


# The Clinic *in a Nutshell*



The news report for those who want to take a closer look at what's going on at the Point St. Charles Community Clinic

Fall 2023  
FOR MEMBERS



influenza-COVID-pneumococcus vaccination at the Clinic  
**Everything You Need to Know**

Public Community Meeting on Bill 15  
**Should the Clinic Worry about the Dubé Reform?**

Walk-in Psychosocial Services  
**Making Adjustments to Maintain our Services**

**And much more!**





The Clinic's 2023-2024 Board of Directors. Left to right: Pierre Riley (president), Louise Chapados, Martial Mainguy (Clinic General Director), Marie-Yves-Rose Lemy (secretary), Marie-Chantal Vincent, Maria Inès Perez (vice-president), Denis Charron, Mathieu Desjardins (treasurer), Kathleen Gudmundsson. (Not in photo: Bernard Lebel, Sebastian Mott, Marie-Alexandre Côté, Employee administrator), Photo: Céline Bianchi

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# A Word from the Board of Directors

By Pierre Riley, President



Our Annual General Assembly (AGA) was held on June 21, 2023. It was with some trepidation that we opened our AGM in person, a first since the start of the pandemic. Many of you took part in the event, demonstrating your commitment to the clinic, its mission and its direction.

We unanimously adopted our strategic plan, defining our major objectives for the next three years, which will enable us to materialize our vision for the Clinic: to be a reference in community health.


The participation of our members, citizens and users, as well as access to our services, are at the heart of our priorities (reducing wait times, diversifying our preventive practices, etc.).

Here are just a few of the current and upcoming projects on which Board members are and will be working:

- Finalization and signing of the funding agreement
- Adoption, monitoring and evaluation of our new organizational structure
- Self-evaluation and planning for the new accreditation cycle (governance criteria)
- Training of board members
- Development of opportunities for member and citizen participation

Three new directors were elected at our AGA – Denis Charron, Mathieu Desjardins and Bernard Lebel – filling all the seats on our Board of Directors. We would particularly like to thank Elaine Chatigny and Cassandra Morris, our two outgoing directors, for their many and significant contributions to the Board and its various committees.

We invite you to come and meet us at our various events over the coming year.

We look forward to hearing from you! 

## Influenza-COVID-Pneumococcal Vaccination at the Clinic

# Our Annual Vaccination Campaign: Everything You Need to Know

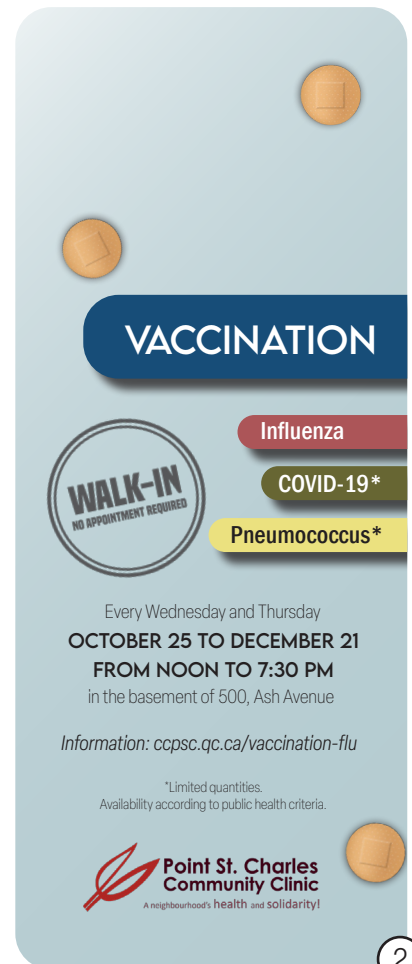
By Valérie Drouin, Director of Infirmery and Physical Health Services

**The Clinic's yearly flu vaccination campaign will take place between October 25 and December 21. You can walk in without an appointment in the basement of 500, Ash Avenue on Wednesdays and Thursdays between noon and 7:30 PM. On top of the flu vaccine, you'll also have the opportunity to receive shots against pneumococcal infections and COVID-19.**

Based on Public Health eligibility criteria, the following vaccines will be offered:

### Influenza

- People aged 75 and over
- People aged 6 months to 74 years
  - ◇ Living with a chronic disease (diabetes, cardiac, pulmonary, renal, hematological, cancer, immunosuppression, etc.)
  - ◇ Residents of all ages to residential and long-term care centers and intermediate resources
- Healthy pregnant women in their 2nd or 3rd trimester (13 weeks or more)



**VACCINATION**

**Influenza**


**COVID-19\***

**Pneumococcus\***

Every Wednesday and Thursday  
**OCTOBER 25 TO DECEMBER 21**  
**FROM NOON TO 7:30 PM**  
in the basement of 500, Ash Avenue

Information: [ccpsc.qc.ca/vaccination-flu](https://ccpsc.qc.ca/vaccination-flu)

\*Limited quantities.  
Availability according to public health criteria.

 **Point St. Charles Community Clinic**  
A neighbourhood's health and solidarity!

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- Pregnant women with any of the above conditions; the vaccine can be administered at any stage of pregnancy
- Children and adolescents (under 18 years of age) on long-term acetylsalicylic acid therapy (which may increase the risk of Reye's syndrome after influenza)

**Note that the influenza vaccine will be administered to anyone who requests it, even if he or she does not meet the eligibility criteria, for anyone aged 6 months and over.**

## COVID-19

- Priority will be given to the following groups:
  - ◊ people living in long-term care centres (CHSLD), seniors' residences, or other collective environments with a high proportion of elderly and vulnerable people
  - ◊ people aged 60 and over
  - ◊ people aged 6 months and over considered to be at high risk of complications, immunocompromised or on dialysis
  - ◊ healthcare workers
  - ◊ pregnant women
  - ◊ adults living in remote and isolated areas
- anyone who has received their last dose OR has had Covid for more than 6 months.

**Please note that for reasons beyond our control, the supply of COVID-19 vaccine is limited and we may run out by the time you arrive at the Clinic. However, we expect to have a regular supply, and you may be able to come in at a later date if required.**

## Pneumococcus

Vaccination against pneumococcal infections is free for :

- children aged 2 to 59 months
- children aged 5 to 17 OR adults over 65 living with one of the following diseases or conditions
  - ◊ heart disease
  - ◊ lung disease (e.g. emphysema, chronic bronchitis)
  - ◊ asthma requiring regular medical follow-up
  - ◊ kidney disease

*The Clinic in a Nutshell* is a Point St. Charles Community Clinic publication for its members.

**All articles written by the mentioned authors**

**Editing and layout** Céline Bianchi

**Translation:** Céline Bianchi

**Copy editing and proofreading:** Robin Williamson

**October 2023**

- ◊ diabetes
- ◊ absent or deficient spleen
- ◊ liver disease (e.g. hepatitis)
- ◊ cochlear implant
- ◊ chronic discharge of cerebrospinal fluid
- ◊ medical conditions that may compromise the evacuation of respiratory secretions and increase the risk of aspiration
  - ◊ weakened immune system (for example, due to cancer)
  - ◊ being unhoused
  - ◊ current and regular use of hard drugs by inhalation or injection with deteriorating health or precarious living conditions
  - ◊ weakened immune system (for example, due to cancer or HIV infection)

**IMPORTANT! For any vaccination of a person under the age of 14, a consent signed by a parent or guardian is required. No exceptions will be made.**

A nurse will assess your health situation, determine your eligibility for vaccination and make any necessary recommendations. ✍

**Free Activities**

# Activity Calendar

*Point St. Charles Queer Committee*

### October

- Oct 5: Collective kitchen. Club Populaire des Consommateurs - 4 PM
- Oct 24: Queer book club. St. Charles Library - 6:30 PM
- Oct 29: Halloween all day - Press Start

### November

- Nov 2: Collective kitchen. Club Populaire des Consommateurs - 4 PM
- Nov 21: Queer book club. St. Charles Library - 6:30 PM
- Nov 25: The people's grub and movie night. Batiment 7 - Grand Atelier - Meal 5 PM/ Movie 8 PM

### December

- Dec 7: Collective kitchen - Holiday special Club Populaire des Consommateurs - 4 PM
- Dec 9: Young makers market - Press Start
- Dec 19: Queer book club - St. Charles Library - 6:30 PM
- Queer Skating (date tbc)

### Addresses

Club Populaire des Consommateurs :  
1930 Mullins Street

St. Charles Library:  
1050 Hibernia Street

Batiment 7 : Grand Atelier :  
1900 LeBer Street

Press Start Youth Coop: Batiment 7 :  
1900 LeBer Street

**Follow us on Facebook**  
Comité Queer de Pointe-Saint-Charles

**For more information about the Point St. Charles Queer Committee or our activities, please contact [comitequeer.psc@gmail.com](mailto:comitequeer.psc@gmail.com)**





Image: Céline Bianchi

Public community meeting on Bill 15

## Should the Clinic Worry about the Dubé Reform?

By Margot Silvestro, Community Organizer

**Health Minister Christian Dubé is presently working on another reform of our healthcare network, the third in twenty years after the Couillard reform (2003) and the Barrette reform (2015). The bill's title - *An Act to make the health and social services system more effective* - clearly states the objective: to improve the "efficiency" of our healthcare system. But what are the government's intentions? How will it affect healthcare professionals and users? The Clinic will attempt to untangle the various aspects of this bill at a public meeting to be held on November 22 at the Pavillon des aînés in Point St. Charles.**

Bill 15 is the most extensive bill ever submitted, containing more than 1,000 clauses. It aims to revolutionize healthcare administration by creating an independent agency, *Santé Québec*. This institution will be responsible for managing the healthcare network, while the ministry will retain responsibility for making rules and verifying results.

But what's really going on? Since the bill was proposed, dozens of voices have been raised to criticize it. One of the main concerns is that the private sector will take on a greater role in the provision of care. Some worry about the centralization of decision-making, while others wonder whether healthcare professionals will lose their ability to make decisions. Midwives in particular have already sounded the alarm on this very subject, since the new law intends to place them under the hierarchy of a medical director, erasing more than half a century of struggle for their professional autonomy. And we still don't know exactly how users will actually be affected.

Finally, should the Point St. Charles Community Clinic worry about this reform? Let us not forget that our Clinic is a special establishment, an "exception" in the healthcare system. What impact will this reform have on our very particular model?

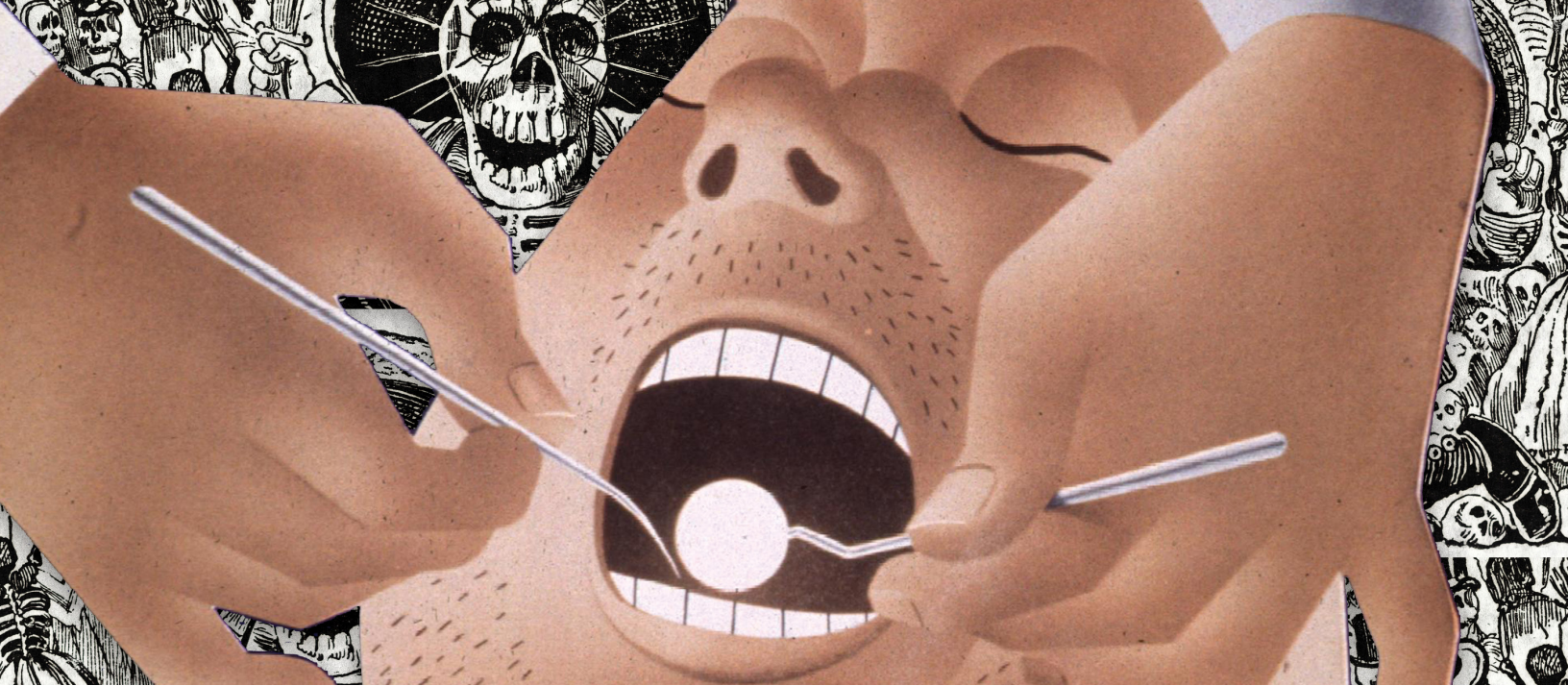
All these questions will be addressed at our public community meeting on the Dubé reform, to be held on **Wednesday November 22 from 5 to 7 p.m.** at the Pavillon des aînés (2401, Mullins Street).

Our guest panellists will be **Philippe Hurteau**, researcher for the Alliance du personnel professionnel et technique de la santé et des services sociaux (APTS), who will explain the foundations of the reform, as well as the government's interests and intentions. **Josyane Giroux**, president of the Regroupement Les sages-femmes du Québec (RSFQ), will talk about the direct effects of the reform on the autonomy and practice of midwives. **Margot Silvestro**, community organizer at the Point St. Charles Community Clinic, will discuss the effects of the reform on the Clinic, its autonomy and organization.

There will be a drop-in daycare on site, as well as snacks and whispered English translation. Please note that the Pavillon des aînés is accessible to people with reduced mobility.

We look forward to seeing you! 





Images from Rawpixel.com. Collage: Céline Bianchi

Contest

# Sharing Horror Stories to Denounce the Difficult Access to Oral Health Care

By Stéphane Defoy, Community Organizer

**The Clinic's Health Action Committee is launching a contest to collect horror stories to publish in a zine – a small, home-made magazine – to be distributed at the Clinic and around the neighbourhood. The contest is part of a series of initiatives pushing for the expansion of oral health care coverage within our public health plan. The very high cost of oral health care in Quebec prevents too many people from seeing a dentist, sometimes resulting in very real horror stories. Send us your scary tales!**

The Clinic's Health Action Committee has been campaigning for full coverage (of curative AND preventive treatments) of oral health care within the Quebec Health Insurance Plan (RAMQ). As a first step, the committee is calling for such care to be made available to children under 18 and to seniors aged 65 and over.

To illustrate and denounce the difficult access to dentistry, the committee is launching a contest. The aim is to gather testimonials on the difficulties of receiving dental care because of the high costs involved.

You could win a number of prizes, including an electric toothbrush, a Waterpik water flosser or an oral health assessment by a dental hygienist. The scariest stories will be published in a zine to be distributed at the Clinic and around the neighbourhood.


To participate, simply fill out the form at: [bit.ly/histoires-de-dents](https://bit.ly/histoires-de-dents) and scare us with your horror story! 







Illustration and collage: Céline Bianchi

Walk-in psychosocial services

# Making Adjustments to Maintain our Services

By Bruno Swaenepoël, Multiservice Director and Céline Bianchi, Communications Agent

**Last April, the Clinic closed its walk-in psychosocial services for an indefinite period. In order to get back to our usual intake capacity in this time of universal psychosocial crisis, we made certain changes to procedures, and new guidelines were put in place. Here's an overview of the situation.**


At the end of September, a restructuring of services at the Clinic integrated our psychosocial reception into the Clinic's multidisciplinary services. The idea was to bring all psychosocial services under a single umbrella, thereby facilitating communication and consultation between all involved parties. As of November, reception will be handled by a team of four social workers: France Beaudin, Joëlle Isaac-Crépeau, Émilie Lemire and Alexina Périgny.

Our teams are working hard to lay the foundations so that the walk-in psychosocial services can be operational at all times, and above all, sustainable for years to come. For several months now, bi-weekly meetings have been organized in order to find efficient mechanisms for routing requests and streamlining service corridors to the various teams.

A close and ongoing collaboration with our youth and adult liaisons has also been put in place, and administrative support will be made available specifically for psychosocial intake, to ease the burden on the workers. We are currently in the process of integrating the separate, joint and shared responsibilities of the reception team and the youth and adult liaison teams.

For the time being, the psychosocial walk-in service is only partially open at the reception desk, to give staff time to carry out the assessments for which we are behind schedule. Our aim is to reopen the psychosocial walk-in service on a full-time basis by the end of November.

But there are still many challenges ahead for our walk-in psychosocial services, both at the Clinic and elsewhere in the network. For the Clinic, the main challenges are to catch up on the backlog of assessments, create a stable team, install closer collaboration with the team of physicians, add debriefing and regular support for our practitioners, build new tools and dashboards for tracking requests, and standardize all waiting lists with a single tool. It's a big challenge, but we're working hard and we're confident!

Several of the Clinic's professionals have lent a hand, enabling us to keep our heads above water throughout this difficult period, and we would like to highlight the work and solidarity of Gilles Gagné, Christiane Laurialt, Marie-Hélène Gauthier and Ariane Carpentier, who carried out assessments in support of the psychosocial intake team. Together we can do it! 





Guylaine Arbour, Home Care Coordinator. Photo: Céline Bianchi

## Retirement

# Guylaine Arbour, conductor of the Home Care Orchestra

By Céline Bianchi, Communications Agent

**On November 24, Guylaine Arbour will bid farewell to the Clinic before savouring the joys of retirement. After twelve years of service to the people of Point St. Charles, our homecare coordinator will be leaving us. A look back at an impressive career chock-full of collaboration and involvement.**

Originally from the Gaspé region of Baie-des-Chaleurs, Guylaine Arbour grew up in Saint-Henri and joined the Clinic in December 2011. From the outset, this true team player stood out for her collaborative, horizontal management style. *"I really see myself as a conductor: I have my skills, I have the department's visions, I have my knowledge of work organization and guidelines. But the work is done through my staff, I couldn't do anything without them, we move forward together."*

Beginning her career as a neonatal nurse at the Montreal Children's Hospital in the late eighties, Guylaine went on to become co-manager of a private agency offering care for toddlers. On top of having three young children, she worked tirelessly there, being on call 24 hours a day and helping to develop their services. Later, intrigued by the idea of nursing outside of the hospital, Guylaine joined the CLSC network, where she discovered the world of home care, while completing her bachelor's degree.

### Advancing through involvement

Quality of care and nurses' working conditions have always been Guylaine's main concerns. She joined the Ordre des infirmières as a

nursing consultant, where she found herself constantly frustrated by all the recommendations that seemed impossible to implement. *"I'm the type of person who's learned that if you're not satisfied, you have to get involved"*, she explains. *"So I decided to get involved in management, and went for my master's!"*

Initially in charge of the pediatric unit at Maisonneuve-Rosemont Hospital, Guylaine then moved to St. Mary's Hospital as head of the oncology unit. When her father died of cancer in 2011, it became difficult for her to be faced with the disease day after day, so she decided to return to a field she had always loved: home care. This is when she saw the Clinic job offer and the rest, as they say, is history.

### Finding a home in home care

Humility and humanity have always been at the heart of her approach to home care assistance. *"What I love most is the privilege of entering people's private lives"*, she explains. *"You can't have the same posture as in a clinic. I always tell my team that when we arrive at people's homes, we're not the experts. The expert is really the person we're there to support."*



Guylaine Arbour believes that her users know themselves better than anyone else does, since they are the ones who have to live with their health issues day after day, and that the role of the caregiver is to respect this knowledge. "Working in home care really isn't for everyone," she warns. "You have to have a very deep and real love for people to do this kind of work."

She has always taken great pride in her ability to respond quickly to all the needs expressed in the neighbourhood. "Through staff shortages, various changes, reforms, modifications in ministerial obligations, the implementation of new tools, accountability or whatever, we've always managed to maintain our services," she explains. "Because there is no way a person will have to wait six months for help to have a full bath. I've really made that my top priority."

The future retiree believes that the Clinic model offers a glimmer of hope for our health care system. "I think it's a very real advantage to be so close to your neighbourhood and the local population." Guylaine is convinced that the Clinic's small size and ultra-local character allow for a flexibility and creativity not found in today's healthcare megastructures. "At the Clinic, we're able to turn around and provide services within the week if necessary," she explains. "We can really organize ourselves as we wish, and that's exceptional. Because the bigger the ship, the harder it is to steer. We're much more agile."

Guylaine's fondest memory is when the Clinic renovated the basement in 2017 to more comfortably accommodate the home care team. "Despite the dust and noise, the most pleasant part of the ordeal was when we all moved into the staff room together during the renovations. It was a real open-concept office, with everyone in the same room, but it was so friendly! There was a table that always had food on it. It was really cool, and I have very fond memories of it." Clearly, Guylaine Arbour will always be a people person.

### The future

Her plans for retirement? In the very short term, there's a two-week cruise and Christmas celebrations with the family, but then what? "What I'd like to do in the first year is absolutely nothing! Just rest!" she laughs. She wants to spend as much time as possible with her family and her husband of 33 years, who are her "greatest pride and joy". A keen hiker and motorcycle rider, an avid reader and great lover of music, Guylaine is sure to keep busy in her spare time as she looks forward to returning to service in a new way. "I want to volunteer, because you have to stay involved!"

After Guylaine Arbour's departure, Valérie Drouin, the Clinic's Director of Nursing and Physical Health, will take over coordination of the home care services.

Godspeed, Guylaine, and thank you for your involvement!



The Clinic's Home Care Team. Photo: Céline Bianchi







Clinic Midwifery Services

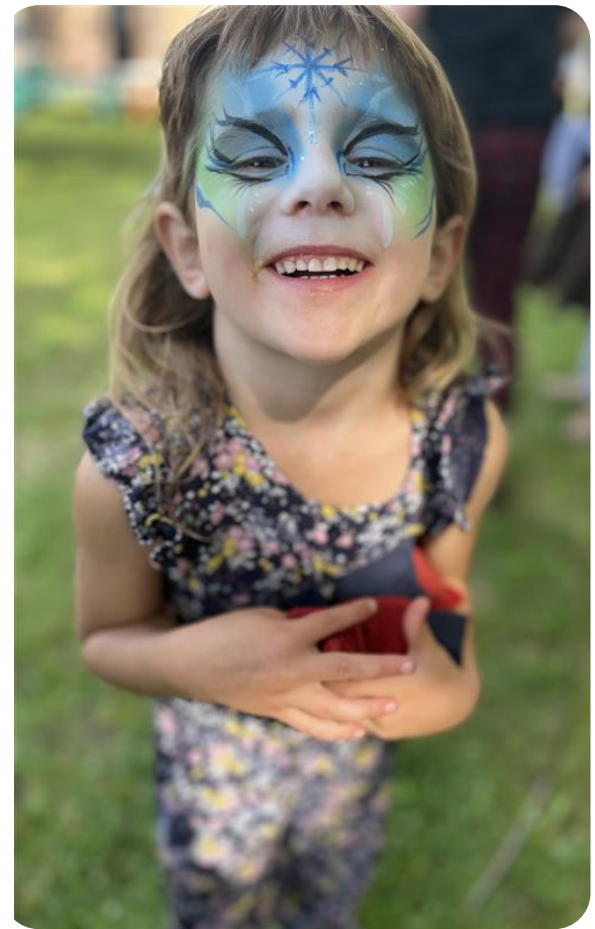
# Annual Festive Family Picnic

By Mélodye Simard, Midwifery Services Administrative Assistant  
Photos by Emmanuelle Dennie-Filion and Julia Goemert

On September 16, the Clinic's midwifery team was delighted to welcome families who have been cared for by our team since the opening of our services, to celebrate and socialize at the second edition of the annual family picnic.

On this occasion, some twenty families gathered to enjoy a beautiful day in the September sunshine. On the menu: corn, games, music, discussions and lots of fun.

See you next year! 🌽







Registration required!

To register, go to :

[bit.ly/AGA2023-CUCCPSC](https://bit.ly/AGA2023-CUCCPSC)

or scan the QR code



## The Users' Committee is inviting you to its AGM on November 29

By Sarah Gobeil, Committee Member

**The User Committee will be holding its Annual General Meeting online on November 29. The committee's role is to act in partnership with the Clinic's other bodies as guardians of users' rights and interests. We invite all users of the Clinic's services to join us!**

**When?** November 29 at 6 p.m.

**Where?** Our meeting will be held online. To attend, you'll need to obtain the participation link, which you'll receive when you register at : [bit.ly/AGA2023-CUCCPSC](https://bit.ly/AGA2023-CUCCPSC)

We'll be holding elections, and there are a few vacancies. Now's the time to join us!

Your Committee has arranged a St-Hubert meal (vegetarian option available) for meeting participants living in Point St. Charles. This meal will be delivered to your home during the meeting. You can indicate your choice of meal when you register.

**What is the role of my Committee?** The Committee has an important role to play within the Clinic, acting in partnership with the other Clinic bodies as guardian of the rights and interests of users.

**How can I get involved?** This Committee is nothing without the involvement of Clinic users, so we need you! New members are always welcome!

You can get involved in as many ways as you like.

Here are some examples of gestures or actions that could represent involvement in the Committee:

- Committee meetings (8 meetings per year)
  - 4 full committee meetings (mandatory)
  - 4 individual committee meetings (optional)
- Organization of events (e.g. conferences) and Annual General Meeting
- Participation in Clinic committees
- Promotional and awareness-raising activities
- Supporting other users

We look forward to seeing you on November 29! ✍️

*Clinic representatives will also be on hand for a discussion on user participation: how can it be stimulated? What participation opportunities are available at the Clinic?*

### Proposed agenda

- Welcome
- Welcome and introduction of current members of the User Committee
- Election of a chairperson and a secretary and explanation of the operating rules for the meeting
- Reading and adoption of the agenda
- Reading and adoption of 2022-2023 minutes
- Presentation of activity report, financial statements and priority issues
- Ongoing evaluation of user satisfaction - Presentation of results
- Activities planned for 2023-2024
- What does involvement mean?
- Election of committee members (4 positions to be filled)
- Adjournment
- Clinic consultation



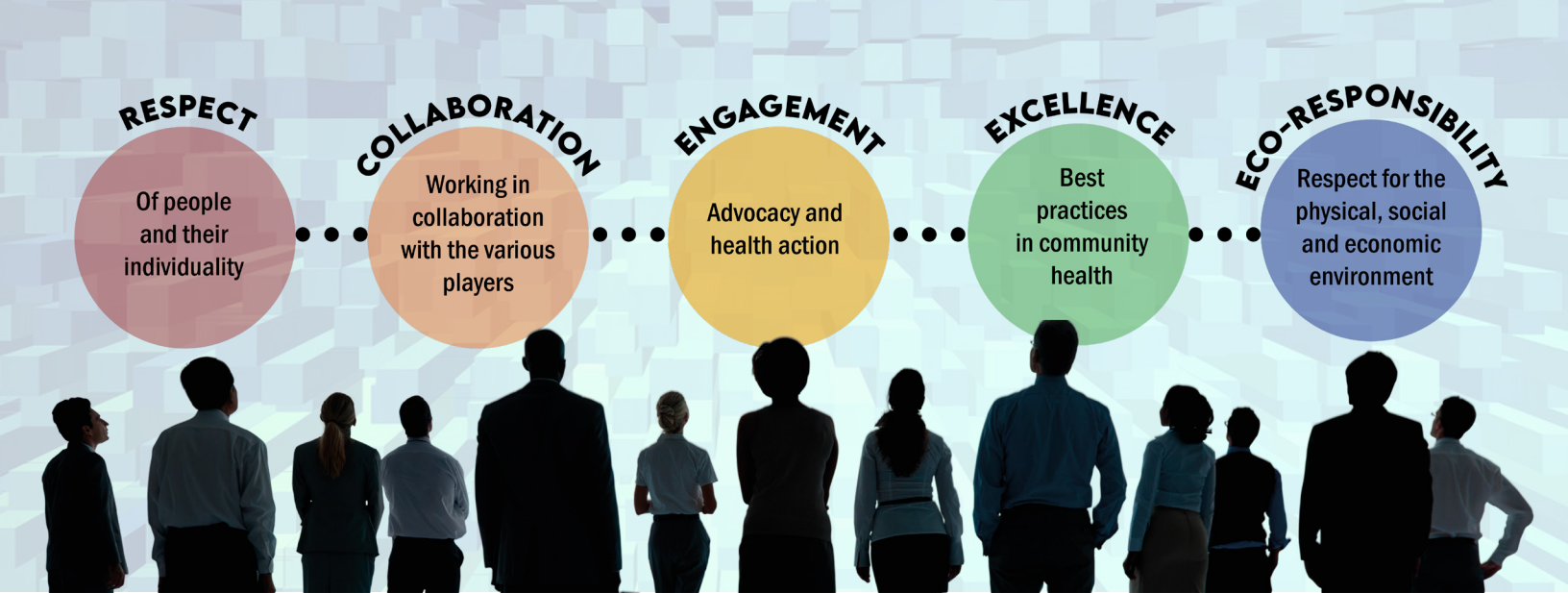


Image: Céline Bianchi

## Strategic planning

# Inspiring Visions for the Clinic

By Ariane Carpentier, Community Organizer

Strategic planning is an exercise carried out by an organization to reflect on how it will fulfill its mission over the coming years. For the Clinic, strategic planning enables us to identify the challenges and issues we face, as well as the opportunities we have to strengthen our organization. Taking the time to sit down and think together allows us to formulate a clear common vision, so that we're all working towards the same goals. Strategic planning is like a blueprint that guides the Clinic to ensure that it carries out its mission brilliantly!

Last winter, the Clinic's strategic planning steering committee launched a survey for local citizens to share their views on the Clinic's mission, values and ways of doing things. We particularly wanted to know whether our community model and citizen management were still important to our members and users.


At the same time, the committee also consulted the Clinic's staff and local community groups. All the comments and information that were gathered enabled us to draw up a plan that will guide the Clinic's actions for the next three years (see the summary of the strategic plan on page 12). Our mission and values have also been updated, and we've thrown in a vision, which allows us to imagine the Clinic as we, collectively, would like to see it evolve.

### What is the purpose of a strategic plan?

The strategic plan influences all actions and decisions made at the Clinic. Before making a change, we must ask ourselves whether it will enable us to achieve one of the strategic orientations, whether it corresponds to the Clinic's values and mission, and whether it is in line with the vision. So the plan is like a checklist to make sure that what's done at the Clinic is consistent with our intentions and well thought-out.

What's more, since the Clinic seeks to improve and achieve its orientations, the plan helps us work as a team to take action in a concrete way. It forces us to identify actions to be taken, for example, to increase our prevention and health promotion activities. The Clinic's walking clubs at Cité des Bâisseurs and Centre des Aînés are a perfect example. These clubs enable seniors to take part in group physical activity, while receiving advice from an occupational therapist to prevent loss of mobility.

Each department and work team is responsible for turning strategic orientations into concrete action. For example, the planning and community development team is responsible for finding ways and means of getting citizens more involved in health issues. The organization of a special neighbourhood assembly on the theme of Bill 15 (see page 4: *Should the Clinic Worry About the Dubé Reform?*) contributes to the realization of this orientation.

Ultimately, strategic planning is a highly motivating work plan to ensure that the Clinic continues to shine and inspire, within the neighbourhood and beyond! 



## OUR MISSION

To promote the complete health of the population of Point St. Charles by offering accessible, quality health and social services, that focus on prevention and advocacy, and by fostering civic engagement and inclusion.



## OUR VISION

To be a reference for community health care within Quebec, and an inspiring model worldwide.

## OUR VALUES

### RESPECT

Of people and their individuality

### COLLABORATION

Working in collaboration with the various players

### ENGAGEMENT

Advocacy and health action

### EXCELLENCE

Best practices in community health

### ECO-RESPONSIBILITY

Respect for the physical, social and economic environment

## STRATEGIC PRIORITIES AND ORIENTATIONS

### PRIORITY 1

#### THE CLINIC AS A REFERENCE:

Updating the community health model

Becoming a more agile and efficient organisation

Affirming the citizen-based governance model

Leading the way in best practices in community health

### PRIORITY 2

#### THE CLINIC IN ITS NEIGHBOURHOOD:

Services that meet the needs of the population

Increasing access to services with an inclusive approach

Increasing prevention and health promotion activities

Updating our intervention practices

Reinforcing a culture of continuous improvement in service quality

### PRIORITY 3

#### THE CLINIC, TOGETHER:

Participation and involvement

Encouraging user participation in a partnership model

Offering a stimulating work environment that prioritizes the development of employees' skills and talents.

Involving citizens on issues pertaining to health





Photo : Marie-Pier Prud'homme

## Occupational Therapy

# Health promotion projects

By Anne Drolet and Mélodie Chartrand, Occupational Therapy interns from University of Montreal

**As part of an occupational therapy internship at the Point St. Charles Community Clinic, we developed and implemented two health promotion projects. These projects contribute to the Clinic's mission of promoting the full health of its population, with a focus on prevention, civic engagement and inclusion.**

The first project aims to combat the social isolation and deconditioning of people over 50 by promoting active aging among local residents.

To this end, we organized a walking club called "Les Marcheurs de la Pointe", in collaboration with the Seniors' Centre. This activity was offered on Tuesday mornings from September 5 to October 24.

A club session included a 15-20 minute information capsule on a topic related to walking, well-being and healthy lifestyle habits. Warm-up exercises and stretching were performed to avoid injury before the 45-60 minute walking session.

To accommodate everyone's needs, we divided the group into two sub-groups during the walks, according to each person's ability. Also, the routes and topics of the vignettes were directly inspired by the participants' suggestions and requests.

Participants were given a water bottle, a logbook and a pedometer so that they could set goals and monitor their progress individually. This also helped to motivate and engage participants in the group.

With the end of our internship, the current walking club unfortunately comes to an end. However, we hope that the project will be revived to perpetuate its mission of promoting active living and enabling residents to maintain their good habits. One thing is certain: there's no lack of interest!


The second project aims to promote the autonomy and involvement of Point St. Charles residents in their daily activities, such as shopping and leisure.

We carried out a universal accessibility analysis of community organizations and establishments offering essential services, such as pharmacies. To evaluate these buildings, we prepared an analysis grid based on universal accessibility criteria and standards. We also invited residents living with a disability to visit facilities with us, to gather their views on the subject.

The results of our assessments are available on the AccessNow mobile app and website, which enables all users to record the accessibility of establishments. They are then listed on a map of the city according to their level of accessibility.

We also promoted universal accessibility to business owners thanks to a brochure. This contained information on universal accessibility, as well as on a financial resource available to support them in any adaptation work they might need to carry out.

Finally, a promotional video was created and will be broadcast on social networks to raise awareness among shopkeepers, occupational therapists, occupational therapy students and their families of the benefits of inclusion through universal accessibility.

The materials needed to continue the project will be available at the Clinic. This is the start of an important struggle for the occupational participation of all! 





Annual General Assembly 2023

# Photo album

Photos by Céline Bianchi

On June 21, the Clinic held its Annual General Assembly in person in a packed Pavillon des aînés, after two online AGAs! And the Point certainly did not disappoint: the Clinic is as strong as ever, the neighbourhood as pleasant as ever, and the community as committed and engaging as ever! 🍷



It was a beautiful day to enjoy mocktails in the park in front of the Pavillon des aînés before the meeting.



Our school social worker Gilles Gagné revealed himself to be a skilled entertainer.



Clinic coordinators sharing a meal.



Presentation of the Clinic's 2022-2023 yearly report, with Maude Chalvin (Chairman), Martial Mainguy (General Coordinator) and Pierre Riley (President of the Board of Directors).





Point St. Charles  
Community Clinic

A neighbourhood's health and solidarity!

..... Community Assembly

# HEALTH REFORM

The intentions and impact  
of Bill 15 on the Clinic, on  
midwives and on users

Wednesday November 22  
5 to 7 PM

Pavillon des aînés  
2401 Mullins Street

Daycare, snacks, translation  
Accessible location

