

# Seniors Action Quebec

E-Newsletter



*Well, winter is giving us a not-so-gentle reminder this year that we live in a boreal climate and should not forget it, despite climate change. We will keep our fingers crossed and hope that Mother Nature will look kindly on us for the next little while and bring us sunshine!*

---

## INSIDE THIS ISSUE

Changes at Seniors Action Quebec	page 1
Call for SAQ Board Nominations	page 3
2024-2025 AGM Save the Date	page 4
Final 2024-2025 webinar	page 5
One Voice Coalition	page 5
SAQ membership renewal	page 6

---

**Please note that Seniors Action  
Quebec offices will be closed for  
Easter on Friday, April 18 1025 and  
Monday, April 21 2025.**

---

# CHANGES AT SENIORS ACTION QUEBEC

Seniors Action Quebec would like to advise that Katia Toimil-Bramhall will be stepping down as Executive Director. The Board of Directors thanks Katia for the time and effort she has devoted to Seniors Action Quebec over the last three years.

The process of hiring a new Executive Director is under way and more details on next steps will be provided shortly. Katia will continue her work as Executive Director until the search process has been completed and then the priority will be to work on setting up a transition process with the new Executive Director. More details to follow.

## SENIORS ACTION QUEBEC NEWS

### **Community activities**

The New Year began relatively quietly and started picking up towards the end of January. Seniors Action Quebec was present at the following activities:

- Pre-budget online consultation organized by the Secrétariat aux relations avec les Québécois d'expression anglaise on February 10 2025. Our President, Richard Silver, presented a brief, where we put forth six key recommendations. [Click here](#) for more details.
- We also participated in a Concordia University's QUESCREN Lunch & Learn event, entitled "A Complex Puzzle: The Realities of English-Speaking Seniors in Quebec" on March 6 2025. We will share the recording of the presentation, once it is made available. Thanks to QUESCREN for the invite! The presentation was picked up by a few local media outlets. [The Montreal Gazette](#) and [CTV News Montreal](#) each reported on the information that emerged in report written (and soon to be published) by Quebec English-Speaking Communities Research Network (QUESCREN)

---

# CALL FOR NOMINATIONS

## SAQ BOARD OF DIRECTORS

Seniors Action Quebec is seeking new nominations for the Board of Directors.

Interested candidates should submit their name to Ruth Pelletier, the Nominations Chair, with a Letter of Intent outlining the reasons you wish to be involved and the skills/ experience you will bring. In addition, an one (1) page bio including expertise and working experience. This is a working board: each board member is expected to serve on at least one (1) committee.

- These documents **MUST** be received no later than 20 days PRIOR to the AGM, which is May 30 2025.
- To qualify to run or vote, you must be a member in good standing and the annual membership dues must be paid up to date. The deadline to pay membership dues and to be able to vote or run at the AGM is May 20 2025.

Membership can be paid on Seniors Action Quebec's Website:  
[www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)

Your documents can be emailed to: [ruthkathleenpelletier@gmail.com](mailto:ruthkathleenpelletier@gmail.com) OR posted to: Seniors Action Quebec- Nominating Committee Chair, # 307-1857 de Maisonneuve Ouest, Montreal, QC. H3H 1J9.

If posting your membership dues, please indicate "Membership 2025-2026" on the memo line.

Please allow ample time for snail mail to arrive to respect all deadlines. This is especially important should you be paying your membership.

Ruth Pelletier: Chair of the Nominating Committee  
On behalf of Lyna Boushel, David Cassidy, Martin Murphy  
Richard Silver: President Seniors Action Quebec

---

## SAQ AGM SAVE THE DATE


**SAVE THE  
DATE**

**6:00 PM  
ON ZOOM**

**JUNE 19  
2025**

---

SENIORS ACTION QUEBEC  
2024-2025  
ANNUAL GENERAL  
MEETING

The logo for Seniors Action Quebec, featuring a stylized graphic of people and the text "SENIORS ACTION QUEBEC".

We are currently working behind the scenes to organize this year's 2024-2025 AGM. Stay tuned for more details!

---

# FINAL 2024-2025 SAQ WEBINAR

That's a wrap for this year's webinars! All webinars that took place between September and November 2024 have been recorded and can be viewed on our [YouTube page](#). A big massive thank you to all of our presenters and participants who attended these sessions.

We are already beginning to think about the 2025-2026 offerings, so stay tuned!

## ONE VOICE COALITION



The participant guide for participants of the One Voice Coalition was finalized last September, and has proved very practical. Meetings with the One Voice Coalition are now held on a quarterly basis and are online for the time being (everyone is extremely busy in this post-pandemic era) although an in-person meeting is envisaged for May 2025.

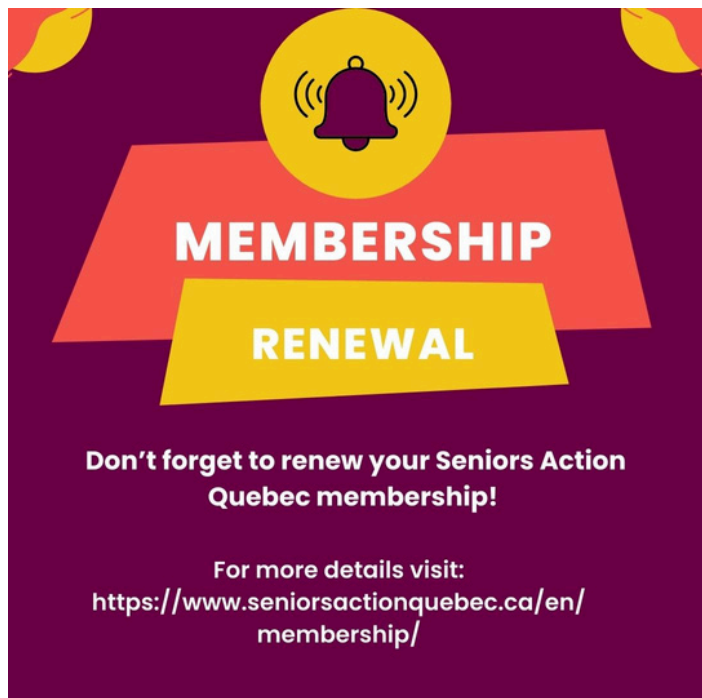
We are currently preparing a directory of participant organizations which includes a one-page Fact Sheet per organisation, outlining their mission and key information. This will be distributed among the Coalition participants and also posted on our website in a section devoted to the One Voice Coalition.

We will share more details very shortly.



---

## SAQ MEMBERSHIP



Just a quick reminder, if you wish to continue being a member of SAQ, participate in and vote at the next Annual General Meeting (which will be held online at 6 p.m. 19 June 2025), please do not forget to pay your membership dues.

Visit the [membership page](#) on our website to get more information on how to sign up and pay.

## P.S. RESILIENCE TRAINING MANUAL

Should you require additional copies of the manual kit (paper copy of manual and USB stick with presentations and documents), we still have several copies left and would be pleased to forward them to you. To do so, send us an email at [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca) with your contact information, address and number of manuals needed and we will send them to you.



---

# INFORMATION ON TAX SEASON

Here is some information that [Employment and Social Development Canada](#) (ESDC) asked us to share with our network.

“We know that filing taxes can feel overwhelming and confusing. That’s why we’re sharing information to help older Canadians put money back in their wallets and to make life more affordable for them.”

For low-income Canadians aged 65 or older, it’s especially important they file their taxes on time, because tax returns are used to determine eligibility for financial supports like the [Guaranteed Income Supplement](#) or the GST rebate. Filing on time helps avoid unnecessary payment disruptions.

Tax credits to help make your life more affordable.

To find out about other tax credits you may be eligible for, visit the Canada Revenue Agency’s (CRA) [All deductions, credits and expenses webpage](#). Plan ahead!

Sign up now for [direct deposit](#) and [file your taxes online with CRA’s NETFILE](#) to help you avoid delays. Signing up for the CRA’s [My Account](#) is the best way to view and manage your tax and benefit information.

## **SimpleFile**

The CRA’s [SimpleFile services](#) are free, quick and secure. They help people with a simple tax situation who have been invited to use the service to file their taxes.

---

## Did you retire or turn 65 in 2024?

The CRA's [Taxes when you retire or turn 65](#) webpage is filled with useful information! You can learn about the types of income to include in your tax return, how to reduce the tax you may owe, how your taxes are affected if you live abroad, and more.

## Need help?

Volunteers in your community or online may be able to help you do your taxes if you have a modest income and a simple tax situation. [Find a free tax clinic](#) near you.

Looking for more information? Please check out the CRA's [tax tips for older adults](#).





---

## UPCOMING EVENTS TO SHARE

Do you have any events in 2025 you would like us to share with the community? If so, please contact us at: [admin@seniorsactionquebec.ca](mailto:admin@seniorsactionquebec.ca)



*If you require a paper copy of this newsletter, please contact us by email ([info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca)) or by phone 438-386-1944*



**SENIORS  
ACTION  
QUEBEC**

1857 Boulevard de Maisonneuve Ouest  
#307 and #308  
Montreal, QC  
H3H 1J9

Telephone: 438-386-1944

[info@seniorsactionquebec.qc.ca](mailto:info@seniorsactionquebec.qc.ca)

[www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)



[www.facebook.com/seniorsactionquebec/](https://www.facebook.com/seniorsactionquebec/)