

JANUARY
2023

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



Fun Getaway

**CHOOSE, PLAY,
AND WIN!**

JOIN OUR INDOOR CARNIVAL-THEMED EVENT!

**JANUARY 6TH, 2023 AT 1:30 PM
NEIGHBOURS ARC**

SNACKS!

PRIZES!

GAMES!



January 21st is National Hugging Day! A day to encourage you to give and receive hugs from those you love. Wait, what's that? You don't get the point in hugging? Well let me list some reasons why hugging actually benefits your health!

Less stress:

Receiving hugs will decrease the amount of stress you feel! The same thing applies for the person giving the hug!

Blood pressure lower, heart rate slower:

Studies have shown that hugging can reduce blood pressure, as well as lower your heart rate. Quite calming, I say!

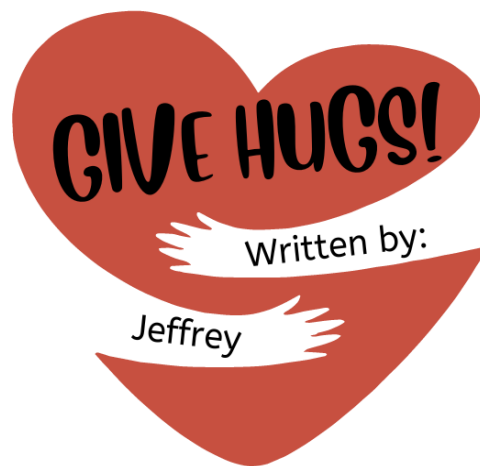
A snug hug:

Oxytocin, sometimes referred to as the "cuddle hormone", is a chemical which increases due to physical affection. It can improve your mood and make you feel trust and comfort!

Fear is no longer here:

Hugging is great for reducing anxiety! It can help those who are touch-deprived by reminding them of their worth, and that they are loved! Even hugging an inanimate object like a teddy bear helps!

There are many other benefits to hugging! With all it can do for you, why shouldn't you try giving some? But before you start giving hugs to everyone, remember that a lot of people don't like being touched without warning, and some are not huggers. Make sure to ask someone for their consent before you give them a hug, otherwise you'd have the opposite of the intended effect!



The Effectiveness of Breathing Exercises *By: Jochelle Labid*

Breathing is an involuntary function since it is automatically and continuously controlled by our brain, but to some extent, we still have the power to control it. There are ways to regulate our breathing. We can hold it for few seconds if we want to. Whenever we feel like we need to, we can start inhaling deeply, holding it, and exhaling the air. But once we have learned the accurate way of effective breathing, it will have more positive impact on our health.

Several research studies have concluded that breathing exercises can help in reducing anxiety and stress. It is one of the significant methods in doing mindfulness and meditation, therefore, it can be used to achieve a relaxed and peaceful mind. It can also be used as psychological first aid when someone is experiencing anxiety or panic attacks. Additionally, another study has shown that relaxation breathing exercise helped in reducing anxiety and depressive levels in patients diagnosed with cancer. Similarly, results of another study determined that slow deep breathing exercises facilitate to reduce anxiety among adolescent students and incorporating this habit in their daily activities could lead to better academic performance.

Generally, breathing exercise is simple and accessible to anyone. It involves little amount of time and requires neither expensive equipment nor spacious place. As long as the surroundings are quiet and relaxing, and you are sitting in a comfortable position, you can start practicing it.

Here is one of the most popular deep breathing exercises that you can easily remember. Try it!

4:7:8 The Relaxing Breath Exercise

1. Sit your back straight and make sure you are comfortable. Place the tip of your tongue behind your upper front teeth and try keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

2. Exhale completely through your mouth.

3. Close your mouth, inhale through your nose while counting one to four, mentally. While inhaling, make sure that your diaphragm contracts which means that your chest expands, and your belly comes outward.

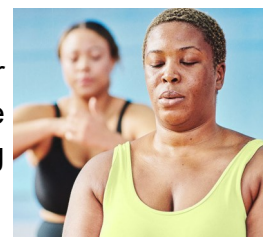
4. Hold that breath and count one to seven.

5. Exhale completely through your mouth and count one to eight, in your head. While exhaling, make sure that your diaphragm relaxes which means that your chest contracts and your stomach comes back in.

6. This is counted as one breath. Now, inhale again and do this cycle for another two to three times.

Try to practice this exercise once or twice a day. It helps in relaxing your nervous system. Instant results are not guaranteed but with repetition, a positive impact on your health will be attained. Note that it is NOT recommended to do it for more than four times at one time during your first month of practice. If you feel a little lightheaded after your first try, do not be concerned because this is normal, and it will pass.

Lastly, always consult your doctor before starting any breathing exercises, especially if you are taking any medication or if you have any medical conditions which is/are related to your respiratory system.



Opinion: When English is a Barrier to Health Care

Early Childhood Week, in full swing, invites us to take a collective look at the measures required to ensure all of our children start life with the best possible chances. Reducing social inequalities in health is at the heart of this endeavour, and one aspect to address is the availability of services in English for our youngest English-speaking children and their parents.

As is well-known, barriers to accessing social or health services can include lack of service availability, excessive wait times, distances and costs of certain services. For families from English-speaking communities in *Quebec*, however, a recent research study indicates that the language of service may often represent an additional obstacle.

The study, carried out last May in partnership with the *Community Health and Social Services Network (CHSSN)* by a *McGill University Faculty of Education* research team with 532 *Quebec* English-speaking parents of children ages 0 to 8, provides a better understanding of the difficulties experienced by these families. The issues can be broken down into three broad categories.

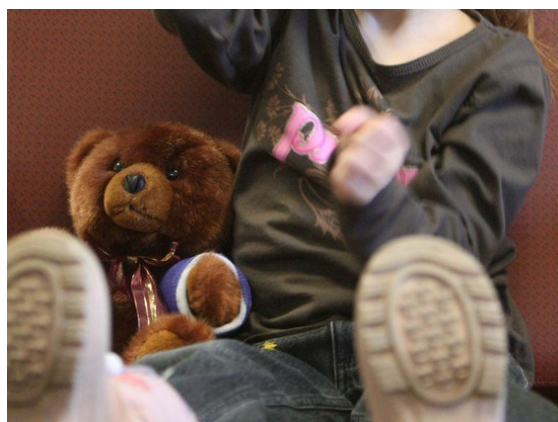
The first challenge is the search for services in English. Parents reported endless rounds of calling to arrange for an appointment in English, additional wait times to be received by care providers who could speak English, and so on. Given how difficult it can sometimes be for anyone to obtain health-care consultations, regardless of language, the added effort and possible delays place further burdens on these families.

The second challenge is that inability to obtain services in English can have a negative impact on the quality of medical care. *Seventy-one per cent* reported feeling nervous and confused when needing to speak French to a health professional. This lack of fluency in interactions often leaves English-speaking clients with the impression of having been misunderstood or that they in turn did not understand the professional's advice, thereby reducing their confidence in the recommended treatments.

The third challenge is the difficulty that English-speaking Quebecers experience approaching the health-care system in a second language, one that in many cases they don't speak fluently. This situation contributes to harmful emotional consequences. More than three out of four respondents (*77 per cent*) indicated feeling embarrassed or uncomfortable speaking French in that context, *64 per cent* felt inhibited, *64 per cent* had an increased heartbeat and *58 per cent* were uncomfortable speaking French in front of other people (for example, in a medical waiting room).

The consequences of a lack of access to English medical services are many, beginning with English-speaking clients feeling as though their needs are considered less important. It is reasonable to assume that some might respond to this perception by refraining from seeking consultation or overly delaying the consultation, very likely aggravating their problems.

Continued on the next page



In terms of solutions, these observations ought to first encourage health-care staff to act with compassion, to acknowledge the added language difficulty and to demonstrate their understanding of the situation. Sometimes, simply showing a little more empathy can make a big difference. Here are some of our research team's recommendations: prioritize clear communication between the patient and the nursing staff, ensure that there is a minimum proportional number of professionals who can interact in English in every region of *Quebec*, prioritize access to services in English for mental health (considered more critical at this time), reduce language-related barriers to service access that are currently part of public policies and encourage the participation of English-speaking medical clients in regional and local institutional decision-making bodies.

In a recent study by the *Observatoire des tout-petits*, approximately one in four (27 per cent) people in *Quebec* said that access to health and social services specialists for families with young children should be one of three prioritized governmental investments in early-childhood care. To give all of our little ones an equal opportunity, we must also prioritize the improvement of English-language access to health and social services.

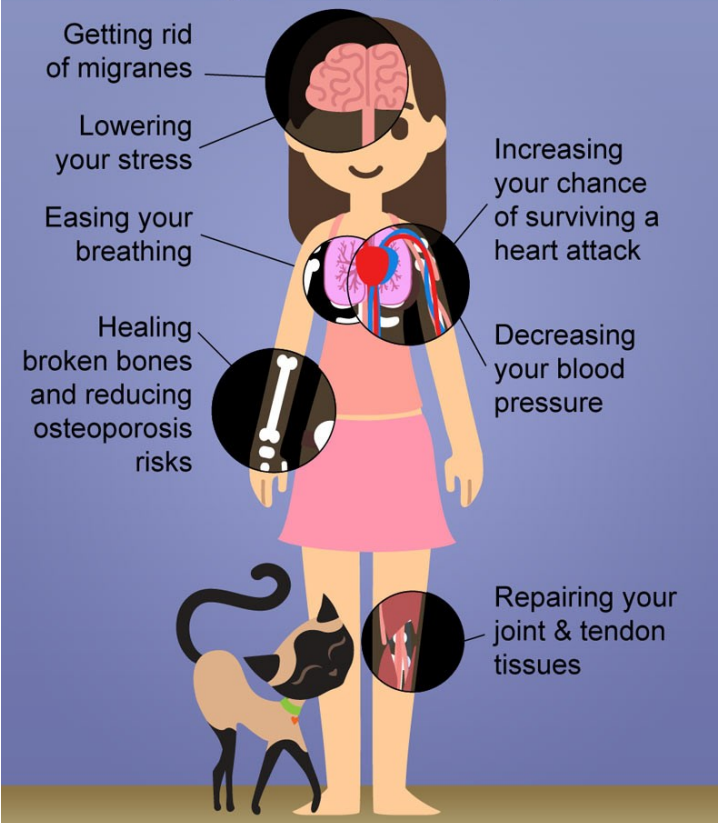
Source: Jennifer Johnson, *Montreal Gazette* on Nov 16, 2022

Did you know that a cat's purring has a frequency between 25 and 140 Hz? This same frequency helps the healing of broken bones and wounds, as well as joint and tendon repair!

Source: <https://www.purrfectpost.com/healing-purrs-how-your-cat-can-help-you-heal/>


HEALING PURRS

Your Purring Cat Might Help You with...



- Getting rid of migranes
- Lowering your stress
- Easing your breathing
- Healing broken bones and reducing osteoporosis risks
- Increasing your chance of surviving a heart attack
- Decreasing your blood pressure
- Repairing your joint & tendon tissues

Pictured: Jeff's happy and purring cats
Rumble (top) and Frenzy (bottom)





File

Edit

Object

Window

iPad Courses



Beginner

January 16th

January 30th

Intermediate

January 23rd

February 6th



FREDDY vs. JASON



A NEIGHBOURS SPECIAL
MOVIE NIGHT...


FREDDY VS JASON

Losing his power due to people being less afraid of him, Freddy Krueger brings Jason Voorhees back from hell. But when Jason isn't as easy to control as Freddy thought, the two battle each other.



7:30 pm
1h 38m
FRIDAY, JANUARY 13TH
NEIGHBOURS ARC

WELLNESS WEDNESDAY



FUN FRIDAY



JAN 6

CARNIVAL DAY!

Booths, Games, Prizes:
Join us in our indoor
carnival-themed event!



JAN 11

Hello, 2023!

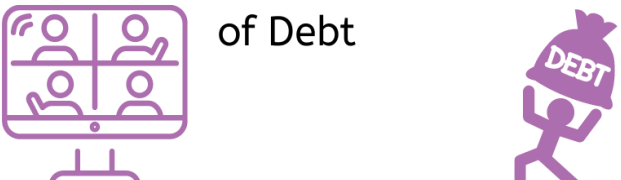
Sit with us as we learn
about interesting New
Year Traditions from
Around the World!



JAN 18

CHEP Video Conference

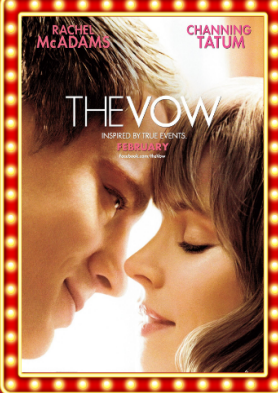
Financial Health and
Stigma: The Hidden Cost
of Debt



JAN 25

Filipino Cuisine

Learn about Philippine
Cooking Traditions and
Regional Specialties, and try one of
their popular main dishes! Register in
Advance for the food



The Vow

January 13th

1 h 44 mins

**Drama
Romance**

A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win her heart again.



Game Day!

JAN 20



Against the Ice

January 27th

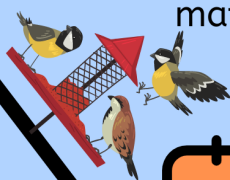
1 h 42 mins

**Drama
Adventure**

In 1909, two explorers fight to survive after they're left behind while on a Denmark expedition in ice-covered Greenland.

MAKING A BIRD FEEDER!

Help your feathered friends though the cold winter by learning what is good for them to eat and making a feeder out of recycled material.



DR. SEUSS STORYTIME!

To celebrate Literacy Day coming up, we will listen to and discuss fun Dr. Seuss stories!



NEW YEAR'S BINGO!

Come celebrate the new year by having a bingo game with your Campfire friends!



HANDS-ON FOOD!

Cooperate making 3 recipes to prepare some yummy and simple snacks to share.



Kool bingo fun and special refreshments!



The day's history, fun groundhog facts, and games!

NEW YEAR'S BINGO!



STEM CHALLENGES

Who can make the longest paper chain... using just one sheet of paper? What about a flying helicopter made of paper? Let's see!

GROUNDHOG DAY!



Writing a limerick is absurd
Line 1 and 5 rhyme in word
And just as you reckoned
They rhyme with the 2nd
And the 4th line must rhyme with the 3rd

LIMERICKS

Celebrate Literacy Day by learning about limericks, and having fun with your friends writing these silly rhyming poems!

NEIGHBOURS ON THE GO

Sharleen met with the new **Minister of the Secretariat for Relations with English Speaking Quebecers (SRESQ), Éric Girard**, who is also the **Provincial Minister of Finance**. The meeting was held in Montreal on December 20th. Mr Girard replaces Premier **Francois Legault** as our minister and assures the assembled representatives that he is willing to work with and listen to our needs and concerns.

Our Executive Director, Sharleen, along with Board members Glenn, Mitch and Linda met with Provincial Candidates **Daniel Bernard and Arnaud Warolin**. As you are aware, CAQ candidate Daniel Bernard went on to win the election and is now the MNA for our district. Since the elections, Sharleen has had three conversations with Mr Bernard.

Sharleen met with **Neighbours new Provincial Advisory from the Secretariat for Relations with English Speaking Quebecers (SRESQ), Jessica Jeginski**. Jessica is our financial and project manager.

Sharleen also met with Neighbours **Federal Financial and Project Manager from the Department of Canadian Heritage - Mrs Helen Meredith**. Sharleen is happy to report that Neighbours received a perfect review.

Sharleen has been appointed by Madame Mayor Diane Dallaire to the **City of Rouyn-Noranda's 100th Anniversary Board of Directors**. The BODs are a governance committee; sub-committees will be formed to host and plan the vast amount of activities that will be planned for 2026!

Sharleen is a member of **Healthy Cities (Ville et Village en Santé)** Board of Directors; and in late November they were granted a meeting with **Mme Proteau** who, as senior official in the "Environmental Assessment and Approvals Sector" of the Ministère de l'Environnement et de la Lutte contre les changements climatiques (MELCC), was appointed by Premier Legault as **State Administrator (administratrice d'État) "to coordinate government action" concerning Horne Smelter**.

Sharleen attended the **Agrément Canada** report on the stats of CISSSAT in line with patient services - they received a passing grade.

Sharleen attended the **Provincial Federation of the Users Committee Convention** in Rivière-du-Loup in late October - she was able to discuss English users' issues with representatives from across the province - she was informed of many interesting and innovative projects.

Sharleen, as vice-president of the Regional Users Committee, was invited to the opening of the **Cancer Centre (Centre régional de radio-oncologie)** located in Rouyn-Noranda.

Neighbours ED, Sharleen participated in a discussion meeting with the **President of the Collège des médecins** which is the professional order of physicians in Quebec; **Dr Mauril Gaudreault**

JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3 CLOSED	4 CLOSED	5	6 <i>Special Seniors Event</i>	7
8	9	10 	11 	12 	13  <i>Freddy vs Jason</i>	14
15	16	17 	18 	19 	20 	21
22	23	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



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



Friday: Movie/game at 1:30pm



Our Health
IS IN OUR HANDS



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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

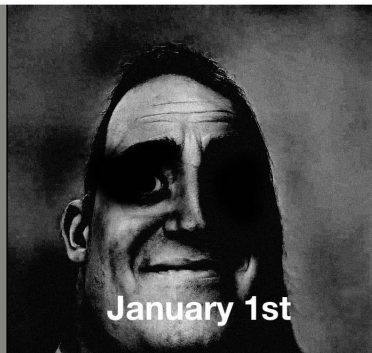
Community Health
And Social Services Network
Réseau communautaire de santé
et de services sociaux

See you next
year!

See you next
year!



December 31st



January 1st

The gym on January 1

