



# CENTRE DE SANTÉ NEWSLETTER

25 FEBRUARY 2021

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## Stay Safe, Get Healthy, Get Connected

Are you a senior in the area who is getting sick and tired of the restrictions that COVID 19 has put on your life? If so, the **Massawippi Valley Foundation (FVM)** may have just the program you're looking for. Supported by the Federal Government's Emergency Community Support Fund and the Community Foundations of Canada, FVM and CSVm are launching several innovative programs for seniors who may be isolated at home. They have many volunteers who would like to have a telephone chat with you every week or go for a short walk with you in your village as weather permits.

Or perhaps you'd like to know more about having video calls with relatives or friends. If you have a computer, laptop or tablet and are connected to the internet, the FVM volunteers are waiting to instruct you virtually. Or you can join the Social Café once a week and have a community chat over coffee or tea (whatever you make for yourself!)

If you are not that knowledgeable about communication devices and want to know more, they will be having classes in the **Massawippi Valley Wellness Centre in Ayer's Cliff** as soon as the pandemic restrictions allow it. And if you're interested but don't own a tablet or iPad, we can lend you a device for a few months to see if you like it enough to get one of your own.

If any of these options appeals to you, please email: [connecting-seniors@csvm.ca](mailto:connecting-seniors@csvm.ca) and tell us what you want to join.

The programs will begin in March 2021.

## Spotlight on two directors – your representatives to oversee the Centre de santé



**Dr. Charles Palmer Larson** completed his medical degree and subsequent specializations in Pediatrics and Preventive Medicine & Public Health at McGill University. He has been involved in child health projects around the world for the past 35 years. He is National Coordinator of the Canadian Coalition for Global Health Research (CCGHR) and teaches in McGill's Global Health Program. Dr. Larson's interests focus on life saving interventions in under-five children.

**Lynn Dery Capes** is a professional accountant who moved to Hatley Acres a few years ago to enjoy outdoor activities with her family in her semi-retirement. She continues part-time in administrative management of the Behr research lab and McGill Interdisciplinary Initiative in Infection and Immunity. She brings to the Centre 30 years of varied knowledge and experience in private and public sector administration and finance



**Thank you for choosing Centre de santé and for your continued support.**