



PARTNERS IN HEALTH

Drummondville: 819 850-5560, 1045 Chabanel / Trois-Rivières: 819 875-2332 ext. 1520, 3550 Cherbourg
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CANADA DAY PARTY!

MONDAY **JULY 1ST** 10AM - 4PM

**CENTRE COMMUNAUTAIRE
SAINT-PIERRE**

**575 RUE ST ALFRED,
DRUMMONDVILLE, QC J2C 4B1E**

CASE hosts Drummondville festivities for 2024

Join us for another festive community event! Canada Day!

Formerly organized by *Le centre communautaire St-Pierre*, where the event will still take place, CASE was given the opportunity to host this year's celebration and we jumped on it. We are gearing up to welcome you and the greater community for yet another multigenerational day of community spirit, this time in Drummondville.

What to expect

- Live bands
- A magic show
- A bouncy castle and lots of other games and activities for the little ones
- A Canada Day Ceremony
- A food truck (you may also bring your own picnic of course)
- A collective mural...and more!

Volunteers needed

We are looking for volunteers to assist during the event for set up and take down, and to assist attendees. Perhaps you have an activity or fundraising idea that would add to the event. Let us know. Simply contact Eleonore at CASE at casemcq.heritage@gmail.com.

The Canada Day Party is made possible by funding provided by Canadian Heritage.

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June 15th, 2024 is WORLD ELDER ABUSE AWARENESS DAY

It's everyone's responsibility to ensure the safety and wellbeing of our elders



Elder Abuse is a global issue with familial, institutional and social causes. Elder abuse can be physical violence, emotional mistreatment, financial exploitation, and/or neglect. Preventing and addressing elder abuse requires that we all be better informed, both of the signs of elder abuse and about where to turn when elder abuse is detected.

A number of situations appear to put the elderly at risk of abuse:

- Strained family relationships may worsen as a result of stress and frustration as the older person becomes more dependent.
- A caregiver's dependence on an older person for accommodation or financial support.
- Social isolation is a significant risk factor for an older person, especially if the older people has physical or mental infirmities.
- Cultural and socioeconomic factors.
- Naivete when confronted with scammers, especially through phone and internet scams.

What are indicators of elder abuse and neglect?

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected:

- fear, anxiety, depression or passiveness
- unexplained physical injuries;
- dehydration, poor nutrition or poor hygiene;
- improper use of medication;
- confusion about new legal documents, such as a new will or a new mortgage;
- sudden drop in cash flow or financial holdings; and
- reluctance to speak about the situation.

A free Webinar to learn more

Sign up for the World Elder Abuse Awareness Day National Webinar Event organized for June 12, 9:30 - 11:00 am. Register online at:

https://us02web.zoom.us/webinar/register/WN_9w9V52BNRgSH7NDDS0irSw#/registration

What to do if you or someone you know is a victim of elder abuse

Whether you yourself are the victim or it is someone you know, know that you are not alone. Help is available. Do not hesitate to reach out to these services and resources. Someone's health, wellbeing and even life may be at stake.



The Mistreatment
Helpline

514-489-2287 or Toll free 1-888-489-2287

ligneaideabusaines@ssss.gouv.qc.ca

<https://lignemaltraitance.ca/en>



Autorité
des marchés
financiers

<https://lautorite.qc.ca/en/general-public/fraud-prevention/preventing-elder-financial-abuse>



éducaloi
INFORMATION EMPOWERS

<https://educaloi.qc.ca/en/capsules/protecting-seniors-from-exploitation-abuse/>

Get your purple on June 15th!

Celebrate older adults and raise awareness about elder abuse by wearing purple or a purple ribbon! Our Seniors' Wellness group in Trois-Rivières crafted ribbons and distributed them at our Lilac Garden Tea Party in May as part of our awareness activities. Look at those smiles!



CASE has new offices and its very own community space in Trois-Rivières

CASE is excited to announce that we have moved our satellite office in Trois-Rivières to a new location that will also provide much-needed space for our expanding community events and activities. We are now at 3550 Cherbourg Street, Suite 210.

The large, open communal space boasts 10-foot ceilings and lots of natural light from its many large windows. Our Seniors Wellness group is going to love stretching out for Fun & Lively Fitness and there is ample elbow room for painting, crafts, workshops and other activities. A lovely kitchenette with a table and chairs for coffee chats, comfy lounge chairs, a kids corner, and a brand new big screen TV...well, it's coming together.

We will be launching with an Open House during our AGM August 14. Keep an eye out for more information about the event via Facebook, email and our website as the date approaches

Thanks go out to the hard work of our NPI coordinator Julia Frid and her husband Alain Girard who volunteered to paint, procure and install furniture, and decorate.

We've deeply appreciated our years on site at our beloved English high school, Three Rivers Academy. However our success means that we need a bigger space of our own. We will miss the daily contact with students and staff immensely, but our intergenerational activities with the students will continue at TRA.



Worried about medication overload? Set up a review!



Medication overload means taking more medications than are necessary or taking too many medications together, which can lead to harmful side effects or cause more harm than good. Examples include falls and fractures, confusion and memory problems, car crashes, hospitalizations, and even death. People who take multiple medications, older adults and women are at greatest risk for medication harm.

Pharmacists play an essential role in improving patient health. With their in-depth knowledge of medications and expert advice, pharmacists are a trusted resource for their patients. They can help their patients use medications safely, such as in a potential situation of medication overload, or even interactions with the sun.

You can request an appointment with your pharmacist, doctor or a nurse to *specifically* review your medications, discuss how they are affecting you, and discuss options if necessary. It is always helpful to have an up-to-date list of medications for such appointments or in the case of an emergency. Your pharmacist can provide you with this list too.

Protecting vulnerable people



In Quebec, every adult is considered capable of making decisions and managing their affairs unless proven otherwise. This means people are generally considered able to care for themselves, manage their finances and exercise their rights. Unfortunately, this isn't always the case. Some individuals are vulnerable because of their age, an illness or an accident. When vulnerable people need protection, there are legal matters to consider.

Thankfully, Éducaloi, a not-for-profit organization, has put together a Web Guide about this subject to better inform you with clear communication about the law. The Guide looks at all three categories of vulnerable persons and the role of the Public Curator. Simply visit their website at:

<https://educaloi.qc.ca/en/web-guide/protecting-vulnerable-people/>

FLASHBACK JAZZ

Our first concert of 2024 in partnership with the St. George's Church Foundation on May 23 took us on a delightful journey from traditional to modern-day Jazz. Our young musicians from the CEGEP's music program put on a fantastic show.



2024 Lilac Garden Tea Party delights!

Blessed with a perfect Spring day kissed with sunshine and the Becancour Lilacs in full bloom, this year's Lilac Garden Tea Party saw a record turnout of over 80 people! What fun! Here are a few pics of the event. Hats off to CASE's Eleonore Guite for organizing such a memorable afternoon of multigenerational community spirit!



Let's go, les Aigles!

The launch of CASE's new Men & Fathers Program at the season home opener of les Aigles vs. the Knockouts on May 17 was a hit (pun intended) with 24 registrations! Here are a few pictures of the event. We are looking forward to offering more activities to connect the men and fathers so the MCQ English-speaking community in the near future.



Multigenerational Potluck brings in a crowd!

Our potluck in April at Three Rivers Academy and organized in partnership with the popular Facebook group English Speaking People in and Surroundings, filled the house...well the kitchen and the cafeteria that is! Thanks to the fathers and children who contributed through the Cooking with Dads activity and everyone who turned up with something yummy to share.



June Events

JUNE 2, 1:00 PM

FREE LEGAL WORKSHOP

Bill 56: Parental Unions: Does the law go too far or is it not enough?

Herbert Brownstein, Brownstein & Brownstein & Associates
3550 Cherbourg, Trois-Rivières

Currently in Quebec, a de facto union (aka common-law union) confers no rights or financial benefits. In Quebec, over 40% of couples live in a de facto union, often as parents. Bill 56, slated for 2025, will adapt the law to new family realities and provide a safety net that would offer children the best possible stability in the event of parents breaking up. This workshop will better inform you about these new rights.

Craft & Chat

JUNE 5 & 19, 7:00 - 9:00 PM

3550 Cherbourg, local 210, Trois-Rivières
infoandliaison.agent@gmail.com


BOOK CLUB
ONLINE

JUNE 25, 1:30 - 3:00 PM

casemcq.heritage@gmail.com


BOOK CLUB
TROIS-RIVIÈRES

JUNE 26, 6:30 - 8:30 PM

3550 Cherbourg, local 210, Trois-Rivières
infoandliaison.agent@gmail.com

VISIT [casemcq/calendar-1](https://casemcq.com/calendar-1)