

Down Home News



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



Canadian Heritage



Health Canada

FEBRUARY 2021

BLOOD TESTS taken in the comfort of YOUR HOME

A local service offered by a company called "Sang Detour" with Chantal Grondin will come to your home to perform your blood and urine tests.

Price: \$40-\$45/person

You need to have the requisition request signed by the doctor so that she knows what is being ordered.

She covers Thetford and surrounding areas.

Please call Chantal Grondin **418-332-4445**

to make an appointment.



Health activities & capsules - VIA ZOOM

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

ACEF

(Association coopérative d'économie familiale) presents:

"It's NOT right!"

Neighbours, friends & families for older adults

Learn about ageism and the different forms of elder abuse, with simple practical safe ways to help.

DATE: **Wed February 3, 2021**

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

Did you say CAAP?

(Centre d'Assistance aux Plaintes-Chaudière Appalaches)

Join us to learn about rights, responsibilities, and this organization that assists and supports you with making a complaint within the health care system.

DATE: **Wed February 10, 2021**

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

CHEP "Straight Talk About End-of-Life Options"

TOPICS: palliative care, do not resuscitate orders, refusal or withdrawal of treatments, medical assistance in dying, and advanced medical directives.

DATE: **Wed February 17, 2021**

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



Taking Care of Body & Mind as We Get Older: Symptoms and Treatment Options

DATE: **Tues February 23, 2021**

TIME: 1:30 - 3:30 p.m.

To register you must send them: info@seniorsactionquebec.ca an email with your coordinates.

A confirmation email will be sent to you within 2 working days.

LA CROISÉE

Presenter: Catherine Laflamme

Join us to learn about this community organization in Thetford since 1995 that helps families with a member who has a mental illness.

DATE: **Wed February 24, 2021**

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

Contact Laurie health@mcdc.info to sign up or call MCDC.



You need to talk to someone? Just pick up the phone and call us at MCDC. We're glad to chat.

418-332-3581



What's happening?

Golden Girls Series



7 YEARS OF LAUGHTER
watch the episodes via ZOOM

DATE: Thurs Feb 4, 11, 18, 25
1:00 - 2:00 p.m.
& every Thursday thereafter
Call MCDC 418-332-3851
to register.

WINTER WONDERLAND WALKING

Winter wonderland walking makes the winter months much more enjoyable, don't you think?



Enjoy the stunning beauty of a crisp, fresh winter day. Get outdoors and feel the crunch of the snow under your feet, the sunshine on your face, the brilliant white snow; it's quite exhilarating!!

Fresh air, surrounded by nature, a bonus during the pandemic.



COMING SOON

Bingo ✓

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

Board games ✓
via Zoom...
Stay tuned!!!



educaloi.qc.ca

Educaloï - A starting point for legal Information

PREPAID CARDS:

A "prepaid card" is a card, cheque, certificate or other similar card that lets a person acquire products or services in exchange for a payment made in advance.

If you ask for it, a merchant must refund in cash any amount less than \$5 remaining on a prepaid card except for a cell phone card or a prepaid credit card. Since June 2010, prepaid cards cannot have expiry dates*.

* except for a cell phone card or a prepaid credit card.



School News

- Feb 10-11: Carrefour Jeunesse Emploi's workshop on "MAP" *Mon Attitude Professionnel*, for Secondary 3, 4, 5 students.
- Feb 12: Carrefour Jeunesse Emploi's zoom conference on "La perseverance scolaire" for Secondary 4, 5, and Pathways students.
- Feb 22-26: Carnival week for St. Pat's & ASJ; MCDC to be on site Feb 25 to help out.
- February: Sec 4 students will be informed about Job Shadowing opportunities that will take place in April.



Milestones



Sincere condolences to Holly Laroche's family in the sudden passing of her mom Janet Joy Burns Laroche.



Deepest sympathies to the family of Doreen & Real Lachance in the loss of their son Jimmy to Covid-19.



Birthday wishes going out to Eileena Murphy, Ruth Morrison, and to everyone who will be celebrating their birthday in February. Also, get well wishes to Eileena who is hospitalized in Montreal.

February is heart health month!



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@mcdc.info