

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 |



Although we did get a small taste of summer weather this May, the first official month of summer is finally here! Summer 2020 will definitely be a summer to go down in history. Ever so slowly, things are starting to go back to normal with more and more stores and businesses opening their doors and families and friends being allowed to gather together again (at a safe distance of course, but still!). We have to look at these small victories as milestones towards things finally going back to 'normal'. Even though the new normal may be different compared to what it was before, it is still a goal the world wants to reach as soon as possible. Therefore, we will follow the rules and wash our hands for a little longer, so that at this time next year we'll be able to enjoy all the joys of summer TOGETHER.

NEWS FROM THE MWCN CHATEAUGUAY

A special thank you to the MWCN's Knitting Group and Knitting Clinic group at Options, for helping put together these lovely boxes for new mothers and their newborn babies. These boxes usually include knitted goodies along with a couple other 'must haves' for a newborn.

We handed a couple boxes to out this past month. Every family was so thankful to receive such a beautiful gift. This one message came back to us from one of the families:

"On behalf of my wife and I, we would like to thank the Montérégie West Community Network for the beautiful gift for our daughter Amelia. We are truly touched by the gesture. It warms my heart to know that I work with such great partners. I am blessed to be connected with such great people! Sending you all of our love"

Thank you again to everyone who contributed in the creation of these wonderful boxes.



COVID-19 WALKING GROUP

(At a distance, of course)

Coming soon starting in June we will be starting a small walking group in Chateauguay. The plan will be to meet and walk around the track at Billings Highschool. Getting outside and getting exercise is very important for your health and with the heat wave gone we'll have perfect weather for it.

The field has benches and seats to take a rest if needed. We will walk while keeping a safe distance from each other. The start date is still to be determined. Stay tuned for more information!



RAINBOW BASKET DRAW FOR MEMBERS

If you haven't already heard we are having a draw for 3 beautiful Rainbow Baskets. One for each of our office locations: Chateauguay, Vaudreuil-Soulanges, and Huntingdon.



MWCN is very excited to announce that we're having a DRAW!

How to enter? It's simple! All you need to do is become a member for the year 2020-20221. If you already are a member, verify that you have paid this year's membership fees and you will automatically be entered to win.

If you are unsure if you owe this year's membership fees please contact the central office at 450-691-1444 or email Ashton, at wilsonashton9@gmail.com.

The **deadline to participate in this draw is July 1st**, therefore, please make sure your membership is up to date before then.

Good luck to all!

FIRST VALLEY ZOOM MEETING

1st Valley Zoom Meeting:

“How to Find Joy During Hard Times, Embracing Peace in Difficult Moments”

We had 3 participants to our first MWCN Valley Zoom meeting and I am thrilled to say that everything went very well considering we only had a few technical issues, which was to be expected.

We got to see each other, catch up, as well as, listen to a short motivational talk which was followed by discussion. Thanks to the participants for joining us. We would like to share these 11 tips with you...

How to Find Joy During Hard Times, Embracing Peace in Difficult Times

- 1. Realize worry does nothing but make us suffer**
- 2. Look for the little moments of joy**
- 3. Express yourself and get your emotion out**
- 4. Try not to ruminate or complain**
- 5. Remember that all situations are temporary**
- 6. Surround yourself with positivity**
- 7. Plan new experiences**
- 8. Increase self-care**
- 9. Get Plenty of exercise**
- 10. Wear joyful clothes & accessories**
- 11. Celebrate and reward yourself**



If you would like to watch the video that was presented in the meeting you can by searching this link:

<https://www.youtube.com/watch?v=euCUuyGS1lw>

VALLEY VISITS

Magnolia, (my dog) and I were able to have three more on-site visits with some of our community members in the past week. It was so nice to see and talk to people, at a distance and to share our “goodie bags”.

– Kim Wilson, NPI Coordinator for the Valley.




CHEP HEALTH TALK VIA ZOOM

That's right! CHEP health talks are back! Although we cannot gather as a group as we used to, CHSSN will be connecting with us via ZOOM.

Date: Wednesday, June 17, 2020 @ 10am

Topic: Coping with Arthritis During Social Isolation.

Register with Ashton at 450-691-1444 or wilsonashton9@gmail.com



**COMMUNITY HEALTH EDUCATION PROGRAM
(CHEP)**

***COPING WITH ARTHRITIS
DURING SOCIAL ISOLATION***

**JOIN Presenter Myra Siminovitch, B.Sc., MBA,
Physiotherapist, Moderator Jo Ann Jones,
and Host Kelly L. Howarth**

**WEDNESDAY, JUNE 17, 2020
10:00 - 11:30 AM EST
VIA ZOOM**

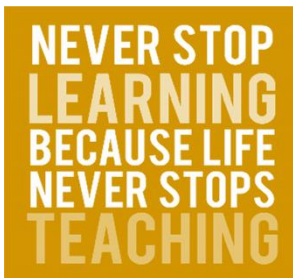
**One in five Canadians lives with
arthritis, according to the Arthritis
Society. Arthritis can cause pain,
decrease mobility, and diminish quality
of life. Learn how to manage your
symptoms better and improve your
functioning during these times of
social isolation.**

A CHSSN initiative funded through Health Canada's Official
Languages Health Contribution Program 2018-2023

ZOOM (FREE VIDEO CONFERENCE TOOL)

Unfortunately, the new reality for us during this pandemic is to connect via the internet. One of the biggest programs being used at this time is Zoom. We believe that Zoom is going to be around for a while so why not jump on the wagon now?

We will soon be sending out a "How to Zoom" package that explains how to sign up for Zoom step by step. We will be working with those interested in learning how to use Zoom as much as we can.



There is also a great organization called "Cyber for Seniors" that could also help with connecting to Zoom and so much more. Look for their flyer on the last page of this newsletter. Give it a try!

POSITIVE CORNER

Gatherings during the COVID-19 pandemic!



As of May 22, outdoor gatherings were permitted provided that specific measures are respected.

Details : No more than 10 people may be present at a gathering. Also, they should include people from a maximum of three households. In addition, a distance of at least 2 metres must be kept between those people who are not from the same household. - www.quebec.ca

Even though it is only a max of 10 people at a time this is a great announcement! Finally, we can gather at a distance without having to look at our friends and family through a window or computer/phone screen. As I mentioned before we have to remember to celebrate the small stuff!

SPRING (with a taste of summer)

I'm not sure about anyone else but I am loving the spring we are having this year. Yes, I know it did snow about 2 weeks ago and then we had a huge heat wave last week (our taste of summer) but hey...we live in Canada. 🇨🇦



I love the green. ❤️ Between the trees and all the beautiful plants, green is definitely making a comeback and there is more and more of it everyday. I also love the colors! All the different flowers, plants and bushes. I think this is how Mother Nature is showing us HER rainbow, through the beauty of nature.

We are incredibly fortunate to live in a place where we get to experience ALL the seasons. The ups and downs of the weather. Plus, if we didn't have the weather to complain about, what else would we do?



THIS AND THAT

CYBER FOR SENIORS



Do you have technology questions? We can help!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, iPad or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Stream movies, musicals and news shows
- Schedule appointments with medical professionals over video

Call **1-844-217-3057**,
email info@cyberseniors.org or
go to our website at www.cyberseniors.org
to register for FREE webinars or to schedule FREE 1-on-1 help
over the phone or via video conference

MANAGING ANXIETY DURING COVID-19

MANAGING ANXIETY AND FEAR

DURING COVID-19

Here are some helpful tips for positive coping, using three antidotes to fear and anxiety: *creativity, humour, and curiosity.*

CREATIVITY

Activities that draw on our creativity allow our emotions and actions to come together in order to help our emotions move and shift. This can be anything that has a beginning and an end, and allows us to use our senses to create something we enjoy.

EXAMPLES:

- crafts
- puzzles
- organizing
- scribbling
- cooking
- building
- drawing
- dancing
- baking
- sewing
- making music
- woodworking

HUMOUR

Spending time with anything that brings you joy – whether it's through your own activities or enjoying other people's expressions of joy – relaxes our minds and bodies.

Tell a joke, read a funny book, get silly with your family, or watch a comedy. Finding humour and engaging in joy is a healing activity!

CURIOSITY

When we are under a lot of stress, it is easy to catastrophize and have fearful thoughts take over. This is part of our mind's way of trying to protect us by getting ready for anything that might happen. This is when it is important to remember:

DON'T BELIEVE EVERYTHING YOU THINK!

Some strategies to help us stay curious:

- Catch the "what-ifs" and worries in your thoughts, and label them. They are just thoughts – label them as "anxiety," "fear," or "worry."
- Use reality checking to sort out which thoughts to listen to, and which ones to let go.

Reality checking steps:

- Notice and name it: "anxiety," "fear," "worry."
- Is this true? Even though something is possible, is it probable?
- What parts do I know are true, and what parts of it might not be true?
- What steps can I take? What is in my control?

MUST READS COMING OUT IN JUNE

- | | |
|-------------------------|--------------------|
| "My Calamity" | by Cynthia Hand |
| "The Dark Tide" | by Alicia Jasinska |
| "The boyfriend Project" | by Farrah Rochon |

POETS CORNER

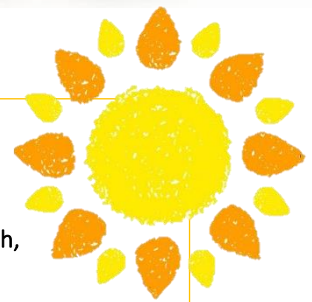
GOLDEN SUN

Great, glorious, golden sun,
Shine down on me today!
You are the life of all this earth,
You and your magic ray.

You are the life of bird and plant,
All must depend on you.
Shine down, great sun, the whole day long!

And I will welcome your golden rays,
For you mean life to me,
And you mean happiness and health,
Strength and energy.

Shine down, great sun, on flower and field,
And never say goodbye.
Forever and ever give us your light
From out the wide, blue sky.
- By Lenore Hetrick



JUNE

BIRDS JUST WAKING UP TO SING
AS NIGHTTIME SLIPS AWAY
DEWDROPS SPARKLING IN THE SUN
TO GREAT A BRAND-NEW DAY.
FIREFLIES LIGHTING DUSKY SKIES
AND STROLLS THE MOON – WHAT
COULD BE MORE PERFECT THAN THE
LOVELY MONTH OF JUNE

HAPPY SUMMER

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!

