.

A walk through was had at The Kennedy Center for the Performing Arts. The Air

Force Memorial, The Washington Monument and The Marine Corps Memorial were a drive by. Also, there was the African American Heritage Tour of The Shaw

Neighbourhood

When Senator John McClain died, members that went on the trip to Washington were quick to point out they stood in the very Rotunda in which he lay in state.

## Cavalia Odysseo Equestrian Show: (September 3, 2018)

## Black Theatre Workshop

How Black Mothers Say I love You (March 3, 2019)

Fifty-six members of the Council attended these two events.



## Social Celebrations

Seniors do not live in a vacuum. Massively popular and celebrated social events like Valentine's Day, Mother's Day, Father's Day and Christmas can negatively impact the mental health of seniors, especially if they live alone. Birthdays can also be added to the mix. Consequently, they are observed. As with all Council activities, there is always a mental, stimulating, educative or interactive component.

### Pre-Mother's Day Tea

CBAC's Pre-Mother's Day Tea was held on the premises of the Montreal Cultural and Social Organisation to facilitate the demand of persons wanting to attend. Hosted by Mrs. Wilma Alleyne, the ladies were served by male members of the Council and serenaded by Julien McIntosh and his saxophone. Yvette Christie won the "Mother of the Year" contest. Urla Clarke was the winner of the People's Choice Award. It was well-attended affair.

### Father's Day Brunch

It's a challenge to get men in numbers to attend any activity on Council premises, Father's Day included. Hosted by Wilma Alleyne, the theme was Linked-In to CBAC. The tables were decorated with moustaches, cigars were handed out to the men and they had to give speeches. Though only eight males attended, a good time was had by all.

### Valentine's Day Brunch

Hosted by Katrina Nurse and Antoinette Henry, one word describes this well-attended inaugural event: Awesome.



## Birthday Brunches

Triannual, they fete members whose birthdays fall within the four-month period in which the brunch is held. They are always well-attended as celebrants can bring a guest.



## Christmas Dinner

The Council's Christmas dinner was held December 6, 2018, at LaSalle's Royal Canadian Legion.

As much as Christmas is inarguably the most wonderful time of the year, it can be an extremely depressing time for shut-ins, the ill, the sad, the lonely, the socially withdrawn, the socially isolated, and those who recently lost loved ones or missed loved ones.

Besides striving to be a respite from the burdens life and aging can inflict and a building block and rekindling of good memories, CBAC annual Christmas dinner is also a thank you to our members, supporters and friends.

Free as usual, members were asked to donate non-perishable food for Christmas baskets to members/families in need. Fifteen baskets were given out.

Breaking with tradition, CBAC's Christmas dinner was catered by Brenda and Cheryl Catering services. Apart from their staff, over 139 persons attended. Board member Jodie Resther served as Master of Ceremonies. Entertainment included Fatima Wilson (steelpan), CBAC Folk Dancers and CBAC Carolers with their play/re-enactment: A Narrative of the Birth of Jesus.



## Other Activities

**Blood Pressure Clinic (March 2019):** 10 persons participated in the exercise.

**International Women's Day:** Lucy Bridgeman was the invited guest/speaker for the event. Her subject, "Innovation for Change" was well-presented, dynamic, and filled with comedic slides to lighten its seriousness/prevent seniors from being overwhelmed. It was well-received.

**International Seniors Day:** Observed annually on October 1, CBAC's theme was Cake and Ice Cream with an exhibition; display of Handcraft, Needlepoint, Crochet, Knitting and Embroidery by members of the Council. Vera Barrington gave a speech on the history of International Seniors Day. Tutors Cynthia Davidson and Josephine Simon also gave speeches. The event was free to the public.

**St. Mary's Hospital Black History Month Celebration:** A regular participant at the hospital event, CBAC was represented this year by Executive Director Katrina Nurse and Vera Barrington, a volunteer.

**Festival de la S.O.U.P.E de LaSalle:** Recognition of CBAC by the Borough of Lasalle/LaSalle City Hall resulted in the Council's participation in its Soup Festival for the first time. Organized by the Borough in partnership with various organizations and food professionals, the festival was at Parc des Rapids.

With a budget of \$150 allocated by the City, and strict guidelines including prohibited ingredients, its ingredients must be noted and affixed to the organization's booth (provided by the City) so they can be read by attendees and the amount of liters of soup to be cooked and brought to the site, Mrs. Wilma Alleyne volunteered to give the world a taste of her famous corn soup. Not only did Mrs. Alleyne cook all the soup for the event, but when she came to the site she immediately put on an apron and began serving the public. The event was July 1st, Canada Day, which turned out to be one of the hottest days of the year. Hot soup cannot keep one hydrated, so attendance was not in the expected thousands. Despite that, over 120 persons patronized CBAC's booth, which was decorated by Sherma Salandy. Many returned for seconds.

Yeoman service was also performed by Antoinette Henry, N Oji Mzilikazi, Thelma Carter, Jodie Resther and Louise Paul.



## FUNDERS



**Agence de la santé  
et des services sociaux  
de Montréal**

**Québec** 

## PARTNERS



 Ville LaSalle Montreal

Centre For Community Organizations (COCO)

Table de concertation des aînés de l'île de Montréal (TCAÎM)

Coalition pour le Maintien dans la Communauté (COMACO)

Alliance des Communautés Culturelles pour L'égalité dans la santé et les services sociaux  
(ACCESSS)

Respecting Elders: Communities Against Abuse (RECCA)

LaSalle Multicultural Resource Center (LMRC)

Black Community Resource Centre (BCRC)

Seniors Action Quebec (SAQ)

Montreal Caribbean Social Organization (M.C.S.O)

Guyana Cultural Association of Montreal (GCAM)

Head & Hands

La Table ronde du mois de l'histoire des noirs

De des Citoyens de Forum Aînés de Montréal

The Black Coalition of Quebec



## Members and Volunteers Activity Participation For 2018 - 2019

	MEN	WOMEN	TOTAL
<b>MEMBERSHIP</b>			
In Good Standing: Paid Up	8	76	
In Good Standing: Honorary	6	19	
<b>TOTAL</b>	14	95	<b>109</b>
Deceased	1	3	<b>4</b>
Members In Arrears			<b>96</b>
Board Members	1	9	<b>10</b>
<b>PARTICIPATION</b>			
	Total of individual visits for the year.		
Community Lunch	24	165	<b>189</b>
Black History Month Potluck	4	31	<b>35</b>
Meals on Wheels	0	65	<b>65</b>
Blood Pressure Clinic	1	9	<b>10</b>
Computer Class	3	2	<b>36</b>
Familiarization with Technology	2	6	<b>17</b>
Chair Yoga Class	0	13	<b>318</b>
Folk Dance Class	0	13	<b>117</b>
Aqua Fit	2	20	<b>1500</b>
Nutrition/ Exercise Class	0	13	<b>57</b>
Handcraft/Knitting/Crochet	0	14	<b>420</b>
Stimulation Sessions	0	13	<b>139</b>
Painting/Art Class	0	11	<b>43</b>
Choir		8	<b>44</b>
Friendly Visits	1	6	<b>180</b>



## Members and Volunteers Activity Participation For 2018 - 2019

	MEN	WOMEN	TOTAL
<b>PARTICIPATION CONTINUED</b>			
Good morning calls	0	4	<b>375</b>
Activiity/Event Calls	0	4	<b>1400</b>
Get Well/Sympathy Cards	2	8	<b>10</b>
Accompaniment	0	4	<b>22</b>
Drop Ins	6	78	<b>84</b>
Conference	15	68	<b>83</b>
International Seniors Day	4	29	<b>33</b>
International Woman's day	1	31	<b>34</b>
Picnic	6	23	<b>29</b>
Sugaring Off	4	29	<b>33</b>
Fundraising Variety Show	18	60	<b>78</b>
Christmas Lunch	16	129	<b>145</b>
Bonsecours Christmas Dinner	0	30	<b>30</b>
Trip to Washingtgon	4	21	<b>25</b>
Museum of Fine Arts	1	44	<b>45</b>
Alouettes Football Game	5	15	<b>20</b>
Black Theater Workshop	0	28	<b>28</b>
Cavalia Odysseo Show	1	27	<b>28</b>
Festival de la S.O.U.P.E	1	6	<b>7</b>
Volunteer Week	3	27	<b>30</b>
Volunteer Appreciation Lunch	2	19	<b>21</b>
Pre- Mother's Day Tea	5	62	<b>67</b>
Father's Day Brunch	8	10	<b>18</b>
Valentine's Day Brunch	3	42	<b>45</b>
St. Mary's Hospital Black History Activity		3	<b>3</b>
Birthday Brunch (3)	15	82	<b>97</b>
General Meetings (3)	13	67	<b>80</b>
Special General Meeting (1)	3	37	<b>40</b>
Annual Gneneral Meeting	4	47	<b>51</b>
Board Meetings (7)			<b>54</b>
Committee Meetings	10	80	<b>90</b>
Volunteer Hours by the Board			<b>426</b>
<b>Service in the Public Sphere</b>			
Festival de la S.O.U.P.E			<b>120</b>
St. Mary's Hospital Black History Activity			<b>75</b>

**GONE BUT NOT FORGOTTEN**

Sherma Edwards Salandy  
September 2018

Louise Samuels  
September 2018

Marjorie Jordan  
January 2019

Emile Leacock  
May 2019