

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 Elected officers:

President:	Lise Brunette
Vice President:	Maria Friozzi
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Executive Director:	Pauline Wiedow
Administrators:	Georges Bujold
Member Coordinator:	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé



Wow, we've finally reach July 2020. Summer is here!

Even though it will be hot, and many of us will complain, we can't hide the fact that summertime equals a good time. School's are closed, vacation time is coming up for those of us still working, and sunny afternoons, soaking up the sun with a cold drink in our hands, are in the near future. We can make summer 2020 fun even with this pandemic happening all around us. Slowly, in the past month even more businesses have been able to open their doors, including restaurants, gyms and even movie theatres. We've also been allowed to gather up to 50 people indoors while practicing social distancing. With our positivity and hopefulness that this virus will eventually pass, we can still follow the rules and have a pretty awesome next couple months. We hope MWCN will be apart of what makes your summer's great!

NEWS FROM THE MWCN

During the month of June in partnership with the local Seniors Table, MWCN Huntingdon has organized entertainment for residences at their local CHSLD and HLM locations throughout the Valley. To date, they have visited two Huntingdon and two Ormstown residences and the response from both front-line workers and seniors themselves has been overwhelming.



Quote from Jocelyn Younie, Special Care Councillor, CHSLD, Ormstown, "With everything going on right now we don't always have sun in our hearts even though it is in the skies. With this music and the beautiful sun today we have sun, love and music in our hearts!" Thank you everyone who was apart of making this possible.

NEWS FROM THE MWCN CHATEAUGUAY

HAPPY LAPS WALKING GROUP

The new Happy Laps walking group took off with a bang! Going from only 5 walkers the first Monday, up to 15 walkers the next. Everyone kept a safe distance and we all got our exercise in for the day.



New Starting Time

Every Monday from **10am to 11:30am** at the Billings High School track. Bring a bagged lunch to join some of the group afterwards for a social distancing picnic. Call 450-691-444 or email Ashton to register at wilsonashton9@gmail.com. Everyone welcome!

DIALOGUE MCGILL BURSARIES

MWCN in partnership with Dialogue McGill, was happy to present 2 students with their bursaries. Each student received a bursary of \$2,500 each to go towards their studies within the health and social service field.

Justine Poulin, who is studying Community Recreation and Health Care at Dawson College.



Delaney Roberts, who is studying in Dental Hygiene at John Abbott College.



Here's to your future success ladies! Keep up the hard work

SAVE THE DATES



That's right! We're putting our **Save the Date** section back in, which means things are slowly starting up again! Woot woot!

HAPPY LAPS WALKING GROUP! (Chateauguay)

Every Monday – At the Billings Highschool track. Parking on Rue Ville Marie. There is plenty of benches to rest whenever needed. Everyone Welcome! Call 450-691-1444 or email wilsonashton9@gmail.com

CHEP HEALTH TALKS (Zoom)

We had a great success with the last CHEP Health talk. "Coping with Arthritis during Social Isolation" on June 17. They had around 120 participants join the presentation via ZOOM. More presentations will be starting back up in the fall so mark these dates on your calendars.

September 23 - **Topic: Continuation of Life Losses.** Presenter: Yvonne Clark, Psychosocial Therapist and Grief Counselor.



October 21 - **Topic: Lung Health and Respiratory Difficulties.** Speaker to be announced.

November 18 - **Topic: Vision Care.** Speaker to be announced.

MWCN'S ANNUAL GENERAL MEETING

Thursday, September 17, 2020. Location TBD. From 5pm to 7pm. Five positions up for election within the Board of Directors. All MWCN members welcome.

BINGO THURSDAYS! (Huntingdon office)

Join us at the Huntingdon Wellness Center for Bingo on Thursdays from 1:30-3:30. Social Distancing rules apply. A great afternoon of laughter and games.

DRAWING CLASSES (via ZOOM for everyone!)

Tentative starting date. Classes will be held Thursdays from 10:30am to 11:30am with Sarah Murphy.



If you are interested or have any questions concerning ZOOM, please contact Lorie Marcotte, Tel: 514-425-0399, or by email: lmarcottewcn@gmail.com

Don't be shy, come show your creativity!

CREATIVITY is Inventing, Experimenting, Growing, Taking risks, Breaking rules, Making mistakes, and Having Fun.

-Mary Lou Cook

NEWS FROM THE HAUT SAINT LAURENT (VALLEY)

Huntingdon Wellness Center Schedule & Opening Hours

The new center is excited to announce that we are open while still following the Covid-19 guidelines. There is someone at the center four days a week.

Mondays 8am to 4pm – Kim Wilson
Tuesdays 8am to 4pm – Kim Wilson
Wednesdays 9:30am to 1pm – Don Rosenbaum
Thursdays 8am to 4pm – Ashton Wilson
Fridays – All MWCN centers are closed to the public for the summer.



ACTIVITIES ARE STARTING UP!

Conversation Café with Don Rosenbaum

- Wednesdays from 9:30am to 1pm

BINGO with Ashton

- Thursdays from 1:30PM to 3:30PM

Note: Due to Covid-19 Guidelines, we are limited to participants. To reserve your spot, call the center at 450-264-3596. Should no one answer, leave a message with your name and number and someone will get back to you shortly.

BINGO THURSDAYS!

We had a great first turn out at the first Bingo Thursday at the Huntingdon Wellness Center. We had four participants who each got a turn at winning a little prize. It was a lovely afternoon with even better company. Join us next Thursday or any Thursday after that to enjoy an afternoon of Bingo!



Because
It is
Nice
Getting
Out...of the house!



HEALTH

It is Hot!!

July and August are the warmest months of the year. It's a natural part of summer but that doesn't mean we can't do everyone in our power to keep safe during the hot weather.

Best Food to Eat During a Heat Wave

Tomatoes – Great source of Vitamin A, C and K, also good for hydration. Red tomatoes are 94% water.

Celery – Although maybe not the tastiest food, celery is great for hydration and low in calories, therefore making it easy on your digestive system.

Cucumbers – Ever heard the saying “cool as a cucumber?” There's a reason why cucumbers are one of the most sought-after foods during a heat wave.

Pineapple – Physiotherapists highly recommend this food because it contains bromelain, an enzyme known to reduce inflammation. If you suffer from arthritis, fibromyalgia, or chronic pain, then pineapples may help reduce symptoms associated with these conditions.



Coconut water – Everyone agrees that water could get boring at times, therefore it's best to switch things up and try coconut water during a heat wave.

Chili peppers – This may seem a bit counter-intuitive however chili peppers are great if you're looking to cool your body down during a heat wave. Spicy foods cause your body to sweat, which inevitably lower your body temperature. However, make sure to re-hydrate as well!



Cherries – Another super food that physiotherapists highly recommend. Cherries also have many cooling properties which means that you should definitely enjoy this food on a hot summer day.

Pumpkin – If you're looking for plenty of nutrients and water, then pumpkin is a great example of something you should eat during a heat wave. Only 26 calories per 100 grams, pumpkin is easy to digest, and this healthy food is also great for your cardiovascular health.



Mangos - Not only are mangoes great for your skin, but they taste delicious and is made up of mostly water. You could put this delicious food in a salad or eat it on its own.

- healthmaxphysio.com

THIS AND THAT

Brainy Boomers Lecture Series via Zoom Brought to you by McGill and the CISSSMO. If you are interested in attending any of the following lectures and aren't connected to Zoom yet, you can call or email us for help.

They also have a great series on Exercises for Seniors happening almost every Thursday in July. It could be a great way to get moving again!



McGill

Centre intégré
universitaire de santé
et de services sociaux
de l'Québec-
l'Île-de-Montréal

Québec

The McGill University Research Centre for Studies in Aging (MCSA)
Education Committee Presents:

BRAINY BOOMERS LECTURE SERIES

We are pleased to announce that our Brainy Boomers Lecture Series will continue to take place online using Zoom!

LECTURES



"Ambiguous Grief" (English)
Tuesday, July 7, 2020 (12:00 – 1:00 p.m.)
Teresa Anzsa, B.A., M.A.
"The feeling of loss and grief is one of the most significant issues that arise when supporting people, particularly people with Alzheimer's disease or a related neurocognitive disorder."



"Ma Génétique...Ma Santé!" (French)
Tuesday, July 14, 2020 (12:00-1:00 p.m.)
Laura Robb, MSc, CGC
"Et si la génétique vous en apprend plus sur votre santé?"



"Telemedicine Today" (English)
Wednesday, July 22, 2020 (12:00 – 1:00p.m.)
Dr. Loraine Mazzella-Maiolo, MD, FCCP(C)
"Telemedicine allows health care professionals to evaluate, diagnose and treat patients in remote locations using telecommunications technology"



"Aging in a Changing World" (English)
Tuesday, July 28, 2020 (12:00-1:00 p.m.)
Dr. Dolly Dastoor, PhD
"Adding years to our life brings its own challenges, and now we are faced with navigating the challenges of living in a COVID-19 world— but we can adjust to both and make each day an enjoyable day."

EXERCISE FOR SENIORS



Giuliana Gueriero
1:30– 2:30 P.M.

"Full Body Movement" (English)
Thursday, June 25, 2020

"Strength & Core Training" (English)
Thursday, July 2, 2020

"Stretching and Balance" (English)
Thursday, July 9, 2020

"Cardio Movement" (English)
Thursday, July 16, 2020

"Full Body Movement" (English)
Thursday, July 23, 2020

"Strength & Core Training" (English)
Thursday, July 30, 2020

HOW TO REGISTER FOR THE ZOOM LECTURES?

CLICK ON THE LINK:

<http://CMEV.eventbrite.com>

If you have any questions please email:

sarah.mulcahy@mail.mcgill.ca or kaitlyn.butt@mail.mcgill.ca

or call 514-761-6131 X 6308

6825 Boulevard LaSalle Verdun, Québec H4H 1R3 ☎ 514-766-2010 📠 514-888-4050



MUST READS COMING OUT IN JULY

"The Vanishing Half" by Brit Bennett

"Parakeet" by Marie Helene Bertino

"A Burning" by Megha Majumdar

POETS CORNER



The Outdoor Month

by Lenore Hetrick

*July is the regular outdoor month.
He's the king of the calendar, don't you think?
Bright, blue sky – fresh, strong winds-
And a golden sun that makes you blink.*

*A lake where the water steals from the sky
It's bluest color, it's white cloud ships,
And thick green trees beneath whose shade
Time doesn't pass but just gently slips.*

*A swim in the morning with the sun coming up,
A hike in the scented woods at noon,
Canoeing in the later hours,
And another swim beneath the moon.*

*Living outdoors is so much fun!
Just living beneath the open sky.
Clouds in the daytime and stars at night,
With the whole wide universe drifting by.*

Want to become a 21st century Zoomer?



Thinking of joining Zoom but don't know where to start? If you have a tablet, phone, laptop or any other portable device that you would like to connect with you can make an appointment with the MWCN Chateauguay office and we can help you get started! Call us at 450-691-1444 to make an appointment. We'd love to help you connect to the future.



WOULD YOU LIKE TO BECOME A MEMEBR?

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!

