

NEWSLETTER

from your local Women's Centre

FEATURED THIS MONTH:

- Interview with Our Local Pharmacist
- Special Activity for OWLS
- Bedtime Workshops
- Yoga
- Forest School
- Prenatal Discussion Group
- Mommy Meet-Up
- Community Garden
- Parent Tap



"Spring will come and so will happiness. Hold on. Life will get warmer." - Anita Krizzan

TIME TO GET OUTSIDE!

Spring is finally here! While we are certainly not out of the woods yet with the pandemic, the eventuality of everyone being immunized within the next few months definitely brings hope. We are certainly looking forward to being able to get together with you all soon. Because we know the vaccine is on everyone's mind right now, we had a conversation with local pharmacist Pierre-Olivier Fortier who answered a few questions about immunization against COVID (see interview on page 2).

In the meantime, at the LDWC, we are continuing our online activities this spring. We will gradually move some of them outside, making sure to respect all necessary health measures in place.

See you under the tent!

Beginning in June, many of our activities will take place near our Community Garden (at the top of Charlotte st.). We will be installing a tent shelter that will offer a well-ventilated and shaded space to socialize and attend workshops.

Our Community Garden will be alive and flourishing this season with a team of 20 women from our community who have already signed up to take part into the adventure. It will definitely be a great way to stay in touch with our members in a safe and healthy environment.

Other activities that will be organized near our Garden include nature walks, arts and crafts workshops, Yoga, Playgroup, Forest School and OWLS group meetings, to name a few. Make sure to follow our [Facebook page](#) to be updated on new developments or feel free to phone at **819 564-6626** for info.



QUESTIONS REGARDING THE COVID VACCINE?

We interviewed local Familiprix Lennoxville pharmacist Pierre-Olivier Fortier

LDWC: Can we choose which vaccine we want to receive in Estrie? Are they all equally effective?

P-O.F: Whether you live in Estrie or the rest of Quebec, it is not possible to "shop" for your vaccine or to choose which one you will receive. The efficacy rate does vary from one vaccine to another, so it is important to rely on the recommendations of Health Canada, which bases its decisions on recommendations made by scientists. Quebec is officially experiencing a third wave of contamination. What is most urgent is that older and more vulnerable people be vaccinated as soon as possible.

LDWC: Can we choose the location where we will be vaccinated in Estrie? (clinic, pharmacy, at home, etc.)

P-O.F: In Quebec, all appointments are centralized on clicsante.ca. For any questions about vaccination, the public can consult www.quebec.ca/vaccinCOVID or phone 1-877-644-4545. In the Estrie region, vaccination in pharmacies has not yet started. Currently, the government has opened up vaccination in pharmacies only in red zones. We do not yet have a date for our region. When the vaccination is available in pharmacies for the Eastern Townships, appointments will also be done via clicsante.ca.



Pierre-Olivier Fortier, Pharmacist

LDWC: Quebec has suspended the use of the AstraZeneca vaccine for those 55 and under (as of March 29). Will this delay vaccination throughout the province?

P-O.F: The analysis of the consequences of this temporary withdrawal on the vaccination schedule is in progress. For now, the government's objective of administering a first dose of vaccine to all adults wishing to receive one by June 25th has been maintained in Quebec. Some vaccination appointments may be postponed, depending on the availability of doses. An update of the vaccination schedule for people who have received a dose of Astra Zeneca vaccine will be available shortly.

LDWC: Is COVID still transmissible even after being vaccinated?

P-O.F: Vaccination against COVID does not provide 100% protection. This means that it is possible to transmit COVID even if you have been vaccinated.

It is therefore important to respect the health instructions and government measures in force.

LDWC: If we are considered "at risk of complications", do we need to provide proof from a physician in order to be prioritized for a vaccination?

P-O.F: Adult patients under the age of 60 who have a chronic disease or health problem that increases the risk of complications from COVID-19 will soon receive their vaccine. Several patients wonder if they meet these criteria or if they must provide a paper from their doctor. Currently, a committee is working to establish priority lists of chronic diseases. This is the only information we have received to date.

LDWC: As variants are more contagious, what more can we do than we are already doing to protect ourselves?

P-O.F: In order to better protect against the new, more contagious variants, the INSPQ now recommends that the mask be worn continuously in the workplace. It is also necessary to continue to respect all the sanitary measures already in place.

SPECIAL ACTIVITY FOR OUR OWLS GROUP !

Wednesday May 12th beginning at 1:30pm

A special invitation is being extended to all of our members of the **OWLS** group (Outstanding Wise Ladies Sharing). **Come make your own beautiful planter** with Lucie and her team of helpers on **Wednesday May 12th**. All materials will be supplied by the LDWC. Location to be determined; however the activity will take place outside and we will make sure to respect social distancing and other public health measures. We will also create smaller groups of a maximum of 5 to 7 ladies together. More details to follow in our next newsletter.

Info and registration: 819-564-6626 or programsldwc.ca



DO YOU HAVE CHILDREN AGED 3 TO 5?


This 3-part ONLINE series is for you!

The LDWC in partnership with the ETSB CLC's is pleased to offer 3 insightful online workshops offered exclusively to the ETSB CLC communities and the Lennoxville Women's Centre members.

In the first workshop (April 7th @ 7pm), you will learn tips and tricks to develop a good bedtime routine along side other parents with Charity Kerrigan, Early Childhood Educator.

In the second workshop (April 17th @ 10am), Alanna Fernandes will facilitate a parent/child activity. You will make bath bombs and a relaxing eye pillow. All the material will be supplied to you a few days before the workshop so that you can create the project in your own kitchen!

The third workshop (April 28th @ 7pm) will offer you the opportunity to ask your questions about sleep and bedtime to Dr. Pamela Mitelman, a Clinical Psychologist from the Kids' Sleep Clinic in Montreal. She treats children of all ages with sleep difficulties.



Whooooo's Ready for Bedtime?

Free workshops, tools and resources to make bedtime & sleep better for your 3-5 year old.

April 7th @ 7pm	April 17th @ 10am	April 28th @ 7pm
Workshop: Your Bedtime Toolkit	Parent-Child Activity	Q&A with a Sleep Consultant

Not convinced yet? All registered participants will receive a "My Goodnight Bag" filled with resources, tools, books and a toy (while supplies last). You can come to all three workshops or pick and choose the ones you want!

Please register as soon as possible, by accessing the form at the following address: <http://bit.ly/readyforbedtime>
Places are limited!



YOGA WILL CONTINUE ONLINE AND THEN OUTSIDE...

A new 6-week series beginning on May 10th!

Why not give your body and soul some tender loving care one hour per week by joining our FREE online yoga sessions **every Monday at 10 am beginning May 10th**? Please register by clicking **HERE** or by phone or email: 819-564-6626 or programs@ldwc.ca. phone at **819-564-6626** or email us at **programs@ldwc.ca** and we'll send you a zoom link. Beginning Monday June 7, the yoga classes will be given outside, (under a shelter) at our Community Garden space at the top of Charlotte st., in Lennoxville. Namaste!

"FOREST SCHOOL" ACTIVITIES AT THE LDWC

Two awesome activities to enjoy with your family "bubble" this spring



Sophie McCafferty, our Forest School facilitator

Rock Painting / April 22nd, 10am-Noon For moms and their preschool age children

Come out and explore the outdoors in the search of perfect rocks that you can bring to life. This will be followed by a painting activity where you will make adorable pets to bring home.



Rock Decorating Activity, April 22nd



Shelter Building Activity, May 1st

Shelter Building, May 1st - 9am-1pm For families with children aged 5 to 10

Are you ready to enter the forest and spend time creating an amazing shelter simply with what you can find? This introduction to outdoor survival will teach families important techniques, encourage them to discover the outdoors and support their creativity. Everyone is welcome to come build, participate and share!

To sign up for either or both of these two Forest School workshops: click **HERE** or contact us at 819-564-6626 or programs@ldwc.ca. Both workshops will take place at our Community Garden at the top of Charlotte st., Lennoxville.



PRENATAL DISCUSSION GROUP

Our next Prenatal Discussion Group will start on **May 11th** and will take place every **Tuesday** during 4 weeks.

By joining the Group, you will also benefit from some one-on-one support. The meetings will be given ONLINE and there are NO FEES to attend them. For registration click [HERE](#) or contact us at **819-564-6626** or programs@ldwc.ca

MOMMY MEET-UP AND STROLLER WALKS

Learn, share, have fun and connect

Join "**Mommy Meet-Up**" every **Tuesday at 10 am** and meet other English-speaking mothers in the Townships with pre-school aged children aged 0-5. Take a look at our upcoming workshops:

April 6th and April 13th - Meet-up at the Park.

April 20th - ONLINE: Infant Massage - benefits and how-to instructions.

"Stroller Walks" on Thursdays / Time to be determined

April 8th, 15th, 29th - various locations in Lennoxville

Info and registration: 819-564-6626, programs@ldwc.ca

LDWC COMMUNITY GARDEN

It's a start to a new season!

This spring, the LDWC Community Garden will be expanding its original plot and developing a straw-bale garden. This will make the activity more accessible for our elderly members.

We are delighted to see how much interest there is for the project this year. In fact, we only have a few places left for participants, especially for ladies who would like to be involved with the straw-bale garden.

To get more info, **819-564-6626** or programs@ldwc.ca



DON'T MISS THE LAST 2 WORKSHOPS BEFORE THE SUMMER

Here are the topics of the two next Parent Tap workshops facilitated by Charity Kerrigan, Early Childhood Educator.

Saturday, April 10th at 10 am: True Play

Saturday, May 8th at 10am: Siblings

Please register [HERE](#) or contact us at programs@ldwc.ca. We'll send you a zoom link to attend each workshop.

