



COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ

ANNUAL REPORT 2006-2007



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A Starting Point...

A Word from the Board of Directors

The best way to assess an organization is to see if its day-to-day activities are congruent with its mission. In COMACO's case, the Board of Directors is proud to say that the organization, thanks to its coordinator, Mr. Serge Emond, its committees, its Board of Directors and the timely participation of its des members, accomplishes its task in an admirable way.

The representation of its members with governmental authorities is assured through the participation of the coordinator and of a member of the Board to the partnership committee of the Agency, and through regular participation to consultations pertaining to the needs of seniors.

Luncheon meetings help the concerting and on-going training of its members and have shown a lot of success throughout the last year. The production of the video entitled « Profession Vieillir » give the members a facilitating tool that will surely enhance and increase the active participation of seniors within member organizations. According to several members, « Les Nouvelles » de COMACO is a precious tool to spread information pertaining to issues relates to an ageing population. We must point out that COMACO's excellent work was officially recognized through the Award (Regional Sector) given by FADOQ.

A hearty thanks to all members: an organization cannot be efficient without the active participation of those who join, and the successes that we have witnessed are largely due to the contribution of each and everyone. Also a great thanks to our steadfast colleague from Centre St-Pierre, Mrs. Lise Noel, it reassures us that we can count on her expertise. A very special recognition is owed to our coordinator, Serge Emond, who accomplished his tasks with meticulousness and dedication. We are therefore ready to face with confidence the challenges will that await us during the few upcoming years.

For the Board of Directors,
Marjorie Northrup, Director



A Word from our Coordinator

The 2003-2008 Five-Year Plan finishes next year. We can already announce that the 2003-2008 Plan is almost entirely accomplished. We will finish it this year.

The project on participative self-assessment is starting. Selma Vorobieff is accompanying us on this road. This project will allow COMACO members to carry on with the promotion of their activities and services with their financial backers and the population. We need our members' participation. Welcome to this great adventure.

The work carried out by the Transportation Committee has been fruitful. It is currently a project that has a regional scope. Our partnership with the Grouping of para-transit users, FADOQ and the Table de concertation des aînés de Montréal allowed the latter to obtain an important grant to exercise leadership in this field. We are therefore making a fresh start.

A hearty thanks to the members of the Board of Directors and to all the members who have brought support and encouragement to me.

Serge Emond, Coordinator



1ST ORIENTATION

SO THAT COMACO AS A GROUPING OF COMMUNITY ORGANIZATIONS FOR SUPPORTING INDEPENDENT LIVING IN THE COMMUNITY MAY CONSOLIDATE ITS ASSOCIATIVE LIFE AND PLAY ITS ROLE IN DEFENDING AND REPRESENTING ITS MEMBER ORGANIZATIONS.

Through strong associative life, COMACO's mission of defending and representing its members and the senior population is constantly being developed.

REPRÉSENTATION AND MOBILIZATION

COMMITTEE ON PARTNERSHIP WITH COMMUNITY ORGANIZATIONS

COMACO's representation with the Agence de la santé et des services sociaux de Montréal has continued. Negotiations following the agreement on the "Cadre de référence régional, partenariat entre l'Agence et les organismes communautaires" took up a large part of our energies in the field of coordination.

The president of COMACO, Marjorie Northrup, and the Coordinator participated in this Committee on Partnership to defend and represent its members.

The representation and efforts to promote awareness to the Agence de santé et de services sociaux de Montréal were successful.

COMACO intervened, last June, in the question of budget development. We must remember that the development of budgets finally gave way, for 2006-2007, to a significant budget increase for organizations to the sector of seniors dealing with a loss of autonomy. \$500,000 was added to our sector.

Organizations obtained for their first financing, a budget of \$30,000. Almost all of them obtained \$50,000 minimally. Finally, organizations who received more than \$50,000 received an increase of 6.8%. It is finally a breath of financial fresh air.

The current on-going dossiers have to deal with the financial structure of the 500 health and social service groups. It is difficult to

arrive at a consensus between the seven regional groupings that work in sectors that are sometimes totally different.



Another dossier concerns a model for agreement for technical services. This dossier is less complex than the previous one. We must bear in mind that agreements for technical services hardly exist among our members.

« Les Nouvelles » de COMACO is a privileged means of information to share information concerning important dossiers.

CONSEIL DES AÎNÉS

On February 14, 2007, COMACO was in Quebec City within the framework of the General Consultation and Public Hearings on the Report dealing with the Implementation of the 1999-2004 Bill on the Conseil des aînés:

The outline of the presentation of our Memorandum is the following:

- Presenting COMACO, its members, and their activities
- Explaining the definition of supporting independent living in the community which was a new concept for several people who were present
- Supporting the Conseil des aînés du Québec.

For COMACO, the Conseil des aînés is the only organization that can have a broad, encompassing vision on the seniors of Quebec. For us, it is the organization that that can really have this global vision. Its role is therefore exceptional and so it has become the representative of non-represented seniors. We hope that the Conseil des aînés be fully recognized and that it receives the tools that will help it carry out its mission.

Finally, the members of the Commission were asked the following question: "In Quebec, do we really want to take the ageing of the population into consideration and therefore to invest in understanding this phenomenon in order to bring about the necessary changes and corrective measures?"

Our representation was well accepted and this enhanced the work done by our 75 member organizations.

VARIOUS REPRESENTATIONS

Since seniors are connected with every aspect of life in society, representations vary : Regroupement intersectoriel des organismes communautaires de Montréal (RIOCM), Montreal Transit Service/Para-transit, Coalition Solidarité Santé, Office des personnes handicapées du Québec (OPHQ), Comité aviseur de l'action communautaire autonome, Centraide, Association québécoise de gérontologie (AQG), COCO's (grouping of English-speaking organizations), etc.

Representation, targeted awareness, and the defence of members' and seniors' rights and interests take up an important place in the task of promotion.

It is necessary to assure in this way that COMACO benefit from the utmost visibility in order to make various social interveners aware of the issues related to ageing and of its impact on community organizations that endeavour in this field. This year, there were more than 70 activities pertaining to representation with 30 different organizations.

In this way, COMACO is more than ever a privileged and well known leader in the field of supporting independent living in the community.

FACILITATING EXCHANGES, COMPETENCIES AMONG MEMBERS

LUNCHEON MEETING

This year, four luncheon meetings were given to COMACO members. These meetings cater to our members' needs for meeting and sharing on various topics. The topics were the following:

1. "What place do seniors have in community organizations?"

Conciliating community participation with the loss of mobility/autonomy represents a challenge for community groups. It reminds us of the importance of our common mission, namely supporting seniors' independent living in the community.

2. "Assessment - Why? - For whom? - How?"

Steps that are taken for participative self-assessment amount to evaluating the collective endeavours of an organization. It shows that the specific approach of autonomous community action brings about a great amount of advantages although quite different from what is advocated by public authorities.



3. "Relief teams for our organizations"

We insist on the importance of always focussing on the organization's mission, which is at the core of all our actions. Professional relief comes within this mission; that is why it is important. We must give ourselves the working tools to favour work relief that will help us avoid confusion and orient our actions.

4. "Psychological harassment at work"

We insist on the importance of preventing psychological harassment and on the duty of organizations who act as employers to have a policy on this issue.

SUPPORT TO MEMBERS

Several members resort to COMACO's expertise for specific needs they may have. These requests deal with the organizations' policies and rules, human resources' policies, relations between the board of directors and the administration, hiring policies, personnel recruiting, the *Programme de soutien aux organismes communautaires (PSOC)*, etc.

COMACO shares its expertise and tools, and refers people to alternate resources if necessary.

THE BOARD OF DIRECTORS



(From left to right) Sheri McLeod, Marjorie Northrup, Jacques Brosseau, Mario Bérubé, Marc Nisbet, Nadia Verty-Cechmistro, (Absent: Jean Ouellet).

The members of the Board of Directors met 8 times. Among its main accomplishments, noteworthy is a meeting with Centraide's representative, Mr. Pierre Constantin Charles. A letter followed this meeting stating that COMACO should be consulted more often on issues dealing with seniors.

The Board gave special attention to the Regional Financing Frame of Reference.

The members of the Board of Directors actively participated in various committees and activities: social participation, transportation, and video project. Their presence, their dedication, and their cooperation with the Coordinator strengthened associative life within a harmonious working atmosphere.

ENHANCING THE COMMUNICATION OF INFORMATION TO OUR MEMBERS

« Les Nouvelles » is the communication tool that binds the organization to its members. The Newsletter, regularly published on a weekly basis, creates a sense of belonging and consolidates associative life.

General comments on the behalf of our members have proven to be positive; its conciseness goes right to the core of all topics. This communication tool requires a lot of time and energy; however, it brings about increased visibility. More than 6,785 people have visited the Internet site throughout the last year.

We wish to point out that two occasional collaborators started working with us this last year: Audrey Langlais, trainee and Selma Vorobieff, project leader in charge of participative self-assessment.

Among the main topics that were taken up, we wish to point out the following: the Agency - PSOC Liaison Committee; the video entitled Profession Vieillir (Getting on with Age), social participation, and paratransit.

MEMBERSHIP

COMACO welcomed ten new members:

- *Association multi-ethnique pour les personnes handicapées*
- *Centre des Aînés de Villeray inc.*
- *Centre St-Pierre*
- *Comité d'animation du 3^{ème} âge de Laval*
- *Groupe des aidants de LaSalle*
- *Les Ambassadeurs du 3^{ème} âge*
- *Les Habitations à ciel ouvert*
- *Mains secourables*
- *Maison du Chemin de la Côte*
- *RECAA*

The increase in the number of COMACO members increasingly demonstrates our organization's influence, visibility, and credibility.

We wish to thank our new members for the confidence they showed us. Their presence strengthens, with governmental authorities, our regional role as contributors to the development of supporting independent living in the community.

2ND ORIENTATION

SO THAT COMACO AS A GROUPING OF COMMUNITY ORGANIZATIONS FOR SUPPORTING INDEPENDENT LIVING IN THE COMMUNITY DEDICATED TO REPRESENTING THE PEOPLE THEY SERVE BECOME A PRIVILEGED INTERVENER WITH VARIOUS COLLABORATORS SUPPORTING INDEPENDENT LIVING FOR SENIORS.

FADOQ HOMMAGE AWARD REGIONAL SECTOR 2007

On April 27, 2007, COMACO received the « Le Prix FADOQ – hommage volet régional Montréal » that celebrates an organization's exceptional contribution to the quality of life of seniors at the local and regional levels.

Mrs. Cécile Plourde, President and Anne-Marie Drolet, Director, presented the award to Marjorie Northrup, Chairperson of the Board of Directors of COMACO and to Serge Emond, Coordinator of COMACO.



"To conclude, it is evident on our behalf that COMACO's dynamism, its volunteers and interveners, contribute directly to improving the quality of life of thousands of seniors. And that is why we are proud to give COMACO today the 2007 FADOQ Homage Award – Island of Montreal".

Anne-Marie Drolet, Director FADOQ-Montreal.

UQAM TRAINEE

This year, COMACO welcomed a trainee in Social Work from UQAM: Audrey Langlais.

Audrey has collaborated to enhancing COMACO's influence particularly in the field of transportation. During her first training period, she assessed the situation of transportation of seniors. During her second stage, she organized our representation at the Côte-des-Neiges Borough Council concerning Shuttle Project #21. This project allows seniors from this sector to go on a specific circuit with this bus.

Audrey represented COMACO member organizations in this sector in order to support this project while asking relevant questions so that it continues in the best possible conditions.

We wish to thank Audrey for the work that she accomplished.



3RD ORIENTATION

SO THAT COMACO DEVELOP AND PROMOTE ITS EXPERTISE ON ISSUES PERTAINING TO INDEPENDENT LIVING IN THE COMMUNITY SUCH AS TRANSPORTATION, SOCIALIZING, AND HOUSING.

For the last few years, COMACO has developed specific projects: social and collective participation, the transportation committee, the Leader, Outils, Vidéo (LOV) Project (Leader, Tools, Video Project) which paved the way to the video entitled Profession: Vieillir (Getting on with Age). These projects were carried out in partnership with the Centre St-Pierre for their implementation and follow-up. We wish to mention Lise Noël's important contribution to the Centre St-Pierre which, for the last five years, has been accompanying COMACO's Board of Directors and Coordinator in these numerous projects. We wish to thank the Centre St-Pierre and Lise Noël for the collaboration and interest they bring to seniors.

SOCIAL AND COLLECTIVE PARTICIPATION



In pursuing its efforts of reflexion, the committee sought to have a better understanding of the notion of social participation. Social participation appears to be one of the elements contained in supporting independent living in the community since it implies reciprocity of exchanges between individuals and the community. This year, the core of our exchanges was: How can seniors have the chance to participate actively to social life and continue to act as responsible citizens? What does participating in social life mean when one has lost autonomy?

The question on social participation was a complex one: How to define it? What are the conditions that are essential so it can be realized? COMACO must reflect upon this with its members.

Social participation of seniors is essential to social life and even to the lives of our community groups. How can we enhance our organizations with what this participation can bring us?

Issues concerning seniors spread over three generations. To thrive, our organizations need this multigenerational wealth.

Do our organizations work for seniors or with them? Working with can bother people, even knock them down somewhat. The seniors' social contribution to our organizations is a wealth that is inexhaustible if we know how to hand things over to them.

Among what has been acknowledged on social participation is the fact that the diversity of commitments and contributions to society by seniors has not received enough recognition by seniors themselves as well as by the population in general. In this sense, the presentation of the video entitled «Profession: vieillir» (Profession: Getting on with Age) to various audiences helped the committee reflect upon this issue.

In order to broaden reflections, a workshop on the issue of participation will be held in the midst of our General Assembly on June 5.

Members of the committee:

- ◆ Carrefour communautaire Montrose,
- ◆ Centre communautaire pour aînés de St-Michel/Rosemont,
- ◆ Centre d'action bénévole de Montréal,
- ◆ Groupe l'Entregens,
- ◆ NDG Senior Citizens Council,
- ◆ Projet Changement.

VIDEO: « PROFESSION : VIEILLIR »

The video was produced with the help of a grant within the Government of Canada's **New Horizons** Program for seniors.

- ▶ Who are today's seniors?
- ▶ How do they spend their time?
- ▶ How do they occupy their place in our society?



With reflections on these issues, the committee met other seniors to take a look at current stands on retirement and on different ways of continuing to play an active role in the community.

The committee, with participants ranging from 55 to 89 years old, participated in the shooting of the video in June 2006. We made use of a team of technicians from Centre St-Pierre. Six hours of shooting for an objective of 20 minutes is enormous.

Then our team of seniors started the editing. How heartbreaking it was to keep only what was essential while so many accounts were so interesting. The results were reached: a 23-minute video entitled « Profession: Vieillir ».

There were two launchings for the video: the first one, for community groups during the 35th anniversary of Projet Changement, a community center for seniors, and the second one on April 5, which was meant for a mixture of people from union and educational backgrounds. Both launchings were a great success. Comments were commendatory.

The video, with the document accompanying it, can be used as

an animation tool, The video can help facilitators working with groups of seniors, groups of senior leaders, as well as with people who go scouting for seniors to participate in the board of directors of community organizations.

a tool that triggers initiatives. The video can be used at round tables, symposiums, conferences within activities aimed at preparing their retirement or activities aimed at emphasizing the seniors' opinions (points of view, rights, etc.).

an information tool. The video is meant for educators and trainers, at college and university levels in the fields of anthropology social work, gerontology...

It could also help people who are getting prepared to that other part of life that we is defined as ageing and, finally, it can help seniors themselves.

"I am confident that the video can interest a great diversity of people; from the person who is getting ready to retire to the person who is committed to his/her association, in a community center or with volunteers. It could prove to be very useful within intergenerational and intercultural exchanges. It should be presented at a program such as "Zone libre" or a similar one, on a channel with a wide audience in order to have a large impact".

Jean Guay, Consultant in Gerontology, Lecturer in Gerontology at Collège Marie-Victorin and in some universities. From the launching on April 5, 2007



PARTICIPATIVE SELF-ASSESSMENT

This year, a new project centered on participative self-assessment will begin. Selma Vorobieff is the consultant who will give support to COMACO in carrying out this project

The reason behind this project is to develop a toolbox for self-assessment that is meant for you.

Why this toolbox? For several good reasons, notably:



Selma Vorobieff, Project Consultant

1. to learn and take bearings of the value of the work that has been accomplished;
2. to document one's actions and practices, to identify strong points and areas that need improvement;
3. to give some feedback and enhance the value of the team members and volunteers;
4. to keep written proof of ways of proceeding and to communicate them to new team members or volunteers;
5. to get to know better the seniors' needs;
6. to evaluate the impact of one's activities on seniors and independent living in the community;
7. to evaluate if the objectives of the action plan or of the activities have been reached;
8. to take bearings, make appropriate decisions, and orient future actions;
9. to enhance and promote the work that COMACO members have accomplished with partners and fund raisers;

10. to be proactive in the field of assessment and to resort to self-assessment according to the criteria that correspond to our values and modus operandi;

11. to establish sounder negotiations with fund-raisers.

A survey carried out in May reveal the interest COMACO members have concerning this issue. The formation of a committee will begin soon so that this project corresponds to its members' vision.

The participative auto-assessment project lies within the promotion of activities and services carried out by our members. Our influence passes indeed through the recognition of who we are.

Good luck to this project!

TRANSPORTATION COMMITTEE

The para-transit project, financed by the Agence de santé et de services sociaux de Montréal, continued in 2006-2007. During a committee meeting aimed at taking bearings on the situation in the area of transportation, a document summarizing the issue and developing an action plan was presented. This document took up issues concerning para-transit, collective transportation, and accompaniment transport by volunteers. We became aware that that all aspects of transit are interrelated. The committee then spread out the dossier at a regional level

The issues in para-transit are, among others, traffic increase, using para-transit, delays in waiting, and financing. Among the various steps to be taken, we pinpointed information, sensitization of users and politicians and demands.

In the field of collective transportation, the issues are the collectivization of needs and interests, the modernisation of infrastructures, neighbourhood transportation, and the increase of fares. Possible steps to be taken: sensitizing the public and politicians and influencing the improvement of service offers.

In the field of accompaniment-transport, the limits in medical accompaniment that volunteers meet is an issue. Steps to be taken: claiming more services on the behalf of public services and the development of the taxi industry.

Among the organizations participating in the committee, we can mention the Table de concertation des aînées de Montréal (TCAÎM) as well as the Regroupement des usagers du transport adapté (RUTA).

The transport committee facilitated by COMACO has reached its limits due to COMACO's and RUTA's insufficient human and financial resources. The more the dossier evolves, the more it becomes complex.

The transportation dossier has increasingly become a dossier with a regional scope; therefore it has a mandate that is rather linked to the Table de concertation des aînés de Montréal since TCAÎM has among its objectives...

- ▶ to coordinate a space for concerting between organizations representing the seniors of the Island of Montreal in a movement of interaction with the institutions concerned by the situations of seniors.
- ▶ to favour and support actions aimed at improving the seniors' living conditions.
- ▶ to collaborate with decision-makers, specially at the local, municipal, and regional levels, at designing, planning, and implementing policies and programs that have an impact on the quality of life of an ageing community.

TCAÎM accepted to implement this dossier by putting to task the Conférence régionale des élus de Montréal (CRÉ). TCAÎM presented a project to CRÉ who accepted it with some financing.

It is an essential project for the development of the transportation for the seniors of Montreal.

Among the objectives of the project, we can read the following:

- ▶ Carry out an update of the situation of offer and needs (current and planned) of transportation services for seniors, especially those who are incapacitated
- ▶ Gather the main interveners who deal with the transportation and mobility of seniors on the Island of Montreal
- ▶ Develop and implement a concerted action plan

The fulfillment of this project will therefore allow COMACO to work in this dossier as a partner with TCAÎM and RUTA. We wish to thank TCAÎM for having taken over in this current dossier since transportation remains the key for integrating in the community when facing the ageing of the population.

We wish to thank the members of the committee in charge:

- ◆ Association de défense des droits des retraités (AQDR)
- ◆ Centre d'action bénévole de Villeray Vers-Vous
- ◆ Centre Multi-ressources Lachine
- ◆ Fédération de l'âge d'or du Québec section Montréal,
- ◆ Fondation des personnes à mobilité réduite du Québec (FPMRQ),
- ◆ Organisation des personnes atteintes de cancer (OMPAC),
- ◆ Regroupement des usagers du transport adapté (RUTA),
- ◆ Service bénévole entraide Anjou
- ◆ Table de concertation des aînés de Montréal (TCAÎM),

MEMBERS OF THE BOARD OF DIRECTORS

2006-2007

CHAIRMAN

Marjorie Northrup (2003-2007)
Centre d'action bénévole de Montréal

VICE-PRESIDENT

Jean Ouellet (2004-2008)
Projet Changement Centre communautaire pour aînés

TREASURER

Sheri Mc Leod (2004-2008)
NDG Senior Citizens Council

SECRETARY

Marc Nisbet (2004-2008)
Santropol Roulant

DIRECTORS

Mario Bérubé (2006-2008)
Fondation pour les personnes à mobilité réduite du Québec
Jacques Brosseau (2006-2008)
Carrefour communautaire Montrose
Nadia Verty-Cechmistro (2003-2007)
Entraide Ukrainienne de Montréal

PERSONNEL

Serge Emond,
Coordinator

LIST OF COMACO MEMBERS

2006-2007

ACHIM	Council for Black Aging Community of Montréal inc
Action Centre-Ville	Cummings Jewish Center for Seniors
Aide aux villageois du village olympique	Entraide Ahuntsic-Nord
Almage Senior Community	Entraide bénévole Métro
AQDR de Montréal-Nord	Entraide Ukrainienne de Montréal
Association bénévole PAT/ME inc.	Fondation personnes mobilité réduite du Québec
Association des popotes roulantes Montréal Métro	Good Shepherd Community Center
Association multi-ethnique personnes handicapées	Groupe de tâche et d'entretien Centre-Sud
Baluchon Alzheimer	Groupe des aidants de LaSalle
Carrefour Communautaire Montrose	Groupe Harmonie
Carrefour des retraités de Montréal-Nord	Groupe l'Entre-Gens inc.
Carrefour Saint-Eusèbe	Habitations les II Volets
Centre communautaire pour aînés de St-Michel-Rosemont	Habitations Nouvelle Avenues
Centre communautaire pour aînés de Verdun	La Maison d'Aurore
Centre culturel Japonais-Canadien de Montréal inc.	Les Accordailles inc.
Centre d'action bénévole Bordeaux-Cartierville	Les Habitations à ciel ouvert
Centre d'action bénévole de Rivière-des-Prairies	Mains secourables
Centre d'action bénévole de Villeray Vers-Vous	Maison Chemin de la Côte
Centre d'action bénévole et communautaire de St-Laurent	NDG Senior Citizens Council
Centre d'action bénévole de Montréal	OMPAC
Centre d'action bénévole Ouest-de-l'Île	Projet Changement Centre communautaire pour aînés
Centre de Bénévolat Côte des Neiges	Projet Genèse
Centre de bénévolat Notre-Dame-de-Grâce	RECAA
Centre de bénévolat SARPAD CDN inc	Regroupement des aidants naturels de Montréal
Centre d'entraide Le Rameau d'Olivier inc.	Réseau Bénévole de Verdun inc.
Centre des aînés Côtes-des-Neiges	Résolidaire Réseau bénévole Hochelaga-Maisonneuve
Centre des Aînés de Villeray inc.	Ressource 3 ^{ème} âge Lachine «la Théière »
Centre des aînés du Réseau d'entraide St-Léonard	Santropol Roulant
Centre du Vieux Moulin de LaSalle	Service bénévole Entraide Anjou
Centre espoir nouveau pour personnes âgées	Service d'aide communautaire Anjou inc
Centre Multi-Ressources de Lachine	Service de bénévole de l'Est de Montréal inc.
Centre Saint-Pierre	Services bénévoles aux aînés Ville-Émard/St-Paul
Chez-nous de Mercier-Est	Table de concertation des aînés de Montréal-Nord
Comité d'animation du 3 ^{ème} âge de Laval	The Yellow Door
Contactivity Centre	



THE **COALITION POUR LE MAINTIEN DANS LA COMMUNAUTÉ**, ALSO KNOWN AS **COMACO**, BRINGS TOGETHER 70 AUTONOMOUS COMMUNITY ORGANISATIONS.

COMACO PROMOTES THE NOTION OF MAINTENANCE IN THE COMMUNITY – COMMUNITY CARE – RATHER THAN HOME CARE BECAUSE ITS MEMBERS BELIEVE THAT HEALTH AND WELLBEING RELIES ON SOLIDARITY BETWEEN PEOPLE AND THEIR INTEGRATION IN THE COMMUNITY.

