

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

President:

Vice President:

Treasurer:

Secretary:

Executive Director:

Administrators:

Volunteer Coordinator:

Member Coordinator:

Elected officers:

Lise Brunette

Maria Friozzi

Tracy Wilkins

Chuck Halliday

Pauline Wiedow

Georges Bujold

Maria Friozzi

Gloria Lynch

Merlin Halliday

Jayne McClintock

Joanne Murray

Don Rosenbaum

Chantal Sauvé

Tracy Wilkins

APRIL



Words from our Executive Director, Pauline Wiedow:

“CRAZY TIMES REQUIRE RECALCULATING”

“This is the way I see the events of the last month and how Coronavirus has taken control of our lives, how we live, play and learn”.

“Yes, our lives have changed, but we are **resilient**. We will learn quickly how to reinvent ourselves, and our purpose as we experience these changes. We are very fortunate in that we can learn from what is happening in many countries. We have the opportunity to protect ourselves better. Let's listen, breathe, learn and appreciate how fortunate we are in the midst of a pandemic health issue”

“I look at it as a gift of sorts. It is a time whereby we can put into perspective what really matters, our families. It is a big adjustment for families who have their children at home and trying to keep them busy in a positive way. It is time to get back to board games, storytelling, coloring and cooking”.

“The MWCN staff has been working at full capacity since returning from Christmas holidays and now is the time for **Self-Care**”.

GREAT THINGS HAPPENED IN FEBRUARY AND MARCH!

MWCN - International Women's Day



MWCN members, Ashton Wilson, Lorie Marcotte and Pauline Wiedow participated in a 4-day workshop in Lac Delage, Qc, hosted by ERCC (Enhancing Regional Community Capacity) and CHSSN (Community Health and Social Services Network).

The theme was all about **Community Building and Networking** with other Community organizations across Quebec



A very excited group, showing off their 3D project of a Wellness Centre.



What a great success! Over 160 Women came together to celebrate and support each other. It was a beautiful brunch, that included motivational speakers with stories that united us all and encouraged everyone to leave feeling empowered to do great things!

(Organized by Nancy Landrigan, Project Coordinator and Pauline Wiedow, Executive Director)



Pauline Wiedow, Executive Director of MWCN

COMMUNITY CARE IS JUST AS IMPORTANT AS SELF CARE



MWCN "Female Office Staff": Gayle Holdaway, Pauline Wiedow, Nancy Landrigan, Kim Wilson, Ashton Wilson and Lorie Marcotte.



VOLUNTEER MONTH

Even though it's been a tough month of self-isolation, volunteering or just being generous with your time can still be done in so many ways. Here are some ideas of helping while staying away from crowded areas:

- Offer to get groceries for an elderly person.
- Offer to walk a dog for someone who is incapacitated.
- Check local Foodbanks to see what items are running low. Create a drop-off point for items.
- SHARE non-perishable items you might have over-stocked on.
- Make phone calls to close friends and relatives who might be feeling anxious, lonely and isolated.
- Become a "Virtual" Volunteer. (see Google)
- **Join our 'Virtual' Pen-Pal program.**
- Etc..... be creative.



MWCN Coordinators; Lorie Marcotte, Kim Wilson and Ashton Wilson along with Volunteer Bar Tender Austin Beauchamp and Poker Chip organizer Alex Roberts.



Our Poker Fundraiser was a great success. Fun was had by all who came and generously spent their money towards a great cause. We were fortunate to have community minded people who generously donated towards our many wonderful raffle and door prizes. Everyone won!



It also doesn't have to be just in the month of April. Why not volunteer throughout the year? Once it is deemed safe to be out-and-about, check out **Volunteer.ca**. There are so many ideas and different groups and organizations that are looking for Volunteers. **MWCN included.**

All 3 of our offices will restart our many activities as soon as it is possible, and we always look forward to community neighbors helping out and getting involved with our organization.

You never know, it could become very rewarding!



March 16 at 3:05 PM

Vaudreuil-Soulanges

Gets first COVID-19 testing centre

Carmen Marie Fabio

The Centre intégré de santé et de services sociaux (CISSS) of Montérégie-Ouest has announced the opening of a COVID-19 screening clinic on its territory as of Tuesday, March 17. This screening clinic, by appointment only, will be open every day from 8 a.m. to 8 p.m., seven days a week, and can accommodate testing of up to 150 people with mild and moderate symptoms daily.

An address has not been made public as the clinic is not intended to take drop-in visits. The CISSS would only confirm the clinic will be in the Vaudreuil-Soulanges region.

"It's by appointment only for security purposes," said Jade St-Jean of the CISSS Media Relations Services. "People (who believe they're showing symptoms) must call 1-877-644-4545 first." Callers will be screened by a nurse who will then ascertain whether they should be given an appointment. Anyone can call the number – a referral from a family doctor is not necessary.

"There's no waiting room," said St-Jean. "People will get tested without crossing paths with other patients. Even the building's exit will be in a separate location." Hygiene and sanitation measures will be reinforced and the entrance and exit of the clinic will be in separate locations. Test results are expected within 24 to 48 hours.

If a test shows positive for the virus, Public Health will follow up to determine who else may have been in contact with the affected person.

"This clinic will significantly increase the number of screenings, reduce the current pressure on our emergency rooms and ensure that we protect the most vulnerable people in our hospitals as much as possible," said Yves Masse, CISSS-MO President and CEO in a communiqué. "The number of daily screenings can be improved if necessary." St-Jean said unless a companion is absolutely necessary – for a child or elderly person – patients are asked to come alone to the clinic.

"Safety being a priority, the rules are very strict in order to limit the spread of the virus among the population," said Masse.

Words can be Windows or Words can be Walls



Breakthrough Conversation: by Rachele Lamb

Refreshed

*Enlivened, Reinvigorated, Rejuvenated, Renewed,
Rested, Restored, Revived.*



*MWCN wishes everyone
a very
Happy and Healthy
Easter!*

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.



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