

2014-2015 Report to the Community



OUR MISSION

To offer nutritional and social support to pregnant women in need in order that they give birth to, and raise, babies in good health.

SUMMARY

- 4 Word from the President
- 5 Word from the Executive Director
- 6 New Action Plan
- 8 Why social nutrition?
- 10 Client profile
- 12 Group activities
- 14 Activities with our partners
- 18 Acknowledgments
- 19 Board of Directors and other members of the Corporation



Photo : Isabelle Clément

A WORD FROM THE PRESIDENT



Another year has passed, my third as President of the Board of Directors and my fourteenth, and last, as an Executive Committee member... time passes quickly in an organisation which believes in, and is dedicated to, a worthwhile cause and in which one feels useful!

This year witnessed some important achievements by the Executive Committee. Succession planning, for the leadership of senior management, continued to be at the centre of activities, as well as strategic planning and the establishment of a partnership with the *Fondation OLO*.

The Committee for Strategic Planning refocused the activities of the Diet Dispensary and encouraged partnerships. Three main strategies were identified: governance and internal reorganisation, financing-fundraising and corporate visibility with, at the heart of our mission, social nutrition.

A change in leadership after 33 years naturally presents some organisational challenges. Our heartfelt thanks go to administrator Paulette Legault, who handled the transition period at the beginning of the year with impressive professionalism. Leading up to rapid administrative restructuring, she provided Jackie Demers, a nutritionist at the Dispensary for 10 years, the best possible conditions in which to assume leadership of a team who had experienced a somewhat turbulent and troubling period.

The Human Resources Committee supported Jackie Demers in her new role as Executive Director. Clear objectives were established and she has met them with brio.

In terms of the annual budget, a restructuring plan has been put in place which has resulted in a small budgetary surplus, after four years of budget deficits.

My turn to pass on the torch

It is with a sense of accomplishment – and a heavy heart – that I leave the Executive Committee after 14 wonderful years during which my focus was finances, public relations and special events. The three objectives set when I assumed the role of President have been met: establish professional criteria required for the profile of the Board and source and invite new members, secure the succession of the senior management and negotiate a partnership with OLO.

I wish to thank all the staff and the members of the Board of Administrators with whom I had the chance to work throughout the years, namely two executive directors, Marie-Paule Duquette and Jackie Demers, and three presidents, Colette L. Lortie, Dr. Claude Paré and Simone Saint-Germain-Roy, all of whom supported and trusted me in the management of important files. I also wish to thank the members of the Executive Committee who have been very active in the last few years. A special thank you to Daniel-Marc Paré, Vice-President, for his invaluable support during my presidency. Finally, I wish pleasure and success in the achievement of the objectives of the Board to Marie-Christine Lemerise, to whom I have the pleasure of passing on the torch.

Long life to the Dispensary!

A handwritten signature in black ink that reads "Dominique Lapierre". The signature is written in a cursive, flowing style.

Dominique Lapierre
President of the Board of Directors

A WORD FROM THE EXECUTIVE DIRECTOR



Photo : Renaud Vinet-Houle

One year ago I was appointed interim Executive Director.

It was quite a challenge, as months of uncertainty had followed the retirement of Marie-Paule Duquette, and the mandate was important: redress the financial situation, develop a strategic planning exercise, stabilize our overall situation and reassure the staff as well as our partners.

My appointment gave me the opportunity to appreciate the value of the members of the Board of administrators who, while supporting me in a concrete manner, at the same time respected my work schedule. We managed to build a solid relationship, which is essential to move forward.

As the development of the strategic plan took much of my time, it is thanks to the exceptional team at the Dispensary that the services to pregnant women were delivered: 1500 families supported, 346 group activities held, while the computerization of our client files continued to improve. In addition, all related activities were also carried out: conferences and training sessions were given or followed, new partnerships were established, a project of a Master's degree was begun and the *SVP*Nutrition website continued to evolve to respond to the needs of community caregivers, etc. These nutritionists, perinatal counselors, child educator, administrative staff and regular volunteers all showed flexibility and imagination in helping, in the best possible way and in spite of fewer resources, the hundreds of women who came through the door of the Dispensary.

My new responsibilities have allowed me to view the women who seek our help with new eyes. I see them full of potential not only to improve their own condition but also to contribute to the well-being of the community. I intend to give these women and their families a platform and bring them to the forefront.

In the coming months, we plan to put in place the elements required for our plan of action. This plan aims to increase the number of low-income Montreal families who will celebrate the arrival of a healthy baby as a happy event and as a first step to a better future.

A handwritten signature in black ink that reads "Jackie Demers". The signature is fluid and cursive.

Jackie Demers, P.Dt.
Executive Director

NEW ACTION PLAN

In the past six months, as part of our reorganization, our strategic working group has undertaken an enormous amount of work in order to define an ambitious and exciting new action plan.

The challenges are daunting for an organization which has built, over 136 years, a track record, knowledge base and best practices, but which now must reinvent itself with regard to present day realities.

True to its mission, the Dispensary will continue to serve pregnant women in need, using the Higgins method© as its guiding principal, but the way in which it meets the needs of clients, essentially the heart of our identity, and in which we work with our partners, will be modified.



Photo : Isabelle Clément

For the next three years, our efforts will be oriented along three lines:

The Dispensary, a strong link in the community network

- Promote the concept of social nutrition by allowing the greatest number of pregnant women in need and their families to have access to personalized support, adapted to their needs.
- - 6 months to + 6 months: focus our expertise on pregnancy and the first crucial months after birth.
- Continue to improve the service: innovation, documentation, evaluation.
- Reorganize the service, according to our new objectives, over the first months of fiscal year 2015-16.
- Promote the track record and expertise of Dispensary families.
- Work with community partners before, during and after our involvement in the lives of our clients.

The Dispensary redefines its financial strategy

- Evaluate the various means with which to secure and ensure continued sources of financing.

The Dispensary enhances its reputation

Establish an action plan to build awareness of our activities, our impact and our partners.



Photo : Isabelle Clément

WHY SOCIAL NUTRITION?



Since the 1950s, the Dispensary has focused its activities around nutrition intervention for pregnant women in need, with a specific aim of reduce the number of low birthweight babies.

Birth weight is the criteria by which the importance of the Dispensary approach is best illustrated: simply knowing what to eat is not enough to readily adopt adequate eating habits during pregnancy.

The essence of the Higgins Method, developed by **Agnes C. Higgins** more than 65 years ago, is that pregnant women must eat well to ensure the good health of their babies. To do that, they need access to nutritious food and nutrition counselling, so they have better pregnancies and healthier babies.

Our focus is mainly nutritional, as we try to modify the eating habits of pregnant women for both the short and long term benefit of their babies. To achieve this, we offer personalized support and counselling, adapted to specific needs, including health and familial culture, during which clients can learn and acquire new skills, relevant to childrearing and parenting, within a welcoming community of like-minded women: this is social nutrition!

This year, **1500 women** benefited from individual counselling during pregnancy and the first crucial months after birth.

Cost of services

\$858 / mother-infant dyad

From now on, the cost of services takes into account all the services available to clients (all types of counselling and group activities) and is calculated based on active cases (not new ones).

A COMPARISON OF RESULTS

	Dispensary ¹ (%)	Montreal ² (%)
Low birthweight	4.0	9,6 ³
Premature birth	4.0	7,1 ⁴

¹ Single pregnancy issues

² Source : Espace informationnel du MSSS : statistiques générales, surveillance de la santé maternelle et foeto-infantile. 2011-2012

³ Source : T26141 – Moyenne des années 2011-2012 pour la région socio-sanitaire de Montréal

⁴ Source : T2305 – Moyenne des années 2011-2012 pour la province de Québec



Thanks to the BRB ¹ computer system – an important project made possible by the support of The J.W. McConnell Family Foundation – we now have centralized client information, from pregnancy to postnatal period. Previously, the birth

of the baby marked the end of the prenatal file and a new file was then created for the postnatal period. Thus, our prenatal and postnatal data were presented separately.

From now on, we can breakdown our statistics to show women who had a complete service (pre- and postnatal), a prenatal service only (until birth or not), a postnatal service only or an ad hoc consultation. The last case occurs when a mother, even when she is no longer an active client, comes to the Dispensary on an ad hoc basis for information and advice. Such occurrences are not part of our usual service, but they often provide the Dispensary with an opportunity to direct mothers, or parents, to appropriate resources (for example, for child development, changes in the well-being of the family, etc.).

¹ BRB for “Blue Ribbon Babies”, the nickname given to “Dispensary’s babies” in the Mrs. Higgins’ era.

NUMBER OF WOMEN FOLLOWED DURING THE YEAR

	With supplements		Without supplements		Total	
Prenatal and postnatal	730	49%	12	1%	742	49%
Prenatal only	597	40%	18	1%	615	41%
Prenatal – Service interruption	100	7%	40	3%	140	9%
Postnatal only	1	0,1%	2	0,1%	3	0,2%
Total	1 428	95%	72	5%	1 500	100%
Ad hoc consultations	0		44		44	

This year, staff and work practices were affected by two transitions at the Executive Director level and by the reduction in revenue. As a result, our ability to provide services to clients suffered: about **200 women less than last year** were seen at the Dispensary. The women we were able to help were seen at a later stage of pregnancy and thus benefitted from fewer consultations: an average of slightly more than three prenatal meetings (4.5 last year) and about 2 postnatal meetings (2.5 last year).

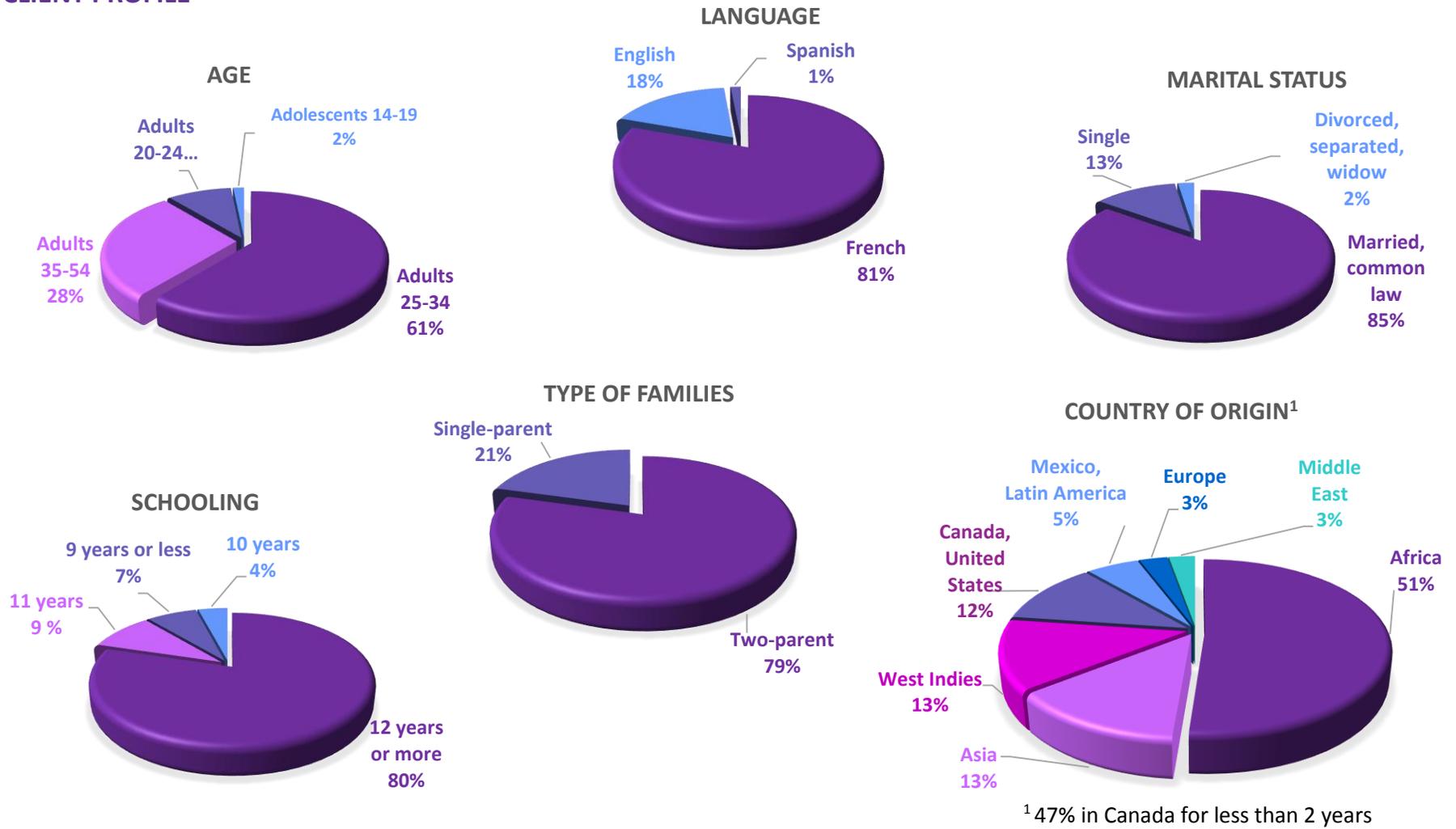
NUMBER OF INDIVIDUAL CONSULTATIONS

Type of consultation	With supplements		Without supplements		Total	
Prenatal social nutrition	4309	68%	140	2%	4449	70%
Postnatal social nutrition	712	11%	632	10%	1344	21%
Breastfeeding*	240	3%	140	2%	344	5%
Other	173	3%	8	0,1%	181	3%
Total	5398	85%	920	15%	6318**	100%

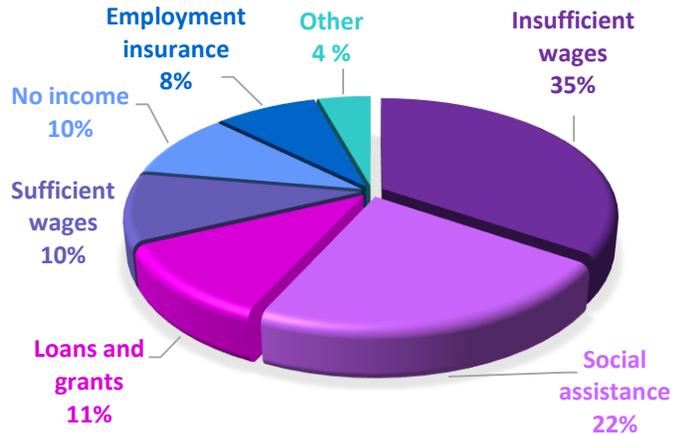
* 96% of clients initiate breastfeeding and 55% continue exclusively.

** 394 life partners were present during the consultations for a total of 805 attendances.

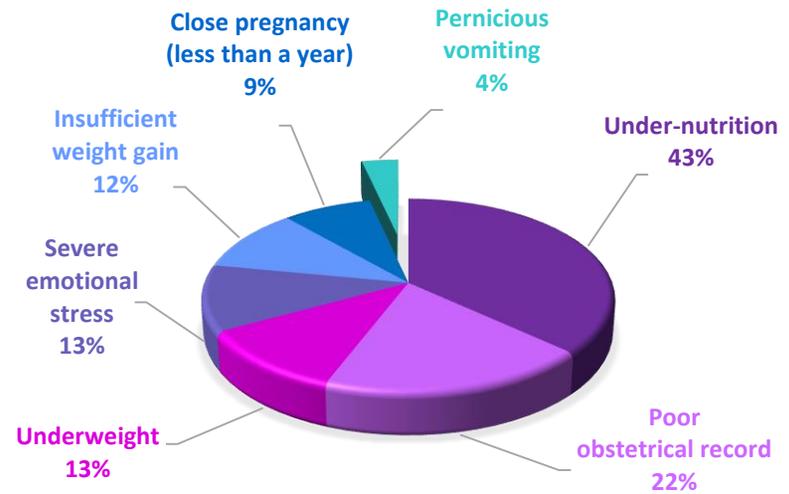
CLIENT PROFILE



INCOME SOURCE

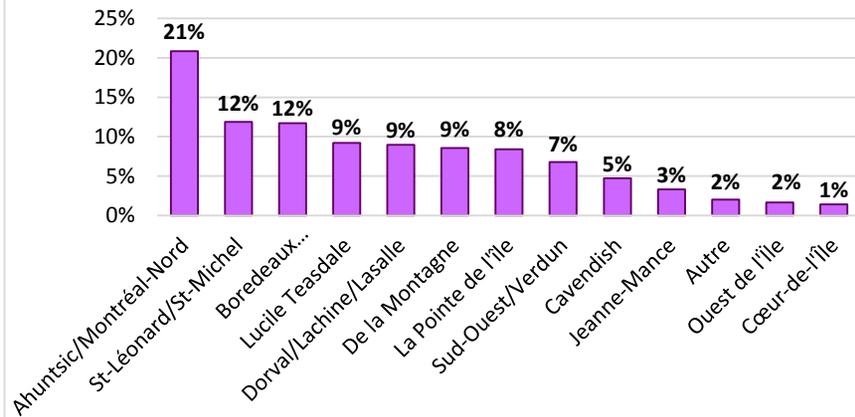


RISK PROFILE – HIGGINS METHOD*

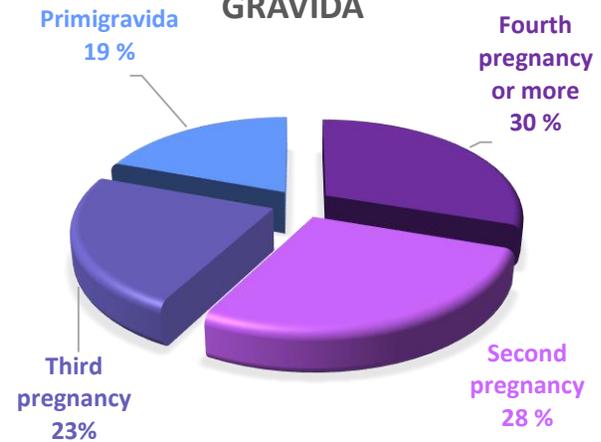


*71 % present at least one risk factor

AREA OF RESIDENCE



GRAVIDA



GROUP ACTIVITIES



Photo : Isabelle Clément

In the early 2000s, **Marie-Paule Duquette** introduced group activities in order to complement the subjects covered by individual counselling, such as breastfeeding and promoting a sense of responsibility. These groups serve another important purpose by lessening the isolation that affects many of our clients.

Many of these group activities are directly related to our social nutrition approach, from breastfeeding to prenatal workshops, including cooking at low cost (which is adapted to specific needs of participants, such as diabetes, familial cultures, etc.) and feeding babies and toddlers. Workshops also provide families with opportunities to learn about health and parenting skills, while fostering and reinforcing links within the community.

Type of Workshop	Activities (n)	Attendance per activity	Mothers (n)	Attendance by others ¹ (n)
Preparing for birth, motherhood and breastfeeding	128	7.6	447	119
Feeding baby and toddler	36	7.2	181	36
Low-cost cooking and healthy habits	27	6.9	95	12
Complementary activities	Health	43	205	19
	Parenting skills and child development	31	149	23
	Networking	81	173	49
Total number of activities held	346			

¹ Life partners and others

346 activities held
643 participants
2601 total attendances

Day Care
 This year, 276 children were cared for at the child care facility, for a total of 911 attendances. This has encouraged the development of primary socialization skills for these children.

The Dispensary enjoys the active participation of client-volunteers who are involved with activities, such as taking charge of the day care, and any and all tasks that permit them to help women in situations similar to their own.



This year saw an increase in the number of women waiting for our services, and as pregnancy naturally limits the period of time during which intervention is possible, we needed to evaluate other ways of providing our service. Two possible solutions were identified.

"VIP clubs" – 24 pregnant women participated in this project and, of those, 15 continued coming to the Dispensary after giving the birth. These two predetermined groups were women who, based on our registration criteria, did not have significant risk factors and whose pregnancies were well underway (24 weeks and over). The women also had access to all our group workshops. By bringing low risk factor women together in groups, we were able to free up resources to intervene earlier with women with higher risk factors. We believe this approach is one way to temporarily relieve sometimes lengthy waiting lists, while at the same time providing a certain level of service to women who would otherwise have had none at all. Elements of this pilot project could be considered in the future with respect to efficient methods of resource management.

User-pay counselling – We also tested user-pay counselling for women who requested our services but whose income level made them inadmissible (their income was higher than our Admissibility Table²). 35 women were followed. This test allowed us to familiarize these women with our service while at the same time it helped us to manage our waiting list. However, we decided to discontinue user-pay counselling because it required additional coordination, mobilized resources that we feel are better dedicated to at-risk pregnancies and did not contribute significantly to our revenue stream.

We are able to offer our group activity program thanks to the support of many of our partners: **Centraide, City of Montreal, SIPPE³ funds from the CSSS⁴ de la Montagne, Pathy Family Foundation.** Thanks to the **Metropolis Blue Foundation**, the mothers followed at the Dispensary were entitled to attend a series of literacy workshops, "*Poupons Lecture*", which allowed them to experiment with reading and writing for, and with, children.

² An established annual measure, based on Budgeting for Basic Needs, used to determine whether a client qualifies for the supplements provided by the Dispensary

³ *Services intégrés en périnatalité et pour la petite enfance*

⁴ *Centre de Santé et Services sociaux*

ACTIVITIES WITH OUR PARTNERS

Financing

The financial situation of the Dispensary remains precarious. The new financial strategy will help to identify new sources of revenue which the Dispensary needs to thrive.

We would like to thank the **provincial, federal and municipal governments** for their unyielding support throughout the years. Their subsidies combined for a total of \$607,473 or 44% of our budget.



Our arrangement with **Centraide** was renewed for two years but with a new, and significant, reduction of \$120,000 in our total annual subsidy of \$401,795, a reduction which will be reflected in the service we provide next year. Changes in the philanthropic world have permitted our two organizations to discuss the evolution of our respective strategic directions and challenges.

Proud of contributing to the well-being of hundreds of babies, **foundations, religious affiliations and numerous individual donors** provide us with generous support.

The fundraising campaign and the Mother's Day Luncheon

Under the direction of television personality and business-woman **Isabelle Pagé**, the new fundraising campaign President, and **Marie-Élaine Thibert**, our new spokeswoman and campaign patron, the 2014-15 campaign went well. Supported by a team of experienced **fundraisers**, the campaign combined with foundation grants raised \$191,368, slightly more than last year.



Photo : Marc Lavigne



In May 2014, the second Mother's Day fundraising luncheon was held, with huge success, at the Hyatt Regency Hotel, in the company of **Florence K**, in her final appearance as our spokeswoman.

Many thanks to comedian, and enthusiastic father, **Martin Larocque** for having so masterfully hosted this event. Thanks to **Julie DesGroseilliers** and to **Enriqueta Sugasti-Alvarez**, both members of the Board, for having organized, once again, a beautiful event, in collaboration with Cava Rose, and having raised \$54,272, an amount slightly higher than last year.

A new team has taken over this year determined to deliver another great event, the results of which we look forward to seeing next year.



Photo : Renaud Vinet-

Public Health Agency of Canada

Once again this year, in addition to subsidizing a good part of our counselling activities, the Agency has continued to provide support to the **SVP Nutrition** website. After a few years of operation and learning, we have a clearer idea of how to best use the website to improve our service to users. Within the framework of evaluating their needs, we contacted users and were gratified to find that they regularly frequent the site and have confidence in the information provided. Although our reorganization resulted in a few delays at the beginning of the year, we were able to augment website content, provide eight online training sessions as planned, as well as to begin implementing necessary changes based on the evaluation of needs.

The J.W. McConnell Family Foundation

Begun in 2012, the computerization project supported by The J.W. McConnell Family Foundation was effectively finalized this year. Our staff now use a unique, completely computerized file to record all the pertinent information for client follow up. By far the most important element of this multi-faceted project, computerized client files were, for Dispensary employees, a major time consuming change to implement, requiring a lot of rigor and precision. Over and above the technical improvements achieved, the computerization has strengthened our team and work practices.

Fondation OLO



The Dispensary has become the 95th member of the foundation created from the Higgins Method[®]. In the fall of 2014, after almost 25 years of evolving side by side, the **Fondation OLO** and the Dispensary chose to collaborate more closely so that more babies may be born healthy. Through their complementary actions and their respective projects, our two organizations hope to obtain an even more important impact with respect to the lives of disadvantaged families in Montreal and in Quebec. It should be noted that our partnership with *OLO* has been a factor in the improvement of the Dispensary's financial situation.

Families Downtown



Families Downtown is the name given to a new platform this year for 0-5 year olds in Quartier Peter-McGill. The governance structure and the required tools are beginning to be put in place to allow the member organizations to better work together and to reach out to downtown families in the west end of Montreal who possess a specific profile: transitory migrants, high education level, high unemployment rate, and allophone. Supported by *Avenir d'enfants*, the mandate of the Families Downtown community is centered on the family and plans to set forth a food security strategy. An *agente de milieu* is already busy, reaching out to isolated families and facilitating partner collaboration. A website will be launched in the fall of 2015.

Médecins du Monde

Since the spring of 2014, the Dispensary has participated in information sessions for pregnant women developed by *Médecins du Monde* within the framework of their clinics for at-risk migrants. We welcome the pregnant women they refer by way of counselling or group activities.

The Dispensary participates in the:

- *Comité d'expert sur le projet Alimentation tout-petits (6-24 mois) de l'Association de santé publique du Québec (ASPQ)*
- *Révision de la fiche Alimentation et gain de poids du portail d'information périnatale de l'Institut national de santé publique du Québec (INSPQ)*
- *Table ronde des nutritionnistes œuvrant en médecine fœto-maternelle en milieu hospitalier*
- *Comité scientifique OLO*
- *Coordination team of the Families Downtown (defining the collective work plan and the evaluation process)*
- *RUIS McGill*
- *Various on-going training sessions*
- *Training nutritionists from the Agence de la santé et des services sociaux de la Capitale-Nationale*

Université de Montréal and CHU Sainte-Justine

- 5 interns, level 4 nutrition undergraduates
- 3 pediatric or family medicine residents came to learn about the Dispensary and to share their expertise within the framework of their social pediatric rotation
- Dental students gave a workshop on oral hygiene for pregnant women and small children
- 2 groups of pharmacy students undertook projects as part of their training: a video on breastfeeding and the resources available and a kiosk on the role of the pharmacist in health care, particularly during pregnancy
- As part of the course *Nutrition appliquée*, a nutritionist held a workshop on the Dispensary's work with pregnant women in need
- Two Dispensary nutritionists took part in the course *Pratique avancée / intégrée : nutrition publique* - by presenting case studies based on our work practices
- Access to the pediatric continuity clinic for the children of Dispensary clients who lack pediatric follow-up or require special evaluation

McGill University and Montreal Children' Hospital

- 2 interns, level 4 nutrition undergraduates
- 2 interns in nutrition (Master's)
- 8 students in 2nd year medical school volunteered and learned about our activities within the McGill Community Health Alliance (CHAP), a required community project as part of their curriculum
- 5 pediatric or family medicine residents came to learn about the Dispensary and to share their expertise within the framework of their social pediatric rotation
- Access to the dental clinic for frenectomies, when needed
- Access to the Goldfarb breastfeeding clinic for women with severe breastfeeding difficulties
- Ongoing collaboration with the adolescent clinic
- Dr. Hope Weiler is guiding nutritionist Véronique Ménard in her Master's project the subject of which is the Higgins Method and the prevalence of gestational diabetes in migrants.

In addition, discussions began with Ms. Catherine Haeck, professor at the *Département des sciences économiques (ESG UQÀM)*, so she undertake a cost-benefit study of the services of the Dispensary.

Communications

Public relations continues to be one of the main lines of our strategic plan and will now be handled much more by the Dispensary staff than by the members or the Board. Thanks to the **Agence Braque** for being a partner of long standing.



Our spokeswoman **Florence K** left us in September after two wonderful years... we remember her beautiful singing, with her soprano mother, during our first fundraising luncheon in May 2013, as well as the significant donations

which she raised for us afterwards. Many many thanks!



We thank **Marie-Élaine Thibert** for taking over in such a brilliant fashion: she has already offered us television appearances with her (*RDI le Matin*, « 2 pour 1 Passion » on Bell Local) and involved us in the *Salon Maternité Paternité* in April. She sang in May 2014 at our third Mother's Day luncheon and she is preparing another big fundraising show in September 2015 for which she has already found an honorary president: **Christian Trudeau**, President of Airmedic.

Social Network: the Dispensary began to be more actively involved in social networking, notably LinkedIn and Facebook. Our Facebook page now has 632 "friends". Acknowledgments and information published by the Dispensary and *SVPNutrition* have generated increasingly numerous "visits". Thanks to Muriel Ide and Marilou Bossé for their advice.

Furthermore, from this fall, don't miss the updated version of the Dispensary and *SVPNutrition* websites.

Media Presence

- In September 2014, le **Regroupement de l'action bénévole du Québec** launched a series of eight documentaries on the **Bell Local** channel, one of which was on the Dispensary and the volunteers who devote their time and energy.
- June 7: article "*Administrateur d'OBNL, c'est du sérieux!*" in the **Journal Les Affaires**, with Paulette Legault, member of the Board and interim Executive Director of the Dispensary.
- Fall: participation of Jackie Demers in the broadcast **Mario Dumont, TVA**.
- December: article on **Sélection.ca** with Marie-Élaine Thibert following the launch of the fundraising campaign.
- December 29: **RDI Matin (Radio-Canada)**: interview of Marie-Élaine Thibert and Jackie Demers.
- December 29: front page of **The Gazette** on the Dispensary services and video interview with Selma Buckett, perinatal and breastfeeding consultant (IBCLC, International Board Certified Lactation Consultant).
- January 21, 2015: report on *Alternatives santé pour un panier d'épicerie typique* on the broadcast **L'Épicerie (Radio-Canada)**, with Suzanne Lepage, Dispensary nutrition expert in food security.
- February 11: report on increasing food prices on the broadcast **Midi Libre sur CIBL 101,5**, with the participation of Suzanne Lepage.

Since 2013, the Dispensary has relied on the support of Massy Forget Langlois Public Relations for press releases and media awareness and response. Thank you!

Other activities

Operation Christmas Baskets

The Dispensary distributed hundreds of toys gathered by our partner of 40 years, **CHM Communication** and by others, such as Toy Tea. However, the Dispensary did not prepare baskets this year, in order to optimize the efficiency of our resources.

Nevertheless, with the help of the BRB computer system, we were able to more easily coordinate the preparation of baskets by individuals or groups, and provide all necessary information.

This year, 38 people or groups of people (school, businesses) prepared baskets for 56 families some of whom are among the neediest in Montreal.

Income Tax Preparation

The Dispensary ended its volunteer income tax preparation service, which it had operated in conjunction with *Revenu Québec* and the Canada Revenue Agency. Our clients were referred to other organizations who offer this service to people in need. Two social work interns advised clients about the fiscal obligations of citizens and other resources available to assist them.

THANKS TO OUR VOLUNTEERS, PARTNERS AND DONORS!

Hundreds of people support, voluntarily and generously, our many varied activities. Without your help, the Dispensary would not be able to carry out its mission as well as it does. The following list is not exhaustive, so to everyone whose name does not appear here, we give our heartfelt thanks.

First of all, to our team of regular, proud volunteers throughout the years, Atiqa, Marie-Lucette, Stephanie and Michael, many many thanks!



Special thanks to:

- *Agence Braque*, graphic support
- *Lemay-DAA Stratégies*, consultant
- Massy Forget Langlois Public Relations
- *Moisson Montréal*, donations of food
- Philippe Collard, consultant (via *Bénévoles d'affaires*)
- *Première Moisson*, Atwater market, donations of bread
- *Renaissance*, food transportation
- Renaud Vinet-Houle, Marc Lavigne, Isabelle Renaud, photography
- *Témoin Production*, technical support

And to so many others, including clientes and ex-clients who help run the Dispensary Day Care, as well as other activities...

In their memory, a donation was made to the Dispensary...

Cornelia Maten, Berthe Prud'homme-Dugas, Conrad Boulay, Georges Desrosiers, Gérald Labelle, Jeannette Fontaine-Lafleur, Maurice P. Joubert, Michel Arcouette, Pierina Pontarollo, Susan Maguire, Jacques Desnoyers

BOARD OF ADMINISTRATORS

Executive Committee

Mrs. Dominique Lapierre, President
Telefilm Canada

Mr. Daniel-Marc Paré, Vice-President
Gaz Métro

Mrs. Elizabeth Jarry, CPA, Treasurer
Self employed

M^e Florence Lucas, Secretary
Gowlings

Mrs. Paulette Legault, FCPA, CPA, CRHA, ASC
Administratrice de sociétés certifiée

Other Administrators

Mr. Jean-Marc Demers
Agence Braque inc.

Mr. Michael Fovero
BMO Private Banking
(Resignation during the year)

Ms. Zeina Khalife
BMO Private Banking

Ms. Annie Langlois
Massy Forget Langlois Public Relations

M^e Marie-Christine Lemerise
Lawyer, self employed

Mrs, Anne Ménard
Banque nationale

Dr. Jean-Marie Moutquin, MD, M Sc, FRCS, CSPQ
Université de Sherbrooke

Mrs. Leslie Quinton
LRN

Mrs. Enriqueta Sugasti-Alvarez
Retired
(Resignation during the year)

OTHER MEMBERS OF THE CORPORATION

Mrs. Renée Arsenault

Mrs. Barbara Auclair

Dr. Keith J. Barrington

Mrs. Christine Baudouin

Ms. Anick Bérard

Ms. Astrid Bicomunpaka Shema

Mr. Luc Bigras

Mrs. Diane Boivin-French

Mrs. Odile Boudreau-Rousseau

Mrs. Émélie Brunet

Mr. François Charette

Mrs. Fannie Charron

Mrs. Louise Chevalier

Mrs. Hélène Côté-Sharp

Mrs. Eileen Curran

Mr. Guy Cyr

Ms. Mireille Dallaire

Mrs. Louise Desaulniers

Mrs. Louise Desjardins-Joubert

Mrs. Janine Desrosiers-Choquette

Mrs. Lucille Douville

Mrs. Emily A. Dubé

Ms. Brigitte Dupré

Ms. Gail Ewan

Ms. Isabelle Fontaine

Ms. Patricia Fourcand

Ms. Gabrielle Fortin

Ms. Judith Foster

Mr. Richard C. Gauthier

Ms. Sarah O. Gauthier

Mrs. Elaine Glenn

Ms. Muriel Godard

Mrs. Sheila Goldbloom

Mrs. Dagmar Guttmann

Dr. Annie Janvier

Ms. Suzanne Jobin

Ms. Adrienne Kardos

Mrs. Margot Labelle

Mrs. Nicole Laferrière

Mrs. Francine Laflèche

Mrs. Louise Lambert-Lagacé

Ms. Chantal Laprise

Mrs. Hélène Laurendeau

Ms. Louise Laviolette

Mrs. Andrée Lecoq

Mrs. Catherine Lee-Jude

Mrs. Claire Lefebvre-Paré

Mrs. Linda MR. Leus

Ms. Axelle Ligot

Mrs. Colette L.-Lortie

Dr. Ann C. Macaulay

Mrs. Christine Maestracci

Ms. Monette Malewski

Mr. Claude Marchand

Ms. Francine Martel

Mrs. Marjorie O. Matheson

Mrs. Sally McDougall

Mr. Jean Morin

Ms. Sheila Murphy

Mrs. Paule Ouimet-Scott

Dr. Claude Paré

Ms. Sara Paré

Ms. Ginette Pépin

Ms. Marjorie Pike

Ms. Amélie Plante

Ms. Madeleine Poulin

Mrs. Françoise Raimondi

Mrs. Louise Raymond.-Dandonneau

Ms. Isabelle Renaud

Ms. Katia Reyburn

Mrs. Helen Rutledge

Mrs. Simone Saint-Germain-Roy

Ms. Gylane Saint-Georges

Ms. Justine Sentenne

Mrs. Christina Smith-Dunhill

Mrs. Susan W. Smith

Mrs. Joan E. Smyth

Mrs. Ann Soden

Mrs. Jean Staniforth-Clark

Mrs. Betty Teryazos

Ms. Mélanie Vallée

Ms. Kathryn Vaughn

Ms. Claudine Verge

Mrs. L.C. Webster

Mrs. Denise Werleman

Mrs. Elaine Whitton

Mrs. Réjeanne Wilson

Mrs. Nancy Wright



2182 Lincoln Avenue
Montreal (Quebec) H3H 1J3
Tel: 514 937-5375
www.dietdispensary.ca
info@dispensaire.ca