



Réflexions
SUMMER 2025



**Entraide
Bénévole
Métro**

SAVE THE DATE

SEPTEMBER
27TH 2025



TICKETS 30\$

*To donate towards the fundraiser, or to buy tickets to attend the High Tea, please contact us by calling **514-939-9575** or email us at **ebmmetro@vif.com***



Celebrating 40 years of community care

This special edition of our newsletter is dedicated to celebrating 40 years of Entraide Bénévole Métro.

Since 1985, EBM has been a pillar of support for Montréal's 60+ community, building connections, fostering independence, and creating a sense of belonging in our community. This milestone is a tribute to all the volunteers, staff, partners, and donors who have shaped our story over the decades.

Thank you for being part of this journey and for helping us continue to make a difference—one act of kindness at a time.



Traces of our history

by Tristan Arsenault

Recently, I did a search in the Montréal Archives to see where our organization's name has popped up over the years. As I found our traces across newspapers, I could see very familiar language among newspaper advertisements calling for volunteers and offering our services. What was different of course were the unfamiliar names.

Each newspaper clipping hints at the long history of our little community organization and a reminder of how deeply rooted our mission really is. I would love to know exactly how many people this organization has brought together and how many lives we've had a part in supporting.

Entraide Bénévole Métro. a non-profit organization that offers free services for seniors in the downtown and Westmount area is looking for volunteers to accompany seniors to medical appointments, do grocery shopping or drop by for friendly visits and walks. Contact Dominique or Lily at 939-9575.

The Westmount Examiner, 1997

○
Grâce au concours de l'hôtel Delta et de son personnel, quelque 200 personnes âgées ont eu droit à une réception des Fêtes bien spéciale. C'est la quatrième année que cet hôtel montréalais contribue à cette activité organisée par le CLSC Métro et le groupe Entraide bénévole métro, afin d'égayer cette période de réjouissances pour les aînés, lesquels ont tenu à remercier l'hospitalité de l'établissement en remettant une plaque souvenir de gratitude au directeur général de l'hôtel, **Richard Payette**.

La Presse,
1992

>>> **L'Entraide bénévole Métro**, un organisme qui fournit un soutien physique et moral aux personnes âgées et aux personnes en perte d'autonomie, recherche des bénévoles pour des visites à domicile, de l'accompagnement, et la participation aux activités pour les personnes âgées. Rens. : 514 934-3776.

La Presse, 2003

This piece in particular struck me. It talks about how in 1992, EBM took part in a project to make banking more accessible to seniors by providing in-home banking assistance. These days, I can cash a cheque, transfer funds to a friend, pay my bills and do a search of all the transactions I've made over the course of the month on my cell phone from the comfort of my living room. While this is true of me, it is not true of people who are less familiar with cellular devices. I know that while for some, banking has become easier, for others it has become even less accessible. It's a good reminder that accessibility for some isn't always accessibility for all.

La banque à domicile ^{*} pour personnes âgées

Louise Leduc

POUR CERTAINES personnes âgées, une visite à la banque représente un véritable cauchemar. D'abord, il faut s'y rendre. Puis, attendre en file. Pas évident à 75 ans. Malades, plusieurs demandent donc à des intermédiaires plus ou moins honnêtes d'effectuer leurs transactions bancaires. Pour remédier à ce problème, Entraide Bénévole Métro s'affaire à mettre au point au centre-ville de Montréal un projet de « banque à domicile ».

Ianic Camirand et Elizabeth Kopystecki, d'Entraide Bénévole Métro, s'inspirent pour ce faire du modèle déjà mis en place par le Centre bénévole de la Vallée du Richelieu qui a convaincu trois Caisses populaires d'offrir des services financiers à domicile. À Montréal, les organisatrices veulent donner plus d'envergure au projet. « La réponse des dirigeants de banque sollicités est très

favorable et on espère que le projet prendra son envol dans les semaines à venir », affirme Ianic Camirand.

À Beloeil et au Mont-Saint-Hilaire, les personnes référées par le centre bénévole de la Vallée du Richelieu reçoivent deux fois par mois la visite d'une déléguée de la Caisse. Après avoir communiqué avec la personne âgée non autonome pour connaître au préalable les transactions à effectuer, la représentante se présente à son domicile munie de tous les formulaires requis pour les retraits, dépôts, paiements de comptes, etc.

Ces visites à domicile éliminent ainsi ces intermédiaires — des parents mais surtout des amis et parfois même des chauffeurs de taxi — à qui les personnes âgées confient, non sans s'inquiéter, carte de guichet et livrets de banques. Statistique Canada révélait d'ailleurs en avril dernier que 99 % des Canadiens laissent leurs parents âgés se débrouiller seuls.

Le Devoir, 1992

** translation on the next page*

Home Banking for Seniors

By Louise Leduc

Translation by Tristan

Le Devoir, 1992

For some elderly people, a visit to the bank is a real nightmare. First, they have to get there. Then, wait in line. Not so easy at 75. Ill and frail, many turn to intermediaries—some more trustworthy than others—to carry out their banking transactions. To address this issue, Entraide Bénévole Métro is working on launching a “home banking” project in downtown Montreal.

*Ianic Camirand and Elizabeth Kopystecki, from **Entraide Bénévole Métro**, are taking inspiration from a similar initiative already underway at the Centre bénévolé de la Vallée du Richelieu, which convinced three local credit unions to offer banking services at home. In Montreal, the organizers are hopeful the project will take off soon.*

“The response from the banks we contacted has been very positive, and we hope the project will be launched in the coming weeks,” says Ianic Camirand.

In Beloeil and Mont-Saint-Hilaire, people referred by the Vallée du Richelieu volunteer centre receive twice-monthly visits from a representative of the credit union. After communicating with the elderly person to determine which transactions need to be made, the representative comes to the home with all necessary forms for withdrawals, deposits, bill payments, etc.

These home visits eliminate the need for intermediaries—often friends, family, or even taxi drivers—who are sometimes entrusted with bank cards and passbooks, not always without worry.

A recent report from Statistics Canada revealed that, as of April, 99% of Canadians leave their elderly parents to manage on their own.

Like these EBM employees from 1992 - we're hoping to find ways to make banking easier for our clients in the digital age. Of course you may always ask the EBM office to coordinate a volunteer to accompany you to the bank but we are also happy to offer guidance on how to navigate online banking. Remember, in order to protect the security of both you and our team, please do not share your passwords or sensitive information with others. For more information, call **514-939-9575**

Anna Papadakos of stage & screen (and canvas too!)

by *Tristan Arsenault*

Our community is so diverse and interesting, and it is such a gift when I have the opportunity to learn more about the people we work with. It was a pleasant surprise when I learned about Anna's artistic practice during my Wednesday morning "Bonjour Ca-Va" phone calls and so I did some research and called her up for an interview.

Anna Papadakos is a multidisciplinary artist, actor and writer who has made several extraordinary contributions to Montreal's art and theatre scene. As co-founder, performer and longtime creative force behind Montréal's own legendary *Dummies Theatre* (1992–2000), she took part in writing, directing, and designing a radical series of avant-garde performances in vacant storefronts on Boulevard Saint-Laurent. Beginning with the 1992 performance titled *Dummies in the Window*, the series of works blended installation, video, 16mm footage, mirrors, found-objects and live performance to create immersive, absurdist narratives exploring immigrant identity, alienation and media saturation.



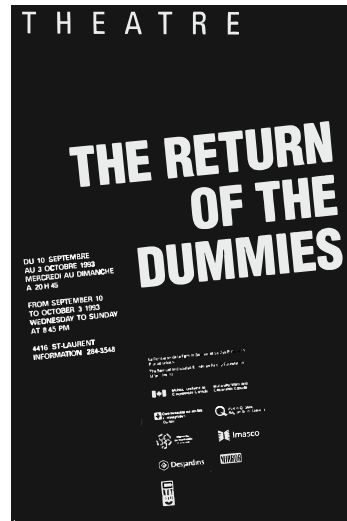
Anna Papadakos performing *Dummies 95*
in a vacant store on boulevard Saint
Laurent in April 1995



Opening of the play *Go Weast* in
Montreal, Dummies Theatre, 1996

By its second year, the series gathered public and critical acclaim. Through sponsorships and funding, the group rented a space on St-Laurent for many years (which would later be the home of the Mainline Theatre).

The Dummies Theatre became the first English theatre company from Québec invited to Festival Trans Amériques with *Go Weast* in 1996, a work on Canadian identity and the idea of alienation. Anna said in interview, “That was really an honour to be recognized by them.”



The Return of the Dummies
Event poster from 1993



The Queen Went Shopping,
36" x 24", 2020

Today, Anna’s artistic vision now extends into the realm of visual arts: in November 2022, she exhibited and co-curated a show titled “Perspectives of Five Women Artists” at Erga Gallery in Montréal. The exhibition showcased her abstract mixed-media work.

The work featured here to the left is titled *The Queen Went Shopping*, and in it I am so charmed to see the same whimsy, humour and wit I enjoy from her every Wednesday morning phone call.


As I write this, Anna is preparing an exhibition at Arundel Exposition d’Art on August 9th. EBM is so inspired by your creative spirit!

A little bit of help can mean a lot.

Thank you Lu!

In some cases, our work means meeting clients and their families as they are actively managing times of significant change. When volunteers and clients begin cultivating mutual trust in those unfamiliar moments, some very special connections can arise.

Recently, our volunteer Lu shared a very special moment with us concerning a family who has been receiving services from EBM.



I would like to take a moment to share something that truly touched me recently and reminded me of the value of the work we do.

This is a family we've been helping, their story moved me. Omar has been taking care of his mom, who needs dialysis twice a week, and he's been doing this for four years. This kind of commitment is incredible. Since EBM started supporting them, we've been able to take a bit of that weight off his shoulders. In our conversations, I can feel their gratitude.

This whole experience has reminded me again how meaningful our work is. It's encouraging to know that even small things we do can have such a big impact on someone's life. I also feel grateful to be part of the team and just wanted to share this with you.

Thanks for reading.

Best,

Lu



Mrs. Dabbous is a regular user of our services and continues to see Lu and other volunteers twice a week. She and her family have expressed immense gratitude for the support they receive from EBM—and we, in turn, thank them for their beautiful words of encouragement!

— This service was a lifeline for my mom. The volunteers were kind, dependable, and made a stressful time so much easier. We're truly grateful.—

— Omar



Let us know how we're doing

Learning more about our clients and hearing their insights is a vital part of what we do. If you or someone you know uses our services, we're always open to hearing your thoughts. Your ideas help shape the future of EBM, and your testimonials help us reach others who could benefit from the support we offer.

If you are an EBM client, we're also conducting a client satisfaction survey to gather feedback. Led by one of our dedicated volunteers, the survey takes about 30 minutes and can be completed in person or over the phone. Please contact the office to find out how you can participate!

514-939-9575



Church of St. Andrew & St. Paul
3415 REDPATH ST, MONTREAL
September 27th, 2025
12:30 - 3:00 // Tickets are 30\$

We're celebrating our 40th birthday soon!

Our High Tea fundraiser is the one big moment in the year where we gather the whole EBM extended family. Since the very first edition in 2010, this cherished event has brought together staff, volunteers, clients, their loved ones, and the wider community to raise funds for our organization & everyone finds their own way to contribute!



2024 High Tea Fundraiser

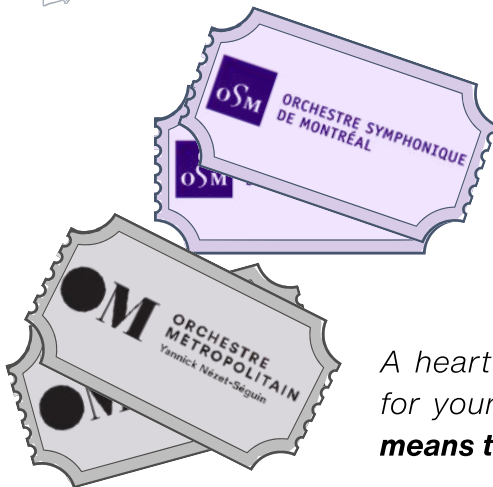
There are many moving parts to this event and we are so grateful for those who have made it possible year after year. For over a decade, Brenda has been the heart behind the scenes, organizing the High Tea with unparalleled care and dedication with the help of Karine, our exceptional assistant who has been extraordinarily dedicated in finding sponsors and donors. Kathleen, one of our most devoted High Tea promoters, has a well-earned reputation for selling the most tickets, year after year.

Then of course there's our trusty fleet of dedicated volunteers; the same amazing team who go grocery shopping and who accompany our clients to medical appointments are always there on the scene setting up tables, serving tea and selling raffle tickets....

... did I mention raffle tickets? Raffle tickets for what, you might ask? Well this year, we're going to give you a sneak preview of some of the prizes the attendees of the High Tea have a chance to win this year.



Prize preview



If you are a lover of classical music, we have some wonderful news for you! Both the Orchestre Métropolitain de Montréal and the Orchestre symphonique de Montréal have generously donated pairs of tickets for performances in their 2025-2026 season.

*A heartfelt thank you to both the **OM** and the **OSM** for your extra generous contributions. **Your support means the world to us!***

Is tea not “your cup of tea”? Don’t worry, we’re looking out for you! **Nespresso** has generously donated a Nespresso machine to one lucky winner this year as a raffle prize! **The four of us at the EBM office use ours every day and absolutely LOVE it!**



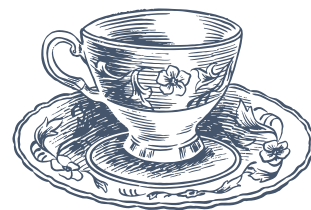
NESPRESSO



Every year, one of our most sought-after prizes is the Clarin’s gift basket. Filled with an assortment of premium cosmetics, the winner is always happy with the chance to sample their newest serums, lotions, creams and potions! **Thank you Clarins!**

That’s all we’ll reveal for now but rest assured that those attending the High Tea will find something interesting among our raffle prizes! We wish you luck!

Will you be joining us for a spot of tea?



Attendees can look forward to a delightful afternoon featuring gourmet cookies from Félix & Norton and a live musical performance by EBM's very own **Nadia Bashalani** from our Music Expression program — all set against the stunning backdrop of the historic **Church of St. Andrew and St. Paul**.

Do we have you convinced? Help us spread the word to friends and family who might be interested in attending and supporting our fundraising goals!

To purchase your ticket, simply call our office at **514-939-9575**. We'll be happy to arrange the most convenient way to get your ticket to you. **Tickets are \$30** each - quantities are limited!

If you're interested in supporting our fundraiser but don't think the High Tea event is how you wish to contribute please consider making a donation today. Every dollar raised helps ensure that our small but-

-dedicated team of four staff members has the resources needed to offer free, high-quality services to older adults in our community. Coordinating an average of over 100 clients with more than 100 volunteers is no easy feat—but with your support, it becomes possible.



We are receiving record-breaking numbers of service requests, and we are committed to doing everything in our power to meet these needs. **Your contributions will help us keep pace with this growing demand** by ensuring we have the resources to train our volunteers, support our staff, and continue offering a wide range of services to our clients.

Recently, EBM transitioned from an outdated computer network to a modern, centralized system—an essential upgrade that has already streamlined our workflow and improved our ability to match and follow up with clients. While this was a significant investment for our small organization, it has marked the start of an exciting new chapter in our growth. We are committed to making this growth sustainable, investing in volunteer training, and ensuring that our services are never reduced or paused between grant funding cycles.

Funds raised throughout August and at our High Tea fundraiser on September 27th will go directly toward sustaining this momentum and strengthening our capacity to serve. Thank you for believing in our mission—together, we can make a lasting impact.



Valeri Batten
Director of EBM



Valeri



Judy



Rhiana



Tristan





Would you like to make a donation?

Please scan this QR code with your phone or
follow the link below.

[https://www.zeffy.com/en-CA/donation-
form/entraide-benevole-metros-40th-
anniversary-fundraiser](https://www.zeffy.com/en-CA/donation-form/entraide-benevole-metros-40th-anniversary-fundraiser)

If you prefer to send us a donation by check,
please make it payable to: “**Entraide Bénévole
Métro inc.**” and mail it to:

*Entraide Bénévole Métro
750-1801, boulevard de Maisonneuve W.
Montreal, Quebec, H3H 1J9*



Thank you!

Buy your tickets for September 27th

<https://www.zeffy.com/en-CA/ticketing/ebm--2025>



Any questions?

Contact us:

514 939 9575

ebmmetro@vif.com

www.ebmservices.org