

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



For those of you who love summer, the sight of September around the corner can usually put a damper on your mood...but if you're someone who loves fall, then it's almost your time to shine!! To be fair, September can sometimes be a little bit of both summer and fall depending on the weather, so we may all get lucky.

September is almost like a 'back to reality check' for a lot of us. Students and teachers head back to school, people who were off for the summer go back to work and vacation time is over. Except this doesn't have to be a bad thing! We at MWCN cannot wait to get back to our busy schedule of planning great activities, workshops, health talks and more for our community members.

MWCN SUMMER OUTING

Before vacation started, the MWCN employees and Board members were lucky enough to all get together for a fun summer activity. We all went to Île Saint-Bernard and took one of the boat tours they offer there. We had a picnic lunch outside at some of their picnic tables then headed off on the boat. It was a great afternoon and a nice way to say farewell to some of our summer students who have or will be leaving us at the end of the summer. Ile Saint Bernard was buzzing with people, it's a beautiful place to be with nature. Check it out if you have a chance.



NEWS FROM MWCN CHATEAUGUAY



The Montérégie West Community Network (MWCN) in partnership with the Chateauguay and Huntingdon Carrefour Jeunesse Emploi (CJE), organized a youth employability theatre/improv workshop for the English-speaking youth in these regions.

The workshop, facilitated by Tina Bye, took place at Grove Hall in Huntingdon. It was a beautiful day, so of course we were outside. The workshop used games, exercises, and roll playing to improve self confidence, communication skills and team building, along with many more qualities that employers look for in their employees. Every activity was linked back to some skill or lesson that could be taken with you into the workforce.



Roll playing was a great way to put a fun spin on the interview process that usually makes people so nervous and/or scared. It was an open environment where everyone was able to give and take feedback from everyone else. Certain exercises had the participants

competing against each other, while others made the group work together as a whole to complete a task. No matter the lesson, all the participants were engaged and having a great time.

We hope to eventually do this again in the future. Thank you to everyone who was involved and helped make this a possibility. Who says you can't have fun and learn at the same time?

TRAITS OF A GOOD IMPROVISER

- Listens to others
- Agrees and supports
- Respects their partner
- Believes in working together
- Doesn't fear failure
- Exudes a good energy
- Is comfortable being silly

TRAITS OF A GOOD HUMAN

SAVE THE DATES



HAPPY LAPS WALKING GROUP! (Chateauguay)

Every Monday – At 9:30am at the Billings High school 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!

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 Chateauguay office on rue Randill. Limited space, please register at 450-691-1444.



CHEP HEALTH TALKS (Zoom)

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

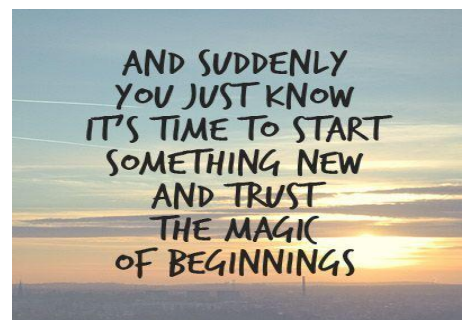
October 21 - **Topic: Lung Health and Respiratory Difficulties.** Speaker TBD

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



MWCN'S ANNUAL GENERAL MEETING

Thursday, September 17, 2020. At the Chateauguay Cultural Center, 15 Maple Blvd. From 5pm to 7pm. Six (6) positions up for election within the Board of Directors. All are welcome, but only MWCN members can vote. Nominations and Candidate CV's can be sent to: info.mwcn@gmail.com



NEWS FROM THE HAUT SAINT LAURENT (VALLEY)



The MWCN Huntingdon office officially has a MWCN sign. We are very happy and excited to see you.

Busy, Busy, Busy out in the Valley. Even with following the Covid-19 guidelines, MWCN Wellness center has been buzzing...

Chair Yoga – A new 4-week session starts Monday, Aug. 31st. With a partnership with the Huntingdon Agricultural Society, we have been able to find a venue that works and enables us to continue with this rejuvenating activity. This is exactly what people need at this time.

Walk n' Talk – Due to weather we have only been able to be out twice, but our community group enjoy getting out and moving and at the same time sharing in great conversation.



MWCN Art Hub – This Tuesday afternoon bi-weekly class offers participants different forms of art and crafting.

Conversation Café – Each Wednesday, MWCN Board member, Don Rosenbaum, greets people at the center with a weekly information open discussion on topics of interest to the group.



A Trip Through Time – Thursday mornings see our summer student, Elliott Arthur, presenting a place in history. His research and hard work not only inform the group but leads them in discussion and wanting to learn more.

BINGO – Each Thursday, the center is open to some fun games of BINGO. A good time is had by all who attend. Reminder: MWCN Wellness Center's Book Nook is equipped to share books, magazines and puzzles with the community. Just stop by and take a peek!




Some activities are free, and some have a cost. Please note there are limited numbers of participants depending on the activity. Should you wish more information about any of the above activities, don't hesitate to contact the center at 450-264-3596.

CHEP HEALTH TALKS

Wednesday, September 23, 2020

Taking Care of Your Mental Health & Emotional Resilience During the Pandemic
with return presenter Yvonne Clark, M.S.W., MFT, CT, Clinical Social Worker/Grief Counsellor

To register email info.mwcn@gmail.com or call 450-691-1444



COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

TAKING CARE OF YOUR MENTAL HEALTH & EMOTIONAL RESILIENCE DURING THE PANDEMIC

JOIN Presenter Yvonne Clark, M.S.W., MFT, CT, Clinical Social Worker/Grief Counsellor
Moderator Jo Ann Jones and Host Kelly L. Howarth

WEDNESDAY, SEPTEMBER 23, 2020
10:00 - 11:30 AM EST
VIA ZOOM

The coronavirus (COVID-19) pandemic is an international public health emergency that poses a serious challenge to our physical and psychological resilience. This pandemic affects how we live and how we die. It impacts our physical, mental, and emotional well-being, changes the way we love and care for ourselves and others, and influences how we work, play, and grieve.

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

QUEBEC GOVERNMENT'S ACTION PLAN

in case of a second wave of COVID-19. (Hopefully it won't be needed)



THIS AND THAT

SAVE THE DATE!

Seniors Action Quebec invites you to a free webinar...

DO I STILL NEED THIS MEDICATION?

How to make sure your medications are helping not harming

Tuesday
Sept 22nd, 2020
9:30-11:00 am.ET

FREE REGISTRATION! To register, contact Pluth Pelletier at info@seniorsactionquebec.ca by September 14th.




You will learn:

- Why does aging make us more sensitive to the effects of medications?
- In what situations would the risk of harmful drug effects outweigh potential benefits?
- How can patients, caregivers and healthcare professionals work together to prevent harmful medication effects?



CAMILLE GAGNON
Clinical Pharmacist & Assistant Director,
Canadian Deprescribing Network



VOIX REGIONALE

Don't forget to check us out in the "South West Voice" insert from the local paper *Voix Régionale*. The MWCN will have articles featured in the English insert every week starting in August. We plan to have copies available at the Chateauguay office as well.



POETS CORNER

September

by Sara C. Tote

September, September the first month of fall,
It's the first month of school and football.
September has the holiday Labor Day,
And in those fall leaves we love to play!
You might need to wear your favorite sweater,
With all this changing weather!
Eating apples and sipping cider,
Our smiles can't get any wider.
Welcome September, Welcome!

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!



Join the live stream!

For more information:
erica@recreotherapy.com

To register:
<https://hourglass.net/culturechangelite>

Recreotherapy and Seniors Action Quebec Present:

Culture Change in Long-Term Care in Quebec: A Virtual Summit

You are invited to participate in the discussion and solutions

Wednesday September 9th, 9:30-11:30am

Presented in English with simultaneous French audio interpretation

Presenters:



Re-Imagining Long-Term Residential Care: Results from an International Study of Promising practices with Dr. Pat Armstrong, Distinguished Research Professor of Sociology at York University and Principal Investigator of study.



Put LIVING First: Creating a Culture Where Everyone Thrives with Barb Sutcliffe, lead Culture Change Coach at the Schlegel-University of Waterloo Research Institute for Aging.



COVID-19 and Long-Term Care Policy for Older People in Quebec with Dr. Patrik Marier, Concordia University Research Chair in Aging and Public Policy, and Scientific Director of the Centre for Research and Expertise in Social Gerontology.




In collaboration with:




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.

