

THE MEPECER



The STAR Program & Our Winners

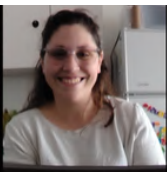
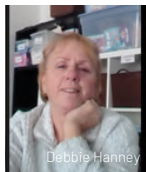
Have you heard about the STAR Program? The Special Thanks and Recognition Program is an initiative of the Regional Health and Social Services Table (RHSSPT) that highlights individuals who demonstrate support for the English-speaking community of the Montérégie. This year, our official winners of the program are: Dave Maynard, John Cochrane, Kareen Massé and Debbie Hanney!

MEPEC sincerely thanks you for your dedication and efforts towards the STAR program and aiming for better mental health of the English-speaking community. You've shined and stood up for making important differences for others.

Are there any colleagues or team members you can think of who might excel in this pivotal role? Perhaps you know a dedicated volunteer within our community or a public organization who has demonstrated a remarkable commitment to enhancing the health and well-being of English-speaking individuals in Montérégie. Keep



an eye out for the upcoming nomination period! The selected candidates will receive a certificate of congratulations and a gift card. They will also be featured in the Newsletters and Facebook pages of various English-speaking organizations across the Montérégie.



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Did You Know...?

NATIONAL CAREGIVERS DAY

Jennifer Garofano

The Canadian Medication Appropriateness and Deprescribing Network is proud to be celebrating National Caregivers Day on April 2nd, 2024, supporting the important role that caregivers' play in medication safety throughout the month of April!

Caregivers can be the first to notice the side effects of medications on their loved ones and to advocate for safe medication use. They play an essential role in promoting the health and wellbeing of their family members, friends, and neighbours! This month, we invite you to help us support and appreciate caregivers across Canada by sharing our article, which describes their role in ensuring medication safety and provides advice for caregivers who wish to initiate conversations about their loved ones' medications.

The article is available in both English and French. It was developed by dedicated members of the Canadian Medication Appropriateness and Deprescribing Network. Click [HERE](#), to read the English version.

CAREGIVERS FROM ENGLISH-SPEAKING COMMUNITIES AND/OR ETHNOCULTURAL MINORITIES

SHERPA University is officially launching a Quebec-wide recruitment campaign. They are looking for caregiver participants who are 18+, either part of an ethnocultural minority group or who do not feel comfortable navigating health and social services in French, to give their opinions and expectations on a navigation program geared towards these specific demographics. These groups can include immigrants, refugees, asylum seekers, people born of immigrant parents and/or racialized groups. The feedback is to be used to ensure that this model fits the realities of being a caregiver navigating public services within Quebec.

As part of measure 48 of the Government's Action Plan for Caregivers (2021-2026), Institut Universitaire SHERPA is developing a program to support caregivers from from ethnocultural minority groups and/or English-speakers. The aim of the project is to set up a pilot program to accompany and support caregivers from these groups in navigating the healthcare system, so that they can be directed to appropriate services through a process involving all the key players concerned.

A total of 5 workshops on Zoom will be offered from **May 2024 to February 2025**, with a \$40 compensation for each session.

Centre intégré universitaire de santé et de services sociaux Québec

INSTITUT UNIVERSITAIRE SHERPA

LOOKING FOR PARTICIPANTS CAREGIVERS

ETHNOCULTURAL GROUPS AND/OR ENGLISH SPEAKERS

- ✓ **YOU ARE TAKING CARE OF A LOVED ONE (A CHILD, SPOUSE, FRIEND, PARENT) OR HAVE IN THE PAST?**
- ✓ **YOU ARE 18 AND OVER & LIVE IN QUÉBEC?**
- ✓ **YOU BELONG TO AN ETHNOCULTURAL GROUP OR YOU ARE NOT COMFORTABLE USING FRENCH TO COMMUNICATE WITH PUBLIC SERVICES?**



➔ **Come and share your opinion on the design of a navigation program (by and for) caregivers from ethnocultural groups, to support and help them navigate the health and social services system.**

Objectives :

- Collect your opinion and expectations regarding the program (objectives of the program, role and training of navigators, services offered, etc.);
- Ensure that the model fits your reality as a caregiver.

Involvement :

- 5 workshops between May 2024 and February 2025 (1.5 hours, online on zoom);
- Compensation of \$40 per workshop will be offered.

INTERESTED?

FILL OUT THE FORM OR CONTACT US



Anais El Amraoui, Chargée de projet
514-464-8042
pagema.sherpa@gmail.com

If you are interested in participating in these workshops, we encourage you to fill out their form, [HERE](#). Feel free to refer to the contact information in the flyer provided.

MEPEC's 55+ Activities and Services

Please note that all our activities are not only for women, we encourage men to participate and sign up!



KNITTING GROUP

Our Knitters have their own name: The Knitting Wits!

Come to knit with this wonderful group every **Tuesday afternoon from 1 to 3 p.m.** in our Community Space.

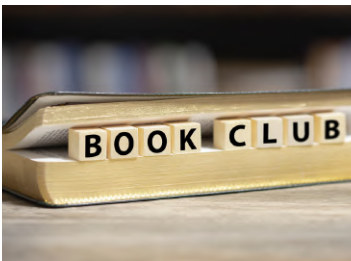
To participate, click [HERE](#).



BILINGUAL CONVERSATION GROUP

If you would like to improve or maintain your skills in either French or English, then this group is for you. The group will discuss various topics of interest together over coffee. Part of the discussion will be conducted in French and part in English.

Join our educational and fun Bilingual Conversation group every **Wednesday from 10 am to 11:30 pm** at our Community Space. To participate, click [HERE](#).



BOOK CLUB

Every last Wednesday of the month, the book club meets **at 6:30 p.m.** in our community space. The next meeting will be held on **April 24th, 2024**. The book chosen is *The Kindness Diaries: One Man's Quest to Ignite Goodwill and Transform Lives Around the World* by Leon Logothetis. Don't miss out on this wonderful group reading activity!

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



SHARP ONLINE SESSION

NEW

You are invited to the upcoming **April 17th at 10:00am, 2024**, SHARP session entitled "Accessing Health and Social Services...Overcoming Barriers with Tools and Resources". This presentation will highlight the resourcefulness of English-speaking older adults when accessing health and social services.

Register earlier, [HERE](#).



TRIVIA NIGHT

Join us on **April 9th** for our regular Trivia Night. Test your knowledge in the fields of geography, science, history and more.

This is a virtual activity, from 7:00-8:30 pm. To register yourself, click [HERE](#).



PICKLING WORKSHOP - SENIOR DROP IN

Join us on Thursday **April 25th from 1:00-3:00pm** for a very unique workshop. Pickling is a food preservation method. We will be pickling vegetables at our community space!

To participate, register [HERE!](#)



TOTE BAG PAINTING, ART HIVE

Join us for an interactive and creative workshop with canvas tote bags. We will be painting and styling your very own bag you get to keep!

Head to our community space at 555 Sir Wilfrid Laurier, on **April 4th from 1:00pm to 4:00pm**.

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



FLOWER POT PAINTING ART HIVE

Join us for an interactive and creative workshop with flower pots!

Head to our community space at 555 Sir Wilfrid Laurier, on **April 18th from 1:00pm to 3:00pm**.

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



LIP BALM ART HIVE

Join us for a unique and sustainable workshop, where you get to create your very own lip balm.

Head to our community space at 555 Sir Wilfrid Laurier, on **April 11th from 1:00pm to 3:00pm**.

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

NEW



55+ AQUA FITNESS

Did you know that swimming regularly has also been referred to as "the fountain of youth"? Join us at our Aqua Fitness session on **Wednesdays**.

Join us for our first session of the month on **April 10th from 10:45-11:45** at [Beloeil Aquatics Centre](#).

To participate, register [HERE](#).



SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO

Seniors Sneakers Otterburn Park is a light-intensity exercise program with chairs. Seniors Sneakers Saint Bruno is a moderate-intensity exercise program.

Please note that we are at capacity for both Seniors' Sneakers and are now full for the Spring season.

As a reminder for the ones who registered, Seniors' Sneakers, Otterburn Park starts on Monday, **April 8th, 10:00 to 11:00am**. Seniors' Sneakers Saint-Bruno starts on Wednesday, **April 10th, 9:30 to 10:30am** and Friday, **April 12th, 10:30 to 11:30am**. The cost for the Spring session is \$30.

We apologize for the ones who couldn't get in! We are working to ensure there's a spot for everyone in the Fall 2024 session.

MEPEC's Family Activities and Services



PARENT-CHILD DROP-IN

This Winter, Eco-kids merged to the Parent-Child Drop-In! Come every **Friday morning from 9:30 to 11:30 a.m.**

Our drop-in program is for parents and children to attend together and participate in free play activities, optional crafts and group discussions with other parents. Snacks & Coffee will be provided. **Registration fees for this session is \$5.**

To participate, register [HERE](#).



SPROUTS

Our weekly circle time activity is every Tuesday and Thursday at 9:30 a.m.

Sprouts focuses on social interactions among young children and their parents through creative expression and play. Sprouts is an excellent way to familiarize children with the concept of time, early literacy, language, gross motor, and fine motor development.

Registrations are officially closed.



PUDDLES

Come splish splash with your children at Beloeil's Aqua center waddling pool every **Wednesday at 10:15 to 11:15am.**

Early swimming improves a child's sense of self-esteem, confidence, independence, and their ability to move more freely through the water.

Please note that we are at capacity for both days.

55+ Wellness Centre

REMINDER: GUARANTEED INCOME SUPPLEMENT RENEWAL PERIOD

The Guaranteed Income Supplement (GIS) is designed to provide essential support to individuals aged 65 and older who are in need. The renewal period is here! For more information and how to apply, please visit the Service Canada website [HERE](#).




The Guaranteed
Income Supplement
renewal period
is here!

Have you filed your tax return?

Each year, many GIS recipients see their benefits interrupted in July because they have not filed their tax returns. In order to minimize these interruptions, clients are encouraged to file their tax returns electronically with the Canada Revenue Agency **before April 30**, or to complete a GIS renewal [form \(ISP3026\)](#) available on the Service Canada website.

Are you entitled to the GIS?

Yes, if:




- ✓ you are 65 or older
- ✓ you live in Canada
- ✓ you receive the [Old Age Security \(OAS\) pension](#)
- ✓ your income is below \$21,624 if you are single, widowed or divorced
- ✓ your income plus the income of your spouse/common-law partner is below:
 - ✓ \$28,560 if your spouse/common-law partner receives the full OAS pension;
 - ✓ \$39,984 if your spouse/common-law partner receives the Allowance;
 - ✓ \$51,840 if your spouse/common-law partner does not receive either the OAS pension or the Allowance.

You're not receiving the GIS?

Here's how you can:

- ✓ Apply online through a My Service Canada Account (MSCA).
- ✓ Complete a Guaranteed Income Supplement application [form \(ISP3025\)](#) available on the Service Canada website, and mail it to the nearest Service Canada office.

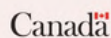
Clients and their family members can contact us for information and assistance:

-  Online, via the [Service Canada website](#)
-  By telephone, toll free at **1-800-277-9915**
-  By mail, at the nearest [Service Canada office](#).

Clients must contact us as soon as their situation changes, for instance a change in income, marital status or address.

What is the Guaranteed Income Supplement?

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. GIS benefits are renewed automatically each **each July**, provided that the client files an income tax return by **April 30**.



For Youth and Families

APRIL: WORLD AUTISM AWARENESS MOUNT

Chloé Bergeron

April, World Autism Awareness Month, is dedicated to discussing and learning more about Autism Spectrum Disorder, also known as ASD. In Canada, 1 in every 50 children receives a diagnosis of autism. This represents approximately 2% of the population.

Autism is a lifelong neurological disorder that affects how the brain functions. ASD is a spectrum; therefore, no autistic individuals are the same. Some of the main challenges experienced by autistic individuals include difficulties with communication and with social situations. These social challenges may be accompanied by repetitive behaviors and restricted specific interests.

Instead of being a linear spectrum, autism spectrum disorder is seen as a wheel with different areas of strengths or challenges: social interaction, cognitive, behavioral, communication and sensory. An autistic individual might experience challenges in multiple areas or only some. The challenges can also be greater or smaller depending on the individual.

Some autistic individuals will require significant support in their daily lives, and some might need less support. For others, they will be able to live independently with different tools to help them overcome their challenges.

As part of its new *Special Needs and Neurodiversity* program, MEPEC recently delivered sensory tools bags to different schools in the Montérégie-East. The school personnel working with special needs students selected the tools included in the bags. The bags include tools such as sand timers, tangles, kinetic sand, noise-cancelling headphones and weighted animals. These tools are particularly useful to some children with ASD in helping with sensory regulation and concentration in school.

The McGill University and the Autism Alliance of Canada are organizing a focus group on *Barriers to Healthcare for minority - language children on the autism spectrum*. We encourage you to participate in the research project if you are interested. You can learn more about the research focus group [HERE](#).

DID YOU KNOW...?

Autisme Montérégie is the ASD specialized organization for the Montérégie region, who's mission is to help and support individuals with autism and their family in the Montérégie sector. They offer different services such as individual and group support, respite, special activities, resource center, orientation and parents/sibling services. Take a closer look at what they offer [HERE](#)

Sources: • [about autism spectrum disorder \(ASD\) - Canada.ca](#) <https://www.autismspeaks.ca/what-is-autism/>

Barriers to healthcare for minority-language children on the autism spectrum

Seeking participants for a new research project

Are you...

- An **adult on the autism spectrum** from a minority-language speaking family?
- A **caregiver** of a child on the autism spectrum and a minority-language speaker?
- A **healthcare administrator** who has knowledge of the supports offered to children on the autism spectrum?
- A **community organization** working with children on the autism spectrum who are minority-language speakers?
- A **clinician** who works with children on the autism spectrum who are minority-language speakers?

To participate, contact us at:

✉ info@autismalliance.ca



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 Montérégie-Est who are pursuing full-time studies in the area of health and social services.

The Bursary Program provides financial support to students in health and social services programs:

- From Quebec regions;
- Pursuing full-time college or university studies or secondary school vocational training in the area of health or social services;
- In a government recognized educational institution;
- Who are able to provide health or social services in both French and English in a health or social services institution in Quebec;

Following completion of their studies, recipients will commit to work in a public health or social services institution in the Montérégie-Est for a minimum of one year each bursary awarded.

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.

Find the eligibility requirements, application guide, and application forms on our website [HERE](#).

Application Deadline: **May 7th 2024**



Community Network Bursary Program



Apply today for the 2024/2025 Academic Year!

OUTSIDE their home region - Bursary Amounts - Academic Year 2024-2025

University	Cégep/College
\$10,000	\$5000

WITHIN their home region - Bursary Amounts - Academic Year 2024-2025

University	Cégep/College	Vocational Training*
\$5,000	\$2,500	\$1,000 - \$2,000

* To accommodate the multiple starting dates of vocational training programs in Quebec, Dialogue McGill has opted to offer an open call for bursaries for students in **vocational training programs**. Students may apply for these bursaries at any time.

Dialogue McGill



Health Canada

Santé Canada



Guides and Application forms:

Students can send us their [application forms and community references by email at:](#)

info@mepec-pemca.org



MEPEC's Community Library

NEW BOOKS ALERT

Jennifer Garofano

"THE WAGER" BY DAVID GRANN

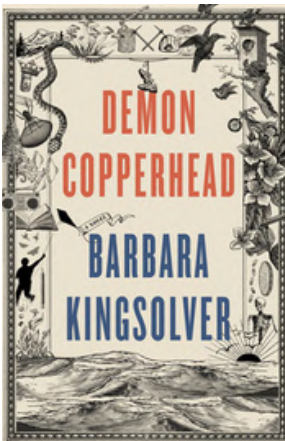
Rated 4.21/5 on Good Reads.

On January 28, 1742, a ramshackle vessel of patched-together wood and cloth washed up on the coast of Brazil. Inside were thirty emaciated men, barely alive, and they had an extraordinary tale to tell. They were survivors of His Majesty's Ship the Wager, a British vessel that had left England in 1740 on a secret mission during an imperial war with Spain. While the Wager had been chasing a Spanish treasure-filled galleon known as "the prize of all the oceans," it had wrecked on a desolate island off the coast of Patagonia. The men, after being marooned for months and facing starvation, built the flimsy craft and sailed for more than a hundred days, traversing nearly 3,000 miles of storm-wracked seas.



"DEMON COPPERHEAD" BY BARBARA KINGSOLVER

Rated 4.52/5 on Good Reads.



Set in the mountains of southern Appalachia, this is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival.

In a plot that never pauses for breath, relayed in his own unsparing voice, he braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.



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



CULTURE AND CITIZENSHIP IN QUEBEC, ONLINE TRAINING SESSIONS

Are you an elementary or high-school teacher? Discover the basics of the law and the justice system in Quebec with Educaloi and get ready to teach the new Culture and Citizenship course in the fall!

Elementary: **May 6th, 2024, from 1:00 p.m. to 4:00 p.m.**
High school: **May 7th, 2024, from 1:00 p.m. to 4:00 p.m.**

- To register for the Elementary session click [HERE](#)
- To register for the High School session click [HERE](#)



FOUNDATION MAMAN DION ASSISTANCE PROGRAM

The Fondation Maman Dion's mission is to foster the fulfillment, the development of self-esteem and the desire to succeed in school for young Quebecers who come from disadvantaged backgrounds.

Low-income families seeking support for their children can apply until **April 30th 2024** for their assistance program, for the start of the 2024-2025 school year. Please visit their website to know more about the eligibility criteria. [HERE](#).



SOUTH SHORE LIFE-LONG LEARNING GROUP

The South Shore Life-long Learning Group now meets every **Tuesday, at 2:30pm** at 330 Gladstone, Greenfield Park. A variety of speakers will discuss: Climate Crisis, Antarctica, Zimbabwe, Celiac Disease, Monarch Butterflies and Human Evolution.

For more information call 450-466-1325 or contact them by email at sscpn@bell.net

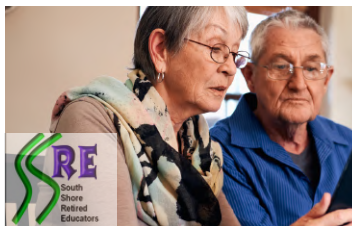


SOUTH SHORE BLACK COMMUNITY ASSOCIATION SCHOLARSHIP

If you or someone you know is finishing high school and heading to a Cégep or a trade school in Quebec, this is your chance to shine! Apply now for the opportunity to win \$500 and become the next SSBKA Young Ambassador.

Deadline to apply is **April 29th**, no later than 4:00 pm.

Apply by downloading their form, [HERE](#).



SOUTH SHORE RETIRED EDUCATORS: GUEST PRESENTATION

Join Tom Dearhouse on **April 18th** for this presentation on "*Healing the Past, Reconciliation for the Future*". Using stories and ceremony, this worker will provide ways to heal from past trauma and show a way to understand where Indigenous peoples are in this modern context. For more information contact southshoreretirededucators@gmail.com



THÉÂTRE ST-BRUNO PLAYERS PRESENTS EXIT LAUGHTING BY PAUL ELLIOTT

Théâtre St-Bruno Players will be presenting their spring production, Exit Laughing by Paul Elliott **on Friday April 12 at 8:00 p.m., Saturday matinee at 2:00p.m. and Saturday night at 8:00 p.m.**

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



AMIQUÉBEC SUPPORT GROUPS

AMI-Québec warmly welcomes everyone! February is packed with free workshops offered by Ami-Québec. Join online!

Click [HERE](#) to view their full online schedule with additional details on workshops. Support groups begin at 6:30pm virtually.

April 15th: Bipolar , Depression and Young Adults.

April 29th: Hoarding.



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.](#)



SOUTH SHORE COMMUNITY PARTNERS NETWORK: TAXATION AND BENEFITS FOR SENIORS

A helpful booklet list of Tax deductions, benefits and programs related to Quebec seniors and Caregivers has been finalized. This was created by Centre de Soutien Entraidants, which provides Bilingual Caregiver support and programs on the South Shore. To download and print the booklet, 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

@MepecMonteregieEast
@mepecyouth

@mepec_monteregie_east
@mepecyouth

@Mepec-Pemca

@mepecyouth



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



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This initiative is made possible with financial contributions from:



**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

