

# Pursuing her passions – Abigail’s story

“When you are at a crossroads, always choose what brings you joy”



## THE SCOOP

### MABLE HASTINGS

Abigail (Abby) Jersey aged 25 is a young woman who was born and raised in Potton. She attended Massey Vanier High School, Champlain Lennoxville in the Liberal Arts program and then got her degree in Education at Bishop’s University. Jersey started her first teaching job at Butler Elementary School in Bedford and it was that school community that inspired Abby to pursue her passions even if it meant heading down a different path. Abby is going back to school after applying to Grad school and, if accepted will be starting in spring 2021 in Journalism at Concordia.

While the idea was long discussed and deliberated over in her household, Journalism has long been a passion of Abby’s and in fact, Abby recently released her first book entitled, “To Me, Myself and I” available on Amazon under, “Abigail,” the name she uses as an author

“The book is about a fictional character named Mandy. Mandy is faced with a decision to stay at a job that she dislikes or pursue her dreams and she chooses passion,” shared Jersey. “As she takes on writing fulltime, she ends up having to plan her best friend’s wedding and is left feeling used, abused and thrown away. She begins questioning her friendships in life, wondering how much value they bring to her and what she needs to do about it. This story follows the journey of a woman who takes her life into her own hands. This decision leads her down a road that is difficult, where she feels like giving up but doesn’t quite let go. Her story is a combination of both entertainment value, as well as the freedom to express topics that have always been claimed untouchable. She undertakes change, depth, selfishness, sexuality and raw personal conflict, allowing readers to connect with her on a level that is authentic,” she concluded.

Jersey has also started a small online business called TEAGAL Lifestyle (<https://teagal.co>), a program to reset one’s body and mind connection. She also has a Podcast series (Live Passionately Podcast) that officially started on July 1 and is available on most Podcast platforms, including Apple and Spotify.

“The need for self-reflections, growth and personal development is necessary in our society; however, it has become pushed down based on values and norms that, theoretically and practically, don’t work,” explains Jersey. “I touch upon general Lifestyle topics,



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as well as topics related to growth and development in order to keep the audience engaged.

Jersey has interviewed authors in some of her magazine issues as well as women from all around the world in her blog empowerment series.

“I am filled with pure joy and excitement as I end this school year to begin a new adventure,” shared Jersey

in a recent newsletter sent out to family and friends. “I feel empowered and ready to find myself again.”

Abigail’s passion for life is infectious and her vivacious smile instills both joy and enthusiasm. The new path she has chosen will surely be paved with experience and growth as this determined young woman charts her own life path to success and fulfillment.

## Uptick in users skipping medical appointments

Record Staff

According to the local health authority a number of users have not been coming to their outpatient clinic appointments because of COVID-19.

The CIUSSS de l’Estrie-CHUS wants to reassure the public that all the necessary protective measures are in place. Even in a pandemic situation, attendance at medical appointments is very important to avoid a possible deterioration in health.

Since places are limited and precious, it is important that users attend their appointments.

Protective measures at the CIUSSS de l’Estrie-CHUS for users and people accompanying them include:

- Mandatory face cover or procedure

mask;

- Hand washing on arrival;
- Physical distance of two metres in waiting rooms;
- Healthcare professionals strictly observe infection prevention and control rules;
- Only one escort is allowed to accompany a patient and must not have any symptoms of COVID-19.

### Guidelines when making an appointment

Instructions are given to the user at the time of booking the appointment. It is very important that they be followed by the patient and anyone accompanying them as when they arrive at the hospital.

The day before the appointment or upon arrival at the hospital, the

patient must answer questions about symptoms related to COVID-19.

“If the patient has symptoms of COVID-19, it is essential to tell us so we don’t spread the virus. It will not harm them in any way and they will not lose their turn on the waiting list. When they get better, we will simply offer him another date,” explained Dr. Colette Bellavance, Director of Professional Services at CIUSSS de l’Estrie-CHUS in a press release.

### Specific oncology guidelines

People with cancer are very fragile. For that reason, only patients are admitted to outpatient clinics and cancer treatment centres.

“Accompanying persons may be present in very specific contexts (initial visit, announcement of a first diagnosis

or recurrence, physical condition of the user that requires it),” commented Nathalie Sheehan, Assistant Director of Oncology.

“The team will contact the family if the patient requires assistance during treatment and will provide a pass to the patient if a companion is needed for future visits (e.g., risk of falling). Both the patient and the attendant must wear a face cover or procedure mask at all times,” Sheehan added.

In accordance with health ministry rules, the principles of access to specialized care and services must be applied. Even in the context of a pandemic a limited number of refusals and/or unjustified absences are permitted. Beyond that a user risks losing his or her place on the waiting list.

## Magog calls on residents to share their thoughts on climate change

Record Staff

Magog residents can participate in an online survey created by city officials to gather information for a climate change adaptation plan.

The city wants to hear from its citizens and determine what they believe is the most important aspect of climate change. According to a press

release, the consultation exercise takes a few minutes and runs until August 24.

Magog environment division coordinator, Josiane K. Pouliot, is hoping the survey will draw a large number of residents. While the city works on a climate change project, it’s important for people to understand their role in protecting the environment.

“The more survey respondents, the

more the climate change adaptation plan will reflect citizens’ vision for the future of their community,” said Pouliot.

Magog’s climate plan involves analyzing imminent risks and predicting the outcomes. The goal is to develop strategies that can be integrated into day-to-day municipal services and operations. It could also help businesses looking to go green.

The city plans to look into topics such as intense heat waves, spring floods, seasonal allergies, like pollen, and animal-related diseases, like Lyme disease. Officials also plan to develop green urban spaces and modifying water consumption practices.

To learn more about the climate change adaptation plan, visit the City’s website at [ville.magog.qc.ca/changements-climatiques](http://ville.magog.qc.ca/changements-climatiques).