



PARTNERS IN HEALTH

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CASE's *NEW* Summer Social Exchange!

Come join us for our new summer edition of the MCQ Social Exchange, beginning on June 2nd!

The MCQ Social Exchange will put technology aside for the summer to go walking! From June through to September 2021, there will be two meetings per month; one in the Mauricie, the other in the Centre-du-Québec, but always at different locations and in respect of all public health guidelines. We'll be walking on different trails and boardwalks and visiting parks and local historical sites. You'll also be invited to bring a picnic. All you need is a mask, a sunhat, a snack and a good pair of shoes!

Walking is an important part of staying healthy both physically and mentally - especially during the pandemic. Just 30 minutes of walking every day is proven to increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Plus, walking in a group has the added benefits of increasing one's motivation and providing a wonderful opportunity for socializing!

Below you will find the MCQ Social Exchange Summer Edition's schedule and information on how to register. Please note that some locations may be subject to change. We look forward to seeing you there!

Mauricie area - starting at 10 A.M. (Register with Audrey at casemcq.coordinator@gmail.com.)

June 2nd - Sanctuaire Notre-Dame-Du-Cap (Trois-Rivières)
 July 7th - Passion Lavande + Domaine Gélinas (Saint-Sévère)
 August 4th - Parc des Chutes de Sainte-Ursule (Sainte-Ursule)
 September 8th - Parc écomaritime de l'Anse-du-Port (Nicolet)

Centre-du-Quebec area - starting at 10 A.M. (Register with Karine at casemcqliaisonagent.cdq@gmail.com.)

June 23rd - Jardins et Sentier Les Pieds d'Or (Tingwick)
 July 14th - Étang Burbank (Danville)
 August 18th - Parc Terre-des-Jeunes (Victoriaville)
 September 22nd - Promenade Rivia (Drummondville)

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Source: betterhealth.vic.gov.au



World Elder Abuse Awareness Day

The United Nation designates June 15th as the day to highlight the mistreatment of older persons around the globe and encourage ways to fight back against it.

What to do if you witness or suspect elder abuse:

- Talk to the older adult confidentially about what he or she thinks of the situation.
- Listen without judgement.
- Assure them that they do not deserve to be treated this way and that they are not responsible for the mistreatment.
- Encourage him or her to file a complaint.
- Suggest the help of a professional, such as a psychologist or a CLSC worker.
- Consult a professional by calling Info-Social, the Abuse Elder Help Line or your CSSS.



Ligne Aide Abus Aînés
1-888 489-ABUS (2287)
Info-Social: 811

Source: CIUSSS MCQ

What is elder abuse?

From the United Nations: "Elder abuse can be defined as a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person." The abuse could take the form of domestic violence, financial abuse, neglect, physical harm, psychological abuse or sexual abuse.

What are the signs?

There are several ways to spot abuse. According to the National Institute on Aging, be on the look out for:

- Trouble sleeping
- Depression or confusion
- Unexplained weight loss
- Signs of trauma, such as rocking back and forth
- Agitated or violent behavior
- Withdrawn behavior
- Cessation of taking part in activities he or she enjoys
- Unexplained bruises, burns, or scars
- Messy appearance, i.e. unwashed hair or dirty clothes
- Bed sores or other preventable conditions

Learn More

WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue.

Source: quebec.ca

Upcoming Events

June 1 - 1:30 - 3:00 p.m.

Tools for Planning Ahead

Éducaloi is hosting an online presentation about important legal tools to make life easier for your loved ones down the road. The presentation will cover the basics of Powers of Attorney, Protection Mandates, Wills and Advanced Medical Directives.

Registration required.

Register online at:

<https://bit.ly/3goiyZE>

August 19 - 1:30 - 2:30 p.m.

AGM 2021

Join us for our Annual General Meeting (AGM) 2021 via Zoom! Everyone welcome!

Registration required.

Contact Shannon at casemcq.dg@gmail.com by August 12th, 2021.

Keep an eye on our website and Facebook page for more exciting online events this Summer!



When an Ambulance is Free

Did you know that the Government of Quebec covers the **full cost** of ambulance transportation in some cases?

Here are the three instances in which an ambulance is FREE:

- The person is injured in a road accident,
- The person is being transported between two institutions in the health and social services network,
- The person is 65 years of age or older and is receiving income security benefits.

Source: quebec.ca



Getting Vaccinated

Vaccinations are underway in Quebec. However, vaccinations are not mandatory. You must consent to getting the vaccine. Special rules apply for minors and inapt adults. As with all rules, there are some exceptions.

No mandatory vaccinations in Quebec

Everyone has the right to accept or refuse a vaccination. Like with all other types of medical care, this is a personal choice. The general rule is that nobody can be forced to get a vaccine against their will. Before administering a vaccine, the medical team must check whether the person consents or refuses to be vaccinated.

During an outbreak: possible restrictions for people who aren't vaccinated

Since a person can refuse to be vaccinated, nobody can stop them from going about their business. However, if there's an outbreak of a contagious disease at school, at work, or in any other public place, someone who hasn't been vaccinated against the disease can be refused entry.

Source: Éducaloi



Well-Deserved Respite for Caregivers

April 29th marked the official inauguration of the new Gilles-Carle House in Shawinigan, which offers more support to caregivers in the region. The house provides 24-hour accommodation for people aged 18 and over who suffer from degenerative diseases such as Parkinson's, Alzheimer's and multiple sclerosis, in addition to helping people with intellectual disabilities or autism spectrum disorders. The house has eight single rooms and can also accommodate other people for daytime activities, while respecting the sanitary measures in place. These facilities allow local caregivers to have a break from the care and services they provide to their loved one. This is a great asset for caregivers in the region and complements the resources already in place.

Source: msss.gouv.qc.ca



Happy Father's Day!

~ Sunday, June 20th, 2021 ~



CASE would like to wish all the fathers, father figures and grandfathers out there a very Happy Father's Day! May you enjoy your special day with your families.

"The imprint of a father remains forever on the life of the child." — Roy Lessin

"One father is more than a hundred schoolmasters." — George Herbert



Health Canada Santé Canada

Centre intégré universitaire de santé et de services sociaux de la Mauricie-et-du-Centre-du-Québec

Québec