

Montérégie West Community Network

The MWCN is a not-for-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie West region.

We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.

Want to become a member?

Please contact the MWCN with any questions or concerns using any of the contact information at the bottom of the page, we'll be happy to help you.

If you're already a member then please enjoy this month's Newsletter.



MWCN Board

President:

Vice President:

Treasurer:

Secretary:

Executive Director:

Administrators:

Elected officers:

Lise Brunette

Maria Friozi

Tracy Wilkins

Chuck Halliday

Pauline Wiedow

Georges Bujold

Member Coordinator:

Gloria Lynch

Merlin Halliday

Jayne McClintock

Joanne Murray

Don Rosenbaum

Chantal Sauvé

JUNE



PATIENCE IS A VIRTUE!

"The ability to delay gratification and wait quietly for things to happen in their own time".

How are we all doing? Slowly but surely, we are seeing a light at the end of the tunnel. With great weather upon us, our windows are open, and we are slowly experiencing the world coming back to life. It might not be the life we were used to, but a wonderful awakening non-the-less. With the government starting to loosen restrictions on gatherings, we will be able to enjoy the company of family and friends if we follow the safety guidelines being set.

MWCN has been out-and-about checking in with everyone on a weekly basis, making sure there is no one feeling overwhelmed with isolation. We've been delivering great care packages to our most vulnerable senior community and we've had *Fitness classes* and *Sing-alongs* happening at Senior Residences.

Let us know if you would like us to reach out to you as well.

MWCN is happy to be making a difference!

McGill Dialogue Bursary Program

For all Montreal Metropolitan area students studying in the Health and Social Services programs.

<https://www.mcgill.ca/dialoguemcgill/forms/bursary-program-forms> (English)

<https://www.mcgill.ca/dialoguemcgill/fr/forms/formulaires-relatifs-au-programme-de-bourses> (French)

DEADLINE TO APPLY IS JUNE 15, 2020

Forward forms 1 & 2 to MWCN.

Form 1 - 'Student Application'

Form 2 - 'Community References'

If you have any questions, please feel free to contact our offices:

Vaudreuil-Soulanges area - 514-425-0399

Imarcottemwcn@gmail.com

Chateauguay Head office - 450-691-1444

mwcn2016@gmail.com

RAINBOW BASKET DRAW



MWCN is very excited to announce that each of our 3 offices of Chateauguay, Huntingdon and Pincourt are having a draw for one beautiful

Rainbow Baskets

All you have to do is make sure you have renewed your 2020-2021 membership of \$10 OR 'become a member'!

See our Membership form attached.

The deadline is July 1st!



FYI: LOW VISION SELF-HELP ASSOCIATION

Virtual Meeting June 10th from 1:15 – 2:15pm

Contact: Mr John Ohberg at 514-694-2965

LowVisionSelfHelpAssociation@gmail.com

If you are in need of a **BLOOD TEST**, you can contact **Clinique Sang T Mobile** to make an appointment at: 514-586-7371 or email sangtmobile@outlook.com

They are located at 93-B 5th ave, Pincourt. Cost is \$35



Do you have technology questions?

We can help!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, iPad or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Stream movies, musicals and news shows
- Schedule appointments with medical professionals over video

Call **1-844-217-3057**,

email info@cyberseniors.org or

go to our website at www.cyberseniors.org

to register for FREE webinars or to schedule FREE 1-on-1 help over the phone or via video conference

Mark your calendars for June 17th



COMMUNITY HEALTH EDUCATION PROGRAM
(CHEP)

COPING WITH ARTHRITIS DURING SOCIAL ISOLATION

**JOIN Presenter Myra Siminovitch, B.Sc., MBA,
Physiotherapist, Moderator Jo Ann Jones,
and Host Kelly L. Howarth**

**WEDNESDAY, JUNE 17, 2020
10:00 - 11:30 AM EST
VIA ZOOM**

One in five Canadians lives with arthritis, according to the Arthritis Society. Arthritis can cause pain, decrease mobility, and diminish quality of life. Learn how to manage your symptoms better and improve your functioning during these times of social isolation.

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023

WHY BEES ARE SO IMPORTANT TO US.

With its black and gold stripes, translucent wings and signature furry body, the bee is a common sight in woods and gardens around the world. But do you know how important this creature is to our planet, and the threats it is facing?



While to many they are simply the fuzzy flying insects we see darting among the flowers during the warmer months, bees are so much more than this, and have an important part to play in maintaining our planet. Where trees and woods are essential to filter our air, bees are vital to both pollinate the food we need to survive and pollinate many of the trees and flowers that provide

habitats for wildlife.

Bees are our predominant pollinators, pollinating a third of the food we eat and 80% of flowering plants. Pollination is crucial because many of our vegetables, fruits and the crops that feed our livestock rely on it to be fertilised, so without it, we could go hungry. Vegetables such as broccoli, asparagus and cucumber rely on the pollination of bees, as do apricots, strawberries, apples, tomatoes, and almonds.

Dandelion Facts:

Dandelions are NOT weeds, but are from the same family as sunflowers.

1 cup of dandelion greens = 535% of your daily recommended vitamin K and 112% of vitamin A.

A Dandelion Seed can travel up to 5 miles before it lands.

Every part of the dandelion is edible.

Up until the 1800's, dandelions were seen as extremely beneficial. People would remove grass to plant dandelions.



BEES NEED DANDELIONS, AND MAYBE WE DO TO.

Dandelions are a green and growing first aid kit. The use of dandelions in the healing arts goes so far back that tracing its history is like trying to catch a dandelion seed as it floats over the grass. For millennia, dandelion tonics have been used to help the body's filter, the liver, remove toxins from the bloodstream. In olden times, dandelions were prescribed for every ailment from warts to the plague. To this day, herbalists hail the dandelion as the perfect plant medicine: It is a gentle diuretic that provides nutrients and helps the digestive system function at peak efficiency.

Dandelions are more nutritious than most of the vegetables in your garden. They were named after lions because their lion-toothed leaves healed so many ailments, great and small: baldness, dandruff, toothache, sores, fevers, rotting gums, weakness, lethargy, and depression. Not until the twentieth century was the underlying cause of many of these symptoms realized: vitamin deficiencies. In eras when vitamin pills were unknown, vitamin deficiencies killed millions. In its time, "scurvy" was as dreaded a word as AIDS is today. Data from the U.S. Department of Agriculture reveal how dandelions probably helped alleviate many ailments: They have more vitamin A than spinach, more vitamin C than tomatoes, and are a powerhouse of iron, calcium, and potassium.

Dandelions are good for your lawn. Their wide-spreading roots loosen hard-packed soil, aerate the earth, and help reduce erosion. The deep taproot pulls nutrients such as calcium from deep in the soil and makes them available to other plants. Dandelions actually fertilize the grass.

Gardening TIPS & TRICKS

- Ants-** Peppermint
- Beetles-** Peppermint, Thyme
- Chiggers-** Geranium, Lemongrass, Thyme
- Cutworm-** Thyme
- Flies-** Clove, Geranium, Peppermint, Rosemary
- Mosquitoes-** Geranium, Lemongrass
- Moths-** Peppermint, Geranium
- Slugs-** Cedarwood
- Spiders-** Peppermint
- Ticks-** Geranium, Thyme, Lemongrass
- Weevil-** Cedarwood





Canada Remembers

11 hrs · 🌐

#CanadaRemembers - 2020 is the International Year of the Nurse and the Midwife. In recognition of this, we honour our Nursing Sisters. On 19 May 1918 the 1st Canadian General Hospital in France was bombed during the First World War, killing three Nursing Sisters.

<http://ow.ly/trkG50zHnLo>

Pictured is the funeral procession of Canadian Nursing Sister Gladys Wake who was killed in a German bombing raid on the 1st Canadian General Hospital in Étaples, France in May 1918. Three Nursing Sisters would die in the attack. Photo: Library and Archives Canada

More than 2,800 women served in the Canadian military as Nursing Sisters during the First World War. In order to be able to help wounded soldiers quickly, they often worked perilously close to the front lines. **#Nurses2020**



Elder Mistreatment Helpline

1-888-489-2287 www.aidebusaines.ca

** SEE ATTACHMENT WITH FULL DETAILS

WOULD YOU LIKE TO BECOME A MEMBER?

If you like what you've seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you'll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories.

Come Join us!



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This too, shall pass.