

MARCH
2024

Neighbours Health Bulletin

Supporting the English-Speaking Community
of Rouyn-Noranda / Abitibi-Témiscamingue

Our Health IS IN OUR HANDS



**A community that is engaged
and working together can be
a powerful force**



New Free Home-Based Test Available for Colorectal Screening

On Monday, Quebec announced a simple test older Quebecers can take at home as a precursor for colorectal cancer screenings.



Through the Clic Santé website, Quebecers aged 50 to 74 will be able to schedule an appointment to pick up a kit for an *immunochemical fecal occult blood test* (iFOBT) at their local point of service, usually one of the vaccination centres across the province. The test does not show whether or not you have colorectal cancer, but rather detects the presence of blood in the stool, which can be a sign of cancer. It is recommended to be done every 2 years. They must then return to the same vaccination centre to submit a sample from their home test.

A few weeks later, they'll be informed of the test results. If the results are positive, they would then be able to schedule a colonoscopy at a hospital, usually within the next 60 days.

Despite the benefits, the test is not perfect. It can rarely detect blood in the stool without there being cancer or polyps (small masses of flesh that can transform into colorectal cancer). On the contrary, there are people who have colorectal cancer who may receive a negative test result. This is why it is recommended to do the iFOBT test every 2 years in order to increase the chances of detecting cancer.

For more information, you can visit:
<https://www.quebec.ca/en/health/advice-and-prevention/screening-and-carrier-testing-offer/colorectal-cancer-screening>

Source:
<https://montrealgazette.com/news/local-news/quebec-to-make-free-home-based-test-available-for-colorectal-screening>



What is Down Syndrome?

March 21 is World Down Syndrome Day. This is a great opportunity to explain what Down syndrome actually is!

Down syndrome is a naturally occurring chromosomal arrangement that has always existed and is universal across racial, gender, and socio-economic lines. One in every 781 babies born in Canada has Down syndrome. Down syndrome is associated with chromosome 21 and there are three types: Trisomy 21, Translocation, and Mosaicism.

The chance of having a baby with Down syndrome increases with the mother's age; however, about half of babies born with Down syndrome are born to mothers under 35 years old simply because more young women are having babies.

There are three types of Down syndrome and the type is identified from the chromosome studies done at birth to confirm the diagnosis of Down syndrome:

Trisomy 21 is the most common type of Down syndrome- it includes 95% of the Down syndrome population.

Translocation occurs in only 2-3% of those born with Down syndrome..., where an extra part or whole extra copy of chromosome 21 is attached to a different chromosome.

Mosaicism is the least common type of Down syndrome. In about one percent of children with Down syndrome there is an extra whole chromosome 21 in only a percentage of their body cells - the rest of the cells do not have the extra chromosome.

No matter which type of Down syndrome your child has, the effects of the extra genetic material will be unique to them. They will have their own strengths, likes, dislikes, talents, personality and temperament. Think of your baby first as a child. Down syndrome is just part of who they are.

People with Down syndrome have:

- Some intellectual disability
- Some delay in development which may include delays in speech development and motor skills
- Some characteristic physical features, including a recognizable facial appearance and short stature

People with Down syndrome might look similar and share some common physical features, but most of all, they will look like their family members and will have their unique personality.

With appropriate medical interventions and treatment, most people with Down syndrome can have healthy lives. In 1983, people with Down syndrome only lived to about 25, now the average is 60 years old. However, as with anyone else, there is no definitive life span and some people with Down syndrome have lived well into their 70s.

Source: <https://cdss.ca/resources/general-information/>

SLEEP MYTHS

Myth #1 : Your body gets used to a lack of sleep

Fact : A lack of sleep takes a toll on your brain and body.

Persistent sleep deprivation can affect daytime performance, and hinder decision-making, memory, focus, and creativity. Eventually it can affect many aspects of your health, including metabolism, the cardiovascular system, the immune system, hormone production, and mental health.



Myth #2 : Alcohol before bed improves sleep

Fact : Sleep quality declines after drinking alcohol.

A drink or two can induce drowsiness that makes it easier to initially fall asleep, however the quality of sleep will decline considerably.

Myth #3 : Sleeping with a light on is harmless

Fact : You should sleep in a room that is as dark as possible.

Even with your eyes closed, low light can increase the risk of awakenings and have negative effects on your circadian rhythm.



Myth #5 : Men and women have equal risk of insomnia

Fact : Women have a 40% higher lifetime risk of insomnia compared to men

Some studies point to hormone fluctuations, mood disorders, excessive stress levels, and sleep disorders as potential culprits of insufficient sleep in women.

Myth #4 : You eat spiders in your sleep

Fact : You don't eat spiders in your sleep

Whoever says so is a liar



What is Epilepsy?

March is Epilepsy Awareness Month, with March 26th specifically being Purple Day. 65 million people worldwide have epilepsy, so let's learn what it is exactly.

Epilepsy is a debilitating neurological disorder characterized by repeated seizures of various types and severity. In general, epilepsy and seizures are caused by abnormal circuit activity in the brain. Any event ranging from faulty wiring during brain development, brain inflammation, physical injury, or infection can lead to seizure and epilepsy. However, the cause is unknown for around 50% of people diagnosed with epilepsy.

Underlying causes include:

- Genetics
- Brain structure abnormalities
- Metabolism changes
- Immune system abnormalities
- Trauma
- Stroke
- Tumours
- Infectious disease

Seizures occur when abnormal electric signals from the brain change the way the body functions. There are many different types of seizures, which may cause anything from convulsions, muscle spasms, brief or prolonged loss of consciousness, strange sensations and emotions, and/or abnormal behaviours. Seizures can be triggered by an isolated incident such as high fever, infection, exposure to toxin, and metabolic abnormalities like hypoglycemia, but are frequently evidence of an underlying medical condition.

There are many types of seizures, but they can be grouped into two broad categories:

Generalized seizures, which are disruptions in the brain that involve both sides of it and can result in the loss of consciousness, falls, or massive muscle contractions. The types of generalized seizures are:

- Absence
- Atonic
- Tonic
- Clonic
- Myoclonic
- Tonic-clonic

Focal seizures, which are localized to a specific focal area on one side of the brain. They affect approximately 60% of people with epilepsy. They used to be called partial seizures, and they can become generalized seizures. The types of focal seizures are:

- Motor focal seizures
- Sensory focal seizures
- Autonomic focal seizures
- Psychological focal seizures.

Source: <https://www.epilepsy.ca/what-is-epilepsy>

Introduction to ice fishing and Ecology Animation from “cabanes du lac”

Neighbours invites you to a fun family activity!



This activity has three parts :

- **Introduction to Ice Fishing**, with demonstrations by a fishing guide (and people can try too).
- **Portraits du Lac Osisko**, inside one of the ice fishing huts: history of the lake and a quiz.
- **A Physical Activity** out on the ice to get children moving.

All equipment is provided, but people are welcome to bring their own

It is not necessary to have a fishing permit to participate in the activity

The toilet facilities will be open

One of the three huts will be heated

**Saturday
March 9th
1 pm to 4 pm**



will be served

Limited places, call the office to reserve a place.

Food Spoilage

While it can be obvious when food is spoiled, like mold on berries or sour milk, other times it isn't as obvious. Here are seven foods which spoil quickly!

Brown Rice

While white rice has a very long lifespan, brown rice lasts for around six months. This is because brown rice has a layer of bran oil (which is removed for white rice). It's this oil that can go bad.



Deli Meat



Once packages of store-sliced turkey or ham are opened, they should be consumed or thrown away within three days. At most, sliced deli meats are good for five days, maximum, according to the USDA (US Department of Agriculture).

Pre-sliced mushrooms

Whole mushrooms are already short-lived, being recommended to be used in five to six days, but sliced mushrooms spoil even faster. They do so because there is more surface area exposed to air, therefore more surfaces for bacteria to grow. Purchasing whole to cut right before you cook is the safest option.



Hummus



Store-bought and homemade hummus both last the same amount of time once opened: one week. However, store-bought hummus will last up to three months in the fridge as long as it remains unopened, thanks to pasteurization.

Corn on the cob

According to FoodSafety.gov, uncooked corn on the cob is only good for one to two days in the fridge. It is recommended to keep the full husk on until cooking.



Grains

While grains can last for months dry in a cool pantry, they'll last for only a week once cooked, due to water.

Tomato sauce

Sealed tomato sauce can last for well over a year, thanks to its high acidity, but once you open it, it lasts for only three to five days (even in the fridge).



Source: <https://www.everydayhealth.com/diet-nutrition/foods-with-a-shorter-shelf-life-than-you-think/#:~:text=7%20Foods%20With%20a%20Shorter%20Shelf%20Life%20Than, Tomato%20Sa>



NEIGHBOURS HEALTH FORUM

March 23, 2024
Gouverneur Center
 41, 6e rue - Rouyn-Noranda

**10:30am
- 2:00pm**

- Guest Speakers
- Healthcare professionals
- Information Kiosks
- Lunch served
- Please reserve your place before March 18

**Meet some healthcare
professionals and
organizations that
offer support to the
community with
health issues**

**Mark your calendar: Rest assured that Neighbours will call
you to remind you of the event**

CAAP (Complaints) - Au Sein des Femmes (Breast Cancer) - CISSSAT
 Kinesiologist - CISSSAT Nutritionist - Users Committee - Alzheimer & more

MONDAY VIACTIVE EXERCISES

- MARCH 11TH
- MARCH 18TH
- MARCH 25TH





**KOOL
KIDS
CLUB**



**March 5th and March 7th
Special Afternoon Activities During March Break!**

1 pm to 3 pm
For Ages 4 to 11

March 12th : Cats' Eyes

Why do a cat's (and some other animals') eyes shine so brightly in the dark?

We'll find out why they do, and why people's eyes don't, by doing a fun experiment to show us just how a cat's eyes work!



March 14th : Fun with Fungus!

Learn all about the different kinds of fungi - the important role they play on Earth, their growth, life cycle, and anatomy, and dissect a mushroom!



March 19th : Can You SEE a Heartbeat?

Let's learn about our circulatory system, and how our heart makes it all work!

We will "see" our heartbeats by doing a special experiment - on ourselves!



March 21st : Bread Mold

We will continue with fungi, by learning about mold which is a kind of fungi. We'll start an ongoing experiment that we will see the results of every week for the next few weeks - growing bread molds!



March 26th : Animals and Plants That Light Up!

We will learn all about fluorescence and bioluminescence, two big words that are about living things that create their own light. We'll do a cool experiment to see fluorescence in real life right at Campfire Club!



March 28th : The Many Colours of Birds' Eggs

With spring here, birds will be making nests for their eggs soon. Did you ever wonder why some are blue, green, or speckled? We'll find out why, and you can paint your own fancy eggs!



WELLNESS WEDNESDAY



1:30 PM



Coffee Afternoon

Join us for a relaxing afternoon with coffee and fun conversations!

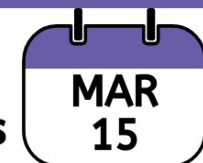


No activity
Special Activity on
Thursday and Friday
instead



Looking Back Project with Blue Metropolis

10:30 AM to
12:00 PM



9:30 AM to
11:00 AM



Learn How to Knit using just your fingers!

Anyone is welcome to join us! We will provide the wool but you can also bring your own.



Homemade Pasta

We will learn about the beginner's guide in making your own fresh pasta!



1:30 PM



Game Day!



Nyad

March
8th

2h 1m

Biography
Drama

The true story of athlete Diana Nyad who, at the age of 60, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.



Game Day!



Belfast

March
22nd

1h 38m

Biography
Drama





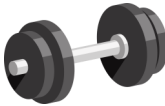




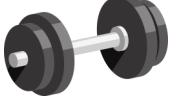









A young boy and his working-class Belfast family experience the tumultuous late 1960s.



Game Day!



MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2
3	4 <i>No exercise</i>	5 <i>Special Activities</i> 1-3 pm 	6 	7 <i>Special Activities</i> 1-3 pm 	8 	9 <i>Ice-fishing</i> 1 pm - 4 pm
10	11 	12 	13 	14 <i>Looking Back Project</i> 	15 <i>Looking Back Project</i> 	16
17	18 	19 	20 	21 	22 	23 <i>Neighbours Health Forum</i> 10:30 am - 2 pm
24	25 	26 	27 	28 	29 	30
31						



Tuesdays: Campfire Club 4:00pm to 5:00pm



Thursday: Kool Kids Club 4:00pm to 5:00pm



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



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IS IN OUR HANDS



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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

Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

January 2024: "This is my year!
I'm going to achieve so much!!"

March 2024:



Me: When is your birthday?

Her: March 1st

Me: Ok *walking around the room* When
is your birthday?

