

Montréal West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montréal 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:

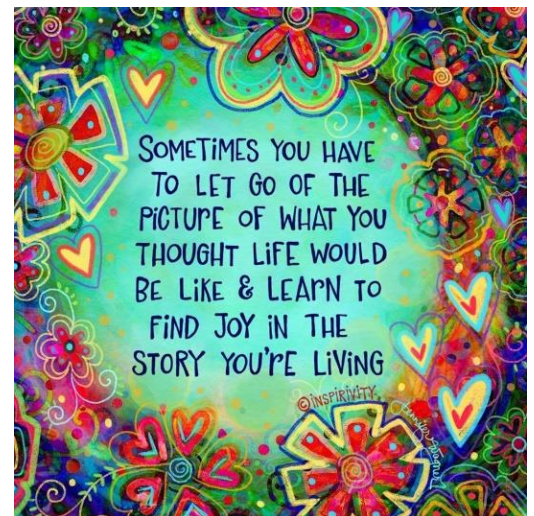
- President:** Lise Brunette
- Vice President:** Maria Friozzi
- Treasurer:** Tracy Wilkins
- Secretary:** Chuck Halliday
- Executive Director:** Pauline Wiedow
- Administrators:** Georges Bujold
- Member Coordinator:** Gloria Lynch
 Merlin Halliday
 Jayme McClintock
 Joanne Murray
 Don Rosenbaum
 Chantal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



August 2020 is here. We've come a long way since this pandemic took over every aspect of our lives six months ago (yup, I'll say that again, six months ago!) Some people have said it has felt like the fastest, yet the longest 6 months of their lives. Rightfully so, as there is so much that has happened. You may think the whole world stops when something this big happens however, it's proof that the world never stops turning. We've pushed tough as a community and did the best we could to keep ourselves, our families and everyone around us safe.

We've all had to adapt to the new changes in our current reality. Social distancing, constantly washing our hands, and now it's officially been passed that masks are mandatory in public spaces within all of Quebec. Yes, all these things and more can definitely put a damper on our day to day lives...but we make the best of it. It hasn't been easy, but we've taken this pandemic (the lemon of today) and made lemonade!

Of course, MWCN would like to help make the best of the situation, by starting up a couple activities in the hopes that it will get some people out of the house and back to doing the things they love. We have our weekly Happy Laps walking group, soon we'd like to start up art classes, our Book Club, and a yoga class as well. We hope that you will find joy with us in these times and as I said...make lemonade!



NEWS FROM THE HAUT SAINT LAURENT (VALLEY)

Our new Wellness Center located at 72 Dalhousie is taking shape. A big thanks to volunteer and board member, Don Rosenbaum, for ordering and assembling the two benches sitting just outside the front door.

We were able to acquire a MWCN flag to help people in the community know where our new center is located.

Our summer student, Elliott Arthur, along with his dad, kindly assembled and stained both the picnic table and benches for us.



All of this would not be made possible without the great support from our executive director, Pauline Wiedow, who helps make it all happen!

If you are in the Huntingdon area, we would love for you to stop by and we can give you a tour anytime.

VINTAGE PHOTO CONTEST

We are looking for vintage photos of you, your family, scenery, etc., covering our beautiful Chateaugay Valley. We are designing a photo wall in our new wellness center. If you have some photos that you can share with us, please contact the center at 450-264-3596 to set up a drop off time. We can also pick up as well. If you wish to keep your photos, we can easily photocopy/scan them.

For each photo donated, your name goes in a draw for prizes...

- 1st Place - \$100,
- 2nd place - \$75,
- 3rd place - \$50.



We will be partnering with the Chateaugay Valley Photo Club to guide us in designing the space. Deadline to get your entries in is Monday, August 17th so start digging out those old boxes of photos!

Upcoming Events (for the Chateaugay Valley)

- Walk and Talk – Walking Club starting Tuesday, July 28 from 10AM to 11AM
- Conversation Café – Wednesdays at 9:30AM
- BINGO with Ashton & Elliott – Thursdays 1-3:30PM

SAVE THE DATES



HAPPY LAPS WALKING GROUP! (Chateaugay)

Every Monday – At 9:30am 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

DRAWING CLASSES (via ZOOM for everyone!)

Classes are 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!

CHAMPS DE RÊVES

August 19 – Free guided tour of the lavender fields with sculptures and mosaics. Starts at 10am, bring a bagged lunch. To register call Lorie at 514-425-0399 or email lmarcottewcn@gmail.com.

YOGA IN THE PARK (NEW!)

Starting August 27 – Yoga in the park with Jean O'Conner will be every Thursday 9am to 10am at the park behind the MWCN Chateaugay office on rue Randill. Limited space, please register at 450-691-1444.



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 TBD

November 18 - **Topic: Vision Care.** Speaker TBD



MWCN'S ANNUAL GENERAL MEETING

Thursday, September 17, 2020. At the Chateaugay Cultural Center, 15 Maple Blvd. From 5pm to 7pm. Five positions up for election within the Board of Directors. All MWCN members welcome. Nominations and Candidate CV's can be sent to: info.mwcn@gmail.com

MWCN's RESPONSE TO COVID-19

The Montérégie West Community Network is funded by the Community Health and Social Services Network (CHSSN) who are considered an essential service, therefore, making the MWCN an essential service. The MWCN has done its best to support and assist their members and their communities since the beginning of the pandemic.

The following are a couple of things the MWCN has done for their members and their communities since COVID-19

Membership Call Chain

First thing, we wanted to check in on our members to see if they were okay. We wanted to verify if they needed anything, if they were alone, if they had a way of getting food, and if they knew others who needed help, etc. All this wouldn't have been possible without the wonderful volunteers who offered to help make calls. We want to give a big shout out to those selfless volunteers for taking time out of their own crazy lives to check in on others.

Weekly Check-Ins

Right from the beginning we started sending out what we call our "Weekly check-in" emails. They are a way to keep in touch with everyone. These emails contained anything from jokes, stories, photos, interesting facts etc. They are a way for the members to reach out if ever they need assistance. We would also attach any COVID-19 updates. Chateauguay has *Marvelous Mondays*, Haut Saint Laurent has *Happy Tuesdays* and Vaudreuil-Soulanges has *Whacky Wednesdays*. We still send these out every week to keep contact with our members.

MARVELOUS
MONDAY



W (wellbeing)
H (helpful)
A (adapting)
C (calgness)
K (kindness)
Y (yourself)
WEDNESDAY

Senior Goodie Bags + Rainbow Rocks

Once we knew everyone was okay and that the only problem now was everyone was stuck at home with nothing to do...our goal was to put smiles on their faces. We delivered over 120 goodie bags between our three regions. These bags included anything from a little journal, some flower seeds, some little chocolates, mini games, Covid Self Care guides, etc. In addition, every bag also included one of our RAINBOW ROCKS!



Pen Pal Project

MWCN Vaudreuil-Soulanges started a 'Virtual' Pen-Pal initiative by email, where seniors and students correspond with each other. Students from Edgewater, Pincourt and Mt Pleasant, Hudson, along with community members were partnered with seniors. VS has 8 groups currently corresponding and the young students seem to be just as rewarded with receiving their emails as do the seniors

We're so lucky to work such wonderful communities. We couldn't have done any of this without your support. Thank you everyone!

Created/ Distributed Helpful Documents

When it was very dangerous for people to go out, even to do groceries, we created a "How to do Groceries Online"



booklet with a step by step process. We also created a "Zoom for beginners" document to help people get/stay connected online. We

printed some COVID-19 Time capsules for anyone who was interested.



Bringing Music and Smiles to Senior Homes and CHSSLD's

In both Vaudreuil-Soulanges and the Haut Saint Laurent MWCN worked with partners to bring music, dancing and exercise to the local senior homes. The outcomes were great! The joy that came from the seniors and employees was exactly what we needed to see. The seniors who couldn't come out of their rooms were able to watch or dance from their balconies.



Social Distancing Walking Groups

With the nicer weather and people going stir crazy being stuck at home, we started walking groups. Vaudreuil-Soulanges started first with their *Trotting Tuesdays*, followed by Chateauguay with their *Happy Laps* walking group, then the Haut Saint Laurent jumped on the wagon with their *Walk & Talk* walking club.



Memorable Moments - feedback from our communities.

"Covid has brought us back to basic living and being together. This is what MWCN & all the support team has lovingly done week after week, month after month for us all. I want to give a BIG THANK YOU & HUG for all your God given good work you do. - Lynda Friend, community member

"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!" - CHSSLD employee

THIS AND THAT

Look for us in the South West Voice! A local paper that goes around in Vaudreuil-Soulanges and the Haut Saint Laurent (The Valley) called Voix Régionale. It's a French paper however, it has an English insert call Southwest Voice. The MWCN has recently partnered up with this paper and will have articles featured in the English insert every week starting in August. We plan to have copies available at the Chateaugay office as well.

We are always encouraging community members to get more involved so please, if ever you have an article, a poem, or even a story you would like to share, please send it to

info.mwcn@gmail.com and who knows, you may become a published writer!



POETS CORNER

August Days

by Lenore Hetrick



The last of summer and the first of fall –
Together they stand in August Days.
The garden is bright with summer bloom,
And yet there creeps up that autumn haze.
You can look forward or look backwards
To a lovely summer you would recall,
But the changing of the season has come –
The last of summer and the first of fall.



Lemons!!

Since I've already used the metaphor of "If life gives you lemons, make lemonade" I thought I would continue on with that theme.

10 Benefits of Drinking Lemon Water on an Empty Stomach

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss

Lemons are also known to

- Support Heart Health
- Prevent Kidney Stones
- Protect Against Anemia
- Reduce Cancer Risk
- Improve Digestive Health



The Turning

by Lenore Hetrick

Nature stirred far underground,
And in the chattering roadside brook,
In the secret woodland places,
And ever leafy, hidden nook.
"August! August!" Nature whispered.
Then a mighty change began.
It was the turning of the season,
And felt alike by bird and man.



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!

