

2nd Annual General Meeting



Annual report

2019-2020

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The production of this document is made possible through funding from CHSSN, the Secretariat for relations with English-speaking Quebecers, and Health Canada.

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A Word from the President



This year, MEPEC has overcome many challenges however by the end of March 2020, we have established a strong team to move forward into the new year.

We have participated in many information sessions with CHSSN and the Quebec Secretariat, as well as several retreats which in themselves carry great learning experiences and provides us with the opportunity to meet other NPI's who shares our mission.

MEPEC is also a member of the Access Committee and sits as a participant on the Table de Jeunesse.

We have increased our Facebook presence and successfully launched our Web site. Having partnered with the Cummings Learning Centre, we held several community learning sessions. We also partnered with *RVCLC* and *Riverside School Board* to host a Blood Drive with *Hema-Quebec* at *Mountainview School*.

This spring, we will give our support to an early childhood program, made possible by the *Healthy Early Years* funding, and work on a few surveys to position ourselves to provide the support you want and move forward accordingly.

It has truly been a year of growth by learning and adapting to change. I can certainly say that we have all grown in our work experiences and are excited to move forward.

Thanks to CHSSN, Health Canada and Secrétariat aux relations avec les Québécois d'expression anglaise for without their support we could not accomplish our goals.

Tarek Dahab
Interim President of MEPEC



A Word from the Executive Director



But what a year 2019-2020!

It is with satisfaction that we look back and bravely face the next challenges. It is immensely rewarding to be involved in an organization that supports and helps the English-speaking community.

Our successes are many. These include the expansion of our unique team (employees and Board of Directors), the increase in our partnerships with organizations that care about the well-being of the community, and the workshops/conferences given for seniors.

I would like to take this opportunity to thank all the volunteers and partners involved in our activities and the meetings we have had.

Despite this eventful year, there is still a lot of work to be done, such as recruiting volunteers, planning our calendar of activities for 2020-2021 and developing a strategic plan for the next 3 years. I believe in our efforts and I am very grateful for the opportunity to lead MEPEC and work with my team every day.

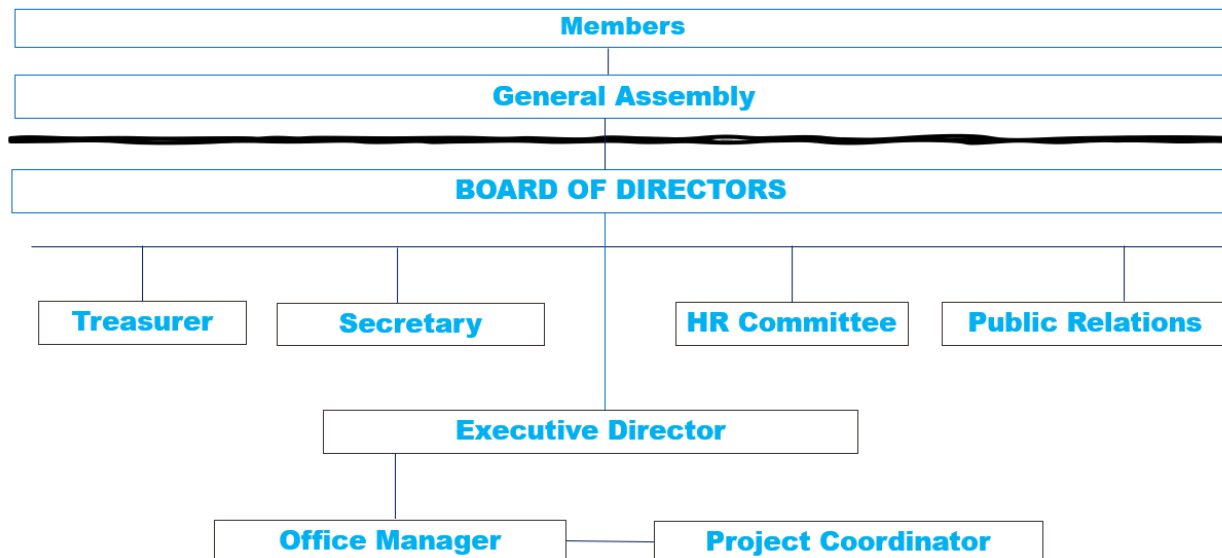
MEPEC-PEMCA has a rich membership and a willingness to continue to grow.

In conclusion, it is important to thank our donors, who believe in MEPEC-PEMCA and its mission.

Karoll-Ann Carrier
Executive Director of MEPEC



Organizational Structure



During summer 2019, a Human Resources Committee has been created to produce an Employee Handbook and to conduct interviews to hire employees.

In August 2019, we hired a Project Coordinator (PC). The Project Coordinator main role is to plan and coordinate of various programs either sponsored by MEPEC or through partnerships.

In May 2019 and again in January 2020, Russ Kueber from CHSSN travelled to the MEPEC office to provide training for the Board.

In September 2019, a Human Relations Officer position has been created to develop and implement strategies to enhance board members and employee motivation and reduce conflicts.

In December 2019, an Acting Executive Director was hired and in March of 2020, we hired an Office Manager (OM) to replace the Acting Executive Director. The Office managers main roles is to assist the ED with day-to-day operation and administrative tasks and work with the PC on projects.

Board of Directors

Tarek **DAHAB**, Interim President (2019)
 Kris **KLOVE**, Treasurer (2019)
 Denise **MADDOLINI**, Director (2020)
 Paul **MITCHELL**, Director (2019)

**Permanent Staff**

Karoll-Ann **CARRIER**, Executive Director
Nicolas **BEAUDOIN**, Project coordinator

Contractual

Debbie **HANNEY**, Office Manager

Volunteers

Debbie **BISSEGGER**
Margaret **CROSS** (member)
Christine **DEEKS** (member)
Lucila **DULTRA** (member)
Paula **FORTIER** (member)
Lee **GERR**
Danielle **LAVIGNE**
Cathy **LAWSON**
Valerie **ROBILLARD** (member)
Bernice **YOUNG** (member)

Human Resources Committee

Karoll-Ann **CARRIER**
Lucila **DULTRA**
Debbie **HANNEY**

Human Relations Officer

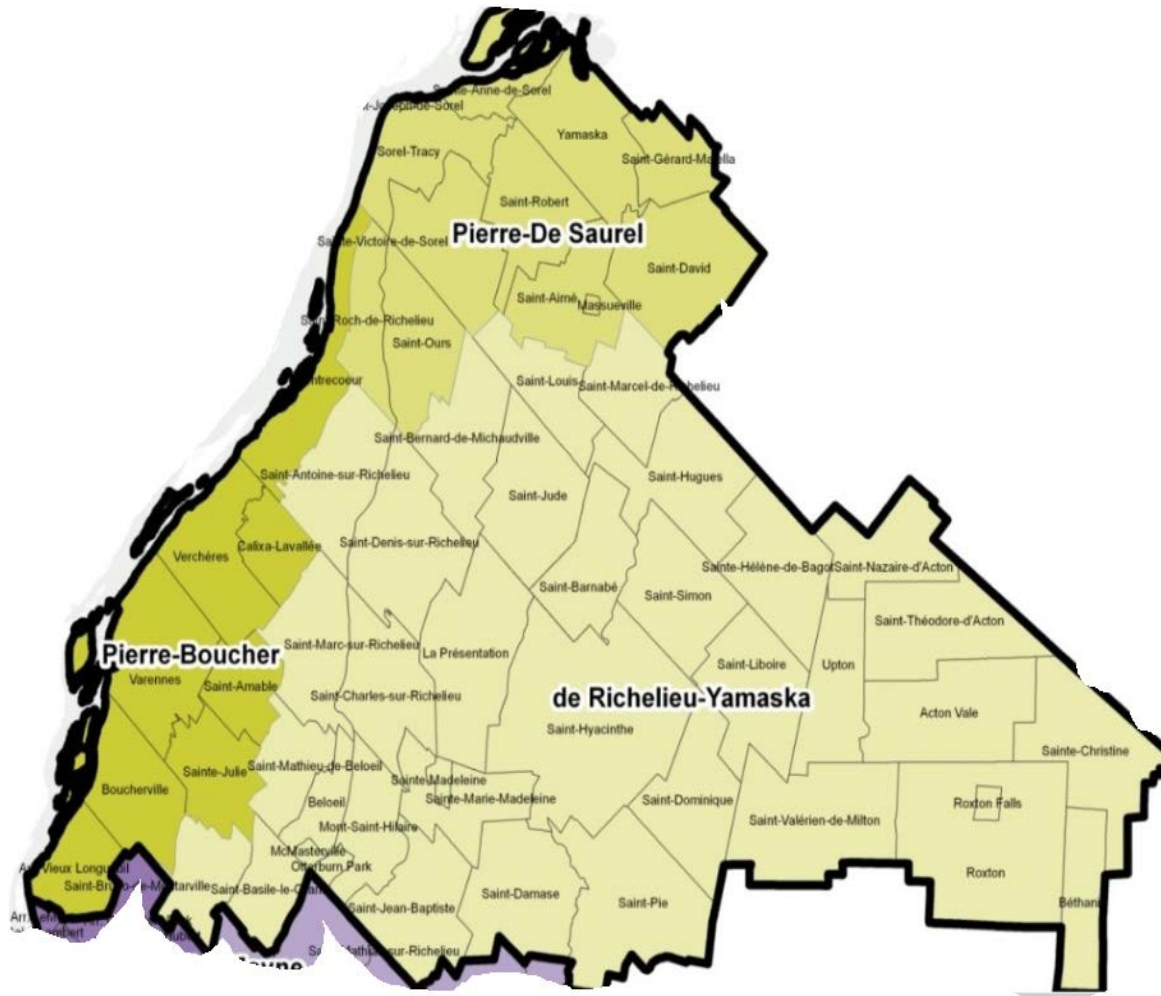
Paul **MITCHELL**

Mission

Montréal East Partnership for the English-Speaking Community (MEPEC) is an organization dedicated to serving the interests of the English-speaking community (ESC) in the Montréal East region. MEPEC works in collaboration with public, community and private organizations as well as citizens in relation to the needs of the English-speaking population of the Montréal East in order to:

- Connect with and represent the ESC of the Montréal East
- Work in collaboration with citizens and public, community and/or private organizations serving the needs of the ESC
- Improve communication between English-speaking citizen and local service providers
- Increase opportunities for the English-speaking citizens of the Montréal East of all ages to learn, socialize and remain active
- Facilitate access to English documentation and services

MEPEC serves the Montérégie East region, which has a population of approximately 20,000 English-speaking residents in 57 communities covering 3,484 kilometers. Over the past year, we focused mainly on the Richelieu-Valley.





Financial Statement

MEPEC's main funder is the Community Health and Social Services Network (CHSSN). Over the past year, CHSSN has collaborated with the governments of Québec and Canada to fund their programs. The Secrétariat aux relations avec les Québécois d'expression anglaise and Health Canada fund CHSSN's Enhancing Regional Community Capacity (ERCC) and Network and Partnership Initiative (NPI) programs.

Funding Received	\$
CHSSN – NPI for Network, Partnership, Representation and Knowledge Development	\$68 030
CHSSN – NPI for Outreach	\$16 970
CHSSN – ERCC Mandate Expansion	\$67 000
CHSSN – ERCC Translation	\$8 000
Total Revenue	\$ 160 000

2019-2020 Expense Plan	\$
Personnel Salaries and Benefits	\$75 282
Contractual Personnel	\$8 000
Travel and Accommodations	\$7 000
Materials & Supplies	\$7 500
Equipment	\$5 500
Rent and Utilities	\$19 419
Publicity & Dissemination	\$9 996
Bookkeeping	\$2 750
Audit	\$5 000



Special Event/Partnership Activities	\$9 303
Trainings	\$250
Activity for Needs-Assessment	\$2 000
Translation	\$8 000

Roundtable, Memberships and Representation

Regional Access Committee of Montérégie

The President of MEPEC sits on the Board of Director of the Regional Access Committee of Montérégie, the organization discusses the needs of the ESC, the health and social services required to meet the needs, analyze the gaps, decide which service providers are obliged to offer health and social services in the English Language and defines the access mechanisms for services in the English language.

Centre de développement Communautaire de la Vallée-du-Richelieu



MEPEC participated in a meeting of the Community Development Corporation (CDC) of the Richelieu-Valley, which is a group of community organizations whose mandate is to ensure the active participation of the community base in the socio-economic development of the community. In 2020, MEPEC will send an application to become a member.

Community Health and Social Services Network (CHSSN)

MEPEC is a member of the Community Health and Social Services Network. This network of community organizations, resources and public institutions are striving to ensure access to health and social services in English for Quebec's English-speaking communities.



Regional Health and Social Services Partnership Table (RHSSPT)



Every 6 weeks, the Regional Health and Social Services Partnership Table (RHSSPT) holds meetings that bring together 30 organizations that represent the interests of the English-speaking community of the Montérégie. The purpose



of these meetings is to discuss the needs of the English-speaking community and to create opportunities to facilitate access to services in English.

Table jeunesse de la Vallée des Patriotes

Since October 2019, we have been a member of this table which brings together 40 organizations in the Montérégie region that focus on the youth. Every 6 weeks, a meeting is held to examine the issues that have an impact on the youth in our community and discuss how we can provide them with the services they need.



Events, Projects and Activities

AGM Meet and Greet

On June 11, 2019, MEPEC held its first AGM and celebrate the opening of MEPEC's office. More than 70 people gathered around a BBQ lunch, and 30 people became members of MEPEC.

Annual Health Fair "Building Community Together 2020"

The Annual Health Fair "Building Community Together 2020" is an event organized by the RHSSPT each year to inform the English-speaking population of the services and activities available. MEPEC participated in the organization of the event and had a booth to inform citizens and community partners about the organization in Montérégie East. Staff also provided information on elder abuse, CHSSN, NPI, etc. More than three hundred people participated in the event.

Virtual Learning Workshops

The Importance of leisure and social contacts in optimal aging

Through Cummings Centre virtual learning platform, MEPEC held a workshop on October 25, 2019. The 13 participants who attended learned how important is to maintain a healthy lifestyle, and how social connection reduces the risk of depression and other mental health issues.





How to Protect Yourself in the Digital Age



Again, using the Cummings Centre's virtual learning platform, MEPEC held a workshop on December 13, 2019. The 7 participants who attended listened to a police officer from Côte-des-Neiges in Montreal talk about fraud, particularly in the elderly population. From credit card scams to intimidation for money, she covered many ways seniors can get into trouble.

Workshops

Fraud Prevention Workshop

At the Greenfield Park Legion on February 6, 2020, the Interim President of MEPEC and Project Coordinator held a presentation on fraud prevention and how to protect yourself from it. There were approximately 30 participants.



Due to the popularity of the Fraud Prevention workshop, a workshop is being developed and will be offered to the members and the community in 2020-2021. MEPEC has been contacted by other organizations interested in holding this presentation during the upcoming year. A Zoom webinar is also being developed to allow a larger clientele to participate in the workshop.

Newsletter

The very first MEPEC bi-monthly newsletter, the MEPECER, was been launched in February 2020.

Health Passport

The Health Passport is a booklet that includes translated medical sentences related to symptoms and useful phrases to facilitate interactions between English and French speaking service providers. MEPEC has adapted a version of the Health Passport for MEPEC members that will help the English-speaking community communicate with health



professionals. Due to the covid-19 pandemic, printing of the Health Passport has been postponed.

Blood Drive

MEPEC partnered with Héma-Québec, Richelieu-Valley CLC and Mountainview School to co-host a Blood Drive. Although turnout was low, our Blood Drive was successful.



Fall Prevention Program

Over 10 weeks, 18 seniors participated twice a week in the Fall Prevention Program conducted by a kinesiologist from the CISSS Montérégie Est. The objective of the program was to help maintain and/or gain physical stability.



Website

MEPEC launched its website in March 2020. We invite you to visit it at <https://mepec-pemca.org/>





Translation

We financed the translation of a very important document for the social workers of the youth department of CISSS ME. This document will make it easier for social workers to work with English-speaking families.

Conferences, Workshops and Training Session

CHSSN Conferences and Retreats

Each year, the Community Health and Social Services Network (CHSSN) organizes retreats with all NPIs to provide an opportunity to exchange knowledge, ideas, activities with other organizations in the NPI network. This year, staff participated in November 2019 at the NPI retreat and in February 2020 at the ERCC retreat.

In addition, in February and March 2020, staff attended conferences on seniors' well-being and leadership development. Both conferences and workshops were given by CHSSN.

Communication Matters

In early April 2019, the Executive Director attended two workshops on managing social communication and how to choose the best social media for the organization. Within a year, MEPEC created its Facebook page, Instagram and LinkedIn accounts. More than 400 people were reached by the communication tools.

First-Aid Training

In February 2020, the Project Coordinator took a first-aid course.

Centre de bénévolat de la Rive-Sud Volunteering Recruitment and Management Training

During the year of 2019-2020, the Executive Director and the Project Coordinator attended 6 workshops on the roles and responsibilities of managing volunteer resources, recruiting, screening, and mentoring volunteers, resolving problem situations, and attracting and retaining new volunteers. The training will help MEPEC to create its own volunteering program.



Perspectives for 2020-2021

Networking

MEPEC will build a network table and create opportunities to share information, identify issues, challenges, and solutions such as services improvements.



Montérégie East Partnership Table

MEPEC intends to contact its current partners to invite them to participate in the issue table for the English-speaking community of the Montérégie East and to exchange information among themselves in order to gather information on the needs of the community and the services to be offered.



Representation

MEPEC will participate on advisory and decision-making tables to ensure an essential presence on important tables and committees in the health and social service, education and early childhood sectors and representing the needs and challenges of the English-speaking community.

Knowledge Development

MEPEC will develop and disseminate an evidence-base such as statistics and priorities and sharing best practices for improving the delivery of health and social services in the English language in our region.

Health and Social Service Needs-Assessment

In July 2020, MEPEC is going to launch its first needs-assessment to gain knowledge and a better understand of the health and social services needs of the ESC in the Montérégie East. Our desired outcome is to gather enough knowledge/information to determine where and what our focus should be in order to address the lacking health and or social services in a specific area. By understanding where we need to focus and what we need to focus on, this will enable us to be more effective when planning for 2021-2022 as well a fulfilling our mandate which is to service the ESC in the Montérégie East.

Partnerships

MEPEC will meet with French and English service providers in health and social services, educational and early childhood sectors and create partnerships and collaborate in projects that will benefits the citizens of Montérégie East.



MEPEC Community Library

In May 2020, MEPEC were notified that the Richelieu-Valley CLC Library currently residing in Mountainview school was asked to move out by September 2020 due to lack of space required for children to safely return to school during the COVID-19 pandemic.

MEPEC saw this situation as an opportunity to acquire the library and integrate it into its facilities in order to facilitate access to English services and materials and to increase opportunities for learning and socialization. MEPEC intends to re-open the Library in September 2020 and launch some literacy programs for seniors and children.

Mother Goose



The South Shore Reading Council's (SSRC) Mother Goose program is a pre-literacy music intervention for parents and their young children through song, rhyme, finger play and dance. Professionally trained facilitators work to improve parent-child interaction, language stimulation and socialization of children.

The program is already offered in some areas of the Montérégie. In 2019-2020, MEPEC has partnered with the SSRC to offer the program to English-speaking families in the eastern Montérégie. In

April 2020, MEPEC received confirmation from CHSSN that the program will be launched at Boucherville on September 30, 2020 for the year of 2020-2021.

Translation

MEPEC is able to offer translation to its community partners to increase access to documentation in English language.

Outreach

MEPEC will advertise, collaborate, and support partners initiatives for vulnerable people such as seniors, people living with low-income, etc and/or create opportunities to improve access to services in the English language.



Our Partners



**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec 



**Centre intégré
de santé
et de services sociaux
de la Montérégie-Est**

Québec 



RVCLC (2013-2018)

Richelieu Valley Community Learning Centre

Le centre scolaire et communautaire de la Vallée
du Richelieu



Grand Montréal



Table de concertation
Jeunesse
de la Vallée des Patriotes

