



ANNUAL REPORT

2019–2020

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WORD FROM THE PRESIDENT

Dear Community Members,

As you take time to read and reflect upon our annual report for 2019-2020, Be proud of what you (our community) has accomplished.

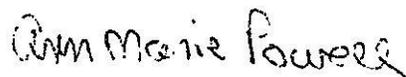
This is our 20th year!

Never doubt that a small group of thoughtful, committed people can take a vision and turn it into a reality.

Because of Covid-19, we will not be able to physically celebrate this milestone but I hope you will smile and reflect back on how MCDC has made a change in your life and our community.

Thank you to our executive director and staff, our MCDC Team, for continuing to find innovative and invigorating ways and means to keep our community healthy and active. Thank you to the board of directors for their support. Thank you to our volunteers for their continued support—you are the backbone of MCDC.

Keep healthy. Keep safe.



Ann Marie Powell
President

WORD FROM THE EXECUTIVE DIRECTOR

Dear Community Members,

The last 12 months have been especially busy with new projects as well with the numerous challenges surrounding the COVID-19 situation. Our community is doing well in the circumstances and even if the upcoming months are filled with uncertainty, I remain confident that everything will be okay.

On the positive side, we have accomplished so much in one year: a new office in Levis, increased funding and confidence from our partners as well as many new activities. All these accomplishments were made possible by the dedication of the MCDC Board of Directors, MCDC staff and our valuable community volunteers who never hesitate to go the extra mile to improve the welfare of our community. Our funders and partners have continued to support MCDC and we would not be able to mobilize and build our community without their support.

This upcoming year marks our 20th anniversary as an organization and when we look back at how it all started, we should be proud of what has been accomplished. Our success lies with the involvement of dedicated community members and partners who believed that it was possible to mobilize and change the fate of the community one step at a time. This desire to bring positive changes in our community will be our focus for this year and the years to come.

A handwritten signature in blue ink, appearing to read "Brian Gignac". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Brian Gignac
Executive Director

MCDC 360° OVERVIEW

History

Established in November 2000, MCDC (Megantic English-speaking Community Development Corporation) was the overall result of various initiatives undertaken in previous years to solidify and revitalize a diminishing English-speaking population. Due to a decline in the mining industry and an aging population, the community found itself in a palliative care mode.

Prior to the creation of MCDC, various community leaders sought help from Holland Centre for some direction and assistance. In 1994, what transpired from these discussions was the organization of drop-in afternoons to benefit senior services in the region.

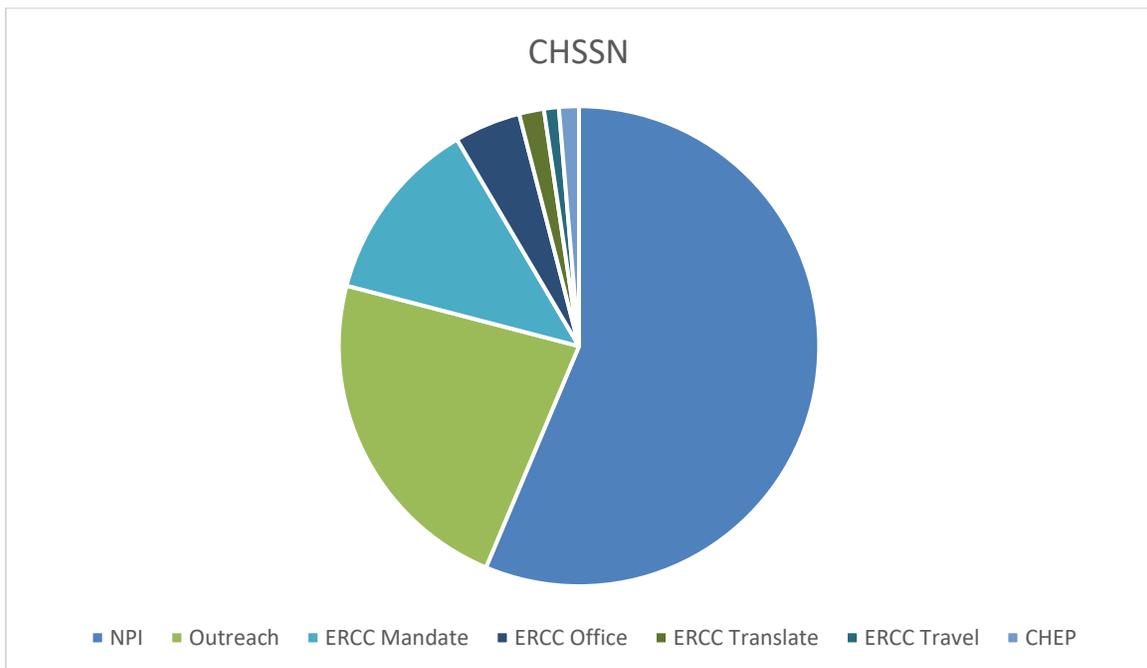
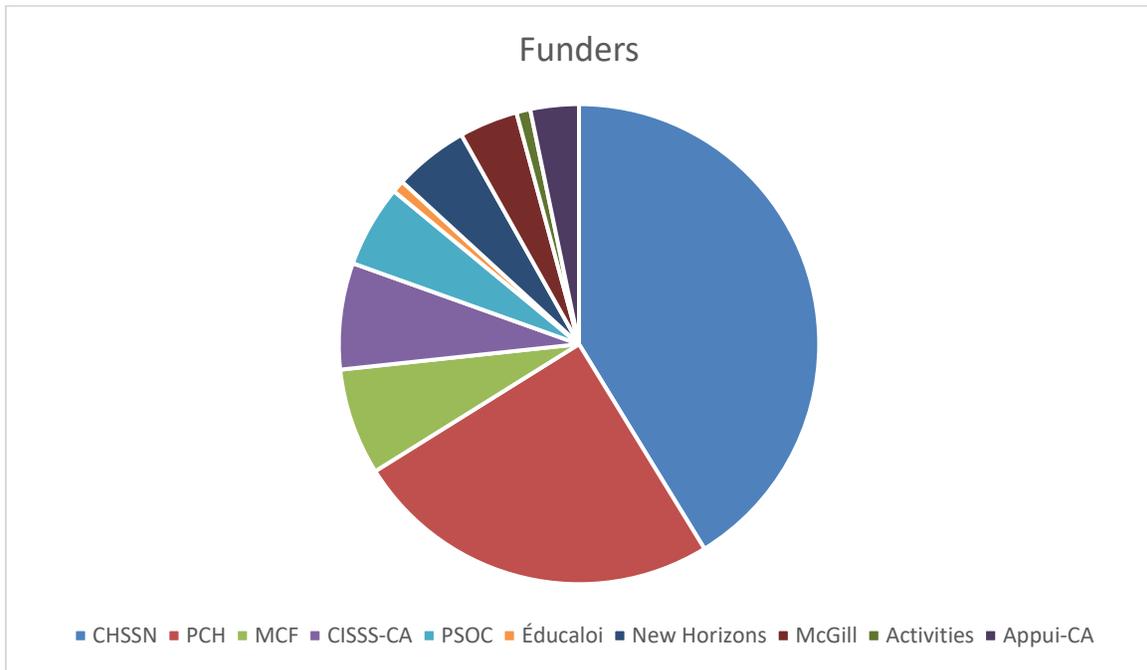
With very positive and encouraging results from this first initiative, members of the English-speaking community began to question the possibility of creating other services. Once again, in 1998, the leaders turned towards Holland Centre for more insight. With new ideas emerging from these discussions, a working group was created to unite more elements from the English-speaking population. Furthermore, the working group focused on the following question: Could the community be doing other things?

The answer was obvious. In essence, what needed to be done was to establish a non-profit organization that would develop various initiatives to benefit the community. Finally, in November 2000, MCDC was created and now acts as the driving force to foster and develop new initiatives and services.

Mission

Our mission is to serve and promote the well-being of the English-speaking community of the administrative region of Chaudière-Appalaches and the sub-region of MRC de l'Érable and to offer the community, social and cultural services and programs for the benefit of all in partnership with the largest French community.

Funders



Board Members

- Board members met five times. We also held a Board Retreat and have begun a strategic planning process.
- We held our Annual General Meeting in June 2019, and 46 people in attendance.
- Finance committee met on three occasions.
- Human resource committee met twice (for two hiring processes)
- Some of our members are involved in local and regional committees on behalf of MCDC.

Ann Marie Laughrea Powell	President	Private sector and members
Annie Stewart	Vice-president	Public sector and members
Ann Marie Campbell	Treasurer	Public sector and members
Joan McCammon	Secretary	Member
James Allan	Director	Private sector and members
Luc Baillargeon	Director	Member
Pauline Davidson	Director	Member
Brenda Trenfield	Director	Public sector and members
Zina Pantorno	Director	Private sector and members
Alice Renaud	Director	Member
Stephen Renaud	Director	Public sector and members
Aline Visser	Director	Member
Harold Ned Young	Director	Member

Staff Members

Executive director	Brian Gignac
Administrative assistant	Valerie Lehoux (on maternity leave)
Administrative assistant	Michelle Donovan (replacement)
Health Coordinator	Marie-Michelle Laplante
Youth Coordinator	Estelle Leboeuf
Senior and Volunteer Coordinator	Jennifer Nutbrown
Events and Communication Coordinator	Maureen Small
Project Coordinator Levis	Laurence Allard

Services

MCDC offers a wide variety of services, initiatives and programs to all age groups, such as community activities and health promotion, access to health and social services in English, volunteer services, youth initiatives, programs for seniors and caregivers, information and referrals, and many others.

In order to help bridge the two linguistic communities of the region, MCDC also offers two activities targeted at French speakers: a conversation club where French speakers can improve their English skills and a playgroup for preschoolers and their parents where the toddlers have the opportunity to familiarize with the English language.

Opening Hours

- Normal schedule (September—June)
 - Monday to Friday from 8:30 a.m. to 4:30 p.m.
- Summer schedule (July—August)
 - Tuesday to Thursday from 9:00 a.m. to 3:00 p.m.
- Christmas break
 - Office was closed from December 20th to January 5th
- Summer break
 - Office was closed from July 21st to August 4th

Community Involvement

- We can count on the contribution of Kinnear's Mills Municipality, Odd Fellows from Inverness and Résidence Fatima and HLM (Ste-Agathe) for the free hall rentals to hold our Drop Ins.
- We have a precious collaboration with St. Patrick Elementary School/A.S.J. High School. We have access to space at the school for guest speakers, workshops and the Breakfast Program.
- We share a human resource with the Megantic Community Foundation (MCF). MCDC's administrative assistant is also MCF's Executive Director.
- We get free advertising from the city of Thetford Mines, "Chambre de Commerce et d'Industries de Thetford Mines" (CCITM) and the "Société de développement économique de la Région de Thetford" (SDERT).
- We received 30 references from our French-speaking community partners.

HEALTH PROGRAM

Healthy after 50

- Each Healthy after 50 includes health information, a physical exercise session sometimes taught by a health professional and a cognitive exercise session followed by a light lunch. The main purpose of our Healthy after 50 is to engage our members into a healthy active lifestyle and to maintain physical and cognitive abilities. We held a special summer edition in July. This year we held 4 sessions this year for 48 participants.

Arts & Crafts

- We offer Arts & Crafts sessions for our members to improve or maintain their fine motor skills, develop creativity and explore abstract thoughts. The first two workshops took place in October with a Halloween theme. The last two were held in December with a Christmas theme. The Arts & Crafts also gives the opportunity to our members to open up about their concerns and feelings on an informal mode. The four activities reached 25 participants.

Info-Session

- Tele Alert: On February 10th we held an information session with our seniors on Tele Alert products to ensure their safety if they are living alone. 21 community members participated.
- Flu Shot: We organized a showing of an information session on the importance of the flu shot. A total of 20 seniors participated.

Info-Session (continued)

- ACEF Fraud Workshop: L'ACEF held a workshop on the topic of fraud and how to put measures to protect yourself. 31 people attended.
- On National Seniors day, we had a nurse as a guest speaker that did a presentation on home services available (blood tests). We reached 21 members.

CHEP/Cummings Videoconference

- We presented five CHEP DVDs/Videoconferences: “Women’s Heart Health”, “Gotta Go, Gotta Go – Bladder Health update”, “Organ & Tissue Donation in Quebec”, “The January Blahs...or is it depression” and “Diabetes – What’s new”.
- We presented three Cummings Centre preregistered videoconference: “Parkinson’s Disease Anxiety and Depression”, “Glaucoma Awareness” and “Medical Cannabis for the aging Adult”.
- We reached 59 participants.

Regional Access Committee

- MCDC assisted the Integrated Health and Social Services Centre de Chaudière-Appalaches (CISSS) to recruit members of the English-speaking community to participate in the regional access committee. The role of this committee is to guide the CISSS in developing a plan to improve access to health and social services in English.
- The committee is composed of seven community members and met with representatives of the CISSS 5 times to develop a plan that was presented to the CISSS board and accepted.
- The committee will continue to meet with the CISSS to follow up on the measures that we adopted and to evaluate the impact on access to health and social services in English.

Partners in Health

- We produced and distributed Partners in Health publication three times this year. Each pamphlet includes health information (prevention, disease, and drugs), cognitive games and healthy recipes. We reach approximately 265 members each edition.

Translation

- When needed, we offer translation to facilitate access to health-related services. For 2018–2019, we estimate 100 translation requests.
- We also translate documents and publications of our partners like:
 - Procedure to access health and social services in English.
 - Certain elements of the access plan.

- COVID-19 related information.

Meetings

- MCDC represent the interests and the needs of the English-speaking community by participating in different committees and maintaining collaboration with our French-speaking community partners. You will find the complete list of our representations in the dedicated section below.

SENIOR SERVICES

Caregiver Program

- We provide respite care through volunteers when caregivers need to leave the house for a couple of hours. Last year, we had 10 visits representing 50 hours of respite care.
- We offer home visits to identify caregivers' most pressing needs and offer individual support. In 2019–2020, we visited 77 caregivers for a total of 125 hours. When we visit them, we bring some frozen meals from "Popote roulante" (meals-on-wheels) for themselves and their care receivers.
- Between home visits, we maintain individual follow-ups through phone calls on a regular basis. It represents 359 phone calls, total of 100 hours.
- Sometimes we meet new caregivers and share with them various information. We also provide them with flyers and brochures.
- In 2019–2020, the need for group support changed. Some members decided that their needs were met and left the group. Over the course of the year, seven community members requested help on a monthly basis (from phone calls, to visits, etc.). Then, the Care-Chat structure (frequency, time, setting, functioning, etc.) was evaluated and a Heart & Soul Cinema Circle was tested.

Buddy System (friendly visits)

- Many seniors find themselves lonely and isolated. In an effort to protect our seniors better, break isolation and prevent abuse, we offer friendly visits called the Buddy system. Isolated seniors are paired with a volunteer offering phone calls or visits on a regular basic. Last year, this represented

356 visits and 359 phone calls for a total of 231 hours. Some home visits are made by our Senior and Volunteer Coordinator who ensures their general health and safety and brings frozen meals from "Popote Roulante".

- This year we bought games, arts & crafts supplies, brainteasers and magazines to use when we do home visits. We leave the material until our next visit so the seniors will have time to use them.

Volunteer Transportation

- For our senior members, we offer volunteer transportation in order to get to a medical appointment. Volunteers offer a ride from home, assistance and translation. We compensate the travel expenses. For 2019–2020, we fulfilled 88 transportation requests

Drop-In

- Drop-Ins provide an opportunity to meet, play cards or games and to socialize in friendly surroundings. This activity is an essential element for our breaking senior isolation strategy. We also take the opportunity to inform members about health-related topics. The members met on three different occasions every month. We have an average of 20 participants.
- We have two special Drop-Ins each year. The Christmas Drop In and the St. Patrick's Drop In.

Intergenerational Activities

- The Pen pal's Project: 26 seniors are exchanging letters with 26 grade 3 elementary school students. They sent letters once a month from December 2019 until June 2020.
- Christmas Drop-In: The 6th grade students of St. Patrick attend the Drop-In to chat, sing and dance with the seniors to add Christmas vibes.
- Drop-In supper: Once in a year, MCDC host a community supper at Café l'Espérance for our members. The students of the "I volunteer" program serve the supper.
- History of our region given by Mr. S. Cameron to sixth grade students.

YOUTH PROGRAM

I Volunteer

- Our “I Volunteer” program is very popular with both students as well as community members and has proven to be successful to create a link between these two age groups. Students can volunteer at the SPA, during community suppers, helping with the breakfast program and with the Christmas baskets. Overall, more than 75% of the students (elementary and high school) are volunteers.
- The volunteer students served 30 seniors at a Drop In supper, 35 seniors at the Souper des Petits Frères and 71 people at the Community Supper.
- A.S.J. High school students help St. Patrick elementary school with reading.

Parents and Tots

- The Parents & Tots is our weekly playgroup that reaches out to 5 young children aged 3 to 5 years old. This playgroup is an excellent opportunity for the children to discover the English language through crafts, songs and storytelling and develop their interpersonal skills.

Career Orientation

- For the 2019–2020 fiscal year, MCDC has continued to work in close partnership with A.S.J. High School and partners to support our youth employment support program.
- Four career exploration activities were held. In November, students met with a local English-speaking pharmacist to discuss the rewards and challenges of a career in health and social services. In October, secondary IV and V students visited the campus at St. Lawrence Champlain in Quebec to discover educational programs and discuss with staff. On this same trip they also visited Jeffrey Hale Hospital. In December some students (10) participated in an «Open Door» activity at the Thetford Hospital. Students had the opportunity to discuss careers in health and social services sector.

- Along with these career exploration visits in public institutions, students had the opportunity to visit two local businesses (Boulangerie St-Méthode and Bercomac). Both these businesses offer a wide variety of positions (trades and manual work, office work and management positions).
- As well, 25 additional students participated in a variety of career orientation experiences.

Job Shadowing

- One information session was held in 2019–2020, CATTARA offered a workshop on workers' rights since many students do part-time work.
- In addition, 2 days of job-shadowing activities were held in the month of April 2019. This is extremely popular amongst Sec IV students and allows us to be known by local organizations and businesses.

McGill

- MCDC is the local lead organization for the "Health and Social Services Community Leadership Bursary Program" from McGill. MCDC promotes the program, helps potential candidates to complete the application process and keep in touch with the bursary recipient. We had two winners in 2019–2020.

Life-Skill Workshops

- We offered life-skill activities: "Cooking on a low budget" to all the secondary V students and an info-session on finance with the Carrefour Jeunesse Emploi de Frontenac. Students also participated in an CV and Interview workshop with the CJE.

Something New

- In January 2020, MCDC in collaboration with local partners offered basketball workshops to St. Patrick Elementary School students. The objective was to promote healthy habits and to encourage students to practice sports.

COMMUNITY LIFE

Library and Book Club

- Our Community Library is very popular with our members since it allows them to have access to books in English. Many of our members and volunteers donated books. This year, we also bought 50 new books.
- Our library allows us to host a monthly Book Club.
- On an annual basis, we estimate 100 members using the Library.

Community Resource Centre

- We have numerous documents and flyers that are available at our community centre. For example, members may have access to many legal documents produced by Éducaloi. Documents from some of our partners are also available and brought to community members participating at our Drop-In afternoons.
- MCDC also has access to DVDs, and videoconferences related to health topics. Members can come to our community centre to watch them.
- MCDC has opened its doors to community members and organizations who need a meeting space. We offer it free of charge.

Social Activities

- Every Thursday afternoon, members are coming over to MCDC for the Cribbage Club. We usually get four to eight people.
- Thanksgiving lunch: 47 members attended our annual Thanksgiving lunch. On federal MP, Luc Berthold assisted to the activity.
- Each November, MCDC organizes its annual shopping trip to the City of Québec. Many of the seniors that participate do not have many opportunities to shop in Québec (mobility, stress, age, etc.). Fourteen seniors participated.

Social Activities (continued)

- Our annual Christmas Meet & Greet is the perfect venue for our members to wish each other Happy Holidays. Eighty people attended and we had the visit of our local MNA, Isabelle Lecours.
- We organized two Movie nights (one in autumn and one in winter). Both movie nights have allowed us to reach out to 25 members.
- Each year, we teamed up with the Freemasons to host MCDC/Masons Sugar Party. Families from across the three MRC's do attend this event. Last year, 65 people participated.
- During the fiscal year 2019–2020, our conversation club continued with the support of our volunteers who are the leaders of this activity. The comments we received from the participants are excellent and a positive impact is that with their improved language skills, they regularly participate in some of our activities. Each week, we have 15 participants. Due to logistical reasons, the activity has moved outside of our offices because the group was getting too big for the space available. The participants at the Conversation Club are also members of our organization so they are informed of our activities (info-sessions, training and social activities).

Éducaloi Special Workshops

- On April 11, 2019, we held a legal information workshop with CATTARA at ASJ High School. The topics covered were student rights' as employees. Fifteen people attended this conference.
- On November 21, 2019, we had a presentation by a local lawyer grade 6 and all high school students on the topics of cyberbullying and social media. Ninety-two people were present.
- On November 25, 2019, we held an information session with a group of 27 seniors in Kinnear's Mills with l'ACEF to discuss fraud and how to prevent it to discuss the importance of having a will and the power of attorney.

Newcomer Services

- This year we have welcomed four newcomers to our region and MCDC has played a vital role in the transition period. Our role is also to introduce them

to other organizations in the French-speak Community when they require other services. It has happened to serve as an interpreter in a few occasions.

Down Home News

- MCDC publishes a monthly newsletter from September to June in order to inform our community on upcoming activities (MCDC and other groups.). It is emailed to an extensive membership list, mailed to a few members and distributed by Rev. Fotheringham at her service. We reached over 400 people with the monthly Down Home News.

Community Calendar

- Over the years, MCDC has put together a community calendar (period of four months) to inform members of activities that are organized by the MCDC as well by other community groups. This calendar is distributed in the same fashion as the Down Home News. MCDC'S role within the community is to act as a communication hub to keep people informed and to allow other community groups to share their upcoming activities. This collaboration is very important and this year we have assisted other ESC organizations promoting their activities: Masons, I.O.O.F., the Megantic County Historical Society, the Loyal Orange Order, A.S.J. High School craft sale, cookie dough sale and other activities.

Facebook

- Our Facebook page is becoming an important communication tool to advertise material since many of our members have a Facebook account. At the moment we have 841 followers.

Enhancing Community Capacity

New office in Levis

- Since June 2019, MCDC has an office in Levis to serve the English-speaking population on that region. A project coordinator was hired and has began to offer services.
- Two Meet & Greet activities were held (September and December).
- New partnerships were developed with local organizations to better serve the ESC in that area.
- Surveys have been conducted with the population to better understand their needs and priorities.
- Creation of a Facebook page «South Shore English Network».

Launch of our Levis office – September 26, 2019



Photo : Brian Gignac, Executive Director of MCDC, Eric Jabbari, Political Advisor to the Premier, Ann Marie Powell, MCDC President, Laurence Allard, Project Coordinator in Levis.

Partnership

Meetings and committees

- Appui Chaudière-Appalaches Annual general meeting
- Comité Emploi Région de Thetford
- Comité sectoriel Soins Palliatifs Fin de Vie secteur Thetford
- Comité « Vieillir en santé » - CSSS Région de Thetford
- Conseil des aînés des Appalaches
- Comité des usagers de la Région de Thetford
- Community Health And Social Services Network (CHSSN) Annual general meeting
- La grande tournée des organismes (community organizations touring the MRC des Appalaches)
- Quebec Community Groups Network (QCGN) Annual general meeting
- Regroupement des organismes communautaires en services à domicile de Chaudière-Appalaches
- Salon des organismes (NPI Kiosque, shopping mall)
- School Governing Board
- Table de concertation des aînés de Chaudière-Appalaches
- Table de concertation des proches aidants des Appalaches
- Table de concertation en immigration
- Table de concertation Jeunesse-Famille
- Table de concertation pour les personnes âgées de l'Érable
- Table de prévention Vieillir sans abus de Lotbinière
- Table de prévention et lutte à la maltraitance envers aînés de Chaudière-Appalaches
- Voice of English-speaking Quebec (VEQ) Annual general meeting

PRESS COVERAGE

Le Journal de Lévis (August 22, 2019)

Une initiative pour rassembler la communauté anglophone

Desquels quelques semaines, le South Shore English Network (SSEN) a amorcé son travail afin de rassembler la communauté anglophone établie dans le Grand Lévis.

Par rick@lejournal.com

C'est officiellement en juin que l'organisme, visant à assurer et à promouvoir le bien-être des habitants de la région de langue anglaise, a été fondé. Concrètement, le SSEN n'est qu'une branche de la Régionale anglo-anglaise community development composite (MCCDC). Étant donné le regain des immigrants, cet organisme travaille au bien-être et à la promotion de tous les immigrants de la Chaudière-Appalaches. Toutefois, comme les activités se déroulent uniquement à Thérèse-Blonde, le MCCDC travaille le temps de créer une division spécialisée pour répondre aux besoins plus précis des quelque 2 000 anglophones du Grand Lévis.



► Grâce au SSEN, Laurence Allard et Brian Giglio peuvent rassembler la communauté anglophone de la région et lui offrir des services qui répondent à ses besoins.

Répondre précisément aux besoins

En créant le SSEN, le MCCDC a pu engager une coordonnatrice de projet, Laurence Allard, pour que l'initiative prenne de l'ampleur. Depuis son arrivée en poste, cette dernière aide les membres de la commu-

nauté anglophone du Grand Lévis afin de recevoir les différents services. Et jusqu'à maintenant, la création du SSEN s'est bien accueillie.

«Ce qui me plaît, c'est que les membres de la communauté sont tenus d'être obligés de se rendre à Québec pour obtenir plusieurs services en anglais ou pour louer des biens. Les gens arrivent, entre autres, peuvent trouver une bibliothèque de livres en anglais», a partagé Mme Allard.

Si certains trouvent cependant plus difficile à son voyage, le SSEN veut toutefois profiter du temps de discussion avec les membres de la communauté anglophone, lors de rencontres, pour établir un programme d'activités et de sites de services. D'ici là, l'organisme devra mener des partenariats avec d'autres organismes (religieux et profanes) afin de mieux servir les anglophones de la région (en novembre).

Notamment, que les membres de la communauté peuvent accéder au langage en cours du SSEN sur le site Facebook The South Shore English Network. Les personnes intéressées à en savoir plus peuvent également joindre Laurence Allard à project@lejournal.com ou au 581-500-3754.

Courrier Frontenac (May 20, 2019)



Courrier Frotenac (Mar 6, 2020)



SPECIAL THANKS



Canadian
Heritage

Patrimoine
canadien

Québec



Government
of Canada

Gouvernement
du Canada



McGill

L'APPU POUR LES
PROCHES AIDANTS
D'ÂINÉS
CHAUDIÈRE-APPALACHES

***Vous** êtes là pour **eux**,
nous sommes là pour **vous**.*



éducaloi