

THE MEPECER



Most Wonderful time of the Year

By Sergio Bertarelli

As Andy Williams sings "It's the most wonderful time of the year!", we approach one of the most celebrated dates in the world. It is the moment where we have the opportunity to once again be with our family and friends.

A gentle reminder that our office and library will be closed from November 24th until January 3rd. But we are still here to serve the interests of the English-speaking community.

We wish you a very healthy and happy holiday season!



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Did You Know...?

WORLD AIDS DAY

HIV remains a major public health issue that affects millions of people worldwide.

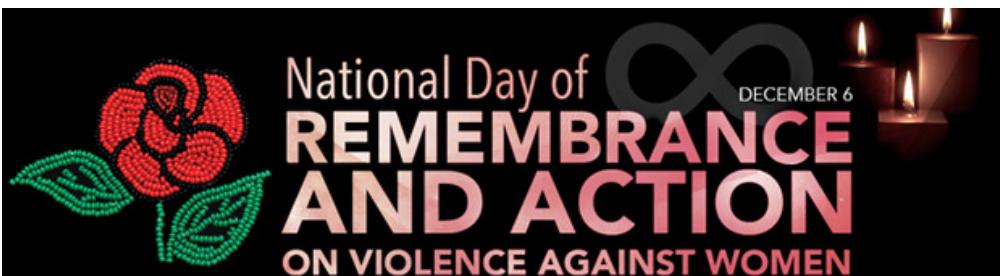
Although the world has made significant progress in recent decades, important global targets for 2020 were not met.

Division, disparity, and disregard for human rights are among the failures that allowed HIV to become and remain a global health crisis. Now, COVID-19 is exacerbating inequities and disruptions to services, making the lives of many people living with HIV more challenging.

The theme of World AIDS Day 2021 is "End inequalities. End AIDS"



ENDING THE HIV EPIDEMIC
Equitable Access, Everyone's Voice



The National Day of Remembrance and Action on Violence Against Women, also known informally as White Ribbon Day, is a day commemorated in Canada. Each December 6, on the anniversary of the 1989 École Polytechnique massacre, we remember the fourteen women students who died and ten others who were injured by an act of violence against women.

Every act of violence against women is based on women being viewed as less human than men. That is why the National Day of Remembrance and Action on Violence Against Woman stands for more than simply one massacre. Thirty-five percent of women worldwide have experienced physical and/or sexual violence, according to the United Nations.

This day stands for change and awareness of the power dynamics existing between men and women all over the world.



MEPEC's Activities and Services



LIBRARY HOURS

The library is open on Tuesday, Wednesday, Thursday afternoons from 1:30 pm to 3:30 pm and on Wednesday, one evening a month (during the book club: December 15th and January 19th).

WALKING GROUP

Please note that the walking group will be suspended over the holiday period and for the months of January, February, and March.

It has been a pleasure walking together and we look forward to seeing you back in the spring of 2022

In the meantime, we encourage you to stay active.

SENIORS DISCUSSION TABLE

Participate in the development and recommendation of solutions aimed at improving the experience of English-speaking seniors within the health and social services. Our next meeting will take place on December 14th at 2 pm online.

To participate [contact us](#).

REMINISCE & WRITE

Have you ever thought of telling your life story? Beginning January 18th at 1:30 pm. You will have the chance to share some of your life memories with our participants and put pen to paper to record them. There will be 10 sessions total. This is sure to be a good time. If you live in Montérégie East and are interested in participating, Register here before January 3rd. Please note that places are limited.!

To participate register on this link [here](#)!





TRIVIA NIGHT

Every third Tuesday of the month, MEPEC is hosting an online Trivia Night. We invite you to put your thinking caps on and join us to test your knowledge. Team up with your family, in the comfort of your home, and answer a series of questions. The next Trivia will be held on December 16th at 7 pm.

To register click [HERE](#).

ARE YOU STUDYING IN THE FIELD OF
HEALTH OR SOCIAL SERVICES

You could be eligible for a
BURSARY

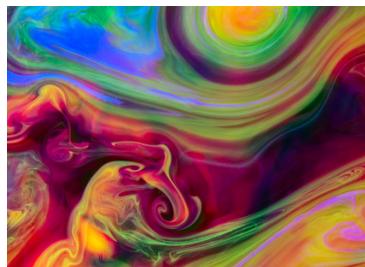


McGill | Dialogue McGill | Health Canada | Santé Canada | MEPEC

MCGILL HEALTH AND SOCIAL SERVICES BURSARY PROGRAM

With funding from McGill University, MEPEC is very pleased to offer the Health and Social Services Community Leadership Bursary Program. The Bursary provides a financial incentive for students from the Montérégie East region pursuing full-time studies in health and social services at a Quebec government-recognized educational institution to return to (or stay in) their region to work and serve their communities after completing their studies.

For more information, [contact us](#).



ONLINE PAINTING EXPERIENCE

Painting sessions are every Thursday from 2 pm to 4 pm. We still have a few spots left. Won't you join us?

[Contact us](#) to register.





BOOK CLUB

Fall is such a great time to cozy up with a good book, a blanket, and a hot cup of something. Join the MEPEC's Book Club. Our next meeting will be held on December 15th from 7:00 pm to 8:30 pm. You can participate in-person at the library.

[Contact us](#) to register.



INTERGENERATIONAL PEN-PALS

MEPEC will help to facilitate meaningful exchanges between school-aged children and seniors of our region to encourage literacy and social connections.

MEPEC still needs a few more senior participants. If you are interested, please [contact us](#).

VOLUNTEER NEEDED

MEPEC is looking for volunteers that want to make a difference in the community.

Need more information, send us
an e-mail :
info@mepec-pemca.org



BECOME A VOLUNTEER

Are you interested in becoming a volunteer in 2022?
Wanna do some good in the community?

If you need more information, [contact us](#).



MEPEC's Seniors Wellness Centre

Human's Right Day

Human Rights Day is celebrated annually across the world on 10 December. This date was chosen to honor the United Nations General Assembly's adoption and proclamation of the Universal Declaration of Human Rights (UDHR). 1948 was the first global enunciation of human rights and one of the first major achievements of the new United Nations.

In Canada, human rights are protected by federal, provincial, and territorial laws. Canada's human rights laws stem from the Universal Declaration of Human Rights. John Humphrey, a Canadian lawyer, and scholar played a significant role in writing the Declaration. When it was complete, the Declaration provided a list of articles outlining everyone's universal human rights. The first two articles are about equality and freedom from discrimination, the foundation of the Canadian Human Rights Act.



The Canadian Human Rights Act of 1977 protects people in Canada from discrimination when they are employed by or receive services from the federal government, First Nations governments, or private companies that are regulated by the federal government such as banks, trucking companies, broadcasters, and telecommunications companies. People can turn to the Canadian Human Rights Act to protect themselves against harassment or discrimination when based on one or more grounds of discrimination such as race, age, and sexual orientation.

The Canadian Charter of Rights and Freedoms of 1982 is part of Canada's Constitution. The Charter protects every Canadian's right to be treated equally under the law. The Charter guarantees broad equality rights and other fundamental rights such as freedom of expression, freedom of assembly, and freedom of religion. It only applies to governments, and not to private individuals, businesses, or other organizations. This means that for the most part, a person cannot mount a Charter challenge against a private business, a private organization, or a person who is not acting on behalf of the government. The Charter also protects the rights of all Canadians from infringements by-laws, policies, or actions of governments, including authorities such as the police.



MEPEC's Community Library

International Volunteer Day

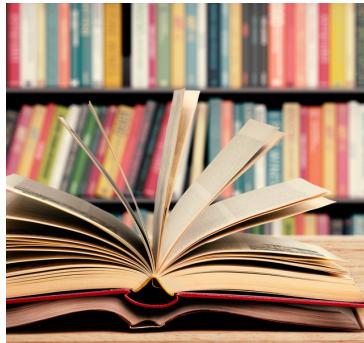
By Sergio Bertarelli

International Volunteer Day (IVD) is a global celebration of volunteers. It takes place every year on December 5 to shine a light on the impact of volunteer efforts everywhere.

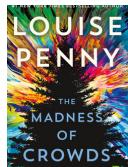
Volunteers are leading social change around the world. This special day promotes the work of volunteers at all levels, including local, national and international. It offers an opportunity for volunteer-involving organizations and individual volunteers to promote volunteerism, encourage governments to support volunteer efforts, and recognize volunteer contributions.

MEPEC would like to recognize our 7 library volunteers for their outstanding contribution to our library.

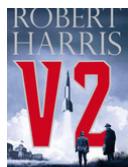
If you want to be part of our volunteer group, send us a message by [e-mail](#) or [social media](#).



New Arrivals at the Library



The Madness of Crowds by Louise Penny
When a murder is committed it falls to Armand Gamache, his second-in-command Jean-Guy Beauvoir, and their team to investigate the crime as well as this extraordinary popular delusion.



V2 by Robert Harris
A German rocket engineer, a former actress turned British spy and the Nazi rocket program. It's November 1944--Willi Graf, a German rocket engineer, is launching Nazi Germany's V2 rockets at London from occupied Holland.



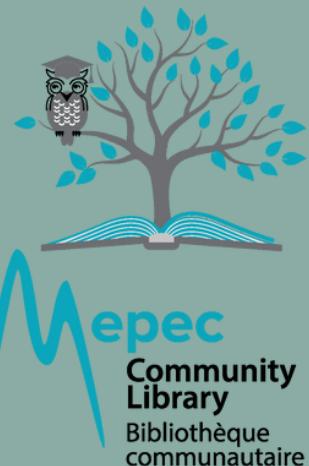
Unspoken by Dee Henderson
Charlotte Graham is at the center of a famous kidnapping in Chicago. The task force of FBI and local cops found her two abductors, killed them, rescued her, but it took four very long years. The fact she was found less than three miles from her home, had been there the entire time, haunts them.



TUESDAY
1:30 PM TO 3:30 PM

WEDNESDAY*
1:30 PM TO 3:30 PM

THURSDAY
1:30 PM TO 3:30 PM



Partners' Activities and Services



COFFE TALK

The next coffee talk will take place on Friday, December 10 at 10:00 a.m. at the Community Center of Saint-Bruno-de-Montarville.,

Learn to live with the pandemic; self-esteem, anxiety and emotional management, and more! With Mélanie Parent, massage therapist, and energy specialist.

The number of places is limited and the vaccination passport is required to participate in this activity.

Registration is required at 450-441-0807. Possibility of participating by videoconference as well.



MONTHLY BRUNCH

On December 3rd from 11:00 a.m. to 1:30 p.m., you are cordially invited to come and have lunch with members and friends of Arthritis South Shore. Each person will cover the cost of their meal.

Book your place now by email at info@arthriterivesud.org. We will share the location of the restaurant by return email.



PLAY LIKE A GIRL PRESENTED BY PHOENIX KIDS' CLUB

Phoenix Kids' Club every Sundays from October 17th to December 5th, 3 pm to 5pm, a 2-hour activity for girls in Grades 5 & 6. There will be 1 hour of sports and 1 hour workshop.

For more information or to register contact Jessica at dir.phoenixprojects@gmail.com, 438-935-0372, or visit Phoenix website at www.phoenixprograms.ca.



ReCharge
Workshops for Caregivers

NEXT WORKSHOP FOR CAREGIVERS
fall season

- Each Wednesday from Oct. 6th to Nov. 17th
- From 6:00 pm to 8:00 pm
- By Zoom
- Free of charge

To reserve:
514-608-9600 / caregivers@arc-hss.ca

L'APPUI

ARC



RECHARGE SUPPORT GROUP BY ARC

ReCharge is guided by a social worker on a monthly basis and is aimed to help Caregivers find ways to manage their stress, to provide tools to make their daily tasks easier and to share their experiences with other caregivers.

You are invited to contact Ruth Montas, from ARC-HSS, about this caregivers program at 514-608-9600 or caregivers@arc-hss.ca.

GROUP SUPPORT - SHARE AND SHINE WITH ARTHRITIS

From 1:30 pm to 3 pm, at the Nathalie-Croteau Centre, in Brossard and online, join the support group for people living with Arthritis. A meeting in English will be held on December 17th. Register at info@arthriterivesud.org.

CARREFOUR DES ARTS

The painters of the Carrefour des Arts invite you to their Christmas exhibition. Eight artists will be on-site to present their most recent productions. Come and discuss with them and let yourself be tempted by their works!

On December 5, 2021, from 10 am to 5 pm at the hall of the Carrefour des arts of the Sacré-Coeur School located at 265, Rue Saint-Hippolyte (entrance rue Sainte-Anne), in Mont-Saint-Hilaire.



SACRED GEOMETRY BY PHOENIX KIDS' CLUB

Join this new workshop, Sacred Geometry, Meditation Through Drawing Patterns by Phoenix Kids' Club and learn or discover a new artform and your inner artist.

Take the one day in-person workshop, Saturday December 4th 9:30 am to 11:30am 4955 Montee St-Hubert, St-Hubert

To register, contact Jessica at 438-935-0372 or dir.phoenixprojects@gmail.com.





FITNESS ADAPTED EXERCICES BY ARTHRITIS SOUTH SHORE

From December 7th and December 14th at 10 am to 11 am, participate in the free in-person or online Fitness Adapted Exercises organized by Arthritis South Shore. To register or for more information, info@arthriterivesud.org.

Départs / Departures
Online Webinar
Travel Insurance Coverage Especially During a Pandemic
Tuesday, December 7 2021 10:00am~noon

There Is More To Insurance Than Price

Experts from Snowbird Advisor and Snowbird Advisor Insurance, plus a Cross Border Lawyer, will be presenting on the following topics:

- Make sure your policy covers you for COVID
- Trip cancellation, interruption insurance and Quarantine Coverage
- Vaccination status and travel advisory level may matter
- Single Trip vs Annual Trip Plans
- Vacation Rental Tips
- Top-Ups and Extensions, Deductibles
- Upgrades, Add-ons and specific requirements
- Pre-existing medical conditions
- Info on Stability Period Clause
- Making a claim- Claim tax credit for travel insurance

Bonus Topic:
• Real Estate- Buying and Selling- Tax and Estate Planning

TRAVEL INSURANCE COVERAGE ESPECIALLY DURING A PANDEMIC

On Tuesday December 7th 2021 from 10:00am- 12:00pm, we invite you to join our webinar in collaboration with Snowbird Travel Insurance.

This webinar will provide information on the changes that have been made to travel insurance coverage since the beginning of the pandemic and will focus on sharing tips and relevant information for seniors who are thinking of travelling.

To register for the event, email your name and contact information to info@seniorsactionquebec.ca. Deadline to register is Monday, December 6th.



For more information, contact mirella.castrechini@seniorsactionquebec.ca.

RESILIENCE AND SOCIAL CONNECTION BY SENIORS ACTION QUÉBEC

Take a look at how social connections build resilience, and receive a tool developed for seniors coping with isolation due to challenging (uncontrollable) circumstances.

The next training dates for December:

- December 7th and 16th(10 am to 12:30 pm)
- December 9th and 14 th(1:30 pm to 3:30 pm)



FOOD BANK AT CENTRE D'ACTION BENEVOLE DE SAINT-BRUNO

Centre d'action bénévole de saint-bruno is a service to help people who are experiencing difficulties.

Are you having financial difficulties and need temporary food assistance or know someone who needs assistance? You can find out about the food aid service at the Les p'tits bonheurs Volunteer Action Center at 450-441-0807 or on the CAB website at www.cabstbruno.org





www.mepec-pemca.org



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@Mepec-Pemca



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d'expression anglaise

