

# An essential tool for our seniors: The 2021 Agenda of Resources!

Magog, November 12, 2020 - - The Memphremagog Seniors Roundtable (TCAM) is proud to once again be able to distribute the 11th edition of the Agenda of resources for seniors.

This tool is greatly appreciated by the seniors of the MRC for its practicality. It is an important reference tool that allows them to always have their agenda, their calendar and a wealth of information in French and English at their fingertips on the resources and services offered in the Memphremagog MRC. In addition, in this trying period, this directory is more necessary than ever because several services have been specifically adapted to reach vulnerable and isolated people.

The cover photo of the agenda was taken by Martine Gaudaire, photographer and here is what she tells us about it: "I have been visiting our beautiful region for 53 years and I have lived there for 8 years. I wanted to evoke the good life with a welcoming landscape. Let us not forget that, whenever possible, it is in our best interest to look to nature to recharge our batteries both mentally and physically."

This year, 6,000 copies of the Bottin-Agenda will be distributed free of charge during vaccination clinics and in all the resources intended for seniors in the MRC. You can get a copy at the Caisse Desjardins du Lac-Memphrémagog, at the three Volunteer Action Centers (CAB) and at the reception of the Magog, Stanstead and Mansonville points of service of the CIUSSS de l'Estrie - CHUS and in some pharmacies.

About fifty companies and organizations financially support the production of Bottin-Agenda through the purchase of advertising. We warmly thank them for their support. It should be noted that the production of the Bottin-Agenda is based on the work of the members of the TCAM and on the excellent collaboration of the CRM printing company, which ensures the layout and printing of the directory.

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Founded in 1991, the Memphrémagog Seniors Roundtable's mission is to enable its members to unite their voices to make known the needs of all seniors, to identify issues that concern them and to promote common projects aimed at improvement of their quality of life.