

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
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Executive Director:	Pauline Wiedow
Administrators:	Georges Bujold
Volunteer Coordinator:	Maria Friozi
Member Coordinator:	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé



Fall has arrived! That means that temperatures in Quebec, are starting to get cooler as the autumn sets in. Fall cardigans, apples and pumpkins replace the popsicles, shorts and t-shirts of summer. Young and old scholars have returned to school after a summer vacation. In this month's edition of the MWCN Community Matters Newsletter, you will find plenty of information about the Montérégie West's regional festival and events, and information that is important to you.



NEWS FROM THE MWCN

We are proud to announce that we have a new location for our Vaudreuil-Soulanges MWCN office. The new address is: 91 5eme Avenue, Suite 204, Pincour 514-425-0399. We'll be hosting an OPEN HOUSE on December 04th, from 5PM -7PM

SAVE THE DATES

COMMUNITY HEALTH EDUCATION VIDEOCONFERENCE

SEPTEMBER 18 *FLU & OTHER VACCINES - WHAT YOU NEED TO KNOW

OCTOBER 16 *ORGAN AND TISSUE DONATION IN QUEBEC

Centre d'hébergement Laurent-Bergevin,
200 boul. Perrot, L'Ile Perrot.
To register (514) 425-0399

Time: 9:45AM -12 :00pm

Location : Centre d'hébergement Laurent-Bergevin,
200 boul. Perrot, L'Ile Perrot.

To register: (514) 425-0399

October 22 – VAUDREUIL-SOULANGES

PARTNERSHIP TABLE: at the Omni Center, 375,
boul. Cardinal Léger, Pincourt, J7W 9H6 Room from
10:00 -12:00.



**September 14: MWCN'S 20TH
ANNIVERSARY GALA DINNER & DANCE**

Restaurant Casa Greque, Chateauguay 5pm-1am BYOB.
Tickets \$40.00. To purchase your tickets, please call the
office at 450-691-1444.

October 28: CAAP Conference with Parrainage Civique
At 1:30pm "ASSISTANCE AND ACCOMPANIMENT
WITH COMPLAINTS FOR SERVICES RECEIVED" At the
OmniCenter, 375, boul. Cardinal-Léger, Pincourt, J7W
9H6. To find out more: contact 514-450-455-8986 #225.

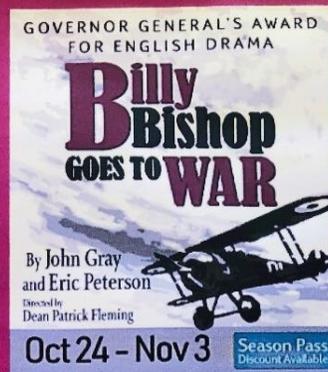


**November 4 – CONFERENCE ON FRAUD &
FINANCIAL ABUSE** by Seniors Action Quebec at Omni
Center 375 boul. Cardinal-Léger, Pincourt. Registration at
9:30am, Conference 10-3:30pm. Cost \$10.00 (includes
lunch, snacks & conference.) Contact MWCN office at
514-425-0399.

Join the drama!

October 31st
2 PM

Hudson Village
Theater



Montérégie West Community Network's
Theater Outing

BILLY BISHOP GOES TO WAR

30 \$

Transportation and ticket included
(discount for those who wish to meet us
there)

Contact us to reserve your spot now
and inquire about pick up points!

450-691-1444



CONFÉRENCE :

COMPRENDRE LA MALADIE

D'ALZHEIMERS -

UNDERSTANDING ALZHEIMER'S DISEASE

par/by : *Société Alzheimer*
SUROÏT

En français:

Lundi, le 9 septembre 2019 à 13h30.

In English:

Monday, September 23rd 2019 at 1:30pm.

À/At l'Omni-Centre – Pincourt :
375 Boul. Cardinal-Léger.

Limited seats available!
Des places limitées !

Info / Réservation :

Natalia Westphal - PCVS : 450-455-8986 ext 225



L'APPUI
MONTÉRÉGIE

POUR LES
PROCHES AIDANTS
D'AINÉS

Alzheimer Society

SUROIT

TRAINING AND SUPPORT GROUP FOR FAMILY CAREGIVERS

VAUDREUIL Fall 2019

What you need to know about taking care of a family member who has Alzheimer's or a related dementia

Tuesday October 8th, 15th, 22nd, 29th
November 5th
2:00pm to 4:00pm



Help is close by! All services are free!

Please contact Susan Allvey for more details or to register at 1-877-773-0303.



The Saint-Lazare Elder Council, in collaboration with the Town of Saint-Lazare, has put together an extensive line up of activities for 2019! The usual 4@7 activity is being replaced by a 5@8 so that more residents can take part.

AN EVENT NOT TO BE MISSED!!!!

5 @ 8 FOR SENIORS



ON MONDAY, OCTOBER 7, 2019
from 5 p.m. to 8 p.m.
At the Town Hall (1960 Chemin Sainte-Angélique)



50? 60? 70? 80? 90?

Regardless of your age, the 5 @ 8 for seniors has something for you!



YOUNG CARERS IN QUEBEC

WHO ARE THEY?

YOUTH UNDER THE AGE OF 25 who are affected by and/or PROVIDING CARE to family member(s) with a chronic illness, disability, mental health problem and/or problems related to ageing.

IS IT A PROBLEM?

CAREGIVING AT A YOUNG AGE can compromise the caregiver's physical health as well as their mental and social wellbeing, especially when it is unrecognized and unsupported.

HOW BIG A PROBLEM?

In Canada in 2015, over 1.25 MILLION YOUTH aged 15 to 24 were providing UNPAID CAREGIVING in the context of long-term illness, disability or problems related to aging (Stamatopoulos, 2018).

WHAT CAN WE DO?

1. RECOGNIZE THE CHALLENGES these youth are facing, sometimes on a daily basis.
2. EXPLORE POSSIBLE WAYS TO HELP alleviate the burden, and facilitate their participation in age-appropriate activities.

WHO CAN HELP?

The EDUCATION AND HEALTH and SOCIAL SERVICES sectors are two critical partners; COMMUNITY SUPPORT PROGRAMS and the community at large can be instrumental as well.

EXAMPLES OF SUPPORT IN ACTION:

- ▶ IN SCHOOLS awareness of a student's situation allows for flexibility in completing assignments or homework and accommodations when needed for writing exams.
- ▶ A FAMILY DOCTOR can ask a client for his/her family circumstances beyond immediate physical health and either address it directly or refer them to proper resources.
- ▶ WORKERS IN COMMUNITY ORGANIZATIONS in the health and social services sector may probe beyond the presenting problem and explore the family situation for young carers.

WATCH A YOUNG CARER STORY

Abbigail's story on YouTube
<https://youtu.be/18Rxvjbfbek>

INFORMATION:

AMI-Québec 514 486 1448 www.ami.quebec.org
Chabad Lifeline 514 738 7700 www.chabadlifeline.com
RANQ 514 524 1959 www.ranq.qc.ca



On October 20, 2020 **La Grande Marche** du Grand défi Pierre Lavoie returns to Saint-Lazare. Join us to walk for a healthy lifestyle. Location: Les Forestiers-de-Saint-Lazare Nature Park Time: 10:00 a.m. La Grande Marche is a free event open to all. Be part of the movement! For more information and free registration contact

<https://www.qdplmd.com>

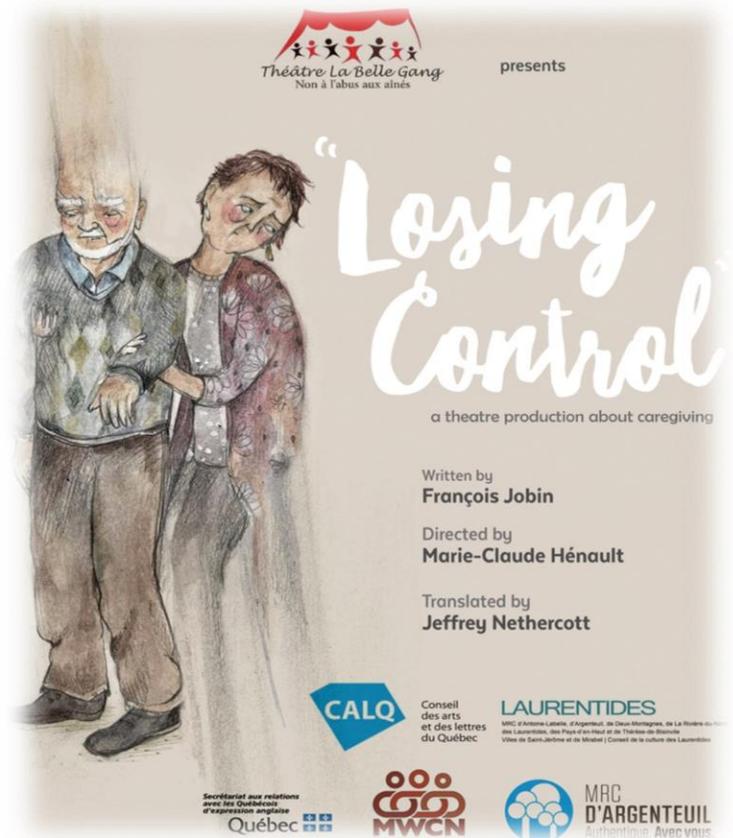
BEST APPLES FOR BAKING and EATING



Best for school lunches. Galas are one of the most popular apple varieties because of how sweet, crisp and juicy they are. Another option available is the Mini Kerr apple. This variety is just as crisp and delicious as the Gala, but much smaller – about the size of a golf ball - so you can toss a few into your child’s lunchbox

Best for pies. There’s more to look for in a dessert apples than sweetness. Good baking apples have a balance of sweet-tart flavour and texture. Northern Spy apples stay crisp when baked, holding their shape without turning into mush. Cortland, Honey Crisp and Granny Smith apples are great choices too.

Best for wine and cheese. Truth be told, plenty of apples pair deliciously with wine and cheese. Farm fresh apples bring a natural twist to a cheese board, but it’s about finding perfect pairings. Honeycrisp apples pair beautifully with Camembert and Cabernet Sauvignon. If you like a stronger cheese, Mutsu apples are a delicious option that pair with Gorgonzola and Merlot.



Friday, October 18th, Doors open at 1pm,

Show starts 1:30-3:30pm at Saint Patrick of the Island Church, 278 Shamrock drive, Pincourt, Qc.J7V 3W1

\$5 per person Coffee, tea and snacks provided - Door prize. Deadline to buy tickets Oct.11.

To register call 514-425-0399 (please leave a message) or email mwcnvs@gmail.com

Entrance at the back of church, with plenty of free parking.

Hope to see you there!!!!

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!

