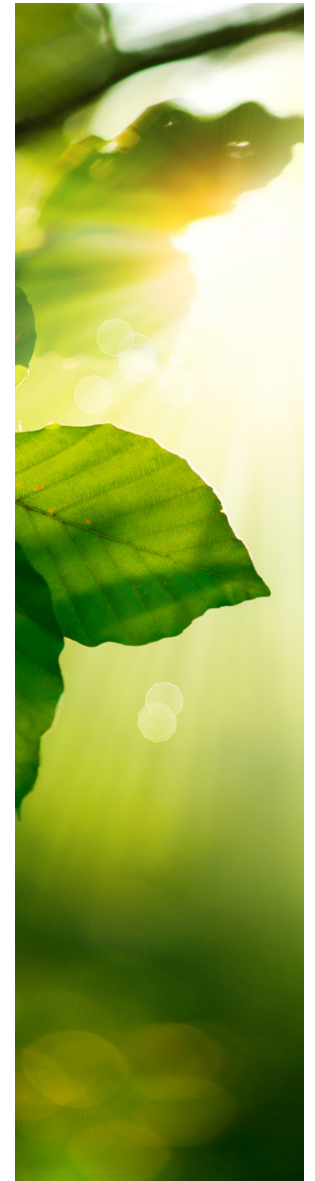


ANNUAL REPORT 2020-2021



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WORD FROM THE PRESIDENT

Dear Community Members,

The good weather has returned, and we are confident that we can see the light at the end of tunnel. Life is slowly getting back to what we remember as normal so keep strong.

This year we have not been able to hold many activities together. I know Zoom is not the same way as having contact with each other. Thanks to our excellent team who have worked diligently to find ways and means so that our community could keep in touch and be strong. Thanks to our team for listening and being there when a person needed someone to talk with.

As we enter our 21st year as an organization, MCDC has many plans for our future—here in Thetford Mines, and as we grow our place in Lévis with our satellite office, South Shore English Network.

Have a great summer and be ready to hopefully, finally be able to have in person activities this fall. I am very proud of our community and our team. Thank you to the board of directors for their continued support.



Ann Marie Powell

Ann Marie Powell
President

WORD FROM THE EXECUTIVE DIRECTOR

Dear Community Members,

The last year was very challenging for all of us as we all embarked on an unpredictable rollercoaster ride! As a community organization, who would have thought that we would be forced to cease all face-to-face activities and embrace technology simply to stay connected? Even though we were forced to become Zoom experts in just a few weeks, we made it and managed to stay connected and had each others backs! No matter how difficult the COVID-19 pandemic was, we were very resilient and faced the challenge head on without looking back. I want to take this opportunity to thank the board of directors for their support and the staff who really got out of their comfort zone to imagine and creative ways of holding activities.

Even though we tend to easily remember how the pandemic impacted us negatively, we forget that it also had some positives: For many of you, using virtual meeting platforms was something new and probably challenging. However, with a little coaching and encouragement, you decided to connect with each other, and we can only be proud that our seniors are becoming tech savvy. With the help of many volunteers, we made more than 1700 friendly calls to fellow community members and did more than 330 visits! These numbers are the proof that we stayed connected and that no pandemic would stop us from helping each other out.

As we begin this new year, we are starting to see the light at the end of the tunnel and can only hope that the worst is behind us. We can start to dream of returning to normality very soon. The MCDC staff is at work preparing some activities for Summer and Fall with the hope that we can safely hold them face-to-face. So, be prepared to sign up to our activities – we missed you over the last year and we have some catching up to do!



Brian Gignac
Executive Director



MCDC 360° OVERVIEW

History

Established in November 2000, MCDC (Megantic English-speaking Community Development Corporation) was the overall result of various initiatives undertaken in previous years to solidify and revitalize a diminishing English-speaking population. Due to a decline in the mining industry and an aging population, the community found itself in a palliative care mode.

Prior to the creation of MCDC, various community leaders sought help from Holland Centre for some direction and assistance. In 1994, what transpired from these discussions was the organization of drop-in afternoons to benefit senior services in the region.

With very positive and encouraging results from this first initiative, members of the English-speaking community began to question the possibility of creating other services. Once again, in 1998, the leaders turned towards Holland Centre for more insight. With new ideas emerging from those discussions, a working group was created to bring together those ideas from the English-speaking population. Furthermore, the working group focused on the following question: Could the community be doing other things?

The answer was obvious. In essence, what needed to be done was to establish a non-profit organization that would develop various initiatives to benefit the community. Finally, in November 2000, MCDC was created and now acts as the driving force to foster and develop new initiatives and services.



MISSION

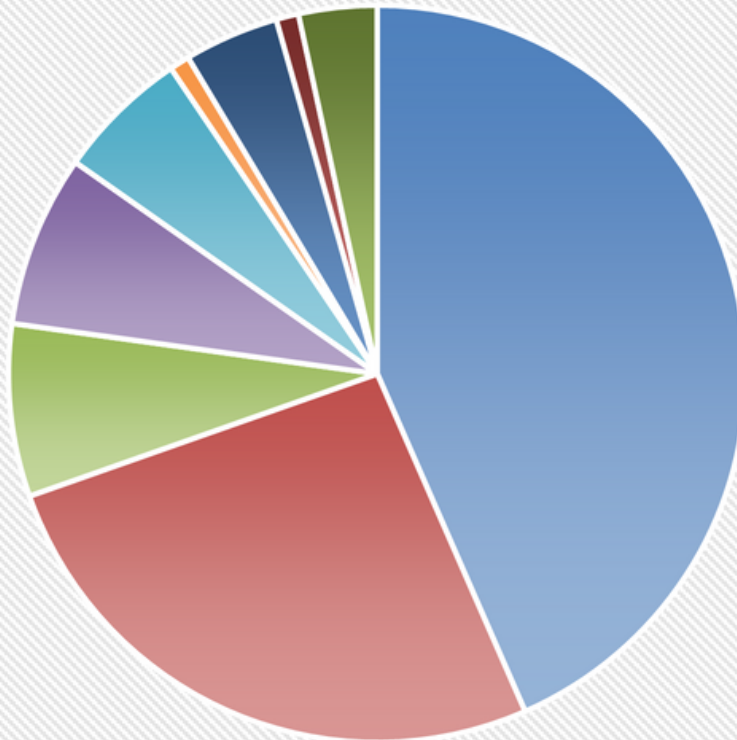
Our mission is to serve and promote the well-being of the English-speaking community of the administrative region of Chaudière-Appalaches and the sub-region of MRC de l'Érable and to offer the community, social and cultural services and programs for the benefit of all in partnership with the larger French community.



FUNDERS

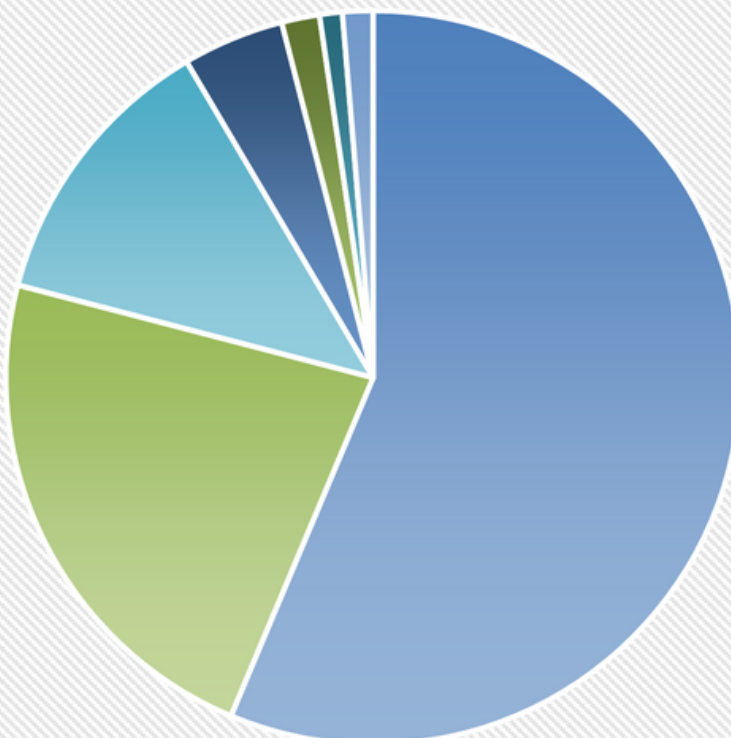


Funders



- CHSSN
- PCH
- MCF
- CISSS-CA
- PSOC
- Éducaloi
- McGill
- Activities
- Appui-CA

CHSSN



- NPI
- Outreach
- ERCC Mandate
- ERCC Office
- ERCC Translate
- ERCC Travel
- CHEP

BOARD MEMBERS



- Board members met five times. We also held two board retreats (October & February).
- We held our Annual General Meeting virtually in September 2020, and 24 people in attendance
- Finance committee met on three occasions.
- Some of our members are involved in local and regional committees on behalf of MCDC.



Ann Marie Laughrea Powell
 Annie Stewart
 Ann Marie Campbell
 Joan McCammon
 James Allan
 Luc Baillargeon
 Pauline Davidson
 Brenda Trenfield
 Zina Pantorno
 Alice Renaud
 Stephen Renaud
 Aline Visser
 Harold Ned Young

President
 Vice-president
 Treasurer
 Secretary
 Director
 Director
 Director
 Director
 Director
 Director
 Director
 Director

Private sector and members
 Public sector and members
 Public sector and members
 Member
 Private sector and members
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 Member
 Public sector and members
 Private sector anmembers
 Member
 Public sector and members
 Member
 Member

STAFF MEMBERS



Executive Director
Administrative assistant
Administrative assistant
Health Coordinator
Youth Coordinator
Senior & Volunteer Coordinator
Community Support Coordinator
Events & Communication Coordinator
Project Coordinator Lévis
Project Coordinator Lévis

Brian Gignac
Valerie Lehoux (Left Nov. 2020)
Michelle Donovan
Laurie Lowry
Estelle Leboeuf
Jennifer Nutbrown & Holly Laroche
Jennifer Nutbrown (New title)
Maureen Small
Laurence Allard (Maternity leave)
Verity Jordan (Replacement)



SERVICES & OPENING HOURS

MCDC offers a wide variety of services, initiatives, and programs to all age groups, such as community activities and health promotion, access to health and social services in English, volunteer services, youth initiatives, programs for seniors and caregivers, information and referrals, and many others.

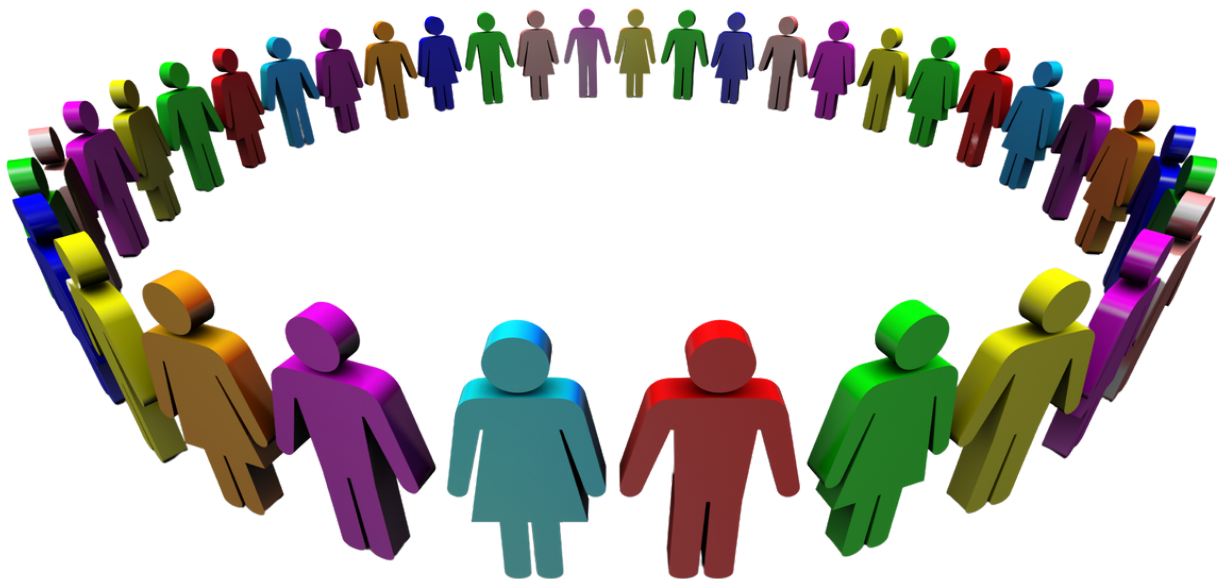
In order to help bridge the two linguistic communities of the region, MCDC also offers two activities targeting French speakers: a conversation club where French speaking people can improve their English skills and a playgroup for preschoolers and their parents where the toddlers have the opportunity to familiarize themselves with the English language.



- **Normal schedule (September—June)**
- **Monday to Friday from 8:30 a.m. to 4:30 p.m.**
- **Summer schedule (July—August)**
- **Tuesday to Thursday from 9:00 a.m. to 3:00 p.m.**
- **Christmas break**
- **Office was closed from December 18th to January 7th.**
- **Summer break**
- **Office did not close, we had staff working at different times and rotated.**

COMMUNITY INVOLVEMENT

- We can count on the contribution of Kinnear's Mills Municipality and Odd Fellows from Inverness. Unfortunately, due to COVID-19 we were unable to hold any activities in Ste-Agathe.
- We have a precious collaboration with St. Patrick Elementary School/A.S.J. High School. We have access to space at the school for guest speakers, workshops and the Breakfast Program.
- We share a human resource with the Megantic Community Foundation (MCF). MCDCC's administrative assistant is also MCF's Executive Director.
- We get free advertising from the city of Thetford Mines, "Chambre de Commerce et d'Industries de Thetford Mines" (CCITM) and the "Société de développement économique de la Région de Thetford" (SDERT).



HEALTH PROGRAM

Healthy after 50

- Each Healthy after 50 includes health information, a physical exercise session sometimes taught by health professional and a cognitive exercise session. The main purpose of our Healthy after 50 is to engage our members in a healthy active lifestyle and to maintain physical and cognitive abilities. This year we held 5 sessions for a total of 115 participants.

- Home edition "Mental Wellness and Coping with Covid-19"
- Finding Your Balance – "Care for your body, mind and soul"
- Home edition – Gratitude
- Home edition – Exercise, Safe Winter Walking
- Home edition- Nutrition Month "Healthy Eating"

(Included a package of reading materials on healthy eating, the new Canada Food Guide, healthy recipes, tips for meal planning and food storage. This package also included a healthy snack of fresh fruit and lasagna prepared by students.)



Arts & Crafts

- We offer Arts & Crafts sessions for our members to improve or maintain their fine motor skills, develop creativity, and explore abstract thoughts. The first session was held on September 23 and the second on September 24 where the members were able to make their own autumn centerpiece arrangement. The Arts & Crafts event also gives the opportunity to our members to open up about their concerns and feelings in an informal way. The two activities reached thirteen participants.



HEALTH PROGRAM

Info-Session

- An information session on the CAAP organisation and how to proceed with a complaint of the health care system was presented with Lyne Grenier via Zoom on February 10 with a total of six participants.
- Seniors Day October 1st was celebrated with a lunch delivered to the homes of thirty participants, a guest speaker's message was posted on Facebook and a written copy was included with the lunch. Also included were some pamphlets from Éducaloi which contained information on how to prepare a Mandate and Will.
- We had 7 Information sessions on different topics:
 - Canadian Revenue Agency-Modest Income Families
 - Canadian Revenue Agency - Seniors
 - La Croisée: Presenter Catherine Laflamme introduced this community organisation active in Thetford Mines since 1995 that helps support families with a member who has a mental illness.
 - Elder Abuse with Association Cooperative d'Économie Familiale (ACEF)
 - ACEF - Choosing a senior's residence.
 - Vision Gaspé Now – The 3 R's to relieve stress.
 - Three-part workshop on Caregiver / Volunteer Empowerment
- We reached 69 members.



Chep/Cummings Videoconference

- We presented 7 CHEP DVDs/Videoconferences:
 - Coping with Arthritis during social isolation.
 - Taking care of your mental health & resilience during the pandemic.
 - Eating well during the pandemic.
 - Moving well during the pandemic.
 - Nutrition let's talk about protein.
 - The price we pay for safety, managing risk and uncertainty in life.
 - Straight talk about end-of-life options.
- We reached 61 members.

HEALTH PROGRAM

Regional Access Committee

- The committee met four times in the last fiscal year. From the access plan that was submitted to the CISSS board and to the health ministry, the committee met to discuss the actions that should be prioritized for the upcoming year.
- An online survey was created to receive feedback from the English-speaking population of Chaudière-Appalaches on their experience in accessing health and social services in English.

Partners in Health

- We produced and distributed a Partners in Health newsletter three times this year. Each pamphlet includes health information (Highlighting Covid-19 vaccine, staying hopeful, and how to stay active during the pandemic.) We reached approximately 265 members with each edition.

Translation

- When needed, we offer translation to facilitate access to health-related services.
- We also translate documents and publications for our partners for example:
 - Procedure to access health and social services in English.
 - Certain elements of the access plan.
 - COVID-19 related information.
- Our communication's coordinator was asked on two different occasions to translate resume's for the Carrefour Jeunesse Emploi.

Meetings

- MCDC represent the interests and the needs of the English-speaking community by participating in different committees and maintaining collaboration with our French-speaking community partners. You will find the complete list of our representations in the dedicated section below.

SENIOR SERVICES

Caregiver Program

- We provide respite care through volunteers when caregivers need to leave the house for a couple of hours.
- Last year, we only did four visits due to the pandemic.
- We offer home visits to identify caregivers' most pressing needs and offer individual support. In 2020-2021, we visited eighty-one caregivers.
- We delivered seventy-four care packages and prepared meals.
- Between home visits, we maintain individual follow-ups through phone calls on a regular basis. It represents fifty-two phone calls.
- We offered two training sessions on mental health and self-care.
- We had three workshops with a retired occupational therapist.
- We also offered 14 group support activities.

Buddy System (friendly visits)

- Many seniors find themselves lonely and isolated. In an effort to support our seniors, break isolation and prevent abuse, we offer friendly visits called the Buddy system. Isolated seniors are paired with a volunteer offering phone calls or visits on a regular basis. Last year, this represented 337 visits and 1701 phone calls which were done by both staff and volunteers. Some home visits are made by our Seniors and Volunteer Coordinator who ensures their general health and safety and brings prepared meals.
- A total of 129 phone calls were made to our members some of which live alone or are vulnerable. These phone calls were done by different staff members to ensure that our seniors were doing well during the pandemic.
- This year we bought games, arts & crafts supplies, brainteasers, and magazines . We leave the materials with them until our next visit so the seniors will have time to enjoy them.



SENIOR SERVICES

Volunteer Transportation

- For our senior members, we offer volunteer transportation in order to get to a medical appointment. Volunteers offer a ride from home, assistance, and translation. We compensate the travel expenses. For 2020-2021, we fulfilled forty-seven transportation requests.



Drop - In

- Drop-Ins provide an opportunity to meet, play cards or games and to socialize in friendly surroundings. This activity is an essential element of our strategy to break social isolation of our seniors. The members met on three different occasions every month until March 2020 but were then cancelled due to the pandemic. Without any face-to-face activities being held, we had to think outside the box and came up with a system called Chatting It Up where a few of our members could call each other weekly and socialize. This was a great alternative and was appreciated by our members.



Intergenerational Activities

- The Pen Pal's Project: twenty-five seniors exchanged letters with twenty-two grade three elementary school students.
- History of our region given by Aline Visser to sixth grade students.
- Due to Covid-19 there was no Drop in Christmas Party. Instead, a zoom invitation was sent out to those interested and a student from grade 5 asked questions to two of our seniors (Mr & Mrs. Learmonth) about their experience of Christmas when they were children. Ninety-One Christmas cards were prepared along with boxes of goodies and cards for our community members.



YOUTH PROGRAM

I Volunteer

- The goal of the "I Volunteer" program is to help the students make a difference and give back to the community. Due to Covid-19, volunteering opportunities were limited to:
- Emptying the classroom recycling bins
- Kindergarten bus buddies
- Preparing St Pat's Elementary School cracker snacks
- Preparing Christmas boxes and lasagnas
- Preparing Christmas cards for seniors in the commu
- Cooking for seniors & board games
- Call to recycle project: In collaboration with Environment Jeunesse, 17 Grade 5 students recycled 2898.2Kg of batteries and won first place.
- Christmas Baskets prepared for community members by 18 students.
- Total of 98 students volunteered.



Parents & Tots

- Parents & Tots is our weekly playgroup that reached out to 3 young children aged 3 to 5 years old. This playgroup is an excellent opportunity for the children to discover the English language through crafts, songs and storytelling and develop their interpersonal skills. We had two sessions in person and the rest were done virtually due to the pandemic.



YOUTH PROGRAM

Career Orientation

- For the 2020-2021 fiscal year, MDCDC has continued to work in close partnership with A.S.J. High School and partners to support our youth employment support program.
- Seven career exploration activities were held.
- In partnership with the CLSC of Thetford Mines, sixteen Secondary 4 students met with an Occupational Therapist in October.
- In November, thirty Secondary 4 and 5 students met with a registered nurse.
- In February, Secondary 4 and 5 students met with a Dental Hygienist, we had a total of thirty students.
- In March, two Secondary 3 students had an exploration day at the vocational training school "Le Tremplin".
- In November, a virtual visit of the Champlain College in Lennoxville was given to Secondary 5 students. Students were given the opportunity to ask questions about the courses offered to the teacher giving the tour.
- In December, a virtual visit of the St-Lawrence college was given to Secondary 5 students. They were also given the opportunity to ask questions about the courses offered.
- In November, Secondary 5 students also had a virtual tour of the Cegep in Thetford Mines.



Early Childhood

- We developed a new program with the school called Early Childhood. The goal of this involvement with the school is to help the Kindergarten-4 students with vocabulary, motorskills, crafts and more.
- We developed a school readiness kit



YOUTH PROGRAM

Job Shadowing

- One information session was held in 2020-2021 (October), CATTARA offered a workshop on workers' rights for Secondary 4 students since many of them do part-time work.

McGill

- MCDC is the local lead organization for the "Health and Social Services Community Leadership Bursary Program" from McGill. MCDC promotes the program, helps potential candidates to complete the application process and keeps in touch with the bursary recipient. We had two winners in 2020-2021

Life - Skill Workshops



- We offered life-skill activities: "Cooking on a low budget" to all the secondary V students and an info-session on finance with the Carrefour Jeunesse Emploi de Frontenac. Students also participated in an CV and Interview workshop with the CJE.
- In October, a babysitting workshop was given to grade 5 & 6 students.
- A few info-sessions on finance, budget and credit were given to our pathway students from the CJE.

Student Wellness

- Five workshops were given to students from Grade 6 to Secondary 5 on the topic of anxiety & academic perseverance. A total of 75 students participated.

Special Events

- For nutrition month, The MCDC staff delivered fruit baskets with quotes attached reminding the students that eating healthy is important. The following day, we served fruit smoothies to the elementary and secondary students and the third day we served individualized fruit with chocolate fondu packages.

COMMUNITY LIFE

Library & Book Club

- Our Community Library is very popular with our members since it allows them to have access to books in English. Many of our members and volunteers donated books. This year, we also bought 300 new books.
- We held two virtual book club sessions with a total of 22 participants.
- We had 60 participants who borrowed 561 books during the year.
- We developed a home delivery service for members who preferred to have books delivered to their home.
- We added a new youth section to our library so that elementary students and their families could borrow books.
- We ordered many DVD's, puzzles and activity books for our library and many were delivered to our seniors at home to help keep them busy during isolation.



Community Resource Centre

- We have numerous documents and flyers that are available at our community centre. For example, members may have access to many legal documents produced by Éducaloi. Documents from some of our partners are also available and brought to community members participating at our Drop-In afternoons.
- MCDC also has access to DVDs, and videoconferences related to health topics. Members can come to our community centre to watch them.
- MCDC has opened its doors to community members and organizations who need a meeting space. We offer it free of charge.

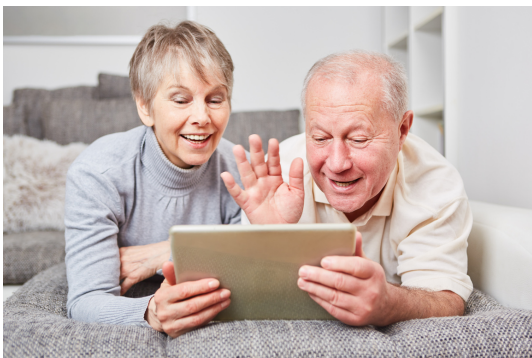


COMMUNITY LIFE

Social Activities



- We held three virtual game afternoons for our members. Participants played bingo and trivia. A total of 22 members participated in the activity.
- During the summer period, we held two face-to-face game afternoons in both August and September. With strict COVID-19 safety protocol, we had 40 participants. Members were able to play charades and bingo.
- We held two face-to-face movie matinees in July and August. We had a total of 40 participants. In the Fall of 2020, public health recommendations once again put a halt on group gatherings, so we adapted our movies matinees using Zoom. Our first showing occurred in November with 6 participants. Our second showing was in November with 5 participants.
- We used Zoom to show old sitcoms using DVDs from our library. From November to March, we held 8 sessions and had 80 participants.
- Our last innovation was to create a movie club for our community members who did not have a computer but had a DVD and television. We held 11 activities and reached out to 132 participants.
- Total participants for Movie Matinees, Zoom movies and Movie club is 263 participants.
- This year, we were able to hold three Meet & Greet activities – one face-to-face during the summer and two were held virtually.
- In September, we held a picnic for our seniors so that they could chat and have lunch with other fellow members of the community. We had 25 participants.
- Our second Meet & Greet was our Annual General Meeting that was held in September on Zoom. This was the first time that our AGM was held virtually, we had 24 participants.
- In December, we held our Christmas Meet & Greet on Zoom, we had 45 participants.



COMMUNITY LIFE

Éducaloi Special Workshops

- In October, we held a legal information workshop with CATTARA at ASJ High School. The topics covered were Student Rights as Employees. Sixteen people attended this conference.
- We held four workshops in January, February and March with Secondary 1-5 students to raise awareness on the consequences of drinking and driving, cyberbullying, speed behind the wheel and drug regulations and the laws.



Newcomer Services

- This year we have welcomed two families and one newcomer to our region, MCDC has played a vital role in the transition period. Our role is also to introduce them to other organizations in the French-speaking Community when they require other services.



Down Home News

- MCDC publishes a monthly newsletter in order to inform our community on upcoming activities (MCDC and other groups.). It is emailed to an extensive membership list and mailed out to some of our members. We reached over 400 people with the monthly Down-Home News.



COMMUNITY LIFE

Facebook

- Our Facebook page is becoming an important communication tool to advertise material since many of our members have a Facebook accounts. We have been increasingly active on our page. At the moment we have 898 followers and 271 followers on our youth page.

Website

- Our website was completely transformed this past year, from upcoming events to the history of our lovely organization, no matter what information you are looking for, it can be found on our new website.



ENHANCING COMMUNITY CAPACITY

Satellite office in Lévis

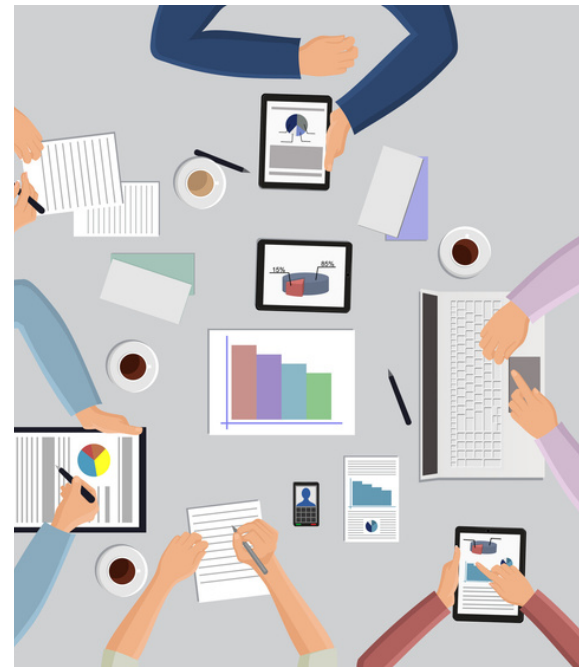
- Creation of an advisory committee to guide our actions in developing our satellite office.
- Invited to participated in different tables/committees.
- Creation of a list of local English-speaking resources.
- School readiness kit for K4 students at St-Vincent Elementary.
- We created a new youth section to the library.
- We recruited 59 new members (parents of students)
- We have partnered with Tourisme Region Thetford to conduct a feasibility study on the contribution of the English-speaking community to the development of the Thetford region.
- We have launched a pilot project with the Société de développement économique de la région de Thetford to translate all their press releases in English.
- Going virtual project allowed MCDC staff to work from home when needed.



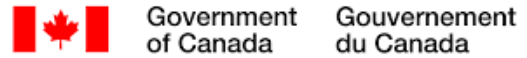
PARTNERSHIP

Meetings & Committees

- Appui Chaudière-Appalaches Annual general meeting
- Comité Emploi Région de Thetford
- Comité sectoriel Soins Palliatifs Fin de Vie secteur Thetford
- Comité « Vieillir en santé » - CSSS Région de Thetford
- Conseil des aînés des Appalaches
- Comité des usagers de la Région de Thetford
- Community Health And Social Services Network (CHSSN) Annual general meeting
- Regroupement des organismes communautaires en services à domicile de Chaudière-Appalaches
- School Governing Board
- Table de concertation des aînés de Chaudière-Appalaches
- Table de concertation des proches aidants des Appalaches
- Table de concertation en immigration
- Table de concertation Jeunesse-Famille
- Table de concertation pour les personnes âgées de l'Érable
- Table de prévention Vieillir sans abus de Lotbinière
- Table de prévention et lutte à la maltraitance envers aînés de Chaudière-Appalaches
- Table PPF EJ (Prévention, promotion, familles, enfants, jeunes) – Satellite office (Lévis)



SPECIAL THANKS



***Vous** êtes là pour **eux**,
nous sommes là pour **vous**.*



Canadian
Heritage

Patrimoine
canadien