



# PARTNERS IN HEALTH

Drummondville: 819 850-5560, 1045 Chabanel / Trois-Rivières: 819 875-2332 ext. 1520, 1875 Nicolas-Perrot  
 casemcq.com / casemcq.communications@gmail.com

## SEPTEMBER EVENTS

CENTRE FOR ACCESS TO SERVICES IN ENGLISH  
 FOR MORE INFO: CASEMCQ.COM OR 1-833-850-5560

### CASE CAFÉ

SEPTEMBER 2 · 9:30 A.M. – 11:30 A.M.

A gathering of community members for a warm beverage and a friendly chat

**Salle des Loisirs, South Durham**

For more information, contact Karine at [casemcqliaisonagent.cdq@gmail.com](mailto:casemcqliaisonagent.cdq@gmail.com)

### INTRO TO WILD MUSHROOM PICKING

SEPTEMBER 9 · 9:00 A.M. - 1:00 P.M.

We will be hosting a mushroom identification & picking activity with Stéphane Lamanna of La Manne à Menoum in Grande-Piles. At noon, we will have a picnic lunch (BYO lunch)!

**CASE is funding half of the cost for this activity, so instead of \$50, participants will pay \$25 (tax and tip included)**

For more information, contact Audrey at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com)

### RELIGIOUS HERITAGE DAY CONCERT

SEPTEMBER 11 · 1:00 & 3:00 PM

As part of the "Religious Heritage Days" weekend, CASE-MCQ and the St. George's Church Foundation present a unique cultural event blending music with fascinating & little-known stories from the Jewish history of Drummondville, "Stories of a Small Shtetl: Local Jewish History in Words & Music"

**St George Anglican Church, Drummondville**

For more information, contact Julie at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com)

The Senior Wellness Centre (SWC) takes place every Wednesday morning.  
 For more information, contact Audrey at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com)



### CHEP CONFERENCE: MEMORY LOSS

SEPTEMBER 21 · 10:00 A.M. - 11:30 A.M.

Join us for our upcoming CHEP conference

**On Zoom**

For more information, contact Karine at [casemcqliaisonagent.cdq@gmail.com](mailto:casemcqliaisonagent.cdq@gmail.com)

### CASE CAFÉ

SEPTEMBER 23 · 9:30 A.M. - 11:30 A.M.

Join us for a special edition of the CASE Café to talk about children passenger safety. For parents, grandparents and caregivers!

**Centre Action Bénévole, Drummondville**

For more information, contact Karine at [casemcqliaisonagent.cdq@gmail.com](mailto:casemcqliaisonagent.cdq@gmail.com)

### CELEBRATION PICNIC

SEPTEMBER 24 · 10:00 AM - 3:00 PM

Join CASE for a Celebration Picnic with storytelling, fun and games!

**Anglican Cemetery, Nicolet**

For more information, contact Audrey at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com)

### MCQ BOOK CLUB

SEPTEMBER 27 · 1:30 PM

Join us for the MCQ Book Club, where we'll be discussing this month's book choice, "The Maid" by Nita Prose

**On Zoom**

For more information, contact Julie at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com)

## In this issue:

- New staff members
- NEW MCQ Views & Voices Platform: Podcast and Blog!
- Butternut Squash Dip Recipe
- and more!



# CASE welcomes 3 new staff members!



## **Amanda Boersen - Project Agent, Youth Program**

Hi everyone! I'm Amanda Boersen, Youth Employment Agent at CASE. I have a background in Special Care Counselling and have worked in the Employment sector for over 10 years as a trainer, supervisor and administrative assistant. I am very involved in my community and enjoy meeting new people. I love the country as I grew up on a dairy farm and am a mother to a very happy and energetic 1 year-old.



## **Emily Vidal - Communications Coordinator -**

Hi! I'm Emily, CASE-MCQ's new Communications Coordinator! I grew up in Richmond and currently live in Montreal. I have a Bachelor's degree in Journalism from Concordia University. I've worked at several radio stations including CJAD 800 AM, 94.7 HITS FM and most recently, 105.1 MIKE FM. I replaced Shannon Bell when she was on maternity leave and I'm very excited to be re-joining the team! CASE is a wonderful place to work for, with a caring staff that is dedicated to offering valuable services to anglophones in the community. I'm looking forward to helping coordinate and promote all of the great activities being offered to you!



## **Gina Lavine -Liaison Agent**

Hello everyone! I am very excited to be part of the CASE team as your Community Liaison Agent. I am originally from Winnipeg, Manitoba but have lived in a few places such as Mexico, Israel and Northern Manitoba (on a First Nations' Reserve). I moved to Trois-Rivières in 1985 to learn French and ended up falling in love with the city and its people, so I decided to make it home. I am a lifelong learner who is passionate about culture and language and have turned that into a career of studying and travelling. After retiring from my wonderful teaching position of 27 years at Collège Laflèche, I completed a Master's degree at Bishop's University where I focused on leadership, languages and humanities. I hope to put all my new knowledge to use in my position with CASE. Our health care system can be complicated and I am here to help you navigate the services. Please call or email me and I will get back to you as soon as possible. And, let's have fun together!

## **In Memorium ~ Forever in our Hearts**



*We would like to acknowledge the community's loss and grief with the passing of **Murial Duffy (South Durham)** and **Aglaja Schnitter Wojciechowski (Trois-Rivieres)**. Two amazing individuals who passed away this past month. They will be missed.*



# NEW MCQ Views & Voices Platform: Podcast and Blog!

**CASE-MCQ introduces the new MCQ Views & Voices Blog!**

[www.mcqvoices.ca](http://www.mcqvoices.ca)

Supported by:  
 Secrétariat aux relations avec les Québécois d'expression anglaise  
 Québec

Funded by the Government of Canada  
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CASE is excited to share that we have a brand new *MCQ Views & Voices* platform! This initiative includes our podcast which is now on its 3rd season and a brand new blog!

With the involvement of community members, and through blog posts and podcast episodes, *MCQ Views & Voices* aims to highlight the diversity of the English-speaking population by sharing interesting stories for people with a connection to the area.

Blog posts and podcasts explore local history and heritage, cultural events, hobbies, activities, bilingualism, and much more!

Questions and inquiries about the *MCQ Views & Voices* blog and podcast can be sent to:

Julie Miller at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com).

Eleonore Guité at [casemcq.heritage@gmail.com](mailto:casemcq.heritage@gmail.com).

[www.mcqvoices.ca](http://www.mcqvoices.ca)

## Home Support Tax Credit for Seniors



**Residents aged seventy and over are currently receiving the home-support services tax credit for seniors!**

In 2022, the tax credit is equal to thirty-six percent of eligible expenses. The tax credit rate will increase by one percent each year until the amount reaches forty percent in 2026.

The Federal Government recently announced that seniors aged seventy-five and over will also see an automatic ten percent increase in their Old Age Security pension, as of July 2022.

These measures are part of broader work to support the financial security of seniors of all ages, including the following:

- restoring the age of eligibility for the OAS pension and the Guaranteed Income Supplement (GIS) to 65 from 67;
- enhancing the Canada Pension Plan for future retirees;
- increasing the GIS for single seniors;
- raising the GIS earnings exemption; and
- amending the Old Age Security Act to exclude federal pandemic benefits from the calculation of income for GIS/Allowance purposes.



## Éducaloi Workshops



Mark your calendars!

September 21, 2022 | 11 AM - 12:30 PM  
*Fraud: It Doesn't Just Happen to Others - On Zoom*

October 20, 2022 | 10 AM - 11:30 AM  
*Health Care Decisions: The Basics on How to Plan Ahead - On Zoom*

Register on [educaloi.qc.ca/](http://educaloi.qc.ca/)



# Butternut Squash Dip Recipe

## by Chef William L'Heureux of L'Odika

An excerpt of CASE's "End of the Year Recipe Exchange, 2020-2021" by the MCQ Gardening Collective

### Ingredients



### Method

- Butternut squash, about 14 lbs (6.5kg)
- 4 ½ lbs of onions, chopped
- 100 g of garlic (about 2 heads), chopped
- 400 g fresh ginger, chopped (about 2 to 2 ¼ cups)
- 2 litres, cider vinegar
- 1 litre, rice vinegar
- 2.5 kg (5 ½ lbs) of sugar
- Salt and pepper to taste
- Water, as needed

1. Prepare squash by peeling and removing seeds.
2. Cut into pieces.
3. Place the squash and all the other ingredients in a large pot.
4. Simmer until the squash is cooked, checking periodically to add just enough water to cover the ingredients.
5. Once cooked, pass it through the blender or food processor until smooth.
6. Adjust seasonings.

*enjoy*



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