

THE MEPECER



Lieutenant Governor of Quebec Medal Award Ceremony

By Karoll-Ann Carrier

On April 23rd, at the Royal Military College in St-Jean-sur-Richelieu, the Lieutenant Governor of Quebec Medal Award Ceremony was held. Honorable J. Michel Doyon, 29th Lieutenant Governor of Quebec, presented two MEPEC volunteers with Lieutenant Governor's medals for Seniors with great emotion.

Since the summer of 2020, many volunteers have given much of their time in the MEPEC community library. The MEPEC Executive Director was pleased to nominate some MEPEC volunteers.

Ms. Valerie Robillard and Ms. Paula Fortier were selected to receive this honorary award.

The medals recognize the volunteer commitment, determination and dedication of Quebecers who have made or are currently making a difference in their community. We are fortunate at MEPEC to have such dedicated volunteers working with us in our mission to serve the English-speaking community of the Montérégie East. Congratulations again to Valerie and Paula on their medal, and thank you to all the volunteers for the energy you put into our organization.



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Did You Know...?

NATIONAL MENTAL HEALTH AWARENESS WEEK

By Lélia Makeen-Brazé

Did you know that Canada's National Mental Health Awareness Week is taking place from May 2nd until May 10th? We often hear about "mental health", but what does it really mean?

Mental health refers to our overall mental well-being which includes "our emotions, our thoughts and feelings, our ability to solve problems and overcome difficulties, our social connections, and our understanding of the world around us." (CMHA)

It is important to understand that, just like physical health, our mental health can be seen on a continuum and "just as someone who feels unwell may not have a serious illness, people may have poor mental health without a mental illness". Although not everyone will experience mental illness in their lifetime, most of us will experience some level of poor mental health.



What can you do to help and protect your own mental wellness?

Here are some everyday self-care tips that have been proven to help boost your self-esteem and resilience:

- Put your well-being first. Easier said than done. Taking care of our own mental health is the most important act of self-love.
- Be kind to yourself. We often criticize ourselves, but an important step in self-care is to show yourself love, compassion and understanding. Treat yourself with the same kindness you would treat a friend.
- Stay connected. Choose to surround yourself with people you truly appreciate and who help you feel good about yourself.
- Get help. Would you walk with a broken leg? Just like your physical health, your mental health sometimes needs professional help. Seeing a mental health professional, reaching out to helplines, going to your doctors... All count as acts of self-care.

MEPEC IS HIRING

MEPEC is currently recruiting for [two students to fill the following positions:](#)

- Junior Communications Agent (Student)
- Community Animator (Student)

The student positions will be created under the Canada Summer Jobs program and the student will need to return to school full time in Fall.

If you know someone who might be interested, don't hesitate to share these opportunities with him/her.

To apply, contact Karoll-Ann, Executive Director at exdir@mepec-pemca.org.

We are hiring!

Come join the team of an English-speaking community organization located on the South Shore of Montreal.



MEPEC's Activities and Services



PARENT-CHILD DROP-IN - NEW

Our drop-in program is for parents and children to attend together and participate in activities such as:

- Free play,
- optional crafts,
- group discussions with other parents.

Participants are also encouraged to borrow a book from our library. Come spend quality time with your little ones every Wednesday morning from 9-11 starting on May 4th.



ART HIVE - NEW

The art hive is open to everyone and provides a judgement free space for dialogue and skill sharing. Drop by to create with onsite materials or bring your project and work while enjoying the company of others. There will also be a variety of workshops to learn new skills:

- Soap making, [click here](#) to register
- Beading, [click here](#) to register
- Knitting and crocheting, [click here](#) to register

Beginning May 9th, open Tuesdays and Thursdays from 1 pm - 4 pm.



SPROUTS - NEW

Join us with your toddlers ages 1-4 for our Sprouts program. This program is designed to provide a fun and educational environment for young children to learn about themselves and the world around them through stories, music, dance and crafts.

Meet us at the Community Space every Tuesday morning from 10-11 starting May 17th to June 14th. The cost of this activity is 5\$.

To register, [click here](#).



MOMS AND TOTS YOGA

Mums and Tots Yoga Spring Session 2022 has started on April 28th, and will run until June 16th.

The first 4 sessions (April 28, May 5, 12 and 19) will be held at St-Bruno Legion at 1622 rue Roberval, St-Bruno. The other 4 sessions (May 26, June 2, 9 and 16) will be held at MEPEC Community Space at 555, boul. Sir-Wilfrid-Laurier, Beloeil.

To register, [click here](#).

ARE YOU STUDYING IN THE FIELD OF

HEALTH OR SOCIAL SERVICES

You could be eligible for a
BURSARY



MCGILL HEALTH AND SOCIAL SERVICES BURSARY PROGRAM

With funding from [McGill University](#), MEPEC offers 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 an educational institution recognized by Quebec government, to return to (or stay in) their region to work and serve their communities after completing their studies.

The 2022-2023 application period started on March 22nd and the deadline to submit application forms to us is May 16, 2022.

For more information, visit [Dialogue McGill](#) or [contact us](#).



WALKING GROUP

Join the Walking Group for a weekly walk every Thursday morning at 10 am.

The group walk outside in different locations throughout Beloeil and surrounding areas.

To participate, [click here](#).



BOOK CLUB

The Book Club meets every last Wednesday of each month from 7:00 pm to 8:30 pm. The book club is an enjoyable social activity and an opportunity to expand your literary horizons. Each month we choose a book together, as a group and discuss it at the following meeting.

If you would like to register to join the Book Club, please [click here](#).



TRIVIA NIGHT

Every third Tuesday of the month, MEPEC hosts 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 or play by yourself, in the comfort of your home, and answer a series of questions. The next Trivia Night will be held on May 17th at 7 pm.

To register [click here](#).

Senior's Wellness Centre

Self-Awareness Part 4

By Danica Logan

Today we will look at connection, the third of the 7 c's which contribute to our resiliency. If you have read parts 1-3, hopefully you have found some of the information and resources helpful in your personal journey of growth. If you haven't read them, don't worry, you can still benefit from learning more about connection.

Resilience is the ability to recover quickly from adversity and adapting well to change. It is not reserved for a few "lucky" individuals, but it is a skill that can be learned and nurtured at any age.

The third C's of Resilience: Connection

Connection is about feeling part of something bigger than oneself, feeling close to another person or group, feeling welcomed and understood. Social connections are extremely important to our wellbeing and help to create a solid sense of security. Sharing our thoughts and feelings with others can be helpful to reduce stress. Indeed, there is strong evidence that social support and feeling connected has many health benefits:

- A healthy body mass index
- Helps to control blood sugar
- Improves cancer survival
- Decreases cardiovascular mortality
- Decrease depressive symptoms
- Mitigated post traumatic stress disorder symptoms

Keeping in mind that people's needs vary when it comes to social connections consider the following to help you gauge yours:

- How often and who you connect with
- The support that you get from your connections
- How do you feel about your connections?

If you feel that you would like to have more social connections, consider joining in with community activities based on your interests or try exploring a new interest. Relationships can be facilitated by coming together around a common interest.

The 7 C's of Resiliency

- **Competence:** Knowing you can handle a situation by recognizing your strengths
- **Confidence:** Believing in your abilities (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 oneself. 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.



Family and Youth Corner

International Day of Families

By Karen Massé

While today's families may look different than they did many years ago, they are as equally important now as they were then. The United Nations considered families important enough to recognize them through a day of observance and, in 1994, chose May 15th as International Day of Families.

As parents, we want to be able to provide our children the best start in life. Numerous studies have shown that the foundation created in a family has a dramatic impact on a child's success. The more stable a child's family environment, the more likely they will be healthier – both mentally and physically.

Communities all over the world face obstacles that affect family stability. The UN began to recognize this in the 1980s as the Secretary General promoted awareness to the public. The UN went on to establish this day of recognition and each year, select a different family-focused theme to address world-wide challenges around education, poverty, health, and work/family balance, just to name a few.

This year on World Family Day, learn about some of the social, economic, and demographic factors impacting families around the world and see how you can start by strengthening your own.

In today's fast paced environment, it is important to slow down and take a moment to enjoy the here and now. So, with this in mind, come celebrate this year's International Family Day, by joining us in one (or two) activities offered at MEPEC's Community Space.

- Yoga Mums & Tots every Thursday from 930-1030 starting May 26th – June 16th
- Parents-Child Drop-In every Wednesday from 9-11 starting May 4th
- Sprouts every Tuesday from 10-11 starting May 17th (registration required)

Stay tuned for activities for children and youth ages 6-17 throughout the summer months.

"Family is not an important thing. It's everything." – Michael J. Fox



Grande fête des petits lecteurs

On Sunday April 24th, Karen, MEPEC's Family and Youth Coordinator, along with Danica, Seniors, Outreach and Liaison Coordinator, attended the Grande fête des petits lecteurs at the Beloeil library. They were on site to promote literacy in young children 0-6 years old, and to introduce and talk about our community organization. There were different literacy and movement activities planned for the children who attended, along with the participation of other community organizations.



MEPEC's Community Library

May the Fourth be with you

By Karoll-Ann Carrier



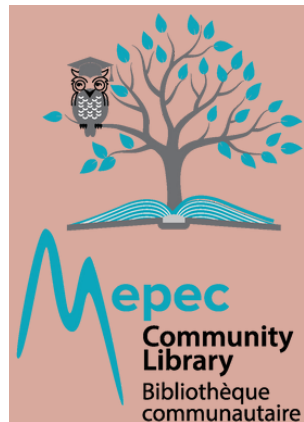
May 4th is considered around the world as [Star Wars Day](#). This commemorative day celebrates the *Star Wars* franchise created by George Lucas (*Lucasfilm*), in 1977. The pun "May the Fourth be with you" is a variant of the popular catchphrase "May the Force be with you". In addition to May 4th, the release date of the original *Star Wars* movie on May 25th, 1977 is also celebrated as [Geek Pride Day](#), since 2006.

Star Wars Culture

The franchise has been adapted in many media forms: movies, video games, tv series, comics, books, toys, etc. I remember going to my local library as a youngster and always finding myself borrowing at least 3 books of *Star Wars* out of the hundreds that were on the shelf.

The first books to be published were adaptations of the 3 original movies: *A New Hope* (1977), *The Empire Strikes Back* (1980) and *Return of the Jedi* (1983), approved by Georges Lucas. In 1978, Lucas commissioned from Alan Dean Foster a sequel, *Splinter of the Mind's Eye*, to be adapted on the big screen in case that *A New Hope* wasn't a hit. This book marked the beginning of the *Expanded Universe* and later known as the *Star Wars Legends*. Between 1978 and 2019, more than hundred adaptations were published and developed. In 2014, Lucas' film announced that the only preexisting works to be considered canonical would be the primary episodic film (I to VI) and the 2008 *The Clone Wars* films and TV series. The rest would be considered as non-canonical.

You might be wondering why an article of *Star Wars* is included in this issue of the MEPECER. Since 1977, *Star Wars* has been a part of many lives and has been present across multiple generations. The franchise has created a great community over the last 45 years in which 80 years old and toddlers can connect as they share the same love and fascination for the *Star Wars* universe. I can tell you how proud I am when my 2.5 years old son asks me to wear his Baby Yoda T-Shirt or how excited I am to know that a new TV series is about to be released. And with all this excitement, I know that I am not alone, because all over the world, on May 4th, we will say "May the Force/Fourth be with you" to anyone who wants to hear it.



**THE LIBRARY IS
OPEN!**

OPENING HOURS

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



HEARING ISSUES IN SENIORS BY CHEP

As we get older, our auditory system as well as our balance system changes like any other sensory modality. What are these typical changes? When do we expect them to happen? Are there some ways that we can slow their progression or even, maybe, prevent further deterioration? On May 18th, from 10 to 11 am, attend the free webinar by Community Health Education Program (CHEP) and learn about Hearing Issues in Seniors.

To register, [click here](#).



BINGO AT THE OTTERBURN PARK LEGION

On Friday May 27th, from 7 to 10 pm, the Otterburn Park Legion will hold a Bingo Night. There will be great prizes to win and lots of fun for all!

For more information, contact the Legion by email: rc121pr@gmail.com or call 450 467-0881.



CELIAC AWARENESS MONTH WITH CELIAC QUEBEC

Throughout the month of May, Celiac Québec will be hosting many activities to celebrate Canada Celiac Awareness Month.

- Food Drive for Food Bank at the Métro store Marché Bellemare in Brossard. Volunteers will collect donations throughout the month.
- Outdoor Get-Together on Saturday May 14th from 2 to 4 pm in Angrignon Park in LaSalle.
- Online Chat Hour for teenagers on Tuesday May 17th at 7:30 pm. To register, [click here](#).

To have more information about the activities and events, [click here](#).



FUND-TASIA BY ST. AUGUSTINE OF CANTERBURY CHURCH

On Thursday May 5th, from 5 to 7 p.m., attend the St. Augustine of Canterbury Church fundraising Fund-tasia. This campaign objectives are (1) to raise funds for the second phase of the St. Augustine Heritage project and (2) to raise visibility of the church as a heritage site in St. Bruno and the surrounding areas.

To register, [click here](#).



HEARTSTRINGS BY ST. AUGUSTINE OF CANTERBURY CHURCH

On Sunday May 8th, from 2 to 4 pm, come with your mother on her special day with the St. Augustine of Canterbury Church, for a concert of classical and celtic music from the string family such as the violin, harp, classical guitar, accompanied by the piano. The tickets are 20\$ each.

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



FLAVOR OF ITALY BY ST. AUGUSTINE OF CANTERBURY CHURCH

Attend a fun evening with dinner, dancing and live music with the St. Augustine of Canterbury Church's Flavor of Italy activity, on May 28 at 5 pm. The tickets are 60\$ each.

To register, [click here](#) or call 450-653-4402.



FOOD AND ARTHRITIS WORKSHOP BY ARTHRITIS SOUTH SHORE

A workshop on nutrition will be offered by Arthrite Rive-Sud On May 12th from 6:30 to 8:00 p.m. at the Seniors Respite Montérégie (83 boul. Churchill, Greenfield Park). During the session, participants will learn about the new food guide, good eating practices and the particularities for people with arthritis in terms of diet, nutrients and supplements.

It is possible to attend the session online. [Click here](#) the day of the event.



BUSINESS PLAN WRITING 101 BY SEENET

Do you have a business idea but don't know how to get it off the ground? This workshop will give participants a broad overview on all the core elements of a business plan as well as resources on how to do market research and financial planning.

To register, [click here](#).



ACOUSTIC OPEN MIC EVENING BY ST. BRUNO LEGION

On May 5th, at 7 p.m., attend the Acoustic Open Mic Evening: Music, Poetry and Comedy at the Royal Canadian Legion of Saint-Bruno-de-Montarville (1622, Roberval Street).

For more information, call 450-461-1218.



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



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