

THE MEPECER



International Women's Day Event

MEPEC, in collaboration with the Otterburn Park Legion, invites you to celebrate International Women's Day. This is sure to be an enjoyable and empowering event!

Under the 2023 Theme #EmbraceEquity, we would like to promote Women's Access to Health and Social Services.

Come and listen to our guest speakers, visit our vendors, participate in activities and receive a gift bag! Join us on Saturday, March 4th, from 10 a.m. to 4 p.m. at the Otterburn Park Legion, 318, rue Connaught, Otterburn Park, QC, J3H 1J1.

A hot Lunch will be served at 12:30 p.m. Please reserve your free ticket as space is limited to 60 seats. Register [HERE](#) or scan the QR code, sign up now!



INSIDE THIS ISSUE

DID YOU KNOW...?

P.4

MEPEC'S ACTIVITIES AND SERVICES

P.5

MEPEC'S COMMUNITY INFORMATION

P.8

PARTNERS' ACTIVITIES AND SERVICES

P.12

Did You Know...?

HEALTHY TIPS FOR SLEEPING WELL - PART ONE

Georghia Michael, PhD, MWC



Sleep is a basic human need, but one that we might sacrifice to get more done in a day. One-third of Canadians sleep fewer hours per night than recommended, reducing their ability to recover physically and regulate memory and emotion. Here are some false notions about sleep and some tips on how we can improve our sleep length and quality.

NOTIONS ABOUT SLEEP	REALITY	HEALTHY TIPS
<p>1 Everyone should get at least 8 hours of sleep per night.</p>	<p>Sleep needs vary greatly from person to person.</p> <p>This variation can be due to genetics, overall health, and age.</p>	<p>Our sleep needs evolve throughout our lifetime. Children need 9 to 11 hours of sleep, while most adults need 7 to 9 hours (although some adults need 6 or less hours or 9 or more hours).</p> <p>It is important to get the right amount of sleep according to your personal needs, rather than trying to sleep for a set number of hours.</p>
<p>2 It is possible to condition yourself to sleep less.</p>	<p>Conditioning ourselves to wake earlier does not change our individual need for sleep. Instead, we accumulate a sleep debt when we sleep less than our body needs.</p> <p>Over the long-term, repeatedly sleeping fewer hours per night than you need to feel rested can lead to severe fatigue, insomnia, sleep anxiety, increased risk of anxiety/burn-out/depression, attention deficit, and memory loss.</p>	<p>Try to go to bed and get up at the same time (give or take 30 minutes) every day of the week.</p> <p>Listen to your needs and sleep an adequate amount of time.</p> <p>Reduce sleep interruptions, such as electronic devices.</p> <p>Adopt healthy sleep hygiene:</p> <ul style="list-style-type: none"> • Avoid large meals just before bed. • Minimize alcohol and caffeine consumption, especially in the evening. • Practice physical exercise, but not too close to bedtime
<p>3 Coffee has no impact on sleep.</p>	<p>Caffeine blocks the action of adenosine, a sleep-promoting neurotransmitter produced in the brain, and can impact the quality of sleep.</p> <p>The effect of caffeine on sleep varies from person to person, and can depend on age, sensitivity to caffeine, time of day, and amount of coffee consumed.</p>	<p>Minimize caffeine consumption, especially in the evening.</p>

Sources: • [Demystify Sleep & Propose Solutions - SLEEP ON IT!](#)

MEPEC's Seniors' Activities and Services



WAVES OF CHANGE DOCUMENTARY SERIES

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

Monday evenings from 7 to 8:30 pm in the Community Space.
To participate, register [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 March 7th, 14th, and 21st. Come to knit squares and create a blanket to donate. Register [HERE!](#)

Join our upcoming workshop! Candle in a Jar - Part 2 on March 28th. 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 to 11:30 a.m. at our Community Space.

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 March 14th at 7 p.m.

To register, [click here.](#)



WALKING GROUP

The popular Walking Group will start as soon as spring arrives! Join us for a weekly walk every Wednesday morning at 10 a.m. The group walks outside in different locations throughout Beloeil and surrounding areas.

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



BOOK CLUB

Each month we choose a book together and discuss it at the following meeting via Zoom. Join our Book Club! Our next meeting is scheduled for March 8th at 6:30pm and we have chosen to read a memoir of our choice. For the April meeting on April 5th at 6:30pm we will discuss "The Paris Apartment" by Lucy Foley.

To register, [click here](#).



SENIORS' SNEAKERS

Grab your sneakers and get ready to sweat! 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 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.



AQUA FITNESS CLASSES

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, on March 10th and 17th from 10 to 11 am in the Beloeil Aquatic Centre.

To participate, register [HERE!](#)

MEPEC's Family Activities and Services



FAMILY WALK WITH ALPACAS

Walking in the forest has an anti-depressant effect and interacting with animals reduces stress. Have you ever seen how friendly alpacas can be? Come spend quality family time and improve your mental wellness!

See you on march 30th, 10 to 11 a.m. at Alpagas du Domaine Poissant, Mont Saint-Hilaire. Space is limited, please register [HERE!](#)



PARENT-CHILD DROP-IN

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 SPRING 2023 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.

Starting on March 21st, meet us every Tuesday morning from 9:30 to 10:30 a.m. in the Community Space.

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

CYBER SENIORS

Jessica Sypher


"Founded in 2015 by the creators of the award-winning documentary film CYBER-SENIORS, this non-profit organization provides senior citizens with tech training using an intergenerational, volunteer model. Young people are provided with lessons and learning activities to train them to act as digital mentors and senior citizens gain access to effective technology training and intergenerational communities that keep them socially connected and engaged." (Cyber Seniors, 2021)

It is not just tech training they have! There are also online exercise classes, guided meditations, and several workshops on seniors-related health conditions such as dementia, and nutrition. They even have a virtual drop in so if you have a specific question, you can pop over to their website and speak to a real person.

The best part? IT'S FREE. Here is a sneak peek at some of their activities that are happening this week:

What's on This Week

Time Zone:



Exercise Class with Renee (Wednesdays)

March 1, 2023 - 8:30 am
Duration : 1 Hour

[Register](#)



Cybersecurity: Misinformation and Older Populations

March 1, 2023 - 12:00 pm
Duration : 1 Hour


[Register](#)



How to Identify High-Quality Health Information Online

March 1, 2023 - 2:00 pm
Duration : 1 Hour

[Register](#)



Exploring the New Bing Search

March 1, 2023 - 4:00 pm
Duration : 1 Hour

[Register](#)

If you can't make it to one of their live webinars, you can find all previous webinars if you click the "Seniors Services" tab on the home page as shown below. For more information visit their website [HERE](#) or toll free # for technology help: 1844-217-3057.



About

Seniors Services

Volunteer

Programs & Services

Contact

Login

English

WELCOME TO CYBER-SENIORS

If you are a Senior Citizen looking for tech help, call us toll-free at **844-217-3057** or choose one of the options below.

If you are enrolled in a training program through your organization, [click here](#).

BOOK A ONE-ON-ONE
TECH CALL

SIGNUP FOR DAILY
WEBINARS

WATCH PREVIOUS
WEBINARS

ACCESS OTHER
LEARNING
RESOURCES

For Young Families:

SPROUTS PROGRAM TESTIMONIAL

Afiya Roberts, SAHM of three

What has Sprouts meant to me as an anglophone stay-at-home mom?

When Sprouts began, in May 2022, I was not only excited to finally break the isolation, we had all endured for months, but also to participate in an English-speaking toddler program that was geographically close to home. Though I have participated in MANY moms and tots activities many have been in French or far away and none really did a little bit of everything like Sprouts.

Sprouts perfectly blends arts/crafts, story time, music and community support all into a weekly one hour gathering.

Having the time to participate in activities with my children but also connect with other moms leaves me refreshed and energized for the rest of my week with my little ones.

There is something very familiar and warm about Sprouts and all the parents involved. We are slowly forming a small community in person and online via our private Facebook group MEPEC: Sprouts Program. Our group, which connects old and new sprouts members, will hopefully allow us to share ideas, organize activities and remain connected.

I am truly grateful to have a program like this available not only for my children but also for myself. MEPEC has truly put families first with this initiative and my family and I are very grateful.



Starting March 21st, join our Sprouts Program on Tuesday Morning from 9:30 to 10:30 a.m.

This program is designed to provide a fun and educational environment for young children from 0 to 5 year-old.

To register, click [here](#).

HERITAGE REGIONAL HIGH SCHOOL STUDENTS DESIGNED A MENTAL WELLNESS TOOL

As March Break approaches, we would love the opportunity to support and guide students during this time of rest and recharge.

In collaboration with some Heritage Regional High School staff members, MEPEC and ParenTeenFocus, ideas were shared to help develop and enhance overall mental wellness for students.

A group of Heritage Regional High School students prepared a useful tool to help their fellow peers rest and decompress during this break, and hopefully throughout times of need.

We invite all students to scan the QR code! This QR will also be accessible throughout the school building. We hope you enjoy this well-deserved break!



Employability and Skills Development

SPOTLIGHT ON ONE OF OUR EMPLOYMENT PARTNERS: PLACE AUX JEUNES MONTRÉGIE

Regina Uyoga

Place aux Jeunes is a large network of nearly one hundred agents working in all regions of Quebec to promote the attraction, integration, and retention of qualified young people (ages 18-35) in Quebec's regions.

Their objective is to accompany young people to leave the large centers such as Montreal, Quebec, Sherbrooke and Gatineau to go to the regions.

In the Montérégie-Est region, they have agents in the territories of Acton (Acton Vale and its surroundings), Maskoutains (Saint-Hyacinthe and its surroundings), Pierre-De Saurel (Sorel-Tracy and its surroundings) and Marguerite-D'Youville (Contrecoeur and its surroundings).

If you are aged between 18 and 35, have a post-secondary Diploma acquired in Quebec or elsewhere, and have at least a valid work permit in Quebec, Place aux Jeunes can help you!

They will accompany you in your migration project from one territory to another. Whether it's for a life project, or as a family, or even to launch a business project. Visit their website for more information.

Come and speak to one of their regional representatives at the International Women's Day event that MEPEC is hosting on March 4th 2023.

Fostering the migration, settlement, and retention of qualified young people (ages 18 - 35) in Québec's

All roads lead to the Montérégie!

The Montérégie offers the perfect mix of urban and rural areas. Beside being "Québec's Garden," it offers quality jobs in every economic sphere!

This magnificent region has everything: an outstanding quality of life and low cost of living, a multitude of services, and a diverse choice of outdoor, cultural and family activities. All this is possible while living not far from the metropolis, but with all the advantages of the regions!

The Montérégie has it all... and you can too!

Place aux jeunes Montérégie offers nature just a few steps from Montréal, a vibrant cultural life, and 9 zones to discover!

Imagine YOUR life in the Montérégie region

We'll assist you every step of the way:

- Searching for **jobs**, for **internships**, and **business opportunities**;
- Searching for **housing** and **local services**;
- Organizing individual and group **exploratory stays**;
- Organizing **networking events**!

With the support of

Québec

Place
aux
Jeunes
Montréal

Every morning, we wake up with the same mission in mind...

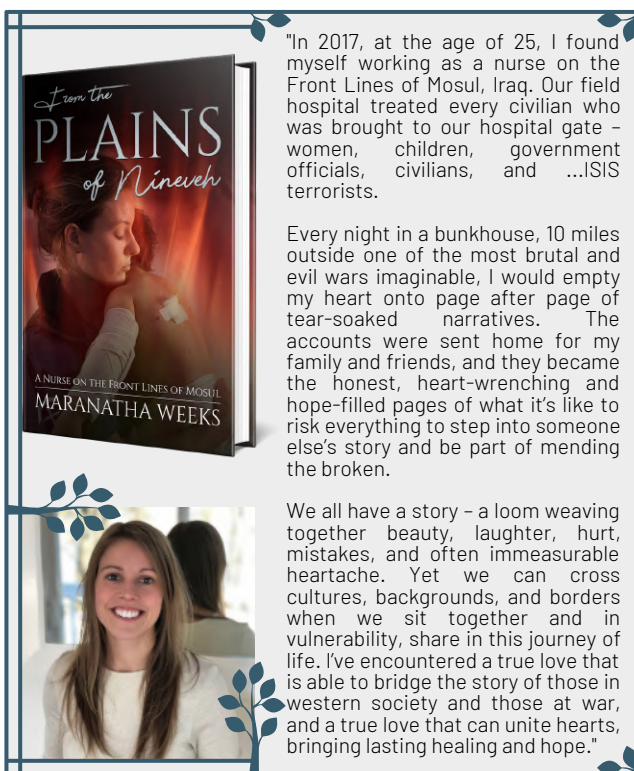


MEPEC's Community Library

FROM THE PLAINS OF NINEVEH BY MARANATHA WEEKS, ONE OF OUR MEMBERS

Alexandra Blasetti Kuhn

It was a normal work day at the offices when Kareen, our Youth and Family Coordinator came in after her Sprouts session and shared with us that one of the moms had written a book. Our first expression was -Oh, Great! Then she continued: -She was a front-line nurse in Iraq and wrote about it in her book. Our enthusiastic expression changed immediately to a thoughtful -Oh wow, such a hard experience, how did we not know this before!? Say no more, meet Maranatha and what motivated her to write "From the Plains to Nineveh"



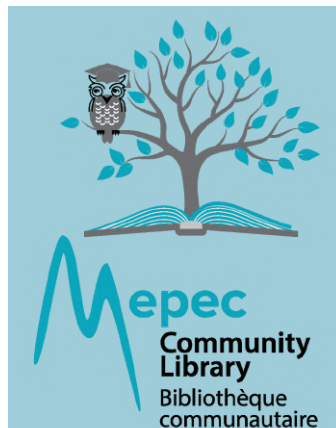
"In 2017, at the age of 25, I found myself working as a nurse on the Front Lines of Mosul, Iraq. Our field hospital treated every civilian who was brought to our hospital gate - women, children, government officials, civilians, and ...ISIS terrorists.

Every night in a bunkhouse, 10 miles outside one of the most brutal and evil wars imaginable, I would empty my heart onto page after page of tear-soaked narratives. The accounts were sent home for my family and friends, and they became the honest, heart-wrenching and hope-filled pages of what it's like to risk everything to step into someone else's story and be part of mending the broken.

We all have a story - a loom weaving together beauty, laughter, hurt, mistakes, and often immeasurable heartache. Yet we can cross cultures, backgrounds, and borders when we sit together and in vulnerability, share in this journey of life. I've encountered a true love that is able to bridge the story of those in western society and those at war, and a true love that can unite hearts, bringing lasting healing and hope."

We would like to thank you for sharing your experience and highlighting the importance of nurturing our minds with books that show us life experiences others have had.

"From the plains of Nineveh" will be available in our library soon, let's spread the word in the community! Once again, thank you Maranatha!



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

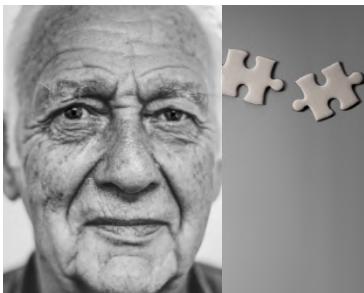
WEDNESDAY OF THE

MONTH: BOOK CLUB

7 PM TO 8 PM



Partners' Activities and Services



AGING WELL WITH MENTAL ILLNESS AMIQUEBEC

Aging while living with mental health struggles or illness can present certain difficulties. Talking to peers with similar experiences can provide validation and compassion. Join this online workshop on March 14th and 28th, 10 a.m. to 12 p.m.

We will explore ways to cope with challenges, how to manage difficult emotions, boundaries, communicating feelings, hobbies, and self-care.

Please register in advance, to participate [click here](#).



CHEP SESSION: EATING WELL FOR PREVENTING AND LIVING WITH DIABETES

Dietitian Elena Zhao will explain the effects of diabetes on your body, the small changes you can make to reduce your risk, and the basic but essential knowledge and skills you need to know about healthy eating for type 2 diabetes.

Join this free online webinar on Wednesday, March 15th from 10 to 11:30 a.m. For more information, contact us at info@mepec-pemca.org.



ESTATE PLANNING WEBINAR SENIORS ACTION QUEBEC

What do you need to know in advance to plan your estate? Join this free online webinar on March 14th from 10a.m. to 12 p.m. Topics that will be included:

- The importance of planning ahead.
- The importance of having a will and the necessity of reviewing your will.
- The role of the liquidator.

To register, please send an email with your contact information to info@seniorsactionquebec.ca



EASTER SCAVENGER HUNT - PHOENIX COMMUNITY PROJECTS

Come to spend a wonderful Saturday afternoon with your children ages 5 to 12. Easter scavenger hunt, onsite activities, and Ukrainian egg decoration!

Saturday, April 1st from 1 to 4 p.m. at 321, rue Empire, Greenfield Park, QC. For more information call 438-935-0372



ST. BRUNO PLAYERS PRESENTS GLORIOUS!

Based on the true story of Florence Foster Jenkins, the worst singer in the world. Come for an evening (or afternoon) on the high "C"s, in this hilarious and heartwarming comedy!

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

For tickets call: 450-441-0362 or 450-653-4149 or [Click here](#)



GLUTEN-FREE SUGARING OFF - QUEBEC SUPPORT GROUP OF CELIAC CANADA

Come on Sunday March 26th from 12 p.m. to 1:30 pm for a gluten-free Sugaring Off restaurant meal at Les Quatre Feuilles, 360, Rang de la Montagne, Rougemont JOL 1M0

Please be sure to email quebecsupportgroup@celiac.ca to reserve as soon as possible and arrive a little before noon, as table reservations are for 90 minutes only.



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

Did you know C.A.M.E. St. Bruno has activities to help parents connect with each other every month? Check out the activities for you and your little ones!

- Every Monday at 10 am: Nature Walk with Aline Desfossés (free activity, no sign-up needed) in Boisé Tailhandier, entrance on rue de la Bruère.
- March 9th, 9:15 am: Introduction to non-contact self-defense. Activity for parents! Free for members, \$10 for non-members.
- March 23rd, 9:15 am: Baby massage with Émilie Kogovsek, kinesiotherapist. \$10 for members, \$15 for non-members.
- March 30th, 9:15 am: Free Coffee-knitting for parents in collaboration with Cercle de fermières St-Bruno.

For more information, contact info@camstbruno.com



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 in person on March 15th at 6:30 p.m. in 91, boul. Churchill Blvd, Greenfield Park, QC. Join online on March 13th, 20th and 27th, at 6:30 p.m.

For more information [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



@MepecMonteregieEast
@mepecyouth



@mepec_monteregie_east
@mepecyouth



@Mepec-Pemca



@mepecyouth



551 Boul. Sir-Wilfrid-Laurier, #105 and 106
Beloeil, Qc J3G 4J1



Tel/Fax: 450 281-3732



info@mepec-pemca.org

This initiative is made possible with financial contributions from:

Funded by the
Government
of Canada

Canada

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



CHSSN