



PARTNERS IN HEALTH

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MCQ Social Exchange is back this winter, online and in-person!

Check out our new events on the calendar through January

What is the Online Social Exchange?

A weekly gathering online to celebrate and enrich the lives of residents of retirement age and beyond living in the Mauricie-Centre-du-Québec region. Share memories, discuss topics of mutual interest, meet new people, explore ideas, and express yourself creatively in a safe, friendly, non-judgmental environment.

In-Person Events, too!

As social distancing measures begin to ease bit by bit, we have incorporated in-person events into the schedule. All of our in-person outings, including walks and local sightseeing excursions, adhere to the current social distancing guidelines provided by the government.

Would you like to join us online? Contact Julie at casemcq.project.agent@gmail.com

Interested in one of our in-person activities? Contact Audrey at casemcq.coordinator@gmail.com

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When did you last test your home for radon?

As winter approaches, it's a good time to ensure your living space is free of this hazard

How to Test for Radon

Radon home-testing kits are available for purchase at most retailers of home products (ex, Canadian Tire). You can also purchase one online at www.takeactiononradon.ca.

Once you have purchased a kit, follow the instructions provided to properly place the test kit in your home.

After 3 months, send your radon test kit to the lab to be analyzed using the return packing and instructions provided. You will receive your result within a few weeks.

If your radon level is below 200, no action is required. If above this level, call 1-866-225-0709 to take action to reduce.

Radon is a radioactive gas released naturally from the ground. It is invisible, odorless and tasteless. When radon is emitted in confined spaces such as homes, it can accumulate to dangerous levels.

All homes in Canada have radon gas in them. The concentrations vary from house to house, even when it comes to terraced houses. No matter the age, type of construction or where your home is located, the only way to be sure of the radon level in your home is to test.

What are the health effects of Radon?

When radon gas is inhaled into the lungs, it decays into radioactive particles. This energy is absorbed by nearby lung tissue, damaging the lung cells. When cells are damaged, they have the potential to result in cancer when they reproduce.

Radon exposure is the number 1 cause of lung cancer in non-smokers. Exposure to radon and tobacco use together can significantly increase your risk of lung cancer. If you are a lifelong smoker, your risk of getting lung cancer is 1 in 10. If you add long term exposure to a high level of radon, your risk becomes 1 in 3. As a non-smoker, your lifetime lung cancer risk at the same high radon level is 1 in 20.

Due to the ongoing pandemic, we will again be spending much more time at home this winter, especially teleworking. It therefore becomes even more relevant to know what the radon concentrations are in your home.



Did you know? Seventy percent of Alzheimer's sufferers are women

December 2 is Women's Brain Health Day in Canada, and we're spotlighting the Women's Brain Health Initiative

Women today suffer from depression, stroke and dementia twice as much as men, and an astonishing 70 percent of new Alzheimer's patients are women, according to the Canadian Institutes of Health Research.

The fact that these conditions affect more women suggests a role for biological sex differences that put women at higher risk for brain disorders and influence their response to treatment. Evidence also suggests that cultural and social factors as well as personal life experiences contribute to the higher rate of brain-related diseases in women.

The Women's Brain Health Initiative helps protect women's brain health by focusing its resources on research to combat brain-aging disorders that disproportionately affect women, and by creating compelling preventative health education programs, grounded in science, so there is a greater understanding by the public of the best ways to prolong their cognitive vitality.

Their website, womensbrainhealth.org, includes a wealth of articles and information about keeping healthy, including recipes, brain games and puzzles, as well as up-to-date research about women's brain health.

Source: Womensbrainhealth.org



Traveling this winter? Make sure you're covered!

This free webinar will help you find answers to all your questions

Online Webinar

Travel Insurance Especially During a Pandemic

Tuesday, Dec. 7, 10 a.m. - 12 p.m. on ZOOM

There is more to insurance than price. Experts from Snowbird Advisor and Snowbird Advisor Insurance, plus a cross border lawyer, will be presenting on the following topics:

- Policy coverage for COVID-19
- Trip cancellation, interruption insurance and quarantine coverage
- Vaccination status and travel advisory levels that may affect your plans
- Single trips vs. Annual trip plans
- Vacation rental tips
- Top-ups and extensions, deductibles
- Upfront and ongoing disclosure requirements
- Pre-existing medical conditions
- Info on stability period clause
- Making a claim / claim tax credit for travel insurance

Bonus topics: Real estate - buying and selling, and Tax and estate planning

To register, send Shannon B. an email at infoandliaison.agent@gmail.com **before Dec. 6**. This is an online conference that will be held on ZOOM.

This webinar is made possible through a partnership of **Éducaloi** and **Seniors Action Québec**.

About Éducaloi

Éducaloi is a non-profit charitable organization whose mission is to explain the law to Quebecers in everyday language and enhance their legal competencies. Their vision is to promote greater autonomy in legal matters for individuals and communities by making the law more accessible.

www.educaloi.qc.ca/english

About Seniors Action Québec

This organization works to maintain and enhance the vitality of English-speaking Quebec seniors through identifying and addressing challenges and issues to promoting a healthy and active lifestyle for English-speaking seniors.

www.seniorsactionquebec.ca

Upcoming Events

December 1

2 - 3:30 p.m.

Online Social Exchange (ZOOM)

Contact Julie at
casemcq.project.agent@gmail.com

December 1

7 p.m.

MCQ Gardening Collective (ZOOM)

New members always welcome!
Contact Julie at
casemcq.project.agent@gmail.com

December 2

5 - 7 p.m.

Holiday Pub Night @ Le Trèfle (Trois-Rivières)

Join us to toast the holiday season!
Contact Shannon B. at
infoandliaison.agent@gmail.com

December 3

10 a.m. - 12 p.m.

Bowling at Quilles St. Grégoire (Bécancour) Social Exchange Event

Contact Audrey at
casemcq.coordinator@gmail.com

December 10

9:30 - 11:30

CASE Café

Come for a warm beverage, a chat, or a creative activity, if you like!
Contact Karine at
casemcqliaisonagent.cdq@gmail.com

December 16 & 21

"Carols and Christmas Memories" Holiday Concert

Dec. 16, 5 p.m.
South Durham United Church
Supper to follow
RSVP:
casemcq.project.agent@gmail.com

Dec. 21, 7 p.m.

St. George Anglican Church
RSVP: mary13ond@gmail.com



Holiday Message from CASE

As we welcomed the New Year in January 2019, we started hearing about a virus of unknown causes that had emerged in the Chinese city of Wuhan. It wouldn't be until March of that year that the few thousand cases trickling in from around the globe became a flood of millions in a short time, and changed our lives forever.

As we now say goodbye to 2021 and welcome in 2022, we can see how the pandemic has forced us to think about a lot of things, some negative, but some very positive. If nothing else, COVID has shown us how resilient and adaptable humans are as a society when forced to change.

In order to stay safe and continue to live our lives, including working and staying connected to family and friends, we befriended technology and there's no going back. We've learned to do our banking online, we have become experienced in online meetings, and grandparents learned how to ZOOM with their grandchildren.

The past two years have been difficult for many people, but many have thrived, as well. Research shows that many seniors have coped quite well. "Older adults have generally handled COVID psychologically better than younger adults as with age comes experience and wisdom. You've lived through difficult times before and survived."

Many people of all ages also turned their focus on the small, simple pleasures of life, such as spending more time with family, getting outdoors, learning a new skill, or adopting a pet. We are still a country in hibernation but we have cautiously been easing back to familiar activities and this holiday season we will be able to gather with family and friends in-person, not just virtually.

Eventually this pandemic will end, so we encourage you to enjoy the simple pleasures in life this holiday season. We would also like to say a big thank you to our partners and collaborators and to those who participated at our events in 2021. We are very grateful for your support. We wish everyone a Merry Christmas and a wonderful holiday season!

Our offices will be closed Dec. 21 - Jan. 3, inclusively.