

THE MEPECER



What's new at the Community Health and Social Services Network (CHSSN)

Russ Kueber, CHSSN Director of Programs

As a provincial organization supporting the health and social services needs and priorities of English-speaking communities, our team of 10 staff are quite busy. We are excited to announce that MEPEC along with 22 other English-language organizations across the province will receive funding for the next 5 years to continue their very successful Networking and Partnership Initiative (NPI).

The NPI aims to support partners improve their health and social services to better serve the English-speaking community. A few months ago, the honourable Carolyn Bennett, federal Minister of Mental Health announced a 4.2-million-dollar project to support the mental health of English-speaking Quebecers. This allows the CHSSN to fund 47 community organizations to offer mental health promotion programs.

The Secrétariat aux relations avec les Québécois d'expression anglaise, also confirmed a continuation of the senior wellness centre initiative. Through this initiative, the CHSSN supports 30 organizations to offer health promotion activities to English-speaking seniors in more than 70 sites across the province.

In particular, MEPEC is able to offer bi-monthly activities to seniors in the Montérégie-Est Québec region in order to break down the social isolation that many face.

Finally, the CHSSN would like to recognize MEPEC for their wonderful collaboration with their CISSS de la Montérégie-Est and their continued joint efforts in working to improve access to services for the English-speaking population in their region.

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Did You Know...?

CANADIAN MULTICULTURALISM DAY

Alexandra Blasetti Kuhn

Canadian society is built on the foundation of many vibrant cultural communities. Canadian Multiculturalism Day on June 27 celebrates the cultural diversity that enriches us collectively and reaffirms the commitment to equity, inclusion, and mutual respect.

In a nutshell, Canadian multiculturalism refers to the preservation and enhancement of the multicultural heritage of Canadians.

The Canadian Multiculturalism Act "recognizes the diversity of Canadians as regards race, national or ethnic origin, color, and religion as a fundamental characteristic of Canadian society," and commits to "a policy of multiculturalism designed to preserve and enhance the multicultural heritage of Canadians, while working to achieve the equality of all Canadians in the economic, social, cultural and political life of Canada." It also calls on the government to help "preserve and enhance the use of languages other than English and French, while strengthening the status and use of the official languages of Canada."



Canada was the first country to adopt a multiculturalism policy. We are proud of Canada's status as a multicultural nation that protects and develops multiculturalism as a positive change. Umberto Eco said, "Every culture absorbs elements from nearby and remote cultures, but then it is characterized by the way it incorporates those elements."

At MEPEC we are committed to embracing the rich Canadian cultural diversity and respectfully celebrating our differences!



At the beginning of 2023 we welcomed Guy Rex Rodgers, the Director of "What we Choose to Remember" and "Waves of Change". Did you miss the screening? No Worries! Find "What we choose to Remember" [HERE](#).

WE ARE HIRING

IF YOU ENJOY
BEING PART OF
A CARING AND
SUPPORTIVE
TEAM,
MEPEC IS
EXACTLY
WHAT YOU ARE
LOOKING FOR!

[JOIN US](#)

SENIORS' WELLNESS AND OUTREACH COORDINATOR

MEPEC is currently recruiting for a Senior's Wellness and Outreach Coordinator to be responsible for working in collaboration with community and public partners in order to facilitate access to seniors' activities, projects and programs, provide support and create links to community resources. Apply [HERE!](#)

COMMUNITY OUTREACH WORKER, FAMILY SUPPORT

MEPEC is currently recruiting for a Community Outreach Worker - Family Support who will be responsible for supporting community outreach events as well as building relationship with community partners and assisting families with their needs, providing them resources and facilitate programs. Apply [HERE!](#)

MEPEC's Seniors' Activities and Services



WINE & CHEESE PAINT NIGHT - NEW

In June, don't miss the wine and cheese paint night! Led by Preville Art Centre's teacher Beverly Landry, we promise you will be pleasantly surprised by your masterpiece.

Join us on Thursday, **June 8th from 7 to 9 p.m.** at the Otterburn Park Legion. The cost for this activity is \$25.

To participate please register [HERE](#) before June 3rd.

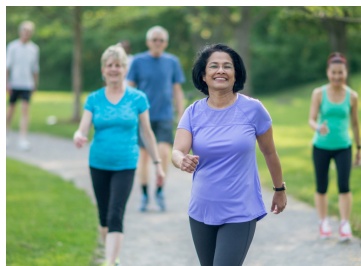


TRIVIA NIGHT

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 **June 13th at 7 p.m.**

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

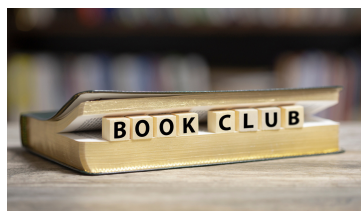


WALKING GROUP

The popular Walking Group will start when Senior's Sneakers wraps up! **Starting June 12th, 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.

To participate, please register [HERE!](#)



BOOK CLUB

Each month, the Book Club chooses a book together and discuss it at the following meeting. Meetings last about 1h30 and take place in person at the Community Space. The club is currently scheduling its next meetings for the coming year. If you'd like to get involved, we invite you to join our book club!

To register and receive more information please [click here](#) and fill out the form!



MEDITATION IN THE PARK MENTAL WELLNESS ACTIVITY - 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 beginners to expert meditators. You are welcome to bring a cushion, a yoga mat, and a blanket.

This activity is open to all, grand-parents, parents and children are invited to attend! Come on June 16th from 10 to 11 a.m. at Parc du Petit-Rapide, Beloeil, QC. Please 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. Free drop-in every Tuesday afternoon from 1 to 3 p.m.

Our Knitters have their own name: The knitting wits! Stay tuned to participate. Activities will resume in August.

The 2022-2023 Art Hive Workshops were a blast! Stay tuned to participate in our upcoming workshops! Activities will resume in August.



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.



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!](#)

MEPEC's Family Activities and Services



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! **Wednesday mornings from 10 to 11 a.m.** Meeting point at our Community Space.

To participate, sign up [HERE!](#)



ZUMBA & YOGA MUMS AND TOTS

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. **Every Thursday morning from 9:30 to 11 a.m.** in our community Space.

To participate, register [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.

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

FOCUS ON THE LEASE

Andree Rochon CAAP



CAAP Montérégie is the Complaint Assistance and Support Centre in the Montérégie. Our first mandate is to support and assist people living in Montérégie in formulating a complaint for services rendered within the health and social services in the region. Our second mandate is to inform and assist tenants, their friends, and families, who live in private seniors' residences (PSR) regarding their rights and responsibilities towards their lease. We call this last mandate "Focus on the lease" and is the main topic of this article. Do you know the lease rights and options for seniors?

Rent increase

Residents often move in after selling their homes and therefore are often unaware of their rights and obligations towards their lease. To give an example, tenants often receive a rent increase notice with two choices on it: either the tenant accepts the rent increase, or he refuses and moves. The other choice that has to be on the notice is "I refuse the proposed modifications and I am renewing the lease". As we know rent increases in PSR are often very high and restraining choices on the notice misleads the elderly into thinking they only have two choices, when there is another one.

Assistance services in PSR

Another problem within PSRs is the personal services added to the lease. Usually, it is recommended to first ask the CLSC of the region to evaluate the lessees' health condition and it is their responsibility to provide, free of charge, any services to maintain the resident's health and ensure a good life quality. What elderly's do not know is that when they begin paying for personal services to the PSR for assistance in baths, dressing, etc., it is going to be difficult, even if they are on a low budget, to transfer the rendering of the services from the PSR to the CLSC to lower the cost of the total rent.

How to terminate a lease

A lease can be terminated if the lessee moves to another PSR or an institution where nursing or personal assistance adapted to one's health status is offered. There are other conditions to terminate a lease: if you can no longer live in your dwelling due to a recent handicap, if you move to a low rental housing, or due to conjugal violence or sexual assault. In all cases, the lessee must give a two-month notice.

In case of death

In case of the death of an elderly lessee, it is up to the person responsible for the lessee's succession or an heir to write a notice terminating the lease to the residence, as soon as possible, with a death certificate. The lease ends two months after the notice was received and the cost of the basic rent must be covered for those two months. No amount for personal services must be paid for those two months.

CAAP Montérégie offers group workshops on tenants' rights and obligations free of charge. For more information visit our website [HERE](#) or reach Guylaine at 450-347-0670 extension 104.



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:

QUEBEC PATERNITY WEEK FROM JUNE 12TH TO 18TH

Kareen Massé

The Official Quebec Paternity Week takes place from June 12 to 18, 2023.

MEPEC is one such group that has taken the initiative to include fathers in all our activities and events. We recognize that there are fathers who are seeking opportunities to support and connect with other dads. At MEPEC we aim to provide them.



In March, MEPEC staff attended a workshop by the Regroupement de la Valorisation de la Paternité. This workshop focused on the adaptation of practices to paternal realities and how we can be better equipped to help support and be more inclusive of dads in our community.

Fathers want to be fully involved from the moment their child is conceived, and we want to encourage this engagement fathers take on to share tasks equitably with their partners.



This year for Paternity Week, we want to highlight and encourage parents to fully integrate co-parenting and paternal realities in their daily lives with their children.

Fathers and mothers are always welcome to attend our Early Childhood and Family activities at MEPEC!

We are planning a special Sprouts activity for Father's day! Are you part of our Sprouts Facebook group? if not, you can join the group [HERE](#). Stay tuned on our upcoming father's day activities.

If you are a dad and would like to volunteer at MEPEC, please contact us at info@mepec-pemca.org

INFORMATION AND RESOURCES FOR DADS

Find some helpful Canadian websites that support dads!

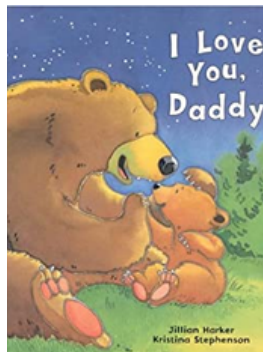


Semaine Quebecoise de la Paternité [website](#).



Dad central [website](#).

For social media lovers, find [HERE](#) the list of Canadian Dad Influencers. For book lovers, "I love you Daddy" and "Mon papa et moi" are 2 great stories about dads to read with your children.



Employability and Education

UNEMPLOYMENT GAP BETWEEN ENGLISH & FRENCH SPEAKERS IN QUEBEC DOUBLED: NEW CENSUS DATA



The Canadian Press

The Provincial Employment Roundtable (PERT) has just published a report examining the state of employment for Quebec's English-speaking communities. The report draws on new 2021 census data and shows that English speakers across most regions of Quebec experience higher unemployment rates, lower median incomes, and higher rates of poverty compared to the French-speaking majority, despite high rates of labour force participation and high educational attainment.

PERT's research reveals an unemployment rate for English speakers at 10.9 percent, compared to 6.9 percent for French speakers. This 4 percent unemployment gap is double the 2 percent unemployment gap found in PERT's prior analysis of 2016 census data.

The income disparity between English and French speakers is also growing. English speakers earn \$5,200 less than French speakers in terms of median employment income and this gap has doubled since the previous census. In addition to lower incomes, English speakers also experience higher rates of poverty compared to their French counterparts. The report shows that the provincial poverty rate for English speakers is 10%, which is almost twice as high as the poverty rate for French speakers (5.8%). "The findings in this report are shocking," said Nicholas Salter, Executive Director at PERT.

"The situation has gotten worse since the last census. The economic vitality of the English-speaking community in Quebec is in decline at a much faster rate than we could have anticipated."

Facing an ongoing labour shortage, Quebec's economic growth will be impacted by the ability of governments and employers to effectively develop their workforce. This report sheds light on the urgent need for targeted initiatives to address the employment challenges being faced by the English-speaking community and move Quebec's economy forward.

"The worsening unemployment and income trends we are seeing are not new, however, our approaches to addressing them must be. The situation calls for immediate attention and targeted investments to unlock the potential of English-speaking Quebecers in Quebec's labour market," concludes Salter.

KEY FINDINGS

The unemployment rate for English speakers in Quebec has increased. They face an unemployment rate of 10.9 percent, 4 percent higher than French speakers' 6.9 percent. This difference has doubled since the 2016 Census when the gap was 2 percent.

English speakers earn lower incomes compared to French speakers across the province: English speakers have an after-tax median income that is \$2,800 lower than French speakers and a median employment income that is \$5,200 less than French speakers. The gap in median employment income between English and French speakers has widened significantly; English speakers have a median employment income that is \$5,200 less than French speakers, previously \$2,648.

"The provincial poverty rate for English speakers is 10%, which is almost twice as high as the poverty rate for French speakers (5.8%)."

The English-speaking population in Quebec has increased since the last census. There are now 1,253,578 individuals who identify as English speakers, representing 14.9 per cent of Quebec's population.

English speakers continue to have high educational attainment levels. The level of educational attainment among English speakers has increased. Approximately 86% of the English-speaking population in Quebec have at least secondary-level education compared to 81.6% of French speakers.

There are 699,015 English speakers in Quebec's labour force. English speakers now make up 15.8 and also have a higher labour force participation rate. English speakers face other challenges in the labour market: they are more likely to work a temporary position, work fewer average weeks, and are more likely to work part-time compared to French speakers. These are all lead indicators for labour market precarity.

The full report is available [HERE](#).

ABOUT PERT

The Provincial Employment Roundtable is a non-profit multi stakeholder initiative focused on the employment and employability challenges facing Quebec's English-speaking community. Visit their [website!](#)

MEPEC's Community Library

SNOW ROAD STATION BY ELIZABETH HAY

Paula Fortier, Library Volunteer

Our Community Library will now acquire one new book each month chosen and bought by one of our library volunteers, courtesy of MEPEC.

We have acquired our first new book, which was published on April 11, 2023 and is now available for your reading pleasure.

From the Giller Prize-winning author Elizabeth Hay comes a novel, witty and wise, about thwarted ambition, unrealized dreams, the enduring bonds of female friendship, and love's capacity to surprise us at any age.

BOOK SUMMARY

"In the winter of 2008, as snow falls without interruption, an actor in a Beckett play blanks on her lines. Fleeing the theatre, she beats a retreat into her past and arrives at Snow Road Station, a barely discernible dot on the map of Ontario.

The actor is Lulu Blake, in her sixties now, a sexy, seemingly unfooled woman well-versed in taking risks. Out of work, humiliated, she enters the last act of her life wondering what she can make of her diminished self.

In *Snow Road Station* she decides she is through with drama, but drama, it turns out, isn't through with her. She thinks she wants peace. It turns out she wants more.

Looming in the background is that autumn's global financial meltdown, while in the foreground family and friends animate a round of weddings, sap harvests, love affairs, and personal turmoil.

At the centre of it all is the friendship between Lulu and Nan. As the two women contemplate growing old, they surrender certain long-held dreams and confront the limits of the choices they've made and the messy feelings that kept them apart for decades."



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



Tandem emploi offre maintenant tous ses services en anglais!

Tandem emploi is now offering services in english!

Contact us: 450 447-4037

TANDEM EMPLOI - NEW PARTNER

A non-profit organization of guidance and career management counsellors, Tandem emploi has been serving the public for nearly 25 years. The organization offers free programs to help people clarify their goals, find a job, and maintain their employment.

The mission of the organization is to offer its clientele (individuals and businesses) personalized solutions to meet the challenges related to integrating into the workforce and ensuring good human resources management. For more information, contact 450-447-4037 or visit their website [HERE](#).



SEARCHING FOR HOUSING? - SOCIÉTÉ D'HABITATION DU QUEBEC

Whether you are looking for housing or need information on how to get a housing subsidy, your housing office and the SHQ can help you. If you are in an emergency situation, have lost your home or are at risk of losing it, some housing offices offer a housing search assistance service. You can also contact the SHQ Customer Relations Centre at 1 800 463-4315.

For more information visit their website [HERE](#).



LUNCH AND LEARN WORKSHOP SERIES FOR SENIORS

Check out the upcoming lunch and learn Workshop series for Seniors! The activities will take place at 83, rue Churchill, Greenfield Park thanks to Phoenix Community Programs and Senior's Respite Monétégie.

- Fall Prevention on June 9th, 10 a.m. to 12 p.m. Learn techniques to prevent falls and strengthen balance
- Computer Safety: on June 16th from 10 a.m. to 12 p.m. Suggestions for staying safe on the Internet.

To register please email dir.phoenixprojects@gmail.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.

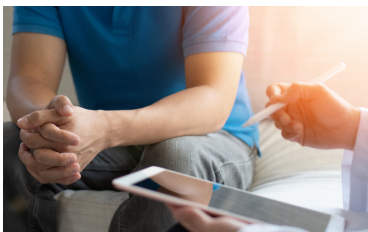
If you are entitled to the new Canada Dental Benefit, apply by June 30, 2023. For more information visit Health Canada website [HERE](#).



SUMMER DAYCAMP - PHOENIX PROGRAMS

Summer is a great time for children to grow, have fun, and make new friends. This summer Phoenix will be providing its 6 week Summer Camp Program for children 5-12 year-old.

Starting July 4 to August 11, the cost is \$150 per week (reduced price for siblings). Learning programs, Art, Sports, and much more! For more information visit their website [HERE](#).



TAKING THE FEAR OUT OF PROSTATE SCREENING - CHSSN SHARP SESSION

Prostate cancer screening can help identify cancer early on, when treatment is most effective. Join this free online webinar about "Community Tools for taking the fear out of prostate screening" and follow up with Jennifer Hobbs.

When: Wednesday, June 21st at 10 a.m. Register [HERE](#).



SENIOR SELF DEFENSE CLASSES - PHOENIX COMMUNITY PROGRAMS

This 3-week program is not just to learn physical techniques but also explores environmental awareness, psychology, the Law, and the emotional elements involved in an assault.

Starting June 8th, 10 a.m. at 4955 rue Montee, St-Hubert. To participate, register at dir.phoenixprojects@gmail.com or call 438-935-0372.



MCGILL COMMUNITY LIFELONG LEARNING

For people who want to learn for the joy of it! Do you know about the MCLL for Seniors? The McGill Community for Lifelong Learning, part of McGill University, is a non-profit, volunteer-based community of seniors focused on peer learning.

Check out their website [HERE](#).



HANDBELL CONCERT - THE VILLAGE RINGERS

The magic of ringing in one place! Handbell concert by The Village Ringers on Thursday, June 15th, 7:00pm at St-Lambert United Church, 85 Blvd. Desaulniers, Saint-Lambert.

Tickets will be available at the door. Cost: \$20, reservations at jfallon00@gmail.com or call 450-671-3808.

Partners' Activities and Services

ASSEMBLÉE GÉNÉRALE ANNUELLE

MERCREDI 21 JUIN 2023

DE 16 H À 18 H



1282, avenue Bourgogne, Chambly



INTÉGRATION
COMPÉTENCES
EMPLOI • JEUNESSE • IMMIGRATION

ANNUAL GENERAL MEETING - INTÉGRATION COMPÉTENCES

Intégration compétences invites its members, partners and anyone interested in the organization's mission to its Annual General Meeting! We will discuss the organization's annual report, financial statements and strategic plan.

Join us on June 21st 4 p.m., at 1282 av. Bourgogne in Chambly. To participate contact info@integrationcompetences.ca



LYME DISEASE - SANTE MONTEREGIE

Lyme disease is caused by a bacterium that is spread by the bite of an infected tick. It is no laughing matter! If not treated in time, it can lead to serious consequences, such as heart problems, arthritis, or nerve damage. Ticks can be found everywhere in the Montérégie region, but fortunately, it's easy to protect yourself against tick bites.

Find more information on how to prevent Lyme Disease [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 June 19th at 7 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 June 5th at 6:30 p.m. 91, boul. Churchill, Greenfield Park. Join online on June 5th, 12th and 19th at 6:30 p.m. Find more information [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. To participate contact southshoreretirededucators@gmail.com



**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



@MepecMonteregieEast
@mepecyouth



@mepec_monteregie_east
@mepecyouth



@Mepec-Pemca



@mepecyouth



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Québec



CHSSN