



# McGill

Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Ouest-de-  
l'Île-de-Montréal

Québec 

**The McGill University Research Centre for Studies in Aging (MCSA)  
Education Committee Presents:**



## BRAINY BOOMERS LECTURE SERIES

We are pleased to announce that our Brainy Boomers Lecture Series will continue to take place online using Zoom!

### MARCH LECTURES

#### “Mandats de Protection, Directives Médicales Avancées et Testaments” (French)

Tuesday, March 23rd, 2021

(12:00 - 1:00 P.M.)

Dena Kia and Savleen Sur

Legal Information Clinic at McGill

La CIJM est engagée à améliorer l'accès à la justice des communautés mcgilloises et montréalaises, ainsi qu'à répondre aux besoins des étudiant.e.s et des groupes marginalisés, car la justice, on y a tous droit.

#### “Diabetes : Join our Table to Eat & Be Well” (English)

Tuesday, March 30th, 2021

(12:00-1:00 P.M.)

Marjorie Balda, Michael Hum, Sarah Piscioneri,  
Kristyn Montroy-Summers, and Lydia Vasquez

Amidst an ongoing pandemic and many regulations, it can feel challenging to manage a chronic condition such as diabetes. But does that have to stop you from making healthy choices? Let us show you how to take charge of your diabetes, starting with what you can do from your own home.

\*Please see attachments for other MCSA Collaborations\*

### HOW TO REGISTER FOR THE ZOOM LECTURES?

CLICK ON THE LINK:

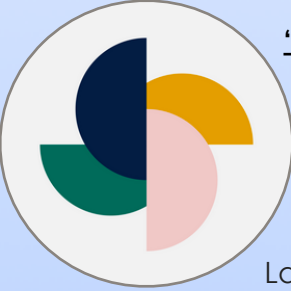
<http://CMEV.eventbrite.com>

If you have any questions please email:

[brainy.boomer-mcsa@mcgill.ca](mailto:brainy.boomer-mcsa@mcgill.ca)

or call 514-761-6131 X 6308

🏠 6825 Boulevard LaSalle Verdun, Québec H4H 1R3 📞 514-766-2010 🖨️



**MCGILL UNIVERSITY RESEARCH CENTER FOR STUDIES IN AGING**  
*and*  
**ITALIAN-CANADIAN COMMUNITY SERVICES OF QUEBEC**  
*invite you to an interactive play created and acted by elders from*  
**RECAA, Respecting Elders: Communities Against Abuse**

**“Aunt Enid gets help”**



March 31<sup>st</sup> 2021  
at 1:00 pm

**ON ZOOM!**

Participants will receive  
zoom link by email



Help us to act against abuse  
towards a culture of respect



Please register on Eventbrite at <http://CMEV.eventbrite.com>  
If you have any issues, please contact Kaitlyn Butt or Sarah Mulcahy  
[brainy.boomer-mcsa@mcgill.ca](mailto:brainy.boomer-mcsa@mcgill.ca)



**McGill University Research  
Centre for Studies in Aging**

Projet financé par le  
**Ministère de la  
famille-Secrétariat aux aînés**

**Famille et Aînés  
Québec** 



## Ageism at a Glance

Tuesday, March 16th (11:00-12:00pm)

Dr. Daphne Nahmiash

The Observatory on Aging & Society (OAS), in collaboration with the McGill University Research Centre for Studies in aging, **invites you to participate in its one-hour awareness workshop on ageism, offered free of charge** as part of a grant from the *Québec Ami des Aînés* (QADA) program.

The OAS, a non-profit organization that has been active in Quebec for nearly two decades, has given itself the **mission of improving the quality of life of seniors and facing the challenges of ageism and its consequences within our society**. The OAS wishes to change the way we look at aging and seniors. The OAS innovates by using various means to raise awareness among seniors, such as a comic strip it has created entitled: *Ageism at a Glance, How Does it Happen?*

This tool will be used to demystify ageism, promote care efforts towards seniors and foster healthy intergenerational relationships. The themes illustrated in the comic strip have been observed in various areas of our society, such as family, education, work, health, media and politics. **Young and old alike are invited to participate in the awareness workshops.**



## HOW TO REGISTER FOR THE ZOOM WORKSHOP?

CLICK ON THE LINK:

<http://CMEV.eventbrite.com>

If you have any questions please email:

[brainy.boomer-mcsa@mcgill.ca](mailto:brainy.boomer-mcsa@mcgill.ca)