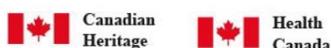


# Down Home News



This document is made possible thanks to the financial support of:



OCTOBER 2020

## Ned Young becoming a centenarian!



Ned will always be young!!!! What pleasure it has been for all of us at MCDC over the past 20 years to have been on the receiving end of Ned's great sense of humour, his smile, and his stories of past history. He has been a facilitator for the English Conversation Club for years, a member of the MCDC Book Club, and Cribbage/Chess Club, and a present member of the Board of Directors. Ned has participated in the school's Remembrance Day ceremony and on many occasions was invited to share his life experiences with the students. Ned has always participated in and been an asset to as many activities as possible.

**HAPPY 100th BIRTHDAY, DEAR FRIEND!**

**Continued good health for many more years.**



## Health activity & capsules

Please call MCDC to register for each of the following health sessions.

### Cummings Video conference

#### What Keeps You Up At Night?

Date: **Wednesday, Oct 7, 2020**  
Time: 10:00 – 11:30 a.m. **Via Zoom**

*Join us and learn about current information on sleep and how to improve sleep.*

**Call MCDC to register**

**418-332-3851**

### Cummings Video conference

#### "Forgetful not Forgotten" A film by Chris Wynn

Date: **Wednesday, Oct 14, 2020**  
Time: 10:00 – 11:30 a.m. **Via Zoom**

*An intimate portrait of a family coming to grips with the realities of early-onset Alzheimer's disease.*

**Call MCDC to register**

### CHEP VIDEO- CONFERENCE Via ZOOM

#### Eating Well During Covid-19 Pandemic

Date: **Wed, Oct 21, 2020**  
Time: 10:00 -11:30 a.m.

**Call MCDC to register.**

*Health Canada, through CHSSN, has contributed to the realization of this activity.*

### *Tools for planning ahead: Power of Attorney, Mandates, Advance Medical Directives, and Wills*

Date: **Thursday, Oct 22, 2020**  
Time: 9:30 - 11:30 a.m.

This will be presented as a **webinar**. To register, send Seniors Action Quebec an email with your contact info (name, phone number, and local community organization name, i.e. MCDC) at: [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca). A confirmation email will be sent to you within 2 working days. For additional information and to get further details call MCDC.



## MCDC'S LIBRARY IS OPEN..... upon appointment!



Please come in  
through the  
basement door.

To ensure safe distancing, you can access our Library simply by calling ahead  
**418-332-3851**  
and booking a time to visit.



**MEGANTIC  
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COMMUNITY DEVELOPMENT CORPORATION

T : 418 332.3851 | Sans frais : 1 877 332.3851  
[www.mcdc.info](http://www.mcdc.info)

# Take an hour and go visit a friend!

## Les Fourneaux d'Inverness (Lisa Dempsey)



**Hot dinner, covid-19 edition**  
**Sunday Oct 25, 2020**  
**4-6 p.m. pick up and takeout only**  
**\$15 per person; at IOOF Hall, Inverness**  
**Please order ahead 418-453-2007 or 418-453-2908 [dempsey@gosfordairnet.ca](mailto:dempsey@gosfordairnet.ca)**  
**MENU: lasagna, Caesar salad, homemade rolls, apple crisp dessert**

## CHAUDIÈRE-APPALACHES IN "RED ZONE"



To slow the spread of COVID-19, the following economic activities must cease starting October 1, 2020 in the Chaudière-Appalaches (**Red zone Maximum Alert**):

- restaurants and food courts in shopping centres and food stores, except for deliveries, take-outs or drive-through orders;
- bars and discotheques;
- microbreweries and distilleries, only for their services for consumption of food or beverages on the premises;
- museums, biodomes, planetariums, insectariums, botanical gardens, aquariums and zoos;
- arcades, amusement centres and parks as well as water parks;
- saunas and spas, except personal care provided therein;
- libraries other than those in educational institutions, except lending desks;
- movie theatres and rooms in which performing arts are presented, including venues where the arts are broadcast;
- youth hostels.
- <https://quebec.ca/en/health/health-issues/a-z/2019-coronavirus>



## éducaloi

### Your Starting Point For Legal Information

Can you install a video camera in a Senior's CHSLD room? Since the covid-19 crisis began, some seniors living in residential and long-term care centres (CHSLDs) have suffered mistreatment, neglect, or abuse. Many family members have felt isolated from their loved ones. Did you know that the law allows family members to install a video camera in their loved one's room? There are certain rules that must be respected though. The CHSLD must inform residents or family members about the rules and provide support to respect them. These rules apply to all CHSLDs, both private and public. Visit their website: <https://educaloi.qc.ca/en/legal-news/can-you-install-video-camera-in-chsld-room/>

## Milestones



✝ Our deepest condolences to all the members of Heather and Steve Donovan's family on the passing of their daughter Jessica.

✝ Douglas Robinson: passed away April 11, 2020; visitation on Friday Oct. 16th at Gamache & Nadeau. You should register on-line to schedule access.

🎂 Happy Birthday wishes going to David Robinson, Ross Davidson, Lisa Dempsey, Edna Stewart, Yvette Hall, Peter Whitcomb, Patsy Fowler and everyone who will be celebrating their special day this month.



## School News



- ➔ Oct 2: Presentation by Occupational therapist Myriam Bolduc;
- ➔ Oct 3: Babysitting Workshop with Groupe medic's Melina Pomerleau;
- ➔ Oct 14: Cattara presentation for Sec 4;
- ➔ Oct 15-16: Presentation on Student Wellness, by Vijay Pillay of the Maison Jean Lapointe, for Sec 1 - Pathways;
- ➔ Oct 20: "Cooking on a Low Budget" with Josée Boissonneault.



The MCDC Board of Directors and Staff would like to wish you all a very safe Thanksgiving! Let us be grateful for the abundances we enjoy. We WILL return to a normal life one of these days.

MCDC office will be closed on Monday, Oct. 12th.

All members of the English-speaking community of Chaudière-Appalaches and l'Érable are invited to become members of MCDC. Membership is free and it is a great way to get involved and show your support for your community. Please call us 418-332-3851 or email [info@mcdc.info](mailto:info@mcdc.info)