

Down Home News



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



Canadian Heritage



Health Canada

MAY 2021

RENEWED FUNDING FOR MCDC

We are pleased to announce that the Department of Canadian Heritage, Government of Canada, will be renewing its financial contribution to MCDC for the next three (3) years. This funding makes it possible for MCDC to organize social activities, outings, meet with our partners, and a host of other activities. We are grateful to the Canadian Government for their financial assistance in support of our community.

As well, MCDC has been granted financial assistance from MRC des Appalaches to conduct a feasibility study in collaboration with Tourism Région Thetford.

In addition, SRQEA (Secrétariat aux relations avec les québécois d'expression anglaise) has renewed its financial contribution to MCDC for the next two years.

It is thanks to partners like the organizations mentioned above that MCDC continues to fulfill its mission to our community.



Health activities & capsules - VIA ZOOM

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

CHSSN presents a CHEP session:

"Ticks & Lyme Disease"

How to stay safe as you live, work, and play outdoors.

Lyme disease by tick bites poses a significant risk to Canadians spending more time outdoors. Learn how to protect yourself.

DATE: **Wed May 19, 2021**

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

Sign up with Laurie
health@mcdc.info

Empowerment Series

Presented by Jeanni Potter

Thursdays at 10:00 a.m.

May 6: "Compassion & Self-Compassion".

May 13: "Understanding and Managing our Emotions".

May 20: "Healthy Communication Skills".

May 27: "Healthy Relationships Skills".

Sign up with Holly
volunteer@mcdc.info

Healthy After 50

This month we will focus on "The Pillars of Brain Health" It will include information on keeping your brain healthy, exercises, puzzles, games, and recipes. The package will be delivered to your door on:

May 26 & 27, 2021

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

Got your walking shoes ready?



MORE WALKS IN THE PLANNING STAGE.

JOIN US

DATE: **Wed May 12, 2021**

TIME: 10:00 a.m. - 1:00 p.m.

PLACE: Kinnear's Mills

DEPARTURE FROM: Municipal Hall

PATH: Using walking trail towards Rte 216 (Jason MacRae's farm) & return. **Lunch provided!**

Masks provided
Call MCDC to register.

Brain Games

An activity book will be delivered to you. Have fun on ZOOM with the other participants!

Session # 1: Friday, May 7, 10 a.m.

Session #2: Tues. May 25, 10 a.m.

Sign up with Jennifer
418-332-3851 info@mcdc.info
Limited places!



What's happening?



Farewell to Reverends Barbara & Susan



These two wonderful ladies arrived into our community and it was as if they had always lived here. They embraced and befriended us, always flashing a smile and a laugh. Now that life will be taking them back to their home in Nova Scotia, we hate to see them go. But we all want to say **thank you**, Barb & Susan, for the optimism and love YOU shared with us over the past 5 years. We will miss you and always remember you. And if we all take you up on the offer to visit you should we come to the Maritimes you'll have a full house!!!

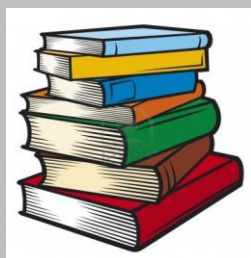
Lisa's Sunday Supper

DATE: **SUNDAY, May 30, 2021**
TIME: 4:00 - 6:00 p.m.
PRICE: \$15/person
MENU: Lasagna & Caesar salad

Pick-up and takeout only,
please order ahead.
LES FOURNEAUX D'INVERNESS
1813 Dublin, Inverness
418-453-2007 or 418-453-2908

dempmsey@gosfordairnet.ca

MCDC BOOK CLUB



MCDC BOOK CLUB
via ZOOM
May 25th at 10 a.m.
Call Jennifer today to join.



educaloi.qc.ca

Educloi - A starting point for legal information

The Right to Access Medical Records

As a general rule, medical records of patients are confidential. Only patients can see them. No one else can see them without a patient's permission. There are a few exceptions to these rules. These exceptions are found in the law, and they allow other people to see the medical records of patients without their permission.

As a general rule, patients who are 14 years or older have a right to see their medical records and are also allowed to give their own consent to medical care.

Source: <https://educaloi.qc.ca/en/capsules/the-right-to-access-medical-records/>

Megantic Community Foundation (MCF) Donates Defibrillators



We would like to say thank-you to the Megantic Community Foundation (MCF) who has organized the donation & installation of a defibrillator in each of the following buildings: IOOF Hall - Inverness, United Church - Kinnear's Mills, and the Orange Hall - Kinnear's Mills. This type of project was made possible due to donations from our community members. Pictured above is Brenda Trenfield, President of MCF, making the donations to James Allan & Rev. Barbara Fotheringham in the Kinnear's Mills United Church .



Milestones

- ✚ Birthday wishes going out to Mildred Robinson, Jan Lowry, Vic Lowry, Doris Clouston and to everyone else who will be celebrating their birthday in May.
- ✚ Our MCDC Project Coordinator in Lévis, Laurence Allard, will be temporarily leaving us for her maternity leave. We would like to wish her the best of luck and look forward to news of the baby's arrival.
- ✚ Welcome back to "Bob Wallace" who has returned to La Residence Nouvelle Age on Blvd. Frontenac West, in Thetford. We're happy to have you home, Bob!!

Spring Cleaning tip....



Polident is not only for keeping your dentures clean.....drop a polident tablet into your toilet bowl once a day to remove tough stains and to maintain its cleanliness.

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@mcdd.info