

# Down Home News



This document is made possible thanks to the financial support of:



Canadian Heritage



Health Canada

**JANUARY 2021**

## Peter Whitcomb named 2020 Honorary Member of MCDC



This year, to celebrate our 20<sup>th</sup> anniversary, the Board of Directors of MCDC would like to continue the tradition of honouring a community member for their dedication, involvement, and to recognize the countless hours to improve the lives of the English-speaking community locally. This year's recipient has been present with MCDC since the early days of our organization and is still very active in the community. Never has this individual counted the hours and is always there when called upon. Active on Boards of both French-speaking and English-speaking organizations, his actions are guided by the sense of community development to the benefit of all. Ladies and gentlemen, the Board of Directors of MCDC has selected as recipient for Honorary Member, Mr. Peter Whitcomb. Congratulations Peter!



## Health activities & capsules - VIA ZOOM

Please call MCDC or email [health@mcdc.info](mailto:health@mcdc.info) to register for each of the following health sessions.

### CHEP Videoconference "Nutrition, Let's talk about Protein"

In this session you will learn why you need protein every day, and the many ways to get protein in your diet to help keep your muscles and immune system strong.

DATE: **Wed January 13, 2021**  
TIME: 10:00 - 11:30 a.m.

### Canada Revenue Agency "Modest Income Families"

TOPICS: Marital Status, Canadian Child Benefit, and Canada Workers Benefit. Useful info on how to autofill your return, online services, and income tax assistance volunteer program.

DATE: **Wed January 13, 2021**  
TIME: 6:30 - 8:00 p.m.

### Canada Revenue Agency "Income Tax Issues"

TOPICS: Pension Income Splitting, Disability Tax Credit, Home Accessibility Expenses, Canada Caregiver amount, and much much more.

DATE: **Tuesday 19, 2021**  
TIME: 10:00 - 11:30 a.m.

### CHEP Webinar "The Price We Pay for Safety - Managing Risk and Uncertainty in Life"

Presenter: Dr. Camillo Zacchia, Ph.D. Clinical Psychologist

This session addresses managing risk and uncertainty in life.

DATE: **Wed January 20, 2021**  
TIME: 10:00 - 11:30 a.m.

### Build your Resilience 3r's To Relieve Stress By Aimé Chicoine (Vision Gaspé Now)

TOPICS: Coping skills, strategies, and many more effective day-to-day concepts.



DATE: **Tuesday January 26, 2021**  
TIME: 9:30 - 11:00 a.m.

### Healthy After 50 Exercise & Staying Fit Package of Reading Material delivered to your door!

Included: Tips on safe winter walking, benefits of exercise, healthy recipes, and games to help your brain stay fit.

DATE: **Thursday January 28, 2021**  
Call MCDC to register for the delivery.



# What's happening?

## Golden Girls Series



7 YEARS OF LAUGHTER  
watch the episodes via ZOOM

**DATE: Thursday Jan 21st**  
**1:00 - 2:00 p.m.**  
**& every Thursday thereafter**

Call MCDC 418-332-3851


## Xmas Meet & Greet via Zoom was a great success!




MCDC held their Xmas Meet & Greet & 20th Anniversary Celebration on December 15, 2020, via Zoom. There was excitement leading up to the event and all those who participated greatly enjoyed seeing their fellow MCDC members and received a complimentary lunch in the comfort of their homes. Brian Gignac, Exec. Dir. MCDC, made a presentation on the history and memories of MCDC's growing pains, focusing on the happy moments, of which there have been many. Thanks to all of you who participated, it was fun. If anyone would like a copy of the presentation, it is available at MCDC.



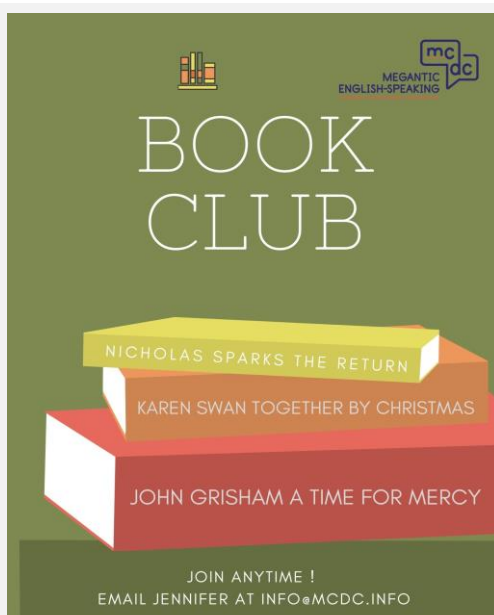
## Milestones

 Birthday wishes going out to Dianna Beattie, Joan St-Hilaire, Lucien Trepanier and to everyone who will be celebrating their birthday in January.

 Get well wishes to Gaetan Noel who was hospitalized over the holidays.

## “THANK YOU” from the MASONS

Thanks to the generous donations of food items received from everyone during the Masons' Xmas drive, they were able to provide Christmas joy to 35 families with the makings of a chicken, turkey, or ham dinner along with a lot of other grocery items. The Masons wish to thank the students, teachers, and staff of St. Pat's/ASJ, MCDC, as well as community members who helped make this happen. Great team work!



**educaloï.qc.ca**

**Educaloï - A starting point  
for legal information**

The Quebec Ombudsman can help if you are not satisfied with the health care or social services you received from an institution, one of its staff members, or health professionals.

Check out this article to see how the Quebec Ombudsman can help:  
<https://educaloï.qc.ca/en/capsules/the-quebec-ombudsman-a-second-place-to-turn-for-complaints-about-health-or-social-services/>

## A Word from Brian Gignac MCDC Executive Director

- I would like to reassure you that MCDC is considered an essential service and we will be staying open for business.
- On the financial side, we have been reassured by the Jeffrey Hale Foundation that they will continue to support MCDC for the upcoming years. For this we are extremely pleased and appreciative.
- **THANK YOU to Christopher Skeete**, Parliamentary Assistant to the Premier for relations with English-speaking Quebecers and MNA for Ste-Rose, has given **\$1000** to MCDC.
- **THANK YOU/MERCI to Isabelle Lecours**, provincial MNA for Lotbinière-Frontenac, for her financial support of **\$1000** to MCDC.

## BOOKS, BOOKS, & MORE BOOKS!!



**MCDC is offering a pick up or book delivery system !!!**

**CALL OR EMAIL MCDC WITH YOUR BOOK ORDER OR TO RESERVE YOUR TIME IN THE LIBRARY !!**  
**418-332-3851**

**NEW BOOKS  
ADDED  
EVERY 2  
WEEKS !!**



## Happy Safe New Year to all!

All members of the English-speaking community of Chaudière-Appalaches and l'Érable are invited to become members of MCDC. Membership is free and it is a great way to get involved and show your support for your community. Please call 418-332-3851 or email [communications@mcdc.info](mailto:communications@mcdc.info)