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May 2021



Strengthening Community Vitality
in the Laurentians



Hypertension is the leading preventable cause of death and disability around the world, and can lead to heart disease, stroke, kidney disease and dementia. Over 7.2 million Canadians have hypertension, and 7.5 million more have high blood pressure that will lead to hypertension without preventative action.

[Learn what your numbers mean.](#)

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ARE YOU STUDYING IN A HEALTH & SOCIAL SERVICES PROGRAM?

You could be eligible for a bursary of up to \$10,000 through Dialogue McGill's Health and Social Services Community Leadership Bursary Program!

Eligible students must:

- Be from the Laurentian region
- Possess acceptable English and French language skills
- Be pursuing full-time studies in an admissible health and social services program at a government recognized educational institution inside or outside of their home region (depending on the category of bursary applied for)

Apply Now! Deadline May 14, 2021
1.888.974.3940 or info@4korners.org

 **4korners**

Dialogue McGill
Better Communication for Better Care

McGill Bursary Program

Click [here](#) for complete details. Submit completed applications to info@4korners.org by May 14, 2021

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Annual General Meeting on Zoom

Wednesday, June 16th 2021 at 7 p.m.
Registration required!

The meeting will be conducted entirely in English.
Only active members have voting privileges at the
A.G.M., which includes the election of board members.

Are you interested in helping your community?

4Korners is currently recruiting new board members. If
you would like to participate and are available for 6 to 8
meetings per year then please contact Peter Andreozzi,
president@4korners.org

Assemblée générale annuelle sur zoom mercredi, 16 juin 2021 à 19h Enregistrement requis!

L'assemblée se déroulera entièrement en anglais.
Seuls les membres actifs peuvent exercer leur droit de vote lors de l'assemblée
générale, incluant l'élection de directeurs au conseil d'administration.

Aimeriez-vous soutenir votre communauté?

4Korners recrute de nouveaux membres pour son conseil d'administration. Si
vous souhaitez vous impliquer et êtes disponible pour six à huit réunions par
année, veuillez communiquer avec Peter Andreozzi,
president@4korners.org

www.4korners.org
www.facebook.com/4KornersCenter/

info@4korners.org
450-974-3940
1-888-974-3940

Annual General Assembly on Zoom

Wednesday, June 16, 2021 at 7 p.m.

Register on Zoom [here](#)

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Join the LESAN Coalition!

Bring your collaboration hits and misses to a regional exchange about building bridges. Open to all current LESAN members and those interested in joining a LESAN committee.

LESAN Regional Exchange
May 18 | 2021

9:00 a.m. Welcome and Ice-Breaker Introduction

9:30 a.m. Guest Speaker Russ Kueber – Short Presentation on Collaborations

9:45 a.m. Break-out room activity – Collaboration Successes and Missteps

10:15 a.m. Break

10:20 a.m. Break-out room best practices. Group Discussion, Q&A

10:50 a.m. Outside the Box Collaboration suggestions

11:00 a.m. Adjournment

To register contact chloee@4korners.org
1.888.974.3940 | 450.974.3940 ext. 233

LESAN Regional Exchange on Zoom

Tuesday, May 18, 2021 at 9 a.m.

Open to all LESAN members and those interested in joining LESAN.

What is LESAN? Click [here](#) to learn more!

To register for this event contact chloee@4korners.org

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COVID-19 INFORMATION

For details on how to make an appointment visit [Government of Quebec COVID-19 Vaccination Campaign](#)

Making an appointment is mandatory.

Here are some more important COVID-19 resources:

[Government of Quebec COVID-19 Information](#)

[CISSS des Laurentides English info site on COVID-19 & Vaccinations](#)



NEW THIS MONTH!

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Maintaining & Setting Boundaries

4Korners Interactive Workshop

Stephanie Erickson

Media Commentator
Family Caregiving Expert
Health & Wellness Expert
Keynote Speaker

Stephanie Erickson, a California native, has a Master's Degree in Social Work and is licensed in both Quebec and California. She founded Erickson Resource Group, a clinical practice focusing on seniors and their families and decision-making capacity assessments for legal proceedings. Stephanie is the Health & Wellness Expert on Breakfast Television Montreal. In addition, she is a Family Caregiving Expert who provides media commentary throughout the U.S. and Canada discussing topics related to caregiving and topics related to health and well-being.

Stephanie is passionate about sharing her experience and knowledge with the hopes of encouraging others to take control of their personal health and to advocate on behalf of vulnerable populations. As an entrepreneur, mom and wife, free time is not easy to come by. Yet, Stephanie always carves out time to train on the flying trapeze.

Whether you are a parent, a caregiver, a young adult or a senior, this workshop is for you! In any relationship there are competing needs, priorities and perceptions. When these viewpoints clash, tempers can flare, resentment can build, and relationships can fracture. How do you maintain healthy boundaries and preserve your relationships? Join Stephanie Erickson, clinical social worker and Author of Plan for Aging Well, in this interactive workshop to explore your own patterns, define what matters most, and develop strategies to set and maintain healthy boundaries.

Friday, May 14, 1pm
Online via Zoom

To register contact info at
450.974.3940 ext. 601
1.888.974.3940 ext. 601
info@4korners.org



Maintaining & Setting Boundaries Workshop

with Stephanie Erickson

Friday, May 14, 2021 at 1 p.m.

Online Zoom registration [here](#)

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Fraud

May 5 at 10 a.m.

An information session on how to recognize and prevent senior abuse and fraud. Anne Baudouin and officer Alexandra Brunet de la Régie de Police du Lac des Deux-Montagnes will answer your questions!



Dignity Memorial Personal Planning Workshop

May 12 at 10 a.m.

Get your Free Personal Planning Guide from Dignity Memorial and join us to review it together. This planning guide was designed to help you record and organize important information, personal thoughts, and your final wishes. Making final plans now is one of the most thoughtful gifts you can give your family. Presented by Lori Viens Family Service Counselor, Les Salon Funéraire Guay Réseau Dignité / Dignity Memorial



Ticks and Lyme Disease

May 19 at 10 a.m.

This Community Health Education Program videoconference will explain important facts regarding ticks and Lyme disease.



Aging Gracefully

May 26 at 10 a.m.

So, few of us realize how aging has its gems! Our bodies age, we have less energy, we can no longer hide away from our vulnerability and the gem is found in falling in love with our humanness! This event offers you an introduction to a new workshop on Ageing which is being offered over the summer. Presented by Johanne Robitaille, Agente de développement Aînés engagés, vieillir vivant FADOQ

To register contact 450-974-3940 ext. 601, info@4korners.org



Wednesday Wellness Workshops

Every Wednesday at 10 a.m. throughout the Month of May

- **May 5 - Fraud** Register [here](#)
- **May 12 - Personal Planning Workshop** Register [here](#)
- **May 19 - Ticks & Lyme Disease** To register contact [info](#) or call 450-974-3940 ext. 601
- **April 28 - Aging Gracefully** Register [here](#)

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Women's Wellness Workshop

Atelier Bien-être pour femmes

Physical Fitness Aerobics for beginners
with Andrea David, Recreational Activities Technician

This interactive workshop includes stretching, warm up, physical exercises, music, and a fun time! All you need is a water bottle, a towel and lots of energy!



Entraînement fitness-aérobic pour débutantes
avec Andrea David, technicienne en loisir

Cet atelier interactif comprend des étirements, un échauffement, des exercices physiques, de la musique et du plaisir! Tout ce dont vous avez besoin est une bouteille d'eau, une serviette et beaucoup d'énergie!



Thursday, May 13, 2021
Jeudi, 13 mai 2021
7 p.m. to 9 p.m. • 19 h à 21 h

Join us on Zoom!
Participants MUST register by May 12.
450-974-3940 ext. 601, info@4korners.org
English activity / L'activité se déroule en anglais.

FREE for 4Korners' members!
GRATUIT pour les membres de 4Korners!

Membership is only \$10/year and you'll gain access to all of our free activities!
L'adhésion ne coûte que 10\$ par année et vous donne accès à toutes nos activités gratuites!

info@4korners.org



Women's Wellness Workshop

Thursday, April 15, 7 p.m - 9 p.m.

Online Zoom registration [here](#)

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4K SPEAKER SERIES



Our clean mountain air brought people to the Laurentians for their health before our region became a holiday/sports destination. Joseph Graham, local historian, will describe the forgotten history of the Rest Cure and show how two separate incidents led to an enormous health industry. One was an article a passionate geologist and the president of McGill University wrote for Harper's Magazine in the 1890s. The other was a pitch that an ENT doctor made to the Quebec Assembly in 1894 that would protect the land around a favorite Fish and Game club.



Joseph Graham
Local Historian & Author

Friday, May 14th at 1 p.m.

Join us on Zoom to connect live!

**To register contact info@4korners.org
or call 1-888-974-3940 | 450-974-3940
ext. 601**

Joseph Graham lives in the Laurentians. His writings have appeared in many publications, including, among others, the Quebec Heritage News, Main Street, the Gazette of Montreal and Canada's History Magazine.

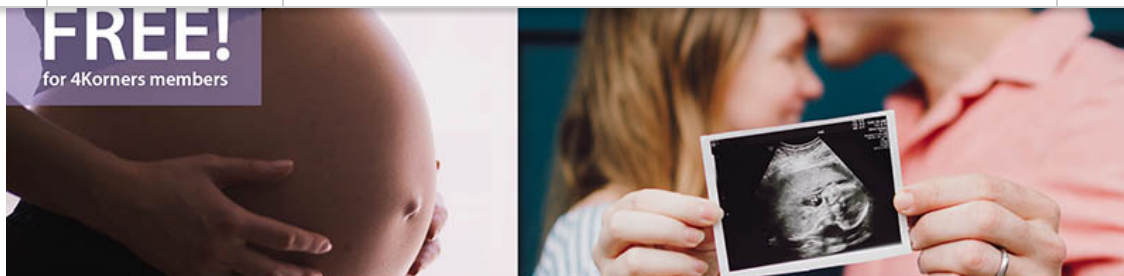
His interests include the history behind the names of places, and he has written a best-selling book on that subject called Naming the Laurentians. His next book, due out in January, is an interpretation of Contact comparing the values systems of Christian Europe with those of the Algonquian and Iroquoian peoples. His fiction has also been recognized by the Canadian Author's Association.



4K Speaker Series

Friday, May 14 at 1 p.m.

Online Zoom registration [here](#)

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Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo) laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Verification and installation of car seats also offered.

For upcoming dates, details, and to register contact info@4korners.org or cal 450-974-3940 ext. 601

Classes offered online via Zoom & in person
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



LAURY'S PERINATAL

Canada



Prenatal Classes

For upcoming dates, detail, and to register contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

4kActivities

ONGOING

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

4K Kids Drawing Classes

Tuesdays, ages 6-12 at 4:30 p.m.

To connect on Zoom and register click [here](#)

4K Kids Club - Social & Emotional Learning Program.

Tuesdays & Wednesdays, 4:15 p.m. - 6:15 p.m.

Zoom option now available!

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Tiny Tots

Every Thursday

Option 1: 9 a.m. - 10:30 a.m.

Option 2: 11 a.m. - 12:30 p.m.

*In person space very limited at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Play to Learn Group

Fridays, 9:30 a.m. - 11:30 a.m.

Contact us to find out which park we'll be at each week in and around Rosemere!

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Parenting Circle

Mondays, 9:30 a.m. - 11:30 a.m.

Zoom option now available!

*In person space very limited at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes

Participants must register in advance by contacting [info](#) or calling 450-974-3940 ext. 601

Seniors Wellness - Painting Classes

Thursdays 1 p.m. - 3 p.m.

Painting supplies will be needed to participate in this activity. Paint starter kits may be provided upon request.

To register and connect on Zoom click [here](#)

Seniors Wellness - Chair Yoga classes

Mondays & Thursdays, 10 a.m. - 11:30 a.m.

To register and connect on Zoom click [here](#)

Seniors Wellness - Tai Chi

Tuesdays, 1 p.m. - 2:30 p.m.

To register and connect on Zoom click [here](#)

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To register and connect on Zoom click [here](#)

French Conversation Classes on Zoom

Level 1 (full): Mondays, 10 a.m. - 11:30 a.m.

Level 2 (full): Mondays, 1 p.m. - 2:30 p.m.

Level 3 (full): Tuesdays, 10 a.m. - 11:30 a.m.

Space is limited. Participants must register in advance.

To register contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | Toll-free 1-888-974-3940

***In person** activities are subject to government restrictions. Contact us to confirm before attending an activity in person.

4K Community Cup winner for May 2021

DAVE BYERS

Dave Byers is a long time Deux-Montagnes resident and current editor of [Community Connections](#), a community information magazine published in English every two months. Its volunteer writers cover what is happening in the English-speaking and related communities from Kanehsatake to Rosemere.

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committee since God knows when,” and “Well, that was quite a few years back,” peppered generously through our conversation. I confess I had a big smile on my face when I heard him rustling through papers trying to find the oldest back copy he has of Community Connections. “2004! 2004! Here it is I found it!” he happily shouts through the phone. Near as I can tell, Dave has been giving back to his community through volunteerism since the late 70s. He was a volunteer firefighter for the City of Deux-Montages and became involved in the organization of the Santa Claus Parade and the famous Canada Day Celebrations around the same time. Dave has also served as Treasurer of the Lions Club for over 15 years.

The story of how he came to be the editor at Community Connections reflects a quality I have noticed most devoted volunteers possess. He saw a way to improve something and jumped right in. His wife was doing content editing of the paper at the time, while he was sitting on its board of directors. Dave saw the time lag between her receiving the copy, sending it to an outside copy editor to be assembled and then having it returned 3-4 days later for printing. “It would be much easier to just do it in one place,” he said, and when the copy editor stepped down Dave took over and moved the entire process to one place. Dave is a problem solver. Many of us could relate to his lo-tech solution to the nightmare of installing Windows 10. With his editing software unable to run on the new operating system, Dave simply bought an old laptop and re-installed Windows 7 so that he could continue to use the editing program he is comfortable with. As somewhat of a luddite myself, this is the kind of outside-the-box thinking I can get behind.

Never one to “put a feather in his cap,” Dave does enjoy overhearing people talk about how they are looking forward to the next issue of Community Connections, especially when they do not realize who they are standing next to. When I ask how we get more people to step up and volunteer, he reached back to his many years of experience in organizing the Santa Claus parade and Canada Day celebrations. “As soon as someone says ‘Gee I’d like to help out,’ you don’t give them a chance to say no. Just throw an apron on them and put them to work.” For tying up the apron strings going on 50 years now, Dave Byers is our 4Korners Community Cup winner for May!

To recommend someone for the 4Korners Community Cup please email andie@4korners.org

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Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to: info@4korners.org



It's never been easier to [become a 4Korners member](#)! Your annual donation will help us continue to deliver services to the communities of the Laurentians!

Kids Help Phone 

Need help now?
Text CONNECT to [686868](tel:686868)
or call a counsellor:
1-800-668-6868



[Éducaloi](#) -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.

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4Korners

Laurentian Community Network

Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

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