

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00.

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
FLURRIES

HIGH OF -7
LOW OF -12



TUESDAY:
SNOW

HIGH OF -5
LOW OF -12



WEDNESDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -9
LOW OF -16



THURSDAY:
CLOUDY

HIGH OF -5
LOW OF -5



FRIDAY:
60% CHANCE
OF FLURRIES

HIGH OF -1
LOW OF -13

Making the well-being of seniors a priority in the MRC Memphremagog



THE SCOOP MABLE HASTINGS

The Memphremagog senior's consultation committee (Table de Concertation des aînés Memphremagog/TCAM) is very happy to share the new edition of the senior's Agenda and Guide to Resources aimed at helping the caregiver to facilitate access to services.

Did you know that in the next few years, 1 person in 3 in our MRC will be aged 65 or over? Did you know that for certain municipalities of our MRC this

means 1 in ever 2 people? This is the case for Austin and Saint-Etienne de Bolton for example where it is projected that the population will elevate drastically of persons 65 or older in the next few years. The potential for these persons to benefit their community is huge. On the other hand, some issues are inevitable due to aging and these citizens will likely have increased needs!

The TCA Memphremagog is made up of a multitude of organizations and associations, municipalities who have been working to assure the well-being of seniors in our MRC for the last 25+ years. We applaud and underline the efforts of the TCAM over the years. Among the wonderful initiatives of this group is the annual production of the seniors guide and agenda distributed for free in our entire MRC. This important and valuable tool will permit users to always have the resources and information on hand as well as calendar in both French and English.

The guide is being distributed through various partners to seniors who

receive services: vaccination clinics, home care services offered through the CIUSSS de L'Estrie-CHUS, day centers, volunteer centres (CAB) in Magog, Stanstead and Potton, to private residences, AQDR, Coopérative de solidarité de services à domicile, Golden Age clubs, Caisse Desjardins (Memphremagog), pharmacies, etc who have long supported the compiling and distribution of this guide.

We must also underline that the hard work and dedication that went into producing the guide goes to the members of the TCAMemphremagog, who gather the information contained, assure the delivery and distribution points and who partner with valuable assistance of the Imprimerie CRM in the realization of the guide.

The TCAMemphremagog is an alliance to all of those who have the well-being of seniors at heart! In the MRC Ouest region, the guide is available at the CABMN Volunteer Centre located at 314B Principal in Mansonville, 450-292-3114.



PHOTO: COURTESY

"Comité de la Table de Concertation des Aînés Memphremagog"

Back row: Patrick Roy, Marie-Josée Hince (vice-president), Philippe Limoges, Christine Cormier (community organiser), Nathalie Lepage. Front row: Brigitte Roy (president), Diane Martin (administrative assistant), Ginette Everell, Louissette Latulippe, Monique Gilbert (treasurer). Absent from the photo but on the committee: Mylène LaBonté, Nathalie Noël (secretary), Nicole Roy, Francyne Tougas.

Ben by Daniel Shelton

