



2018 - A bright new world

President's corner:

2017 was a year of quick growth and many wonderful projects realized as well as partnerships within the community. For this we are grateful. Thank you to all of you who are members, who are partners and have made the past year one of our best. Thank you to the many volunteers in our organization who have generously given of their time and expertise and whom have contributed to making 2017 a bright light in our MWCN community.

'Last night I received a phone call from a caregiver who is going through a very sad period. Her partner of over 50 years was diagnosed with dementia about 2 years ago. Since then this disease has progressed rapidly. Up until then this couple enjoyed trips overseas to England, Ireland, Scotland and France almost yearly with a trip to Calgary and also to Florida. Now they have to sell their house and move into a more secure facility. This week even more sadness has met this couple as he has begun to be dangerously in crisis and has been hospitalized and will never go back home. What great decisions that this caregiver has to make. What losses she is confronted with in such a short period of time. We have been walking along side her since the beginning with our support. She called me with this latest news last night. She thanked us for helping her through the many courses that we offer. She participated in the Recharge Program and Mind Calm offered by ARC Assistance and Referral Service at the New Frontiers School Board through the Montérégie West Community Network partnership.' This is what MWCN means to our community. We are your support to bring Health and Social Service Programs to our area in English. **Knowledge is Power.** This person says, 'because these courses were offered to her, she is a much stronger person and they prepared her with tools to help her meet this crisis in her life and deal with it on a day to day basis and not feel alone.'

Well 2018 has begun and we would like to wish you all a very HAPPY NEW YEAR full of peace, good health and great prosperity. For the MWCN we begin a very exciting year of growth and it has begun with the acceptance of one of our funding application projects called 'Conserving History through the Generations'. This is a very interesting intergenerational project which will be made possible through our collaboration with a key partner namely, New Frontiers School Board.

We look forward to making our community a better place for all together with you as we strive to empower people and help you our members of the English-speaking Community and our partners meet your goals.

Here is to a great year 2018,
Best regards,

Pauline Wiedow, President

Be a member detector

New members are the lifeblood of every organization, including ours.



MWCN Board Elected officers:

President: Pauline Wiedow
Vice President: Lise Brunette
Treasurer: Gayle Holdaway
Secretary: Lise Brunette

Members: Chuck Halliday
Susanna Langevin
Georges Bujold
: Maria Friozi
Marlene Stacey

Member Coordinator: Gloria Lynch
Volunteer Coordinator: Maria friozzi

Interest groups

Book Club Chair	Gayle Holdaway
Knitting for Charity	Susanna Langevin
Walking Club	Joanne Murray
Membership Chair:	Gloria Lynch
Newsletter editor	Lise Brunette
e-mail: mwcn2016@gmail.com	

Letters to the Editor

Event, activity, or interesting fact to share?
lbrunette51@videotron.ca

English Conversation Classes begin Monday, January 15th from 6:30 – 8:30 at Nova Career Center, 70 Maple boul. In Chateauguay. This is a 10-week interactive course bringing together different cultures and making this a fun group with moderator Georges Bujold. \$70.00 membership included.

There will be a possibility of extending it for a minimal fee should the class wish.

Les cours d'anglais débutent lundi le 15 janvier de 18:30 à 20:30 au Centre Professionnel Nova, 70 boul Maple, Chateauguay. C'est un cours de 10 semaines avec possibilité de prolongation. Le coût est de \$70 pour 10 semaines et un frais supplémentaire à déterminer s'il y a prolongation.

French Conversation Classes begin Wednesday, January 17th from 6:30 – 8:30 at Nova Career Center, 70 Maple boul. Chateauguay. This is a 10 week interactive course that makes learning French Fun and Easy with moderator Georges Bujold. \$70.00 membership included

MWCN Sponsored Events:

Book Club: Group 1 starts
Group 2
Both are held at St. Willibrord School - Mondays from 10-12pm
every two weeks.

First book we will be reading/studying is

Our second book which we will start in our February session will be

Cost \$20.00 plus purchase of book. For information call Gayle 450-699-1078.

2018 Community Wednesdays

February 7th: École de la Rive
April 4th: École Saint-Isidore - Langevin
May 2nd: École Saint-Jean-Baptiste

- Come and meet more than twenty local community and governmental organizations
- Free babysitting available for children under 7 years old
- Spaghetti dinner for only 2\$
- No inscription needed
- Opened to everybody

Info: 450 699-3333, ext: 2224 or ww.nfsb.me/events

**Une Activité pour les aînés
« Le monde à la portée des aînés »**

*Un film de Voyage sur l'Espagne
Par Pierre Brouwers*



Date : mardi le 23 janvier 2018

L'Heure : 13 :30 à 15 :30

Lieu : La Salle Culturelle Barberivain à
Sainte-Barbe (l'Église)

**Les réservations sont obligatoires
À Projet Communic-Action 450-264-597**

Une collation



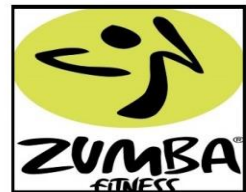
Et des prix de présences



000 MWCN
Monteregie West
Community Network is
happy to partnership
up with Vice Versa /
Réseau Selection, 120 rue de
Gaspé, Chateauguy to present
this energizing exercise program.
Free for residents as well as
MWCN members every Friday
morning beginning January 19th
to March 9th from 10am to
11am. Membership is \$10.

JOIN IN THE FUN BY CALLING
PAULINE AT 450-617-0513

Begins Friday, January 19th from
10am-11am
120 rue de Gaspé, Chateauguy



LOOKING FOR HELP THIS SUMMER?
WHY NOT HIRE A STUDENT?

FINANCIAL ASSISTANCE FOR WAGES IS AVAILABLE!

The 2018 Canada Summer Jobs (CSJ) application period for employers is from December 19, 2017 to February 2, 2018.

Canada Summer Jobs is a Government of Canada initiative. It provides funding for not-for-profit organizations, public sector employers and small businesses with 50 or fewer full-time employees to create summer jobs for students between the ages of 15 and 30. The application form as well as the applicant guide are currently available at www.canada.ca/canada-summer-jobs. You can submit your application online, by mail or in person at any Service Canada Centre.

We encourage you to submit your 2018 application online. By doing so, you will benefit from a fast, easy-to-use, and secure way of applying as you will:

- have access to the Canada Summer Jobs application 24/7, from any location, allowing you to complete it at your convenience;
- ensure your application is received immediately by Service Canada;
- receive an instant acknowledgement confirming that your application has been received; and,
- avoid postal delays.

There are two systems available to enable you to apply online:

- 1 Grants and Contributions Online Services (GCOS): If you already have a GCOS account, please use this online platform to submit an online application; or
2. CSJ online application form.

For more information:

Click: www.canada.ca/canada-summer-jobs; Call: 1-800-935-5555 (ATS: 1-800-926-9105)

MWCN Sponsored events:

Series of Workshops with Dr. Gordon Johnston begin Tuesdays, January 23rd - Grief; February 27th – Depression: March 27th Stress, 1:30 - 3:30 at St- Willibrord School, Cost \$5.00 per workshop.

January 27th **Scrapbooking** winter escape. Cost \$15.00 for the day 9:30 - 4:30...Bring your own lunch...I have the poster attached.

February 13th, CVR, Ormstown **Soirée Communautaire**

February 15th **Partnership meeting** at Howick Elementary School from 1 - 3

February 19th, **Kahnawake Health Promotion Luncheon** from 11 - 2:00

April 23rd is **Volunteer Appreciation Week** and we have Dr.Joe Schwartz as guest speaker at the luncheon at Vice Versa.

May 5th is our **Fundraiser supper with music provided by Pays d'Abondance** at Restaurant de la Place....more info to follow.

Friendship Luncheons in Howick with our partner Howick Medical Co op; Tuesday Jan. 23rd, February 13th, March 13th and April 10th. Call Lauren to register 450-237-0700.



Winter 2018 Activities

Support - Between Caregivers Cozy Coffee

In a welcoming, confidential environment, family caregivers who wish to meet, share and exchange similar situations gather on a monthly basis.

Designated Monday's 1:30 to 3:30

Godmanchester

Jan. 22nd • Feb.19th • March 19th

Saint-Chrysostome

Jan. 29th • Feb. 26th • March 26th

Respite Relief - Activity for loved ones

This service is geared for the elderly experiencing light to moderate loss of autonomy. Two qualified animators welcome participants to a complete day of organized activities, which are designed according to the groups needs. It offers physical, cognitive and creative stimulation through crafts, games and music therapy which highlights special occasions and celebrations. **Our organization offers adapted transportation free of charge.**

Godmanchester - Saint-Chrysostome

Every Mondays from - 9:30 to 4:00

Except for holidays

Cost: Dinner \$7.50

** Respite Relief allows family caregivers to participate in the "Between Caregivers cozy coffee" support group.*

Chair Yoga

A series of 16 sessions to develop flexibility & tone, strengthen muscles, reduce stress and improve posture. Guaranteed to calm the spirit!

Cost: \$80.00 for the session

Saint-Chrysostome

January 12th to May 18th

**Except for Feb. 23rd - March 2nd - March 30th*

Friday's • 1:30 to 2:30

Workshop - Caregiving without Exhaustion

This 8 session workshop aims to support the family caregiver in their role to understand, identify and define personal needs and limits. At the same time, caregivers will learn new techniques and strategies to prevent burnout.

Registration is required by March 27th, 2018.

Ormstown

At CVR in the CLC room

April. 5th to May. 31st

Thursday's • 6:00 to 8:30 pm

**Except for April 26th*

Alzheimer Information Session

Following **Caregiving without Exhaustion** and in partnership with the Suroit Alzheimer Society, this information session will help caregivers will understand the signs and different types of memory loss. Thursday, June 7th, 2018• 6:00 to 8:30 pm

Counsellors Corner

To take care of oneself is not an act of selfishness, instead an act self-reverence. Self-care means being your own best friend, giving yourself a break and even forgiving yourself! As a caregiver, it is an all too familiar act to overlook one's own needs, instead we prioritize those of others first. So as a call to action, I ask you to start each day by waking up and checking in with your own needs first, while adjusting your day accordingly!

**23A, Ste-Anne
Saint-Chrysostome, Québec J0S 1R0**

**1493, route 138, suite 4
Huntingdon, Québec J0S 1H0**

Pour information ou inscription :

Tél : 450.826.1243

Sans frais : 1.855.826.1243

KNITTING WINTER /SPRING 2018

St- Willibrord School – Teaching knitting to 10 Grade 4 students, beginning Friday, January 12th, 19th, 26th, February 2nd, 16th and March 2nd during their lunch time 12-1.

Mary Gardner School – Teaching knitting to 10 Grade 4 students, beginning Thursday, January 11th, 18th, 25th, February 1st, 15th, and March 1st during their lunch time 12 -1.

MWCN Teaching knitting, crochet and looming for adults, meeting every 2 weeks on following dates at St-Willibrord's school: January 23rd, February 6th, 27th, March 6th (other location as it is March Break), 27th, and April 10th from 10-12

Group of knitters knitting for charity – CHAL, Batshaw Child and Family services, and Hope and Cope and others in need. – Dates to remember January 16th, February 20th, March 20th, April 17th and the last one before summer is May 15th pot luck. These are from 11 to 1 and are held at St-Willibrord School. **FREE**

Contact Person – Susanna Langevin – 450-699-4187

Caller – Elaine Robitaille –for the Group Knitting for Charity

A WINTER ESCAPE SCRAPBOOKING / CARDMAKING



COME JOIN US :

When: Saturday, January 27th, 2018

Where: Vice Versa, 120 rue de Gaspé, Chateaugay

Time : 9 :30am – 4 :30pm

Cost : \$15.00 for the whole day.

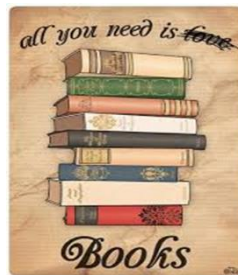
We supply the products you will need. All you have to bring is glue an scissors. Limited space so please call early. Bilingual participation!!



- You will leave with a page for a scrapbook and cards that you have made yourself.
- You may work on your own projects and join in on our projects for the day.
- For the Residents you can eat in your lunch room and come back in to join us.
- For those coming from outside **please bring a lunch.**
- We will supply coffee, tea and snacks.

Please call Pauline to register 450-617-0513 by January 20th Or email pwiedow@hotmail.co

Do you love to read & learn something new at the same time. Join us in reading and discussing "Brooklyn" by Colm Toibin. You will love the extra research that I do to enhance your experience.



Place: Vice Versa,
110 Rue de Gaspé O.,
Chat. J6J 0C5
Time: Every second
Monday from 10-
12pm for three
meetings. First Group
starts February 19th,
second group
February 26th.

**Contact: Gayle Holdaway
450-699-1078. If you
need me to order you the
book the deadline is
January 22nd.**

