

THE MEPECER



Youth ages 19-35: Join MEPEC's Board of Directors!

Are you interested in making a real difference? Would you like to put your knowledge to work and gain practical experience? We are looking for people between the ages of 19-35 to join our Board of Directors.

Do you have knowledge in any of the following areas? Business, Non-profit Community Organizations, Law or Human Resources. We would love to hear from you!

What can you expect?

- Monthly meetings of the Board of Directors which usually last between one and one and a half hours.
- The opportunity to join specialized committees.
- The chance to influence the direction of a community organization.
- Annual General Meeting

What's in it for you?

- You will gain valuable real-world experience.
- A sense of accomplishment that you are making a difference in the community.

Visit our [website](#) for more information and apply [HERE!](#)



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Did You Know...?

HEALTHY TIPS FOR SLEEPING WELL - PART TWO

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
4 Alcohol helps you sleep better.	<p>People who drink alcohol tend to have more disturbed sleep, less REM sleep, and early morning awakenings.</p> <p>Alcohol shortens the stage of sleep that is important for balancing mood. Alcohol is also linked to increased snoring and increased number of sleep apnea episodes (in people with sleep apnea).</p>	<p>Drink in moderation.</p> <p>Minimize alcohol consumption, especially in the evening.</p>
5 A good sleeper does not wake up at night.	<p>Brief awakenings during the night are very common.</p> <p>It is quite normal to wake up during the lighter stages of sleep.</p>	<p>If you are concerned about waking up during the night, pay attention to how often, how long, and why you are awakening, and how well you can get through the next day.</p>
6 People who get up at 5 am are more productive.	<p>There is no link between wake-up time and productivity.</p> <p>It is important to respect your unique biological clock.</p>	<p>Take advantage of the time when you are most productive.</p>
7 Napping helps to recover lost sleep.	<p>There is no replacement for lost sleep, so it is important that you meet your body's need for sleep each night.</p> <p>Napping can lead to sleep disturbances and increased time to fall asleep the following night.</p> <p>When done properly, daytime naps can improve alertness, concentration, and mood.</p>	<p>The ideal time to take a short nap is between 1 and 3 PM. Avoid naps late in the afternoon or evening. The optimal duration of a nap varies based on individual needs:</p> <ul style="list-style-type: none"> • For a quick energy boost, try a 10 to 20-minute nap • For a complete sleep cycle, try a 90-minute nap • Avoid naps of 30 to 60 minutes, as this is the length of time needed to achieve deep sleep. <p>Use earplugs and/or an eye mask to help you get to sleep.</p> <p>Use an alarm. Not able to fall asleep? Consider this time as rest while being awake.</p>

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

MEPEC's Seniors' Activities and Services



ELDER ABUSE WORKSHOP -NEW

This workshop focuses on the mistreatment of elders by those closest to them.

Lousie Buzzit (the National coordinator specializing in the fight against mistreatment of English-speaking seniors and cultural communities) and Erica Botner (Program Manager for Seniors, CHSSN) will host this interactive workshop. Join us on April 26th at 3 p.m. in the Community Space.

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 April 4th, 11th, and 18th. Come to knit squares and create a blanket to donate. Register [HERE!](#)

Stay tuned to join our upcoming workshops!



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 April 11th at 7 p.m.

To register, [click here](#).



WALKING GROUP

The popular Walking Group will start when Senior's Sneakers wraps up! Join us for a weekly walk every Monday morning at 10 a.m. When Seniors' Sneakers ends, join our instructor Tara for a walk 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 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, Starting April 14th from 10:30 to 11:30 am in the Beloeil Aquatic Centre.

To participate, register [HERE!](#)

MEPEC's Family Activities and Services



ZUMBA & YOGA MUMS AND TOTS -NEW

Mums and tots Yoga is a great bonding experience for you and your child, combined with Zumba It's a blast of fun!

Join our instructor Chrystal for an hour of dancing fun and relax afterwards with Yoga. Starting May 4th, every Thursday morning from 9:30 to 11 a.m. in our community Space.

To Participate, register [HERE!](#)



EASTER EGG HUNT -NEW

We will be having our first Easter Egg Hunt along with special activities and surprises at MEPEC! Come join us on Thursday April 6th from 10 to 11:30 a.m.

Places are limited, to participate register [HERE!](#)

You can also participate in our Easter Coloring Contest, download the image [HERE](#), color it and drop off your drawing at our offices Don't forget to add your name, age, phone or email address on the back of the drawing. Join the easter fun!



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.

Meet us every Tuesday morning from 9:30 to 10:30 a.m. in the Community Space.

To register, [click 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.](#)

Seniors' Wellness Centre

SENIORS: WE'VE GOT TIPS TO HELP YOU THIS TAX SEASON!

Jessica Sypher

We're here to help make sure you get all the benefits and credits that you may be entitled to! These tips will help you complete your income tax and benefit return, and avoid interruptions to your benefit and credit payments.

Filing and payment deadline

The deadline for most Canadians to file this return is April 30, 2023. Since April 30, 2023, falls on a Sunday, your return will be considered filed on time if the Canada Revenue Agency (CRA) receives it, or it is postmarked, on or before May 1, 2023.

If you or your spouse or common-law partner are self-employed, you have until June 15, 2023, to file on time. If you owe money, your payment is due on April 30, 2023. Your payment will be considered on time if the CRA receives it, or a Canadian financial institution processes it, on or before May 1, 2023.

Get benefits, credits, and claim other expenses

You may be eligible to receive the Guaranteed Income Supplement (GIS). It's a monthly benefit for old age security pension recipients who have low income and are living in Canada.

If you owe money this year, you may be able to claim deductions, credits, and expenses on your tax return to reduce the amount of tax you have to pay. Find out what you can claim on our Claiming deductions, credits, and expenses page. You may also be able to take advantage of pension income splitting.

Register for My Account

You can register for My Account at My Account for Individuals. It's the fastest and easiest way to view and manage your tax and benefit information. If you own a business, you can register for My Business Account.

Get free tax help

If you have a modest income and a simple tax situation, volunteers at a free tax clinic may be able to do your taxes for you. Free tax clinics are available in person and virtually. To find out if you're eligible, and to find a tax clinic, go to our Free tax clinics page.



Protecting you from scams and fraud

To avoid scams and fraud, be aware of when and how the CRA might contact you. The Scams and fraud page provides information on the ways that the CRA may contact you, including by phone, email, mail and text message.

We strongly encourage you to monitor your CRA accounts regularly for any suspicious activity. You can find valuable information on how to secure your CRA accounts on our Security of your CRA My Account and My Business Account page.

This information was taken directly from the government of Canada [website](#).

For Young Families:

WORLD AUTISM AWARENESS MONTH

Kareen Massé

Autism Awareness Month is dedicated to having open discussions about Autism Spectrum Disorder also known as ASD. By raising awareness, the hope is to educate and create a safe space and foster support so youth with ASD can reach their full, unique developmental potential without judgment.

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder affecting 1 in 66 children. This refers to the impairment in communication skills, language skills, and social interactions. These impairments are sometimes combined with restricted and repetitive behaviors, activities, and interests.

A person on the spectrum has different ways of perceiving and experiencing the world. A person with ASD has a unique set of strengths and challenges. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently. This condition does not only affect the person who is living with the disorder, but it impacts the family, caregivers, and the community as well.

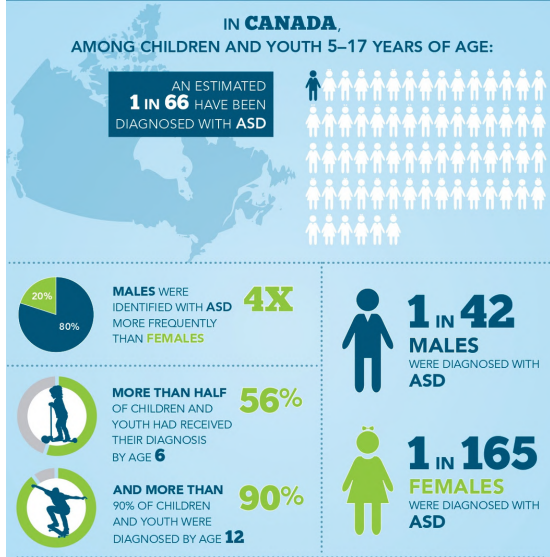
Early intervention and support lead children to positive outcomes later in life.

If you would like to know more about autism and the resources available for families, access [HERE](#), a short documentary by Autism Speaks Canada.

L'Association de la Vallée du Richelieu pour la Déficience Intellectuelle et trouble de spectre de l'Autisme is an organization whose mission is to help families to integrate people living with an intellectual disability or an ASD. Did you know they offer services in French and English? They are located in 625 rue Lechasseur, Beloeil, QC, J3G 2L3. For more information visit their website [HERE](#).

AUTISM PREVALENCE AMONG CHILDREN AND YOUTH IN CANADA

2018 Report of the National Autism Spectrum Disorder (ASD) Surveillance System*



EASTER COLORING CONTEST AT MEPEC

Download the image [HERE](#) and color it to enter our Easter Coloring Contest! Drop off your drawing at our offices or during an activity in the Community Space. You can also take a picture of your drawing and send it to info@mepec-pemca.org.

Please do not forget to include your name, age, phone or email address on the back of the drawing. Join the easter fun!

Sources: • [About autism spectrum disorder \(ASD\) - Canada.ca](#)



Employability and Skills Development

SPOTLIGHT ON ONE OF OUR EMPLOYMENT PARTNERS: INTÉGRATION COMPÉTENCES

Regina Uyoga

Intégration Compétences is a non-profit organization situated in Beloeil that helps job seekers acquire the skills and experience needed to find a job that matches their interests and qualifications.

They offer personalized employment and training services to both French and English speakers in Montérégie-Est. Their mission is to support and guide clients living in the Montérégie region in their efforts to integrate into society.

Their services include career guidance, employability training, mentoring and job support. The organization offers personalized assistance for writing CVs and cover letters, preparing for interviews, identifying job opportunities and training in language, technical and social skills.

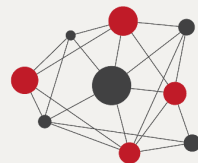
Services are offered free of charge and are intended for people aged 16 to 35, although some programs are offered to a people of all ages.



MEPEC in collaboration with Intégration Compétences, facilitated an Employment Workshop at ACCESS - Adult Education Center about Interview preparation: become a top candidate.

Intégration Compétences is working with the local employers in our region to match qualified candidates to available positions.

Check out some of the job offers available on their website or contact the organization at 450 699-1616. For more information on their services, [click here](#).



**INTÉGRATION
COMPÉTENCES**
ORIENTATION • FORMATION • EMPLOI



MEPEC's Community Library

WORLD BOOK AND COPYRIGHT DAY

Alexandra Blasetti Kuhn

World Book and Copyright Day take place every year on April 23. The purpose of this day is to encourage and promote reading and publishing, as well as advance the protection of intellectual property through copyright.

According to UNESCO's website — "It is a time to celebrate the importance of reading, foster children's growth as readers, and promote a lifelong love of literature and integration into the world of work. Books have long embodied the human capacity to conjure up worlds, both real and imagined, giving voice to the diversity of human experience. They help us share ideas, obtain information, and inspire admiration for different cultures, enabling far-reaching forms of dialogue between people across space and time."

Books are vital elements in accessing, transmitting, and promoting education, science, culture, and information worldwide. On this day, especially in current uncertain times, we must cherish, defend and protect books and copyright.

Buy a book, start a reading challenge, and donating books are some experts' advice to celebrate this day. Here are some suggestions on how to celebrate World Book and Copyright Day at MEPEC!

LEND A BOOK OR GRAB A BOOK TO GIVE AWAY IN OUR COMMUNITY SPACE

The purpose of this day is to encourage reading. Are you looking for some inspiration on what to read? Grab a book for free from the black bookcase in our community space, they are all to give away! Also, you can borrow a book from our Community Library.

JOIN A MONTHLY READING CHALLENGE, JOIN OUR BOOK CLUB!

Book clubs are a great way to encourage the good habit of reading on a regular basis. Start a reading challenge in the Monteregie-Est has never been easier! Join our book club on April 5th at 6:30 pm. We will discuss "The Paris Apartment" by Lucy Foley.

DONATE A BOOK! CERTAIN CONDITIONS MAY APPLY DUE TO LIMITED SPACE

We would like to accept all book donations but certain conditions apply due to limited space. We only accept English Novels no older than 10-15 years. Unfortunately we do not accept encyclopedias, cook books and travel books. Contact us at info@mepec-pemca.org.



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

BOOK CLUB: EVERY
FIRST WEDNESDAY
OF THE MONTH

6:30 PM



Partners' Activities and Services



FRENCH FOR THE WORKFORCE - YES MONTREAL

Learn how to boost your confidence while speaking french! Go beyond the basics of French grammar, engage in small talk, stand out in your job interviews, and participate in workplace chit-chat. Starting April 12th, classes will take place online on Wednesdays and Fridays 9:30 am.-12:30 pm. Program fee: \$75.

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



ART CLASSES WITH BEVERLY - PREVILLE FINE ARTS CENTRE

Join the super Beverly Landry this Spring for an online art class! She will be teaching **Portraiture (16 years +)** on Mondays 6 to 8 p.m. and **Watercolor (16 years +)** on Thursdays 7 to 9 p.m.

Classes run for 8 weeks and are held live online so you can join from the comfort of your home. Register [HERE](#) and contact info@centreprville.org for pricing information.



GLUTEN-FREE 101 - QUEBEC SUPPORT GROUP OF CELIAC CANADA

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 April 16th at 7 p.m.

To register, [click here](#).



CHEP SESSION: A GUIDE TO ASSIST YOU PREPARE YOUR LEGACY NOTEBOOK

No one wants to think about mortality, but it comes to us all. Join CHEP April 2023 session on Advanced Care Planning entitled "Love Is In The Details - A Guide To Assist You Prepare Your Legacy Notebook."

Join this free webinar on Wednesday, April 19th at 10 a.m. To participate, [click here](#).



SOUTH SHORE RETIRED EDUCATORS

Retiring this year? Have you retired? Want to keep in touch with retired colleagues and have fun? Anyone who has worked with Students or Staff in Elementary and High School Education can join.

The next meeting will take place on April 20th. Contact southshoreretirededucators@gmail.com to participate!



ST. BRUNO PLAYERS PRESENTS GLORIOUS!

Based on the true story of Florence Foster Jenkins, the worst singer in the world. Come for an evening 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](#)



GUARANTEED INCOME SUPPLEMENT RENEWAL PERIOD - SERVICE CANADA

The Guaranteed Income Supplement (GIS) is a monthly benefit that is not taxable and income-based. It is paid to Canadian residents who receive Old Age Security benefits and have low incomes.

If you are entitled to the GIS, file your tax returns electronically before April 30, or to complete a GIS renewal form (ISP3026) available on the Service Canada website. For more information, visit Service Canada website [HERE](#).



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.
- April 6th and 13th: Qi Gong activity with Louise Tessier. Cost: \$3 for members, \$6 for non-members.
- April 20th: Core and Pelvic Floor Exercises with Caroline Drolet, physiotherapist. Cost: \$5 for members, \$8 for non-members
- April 27th, 9:15 am: Free Coffee-knitting group for parents in collaboration with Cercle de fermières St-Bruno.

For more information, contact info@camestbruno.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 April 12th at 6:30 p.m. in 91, boul. Churchill Blvd, Greenfield Park, QC. Join online on April 3rd, 17th and 24th, at 6:30 p.m.

For more information [click here](#).



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

**Monteregie East Partnership
for the English-Speaking Community**

www.mepec-pemca.org



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@Mepec-Pemca



@mepecyouth



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



Tel/Fax: 450 281-3732



info@mepec-pemca.org

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Québec



CHSSN