



Members' Quarterly Newsletter

The Council for Black Aging Community of Montreal Inc.

Le Conseil des Personnes Agées de la Communauté Noire de Montréal Inc.

Tis the season to be merry, spread cheer and good news, and boy, does CBAC has great news to share.

CBAC's knitting and crochet club donated their works; hats, scarfs, mittens and slippers to Chez Doris, a charitable organization that offers daytime shelter 7 days a week for women in difficulty, as well as meals, clothing and socio-recreational activities.

In pursuit of strategic partnerships that will contribute to the betterment of services, activities and programs, CBAC's Executive Director Katrina Nurse, Board President N Oji Mzilikazi and Board Secretary Elsie Weekes met with Director Shannon Hebblethwaite and Coordinator Tristona Rubio from Concordia University engAGE: Centre For Research On Aging on December 2, 2019. CBAC now has a new partner.

**The Council for Black Aging
Community of Montreal Inc.
Wishes a Merry Christmas and a
Happy New Year
to all our members, volunteers,
friends, supporters, partners, staff &
Board of Directors.**

Thanks to Simeon Pompey (Comité Jeunesse NDG), Terrian Julien, a 2nd year Community Recreational Leadership Training Student at Dawson College will be doing her stage at CBAC from January 17, 2020 to May 11, 2020. WELCOME!





THE COUNCIL FOR BLACK AGING COMMUNITY OF MONTREAL
RESPECT • MINDFULNESS • CARING

At the well-attended Fall Prevention information session (November 21, 2019), Philips Lifeline representative Roger Chalut offered a special package to CBAC members that include the waving of installation fees. Thanks to the president for inquiring and pressing for a discount. Should you or a family member have need of their services, be sure to inform them of your Council membership. All lifeline products are directly connected to URGENCE SANTE.



Our website www.cbacm.org continues to fuel calls, correspondence, awareness, presence and growth.

Regarding presence and visibility: Executive Director Katrina Nurse graced the front page of the October 17, 2019, Montreal Community Contact. In the same issue was an in-depth interview with her, as well as the article, “Aging: Planning makes a difference” by Council President N Oji Mzilikazi. N Oji is no stranger to the Community Contact. His article “Loneliness and Seniors: An Emerging Public Health Threat” appeared in the October 3, 2019, Contact. N Oji Mzilikazi is also an author: Shards of Glass Poetry For The Adventurous (2019).

Membership continues to grow at such a rate that the Council has outgrown its local – one of those “good” problems. We need a more spacious senior friendly center of operations to best serve members. Thanks to Elaine Husbands, we have a Realtor on board. Even so, we are asking you to keep your eyes open. Call the office if you see a rental you believe might suit our needs. Thanks in advance.

Another good problem facing the Council is members complaining they have no time for themselves. Our programs and activities are so interesting and are so many, they have to come to the Council far too often, not to mention the friendliness and family vibes that contribute to warmth and a safe space leaving work at home...



Programs:

September marked the start of our Fall Program.

Polices and procedures put in place saw registration required for all programs, even those that are free. Instructors were required to take attendance for better tracking/our office statistics.

Zumba, Line Dancing, Tai Chi and Soca Fitt were added to our Fall Session. Although nine persons registered and paid for Tai Chi, the average attendance is 4. Nonetheless, at the last session, the 5 persons that attended the class begged the office to keep the class and bring the instructor back. On the other hand, the demand for Line Dancing and Zumba was such, the cut off point of 15 participants was extended to 20, and we sadly had to refuse persons wanting to take those classes. We are exploring either having two classes next year or contacting the City of Lasalle to have the classes on their premise.



18 persons signed up for Computer. Since participants were at different levels, to best accommodate learning, a class for beginners/those needing a refresher course was implemented in October. The Council now has 2 computer classes.

The **Art** class has been busy creating magic with their art pieces, from vibrant colors to bright designs. Although the growth of the organization has resulted in full classes; **Chair Yoga** with a registration of 19 members is full, **Nutrition** didn't fare well. Just 2 members for its 13-week run. Nevertheless, it's a keeper.

Aqua fit is held Mondays, Wednesdays and Fridays at the Little Burgundy Sport Center. There are 4 members in charge to help with the program, Alice King, Saundra Anierobi-Samuels, Anita Cadieux and Sylvie Daoust.



CBAC held three Community Lunches, four information sessions, a Birthday Brunch, two General Meetings, a movie night (fundraiser), and celebrated Seniors Day. All were well attended.

As much as growth is welcome, always desired, and as much as the Council takes pride in its continued growth, growth has been taxing -- in some areas.

Members have always prepared the meals for community lunches. Growth and subsequent increased attendance have resulted in the Council using caterers --and increasing the cost to us.

Our September community lunch and information session on Diabetes were held at MCSO, and catered by Best Bite. Joining CBAC at this event was Josa Maule (MSOPA) from Julie Breton casting that was looking for Black seniors to be extras in a film about Billie Holliday that was to be shot in Montreal by Lee Daniels. Many signed up.

"Trips, programs and activities offered by CBAC serves as a mean to prevent social isolation, foster the continued engagement of seniors in the community and to enrich lives."

The Council's August trip to **Quebec City/Plains of Abraham** was a guided tour with an engaging and interactive narrating of the French English battles of 1759-1760. Many who have previously visited Quebec City/Plains said this trip was the best experienced they had going there.

CBAC's 18th Annual Conference Health & Wellness: Beating The Odds (October 26, 2019, Le Nouvel Hotel & Spa) was an outstanding success by all the metrics that define success. Ease of registration, dynamic, knowledgeable and engaging speakers, an interactive component, receptive audience, laughter, audience participation, great questions, excellent food, vendors, and well-attended. The Council target was 110 persons. 129 persons attended. Evaluation forms reveal that Sexologist Kanica Saphan, Jennifer Boivin (Elizz Montreal), Louis Joseph Benoit (Centre Associatif Polyvalente Hépatite C) and professor Darla Fortune were highly regarded.

Vendors at the Conference were Dignity Memorial, Industrielle Alliance, Health Support Products, Seniors Discovery Tours and Urgel Bourgie.



Upcoming Events 2020

January 23, 2020: Community Lunch, Info Session (R.E.C.A.A)

Black History Month:

February 6, 2020: Scotland & The Jamaican Slave Trade (film)

February 13, 2020: Valentine's Day Celebration: Romance & Seniors

February 20, 2020: Community Lunch (Potluck) Info Session Black Inventors

February 27, 2020: Afro-Latino: The Untold Story of Blacks in South America (film)

May 2, 2020: CBAC 33rd Anniversary Banquet