



Proud contributor of MWCN Vaudreuil-Soulanges

# PROGRAM OF FREE ACTIVITIES - FALL 2020

MONTRÉGIE WEST COMMUNITY NETWORK (MWCN) IN PARTNERSHIP WITH DESJARDINS VAUDREUIL-SOULANGES AND COMMUNITY ORGANIZATIONS

## FOR THE ENGLISH-SPEAKING COMMUNITY OF VAUDREUIL-SOULANGES

**ATTENTION: All indoor sessions will be held in accordance with the rule of social distancing and masks will be mandatory.**

**FOR REGISTRATION: LORIE MARCOTTE 514-425-0399 [lmarcott@mwcn@gmail.com](mailto:lmarcott@mwcn@gmail.com)**

### THE SAFE USE OF MEDICATION

By Senior Action Quebec in partnership with the Canadian Deprescribing Network

90-minute webinar including a question period. Is this medication the right one for me? The topics that will be covered are: 1) explain why aging makes us more sensitive to the effects of medication; 2) identify situations in which the risks of harmful effects of medication outweigh the potential benefits; and 3) describe the steps patients, caregivers and healthcare professionals can take together to prevent harmful medication effects. The deadline to register is September 14, 2020. Please contact Ruth Pelletier by email: [ruthkathleenpelletier@gmail.com](mailto:ruthkathleenpelletier@gmail.com).

Once you have registered you will be provided with a link and code to join the workshop.

This provincial webinar will be held on Tuesday, September 22 from 9:30 to 11:00 a.m.

### COMMUNITY HEALTH AND EDUCATION PROGRAM SESSION VIA ZOOM - CONTINUATION OF LIFE LOSSES

By the Community Health and Social Services Network

Anxiety and depression related to the current situation and how we can cope during the COVID crisis.

Wednesday, September 23, 2020 from 10:00 to 11:30 a.m.

### CULTIVATING SELF WORTH

By The Centre de femmes La Moisson

90-minute workshop including a question period. Interactive workshop to cultivate self-esteem.

At the St-Lazare Community Centre (1301 Du Bois Street) on Thursday, October 8, 2020 from 1:30 to 3:00 p.m.

### INFORMATION SESSION FIBRO 101

By The Association de fibromyalgie et du syndrome de fatigue chronique de Vaudreuil-Soulanges

2-hour conference including a question period. We will inform the participants about fibromyalgia, the symptoms, the diagnostic and the reaction that comes with it, the different treatments to try and reduce the pain, the impact on daily life.

At the OMNICENTRE in Pincourt (375 Cardinal Léger) on Tuesday, October 13, 2020 from 1:30 to 3:30 p.m.

### HOW AN ELDER MANAGES STRESS IN THE ERA OF A PANDEMIC

By the Grand Rassemblement des Aînés de Vaudreuil et Soulanges – G.R.A.V.E.S.

2-hour conference including a question period. The pandemic and containment context is causing a lot of anxiety among the population. Isolation, lack of information, fear of the unknown, all these elements cause our seniors to have a hard time. But even alone, it is possible to develop strategies to learn how to manage our stress and this, only with the strength of our mind! Join us to find methods for you and your loved ones.

At the Carrefour de Notre-Dame de l'Île Perrot (1300 Don Quichotte) on Tuesday, October 20, 2020 from 10:00 a.m. to 12:00 p.m.

### COMMUNITY HEALTH AND EDUCATION PROGRAM SESSION VIA ZOOM - LUNG HEALTH AND RESPIRATORY DIFFICULTIES

By the Community Health and Social Services Network

Cold, flu, pneumonia, COPD, asthma and how these affect our lungs.

Wednesday, October 21, 2020 from 10:00 to 11:30 a.m.

### CAREGIVERS FOR SENIORS "SOS"

By the Parrainage civique de Vaudreuil-Soulanges

2-hour conference including a question period. You support your loved one, but this time, join us as we share supports available for you, the caregiver!

At the Centre communautaire de Ville de l'Île Perrot (150 Boul. Perrot) Monday, October 26, 2020 from 7:00 to 9:00 p.m.

### I VOLUNTEER IN VAUDREUIL-SOULANGES

By the Centre d'action bénévole l'Actuel

90-minute meeting-conference-workshop including a document to fill out to find a volunteer in the region.

At the OMNICENTRE in Pincourt (375 Cardinal Léger) on Monday November 2, 2020 from 7:00 to 8:30 p.m.

### COFFEE-MEETING WITH A POLICE OFFICER

By the Sûreté du Québec de Vaudreuil-Soulanges

Meeting and mainly a 2-hour question period on all subjects related to the integrity and security of persons, abuse, fraud, roads, crime, etc.

At the St-Lazare Community Centre (1301 Du Bois Street) on Thursday, November 12, 2020 from 1:30 to 3:30 p.m.

### UNDERSTANDING ALZHEIMER'S DISEASE AND DEMENTIA

By The Alzheimer Society SUROÏT

2-hour conference including a question period. This conference presents information on the warning signs and risk factors for the disease in addition to providing a better understanding of what it means to live with Alzheimer's disease.

At the OMNICENTRE in Pincourt (375 Cardinal Léger) on Tuesday, November 17, 2020 from 10:00 a.m. to 12:00 p.m.

### COMMUNITY HEALTH AND EDUCATION PROGRAM SESSION VIA ZOOM - VISION CARE

By the Community Health and Social Services Network

What constitutes normal vision? How to know when to get special eye care. Vision problems related to aging that are easy to overlook (difficulty reading small print, cataracts and glaucoma).

Wednesday, November 18, 2020 from 10:00 to 11:30 a.m.

### PARKINSON'S DISEASE 101

By Parkinson Canada in Québec

2-hour conference including a question period. This presentation aims at better understanding Parkinson's disease under various aspects: onset and diagnosis, motor and non-motor symptoms, strategies to cope including drug therapies and complementary care. People living with Parkinson's and close ones are welcome to attend.

At the Carrefour de Notre-Dame de l'Île Perrot (1300 Don Quichotte) Tuesday, November 24, 2020 from 1:30 to 3:30 p.m.

### YOUR RIGHTS, OUR SUPPORT

By the Centre d'Aide et Accompagnement pour Personnes Aînées de 50 ans et plus et leurs proches (CAAPA)

2-hour conference including a question period. Our service aims to support and accompany citizens living a situation in which their rights are violated. The outreach worker of CAAPA seeks possible solutions affecting your quality of life.

At the Centre communautaire de Ville de l'Île Perrot (150 Boul. Perrot) Monday, November 30, 2020 from 10:00 a.m. to 12:00 p.m.

**FOR INFORMATION: CLÉMENT BERGERON 514-453-6257 [clementbergeron@videotron.ca](mailto:clementbergeron@videotron.ca) | MORE ABOUT MWCN: [www.mwcn.ca](http://www.mwcn.ca)**

*Our mission is to develop a strong and vibrant English-speaking community in Montérégie West through Education, Culture, Health, Social and Community Services and Partnerships*