

## Montérégie West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie 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:

President:	Lise Brunette
Vice President:	Maria Friozi
Secretary:	Chuck Halliday
<b>Members:</b>	Georges Bujold Don Rosenbaum Gloria Lynch Jayme McClintock Joanne Murray
Executive Director:	Pauline Wiedow
Member Coordinator:	Gloria Lynch
Volunteer Coordinator:	Maria Friozi



Summer is here! With change in the air we have many different activities, social events and services coming up for our members and others to enjoy. You can always follow our "Save the Date" flyers to know the upcoming activities and events.

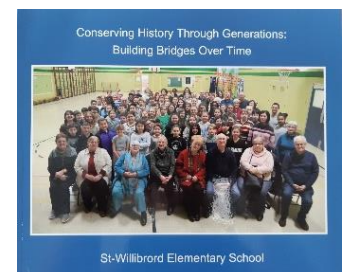
## NEWS FROM CHATEAUGUAY

Photo of our book distribution at St. Willibrord with all the teachers and staff who helped us. A big thank you again for all your help.



Students and staff from St. Willibrord teamed up with the seniors of the MWCN to collect stories and memories to be published in a book. Everyone enjoyed the sharing and working together.

If anyone (member or not) would like to purchase a copy of the book, it can be bought at our office at 255 d'Anjou Blvd., Suite 203, Chateauguay. They will be sold at 5\$ a book. Don't be shy we have many.



## MORE NEWS FROM CHATEAUGUAY

### BOOK CLUB

The MWCN had its last Book Club meeting for the season. All the members plan to keep reading on their own while waiting excitedly for our next session, which will start in September of this year. More information will be given about the start date in the future.



Far left clockwise Carol, Hazel, Elaine, June, Nicole, Maria, Gayle; Rita, Joanne, Shevy  
Absent: Anne, Anne-Marie & Carol R.



### ART CLASS

Our "Let's make Art" class is well on its way with only a couple classes left. From beautiful hand portraits to colorful floral pieces, the art class has produced wonderful pieces of art and always doing so with a smile on their faces. Thank you to the teacher Ilana Kuska for taking the time to teach us.



Ilana Kuska, Joanne Murray, Gloria Lynch and Garcia



Evelyne Loch, Rita Garand, Carole, Edwards, Susanna Langervin, Susan Parker, Pearl Riendeau

### VOLUNTEER APPRECIATION

The MWCN hosted their Volunteer Appreciation Luncheon on April 18, 2019 at Nobel 82 Deli. It was a great turn out, many people came to support the volunteers and thank them for everything they have done and will continue to do for their communities. Again, we would like to say a big thank you all who participated and of course to all the volunteers.

"Volunteers don't get paid, not because they're worthless, but because they're priceless."

-Sherry Anderson

#### Kahnawake



Peggy Mayo

#### Chateauguay



Lynda Friend



Sui Ping Lee

#### Chateauguay Valley



Susanna Langevin



June Todd

## SAVE THE DATE

June 13, 2019: MWCN's **ANNUAL GENERAL MEETING**. Nova Career Center 5-7pm. Followed by the partnership table, with speaker Myriam Tessier; topic Bill 101. Register at 450-691-1444.

June 14, 2019: **CERAMICS LUNCH**  
Friday from 12-3pm at La Bulle Creative, 758 Blvd. St-Jean-Baptists, Mercier. To register call 450-691-1444. Cost \$20.00.

June 15, 2019: **SCRAPBOOKING**,  
Vice-Versa 9:30-4:30pm. For more info call 450-691-1444.

June 18, 2019: **"EXPRESSION THROUGH MULTIMEDIA" ART CLASS**  
Tuesday from 2 to 5pm at the MWCN office in Chateauguay. Come learn different ways to express yourself through art. Future dates include Tuesday, July 9, and August 13, 2019.

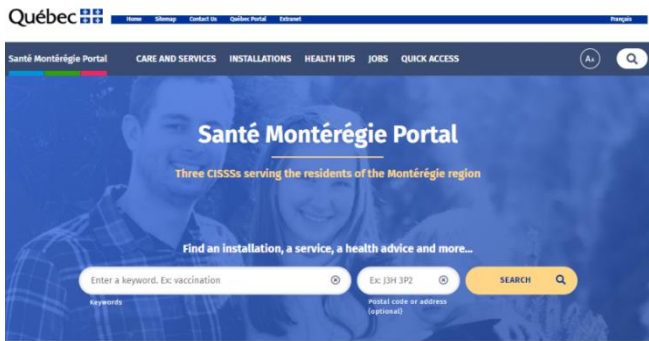
June 19, 2019: **FREE CHEP VIDEO CONFERENCE**  
Nova Center 9:30-12:15 "Seniors and Isolation" Contact Gayle 450-691-1444.

June 26, 2019: **MONTHLY LUNCHEON**  
Restaurant – Delice du Passant. At your own cost. To register call 450-691-1444.

June 28, 2019: Last **ZUMBA** Class (Extended)  
Vice Versa with Rina. Every Friday from 10-11am.

September 14, 2019: **MWCN'S 20TH ANNIVERSARY GALA DINNER & DANCE**  
Restaurant Casa Greque, Chateauguay 5pm-1am BYOB. Tickets \$40.00. To register call Maria at 450-692-5944.

## HEALTH



I am looking for...

The CISSS new Santé Montérégie Portal website is up and running! Offered in English, you can simply search for what you are looking for (i.e. Blood test) with your postal code, then the website will provide you with a list of institutions that can help you.

The MWCN will be organizing an orientation on how to use the website at the end of the summer, so keep an eye out for our flyers.

Nevertheless, in the meantime they are very open to comments on what the public thinks of the website, therefore if anyone would like to visit the website, they can at [santemonteregie.qc.ca](http://santemonteregie.qc.ca).



### Summer Health Tips

With all the warm weather coming our way here are a couple tips to staying healthy during the summer:

- **Hydrate**
  - Always try to have access to water. Buy a good reusable water bottle.
- **Eat Fresh**
  - Eat lots of fresh fruits and vegetables. They'll be refreshing and tasty!
- **Stay Shady**
  - Sun is good, however too much of anything is bad. Try to avoid direct sun between 11-3pm, when UV rays are at their strongest.
- **Stay Cool**
  - Try not to cook big meals in the oven. Go for a swim to cool down your body, even visit local attractions that have air conditioning (Malls, grocery stores, local library, etc.)
- **Sleep Well**
  - No matter what the season, getting a good night sleep is always good for your health.

More info on our CHEP (Community Health & Education Program) for this month:

When: June 19, 2019 from 9:30-12:15pm

Where: Nova Career Center, 70 Blvd Maple, Chateauguay.

Topic: **LONELINESS AND ISOLATION IN SENIORS**

Senior loneliness and isolation is a growing social and health care concern for Canadians. Canada census revealed that almost a quarter (24.6%) of seniors 65+ now live alone. Lack of social contact can contribute to further isolation and declining health. The presenter, Ruth Pelletier, has many years of experience working with Quebec seniors in the community and in health care institutions.

Contact Gayle Holdaway at 450-691-1444 to register.

Deadline is June 17th, 2019. Limited space so reserve early.



Nova Career Center, 70 Blvd  
Maple, Chateauguay

June 19, 2019  
10-12pm

CHEP VIDEO TELECONFERENCE  
Speaker: Ruth Pelletier

**LONELINESS  
AND ISOLATION  
IN SENIORS:  
THE  
CONSEQUENCES**

Reservations:  
450-691-1444  
[gholdaway@hotmail.com](mailto:gholdaway@hotmail.com)

RSVP by Monday June 17th, 2019



“If you don't take care  
of your body, your body  
won't take care of you”

## NEWS FROM THE VALLEY

### What is coming in the Valley:

#### June 5, 2019: **THE GLEANER**

It's back! The local paper since 1863 will be returning. There will be a booth at the Expo Ormstown where you can pick up a copy of the Souvenir Print Edition.

#### June 6 to 9, 2019: **DESJARDIN EXPO ORMSTOWN**

Ormstown fair grounds. Enjoy a weekend filled with everything from horse shows, to baking and floral competitions. From dairy competition to tractor pulls. It has everything you could ask for in a county fair.

#### June 8, 2019: **BETTY RIEL WALK-A-THON**

#### June 10, 2019: **MONTHLY LUNCHEON**

Restaurant – Caza Venezia. At your own cost. For more information call Kim at 450-807-5191.



## BETTY RIEL FOUNDATION WALK-A-THON



**SATURDAY, June 08<sup>th</sup> 2019 10:00**  
HUNTINGDON, QC  
DEPARTURE: DALHOUSIE ST.

BETTY RIEL FOUNDATION INVITES ALL RESIDENTS OF THE MRC LE HAUT-SAINT-LAURENT TO JOIN THEM IN THIS FUNDRAISING WALK-O-THON. THE FUNDS WILL BE USED TO COVER TRANSPORTATION COSTS FOR CANCER TREATMENTS.

100% OF THE FUNDS WILL BENEFIT RESIDENTS OF THE MRC LE HAUT-SAINT-LAURENT. ENTRUSTED TO S.A.B.E.C., THEY WILL BE USED TO COVER THE COST OF 13 TRIPS FOR ANY CANCER TREATMENT.

#### INFORMATION:

(450) 264-3570 BETTY  
(450) 264-1131 or 1-866-764-1131 S.A.B.E.C.

## MWCN Monthly Luncheons



**Monday, June 10<sup>th</sup>**

**Caza Venezia**  
33 rue Lambton  
Ormstown  
11AM to 1PM

**At your own cost**

CONTACT KIM FOR MORE INFO:  
**450-807-5191**

Hope you can make it and bring a friend!

## WOULD YOU LIKE TO BECOME A MEMBER?

If you like what you've seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you'll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories. Come join us!

