

THE MEPECER



Behind the Scenes at MEPEC

MEPEC is a member based non-profit organization. We aim to increase access opportunities for the English-Speaking community in our region to health and social services, programs and activities that help build the vitality of our community.

This is made possible through funding from the federal and provincial government. Each funding agreement comes with specific reporting obligations. That is why we need to track attendance during the events and registrations are mandatory.

As a member based organization your feedback is essential to plan the upcoming programs based on your needs and interests. We want to hear from you through surveys, at our Annual General Meeting and throughout the year.

Québec  Canada 

Register for all our activities in one place! Visit our website [calendar](#) and sign up now! Find below a highlight from last month:



The Bilingual conversation group is ongoing and we are currently looking for fully bilingual volunteers to lead and moderate the activities in February.

The documentary screening "What we choose to remember" took place in the St. Bruno Legion and our Community Space with special appearance of the director, Guy Rodgers.

The screening itself and the subsequent discussion was an eye-opening experience!

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Did You Know...?

MOVE MORE TO GAIN HEART HEALTH BENEFITS

Georghia Michael, PhD, MWC

Wear Red Canada takes place on February 13 and is a campaign hosted by the Canadian Women's Heart Health Alliance to raise awareness about women's heart and vascular health.

Heart disease is on the rise and is the leading cause of death for women worldwide. Certain conditions, such as diabetes, earlier menopause, and rheumatoid arthritis, can place women at greater risk for heart disease than men. Fortunately, most heart diseases can be prevented through healthy behaviors, such as being active, eating a variety of healthy foods, managing stress, living free from smoking, limiting alcohol, and getting regular checkups for blood glucose, blood pressure, and cholesterol.

The Canadian Physical Activity Guidelines offer clear direction on what a healthy 24-hour period looks like for adults.

- Moderate to vigorous aerobic physical activities totalling at least 150 minutes per week.
- Muscle strengthening activities using major muscle groups at least twice a week.
- Physical activities that challenge balance (for adults aged 65 years or older).
- Several hours of light physical activities, including standing.
- Limiting sedentary time to 8 hours or less, which includes breaking up long periods of sitting as often as possible.

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Let's talk intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

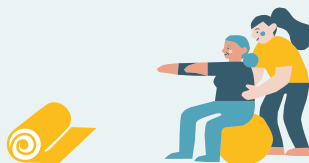
- Cross-country skiing
- Swimming

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better



Consider joining MEPEC's Walking Group for a weekly walk around Beloeil and surrounding areas (returning this Spring) or Seniors' Sneakers for an hour of light exercises at the Otterburn Park Legion (every Monday at 10 am).

You may prefer to walk at an indoor mall, climb stairs wherever possible, or walk/swim laps in the water at the local pool.

A little activity every day goes a long way to maintaining heart health.

Visit the Wear Red website [HERE](https://www.wearred.ca) for more information on the Wear Red Canada Movement Challenge and other ways to get active and help raise awareness about women's heart health.

Now is the time. Walk, run, or wheel, and embrace life.



Pick a time. Pick a place. Make a plan and move more!

- ☒ Join a community urban poling or mall walking group.
- ☒ Go for a brisk walk around the block after lunch.
- ☒ Take a dance class in the afternoon.
- ☒ Train for and participate in a run or walk for charity!
- ☒ Take up a favourite sport again.
- ☒ Be active with the family! Plan to have "active reunions".
- ☒ Go for a nature hike on the weekend.
- ☒ Take the dog for a walk after dinner.

Sources:

• [Canadian 24-Hour Movement Guidelines \(csepguidelines.ca/\)](https://www.csepguidelines.ca/)

• [Heart and Stroke Foundation of Canada | Home](https://www.heartandstroke.ca/)



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 20th, every Monday evening from 7 to 8:30 pm in the Community Space. To participate, register [HERE!](#)

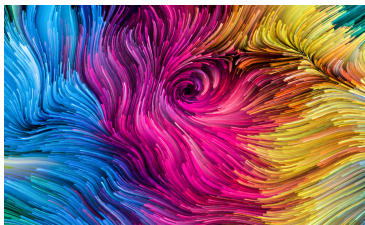


AQUA FITNESS CLASSES -NEW

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!

Join the fun on Friday mornings, February 3rd, February 10th and March 10th from 10 to 11 am in the Beloeil Aquatic Centre.

To participate, register [HERE!](#)



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.](#)



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 to 11:30 a.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





TAKE THE STRESS OUT OF YOUR BUDGET -NEW

Do you want to create a healthy relationship with your money? Reduce your financial stress and improve your mental health! Don't miss this Free zoom webinar with Monica Sourour, Money and Budget Coach.

Join on February 8th at 7 pm. 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 February 14th at 7 p.m.

To register, [click here.](#)



ART HIVE

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 February 7th, 14th, and 21st. Come to knit squares and create a blanket to donate. Register [HERE!](#)

Join our upcoming workshop! Wine bottle Lamp on February 28th. To participate, register [HERE!](#)



WEEKLY RESPITE FOR CAREGIVERS

In collaboration with the Alzheimer's Society, this service provides a break 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.



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.](#)



MEPEC's Family Activities and Services



VALENTINES ACTIVITY FOR THE LITTLE ONES -NEW

Come create your very own Valentine Mobile with our sweet volunteer Marie-Diane! See you on February 14th from 10 to 11 a.m. in our Community Space.

Save your spot for this heartfelt activity, to participate please register [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

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.](#)



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, dance and crafts.

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.](#)



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

SEXUALITY AND AGEING

Jessica Sypher

With Valentine's Day approaching soon, I thought it would be a great idea to add a little spice to this month's SWC article!

Sexual wellness is just as important when you are an older adult as it was when you were younger. With age, your body changes and so can your sexual health and needs.



Sex and sexuality communicate a great deal: affection, love, esteem, warmth, sharing, and bonding. These gifts are as much the right of older adults as they are of those who are much younger.

In most healthy adults, pleasure and interest in sex do not diminish with age. Age alone is no reason to change the sexual practices that you have enjoyed throughout your life. But you may have to make a few minor adjustments to accommodate any physical limitations you may have or the effects of certain illnesses or medicines.

Common Physical Changes in Women take place after menopause and are the result of decreased estrogen levels. These changes can be altered if a woman is taking [hormone therapy](#).

Common Physical Changes in Men are the result of gradually decreasing [testosterone](#) levels. These changes affect energy, strength, muscle, fat mass, bone density, and sexual function.

Two-spirit, lesbian, gay, bisexual, trans, queer, intersex, and sexually diverse individuals experience barriers to health and social services as they age. Many providers avoid conversations around sexuality and gender identity because they believe it has nothing to do with them. Risks of misunderstanding, discrimination, erasure, and mistreatment are likely as many healthcare providers assume older adult patients are heterosexual and cisgender. Anticipated stigma from health care providers is one reason many 2SLGBTQI+ individuals avoid accessing health care.



FEELING NERVOUS OR EMBARRASSED?

There are a lot of things you can do if you are feeling hesitant with your sexuality.

Speak to your doctor, they may be able to help with any medical conditions that affect your sexual changes. Talking to your partner may be uncomfortable at first, but open communication is most important, and you never know how they may be feeling.

EXPERIENCING A SEXUAL DRY SPELL?

It's never too late for intimacy! Generally, age has no influence on pleasure and interest in sex, in fact, a lot of older adults who had been celibate have come to experience satisfying sex lives.

Always remember just because you are older doesn't mean you can't contract Sexually Transmitted Infections (STI) so practice safe sex, this can include STI checks before intimacy with a new partner and using condoms during intercourse.

For more information surrounding sexual wellness check out these resources, click on the name to access the websites, stay informed about sexuality!

- [National Resource Centre on 2SLGBTQI Aging.](#)
- [The Centre for Sexuality.](#)
- [Action Canada for Sexual Health & Rights.](#)
- [National Institute on Aging.](#)



For Young Families:

SUICIDE PREVENTION MONTH

Kareen Massé

As the first week of February is dedicated to suicide prevention, we would like to share some information on this matter.

Each year in Quebec, there are approximately 1,100 suicides or 3 deaths per day.

For each of these deaths, 7 to 10 people suffer the death of a loved one, and many others are shaken. Suicide attempts and psychological distress add to this problem.

Even if suicide is an individual act, it takes place in the context of interactions between the person, his immediate community, and society in general.

We are therefore all affected by the problem, and we must take preventive action at several levels.

One objective we work towards is helping to provide information about services to prevent suicide.

If you are in a crisis or if you are in imminent danger call 911 immediately. For more information and support, check out these useful resources:

- [Canadian Association for Suicide Prevention](#)
- [Association Québécoise de Prévention du Suicide](#)
- [Centre d'intervention de crise et d'hébergement, Contact Richelieu Yamaska in St Hyacinthe](#)
- [Talk Suicide Canada](#)




**PREVENTION
IS BETTER
THAN DEATH.**

DareToTalkAboutSuicide.com

**Suicide
Prevention
Week**

February 5th to 11th,
2023





MASSAGE THERAPY WORKSHOP

Do you know the Mental Health benefits of a massage? Join the Massage Therapy workshop facilitated by Catherine Prosser, Massotherapist & Reflexologist.

Learn about different types of massages, benefits, contraindications and a demonstration of techniques to relieve stress and anxiety.

Come to our Community Space on February 16th from 11:30 a.m. to 1:30 p.m, a light lunch will be served. Please register [HERE](#).



Employability and Skills Development

GET TO KNOW MORE ABOUT OUR 2022-2023 MCGILL BURSARY RECIPIENT: LAURIE BOISVERT

Regina Uyoga

Tell me a bit about your background, what you study and what made you want to go into the nursing field.

"My name is Laurie Boisvert, I was born in Sorel-Tracy and lived there for 21 years mostly with my mom and my stepdad in the countryside, with our dog, cats and horses, not too far from my sister's and my nephews."

"I am currently studying at the University of Laval. I am pursuing a bachelor's degree in Nursing sciences. During my 2 years bachelor's degree program, I live in an apartment in Quebec City with my boyfriend of 2 years."

"I chose the Nursing field because I wanted to enrich my knowledge of this profession and to have a more important role in the patient's care. I have also done several internships during my 3 years of college that has prepared me to work in this field."



Tell me more about these internships, were they at hospitals in our region?

"I did an internship at the Hôtel-Dieu hospital in Sorel-Tracy working in the medicine, labor & delivery, and psychiatry departments. During my last year of college, I did an externship at Hôtel-Dieu hospital where I worked in pediatrics, palliative care, cardiology, and the COVID-19 unit. Also, I did my surgery internship at Honoré-Mercier hospital in Ste-Hyacinthe."

"Finally, I am now working at L'Enfant-Jésus hospital in Quebec City, next to my apartment and university as I pursue my studies. I began working in the COVID-19 unit as a CEPI (candidat à l'exercice de la profession infirmière) in July 2022. Right now I'm in the medicine department until March 2023."

What are your plans after graduation?

"I will have to pass the OIIQ exam (Ordre des infirmières et infirmiers du Québec) to be a certified nurse. Once I graduate, I would like to come back to Sorel-Tracy for a while to work as a school nurse and be there to take care of the kids who are new in this city or those who don't speak French. I also want to contribute to the city's vaccination campaigns. These two domains interest me because I think they are the places where explanations and healthcare promotion are most important, but also where the English-speakers miss information from health care staff."

How has the Bursary been beneficial to you, and what advice would you give to students pursuing studies in the Health & Social Services Sector?

"Pursuing studies in the nursing field requires passion, motivation, and not being afraid to work hard. You will constantly be in contact with people on a day-to-day basis and deal with the human body, which is very complex from all angles."

"With the current state of the economy, rising inflation rates and the cost of living, most students today are forced to work while pursuing their studies. If this is your case, you will have to find the perfect balance between working while being in school and still give your 100% in your studies."

"The McGill bursary provided through MEPEC has helped me in more ways than I could have imagined. I have been able to pay my bills and student loans, and it has also given me the chance to work less and concentrate more on my studies."

MEPEC's Community Library

INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

Alexandra Blasetti Kuhn

February 11th is International Day of Women and Girls in Science, an opportunity to recognize female scientists and technologists' participation in science, promote full and equal access to science education, and create an enabling environment for women and girls development in science.

Despite the progress in opening new doors and opportunities, women and girls continue to be underrepresented in the fields of science, technology, engineering, and mathematics (STEM).



That is why it is so important to go back to the roots and stimulate scientific and technological thinking in children and young people. Girls must be empowered as well as Boys, regardless of gender.

Children are natural scientists. Encourage them to follow their innate curiosity about the environment around them, foster their skills to reason, observe and analyze by reading educational books, as well as creating hypotheses and experiments through play.

Did you know that our Community Library has a Kids' book section? Reading books is a great way to develop critical and scientific thinking.

Come with your children and let them grab a book of their interest. The habit of reading and borrowing books can be a bonding activity with your child, add it to your routine!

Here are some interesting science authors for adults, find them in our community library:

- Mark Kelly, Astronaut, Biography.
- Steven Hawking, Biography.
- Chris Hadfield, Canadian Astronaut, "The apollo murders"
- Kathy Reichs, Forensic Anthropologist, 20 books available.
- Patricia Cornwell, crime writer, 13 books available.

Sources:

• [Promoting Participation of Women and Girls in Science | UNFCCC](#) • [Celebrating International Day of Women and Girls in Science - Canada.ca](#)



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

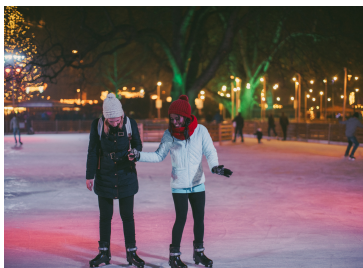


LE SERVICE IMTM

Le Service d'Intégration au marché du travail de la Montérégie is a professional job search assistance and personalized accompaniment service for any person who has difficulty entering or re entering the job market.

Le Service IMTM offices are located in Saint Hyacinthe and in Longueuil, did you know they provide services in English? We are pleased to reinforce our ties!

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



PATIN SAINT-VALENTIN VILLE D'OTTERBURN PARK

Aren't Music, mood lightning, outdoor fires to warm up, and hot chocolate, the perfect ingredients for a romantic evening? Bring your ice skates and come to spend a romantic evening with your loved one, friends or family.

Come to the Edmond-Auclair Park on Saturday, February 11th from 4 p.m. to 8 p.m.



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



BEAT THE FEBRUARY BLUES AMIQUEBEC

Join the second free, virtual walk through Ragusa, Sicily, Italy. We will be on Zoom, but we will get us up on our feet, keeping us moving during our hour-long virtual tour!

Don't miss this virtual guided walk on February 12th, 10:30 a.m.

To participate, register [HERE!](#)





CHEP SESSION: KEEPING YOUR BACK AND SPINE HEALTHY AS YOU AGE

Never too late to take care of your spine, no matter what ailments you may have. The spine being the central pillar of the body, holds secrets to overall health. Join this presentation with Samya Tatone, on February 15th from 10 to 11:30 a.m.

To register, [click here](#).



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 a.m.

To participate email ruthkathleenpelletier@gmail.com



GUEST PRESENTATION: GUY RODGERS, SCREENWRITER & DIRECTOR

South Shore Retired Educators presents their session on February 16th: "What We Choose to Remember" feature-length documentary produced with the National Film Board's Filmmaker's Assistance Program.

Guy Rex Rodgers began writing and directing a series of documentaries to examine the evolving sense of identity and belonging in Quebec's minority English-speaking communities.

If interested, contact southshorerefirededucators@gmail.com



GLORIOUS! AN HILARIOUS COMEDY THÉÂTRE ST. BRUNO PLAYERS

This play is based in the true story of Florence Foster Jenkins, the worst singer in the world, her charity recitals and extravagant balls. An hilarious and heartwarming comedy!

Three shows will take place on April 13th and 14th at 8 p.m. April 15th at 2 p.m. at Centre Marcel- Dulude, 530 Clairevue O, St. Bruno-de-Montarville.

[Click here](#) to get your tickets!





TRAINING ON ETHNOCULTURAL DIVERSITY INTÉGRATION COMPÉTENCES

This training promotes the key elements to understand the exchanges between different communities and to develop an intercultural sensitivity towards a better living together.

- Better understanding of migratory paths on February 2nd, from 2:30 to 3:30 pm
- Intercultural Communication on February 16th, from 9 a.m. to 12 p.m.

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 February 13th at 8 p.m.

To register, [click here](#).



C.A.M.E ST. BRUNO - FEBRUARY 2023 UPCOMING ACTIVITIES

Some activities for your little ones!

- Every Monday at 10 a.m. Nature Walk with Aline Desfossés (no sign up needed) in Boisé Tailhandier, entrance on rue de la Bruère.
- February 7th: conference on decluttering and home organizing. Free for members, 5\$ non-members.
- February 9th: Barre-fitness with Paulina, 3\$ for members, 6\$ non-members.
- February 16th: Conference on parental burnout with Suzanne Des Groseilliers Cournoyer. Bachelor's degree in psychology. Free for members, 5\$ non members.
- February 23rd: Coffee-knitting for moms.

For more information info@camstbruno.com



SHROVE TUESDAY LUNCHEON AT MOUNT BRUNO UNITED CHURCH

The first Shrove Tuesday Luncheon since 2020 will be held on February 21st, 12:30 p.m. at 25 rue Lakeview, Saint Bruno.

Bring a Friend! Free donations will be welcomed and very much appreciated. All monies collected will be donated.





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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CHSSN

