

# THE MEPECER



## We are gaining presence in the community, this happened in the last two months!

Over the past two months we have launched some new activities and events and the outcome has been more than we expected. Word of mouth is a valuable resource, thanks to all our members!

International Women's Day was a great success and it is here to stay! So is the Easter Egg Hunt! The little ones had a lovely Easter in our Community Space!

Our Sprouts Program and Parent-Child Drop-In had a record high of 30 people. Senior activities were not far behind, we have 23 people in Seniors' Sneakers and the Art Hive is well attended!

MEPEC Knitting Wits finished two absolutely gorgeous blankets that were donated for the fundraising event Kurling for Kids.

All funds raised at the event in the Otterburn Park Legion were used to purchase equipment for Montreal Children's Hospital and UHC St-Justine.

The curlers from the Otterburn Legion Memorial Curling Club Pierre St-Gielles (left) and Tom Langton (right) won the blankets that our Knitting Wits made. Lucky them!



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If you have been forwarded this publication and wish to subscribe to receive it, contact us or visit our website to become a member.

# Did You Know...?

## SUMMER SAFETY IN THE SUN

Georgina Michael, PhD, MWC

May marks the start of warmer weather and Melanoma and Skin Cancer Awareness Month.

The Save Your Skin Foundation and Canadian Dermatology Association use this time to promote the importance of performing regular skin self-examinations and taking steps to reduce exposure to the sun.

Follow the five S's of summer safety to reduce exposure to harmful ultraviolet (UV) rays and dramatically reduce the risk of developing melanoma and skin cancer.

### SLIP on a shirt:

Protect your skin with clothing.

### SLOP on some sunscreen:

Apply a broad-spectrum sunscreen with a minimum sun protection factor (SPF) of 30 at least 20 minutes before going outside. Reapply every 2 hours or immediately after swimming or perspiring.

### SLAP on a hat:

Choose a hat that has a wide brim and/or a flap at the back to cover your ears and neck.

### SEEK out shade:

Protect your skin by seeking out shade, especially during peak sunshine (11 am-3 pm)

### SLIDE on some sunglasses:

Choose sunglasses that provide 100% UVA/UVB protection.

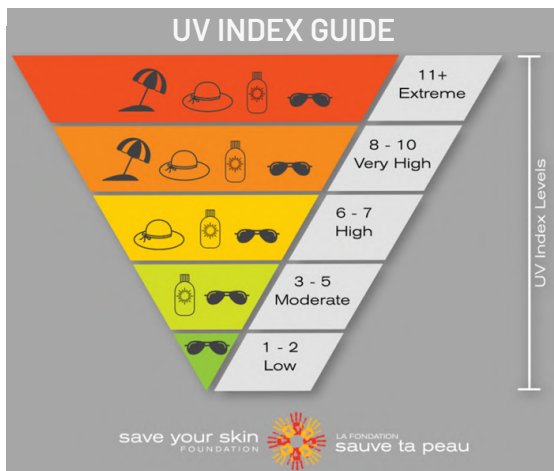
UVB rays play a greater role than UVA rays in causing skin cancers. A broad-spectrum sunscreen contains UV filters that provide protection from both UVB and UVA.

Although no sunscreen can block all UV rays, sunscreens with higher SPF filter out more UVB rays than sunscreens with lower SPF.



The filters found in sunscreen are either chemical UV filters that are absorbed by the skin or physical UV filters (for instance, zinc oxide or titanium oxide) that remain on the surface of the skin.

Check which type of sunscreen you are using, because those containing chemical filters need to be applied to the skin at least 20 minutes before going in the sun. [The Weather Network](#) provides a daily UV rating for each municipality, which can help you decide which precautions are needed before you head outside!



## MEPEC's Seniors' Activities and Services



### MAY MEDITATION FOR MENTAL HEALTH AWARENESS MONTH -NEW

This activity will be led by Debbie Edayanjilil. She will introduce you to breathing exercises that will help calm your mind and nervous system, and guided meditations based on visualizations that will tap into your creative energy. This session is designed for beginner to expert meditators. You are welcome to bring a cushion, a yoga mat, and a blanket.

Come on May 24th from 1-2p.m. at our Community Space. This activity is open to all MEPEC members! Please register [HERE!](#)



### 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 May 2nd, 9th, 23rd and 30th. Come to knit squares and create a blanket to donate. Register [HERE!](#)

Bohemian Bracelets Workshop on May 16th. Come create your own bracelets with Marie-Diane, our amazing well-known volunteer! To participate, sign up [HERE.](#)



### SENIORS' SNEAKERS

Grab your sneakers and get ready to sweat! Meet us at the Otterburn Park Legion every Monday at 10 a.m. for an hour of light exercises adapted for seniors.

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

To participate, please 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 May 9th at 7 p.m.

Register once for the current year [HERE](#) and receive the zoom link by email every month!



## WALKING GROUP

The popular Walking Group will start when Senior's Sneakers wraps up! Join us for a weekly walk **every Monday 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](mailto: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 **May 31st at 6:30 p.m.** We will discuss "The Marriage Portrait" by Maggie O'Farrell

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!](#)



## 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 from 10:30 to 11:30 a.m.** 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!](#)



### STROLLER SQUAD -NEW

When you push your baby in a stroller, they experience the world from a different perspective. You're behind, they hear you speaking but they're approaching the world independently and they will start to develop self-awareness. Come and share this experience with other parents!

Join our moms and dads' Stroller Squad! **Starting May 10th, Wednesday morning from 10 to 11 a.m.** Meeting point at our Community Space.

To participate, sign up [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 May 9th, meet us every Tuesday morning from 9:30 to 10:30 a.m.** in the Community Space.

To participate, please sign up [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 and 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.

Register [HERE!](#)

# Seniors' Wellness Centre

## LAUGHT YOUR STRESS AWAY ON MAY 7TH, WORLD LAUGHTER DAY

Jessica Sypher

Celebrated on the first Sunday of May, this year May 7th World Laughter Day will be organized by Laughter Yoga International, founded by Dr. Madan Kataria, with the intent of manifesting world peace and embracing friendship through laughter.

Laughter Yoga combines basic movements with you guessed it...laughter! "It is based on scientific studies which have proved that the body cannot differentiate between intentional/voluntary and real laughter. One gets the same physiological and psychological benefits."



What are the benefits?

- Good mood and more laughter
- Healthy exercise to beat stress
- Strengthened immune system
- Social connection
- Positive attitude in challenging times

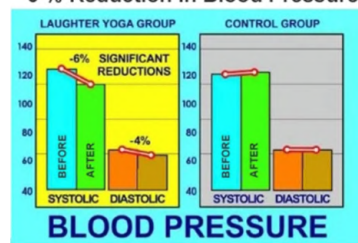
In honor of Dr. Madan Kataria and the success of laughter yoga, you are welcome to take some time on May 7th to engage in a Laughter Yoga practice and no need to worry, you won't have to do any downward dogs to get the hang of Laughter Yoga.

For more information visit the Laughter Yoga website [HERE](#).

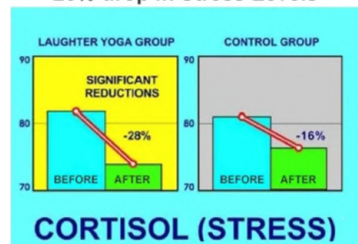
Check out the links below to find a practice best suited for you!

Find the 5-minutes instructional laughter yoga video [HERE](#). Find the 10-minutes instructional video [HERE](#).

### 6 % Reduction in Blood Pressure



### 28% drop in Stress Levels



## STAR PROGRAM MONTÉRÉGIE: SPECIAL THANKS AND RECOGNITION PROGRAM

Do you know an employee or a volunteer at a community or public organization who stands out for having made a special effort to improve the health and well-being of English-speaking community members of the Montérégie? We invite you to nominate them before June 12th!

Selected candidates will receive a certificate of congratulations, will be eligible for a \$50 gift card draw, and will be featured on the social media of diverse health organizations across the Montérégie.

For more information and to nominate a candidate, please visit our website [HERE!](#)

# For Young Families:

## MAY 1-7 IS MENTAL HEALTH WEEK, 2023 THEME: #MYSTORY

Kareen Massé

The Canadian Mental Health Association (CMHA) celebrates the 72nd Mental Health Week from May 1-7, 2023. This year's theme for Mental Health Week is #MyStory.

Storytelling is a part of us every day. Through storytelling, we build connections, share experiences, and bond. Storytelling supports Mental Wellness and helps to reduce the stigma.

Stories can be shared in many different ways. Whether it be through writing, singing, art, or movement. Sharing personal stories are the fundamentals of understanding one another and stories make us hopeful, and they also make us feel and speak about our emotions which is a vital part of our Mental Wellness.

### BEING PART OF A COMMUNITY IS AN ESSENTIAL PART OF OUR MENTAL WELLNESS

The CMHA has put in place a toolkit promoting Mental Health for all: "The mental health system's best kept secret: Community Mental Health", you can access their infographic [HERE](#).



**Preventing  
mental health  
problems**



**Responding  
to crisis**



**Strengthening  
our mental health**



**Alongside  
medical care**



**Keeping  
people well**

This year's Mental Health Week will focus on the different supports that exist not only across Canada but at the community level through non-profit organizations and programs.



Below you will find the Canadian Mental Health Association's toolkit and the resources available in English in Quebec.

**BounceBack:** Free program is designed to help adults and youth 14+ manage low mood, mild to moderate depression, anxiety, stress, or worry. Working with a trained coach, the program can help build skills to improve mental health. Available in French and English. Visit their website [HERE](#).

**Adap.t:** Providing various tools to youth workers, teachers, and parents so they can better support young people and their mental health. Available in French and English. Visit their website [HERE](#).

**Mental Health Demystified:** Online interactive webinar designed to answer frequently asked questions about mental health. It will help address the subject of psychological health in your environment (work, community, home) while developing concrete tools for well-being. Available in French and English. Visit their website [HERE](#).

**TextoMotive:** A free program that encourages self-compassion by sending a daily reflection directly to subscribers on their phone every morning at 9 am. Available in French and English. Visit their website [HERE](#).

## MENTAL HEALTH MATTERS

We have been collaborating with Heritage High School to address Youth mental Health. MEPEC was on site last week offering students a Tea break. About 150 students stopped by for tea time, they were happy to have their break with us.

We handed out Mental Health stickers, prevention resources, we spoke about the importance of taking a break and the benefits of tea. We will also be present during Mental Health Week to promote the different resources that are available to the Youth. Stay tuned for other the Mental Wellness activities taking place throughout the week!



# Employability and Education

## HEALTH AND SOCIAL SERVICES BURSARY PROGRAM, APPLY TODAY!

Regina Uyoga

MEPEC in collaboration with Dialogue McGill is pleased to provide financial support to students from the Montréal-Est who are pursuing full-time studies in the area of health and social services.

The purpose of Dialogue McGill's Health and Social Services Bursary Program is to address and support the need for more health and social services professionals with English and French language skills that can provide their services to the English-speaking population in Quebec regions.

Apply today for the 2023/2024 Academic Year! Find the eligibility requirements, application guide, and application forms on our website [HERE](https://www.mepec-pemca.org). Students can send us their application forms and community references by email at [info@mepec-pemca.org](mailto:info@mepec-pemca.org).



Dialogue McGill  Health Canada Santé Canada

## Student Bursary

Are you studying in the field of  
Health and Social Services?  
You could be eligible for a bursary.

Receive Up To  
**\$10,000**  
For living and working in  
Montréal-Est



2023/2024  
**APPLICATIONS  
NOW OPEN!**

 [www.mepec-pemca.org/  
services/education/](https://www.mepec-pemca.org/services/education/)

 [info@mepec-pemca.org](mailto:info@mepec-pemca.org)

 (450) 281-3732

 106-555, bd. Sir Wilfrid Laurier  
Beloeil, QC, J3G 4J1

**APPLICATION DEADLINE**  
May 24, 2023



Monteregie East Partnership  
for the English-Speaking Community  
Partenariat de l'est de la Montérégie pour  
la communauté d'expression anglaise

# MEPEC's Community Library

## HAPPY MOTHERS DAY!

Alexandra Blasetti Kuhn

Did you know Mother's Day is celebrated across the world in more than 50 countries, though not all countries celebrate it on the same day? The love you feel for your Mom will always be in your heart, it has no limits.

When we are little we see our mothers as superheroes who can do anything, who protects us with their strength and guide us with their wisdom. At one point in life, as we grow, we realize that a mother illuminates our path but also has feelings and suffers like us.

Our moms may not be real superheroes, but they are human beings with a special superpower: they are brave, strong, and courageous transformers of bad feelings into love. The unconditional love that bonds moms and children is the most powerful healing tool.

Her experience, wise knowledge about life, and intelligence are the most valuable learning in their children's hearts. Moms know how to bring happiness and comfort to their children in the most complicated moments.

As children we do not understand her tears and as adults they worry us, because we know that at one time she was everything to us, but now we understand that we are the ones who make up her world.

A Mother's love is pure and everlasting. This is what you feel when you think of a mother, a love that lasts a lifetime.

We would like to wish a Happy Mother's Day to all. Thanks for sharing so much unconditional love!

## NOVELS IN OUR LIBRARY TO UNDERSTAND AND IDENTIFY WITH A MOTHER'S FEELINGS



"The Spies of Shilling Lane" by Jennifer Ryan, tells the story of a mother who resolves to find, and then rescue, her missing daughter. Readers will be charmed by the unforgettable Mrs. Braithwaite and her plucky, ruthless optimism. This novel has surprising twists and turns, quiet humor, and a poignant examination of mothers and daughters and the secrets kept between them.

The seven sisters series by Lucinda Riley is another great option to explore. Find these novels in our community library, our volunteers will be happy to help you!



**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  
LAST WEDNESDAY  
OF THE MONTH  
6:30 PM**



# Partners' Activities and Services



## IMMIGRATION SYMPOSIUM - INTÉGRATION COMPÉTENCES

This symposium will be an opportunity to examine the impact of immigration and the challenges it represents for decision-makers in municipalities, businesses, organizations and citizens. With the participation of immigration professionals.

When: May 5th, from 8:30 a.m. to 4:30 p.m. Where: 221, rue Brebeuf, Beloeil. Please register [HERE](#).



## 1-866-APPELLE, SUICIDE PREVENTION HOTLINE - GOUVERNEMENT DU QUEBEC

If you're having suicidal thoughts or concerns about suicide, ask for help. Responders are available free of charge, 24 hours a day, 365 days a year. The service is fully confidential.

Call 1-866-277-3553. Responders are available to help and support you. Don't keep it to yourself, there is always hope. Find more information [HERE](#).



## 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 May 23rd at 8 p.m.

To participate, register [HERE](#).



## 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 May 8th at 6:30 p.m. 91, boul. Churchill, Greenfield Park. Join online on May 8th, 15th and 29th at 6:30 p.m. Find more information [HERE](#).



## ANNUAL GENERAL MEETING - SSRE

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.

Our Annual General Meeting will take place on May 18th. Contact [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com) to participate!



## GARAGE SALE - MOUNT BRUNO UNITED CHURCH

If you are looking for bits and pieces come to Mount Bruno United Church on Saturday, May 6th from 8 a.m. to 1 p.m.

Consult with the bicycle workshop and maintenance advisor, browse through the kitchen items, lamps, small furniture, toys and games, jewelry, books, yard tools, sports gear, bicycles, tricycles, as well as push cycles and baby gear.



## AGING IN PLACE WHILE LIGHTSIZING - CHSSN SHARP SESSION

Certain aspects of aging in place become heavier and can become filled with concerns. We will discuss what to pay attention to, what to plan for, how to lighten the process and your belongings along the way.

Join this free webinar on Wednesday, May 17th at 10 a.m. To participate, register [HERE](#).



## MAY 2023 UPCOMING ACTIVITIES - C.A.M.E ST.BRUNO

Check out the upcoming May 2023 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.
- May 6th: Spring Bazar, fundraiser event at Centre Marcel-Dulude, Saint-Bruno.
- May 11th: Running Clinic with physiotherapist Caroline Drolet. Cost: \$6 for members, \$10 for non-members.
- May 4th, 9:15 am: Free Coffee-knitting group for parents in collaboration with Cercle de fermières St-Bruno.
- May 30th, 9:30 am: Annual General Meeting.

For more information, contact [info@camestbruno.com](mailto:info@camestbruno.com)

Are you  
eligible for  
the new

**Canada  
Dental  
Benefit**



## CANADA DENTAL BENEFIT - HEALTH CANADA

The Canada Dental Benefit is part of the Government's plan to improve dental care for Canadians with a family income of less than \$90,000 annually. Through this benefit, children under 12 who do not have access to dental care insurance can get the dental care they need.

If you are entitled to the new Canada Dental Benefit, apply by June 30, 2023. For more information visit Health Canada website [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](http://www.mepec-pemca.org)



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d'expression anglaise

Québec



**CHSSN**