

## 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 - Elected officers:

Lise Brunette,	President
Merlin Halliday,	Vice-President
Tracy Wilkins,	Treasurer
Chuck Halliday,	Secretary

### Administrators

Maria Friozi
Jayne McClintock
Don Rosenbaum
Judith Picard
Susan Parker
Kosta Theofanos
Marlene Davies

### Executive Director

Pauline Wiedow

# JANUARY

# 2021



### 'LET IT SNOW'

Oh, the wonders of Winter. Sometimes it can feel a bit too long, but being Canadians, we are still incredibly lucky to enjoy four different seasons of wonderful sights. You don't have to be a skier, skater, runner or even a tobogganer to enjoy the winter months. You can simply enjoy just being at home and be a reader, knitter, crafter or even a chef. Keeping busy is the key, and MWCN can help with that.

We continue to hold ZOOM conferences, seminars, and health information sessions, that can be enjoyed from the comfort of your home. Our Winter Program will be published Jan 6th in the '*Southwest Voice*' - English insert of the '*Voix Régionale*', and '*The 1019 Report*', and on Jan 14th in '*The Journal*'. There are 12 new FREE seminars we are hosting in partnership with various organizations, and hope you join us for these casual information sessions. Once it is deemed safe and we are out of the red zone, MWCN will get back to holding activities at all 3 offices, in small groups and following all safety protocols.

2021 is a new year, and an opportunity to try new things. If you haven't done so yet, it is time to join us and get involved with your community in whatever way you feel comfortable.

Something new we would like to try is a '*Community Column*', where you, our readers, get a chance to write your own short articles in our newsletters.

We are also hoping to start a *Winter Knitting Group* on Thursday mornings, once it is permitted. So, let's get going and start this new year off by sharing new adventures together!

## COMMUNITY SPOTLIGHT

**RUTH PELLETIER**

*Senior Actions Quebec*



“I was an only child, raised in Brownsburg, a small rural community in the Lower Laurentians.

I give all the credit to my Grandmother who gave me her unconditional love, and to my home room teacher Mr. Ronald Duncan in Grade 7 and 9 for developing my interest in Civics. These classes made

me more aware of what was going on in the outside world.

After high school, I arrived in Montreal, as the employment opportunities in a small town were extremely limited. The shocking thing for people who know me now, is to accept that when I arrived in Montreal, I was shy and preferred to remain in the background.

I began my working career back in the 60's working in Geriatrics at the Verdun Protestant Hospital, now known as the Douglas Hospital. As I look back, this was probably very normal as I was awfully close to my Grandmother. I have always liked older people.

I started volunteering by writing articles for a newsletter called “Up to The Neck” at University Settlement. This provided an opportunity for me to hear firsthand what low-income families were coping with.

Unaware, but this developed my strong need to address the challenges faced by the less fortunate. My philosophy became “never judge, what seems to be a minor issue to you, maybe just the final straw for the person seeking help. We have not walked in their shoes”.

In the late 1960's I was a founding member of the Greater Montreal Anti-Poverty Coordinating Committee (GMAPCC).

During this time, the Senate Committee was holding hearings on Poverty. I was chosen to represent University Settlement and present a Brief. Remember, I preferred to be in the background and was terrified; it was decided that Doris Powers from the “Just Society” in Toronto would come and live with me so she could be prepped for my presentation.

After that experience, I never looked back!

Following Alliance Quebec, I became the Executive Director of The Canadian Continence Foundation where I managed a 3 -year Health Canada project that created the First Clinical Practice Guidelines for Treatment of Urinary Incontinence for Canada.

The opportunity to bring the community together to submit their views on matters such as Housing, Pre-budgetary consultation and health concerns were especially important to me. Topics such as long-term-care, Oral health and the financial issues facing seniors such as OAS, GIS, and a

potential Guaranteed Annual Income, help to permit individuals remain in their home are priority challenges facing our seniors. But when they require supervised care, we must ensure it is accessible, affordable and provides services & care while respecting the individual's rights and provide safety and dignity!

I continue to organize events for Seniors Action Quebec so seniors can receive timely information that has been presented virtually since March because of COVID 19.

I also serve as a member on the Seniors Committee with my local MP, Mr. Peter Schiefke and participates on the Seniors Committee with Mr. Greg Kelley, Provincial Liberal MNA. Zoom meetings permit work to continue and other technologies such as Facetime and Skype can permit families to see each other, in the safety of their own homes, is a real-life saver, as I relate to the anxiety and isolation that COVID-19 affects what many seniors are experiencing.

My youngest great grandson was born this May 8<sup>th</sup> and to date, I have been unable to see him in person. I do, however, appreciate the advantages of technology as it has permitted me to see him on the screen along with his brother, and has enabled me to stay in touch with my 8 grandchildren and 5 children.

I feel that we should stay involved, it keeps our minds active, provides an opportunity to develop a network and we can make a difference. We will get back more than we ever give”.

[info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca)



*Further to Ruth's article, I would like to add a personal note. “I first met Ruth Pelletier in October 2019 at the play “Losing Control” hosted by MWCN at St Patrick of the Island church in Pincourt. She was not only a force to reckon with, but a wealth of information that to this day, has guided and inspired me in my day-to-day encounters with our community! I have never met anyone so informed with Senior issues, always keeping our government representatives on their toes! But more than that, and more than her many accomplishments, Ruth has the most wonderful heart, and her sincere compassion toward others is an attribute that sometimes goes unnoticed”.*

**MWCN always notices you Ruth!**  
**Lorie Marcotte**





**'CHRISTMAS BUCKET' DRAW**

On December 14th, our three offices of Chateaugay, Pincourt and Huntingdon held a **CHRISTMAS BUCKET DRAW** for our members.

**Marlene Davies - winner in Chateaugay**  
**John Stirling - winner in Huntingdon**

And the lucky winner in V-S was: **ANNE COULTER**, a Pincourt volunteer and partner from St Patrick's Church **CONGRATULATIONS!**



**NEW**

**Knitting Group**

Are you interested in joining our knitting group at the Pincourt office on Thursday mornings from 10:00 - 12:00.

**\*\* (when permitted)**

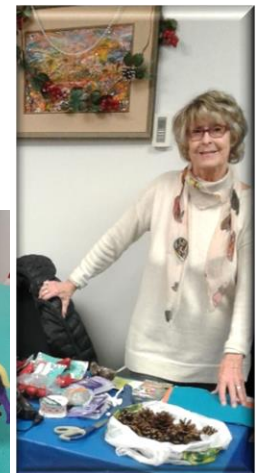
We have room for about 3-4 members who would enjoy getting together to exchange patterns or ideas on knitting and crocheting.

Just bring whatever you're working on and maybe we can teach each other new

tricks. I for one, would love to start crocheting!



Many thanks to Volunteer, **Patricia Burr**, who helped a few of us create 3 beautiful Xmas pinecone crafts in the month of December!



**'Our Community Column'**

**NEW**



Are you interested in writing a short article for our **Monthly Newsletter?**

We would love to have our members share thoughts on any subject deemed inspirational, insightful, or just funny. A paragraph or two is easy to do, and we know our members would certainly enjoy reading short articles written by **each other**..... hence the name **'Community Column'**.

Just email your article to us and we will do our best to include it in one of our monthly issues.



**Another Christmas craft for a few of our members**

Thank you to **Ilana Kuska**, who volunteered in showing us how to paint 'The Nutcracker' in watercolor.





Thank you to Ms Lenora & Mme Moulton!  
 Christmas cards made by their Kindergarten students  
 Delivered with love to some of our Senior members.



*Two great Zoom seminars this month. Please join us!*

**COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)**  
**The Price We Pay for Safety—**  
**Managing Risk and Uncertainty in Life**  
 Dr. Camillo Zacchia, Clinical Psychologist  
 WEDNESDAY, JANUARY 20, 2021  
 10:00 - 11:30 am EST  
 VIA ZOOM  
 This session addresses managing risk and uncertainty in life. Join us with return presenter Clinical Psychologist Dr. Camillo Zacchia, Ph.D.  
 Register with Lorie Tel: 514-425-0399  
 Email: [lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com)  
 A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023

**TOOLS FOR PLANNING AHEAD**  
 Protection Mandates, Advance Medical Directives and Powers of Attorney.  
 Tuesday, January 26th from 1:30–3:30  
 Speaker: Richard Goldman, Lawyer with Educaloi  
 REGISTER WITH LORIE MARCOTTE TEL: 514-425-0399  
 EMAIL: [lmarcottemwcn@gmail.com](mailto:lmarcottemwcn@gmail.com)

**LOW VISION SELF-HELP ASSOCIATION**  
 - Virtual meeting January 13 from 1:30 – 3:00  
**'LEARNING BRAILLE AS AN ADULT'**  
 Contact Mr. John Ohbert at  
 514-694-2965  
[LowVisionSelfHelpAssociation@gmail.com](mailto:LowVisionSelfHelpAssociation@gmail.com)



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**SAVE THE DATES**

**Jan 20<sup>th</sup>** CHEP-Community Health Education  
**'Managing Risk and Uncertainty'**  
 Speaker: Dr Camillo Zacchio,  
 Clinical Psychologist  
 From 10:00 – 11:30

**Jan 26<sup>th</sup>** Educaloi – **'Tools for Planning Ahead'** – Wills, Mandates, and advance medical directives  
 Speaker: Mr Richard Goldman,  
 Lawyer for Educaloi  
 From 1:30 – 3:30

**Feb 3<sup>rd</sup>** Vaudreuil-Soulanges Palliative Care  
**'Let's Talk about Grief'**  
**'Navigating through the Pain of loss and rebuilding ourselves'**  
 From 10:00 – 11:30

**Feb 9<sup>th</sup>** **Regional Partnership meeting V-S**  
 10:00 – 11:30 on Zoom