

February to March 2020

CAMI

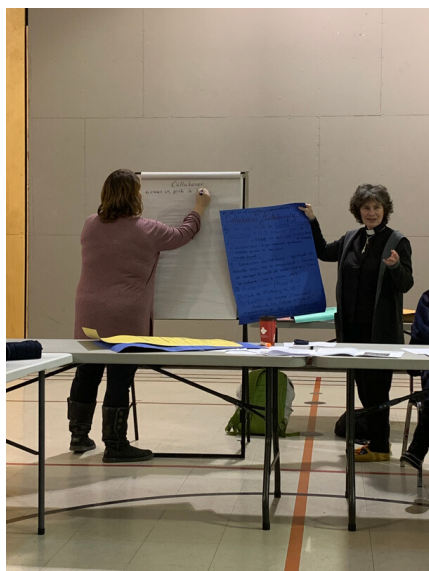
COUNCIL FOR ANGLOPHONE MAGDALEN ISLANDERS

NEWSLETTER

Partners Meet in Grosse-Ile to Create a Mental Health Action Plan

On Thursday, March 6th partner organizations, from both the English and French speaking communities, met for a second time at the Community Centre in Grosse-Ile to discuss challenges facing the English-speaking community around mental health and to brainstorm for potential solutions. This was organized in concert with the Mental Health First Aid training that was provided by Chad Diabo, certified trainer from the Mohawk community of Kahnawake.

The information collected during this session will be used to draft an action plan, which is being supported largely by the CISSS des Iles via their Community Organizer, Nathalie Bourgeois. We would like to recognize and thank all of the community organizations that participated and that have the health and well-being of the English-speaking community at heart.



Inside this issue:



The Future is Now project
CAMI staff attend training events
Entry Island update
Early Childhood Program



CAMI

“The Future is Now” Roadmap is nearly complete!

The CAMI team, in collaboration with numerous partners, has been busy working with the community to develop a roadmap that will support the English-speaking community of the Magdalen Islands across a range of sectors. The goal of the roadmap is to provide a vision of where the community wants to be in the future and to provide better representation of the needs, priorities and interests of the English-speaking community of the Magdalen Islands with government and community stakeholders. This roadmap exercise will expand CAMI’s mandate to involve additional sectors of activity and support new partnerships for initiatives that enhances community vitality.



The consultation process was launched in January and was followed by a steering committee meeting in early March. The committee met to review the roadmap areas for development, to establish benchmarks and to prioritize strategies for the short, medium and long term development. The next steps include community mobilization and action planning for each of the areas identified, including human development, economic development, social development and community development.



Keep a look for...



Grandma’s Bakery in partnership with the Bon Gout Frais des Iles came together to create a short video capsule on how our butter is made.

This short video will be viewable on our social media soon!



Would you like to recognize someone who provides outstanding service in the in English?

“Health & Harmony” is aimed at recognizing health professionals who offer bilingual health services on the Islands.

Contact Jonathan for more information!



CAMI

CAMI Staff Attend Enhancing Regional Community Capacity (ERCC) Training Event

From February 26th to 28th, CAMI staff attended a two-day training event in Lac Delage, Quebec, hosted by the Community Health and Social Services Network (CHSSN). Various training exercises and sharing activities took place. Helena participated in workshops for executive directors focusing on leadership tendencies, strengths and assets, while Ezgi and Jonathan received training on hosting effective events, networking and facilitation.

This training event also provided the opportunity for organizations from across the province to discuss what they have been doing in their respective regions and to share best practices. Representatives from the Secretariat Responsible for Relations with English-speaking Quebecers were also present and shared their experiences and perspectives on the English-speaking community and the work they have done since the creation of the Secretariat.





CAMI

Entry Island Museum and Community Centre update

February and March were busy months for the progression of the Entry Island development file. During the month of February, community volunteers graciously gave their time to sort and organize all the items in the old school building. Some of the items were kept for future use within the building, some items will be sold, and the rest was sorted for waste. We would like to thank the Municipality des Îles for disposing of what they could with the garbage truck. The remaining items will be taken to the recycling centre for disposal. We'd also like to extend our sincere thanks to the community volunteers who provided the support we needed to get things done. It was greatly appreciated!

At the office, we have been busy working on the fundraising plan for the building renovations and for the new museum interpretation program. We can confirm that most of the funding for this project has been confirmed. We are currently unable to release the funding partner names or contribution amounts until we have received permission, but this information will be disclosed in the coming months. We are hoping to get started with the call for tenders and the renovation within the new 2020-2021 fiscal year. The call for tenders will be officially released once all the funding has been confirmed. CAMI will continue to keep the community updated on the progress of this file.



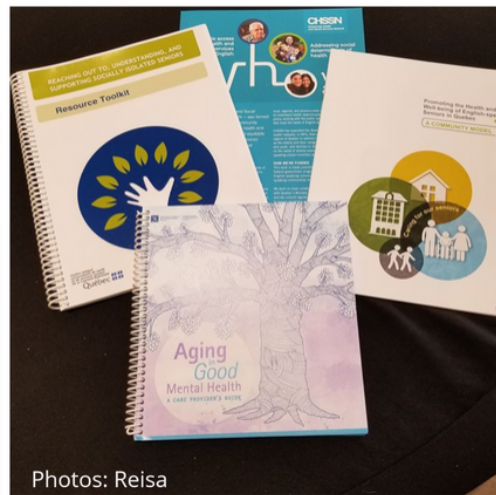


CAMI

CAMI Outreach Agent and Wellness Centre Coordinator Attend Workshop on Seniors Outreach and Wellness

CAMI's Outreach Agent for Seniors, Lisa Craig and Wellness Centre Coordinator, Jan Kelly, participated in a two-day provincial training event for community staff responsible for delivering seniors wellness and/or outreach activities. At this event, an English toolkit was launched, which was translated by the CHSSN in collaboration with the FADOQ and the Public Health.

Training on how to use the toolkit was also provided. CAMI would like to thank the CHSSN for providing the workshop, as well as thank Lisa and Jan for their exceptional work in supporting the well-being of our seniors.



Photos: Reisa



"Aging is not 'lost youth' but a new stage of opportunity and strength." Betty Friedan



CAMI

Early Childhood Programming Kicks Off!

As a response to the daycare shortage within the English-speaking community of Grosse Ile, CAMI in collaboration with Grosse Ile School, introduced a respite daycare program for two half days per week starting in late January. The program was able to accommodate twelve children per week, broken down into two groups of six children. The program was available on Thursday mornings for children aged eighteen to twenty-four months and on Friday afternoons for children aged two to school-aged. This program is housed at Grosse Ile School and is being funded jointly by CAMI's Bright Beginnings program and Grosse-Ile School's special measures funding. We would like to thank the school for their collaboration on this project, as without them it would not be possible. Also, a big thank you to our animators, Amber McKay and Sarra Aitkens for doing such a wonderful job.

*Unfortunately, the program was cut short due to the COVID-19 pandemic, however, we hope to relaunch the program in September when the new school year begins.

In February, Amber, Sarra and Helena participated in a provincial Early Childhood Symposium in Laval. This symposium was designed for educators, practitioners, administrators and community organizations interested in enhancing their knowledge and collaborative practice to better support English-speaking children and their families. Workshops were based around various themes, including early literacy, child mental health, importance of play, and family engagement.

The travelling literacy bag program was also maintained this year, but was also interrupted due to the COVID-19 pandemic. The program targets children aged zero to five and includes a bookbag of storybooks and activity sheets that is delivered directly to families on a weekly basis. Once it is safe for people to circulate normally again, we will pick up the literacy bags that are currently with families in order to prepare them for the fall season, as we plan to reinstate the program in the new school year.

In the meantime, keep an eye on our Bright Beginnings Magdalen Islands Facebook page for virtual events and activities to keep your little ones busy.



ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
 - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:



- ▶ stay home to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance



- ▶ call ahead before you visit a health care professional or call your local public health authority
 - tell them your symptoms and follow their instructions



- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

FOR MORE INFORMATION ON CORONAVIRUS:

📞 1-833-784-4397

@ canada.ca/coronavirus



CAMI

Contact Us

787 chemin Principal, Grosse Ile, Quebec, G4T 6B5

418.985.2116 | info@micami.ca | www.micami.ca

Helena Burke, Executive Director - helena@micami.ca | Ext #1

Amanda Goodwin, Accounting Manager - amanda@micami.ca | Ext #3

Jonathan Patton, Executive Assistant, jon@micami.ca | Ext #4

Lisa Craig, Seniors Outreach Agent - health@micami.ca Ext #5

Jarrett Quinn, Development Agent - jarrett@micami.ca | 418.937.4754

Ezgi Cakmak, Project Manager - ezgi@micami.ca

Grandma's Bakery - info@micami.ca | Ext #6

Museums - info@micami.ca | Ext #7

Please note, CAMI staff can still be reached by phone at 418.985.2116 at their respective extension as indicated above

Grosse Ile For Seniors

We are unfortunately unable to provide activities at this time due to the COVID-19 virus. However, if you require assistance of any kind, please contact Lisa Craig at 418-985-2116 x5

CAMI Activities



Entry Island For Seniors

We are unfortunately unable to provide activities at this time due to the COVID-19 virus. However, if you require assistance of any kind, please contact Robin Aitkens at 418-969-7471



Canadian
Heritage

Patrimoine
canadien



Health
Canada

Santé
Canada