

## Montérégie West Community Network

The MWCN is a not-for-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:**

### Elected officers:

Lise Brunette

Maria Fiozzi

Tracy Wilkins

Chuck Halliday

Pauline Wiedow

Georges Bujold

### Member Coordinator:

Gloria Lynch

Merlin Halliday

Jayne McClintock

Joanne Murray

Don Rosenbaum

Chantal Sauvé

# JULY



## WHAT IS THE 'FEELING' OF PEACE?

*"When you're at peace and engaged with life while also feeling relatively relaxed, calm, and safe – you are protected from stress, your immune system grows stronger, and you become more resilient".*

Make this month a time to relax and reflect. Enjoy the outdoors and get in your garden. Take a walk with someone and enjoy the company and conversation of others.

**MWCN V-S** continues to be active in the community, at a distance of course. We have started a walking group called 'Trotting Tuesdays' at Bellevue park in Pincourt, and everyone is welcome! We have also been meeting on ZOOM and started workshops and informative health conferences in a virtual setting.

If you are interested in participating or knowing more about what we have planned for the summer, please contact us!



## COVID-19 PROTOCOLS FOR DENTAL OFFICES

Our new look with protective gear!

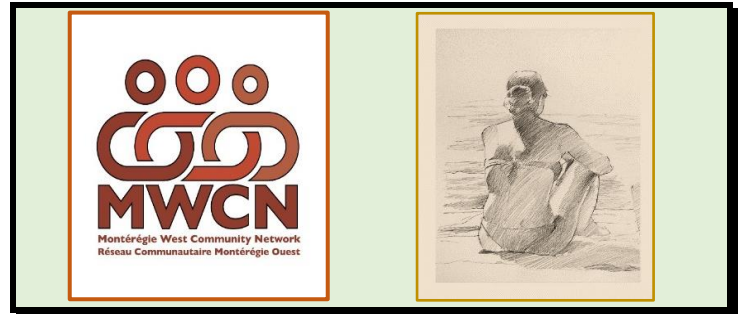


### COVID-19 PROTOCOLS

Keeping you safe as we help you maintain a healthy smile

- Please wear a mask before you enter the office.
- Please use hand sanitizer when you enter the office.
- We will ask some screening questions related to COVID-19.
- Provide us your cell phone number and wait in your car instead of the waiting room.
- No magazines, children's toys or drinks in the waiting room.
- Only patients with appointments and one parent or guardian permitted into the office.
- We will measure your temperature and ask you to gargle with 1% hydrogen peroxide.
- Social distancing in effect. Maintain six feet of distance at all times.
- Please allow us enough time for enhanced disinfection between patients.
- Please reschedule if anyone in your household has been sick in the last two weeks.

## 'VIRTUAL' DRAWING CLASSES



### Would you like to participate in 'ZOOM' Drawing Classes? (by Sarah Murphy)

**Dates:** Thursdays (Tentative)  
**Time:** 10:30 – 11:30  
**Cost:** Free

If you are interested or have any questions concerning ZOOM, please contact **Lorie Marcotte** tel: 514-425-0399, email: [lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com)



**\*Note:** Once we are permitted to gather in small groups, we will re-start our popular Watercolour classes, ideally painting the fabulous sketches we will have done from home.

## Tenants – you can receive an interest-free loan

If COVID-19 has made it difficult to pay your rent, you can receive a \$1,500 interest-free loan to help pay your May and June rent.

You must apply to the Société d'Habitation du Québec (Quebec housing agency) by July 15<sup>th</sup>, 2020. The application can be found on <https://pretcovid19.habitation.gouv.qc.ca/en/demandelocataire>. You must repay the loan by August 1<sup>st</sup>, 2021. The money will be paid directly to your landlord.



## It's really HOT!

### Precautions to take for children

During very hot weather, the health of a child under 5 years old can deteriorate quickly.

**Make sure to:**

- Have the child drink water regularly and carry a water bottle if possible.
- Cool the child's skin with a wet towel several times a day.
- Have the child take a cool bath as often as needed.
- Have the child spend a few hours a day in an air-conditioned or cool location.
- Plan the child's outside activities ideally before 10:00 am and after 4:00 pm.
- Dress the child in light-coloured clothing.
- Cover his or her head with a wide-brimmed hat.
- For babies who are nursing, let them nurse on demand. It's perfectly normal for them to nurse more often.
- For babies who drink formula, offer it more often. For babies over six months, offer small amounts of water after or in between feedings.

**Never leave a child or baby alone in a car or poorly ventilated room, even for a few minutes.**

**Important signs to watch for:**

- less urine or dark urine
- dry skin, lips or mouth
- headache, vomiting or diarrhoea
- abnormal, pale or red skin colour
- cracks under the eyes and eyes may appear sunken
- elevated body temperature, 38.5°C or higher (rectal)
- unusually agitated, irritable or confused
- difficulty breathing
- drowsiness, increased sleep and difficult to wake up

Does your child present one or more of these signs? Do you have any health-related questions? Call Info-Santé by dialling 811 or speak to a nurse or doctor.

In an emergency, call 9-1-1. Learn more at: [Quebec.ca](http://Quebec.ca)

Votre gouvernement Québec

If you are in need of a **BLOOD TEST**, you can contact **Clinique Sang T Mobile** to make an appointment at: 514-586-7371 or email [sangtmobile@outlook.com](mailto:sangtmobile@outlook.com)

They are located at 93-B 5<sup>th</sup> ave, Pincourt. Cost is \$35

### “OUR YOUTH ARE STRUGGLING”

Many youths, who are as young as 18, have “aged out” of the child welfare system and are no longer eligible for the support they received while living in foster care or group homes. Many are feeling like they have reached their breaking point.

- **THE PANDEMIC HAS:**
- Caused sudden unemployment, making them unable to pay for basic necessities.
- Left them feeling completely isolated, alone, and afraid, with no family to turn to.
- Retraumatized them by intensifying underlying mental health issues that stem from childhood abuse.
- Many are feeling like they have reached their breaking point.

If you would like to help, please go to:

[helpyouthnow.ca](http://helpyouthnow.ca)

**IT'S OKAY TO NOT BE OKAY.**

Please call for Psychosocial support.  
You are not alone.

KIDS HELP PHONE: 1 800 668-6868 Text: 686868  
TEL JEUNES: 1 800 263-2266 Text: 514 600-1002  
SUICIDE PREVENTION HOTLINE: 1 866 277-3553  
L'APPUI CAREGIVER SUPPORT: 1 855 852-7784  
PARENTS HELPLINE: 1 800 361-5085  
TEL ÉCOUTE: 514 493-4512  
TEL-ÂINÉS: 514 353-2463  
TEL-AIDES: 514 935-1101  
INFO SOCIAL : 811

**REACH OUT**

Quebec Only (English & French)

ROEN HIGGINS

### 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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**'CLASS OF 2020'**

**CONGRATULATIONS!**  
**TO ALL OUR GRADUATING STUDENTS OF 2020 IN MONTÉRÉGIE WEST**

**HAPPY CANADA DAY!!**

