

Down Home News

The Down Home News is a monthly publication by MCDC. We are located at 906 Mooney Street West, Thetford Mines G6G 6H2.
Tel: 418-332-3851 / Fax: 418-332-3153 / E-mail: mcdc@bellnet.ca / Website: <http://mcdc.info>



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February 1, 2018



Exploring our emotional health????

Regardless of your age, you still have a life's purpose and your actions still have positive effects.

Life coach Johanna Visser is inviting you to attend 90 minute workshops in the comfort of her home at 161 Alfred Street in Thetford Mines. The book "The Alchemist" by Paulo Coelho will be used as a premise for discussion. This promises to be an enriching soul searching inner journey.

DATES: Wednesdays Feb. 14, 28, March 14, 28
TIME: 10:00 – 11:30 a.m.

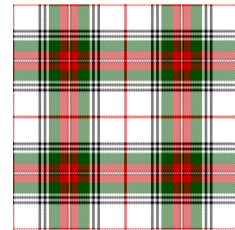
ONLY 10 PLACES AVAILABLE. First come first served.

Call MCDC to register 418-332-3851
Car pooling is available thru MCDC and recommended to minimize parking.

ROBBIE BURNS DANCE

Everyone is invited to a fun celebration in honour of our Scottish ancestry:

Date: Saturday, February 3, 2018
Time: 8:00 p.m. – midnight
Place: Kinnear's Mills Community Hall
Admission: \$15



St. Patrick's Day Celebrations

All are invited on **Saturday, March 17, 2018**, to the Ste-Agathe Municipal Hall to celebrate this Irish tradition.

6:00 p.m. Doors open
6:15 p.m. Historical Storytelling in French
8:00 p.m. Dance to the music of Claude Lachance and James Allan.



Happy St. Patrick's Day

Plenty of door prizes and desserts to please your sweet tooth!
For more information, call Steve Cameron 418-599-2814, or Suzanne Lambert 418-599-2747.

COMMUNITY CALENDAR

- February 13:** Shrove Tuesday lunch, 11:00 a.m. – 1:00 p.m. at the I.O.O.F. Hall in Inverness, hosted by Les Fourneaux d'Inverness. Price \$10.
- February 25:** Monthly Brunch at Les Fourneaux d'Inverness, 9:00 a.m. - 1:00 p.m. Call Lisa to reserve 1-418-453-2007.



Seniors' Drop-Ins

- Monday, February 12th: Kinnear's Mills
- Monday, February 19th: Inverness
- Monday, February 26th: Thetford MCDC

2 Health Sessions Coming Up in FEBRUARY 2018

WHAT DID YOU SAY???



Hearing loss frequently goes unnoticed and because it happens gradually, many people are in denial. Nearly 1 in 4 adult Canadians report hearing loss. This session explores what happens and what we can do to better help yourself and family members. This will be held as a **CHEP videoconference** with a clinical audiologist at St. Mary's Hospital in Montreal.

DATE: Wednesday, Feb 21, 2018

TIME: 9:30 a.m. – noon

PLACE: MCDC

Call MCDC to register in advance by Feb. 19th!

"HEALTHY AFTER 50" 2017-18

DATE: Thursday, Feb 22, 2018

TIME: 10:00 a.m. – 12:00 noon

PLACE: Kinnear's Mills Community Hall
A warm meal will be served.

Places are limited!
Reserve today by calling MCDC at 418-332-3851 or 1-877-332-3851

COMMUNITY HEALTH CAPSULE

FEBRUARY IS HEART HEALTH MONTH



SLEEP AND HEART DISEASE

- The better night's sleep you get, the healthier your heart will be. According to a study by the American Heart Association, poor sleep quality is linked to an increased risk of high blood pressure, a potential cause of heart disease.
- Studies have found that most people need **six to eight hours of sleep each day** and that too little or too much can increase the risk of cardiovascular problems.
- People who are sleep deprived have slower metabolism and more difficulty losing weight. They also have the effect of not wanting to exercise or participate in other healthy habits.
- The positive effect of sleep is not just on your heart health but also on your stress hormones, your immune system, your breathing, and your mental status,
- Do you suffer for a lack of restful sleep? If so, there several things you can do to improve your situation.
 - **Exercise**
 - **Avoid excess caffeine**
 - **Establish an evening routine**

<https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/sleep-heart-disease/>



SPANISH CLASSES ANYONE??

Michelle Mathieu at ASJ High School is trying to organize Spanish classes for the community:

- **Time: 4:00 – 5:30 p.m.**
- **Day: not sure yet**
- **Place: ASJ High School**
- **Price: \$60**
- **Duration: 10 weeks**
- **Need 10 adults minimum (we already have 8 people interested)**

Call MCDC to register 418-332-3851



SCHOOLDAY

- ✚ Feb 9 & 23: Ped days
- ✚ Feb 16: Ski Day at Mont Apic for Kindergarten, grades 1 & 2.
- ✚ Feb 20: Governing Board
- ✚ Feb 22: Report car night



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

1. Living alone with an income of \$20,000 or less;
2. A couple with an income of \$26,000 or less;
3. One adult and one child with an income of \$26,000 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.
418-332-3851/ toll free: 1-877-332-3851



Visit the St. Patrick's Elementary and ASJ High School websites, Thetford Mines. Click [here](https://www.asjstpats.com/)

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A WORD OF THANKS FROM THE BEATTIE FAMILY

We are most grateful for the support and cards that we received and the donations made in memory of our sister Frances Beattie. Your show of sympathy and your friendship has meant the world to us. She will be greatly missed in our family and in the community.

Milestones



PHOTOGRAPH BY LIZBETH GIBSON

- ❖ Our condolences to Herman Devriese & family on the death of his wife Maria in late January.
- ❖ Happy Birthday wishes go out to Gerald Bennett, Ruth Morrison Beattie, and Eileena Murphy who are celebrating their birthdays in February.

Would you recognize hunger?

Our region's food bank "La Vigne" sees it every day. They believe that no matter why people are forced to ask for food assistance, it will be hard for them to overcome their difficulties unless their basic needs are met. With the help of your donations, those in need increase their chances of improving their quality of life in a sustainable manner. Give generously in whichever way you can to our community food bank. "La Vigne" is located at:



40 St. Alphonse Street sud
(behind the Centre Paroissiale)
Thetford Mines, QC
Tel: 418-338-0500

MCDC MEMBERSHIP

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. For additional information, please call us at 418-332-3851 or 1-877-332-3851 or visit our website at <http://mcdc.info>.