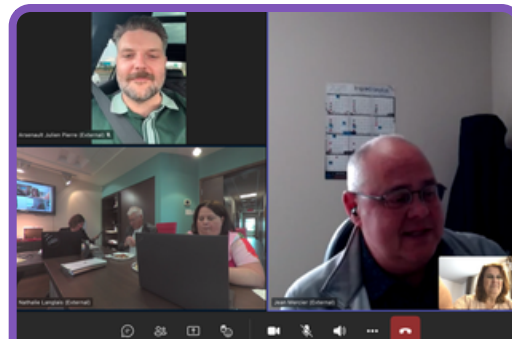


NEIGHBOURS

ON THE GO

On June 12th, Shannon and Jessica held a kiosk for the Table des Aînés. Many different organizations were present and the girls were about to meet many seniors of Rouyn-Noranda.



Our ED - Sharleen, even while quite taken with respiratory illness from Easter and all of May, attended many meetings virtually. They included the 100th Anniversary Organizing committee (pictured above), Vieux Noranda, and Ville et Villages en Santé.

Nathalie, Neighbours' Health Manager, and Sharleen, our Executive Director, spent just under a week in the beautiful Saguenay-Lac-Saint-Jean region. They met with the other members of a new organization called Northern Impact 829 (region 8 Abitibi-Temiscamingue, region 2 Saguenay, and region 9 being the North and Lower North Shore). They were accompanied by two wonderful organizations that are willing to support their new initiative - CHSSN represented by Julie Lemieux and Jenn Cooke as well as RDN represented by Cathy Brown and Rachel Hunting. They covered many topics but completed the week with fresh strategic and action plans.



Staff were interviewed in June for Neighbours promo video. Neighbours has been working closely with Agence Secrète in developing our new logo & image.



Our Special Care Counsellor Shannon visited the Val d'Or Continuing Education Center and showed the students how to make beaded plant art; while Laurie, our Youth coordinator, visited Golden Valley School's Grades 1 and 2 classrooms for storytime, art, and a discussion about emotions.



Jessica represented Neighbours during the program unveiling for the Festival des Guitares du Monde. Jessica spoke about why Neighbours is partnering up with the FGMAT and the importance of a bilingual festival.

Our ED Sharleen was invited by RDN (Regional Development Network) to attend some very impactful workshops in Quebec City.

We looked at socioeconomic possibilities, tourism issues in the regions, and the increase of immigration throughout the province and how it's impacting English-speaking communities.



How the Neighbours' team winds down during the lunch hour, by playing Mario Kart World!





Neighbours would like to congratulate Marie-Noël Girard for graduating from the Ahuntsic College in Radiology. Marie-Noël received bursaries from Neighbours in collaboration with McGill to aid with her studies. These bursaries are designed to support students from Quebec regions with strong English and French language skills, pursuing studies in health and social services. The aim is to encourage these students to work in their home regions after graduation. Marie-Noël will be working at the hospital in Amos starting in July 2025.

BREAK YOUR SUGAR ADDICTION:

UNDERSTAND YOUR TRIGGERS, CUT BACK GRADUALLY, EAT A BALANCED MEAL

DO YOU GRAVITATE TOWARDS SWEET FOODS? ARE CUPCAKES AND ICE CREAM YOUR GO-TO SNACKS? DO YOU HAVE TO HAVE "SOMETHING SWEET" AFTER YOUR MEALS? EXCESSIVE SUGAR INTAKE CAN LEAD TO ENERGY CRASHES, AND INCREASED RISK OF GETTING DIABETES AND HEART DISEASE AT WORST. SO IT'S IMPORTANT TO BREAK YOUR SUGAR HABIT.



HERE'S A GUIDE TO HELP YOU REDUCE YOUR SUGAR DEPENDENCE:

- UNDERSTAND YOUR SUGAR TRIGGERS
- GRADUALLY CUT BACK
- EAT BALANCED MEALS
- HYDRATE
- GET ENOUGH SLEEP
- AVOID ARTIFICIAL SWEETENERS
- READ FOOD LABELS
- FIND HEALTHIER SUBSTITUTES
- CURB EMOTIONAL EATING
- INCREASE PHYSICAL ACTIVITY
- SET CLEAR GOALS AND BE PATIENT



ADDITIONAL TIPS:

- **CHEW GUM: SUGAR-FREE GUM CAN HELP DISTRACT YOU FROM CRAVINGS.**
- **STOCK HEALTHY SNACKS: KEEP NUTS, SEEDS, OR WHOLE-GRAIN CRACKERS HANDY.**
- **LIMIT CAFFEINE: EXCESSIVE CAFFEINE CAN LEAD TO SUGAR CRAVINGS FOR AN ENERGY BOOST.**

May 29th, 2025

The federal dental care plan is expanding. Here's how you can get access

All remaining, eligible adults aged 18 to 64 can apply for dental coverage, with benefits beginning as early as June. Since its launch, 3.4 million Canadians were approved to be part of the plan, and 1.7 million have already received care.



To qualify...

- Applicants must be Canadian residents for tax purposes
- Not have access to private dental insurance (for example, through employer or pension plans)
- Have filed their 2024 tax return (and partner's if applicable)
- Have a net income less than \$90,000

These criterias aim to make dental care more affordable for people without access to private insurance, particularly targeting low and middle class income Canadians. While the plan covers many essential services, not all treatments are included, and some patients may still face a balance if the cost of care exceeds the plan's reimbursement rate.

What are the coverage limits?

The annual reimbursement limit has increased from \$2,500 to \$3,000 per year as of Jan. 1st, 2025, with further increases planned by 2027. Coverage for major restorative services (such as complete or partial dentures and crowns) has increased to 65 per cent for eligible individuals aged 23 and above. Several new dental services are now covered, including tomography, oral surgery, anesthesia, injections and assessments for temporomandibular joint (jaw) disorders, and orthodontic services (covered only in cases of strict medical need and with pre-authorization; subject to a maximum spending limit).

How do you maintain coverage?

Current CDCP members must renew their coverage for the upcoming period. Renewal applications must be submitted by June 1st, 2025, to avoid any interruption in benefits. Coverage will end on June 30th, 2025, for people who do not renew and any dental services received during a lapse will not be reimbursed.

Source : <https://nationalpost.com/news/canada/the-federal-dental-care-plan-is-expanding-heres-how-you-can-get-access>

Canada Disability Benefit

We are pleased to share an important update on the Canada Disability Benefit (CDB).

The Canada Disability Benefit Regulations came into force on May 15th, 2025, paving the way for implementation.



What is the Canada Disability Benefit?

The benefit provides financial support of up to \$200 per month to eligible people with disabilities and low income. Individuals must be between 18 and 64 years old and it is administered by Service Canada. The first month of eligibility is June 2025, with payments beginning in July 2025 for applications received and approved by June 30th, 2025.

If an individual qualifies for the benefit, payments will start the month after their application is received and approved. If the application is approved in July 2025 or later and an applicant was eligible for payments in earlier months, they will get back payments. There will be no payments before June 2025.

When to apply?

Applications for the benefit will open on June 20th, 2025. Individuals cannot apply before this date.

What is needed to apply?

Individuals who have been approved for the disability tax credit and who meet most of the eligibility criteria will receive a letter starting in June. The letter will include a unique application code and instructions on how to apply.

Before a person applies, they should gather the following information:

- Social Insurance Number (SIN)
- Direct deposit information.

If an individual does not receive a letter and thinks they may be eligible, they can still apply. The following additional information will be needed:

- Mailing address
- Net income (line 23600) from their 2024 notice of assessment.

For information about the Canada Disability Benefit, including how to apply, please visit the **Canada Disability Benefit** website or contact **Service Canada** at **1-833-486-3007** or **1-833-467-2700** (TTY).

MEMORY AID

The City collects the green bins less often. Hence the importance of properly sorting your materials.

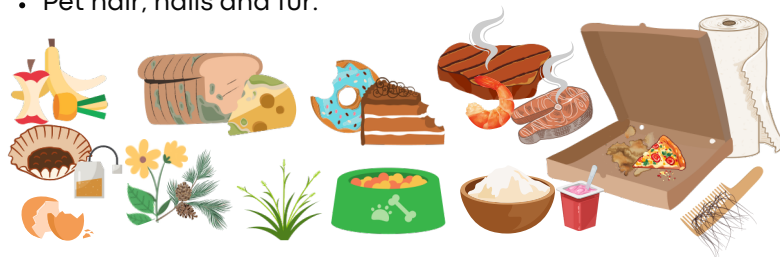
Bin lids must be closed at all times.
Do not put anything outside or on top of the bins.



IN THE BROWN BIN (Compost)

Loose, wrapped in newspaper or brown paper bags.

- Food residues.
- Soiled paper or cardboard, tissues and papertowels.
- Garden or houseplant waste.
- Pet hair, nails and fur.



PROHIBITED:

- Plastic bags (even compostable).
- Raw meat, seafood and fish, seafood carcasses and shells, bones, medicines, cigarette butts, animal litter and excrement, hygiene products, wood and branches.



IN THE BLUE BIN (Recycle)

- Containers, packaging or printed materials.



PROHIBITED:

- Polystyrene protective packaging, aerosols, clothing and fabrics, batteries, syringes, garden hoses, saucepans, wood, branches, toys...



ENCOMBRANTS (BIG ITEMS)

- If an item is too big to fit in the bin or takes up too much space, contact the city to schedule a collection or drop it off at the eco-center. **It's free!**



819 797-7114



info.visezvert@rouyn-noranda.ca

IN THE GREEN BIN

- We put in what's left after sorting.

The parental union regime

De facto spouses: understanding the legal consequences of having a child

Bound... by your children?

The new parental union regime creates a matrimonial regime **that will automatically apply when de facto spouses become parents**. This regime provides for the creation of parental union patrimony and adds a number of protections.

Which parents are covered by the parental union?

De facto spouses who **have or adopt a child on or after June 30th, 2025** will be automatically subject to the new parental union regime. No steps need to be taken. The parental union takes effect only on the child's date of birth or adoption and is not retroactive. **The parental union regime does not apply to de facto spouses without children or whose shared children are all born or adopted before this date.**

If the couple already has children together before this date, it is covered only if a new child is born (or adopted) after this date, and the parental union will take effect only as of this new birth (adoption), and is not retroactive.

NOTE : *De facto spouses are two people who live together and publicly present themselves as a couple, regardless of how long they have lived together. You are presumed to be living together if you share the same dwelling and are the parents of the same child. Spouses, moreover, cannot be in a marriage, civil union, or parental union, whether together or with a third person.*

What is parental union patrimony?

The parental union creates parental union patrimony, which pools certain assets and equally divides the value of these assets **upon the dissolution of the union due to separation, death, marriage, civil union, or parental union**. This patrimony is comparable to the family patrimony of married spouses, but is more limited.

Did you know? Each spouse remains the owner of their assets, only the value accumulated during the parental union will be divided at the end of the union.

Accordingly, parental union patrimony includes:

- Family residences (home, cottage, condo, etc.)
- The furniture and other items used by the family in those residences
- The vehicles used for family transportation

Exclusions:

Unlike couples that are married or in a civil union, retirement products (RRSP), pension funds and earnings registered under the Quebec Pension Plan or equivalent programs will not be divided. Assets received by either spouse as inheritance or gift before or during the union are also excluded.



Did you know?

→ Each spouse remains the owner of their assets, only the value accumulated during the parental union will be divided at the end of the union.

For more information about the parental union regime, please visit:

<https://www.cnq.org/en/>

AGES 4-11



KIDS Campfire & Kool Kids CAMP



NEIGHBOURS OFFICE
139 AVENUE MURDOCH



EVERY TUESDAY
AND THURSDAY
STARTING JULY 3RD
FROM 1:30PM TO
4:30PM



ACTIVITIES WE WILL DO:

- OUTINGS
- EXPERIMENTS
- CRAFTS
- MUSIC & DANCING
- GAMES AND MORE!



REGISTRATION REQUIRED.
PLEASE STOP BY THE OFFICE TO
FILL OUT THE FORM.

JULY
ISSUE

* UPCOMING ACTIVITIES *

JULY
ISSUE

MOVING MONDAY!



Mondays at 1:30pm

July 7th and 21st: Yoga

Join us every Monday at 1:30pm for a Viactive session. Each exercise session is made up of different movements for all levels of ability. Chairs are provided for those who need the extra support!

WELLNESS WEDNESDAY

At 1:30pm

Jul. 2nd

Dreams & Sleep

Learns about types of dreams and why sleep is important.

Jul. 9th

Staying Cool In The Summer

Come cool off with refreshing drinks and tips on staying cool.

Jul. 16th

Summer Painting

We'll be using different techniques to create summer paintings

Jul. 23rd

The Benefits of Gardens

We'll take a look at why gardens are good, and which bugs to leave in the garden!

Jul. 30th

Homemade Wind Chimes

Made from empty tin cans, we'll create windchimes

FUN FRIDAY GAMES

At 1:30pm

Jul. 11th

Game Day

Jul. 25th

Game Day



FUN FRIDAY MOVIES

At 1:30pm

Jul. 4th

Murder Mystery 2 (2023)

1h30m

Full-time detectives Nick and Audrey are struggling to get their private eye agency off the ground. They find themselves at the center of international abduction when their friend Maharaja is kidnapped at his own lavish wedding.



Jul. 18th

Wonka (2023)


1h56m

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.



JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 	3 	4 	5
6	7 	8 	9 	10 	11 	12
13	14 	15 	16 	17 	18 	19
20 	21 	22 	23 	24 	25 	26
27	28 	29 	30 	31 		

 Tuesday and Thursday:
Kids Camp 1:30pm to 4:30pm

 Monday: ViActive Exercises at 1:30pm



Wednesday: 1:30pm with the exception of SHARP Video Conference which begins at 10am



Friday: Movie/game at 1:30pm



Our Health
IS IN OUR HANDS



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J9X5A9

info@neighboursat.ca
819-762-0882

This project was made
possible thanks to funding
from Health Canada

Up-Coming Activities

Please refer to our calendar to
keep track of what events and
activities will be coming up next!



Santé
Canada Health
Canada

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



CHSSN

**HAPPY
CANADA DAY**

HELLO
SUMMER