

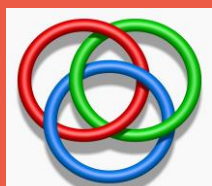
Down Home News



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



MARCH 2021



CAAP - Centre d'assistance et d'accompagnement aux plaintes de Chaudière-Appalaches:

"Helps in supporting an individual in making a complaint".

CISSS - Centre intégré de santé et de services sociaux de Chaudière-Appalaches:

"Includes such organizations as the CLSC, hospital, rehabilitation centre, etc."

MCDC - Megantic English-speaking Community Development Corporation:

"MCDC is here to help as liaison between the organizations. Call us!"

THE RIGHT TO FILE A COMPLAINT

As a minority Anglophone in Quebec, you have the right to receive health services in English taking into account available resources.

Anyone can use the complaint examination procedure to express dissatisfaction if they feel their rights have not been respected or to file a complaint if they deem it necessary.

Call MCDC for additional guidance.



Health activities & capsules - VIA ZOOM

Please call MCDC or email health@mcdc.info to register for each of the following health sessions.

Empowerment Series

#1

Presented by Jeanni Potter for

Caregivers, volunteers, and any interested participants

Learn about

"Moving Beyond Survival Mode"

DATE: **Thurs, March 11, 2021**

TIME: 10:00 - 12:00 noon

#2

Learn about

"Exploring Stressors and Strengths"

DATE: **Thurs, March 18, 2021**

TIME: 10:00 - 12:00 noon

#3

Learn about

"Supporting Yourself in Difficult Times"

DATE: **Thurs, March 25, 2021**

TIME: 10:00 - 12:00 noon

Healthy After 50



March is NUTRITION MONTH

Sign up to receive a package of great information including the new Canada Food Guide, recipes, exercises, & puzzles delivered to your door on Wednesday **March 10, 2021**.

Sign up with Laurie 418-332-3851 or email health@mcdc.info

CHOOSING A SENIORS' RESIDENCE - Part 1

with **Chantal Bernard - ACEF**
(Association coopérative d'économie familiale)

Topics: What are your needs? Costs, services offered, making your choice.

DATE: **Wednesday, March 24, 2021**

TIME: 10:00 - 11:30 a.m.

CHOOSING A SENIORS' RESIDENCE - Part 2

Topics: What to know before signing a lease; rights and obligations; renewing a lease; ending a lease.

DATE: **Wednesday, March 31, 2021**

TIME: 10:00 - 11:30 a.m.



March is Nutrition Month!

Chatting it Up!



Here's a chance to join a group conference call for fun, and don't we all need some fun??


When: **Every Tuesday at 1:30 p.m.**
Level of difficulty: **EASY**, and all you need is a telephone. It will brighten your day while listening or talking to others.

Everyone is welcome. Sign up with our Holly 418-332-3851 or at volunteer@mcddc.info

School News



 **March 1-5: Spring Break**

 **March 8-31: Flyers will be mailed to Secondary 4 students promoting career orientation.**

<https://www.asjstpats.com>

MCDC's new website
www.mcddc.info

Thank You Vic!



During Covid-19, MCDC has had to restructure how we stay connected to you our members. That explains the occasional gift packages, food surprises, Healthy after 50 info pkgs, etc. etc. that have landed at your door. To make that happen, the staff had help from Vic Lowry who drove around the countryside doing deliveries for us. THANK-YOU Vic, much appreciated.

Do you need MCDC to make your Covid-19 VACCINATION appointment on-line?

Just call us 418-332-3851 and we'll be pleased to do it. It's fast and easy once you're age group has been designated.



Set clocks ahead by one hour on **Sunday, March 7th at 2:00 a.m.**



MCDC is providing free assistance in completing tax forms for people who meet the following criteria:

1. Living alone with an income of \$25,000 or less;
2. A couple with an income of \$30,000 or less;
3. One adult and one child with an income of \$30,000 or less (each additional dependant \$2,000).

Should you qualify for this service, call MCDC and we'll put one of our volunteers in touch with you in total confidentiality.

Call MCDC 418-332-3851

March Wind

March wind is a jolly fellow.
He likes to joke and play.
He turns umbrellas inside out
And blows our hats away!



Milestones

- ✠ Our sincere condolences to the family of Joy Thompson Nugent who passed away on Feb 9th in Bathurst NB.
- 😊 Birthday wishes going out to Susan Smith and Kitty Small, and to everyone who will be celebrating their birthday in March.



Do you need to talk to someone? Just pick up the phone and call us at MCDC. We're glad to chat. 418-332-3851

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 418-332-3851 or email communications@mcddc.info