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Weather



TODAY:
CLOUDY

HIGH OF -8
LOW OF -24



TUESDAY:
SUNNY

HIGH OF -12
LOW OF -20



WEDNESDAY:
SUNNY

HIGH OF -6
LOW OF -9



THURSDAY:
SNOW OR RAIN

HIGH OF 4
LOW OF -9



FRIDAY:
MIX OF SUN AND CLOUDS

HIGH OF -1
LOW OF -11

Jog your mind workshop was a big success in Potton



THE SCOOP

MABLE HASTINGS

While many strive to exercise their body and stay active, have you ever thought about exercising your mind? A group recently gathered in Potton for a 10 week session offered by the Missisquoi North Volunteer Centre (CABMN) entitled, "Jog Your Mind" that aims to do just that and the results were beyond expectation.

The "Jog Your Mind" workshop was developed by the Promotion-Prevention in Health and Aging team of the Cavendish Health and Social Services Centre (CSSS). The program represents a global concept of health and aging taking into consideration the physical, psychological, and social elements that contribute to intellectual vitality. Testing of Jog Your Mind has demonstrated that participants want to be reassured about their own intellectual faculties or want to learn concrete ways to improve their memory. The workshop was created to respond to these needs.

As part of the (CABMN) (SAPA) Seniors Services programming, the Jog Your Mind program ran from the fall of 2018 for ten weeks with 10 participants meeting at the Youth Centre.

"The participants were just amazing," shared Angelle Laplume SAPA Coordinator for the CABMN. "We had a great time and learning, having discussions and sharing experiences pertaining to this subject and others."

The group created an atmosphere of respect, active listening, interaction,



COURTESY

confidentiality and trust. Through skills obtained, the participants feel they have gained empowerment, awareness, reinforced potential and transformation in improving their life and environment. The strategies acquired to help take control of their cognitive vitality through learning techniques have also stimulated them intellectually.

"We also learned and discussed many ways of integrating the concept of global health and notions on finding balance in life and the importance of social integration and involvement," shared Laplume who animated the program.

The participants had homework every week and were committed in making sure it was done as requested. From this

workshop and the meetings, the group plans to send a letter to community leaders emphasizing their recommendations regarding resources and services needed. The group also intends to gather for follow up visits from time to time or to expand on a way of meeting to assure continuity on some level and keeping in touch. All involved had only good things to say in regards to this program. While this program ran in English, another 10 week Jog Your Mind session is being organized in French through the CABMN. For more information about this program or any of the CABMN services visit: www.cabmn.org or call the CABMN at 450-292-3114.

Help us.

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leucan
Association for children with cancer

Ben by Daniel Shelton

Panel 1: A man is reading a book to a child who is crying. "WAAAAHHH"

Panel 2: The man looks thoughtful. "WAAAAHHH"

Panel 3: A woman asks, "WHAT'S WRONG? SHE DIDN'T LIKE THE ENDING OF THE BOOK?" The man replies, "NO, SHE LIKED IT, ALL RIGHT..."

Panel 4: The woman says, "SHE JUST DIDN'T LIKE THAT IT ENDED!" The man replies, "ANOTHER BOOK! ANOTHER!"

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