

# Down Home News



This document is made possible thanks to the financial support of:



Canadian Heritage



Health Canada

NOVEMBER 2020

## 2020 Flu Vaccination

This year the influenza vaccine for the seasonal flu is being offered in our region, however, it may be organized differently due to the ongoing pandemic. **You will need an appointment to get the flu vaccine this year. The spots in the individual municipalities are FULL.**

### If you live in a residence or are in the hospital or are followed regularly by your CLSC:

- please check with the health team around you as they will be organizing appointments to distribute the vaccine.

### As of Monday October 19, in the territory of Chaudière Appalaches:

- you will be able to book an appointment online at [www.monvaccin.ca](http://www.monvaccin.ca) ; OR
- call 1-855-480-8094, Monday-Friday 08:00-12:00 and 1:00-4:00 pm

Procedure for booking an appointment for the flu vaccine online:

- Go to [www.monvaccin.ca](http://www.monvaccin.ca)
- Click on upper right-hand corner for English
- Click in the box indicated "Choose a Service"
- Click "Seasonal Flu Vaccine"
- Click "Choose This Service"
- Click in the box "Postal Code" and write your postal code in
- Click "Search". It should then give you a list of places where you can obtain an appointment for the vaccine.

### The flu vaccine is free for the following people:

- People with a chronic illness, for example, diabetes, problems with the immune system, lung or heart problems, kidney disease.
- 75 years old or older; healthy children 6-23 months old; healthy people from 60-74 yrs.
- Pregnant women in the 2<sup>nd</sup> or 3<sup>rd</sup> trimester
- People who are at risk of transmitting the virus to a susceptible person who is at high risk of complications: for example if you are living under the same roof, if you are a caregiver, and /or living with an infant less than 6 months old.
- A health care worker working with people who are at high risk of complications.



## Health activity & capsules - via ZOOM

Please call MCDC or email [health@mcdc.info](mailto:health@mcdc.info) to register for each of the following health sessions:

### Cummings Videoconference

#### "Fall and Injury Prevention"

Learn strategies to help you stay safe

Wednesday, Nov 4, 2020

10:00 - 11:30 a.m.

### CBC documentary

#### "The Caregivers' Club"

A candid and intimate portrait of 3 caregivers, each taking care of a spouse or patient with dementia.

Wednesday, Nov 11, 2020

10:00 - 11:30 a.m.

### CHEP Conference

#### "Moving Well During the Pandemic"

with Kinesiologist Christina Weiss

Wednesday, Nov 18, 2020

10:00 - 11:30 a.m.

Learn strategies to keep active.

*Health Canada, through CHSSN, has contributed to the realization of this activity.*

### Seniors and Cannabis: Everything You Wanted To Know But Were Afraid to Ask!



Date: Tuesday, Nov 17, 2020

Time: 9:30 - 11:30 a.m.

This will be presented as a **webinar**. To register, send Seniors Action Quebec an email with your contact info (name, phone number, and local community organization name, i.e. MCDC) at: [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca). A confirmation email will be sent to you within 2 working days. For additional information and to get further details call MCDC.

### Healthy after 50 2020-21

Home edition delivered to your mailbox. Learn about ways to foster & strengthen your sense of

#### "GRATITUDE"

The package includes home exercises, info on gratitude, a variety of puzzles & brain games, and a recipe.

When? Thursday, Nov 26, 2020

Please call MCDC to register to receive the package. Tks.



T : 418 332.3851 | Sans frais : 1 877 332.3851  
[www.mcdc.info](http://www.mcdc.info)

MEGANTIC  
ENGLISH-SPEAKING  
COMMUNITY DEVELOPMENT CORPORATION

# What's happening?

## School News



- ❖ Nov 11: Sec V, virtual visit of Thetford cegep.
- ❖ Nov 12: Sec V, virtual visit and guest speaker from Champlain College Lennoxville.
- ❖ Nov 23-24: Sec IV & V Career Orientation nursing with Laurie Lowry.
- ❖ Nov 26: Sec I, I Volunteer Program - preparing boxes for Christmas baskets.



## Movie Club

### 1 movie per month anyone????

Who would be interested in having 1 new movie every month to watch in the comfort of your own home? MCDC is looking into starting its very own Movie Club!

Please call 418-332-3851 or email [volunteer@mcdc.info](mailto:volunteer@mcdc.info) to sign up!!!

## MOVIE MATINEE ON ZOOM



### JUMANJI 2

Thursday, Nov 12, 2020

1:00 p.m.

Pls call MCDC to register. Tks.

## Visiting People Nearing the End of Their Life: The Rules Have Been Loosened



### Multiple visitors allowed

Partners and children of patient's receiving palliative care or who are nearing the end of life can visit at the same time. There is no maximum number at one time. Other important people in the patient's life can visit two at a time. If the visitor is a child, they must be accompanied by an adult. Volunteers will also be allowed in palliative care homes. In day centres, one caregiver can accompany a patient who is in palliative care and is nearing the end of life.

## Les Fourneaux d'Inverness (Lisa Dempsey)

Hot Dinner

4-6 p.m. pick up and takeout only

Sunday Nov 29, 2020

\$15/person; at [Lisa's restaurant](#)

Place order ahead 418-453-2007 or

418-453-2908 [dempsey@gosfordairnet.ca](mailto:dempsey@gosfordairnet.ca)

Menu: Roast pork, potatoes, vegetables, homemade bread, dessert.

## Milestones



- ✚ Birthday wishes going out to Aline Visser, Bob Fowler, Grace Cox, Janet Dempsey, Lorna Campbell, and to everyone else who will be celebrating in November.
- ✚ Marie-Yvette Pomerleau Hall will be moving away in late November to join her daughter. We will miss her a lot. Thank you for your presence and participation in MCDC activities.

Because of Covid-19, it will be more difficult to find the Remembrance Day poppies in stores.

Please make an effort to donate to the Royal Canadian Legion to support the needs they meet by the annual sale of poppies. Visit <https://legion.ca/remembrance/the-poppy-campaign/donate-to-the-poppy-fund>



## IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The Larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



Time to turn back your clocks...  
by 1 hour  
Sunday, November 1, 2020, at 2:00 a.m.

All members of the English-speaking community of Chaudière-Appalaches and l'Érable are invited to become members of MCDC. Membership is free and it is a great way to get involved and show your support for your community. Please call us 418-332-3851 or email [communications@mcdc.info](mailto:communications@mcdc.info)