

2023 Impact Report

The Quality
of Life of
People Living
with MS: Our
Top Priority.

MS Canada
Quebec Division



Message from the Chair of the board

In reading this annual report, you will see that 2023 was a year of programs and services. Many projects and partnerships were developed to benefit people living with MS, supported by the arrival of our new executive director, Diego Mena Martínez.

It has already been a year since Diego joined the MS Canada – Quebec Division team. When he meets with people affected by the disease, as well as with donors, volunteers and the team in Quebec, the enthusiasm to eliminate MS and the hope it brings radiates from the community. Strong ties were formed and interesting new collaborations hold promise for the organization's future.

In working with our 18 partner organizations, Diego found his place within a group prepared to make every effort, think outside the box, form strong bonds and build complete networks to support people living with MS, and their loved ones.

This year, I met with a community of motivated and tireless researchers. We are fortunate to be able to count on internationally renowned researchers who are giving their all to better understand multiple sclerosis, better treat it and even prevent it. We can't wait to see what the future holds.

Martin Legault

Chair of the Board of Directors of MS Canada –
Quebec Division



A word from the Executive Director

Many transitions took place during my first year in the Quebec Division. The motivated team of which I am proud to be a part is innovative and does everything it can to help the MS community. The year 2023 saw not just my arrival, but also a complete revamp of the organization's brand image. A new name, a new logo and refreshing new colours capture the community's creativity, diversity and passion.

After celebrating being able to hold our major fundraising events in person again in 2022, other projects consolidated our intention to be present for the MS community. It was essential for MS Canada – Quebec Division to re-forge these ties and to support the members as they navigate life with MS.

Espoir Famille was back after nearly four years. Participants familiar with this event were delighted to see one another again and to reconnect. People diagnosed during the pandemic were also able, in some cases, to make first contact with MS Canada and its community, to get information about the disease, get resources and learn about the status of MS research.

The Quebec Division team also launched a partnership with Juripop to offer free legal services to Quebec residents with MS. Multiple sclerosis affects every aspect of a person's life and we hope that this partnership will help reduce the mental load of our community members.

And that's not all! Many projects are planned in the next year to strengthen ties with our community, including people living with MS, health professionals, researchers, donors and all those directly or indirectly involved with the organization.

The Quebec Division team is ready to take on the challenges that await us in 2024. The objectives we have set are bigger, but we are as motivated as ever.

Diego Mena Martínez
Executive Director of MS Canada –
Quebec Division



Our Vision

A world free of multiple sclerosis.

Our Mission

To connect and empower the MS community to create positive change.



Our Values

Impact-driven

We make a difference.

Collaborative

We work together.

Compassionate

We help.

Bold

We think big.

Resilient

We do not give up.

The Quebec Division in numbers

20

Almost 20 meetings with members of Parliament

3

3 programs launched or returning after the pandemic

1239

1239 participants in our fundraising events

485

\$485,000 was invested in research in 2023, bringing the amount to more than 1.6 million since 2022.*

* In collaboration with partner organizations



“It’s not because one
is forced to sit that one
cannot stand strong.”

Denis Baribeau,
diagnosed with MS in 1996

Programs and Services: Working to build a better future

MS Canada – Quebec Division makes all kinds of resources available to people affected by MS, with the aim of improving their quality of life. Not only do your donations help fund the research of tomorrow, but they also help provide essential services today.

In 2023, the Quebec Division team was able to **offer free online webinars** on such topics as artificial intelligence, adapted tourism and the labour rights of people with MS. The Quebec Division is also proud to have launched a **partnership with Juripop to offer free legal services** to people with MS. Nearly 30 people have been supported through this program.

The **Espoir Famille event was also back** after a four-year hiatus. Participants were able to reconnect with their community, attend workshops and learn more about research projects underway. The MS Navigators continued their vital work by answering more than 1,700 requests for information about multiple sclerosis in Quebec. The MS Knowledge Network, of which the MS Navigators are a part, reported an 18% increase in requests.



Defence of Rights and Interests:

To improve the well-being of the MS community

Multiple sclerosis does not only have physical effects on the person diagnosed, it also has financial and social impacts. The Quebec Division organized nearly **20 meetings** in 2023 with provincial and federal government decision-makers to draw attention to various issues needing improvement.

Our **four priorities** are home care, long-term care, informal caregiving and access to innovative treatments.

Through our presence in the National Assembly and on Parliament Hill, during Parliamentary Committee meetings or meetings with elected officials, we urge the governments to take action for the well-being of people living with MS. We reached more than **280 people** through our public interest advocacy efforts in 2023.



“I could benefit from advances in research and had access to a range of treatments that helped slow the progression of the disease in my case.”

Esq. Marie-Claude Berger Paquin,
diagnosed with MS in 2009





Fundraisers: Your generosity is stronger than MS



“The MS Walk was able to count on the support of Marilyn Castonguay as its new provincial spokesperson and raised more than \$724,000 in Quebec. The MS community’s motivation was felt throughout the province!”

Alexandra Davidson-Parent, Event Project Manager



“This strong partnership with A&W rekindles the commitment of franchisees, MS Canada partner organizations and all Teen Burger™ lovers each year. The day was once again a success with more than \$1.6 million raised.”

Marie-Pier Primeau, Communications Project Manager



“The Mauricie region was the backdrop to moments of perseverance and resilience for these loyal participants, who raised more than \$756,000.”

Myriam Rousseau, Event Project Manager



“Novartis employees once again demonstrated their desire to have a positive impact on the lives of people living with MS by raising nearly \$53,000.

Pascal Desparois, Event Manager



“Mountain biking enthusiasts pair their passion for the sport with philanthropy year after year and raised more than \$90,205 for MS Canada.”

L'Higuinen, Communications Project Manager



“While climbing the mountains of Charlevoix with the dedicated participants, I felt the immense motivation of this community, which raised \$186,516.”

Marie-Ève Simard, Director of Communications

“I like the close relationship I develop with MS patients. Multiple sclerosis is a disease that affects biological and neurological functions, but also psychological and social aspects. We can therefore help the person in all areas of their life, in a relationship that is heartfelt.”

Josée Vigneault, nurse specializing
in multiple sclerosis since 1991



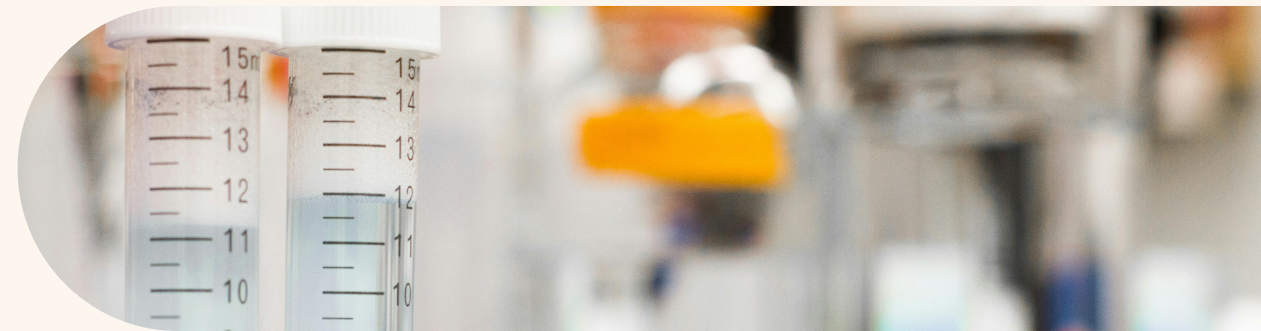
1370 scientists. One goal: a world free of MS.

Exciting progress was made in 2023 thanks to Quebec researchers, among others. A total of **33% of the funds dedicated to research are invested in Quebec** and several projects attracted attention this year:

- Researchers Uncover First Genetic Factor Associated with Disease Severity in Multiple Sclerosis
- Fractalkine: A Potential MS Therapeutic that Enhances Repair and Regeneration
- A Promising Non-Invasive Therapy to Promote Repair and Remyelination in Multiple Sclerosis
- Results from the International Multicenter Clinical Trial to Improve Cognition in People with Progressive Multiple Sclerosis (CogEx)
- Does Exercise Improve Depressive Symptoms in Youth with MS?
- Understanding EBV in MS – from autoimmunity to treatment approaches
- When does MS begin after Epstein-Barr virus infection?

The Quebec Division also hosted the endMS training program, during which trainee researchers can improve their knowledge of MS and their skills. Manu Rangachari, Ph.D., and Luc Vallières, Ph.D., held the program's summer courses at Université Laval, themed "Translating Basic MS Research into Clinical Practice."

Laboratory tours were organized for major donors so they could see the impact of their involvement in MS Canada – Quebec Division. These hope-filled gatherings allowed members of the MS community to discuss all the efforts made by the scientific community to build a world free of MS.





“I think we really like giving back,
to MS Canada, the support it gave
us when we were first diagnosed.”

Sylvie Tremblay,
living with MS since 2003

External Outreach

Every year, invaluable collaborations help MS Canada – Quebec Division promote the cause of people living with MS outside the community. Rallying various interested parties around this important cause brings us closer to our ultimate goal: a world free of MS.

In 2023, the **Neuro Partners** group organized more than 20 meetings with elected officials. Access to innovative treatments was one of the priorities raised at these meetings.

Hundreds of letters and petitions were sent to the governments in an effort to improve the well-being of people living with multiple sclerosis.

28 personal fundraising initiatives (We Challenge MS) helped us raise more than \$128,960.

As a member of Health Partners, we received more than \$69,000 in donations from workplace charity campaigns.

The Quebec Division team attended the MS Exchange event to meet with influential members of the international scientific community.

Finally, our team was also at the Minding Your Brain event organized as part of the World Congress of Neurology, which brings together thousands of neurologists from around the world.



“I think we shouldn’t be afraid. We should take an interest in this new path we are on.”

Jean-Sébastien Lavoie,
diagnosed with MS in 2015



Our Sponsors

The Quebec Division is pleased to be able to count on the support of a large number of donors and partners. A very big thank you to all of you for your remarkable generosity!

From 5 000 to \$9,999

3104-1924 Québec inc, Sylvain Allaire, François Charette, Nicolas Daoust, André Gauthier Foundation, St-Hubert Foundation, Josée Gagnon, Marc Huberdeau, Jeux de Société Québec, Randy Laporte, Les Constructions B. Martel, Les Industries Trovac Ltée and Les Soeurs de l'Assomption de la S.V.

From 10,000 to \$49,999

Lynda Archambault, Eric Baribeault, IA Groupe Financier, Les Restaurants Mr Puffs Inc., Les Toitures Hogue inc., M.I. Viau et Fils Ltée, Philobar Design Canada, Estate of Janine Paradis, Estate of Noëlline Poulin and Estate of Lucien Durivage.

\$50,000 and more

Pierre Roland Trépanier Estate, Roland-Beaulieu Foundation and Estate of Jacqueline Ouellet

Partner Companies:

AbbVie, AstraZeneca, Biogen, Bioscript, Brasserie Trou du Diable, Croix Bleue Medavie, Depotium Mini Entrepôt, Dilwari, EMD Serono, Fenplast, Helius Medical, Jamp Pharma, Jean Coutu Brunet, Léger, Mitchel Lincoln, Neuromotrix, Novartis, Nutrifrance Ltée, Pharmacie Torani et Haddad - SpecPharma traitements spécialisés, RBC Foundation, Ride Bike Style, Sandoz, Sport aux puces.

Financial Statements

MS Canada is transparent and accountable. Our important work as leaders in the search for a cure and in our efforts to improve the quality of life of people with MS requires vigilance and strong financial oversight. This involves the stewardship of donations entrusted to us by generous donors, the implementation of strategies to generate efficiencies in all aspects of our work, and the prudent management of investment assets and risk.

You can consult the Quebec Division's financial statements [here](#).





“We had to make big changes to our activities, but we always continued on anyway and will continue to adjust to the disease.”

Mario Simard, informal caregiver since 2003

Board of Directors

Lynda Archambault

Vice-chair
Businesswoman

Denis Baribeau

Administrator Civil Engineer
Québec Ministry of Transport
President
Multiple Sclerosis Canada – Mauricie

Yves Beaulieu

Administrator
Business Consultant

Roberto Beaupré

Administrator
Technician, Government of Québec
Chair
Multiple Sclerosis Canada – Bas-Saint-Laurent

Jacque Cardinal

Administrator
Lawyer and co-owner of Re/Max Est du Cartier

Gilles Dionne

Administrator
Chair
Beldex Group

Nicole Duchastel

Administrator
City Councillor, City of Dorval
Chair, Multiple Sclerosis Canada – West Island

Marcel Fortin

Administrator
Chair
Multiple Sclerosis Canada – Monteregie

Martin Legault

Chair
Director, Tarification
Medavie Blue Cross

Pierre Marion

Administrator
Retired, Former Regional Vice-President,
Business Development,
Medavie Blue Cross

Lorie Palmer, CPA, CA, CIA,

Treasurer
Associate – Taxation
PSB Boisjoli

Dr. Rose-Marie Rébillard

Administrator
Neurologist

Suzanne Villeneuve

Administrator
Chair
Services and Social Action Committee
Multiple Sclerosis Canada – Québec Division
Chair, Multiple Sclerosis Canada – Saguenay

The Division and local chapters

The staff and volunteers of the MS Canada chapters throughout Quebec are dedicated and committed to providing quality programs and services to the 20,000-some Quebecers living with MS and their loved ones. They also organize fundraising events in their region that not only help pay for their activities, but also fund MS research.

Finally, activities intended to improve physical and mental health also returned to normal, helping people living with MS and their loved ones cope with the disease.



From action to impact: Recognizing our community's dedication

At its last partner organizations conference, the Quebec Division recognized the exemplary commitment by important members of the MS community by presenting various merit awards. Every year since 1993, these awards have been presented to individuals who have made significant contributions to MS Canada's mission.

Prix Engagement (Commitment Award)

For its exceptional contribution to MS Canada's activities: **Mr. Puffs**

(Richard and Paulette Lemire Award)

For her exemplary participation in the fundraiser: **Rita Jean**

Prix Hommage (Homage Award)

For her remarkable contribution as a person living with MS: **Sara Leclerc**

Prix Opal (Opal Award)

For his dedication as a caregiver: **Mario Simard**

Prix du président (Chair's Award)

For her involvement in a directive capacity : **Annabelle Céré**



Chapter contact details

Abitibi-Témiscamingue

P.O. Box 1721
Val-d'Or, Quebec J9P 5Y9
819-874-7915
info.abitibi@spcanada.ca

Montreal West Island

1255 TransCanada Highway
Suite 105
Dorval, Quebec H9P 2V4
514-676-1588
grpspbo@videotron.ca

Bas-Saint-Laurent

180 De l'Évêché St. West
Suite 95
Rimouski, Quebec G5L 4H9
418-724-5499
1-877-424-5499
info.basstlaurent@spcanada.ca

Centre-du-Québec

1140, Cormier Street
Drummondville (Québec)
J2C 2M9
819-474-6556
1-877-474-6556
info.centreduqc@spcanada.ca

Chaudière-Appalaches

4060 Guillaume-Couture Boulevard
Suite 104
Lévis, Quebec G6W 6N2
418-830-1515
1-877-829-7758
info.appalaches@spcanada.ca

Côte-Nord

652 De Quen Avenue
Sept-Îles, Quebec G4R 2R5
418-968-6688
info.cote-nord@spcanada.ca

Eastern Montreal

12125 Notre-Dame St. East
Suite 315
Montreal, Quebec H1B 2Y9
514-640-5472
info.estdemontreal@spcanada.ca

Lac-Saint-Jean

437 Collard Street
Alma, Quebec G8B 1N1
418-276-7371
1-877-276-7371
info.lacstjean@spcanada.ca

Lanaudière

2500 Mascouche Boulevard
Suite 221
Mascouche, Quebec J7K 0H5
450-417-3562
info.lanaudiere@spcanada.ca

Laurentides

500 Des Laurentides Boulevard
Suite 28
Saint-Jérôme, Quebec J7Z
4M2 450-436-4469
1-866-590-4469
info.laurentides@spcanada.ca

Laval

387 Des Prairies Boulevard
Suite 210A
Laval, Quebec H7N 2W4
450-663-4911
info.laval@spcanada.ca

Mauricie

1001, rang St-Malo
Trois-Rivières, Québec
G8V 1X4
819-372-5938 ext. 5420
info.mauricie@spcanada.ca

Montréal

1705 Victoria Avenue
Suite C-120
Saint-Lambert, Quebec J4R 2T7
450-466-5209
info.monteregie@spcanada.ca

Montreal

C. P. 96527 Monk
Montréal, Quebec H4E 4P3
514-225-9575
1-800-268-7582
info.montreal@spcanada.ca

Outaouais

10 Noël St.
Suite 112
Gatineau, Quebec J8Z 3G5
819-778-1450
1-866-778-1450
info.outaouais@spcanada.ca

Capitale-Nationale

245 Soumande St.
Suite 202
Québec City, Quebec G1M 3H6
418-529-9742
info.regionquebec@spcanada.ca

Saguenay

257 Saint-Armand St.
Chicoutimi, Quebec G7G 1S4
418-543-8325
info.saguenay@spcanada.ca

MS Canada – Quebec Division
1188, Union Avenue, suite 520
Montreal (Québec) H3B 0E5
1 514 849-7591
info.qc@spcanada.ca
www.msCanada.ca

MS Canada
Quebec Division

