

Seniors & MADA

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50+ Club. (October, 2023, Informer)



ARE YOU 50+?? IF SO, READ ON

It may be one of the best-kept secrets in Montreal West, but our Recreation Department organizes an incredible number of activities for our pre-senior and senior population through the 50+ Club. You may have seen these events listed in *The Informer* on a monthly basis and wondered what this group was all about, so allow me to "spill the beans."

What is the club about?

The 50+ club aims to bring people together for both informal events and excursions. The informal events include bridge, speaker events, luncheons and dinners in Town. The mid-December Christmas dinner, which includes turkey with all the fixings, is served by the Mayor and members of Council. The excursions can be art exhibits, theatre productions or other events both in Town and out. In fact, our Recreation department is very flexible and open to exploring any option presented by the members. Marian Scully, our Coordinator of Cultural and Special Events has been organizing events for the 50+ group for the past 20 years and welcomes your input.

What's in it for you?

Fun, new friends, new skills and an opportunity to explore activities you may not think of doing on your own. Numerous studies have shown the importance of social interaction as we age, so here is an opportunity to expand your social network, participate in new experiences, and have someone else do all the planning for you. What's not to like?

How do you join?

The 50+ club is open to all Montreal West and neighbouring residents who are 50 years old or more. The current members are 65+, but we are looking to expand, so if you or your group of friends are 50+, we welcome you. You

can either join as a member (\$20 for Montreal West, Côte Saint-Luc and Hampstead residents or \$30 for all others) or participate in the activities on an ad hoc basis. Members get discounts on the events. To join, or for more information, please call the Community Centre at 484-6186.

Check out the Club's upcoming activities in this month's *Informer* (page 17) or online at <https://montreal-west.ca/en/recreation/community-life/50-club/>.

Hope to see you soon at one of the many planned events.

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Caring neighbour day (September, 2024 Informer, page 4)

Caring Neighbourhood Day A success

Saturday, May 25, you may have seen teams of students helping our seniors with their outdoor chores. Some were gardening and cutting the grass while others were cleaning, weeding and laying down earth. Sheds were rearranged, heavy pots were moved and decks were swept clean. That's because the *Seniors' Advisory Council (SAC)* organized a Caring Neighbourhood Day to assist our seniors who needed a helping hand with their spring cleaning. With the

Loyola students who helped this senior (third from left) on Caring Neighbourhood Day



collaboration of Loyola students eight teams of four were dispatched around Town and were able to service 16 homes. This was a pilot project and a successful one at that. One senior commented "Not only did the students help me with the physical work but they lifted my spirits."

Coming Caring Neighbourhood Day

The *SAC* plans to hold another Caring Neighbourhood Day on Saturday, November 2. Teams will be sent out to help older or disabled neighbours who need help with their outdoor fall chores, e.g., raking, bagging of leaves, etc. If you are in need of assistance or would like more information on registering, please call the Community Centre at **484-6186** or email recreation@montreal-west.ca by October 10.

We hope to have a good number of student helpers. However, we may be limited in the number of people we can assist and cannot guarantee that all requests for assistance will be met.

Seniors' Advisory Committee / MADA

La journée du bon voisinage : un grand succès

Le samedi 25 mai, vous avez peut-être vu des équipes d'élèves aider nos aînés avec leurs tâches extérieures. Certains faisaient du jardinage et tondaient la pelouse, tandis que d'autres nettoyaient, désherbaient et étalaient de la terre. Les cabanons ont été remis en ordre, les pots lourds déplacés et les terrasses balayées. C'est parce que le *Comité consultatif sur les aînés (CCA)* a organisé une Journée du bon voisinage pour aider nos aînés qui avaient besoin d'un coup de main pour leur nettoyage de printemps. Avec la collaboration des étudiants de Loyola, huit équipes de 4 élèves ont pu servir 16 foyers. C'était un projet pilote et un succès : un aîné a commenté « Non seulement les étudiants m'ont aidé avec le travail physique, mais ils m'ont remonté le moral. »

La prochaine journée du bon voisinage

Le *CCA* prévoit organiser une autre journée du bon voisinage le samedi 2 novembre. Des équipes seront envoyées pour aider les voisins âgés ou handicapés qui ont besoin d'aide avec leurs tâches extérieures d'automne, par exemple, ratisser et ensacher les feuilles, etc. Si vous avez besoin d'assistance ou souhaitez plus d'informations sur l'inscription, veuillez appeler le Centre communautaire au **484-6186** ou envoyer un courriel à loisirs@montreal-ouest.ca avant le 10 octobre.

Nous espérons avoir un bon nombre d'élèves bénévoles. Cependant, nous pourrions être limités dans le nombre de personnes que nous pouvons aider et ne pouvons garantir que toutes les demandes d'assistance seront satisfaites.

Comité consultatif sur les aînés / MADA

Des étudiants de Loyola aident des aînés



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Caring neighbour day (October, 2024 Informer, Council Communique)

Day camp, which operated out of the Royal West Academy (RWA) field and school, was thriving with over 350 participants. Staff even noted some advantages of this location being closer to the Community Centre.

Tennis camp used both the Montreal West facilities and the courts in nearby Lachine (Ville Saint-Pierre). Staff realized that the walks from the RWA field were almost equidistant, and both worked well.

Even without our own pool, campers used the **outdoor pools** in Côte Saint-Luc and Ville Saint-Pierre, with all our aquatic programs (Swim and Dive Teams, Aquafit and Masters programs) running out of Côte Saint-Luc. We had over 200 participants in our programs, and our swim community spirit remained alive. A big thanks to all the coaches, teachers and volunteers who made this happen. The Swim Team went undefeated this season and will move up one competition section next summer. It was a fun, safe and successful summer for all.

None of these programs would have been possible without the cooperation of our neighbouring municipalities of Côte Saint-Luc and Lachine, as well as RWA and the Montreal West Tennis Club. A huge thanks to them all for their cooperation and support. As good friends and neighbours, we all help each other when the need arises.

How you can help

Speaking of good neighbours, we will all have the opportunity to be good neighbours on **Saturday, November 2**. As reported in September's *Informer*, the Seniors Advisory Committee (SAC) is organizing another **Caring Neighbourhood Day**. Once again, small groups of Loyola students will be helping our older or disabled residents with outdoor chores.

We are now soliciting you, able-bodied residents. Your task would be to supervise the students and maybe even lend a helping hand yourself if you feel so inclined. You would need to be available for about 2.5 hours on the morning of

November 2 as well as devoting an hour or so in advance to review the task(s) being requested with the resident concerned. If you are able to help out, please contact the Community Centre at 514-484-6186 to leave your name and number and a member of the SAC will reach out to you.

Montreal West has proven itself to be a very Caring Neighbourhood in the past, and we trust this neighbourly attitude will continue. Even if you are unable to participate in this more formal endeavour, we encourage you to look out for neighbours who might need a helping hand from time to time. We know a lot of this goes on informally, and we hope that continues and even grows. After all, that is what community is all about.

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MADA consultation and 90 action items. (December, 2023, Informer)

October 21: a lively seniors' consultation

October 21, the Seniors' Advisory Committee hosted a consultation for seniors.

The afternoon started with a very enlightening talk from resident, Dr. **Natalie Phillips**, a professor in the Department of Psychology at Concordia University. Dr. Phillips' area of expertise is the study of sensory-cognitive health in aging and dementia. She pointed to the importance of hearing and sight in particular, and encouraged all present to get their sight and hearing tested, and to do what they can to mitigate this loss, for example with glasses and/or hearing aids. It was interesting to hear that although there is a natural memory loss or slowdown as we age, the majority of seniors do not experience dementia.

We were also encouraged to exercise and, in fact, we did just that during the break. **Megan Feeney** led the group in ten minutes of *Essentrics* stretching to pump the participants up and get those brain waves stimulated for the discussions which followed.

Before moving to future priorities, the meeting reviewed the objectives set out in the *Municipalité amie des aînés (MADA)* Age-Friendly Plan. The plan was a particularly ambitious one, with 21 specific objectives and 90 associated action items! We are now half-way through

the 2020-2025 plan, and, happily, have completed or initiated 47 of those actions.

Some of the goals completed include:

- adding more street furniture and greenery on Westminster
- obtaining a grant and moving forward with a new fully accessible recreation centre
- developing a seniors' webpage with information pertaining to seniors
- instigating a plan of action to reach seniors in times of

emergency, which was put into place during the early phase of Covid

- encouraging new housing opportunities
- organizing social events targeted to seniors
- creating several inter-generational activities
- setting up consultations with seniors

Next, we moved to round table discussions to help set priorities for future years. The seniors present were extremely engaged and provided insightful and valuable commentary and input. These will be reviewed by the Committee and submit-

ted to Council for action.

The afternoon was a great success, and was appreciated by all participants. Many thanks to our keynote speaker, Dr. Natalie Phillips, to the members of our Seniors' Advisory Committee and to the 50 residents who participated. Although we have moved many goals forward, we recognize we have more work to do. We will continue to strive to make our community more age-friendly, not just for seniors but for all residents.

Colleen Feeney
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Tax credits for seniors (April, 2024 Informer)



TAX CREDITS FOR SENIORS

It's income tax time again and there are some tax credits available for seniors which could result in a savings for you. Below is a brief summary. Please see the websites indicated for further details and eligibility requirements.

Provincial Tax Credits

Once you turn 65, you may be eligible for: the age amount; and the deduction for retirement income transferred to a spouse.

Once you turn 70, you may be eligible for the following refundable tax credits:

1. Home-Support Services. There is a refundable tax credit based on certain expenses incurred to obtain home-support services. There are two categories of eligible services:

- personal assistance services, such as personal care, meals, nursing, supervision and support, and civic support services;
- maintenance and supply services, including grocery and prescription delivery, laundry services

2. Independent Living Tax Credit For Seniors. This is a refundable tax credit for expenses incurred in order to continue living independently. This tax credit is equal to 20% of the total of the following expenses:

- expenses incurred for the purchase, lease or installation of eligible equipment or fixtures
- expenses incurred for one or more stays in a Transitional Care and Rehabilitation Unit up to a maximum stay of 60 days.

3. Senior Assistance Tax Credit designed for seniors with low income.

4. Caregiver Tax Credits. There are two components to the tax credit for caregivers. The first is for caregivers providing care to a person aged 18 or over who has a severe and prolonged impairment and needs assistance in carrying out a basic activity of daily living. The second is for caregivers providing care to and living with a relative (not his or her spouse) aged 70 or over.

For further information:

justepourtous.revenuquebec.ca/en/profiles/seniors/ and revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/

Federal Tax Credits:

The Federal government also has four key non-refundable tax credits which may apply.

1. Disability Tax Credit assists persons/support persons with disabilities

2. Medical Expense Tax Credit to cover costs of a range of expenses

3. Home Accessibility Tax Credit for eligible renovations to improve the accessibility of your home

4. Canada Caregiver Credit assists people who support a spouse, common-law partner or dependent with physical or mental impairments. An individual is considered to depend on you for support if he/she relies on you regularly and consistently to provide them with some or all of the basic necessities of life, such as food, shelter and clothing.

For more information: Canadian Revenue Agency
www.canada.ca/en/revenue-agency.html

The deadline for filing your tax return is April 30, 2024.

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