

THE MEPECER



2022 Achievements! Welcome 2023

Danica Logan

Each new year brings with it a renewed sense of possibilities, hope, and expectation! Opportunities for growth, relationships and adventures await. As MEPEC approaches its 5th year of operation we are delighted with the growth that we have experienced in 2022. Although this year was not without its challenges, we take a moment to reflect with gratitude on some of our achievements.

We welcomed nearly 100 new members between January 2022-December 2022.

While maintaining and creating many valued partnerships throughout 2022, we are especially happy to have formed a new relationship with Manoir St. Bruno.

This allowed many English-Speaking residents to take part in our online Trivia and benefit from our pilot project "Cycle On". Through the sponsorship of the Community Health and Social Services Network, we were able to donate three stationary pedal bikes to the residence so they can continue to benefit from the program.



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MEPEC continued to work on outreach to the community by applying for and receiving recognition from Beloeil, St. Bruno-De-Montarville, and Mont-Saint-Hilaire while maintaining our relationship with Otterburn Park.

One of the greatest aspects of 2022 was that we were able to gather together in person!

We began the transformation of and officially opened the Community space.

Our team was able to get out into the community!

The Sugar Shack in collaboration with the Otterburn Park Legion was our first community event of 2022, followed by our Open House



MEPEC was present for the Fête des Citoyennes in the Otterburn Park Legion.



During the Fall we took part in the Regional Health and Social Services Partnership Table, Community Health Fair in Saint Lambert.



Our engagement with the Youth increased!

MEPEC participated in the Mental Wellness Event at Heritage High School, Grande Semaine des Petits Lecteurs at the Beloeil Library and promotion of Early Childhood programs in St. Hyacinthe.



We launched our programs for Youth and Families in the Community Space: Sprouts for ages 0 to 5, Parent-child Drop in, Mom's and Tots Yoga and Yoga in the Park during the Summer Holidays.



Seniors had a lot of fun this year, our Art Hive came to life!

Dot painting, Soap making, Knitting, Cake Pops, and much more!



Mondays were a must for our senior members! Our exercise program, Seniors Sneakers was a great success. Music History with Rob Lutes was launched and highly appreciated by all who attended.



MEPEC was invited to appear on TVR.9 Dans La Vallée.

The interview will air during the Week of January 30th. Pictured here, Danica Logan, Interim Executive Director with Richard Pelletier, host of TVR.9's Dans la Vallée.



Our team has grown! In 2022 we welcomed Alexandra Blasetti, Office Administrator, Jessica Sypher, Seniors Wellness Coordinator and Regina Uyoga, Outreach and Liaison Coordinator to the team. Debbie Hanney, Program Manager celebrated 2 years with MEPEC and Kareen Massé, our Youth and Family Coordinator celebrated one year with MEPEC!

We are proud to have *had a hand* in the growth of our community in 2022.

As valued members and partners of our community we wish you a very happy, healthy, and prosperous New Year!

We look forward to continuing to build and bolster collaborative partnerships to allow our community greater access to programs and services to increase wellbeing, vitality and a sense of community belonging for English-speakers of the Montérégie-Est in 2023.



Did You Know...?

LONG-LASTING NEW YEAR'S RESOLUTIONS, HOW TO MAKE THEM STICK!

Georghia Michael, PhD, MWC

Making and very quickly breaking resolutions is nothing new. But understanding how we form habits could help us stick with our resolutions.

You may wonder why it is so easy to abandon resolutions to eat more vegetables or be more active, while brushing our teeth after breakfast or fastening a seatbelt after getting in a car have become effortless.

The psychology of habit formation teaches us that for an action (e.g., brushing our teeth) to become habitual, it must be triggered by a cue (e.g., breakfast), and repeated consistently under these circumstances.

If an action is repeated consistently for long enough, it becomes second nature. Indeed, it takes approximately 10 weeks for habit strength or automaticity to peak, with simpler actions taking less time to become automatic than more complex actions.

Once a habit has become second nature, even the occasional missed teeth brushing session will not derail an individual's routine!

Ten weeks may seem like a long time to wait for a habit to kick in. Our motivation for making healthy habits is high at the start of our habit-forming journey but starts to wane after a few weeks. Concurrently, we should find it progressively easier to perform our chosen action.

To set ourselves up for further success, we should:

- Keep goals and actions simple and realistic
- Focus on one goal at a time
- Choose an appropriate time and place (cue) that you associate with your chosen action
- Keep going even when your motivation wanes
- Monitor your performance until your action becomes effortless

Simple goals that address small changes are the key. Try it today! Download the printable toolkit [HERE](#), set your intentions, and watch your habit become second nature.



TOOLKIT FOR MAKING A NEW HEALTHY HABIT

My goal: _____
For example, be more active

My plan: (trigger and cue) _____ **(action) I will** _____
For example, after breakfast at home I will go for a walk

Track your actions until your new habit becomes second nature:

	Week									
	1	2	3	4	5	6	7	8	9	10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
Performed on >5 days, yes or no										
How automatic does it feel? Rate from 1 (not at all) to 10 (completely)										

Sources:

• Making health habitual: the psychology of 'habit-formation' and general practice - PMC (nih.gov)

MEPEC's Seniors' Activities and Services



WAVES OF CHANGE DOCUMENTARY SERIES -NEW

Come to this six-part documentary featuring interviews with over 50 people, covering the generational waves of English-Speaking immigration in Quebec from the Napoleonic war era to the present. Special appearance from the director Guy Rodgers.

Starting February 6th, every Monday evening from 7 to 8 pm in the Community Space. To participate, register [HERE!](#)



WHAT WE CHOOSE TO REMEMBER -NEW

"What we choose to Remember" is a documentary film centered around the highs and lows of the English Speaking Community in Quebec throughout history. There will be two screenings:

- January 19th, 7 to 8 pm. in the St. Bruno Legion.
- January 23rd, 7 to 8 pm. in MEPEC Community Space

To participate, [click here.](#)



AQUA FITNESS CLASSES -NEW

Join us for a 45-minute Aqua Fitness class adapted to meet the variety of needs of older adults. Afterwards, sit back and relax in the hot tub!

Starting January 27th, Friday mornings from 10 to 11 am in the Beloeil Aquatic Centre.

To participate, register [HERE!](#)

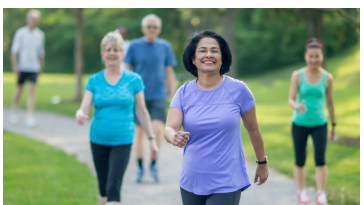


BILINGUAL CONVERSATION

The French-English conversation group is a great opportunity to share experiences with others and practice your language skills!

Come to this chat group every Wednesday morning from 10:30 a.m. to 12 p.m. at our Community Space.

Register [HERE!](#)



WALKING GROUP

Stay tuned to participate in the next session! This spring, join the Walking Group for a weekly walk every Wednesday morning at 10 a.m. The group walks outside in different locations throughout Beloeil and surrounding areas.

For more information, contact us at info@mepec-pemca.org



ART HIVE -NEW

Empower and share your art skills! Come to our judgment-free art space for dialogue and bonding between members of all ages. Every Tuesday afternoon from 1 to 3 p.m.

Knitting edition on January 10th, 17th, and 24th. Come to knit squares and create a blanket to donate. Register [HERE!](#)

Join our upcoming workshop! Candle in a Jar on January 31st. To participate, register [HERE!](#)



TRIVIA NIGHT

Every **SECOND** Tuesday of the month, we host 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, answer and win!

The next Trivia Night will be held on January 10th at 7 p.m.

To register, [click here.](#)



SENIORS' SNEAKERS

Grab your sneakers and get ready to sweat! Starting January 9th, meet us at the Otterburn Park Legion every Monday at 10am for an hour of light exercises adapted for seniors.

Session fee is \$20 for MEPEC and Legion members, and \$100 for non-members.

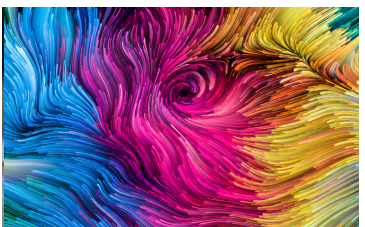
To register, [click here.](#)



WEEKLY RESPITE FOR CAREGIVERS

In collaboration with the Alzheimer's Society, this service provides relaxation for caregivers and families, while the affected person benefits from cognitive and socially stimulating activities. Come on Mondays 1 to 4 p.m. in our Community Space.

For more information contact Olga from the Alzheimer Society at 579 371-1078.



VIRTUAL PAINTING EXPERIENCE PREVILLE ARTS SCHOOL

Join our Virtual Painting Experience with Beverly from Preville Arts School. You can paint with others from the comfort of your home! Starting January 9th, Monday afternoons from 2:30 to 4:30 p.m. via Zoom.

To register, [click here.](#)

MEPEC's Family Activities and Services



SPROUTS WINTER SESSION

Join us with your toddlers ages 0-5 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.

From January 10th to February 7th, meet us at the Community Space every Tuesday morning from 9:30 to 10:30 a.m., arrival at 9 a.m.

To register, [click here](#).



DROP-IN PARENT/CHILD COFFEE CHATS

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

Starting January 10th, come spend quality time with your little ones every Tuesday morning from 10:30 to 11:30 a.m. Snacks and Coffee will be provided.

To register, [click here](#).



STORYTIME IN THE LIBRARY

Stay tuned to participate, coming soon!

Stories, songs, and a lot of fun for your little ones. Participants are also encouraged to borrow a book from our library.

If interested, please [click here](#) to fill out the form. For more information, contact us at info@mepec-pemca.org



YOGA MUMS AND TOTS

Stay tuned to participate in the next session!

Yoga classes include stretching adapted to new moms, strengthening movements, as well as relaxation, and poses done with the little ones.

If interested, please [click here](#) to fill out the form. For more information, contact us at info@mepec-pemca.org

Seniors' Wellness Centre

WHAT IS ALL THE TALK ABOUT AQUA FITNESS?

Jessica Sypher

By now we all understand the importance of physical activity in increasing longevity and improving overall health and well-being. But have you sat and considered what exercise might be the best for you and your needs?

As we age our bodies and minds change. Perhaps it is back problems or hip problems, maybe arthritis or mental health difficulties have developed.

Whatever it may be, water aerobics provides older adults with the opportunity to engage in exercises without having to worry about all the aches and pains associated with a high-impact activity.



BENEFITS OF WATER AEROBICS FOR OLDER ADULTS

- Bouncy and resistance of the water improves muscle function without the impact that is inevitable when doing land exercises
- Potential for physiological improvements in individuals with arthritis, orthopedic impairments, and asthma
- Enhanced self-esteem and body image
- Fall prevention tool based on increased muscle mass, flexibility and range of movement
- Decreased depression and anxiety
- Potential to have found a life long meaningful Leisure pursuit that facilitates improving health, and promotes happiness



YOU'RE INVITED TO AQUA FITNESS WITH MEPEC!

Happening Friday Mornings in January, February and March, come join us for a 45-minute Aqua Fitness class adapted to meet the variety of needs of older adults.

Afterwards, sit back and relax in the hot tub, where jets will help eliminate any lingering aches and pain, as well as make sure your muscles are relaxed so you can take on the rest of your day!

When: Friday mornings from 10:00am-11:00am
January 27th, February 3rd, February 10th and March 10th

Where: Beloeil Aquatic Centre 2121 Rue Saint-Jean-Baptiste, Beloeil, QC J3G 0T3

To participate, register [HERE!](#)



For Young Families:

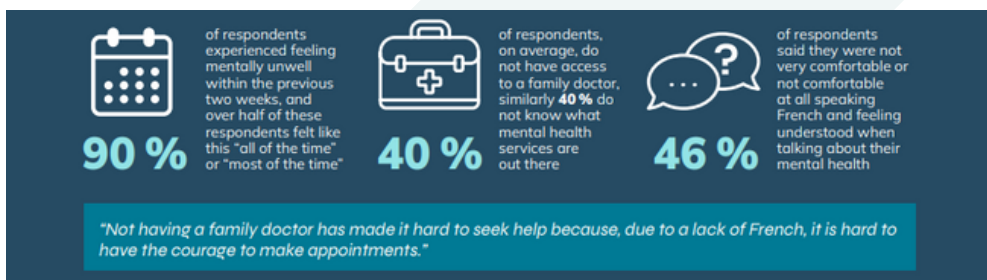
YOUTH PULSE CHECK REPORT

Kareen Massé

Below you will find some of the most important findings of the Youth Pulse Check, an online survey filled out by 456 English-speaking youth between the ages of 18-29 from 14 regions across the province of Quebec.

The purpose of the survey was to gain insight into the well-being of English-speaking youth (15-29 years old) and their experience accessing mental health care and supports across Quebec during COVID-19. The data collection period was from December 20, 2021 – March 31, 2022, and the CHSSN donated \$500 to the [Kids Help Phone](#) thanks to the 456 Pulse Check survey respondents.

The survey reveals that English-speaking youth are not turning to public health and social service resources as a first resort or in large numbers.



Instead, they rely heavily on culturally and linguistically safe informal support networks provided by their friends, significant others, and families.



Are these holidays season difficult for you or a loved one? If you need support, here are some resources: for immediate support call 1-800-668-6868 (toll-free) or text CONNECT to 686868. Click on the following links for [grief and hardship](#) during the holidays, for [suicide support](#), to get through the holidays for [LGBTQIA2S+ youth with unsupportive families](#), and general tips for [protecting your well-being](#) during the season.

We want to provide the community with information on the English services for Mental Health that can be accessed in our region. We are working on a directory of services that will be available in the new year.



MEPEC will be actively promoting Bell Let's Talk day and Kids Help Phone through a social media campaign in January 2023. Stay tuned on how you can participate and have the chance to win a prize!

Sources:
- Youth Pulse Check Report - CHSSN

Employability and Skills Development

MEET OUR 2022-2023 BURSARY RECIPIENT

Regina Uyoga

MEPEC in collaboration with Dialogue McGill is pleased to announce the 2022-2023 Bursary Recipient.

This year, MEPEC has awarded \$10,000 in financial assistance to help support Laurie Boisvert in pursuing a Bachelor of Science degree in Nursing at the University of Laval.

The Bursary Program provides financial support to students:

- From Quebec regions
- Who can provide health or social services in both French and English in a health or social services institution in Quebec
- Pursuing full-time college or university studies or secondary school vocational training in health or social services
- In a government recognized educational institution.

Following completion of their studies, recipients must commit to work in a public health or social services institution in their home region or catchment territory of their sponsoring community network for a minimum of one year each bursary awarded.



MEPEC is excited to have a future Nurse in the Montérégie East region who will be able to serve the needs of the English-speaking community! We wish Laurie continued success in her studies.



Community
Space
Rental

*Location
d'espace
communautaire*



Are you looking for a space in Beloeil to host a business meeting or an office social event?

Whether you need a space on a regular basis or just once we would like to hear from you.

All businesses, community groups, and organizations are welcome. MEPEC's community space hosts groups easily with seating for 20 people and can be adapted to host up to 40 people.

For pricing or more information, contact us at info@mepec-pemca.org

MEPEC's Community Library

INTERNATIONAL EDUCATION DAY

Alexandra Blasetti Kuhn

The fifth International Day of Education takes place on January 24th under the theme "to invest in people, prioritize education". This year's day will call for continued strong mobilization around education and finding ways to implement global commitments and initiatives.

Education is a human right, a public good, and a public responsibility. Without inclusive and equitable quality education and lifelong opportunities for all, countries will not succeed in achieving gender equality and breaking the cycle of poverty that is leaving millions of children, youth, and adults behind.

Nelson Mandela said, "Education is the most powerful weapon which you can use to change the world." How can you contribute to Education with simple, everyday actions?

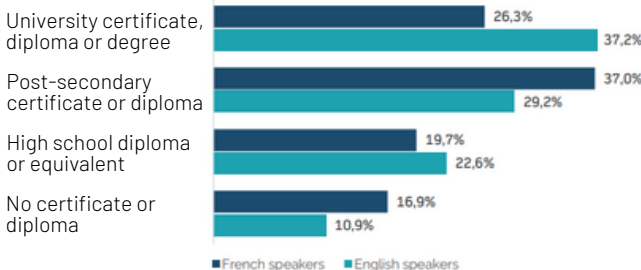
Reading books is a great way to nourish your mind, and develop your intelligence. Encouraging library visits at all ages and reading is a great way to strengthen education in the community.

Are you a bilingual French-English speaker? Did you know that our community library has over 4000 books? Did you know that reading in another language helps to increase your vocabulary and confidence in the second language? Contribute to Education in your community by reading books, come visit our community library!

EDUCATIONAL PROFILE FOR THE ENGLISH SPEAKERS IN THE MONTÉRÉGIE-EST

Would you like to know more about the Educational profile for the English-speaking population in the Montérégie-Est? Visit our [website](#) to see the complete demographic profile.

The proportion of people without any certificate, diploma or degree is lower among English speakers than among French speakers (10.9% vs. 16.9%) and English speakers are proportionally more likely to have obtained a university certificate, diploma or degree than French speakers (37.2% vs. 26.3%)



Sources:

• International Day of Education | UNESCO

MEPEC Community Library
Bibliothèque communautaire

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

EVERY LAST WEDNESDAY OF THE MONTH: BOOK CLUB
7 PM TO 8 PM

Partners' Activities and Services



MOTHER GOOSE PROGRAM

Got goose? That's right, Mother Goose is back in person, and online too! Mother goose is a pre-literacy singing program free of charge for parents and young children (ages 0-4)

Attend in person every Friday from 9:30 to 10:30 am at Mt. Bruno elementary School. To register send an email to sarah.mgoose@gmail.com

Attend online every Wednesday from 10 to 11 am. To register send an email to lhewitt.clc@gmail.com



UNDERSTANDING YOUR CONSUMER RIGHTS - SENIORS ACTION QUEBEC

Join this info session with Richard Goldman for legal information on refunds and exchanges, pricing errors, warranties, online shopping, and what you can do when problems occur. When? February 7th at 10 am, please register by January 31st.

To participate email ruthkathleenpelletier@gmail.com



FÊTE DES NEIGES VILLE D'OTTERBURN PARK

Come and test your skills at the old fashioned games stations, and enjoy a delicious meal at the Érablière Meunier kiosk. Warm up around a fire or try Zumba. Fat bikes will be available, ice sculpture demonstration, make up artist, and much more. Don't forget your skates to enjoy our beautiful skating rinks!

Come to the Duncan Campbell Park on Saturday, January 21st from 11 a.m. to 3 p.m.



CREATIVE WRITING - SOUTH SHORE COMMUNITY PARTNERS NETWORK

Improve your skills and stimulate your creativity doing short writing exercises. Share your English writings aloud for constructive group feedback. Open to all, beginners welcome!

From January 26th to March 30th, come on Thursdays from 2 to 4pm in Greenfield Park Library. Cost: \$45 for 9 weeks

For more information email jeanettepaul@yahoo.ca



AMIQUEBEC SUPPORT GROUPS

AMI-Québec's support groups provide a warm welcome to everyone. Free support groups for: family and friends, those suffering from mental illness only, and mixed groups for both. Join online on January 16th, 23rd and 30th, group meetings begin at 6:30 p.m.

If you have any questions call at 514-486-1448



UPCOMING EVENTS IN JANUARY! OTTERBURN PARK LEGION

Bingo on Friday, January 20th at 7 pm. Join the fun, play and win! cost: \$10 for six games, \$2 for each additional card.

Pub Night featuring Luc and Dom, come to enjoy good music and your favorite pub food and drinks on Friday, January 27th from 5 to 10 pm



CHEP SESSION: FINANCIAL HEALTH & STIGMA, THE HIDDEN COST OF DEBT

People of all ages may experience financial stress. Most often, financial hardship is not strictly the result of mismanagement. Health issues, bad investments may also cause financial difficulties. Join this webinar on January 18th 10 to 11:30 am.

Register [HERE](#).



UPCOMING EVENTS IN JANUARY! INTÉGRATION COMPÉTENCES

- Movie session for youth 16-35 year-old on January 10th from 1:30 to 3:30 pm. Free popcorn!
- Monarch nursery project, conference on January 24th at 1:30 pm to raise awareness and encourage people to get involved
- Wood Frame Pouring, art activity for youths aged 16 to 35 on January 31st from 1:30 to 3:30 pm

Please register at info@integrationcompetences.ca



GLUTEN-FREE 101 BY THE CANADIAN CELIAC ASSOCIATION

The Canadian Celiac Association develops the Gluten-free 101 webinar for those newly diagnosed with celiac to provide guidance and help increase confidence in the gluten-free diet. Join this month's webinar on January 24th at 8 p.m.

To register, contact quebecsupportgroup@celiac.ca



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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