

# THE MEPECER



## Suicide Prevention

By Sergio Bertarelli

Suicide is one of the top ten causes of death in Canada. It's a serious public health problem with lasting, harmful effects on individuals, families, and communities. Evidence has indicated that one of the most common risk factors for suicide is a diagnosis of a mental health problem or illness. Fortunately, programs and strategies are available that can make a difference.

The key message for you is "You Are Not Alone". Connecting and openly communicating with those who have had suicidal thoughts or those who have lost loved ones to suicide is essential in the effort towards suicide prevention. Since many people are unable to express and discuss their feelings due to the fear of being stigmatized, we hope that this message will help those who are struggling with suicidal thoughts or have lost a loved one to suicide to know that there is help available to support them in their journey towards healthier and more meaningful lives.

- In Quebec, contact a counselor in suicide prevention (service available 24 hours a day, 7 days a week):
- Call at 1 866 APPELLEE (277-3553)
- Text at 1 855 957 5353
- Chat at [suicide.ca](https://suicide.ca)
- Find your local crisis or suicide prevention resource [here](#).

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## Did You Know...?

### VALENTINES DAY

Valentine's Day occurs every February 14th. Across North America and in other places around the world, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But where did these traditions come from?

During the Middle Ages, it was believed in France and England that February 14th was the beginning of birds' mating season, which added to the idea that Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem "Parliament of Foules," writing, "For this was sent on Seynt Valentyne's day / Whan every foul cometh there to choose his mate."

But to introduce this celebration to your kids, here are kid-friendly activities that will keep your young one busy (and not binging on holiday chocolates) from now until dinner is served. [Click Here](#) to know more.



# We stand against bullying

## #pinkshirtday

Bullying is a major problem in our schools, workplaces, homes, and over the Internet. Each year, on Pink T-Shirt Day, we encourage all of you to wear something pink to symbolize that as a society will not tolerate bullying anywhere.

It is so important that victims of bullying know they are not alone and there is help and support available. Wearing a pink shirt on this day sends a strong message to them that others care. Often, the simple act of wearing a shirt can start conversations - conversations can be a big step towards healing and helping!

Call Bullying Canada Now! There are more than 350 highly trained volunteers to help you. Simply pick up your phone and dial: 1 (877) 352-4497



# MEPEC's Activities and Services



## 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 February 22nd at 2 pm online.

To participate [contact us](#).



## SELF-LOVE & SELF-CARE WORKSHOP

Join us on February 14th at noon for an interactive 90 min. We will explore ways to nourish our mind, body, and soul through the practice of self-love and self-care.

Together, we will learn how to practice kindness towards ourselves, how to replace negative thoughts with positive thoughts, and how affirmations can be immensely powerful giving us strength and confidence.

[Register here](#) in advance for this meeting.



## BOOK CLUB

If you are looking for an activity to keep you warm and entertained during this chilly season, why not join us for an enriching exchange of perspectives?

MEPEC'S Book Club is currently reading "The House in the Cerulean Sea" by TJ Klune and will be meeting on February 23rd from 7 pm-8:30 pm

If you would like to register to join the book club please [click here](#).



## 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](#).





## 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 February 15th at 7 pm.

To register click [HERE](#).



## YOUTH PROGRAM

Hey! I'm Logan and I'm from Beloeil! I am an English-speaking Champlain College student in the Media and Communications Program. I'll be reaching out to Youth ages 15 to 21, and addressing topics on everything from Mental health to Diversity and everything in between. I will be letting you know what Social Services are available to help the Youth in our community.

You will be able to [Follow Me](#) on my Ambassador journey via Tik Tok and Instagram, STAY TUNED! #mepecyouth



Classes will begin Monday, Feb 21st at 10:30 am to 11:30 am  
Otterburn Legion - 318 Rue Connaught, Otterburn Park

If you need more information or want to register, click [here](#), or contact us at [info@mepec-parma.org](mailto:info@mepec-parma.org)



## SENIORS SNEAKERS

The Seniors Sneakers Program is for people 55 or older that want to keep active during the winter. The program will start February 21st from 10:30 to 11:30 at the Legion in Otterburn Park.

Registration fee is \$10,00 MEPEC or Legion members and \$100,00 for non-members.

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



## MUMS & TOTS YOGA - ONLINE

Every Tuesday, from 9:30 to 10:30 am., mums and tots will be able to participate in a 60-minute yoga class that will include stretching adapted to new moms, strengthening movements, as well as relaxation, poses done with the little ones. The sessions will be held online. Registration fees for the session will be \$10\* per MEPEC member and \$20 for non-member.

To register, click [here](#). \*The fees include Mom and Tots.







**ARE YOU ELIGIBLE?**

**Bursaries**  
**\$2000-\$10000**

**For Health and Social Service students**

Dialogue McGill  Health Canada  Santé Canada

## 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](#).



**MEMBERSHIP**

## BECOME A MEMBER OF MEPEC

Becoming a member of MEPEC has its advantages:

- Free attendance or discounts on our programs, activities and services
- Receive health and community information and special invites to community partners activities
- Receive our monthly newsletter
- Voting privileges at MEPEC Annual General Meeting
- Become one of the 8 Board Directors
- Participate in the development of strategic plannings of MEPEC

To become a member [click here](#) or for more information, [contact us](#).



Welcome to **Sprouts**

**POSTPONED**

Starting in January, come join us for:

Animated story time  
Songs, and Crafts  
For Toddlers & Preschoolers  
ages 1-5

Sprouts will be held on Thursday's from 10-12 at the MEPEC library starting January 27th. The cost of this activity is 100 for 4 weeks.

## SPROUTS PROGRAM - PAUSED

Sprouts program has been put on pause until it is safe for all of us to meet in person and realize the activities together.

It is a time for social interactions and positive relationships among young children through creative expression and play.

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



# MEPEC's Seniors Wellness Centre

By Danica Logan

Welcome to MEPEC's Wellness center! In case you aren't aware we aim to promote autonomy and wellbeing amongst our members aged 55 and older. We believe that the community itself contains many solutions to its own health needs and already has many techniques to encourage resilience.

Resilience is the ability to recover quickly from adversity and adapt well to change. If we are being honest, we can agree that life can be difficult and change is the only constant that we can expect.

The great news is that resilience is not reserved for a few "lucky" individuals, but it is a skill that can be learned and nurtured at any age!

Each of the following 7 components is believed to be integral and interrelated in being resilient.

- **Competence:** Knowing you can handle a situation by recognizing your strengths
- **Confidence:** Believing in your abilities ties (derived from competence)
- **Connection:** Developing close ties to family and community creates a solid sense of security
- **Character:** A composite of traits that demonstrates a caring attitude toward others and self. Behavior guided by morals and values
- **Contribution:** Understanding the value of personal contribution can serve as a source of purpose and motivation
- **Coping:** Learning how to cope with stress in healthy ways
- **Control:** Understanding what is within one's control and what is not.



If you would like to learn more about building your resilience or strengthening any one of these competencies, we are here to help and would love to hear from you. This month we are offering a free workshop on self-love and self-care to help nourish yourself and connect with your community. To register click here.

As the first week of February is dedicated to the prevention of suicide, we would also like to share some important resources with you.

If you or a loved one is having thoughts of suicide, please know you are not alone, and help is available. We invite you to contact one of the following resources:

- The National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255).
- [Canada Suicide Prevention Service](#): 1-833-456-4566 (Phone) | 45645 (Text, 4 p.m. to midnight ET only)
- Canadian Association for Suicide Prevention: [Find a 24-hour crisis center](#)

Sources:

Senior Action Quebec: Resilience Training;

CBT Professionals: The 7 C's of resilience; 12/14/2013



# MEPEC's Community Library

## Black History Month

By Debbie Hanney

Every February, people in Canada are invited to participate in Black History Month festivities and events that honor the legacy of Black Canadians and their communities.

**"February and Forever: Celebrating Black History today and every day"**

Initially, Black History Month was a way of teaching students and young people about Black and African-Americans' contributions. Now, it's seen as a celebration of those who've impacted, not just the country they lived in but the world with their activism and achievements. The month-long spotlight during February is an opportunity for people to engage with Black histories, go beyond discussions of racism and slavery, and highlight Black leaders and accomplishments.

Marie-Joseph Angelique - In Montréal, she had attempted at least once to escape from enslavement but was stopped. Arson had played a role in that earlier escape. Centuries later, Marie-Joseph Angélique has become a symbol of Black resistance and freedom. In February 2012, the public square across from Montréal's city hall was named Place Marie-Josèphe Angélique in her honor.

Jean Augustine PC, CM, first Black female MP and Cabinet minister, social justice advocate, teacher, principal (born 9 September 1937 in Happy Hill, Grenada). In 1995, her proposed motion before Parliament to recognize February as Black History Month passed unanimously, thereby establishing a lasting tradition of celebrating the important contributions of Black Canadians to Canada's history, culture, development, and heritage.

## New Arrival at the Library



**Children of the Stars - Mario Escobar**

Based on historical events, *Auschwitz Lullaby* is a deeply moving and harrowing story of love and commitment. by Historical Novels Review.



**UNDER THE CURRENT  
CIRCUMSTANCES,  
OUR LIBRARY WILL BE  
CLOSED UNTIL  
FURTHER NOTICE.**



**Mepec**  
**Community Library**  
Bibliothèque communautaire



## Partners' Activities and Services



**ONLINE TUTORING with CERTIFIED TEACHERS AT NO CHARGE**

Qualified and experienced teachers are available online to help elementary and secondary students with homework, study and review.

### ONLINE TUTORING BY LEARN QUÉBEC

For 10 years, LEARN Online Tutoring has provided families with the support they need to help their children be more successful in school. Students access their online tutoring service, free of charge, in the evening, from the comfort of home. Qualified and experienced Quebec teachers provide personalized feedback to students, parents, and schools after each session.

LEARN Online Tutoring is available to support student success. For more details, visit [Learn Québec](https://www.learnquebec.ca).



**Perspectives On PARENTING SERIES**

[www.learnquebec.ca](https://www.learnquebec.ca)

### A BREATH OF FRESH AIR: TIME TO GO OUTSIDE BY LEARN QUEBEC

Spending time in the great outdoors (even in your local park) has become even more important during this ongoing pandemic. The mental and physical benefits are worth the effort, even in winter. Join us for a closer look at strategies, tips, and ideas to help your child spend more time outdoors and connect with nature.

To register, [click here](#)



**Looking for a job?  
Want to start or grow a business?  
We can help.**

Employment Services    Entrepreneurship Services    Artist Services

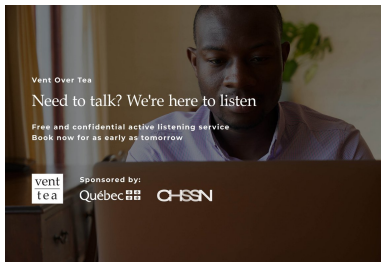
### YES (YOUTH EMPLOYMENT SERVICES) MONTREAL + ENTREPRENEURSHIP

YES is a nonprofit organization that connects employers and young job seekers, entrepreneurs, and artists. The organization focuses on supporting young and emerging entrepreneurial talent throughout Quebec. If you have a question about your CV, cover letter, LinkedIn profile, or an upcoming interview?

From Monday to Thursday, Yes Montreal offers drop-in consultations with an employment counselor to answer any questions you may have about your job search.

For more information, [click here](#).





## VENT FROM HOME BY VENT OVER TEA

Need to get something off your chest? Vent Over Tea is there to help you! Vent Over Tea is a free active listening service that provides you with undivided attention without any judgment or reaction. They are there simply to listen to you.

Book a free Vent From Home skype session with one of their trained active listeners today by [clicking here](#).



## VALENTINE'S RAFFLE BY THE LEGION

Participate in the Legion Valentine's Day giveaway.

It's \$5 per Ticket and the prize is: Mimosa, assorted breakfast, pastries, fruit bowl, Eggs, Bacon & Flowers.

Tickets are still available! Payments can be made by E-transfer or send an e-mail to Laura, [click here](#).

Who will be their lucky winner?



## PUB NIGHT BY THE LEGION

Don't feel like cooking? Join the Royal Canadian Legion for a "Pub Night" - while listening to music from the '70s and enjoy pub comfort food with friends and family on February 18th from 16:00 to 21:00.

Royal Canadian Legion - 318 Rue Connaught, Otterburn Park.

For more info, contact [rc1121pr@gmail.com](mailto:rc1121pr@gmail.com) or call (450)467-0881.



## BINGO AT THE LEGION

On Friday, February 25th, from 7 pm to 10 pm, the Royal Canadian Legion will hold a Bingo Night. There will be great prizes to win and lots of fun for all!

For more information, contact [rc1121pr@gmail.com](mailto:rc1121pr@gmail.com) or call 450-467-0881.







## OLD LOVE BY ST-BRUNO PLAYERS

A new radio play, *Old Love* by Norm Foster, will be presented free on [Facebook](#) over the Valentine's Day weekend, from February 11th to 14th.

Funny and often touching, *Old Love* tells the story of Bud and Molly and how you're never too old to fall in love.



## FITNESS ADAPTED EXERCISES BY ARTHRITIS SOUTH SHORE

Every Monday from 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, [click here](#).



## I TAKE CHARGE OF MY ARTHRITIS BY ARTHRITIS SOUTH SHORE

Until February 26, every Wednesday from 1:30-3:30 pm, attend a 6-week program to equip oneself to live better with arthritis.

It is a self-empowering and self-motivating tool to maintain or improve life quality. It is a 2 hours per week program combining theory, support, and practical applications. Ms. Ada Pagnotta, an occupational therapist will host the program.

Register [here](#). It's free of charge.



## "SHARE AND SHINE WITH ARTHRITIS" BY ARTHRITIS SOUTH SHORE

On February 25th from 1:30 pm to 3 pm, attend an online informal gathering "Share and Shine with Arthritis". Join Arthritis South Shore to share about food and nutrition.

To register, [click here](#)







## VIRTUAL WALK ORTIGIA BY AMIQUEBEC

Are you longing for sunshine and a visit to a place you've never been? Let AMI take you on a virtual guided walk through Ortigia, a tiny, magical island off the southern coast of Sicily. Tour guide Elisa Ottaviano will share her vast knowledge of the history and culture of this historic center of ancient Syracuse, a UNESCO world heritage site.

The event is free! [Click here](#) to register to join the walk on Sunday, February 13 at 10:30 am.



## VIRTUAL NYC TENEMENT MUSEUM TOUR BY CUMMINGS CENTRE

On February 1st, from 4:00 pm -5:00 pm, join us for a virtual tour exploring the Rogarshevsky family, a Jewish American family from Lithuania who lived at 97 Orchard Street in the 1910s. \$10 Member / \$15 Non-member.

To participate in the tour, [click here](#).



## ALL ABOUT PERFUME BY CUMMINGS CENTRE

Why does such an exquisite fragrance on one person become commonplace or even unpleasant on another? Contrary to popular belief, it is the type of skin that influences the character of a perfume.

Join this interesting online webinar on February 2nd, from 7:00 pm -8:00 pm, \$3 Member / \$7 Non-member.

To participate, [click here](#)

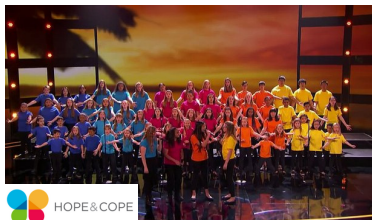


## VIRTUAL JEWISH TRANSYLVANIA BY CUMMINGS CENTRE

Attend a virtual journey to 900-year-old Arad, a city located in western Transylvania, Romania, at the crossroads of East and West; a city shaped by the multiculturalism of many, including Romanians, Hungarians, and Germans, on February 2nd, from 10:00 am -11:00 am \$10 Member / \$15 Non-member.

To participate in the journey, [click here](#).





## VOICES OF HOPE CHOIR BY HOPE & COPE

Every Monday till April 25th at 3 pm, Voices of Hope present themselves online, this event is organized by Hope & Cope. To register [click here](#). Membership required. Open to cancer survivors, caregivers, and volunteers.



## RELAXATION WORKSHOP BY HOPE & COPE

Every Tuesday till April 19th, from 2 pm - 2:45 pm, there is a relaxation class online, this event is organized by Hope & Cope. On-line registration required. Open to cancer survivors and caregivers. There is no membership required. To register [click here](#).



## HEALTHY COOKING BY HOPE & COPE

Every Wednesday till April 27th, from 11 am - 11:45 pm, our volunteer chef, Roz Shaanan, will show you how to prepare inexpensive, nutritious dishes that taste as good as they look. Open to cancer survivors and their caregivers

To register [click here](#).



## CHAIR WORKOUT: POSTURE & BALANCE

Every Tuesday till April 26th, from 1 pm - 2 pm, Hope & cope offers, a chair workout, the goals of this class are to help you improve core stability, posture & balance. Note that before doing any exercise activity, you need to talk to your doctor first and have their agreement.

To register [click here](#).



## YOGA BY HOPE & COPE

Every Tuesday till April 26th, from 10 pm - 10:45 pm, join this gentle yoga class that will help calm your mind and reduce stress. Patients with bone metastases are strongly advised AGAINST participating in yoga. If you are uncertain about your bone health, please contact Nadia or Anouline, from our exercise and rehabilitation team.

To register [click here](#).



What They Are  
and How to Make Them



Tuesday, February 8, 2022,  
10:00 am to 11:30 am

Virtually (Zoom)

Free

English



With: **Richard Goldman,**  
Lawyer

In this workshop, Richard Goldman, a lawyer at Éducaloi, will explain the three specific medical situations and the five medical treatments to which advance medical directives (AMDs) apply.

He will walk you through the process of making AMDs step-by-step, from downloading and filling out the RAMQ form to filing it in the register so that doctors can consult your AMDs if necessary.

By the end of this workshop, you will have all the information you need to make and to register your AMDs. It's free and easy to do! He will also discuss living wills, which are similar to AMDs but less formal.

## WEBINAR: ADVANCE MEDICAL DIRECTIVES AND LIVING WILLS: WHAT THEY ARE AND HOW TO MAKE THEM? BY SENIORS ACTION QUEBEC

Do you have questions about Advanced Medical Directives and Living Wills? On Tuesday, February 8th from 10-11:30 am, we will be hosting a webinar in collaboration with Éducaloi.

To register for the event, email your name and contact information to [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca) by Monday, February 7th.

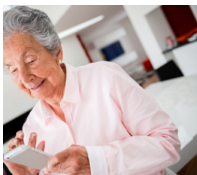


## BLACK HISTORY MONTH "ACHIEVERS THROUGH THE CENTURIES" BY SSRE

Why not join the South Shore Retired Educators? Anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel, or those who have worked with students or staff, are all eligible to join.

CURRENTLY, South Shore Retired Educators meetings are being held on ZOOM because of the COVID-19 Virus restrictions.

For information [contact](#) the SSRE.



*"To know that you're making a difference in somebody's day-- that you're making an impact-- definitely helps my [own] mental health." -TIP-OA volunteer*



## RECRUITING Volunteers

TO CONNECT WITH  
ISOLATED SENIORS

## LOOKING FOR VOLUNTEERS BY TIP-OA

Join the Telehealth Intervention Program for Older Adults to support seniors:

- Receive comprehensive training and clinical support.
- Improve your active listening and communication skills.
- Eligible to receive a certificate of completion.

Register to volunteer [here](#).





## FRIENDSHIP VISIT BY CAB LES PTITS BONHEUR

Friendship visits are offered to people who feel alone. This service allows a person living in isolation to receive visits from a volunteer selected according to that person's interests.

The twinning allows the person visited to feel listened to, to share memories, to develop a privileged friendship, and to share activities such as playing cards, chatting with a good coffee, taking a walk, etc. For the moment, visits are by telephone or videoconference.

If you want more information, [click here](#).



## SNOW FORT CHALLENGE

Have you heard of the Snow Fort Challenge (Défi château de Neige) happening across Quebec from January to March?

To participate, simply register and upload photos of snow forts on their website - you might win some cool prizes!

For those more comfortable in English, CCS created an English translation of the key info on their website that you can refer to for easier signup. Bring on the snow fun!

To participate, [click here](#). (French website)

**CHSSN**  
Community Health Education

From Social Isolation and Loneliness to Belonging  
with Darla Fortune, PhD

This presentation will focus on the dangerous consequences of social isolation and loneliness as well as the positive implications a sense of belonging can have on our health and well-being. Throughout this presentation, we will discuss factors that contribute to loneliness. We will also identify strategies that can help ensure a sense of belonging throughout the year.

**Wednesday February 16th**

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Fund

## FROM SOCIAL ISOLATION AND LONELINESS TO BELONGING AND WELL-BEING BY CHSSN

This presentation will focus on the consequences of social isolation and loneliness as well as the positive implications a sense of belonging can have on our health and wellbeing as we age.

From February 16th, from 10:00am - 11:30am

To register, [click here](#)





## Monteregie East Partnership for the English-Speaking Community

Partenariat de l'est de la Montérégie pour  
la communauté d'expression anglaise

[www.mepec-pemca.org](http://www.mepec-pemca.org)



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@Mepec-Pemca



@mepecyouth



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CHSSN

