

## Montréal West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montréal West region.

We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.

### Want to become a member?

Please contact the MWCN with any questions or concerns using any of the contact information at the bottom of the page, we'll be happy to help you.

If you're already a member then please enjoy this month's Newsletter. 😊

### MWCN Board Elected officers:

<b>President:</b>	Lise Brunette
<b>Vice President:</b>	Maria Friozi
<b>Treasurer:</b>	Tracy Wilkins
<b>Secretary:</b>	Chuck Halliday
<b>Executive Director:</b>	Pauline Wiedow
<b>Administrators:</b>	Georges Bujold
<b>Volunteer Coordinator:</b>	Maria Friozi
<b>Member Coordinator:</b>	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé



December! Even though we all complain about how winter is starting and the weather is changing, there is something about the month of December that makes it all seem bearable. Maybe it's because of Christmas or it's the Holiday spirit that's spreading within the community. Or maybe it's the idea of the New Year bringing changes and new opportunities. Either way, December is here and there's not much we can do about it, except celebrate it with the MWCN.

### NEWS FROM THE MWCN CHATEAUGUAY

The Montréal West Community Network would like to say a very big thank you to George Bujold. George is currently a board member of the MWCN, who has also taken up the task of teaching the French Conversation courses. All his time is volunteer; from planning weekly lessons, to helping members of the community better their French. His



kindness is an inspiration. George, thank you again for everything you've done for the organization and for the Chateauguay community.



## NEWS FROM THE MWCN CHATEAUGUAY

### PAINT NITE

The MWCN Paint Nite fundraiser went very well. Everyone enjoyed the warm welcoming environment. It was an evening of paint, creativity and many laughs. Even though everyone had the same outline there were no two paintings the same. Thank you to everyone who came out to support the MWCN.



## SAVE THE DATES



December 9 – **CHRISTMAS TEA**  
Bring a plate of Christmas cookies or fudge with an ornament to hang on our tree. From 1:30-3:30 at the Chateaugay office.

December 11 – **CHRISTMAS MONTHLY LUNCHEON** Restaurant: Cœur de Village Bistro Culture. 80 Rang Saint-Régis, Saint-Isidore. From 11-1pm. Contact MWCN office

December 25 – **CHRISTMAS!!**  
On behalf of everyone here at the MWCN we would like to wish everyone a very Merry Christmas and happy holidays.



December 31 – **HAPPY NEW YEAR!!**  
Welcome 2020!! We look forward to what the new year brings.



**Office Closed for Holidays**  
The office will be closed from December 20 to January 6, 2020. We look forward to seeing everyone after the holidays!

## HEALTH

It's New Year's Resolution season again. However, instead of focusing on things you could change physically which is the popular thing to do, let's focus on making healthy resolutions that will affect us mentally.

### New Year's Resolutions That Put Your Mental Health First

#### Feed Your Mind

Scientists have discovered an important link between gut health and mental health. Ninety percent of serotonin—a key chemical messenger in the brain—is produced in the gut.

**Resolve to:** Cut back on processed foods. Add an extra piece of fruit to your daily diet.



#### Keep Moving

Exercise increases blood flow in the brain, and that, in turn, boosts both production and availability of brain chemicals called neurotransmitters. The more neurotransmitters we have, the better we feel. Bonus: Exercise happens to be one of the quickest ways to relieve stress, she adds.

**Resolve to:** Walk around the house or office more often. Take the stairs, not the elevator.

#### Get Plenty of Sleep



Sleep is for the mentally and physically robust! We use that downtime to rejuvenate and to process information accumulated throughout the day, which helps solidify memories. "If you are sleep deprived, you can't manage your mood," Dr. Levy says. "Even the most basic demands on your life are going to feel harder."

**Resolve to:** Wind down 30 minutes before bedtime—sans electronic devices. Aim for 7-8hrs of sleep.

#### Jot Down Your Thoughts

Have a pad and pencil handy. These can be useful tools for your mental wellbeing, especially if your mind is going in circles about something. "Writing down your thoughts can help ease the anxiety you're feeling" says Theresa Nguyen, a licensed clinical social worker and vice president of policy and programs at Mental Health America.

**Resolve to:** Utilize to-do lists or keep a journal.

#### Carve Out "Me" Time

Thanks to technology that keeps us plugged into work around the clock, political discord, and concerns about money, Americans are as stressed as ever. You don't want those pressures to snowball. Everyone needs a release valve.

**Resolve to:** Make the time to meditate, listen to music, or pursue a relaxing hobby.



Merry Christmas and Happy New Year!

