

MAY
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



Breastfeeding Basics

ARE YOU CURRENTLY BREASTFEEDING OR PLANNING ON BREASTFEEDING?
PRESENTED BY C'MAMAN COORDINATOR AND BREASTFEEDING COUNSELLOR - JESSICA NESTERUK



SUNDAY, JUNE 4TH, 2023

139 AVENUE MURDOCH 10:00AM



Babies, Children
& Spouses are
welcome!
A play area will be
set up

TOPICS WE WILL DISCUSS:

- 3 STAGES OF BREASTFEEDING
- BREASTFEEDING POSITIONS
- BREASTPUMP AND HOW TO MEASURE YOUR FLANGE SIZE
- BREASTFEEDING TOOLS
- PROBLEMS YOU MAY HAVE; MASTITIS, YEAST INFECTION, CRACKED NIPPLES
- OUR EXPERIENCES
- AND MORE!

SIGN UP BY CALLING THE OFFICE AT 819-762-0882
AND YOU'LL RECEIVE A GIFT BAG!

Quebec bill proposes teens 16 and under work no more than 17 hours a week

Tanya Faulds, 16, would get frustrated every time she had to go back to her old employer and remind them she only wanted to be scheduled for 15 hours a week.

"They would always give me more hours, you know, and I never had any time for school and I always had to ask people to pick up my shifts," says the Quebec High School student, who used to work at a McDonald's. That's why she welcomes a new bill regulating youth employment in the province.

The proposed law, tabled on Tuesday, would limit the number of weekly hours Quebecers 16 and under can work during the school year to 17. It also sets the minimum legal working age at 14 — with some exceptions for jobs like babysitting or tutoring.

Quebec's labour minister, Jean Boulet, says the bill will help protect children from getting injured in the workplace and keep teenagers from dropping out of school.

"Their first job is to be a student," he said, pointing to a study that showed that 31 per cent of students working over 16 hours a week drop out of school.

Minimum working age set at 14

Currently, employers who want to hire children can do so as long as they receive parental consent. The proposed law would change that, setting the legal minimum age to work as 14. There are exceptions: a child working in the performing arts, delivering newspapers, or in a family business with fewer than 10 employees. Employers who fail to comply could be fined up to \$12,000 for a first offence.

Workplace injuries on rise among young

The bill comes as the labour shortage has put pressure on companies to hire younger workers, Boulet said. That trend has translated into more workplace accidents involving children and teenagers.

According to Quebec's workplace safety board, the CSSST, the number of workplace injuries sustained by children 14 and under jumped from 10 in 2017 to 64 in 2021.

The head of the largest employers' group in the province, the Conseil du patronat du Québec, supports the stricter measures but Karl Blackburn says he's worried about its impact on the tourism and restaurant industries.

"We don't have to put on the shoulders of young people the responsibility to resolve the labour shortage," he said. He said he hopes to work with the government to explore the possibility of exemptions for specific sectors.

Boulet explained to Radio-Canada's *Tout un matin* that the restaurant industry was included in the bill because it can be a challenging work environment — especially as it pertains to restaurant kitchens and interacting with adults.

"We have to keep in mind the psychological risks for children," he says.

Canadian 24-hour Movement Guideline: An integration of Physical Activity, Sedentary Behaviour and Sleep

This guideline offers a clear direction on what a healthy 24 hours looks like. You want your whole day to matter and by doing so you want to **move more**; moving a little bit is better than none. Make the most of your day by adding different types of movement at various intensity levels. This should include; physical activity, muscle strengthening activities and standing.

You also want to **reduce sedentary time**; try limiting sedentary time to 8 hours or less a day (including no more than 3 hours of recreational screen time. Try to limit sitting for long periods of time.

You also want to **sleep well**; a good quality sleep, consistent bed and wake up times are key.

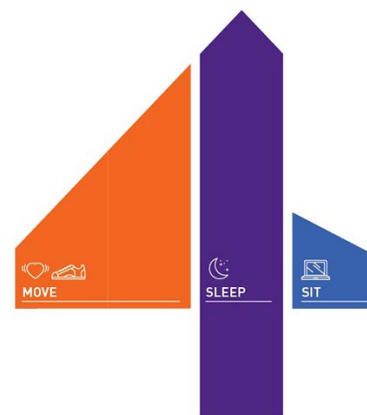
Early Years (0-4 years old)

INFANTS LESS THAN 1 YEAR

- **MOVE**: Being physically active several times a day through interactive floor based play. The more the better. For infants not mobile yet, 30 minutes of tummy time spread throughout the day.
- **SLEEP**: 14 to 17 hours (0-3 months) & 12 to 16 hours (for those aged 4-11 months) including naps.
- **SIT**: Not being restrained for more than 1 hour at a time (example; high chair, stroller), screen time is not recommended, when sedentary engage in activities like reading and storytelling.

TODDLERS (1-2 YEARS)

- **MOVE**: At least 180 minutes spent doing a variety of physical activities throughout the day, of which 60 minutes is energetic play; more is better.
- **SLEEP**: 10 to 13 hours of good-quality sleep, which may include naps, with consistent bedtime and wake up times.
- **SIT**: Not being restrained for more than 1 hour at a time or sitting for extended periods. Sedentary screen time should be no more than 1 hour; less is better. When sedentary, engage in activities like reading and storytelling.



PRESCHOOLERS (3-4)

- **MOVE**: At least 180 minutes spent doing a variety of physical activities throughout the day, of which 60 minutes is energetic play-more is better.
- **SLEEP**: 10 to 13 hours of good-quality sleep, which may include naps, with consistent bedtime and wake up times.
- **SIT**: Not being restrained for more than 1 hour at a time or sitting for extended periods. Sedentary screen time should be no more than 1 hour- less is better. When sedentary, engage in activities like reading and storytelling.

Children and Youth (5-17 years old)

A health 24 hours for 5-17 year olds include;

- **SWEAT:** At least 60 minutes moderate to vigorous physical activities.
- **STEP:** Light physical activity- Several hours of a variety of structured and unstructured light physical activities
- **SLEEP:** 9 to 11 hours of sleep for those aged 5-13 and 8 to 10 hours per night for those aged 14-17, with consistent bed and wake up times.
- **SEDENTARY BEHAVIOUR:** No more than 2 hours per day of recreation screen time, limit sitting for extended periods.



ADULTS 18-64 YEARS OLD



- **PHYSICAL ACTIVITY:** Moderate to vigorous aerobic activities (at least 150 minutes per week) and muscle strengthening using major muscle groups at least twice a week. Several hours of light physical activities, including standing.
- **SLEEP:** 7 to 9 hours of quality sleep on a regular basis, with consistent bed and wake-up times.
- **SEDENTARY BEHAVIOUR:** No more than 3 hours of recreational screen time, breaking up long periods of sitting as often as possible.

ADULTS 65 YEARS OLD AND OLDER

- **PHYSICAL ACTIVITY:** Moderate to vigorous physical activities (at least 150 minutes per week), muscle strengthening activities using major muscle groups at least twice a week, physical activities that challenge balance, several hours of light physical activities, including standing
- **SLEEP:** 7 to 8 hours good-quality sleep on a regular basis, with consistent bed and wake-up times
- **SEDENTARY BEHAVIOUR:** No more than 3 hours of recreational screen time, breaking up long periods of sitting as often as possible.



Written by: Jessica Nesteruk
Source: <https://csepguidelines.ca/>

— ENGLISH HEALTH SERVICES —

SINCE 2016, NEIGHBOURS HAS OFFERED THE SERVICES OF AN ENGLISH HEALTH SERVICE AGENT TO ENSURE ACCESS TO SERVICES IN ENGLISH.

THE ENGLISH HEALTH SERVICE AGENT (EHSA) HAS THE ROLE OF FACILITATING COMMUNICATION BETWEEN THE ENGLISH-SPEAKING USER AND THE FRENCH-SPEAKING HEALTH PROFESSIONAL BY ACCOMPANYING THE ENGLISH-SPEAKING USERS AT THE HOSPITAL, CLSC, AND/OR OTHER HEALTH CARE ESTABLISHMENTS IN THE ABITIBI REGION.

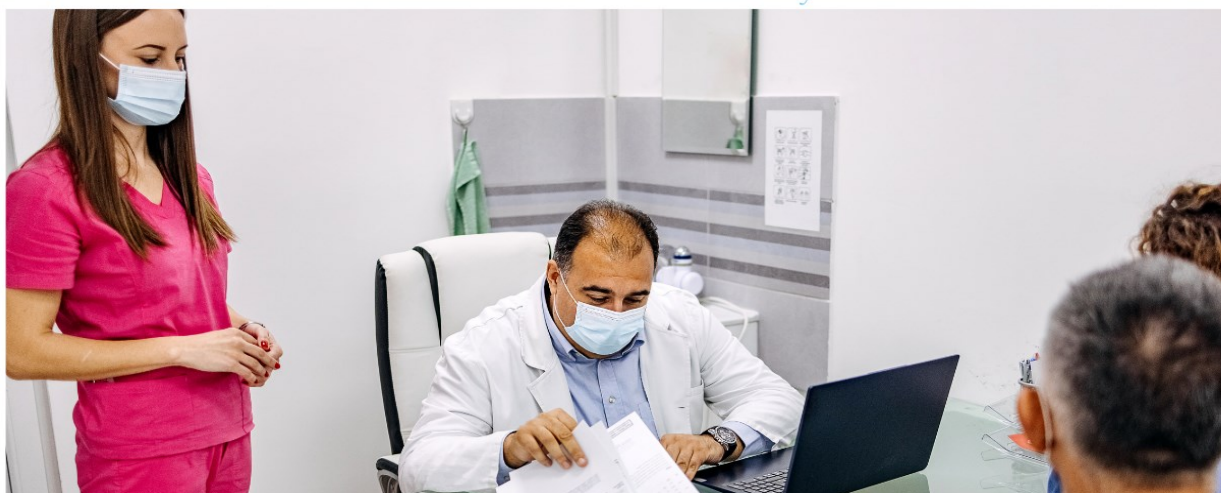


THE EHSA ALSO HELPS USERS NAVIGATE THE HEALTH CARE SYSTEM AND INFORM THEM OF THEIR USERS RIGHTS.

Different health care establishments in Rouyn-Noranda

- HOSPITAL
- CLSC
- CLINIQUE ACCÈS SANTÉ
- GMF, FLEUR DE LYS
- CLINIQUE MÉDICALE ÉVAÏN
- CLINIQUE MÉDICALE DU CUIVRE
- CLINIQUE MÉDICALE LARIVIÈRE
- CLINIQUE MÉDIC-AMI
- CHSLD (MAISON PIE XII)
- CENTRE DE RÉADAPTATION EN DÉPENDANCE DE ROUYN-NORANDA
- CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME DE ROUYN-NORANDA (BOTH LOCATIONS)
- CENTRE DE RÉADAPTATION POUR LES JEUNES EN DIFFICULTÉ D'ADAPTATION DE ROUYN-NORANDA
- CENTRE DE PROTECTION DE L'ENFANCE ET DE LA JEUNESSE DE ROUYN-NORANDA

If you or a family member would like to be accompanied at your next appointment please call the office 819-762-0882 or our EHSA directly at 819-277-2302



Source: Jessica Nesteruk

A Guide to the **Canada Dental Benefit**



Tooth decay is the most common, but preventable, childhood chronic disease both in Canada and around the world. Oral diseases frequently begin in the preschool years which is why it is so important to establish good oral hygiene behaviours in those early years.

The Government of Canada has implemented the interim **Canada Dental Benefit**, which is designed to provide some financial support to help Canadian families access dental care. With this benefit, families can start addressing some of the basic dental care that their young children need while the Government continues its plans to develop a long-term Canadian dental care program.



WHAT is the benefit?

The interim Canada Dental Benefit provides payments up to **up to \$650** per eligible child under 12 years of age, per year for two years.

\$650

if the family's adjusted net income is **under \$70,000**

\$390

if the family's adjusted net income is **between \$70,000 and \$79,999**

\$260

if the family's adjusted net income is **between \$80,000 and \$89,999**

The benefit can be used for any dental care provided by any regulated dental professional



WHO can apply?

Parents/Guardians who:

- Have a child under 12 years of age, who does not have access to private dental care insurance.
- Have an adjusted family net income under \$90,000 per year.
- Have filed last year's income tax return
- Receive the Canada Child Benefit for each eligible child.
- Have or will have dental care expenses for each eligible child that have not been fully reimbursed under another federal, provincial, or territorial government program



HOW can you apply?

Canada Revenue Agency (CRA) **My Account** will be the quickest, easiest, and most secure way to apply for the Canada Dental Benefit. If you don't yet have a CRA My Account, you can register at Canada.ca/my-cra-account.

You will need to **provide information** on the dental care visit, including the name of your child's dental care provider(s) and your employer information.

If you apply online and are signed up for **CRA direct deposit**, you can receive your payment within five business days!

If you're unable to apply for the Canada Dental Benefit online, **call 1-800-715-8836** to get your application started.

Make sure you have your Social Insurance Number, address, date of birth, and a copy of your income tax return from last year.



WHEN can you apply?

Parents can apply **starting December 1, 2022**, for dental care received by their eligible child back to October 1, 2022, so long as their child will still be under 12 on December 1. For the second payment, parents can apply starting July 1, 2023

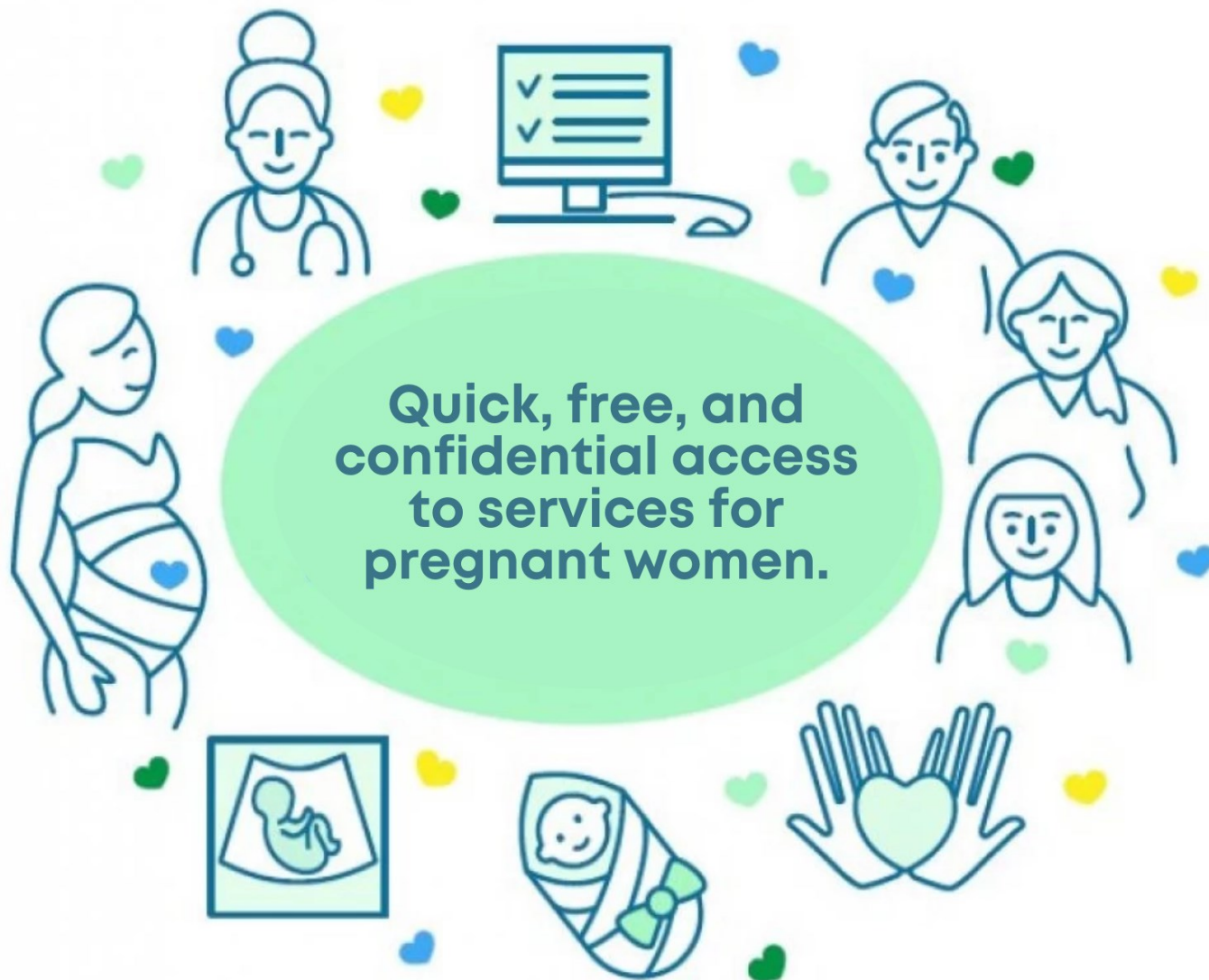
Visit Canada.ca/dental for more information, or call 1-800-715-8836



Government of Canada
Gouvernement du Canada

Canada

Ma grossesse



Quick, free, and confidential access to services for pregnant women.

To register:

[Québec.ca/magrossesse](https://quebec.ca/magrossesse)

Or contact your CLSC

For the support you need when the baby arrives

May 2nd : All About Robins

The robins are back! Let's learn about all these birds and make a robin craft!



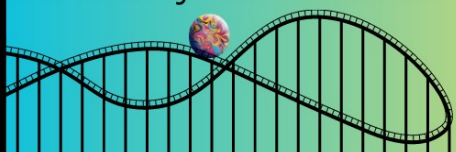
May 9th : Mother's Day Craft

Show your mom your thanks for helping you grow.



May 16th : Junior Engineers STEM Project

Work together to build a marble run roller coaster out of recycled materials!



May 23rd : Your Body : Lungs

Breathing in the air while walking or running... have you ever wondered how your lungs work? Let's find out!



May 30th : Junior Scientists Storm Water Runoff Experiment

A fun experiment about flowing water!



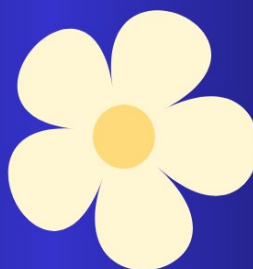
May 4th : High Speed Challenges

Use your knowledge to answer questions as fast as you can!



May 11th : Mother's Day Craft

Make a flower fit for your mom to wear!



May 18th : Junior Engineers STEM Project

Build mini catapults! Then play games to see whose launches the farthest!



May 25th : Walk of Discovery

All sorts of creatures are coming out of hiding in the spring weather! Let's take a walk in the park and see what cool things we can find!



June 1st : Junior Scientists STEM Experiments

Eye-opening experiments! Let's see how water is filtered, and learn why oil spills are difficult to clean up!



WELLNESS WEDNESDAY



1:30 PM



MAY 3



Trendy Cooking Gadgets for your Kitchen

Want to learn more about pressure cookers, slow cookers and air fryers? Join Nathalie and Jessica as they show you the difference between them and you could even taste some recipes.



MAY 10



Mother's Day Tea Party

Come over for tea, sweets and treats!!



MAY 17



CHEP Video Conference: 10 AM

Downsizing, rightsize, decluttering

*Register in advance for lunch



MAY 24

Cat's Cradle

Let's learn several hand muscle exercises with this String Game!



MAY 31

Arts and Crafts

Get inspired by nature and make your own art



Enola Holmes 2

May 5th

2 h 9 mins

Action Adventure

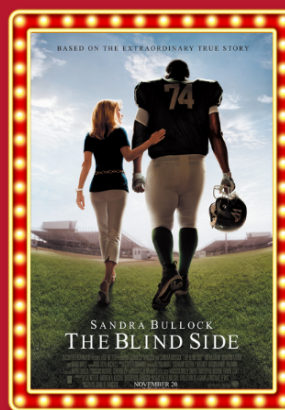
Enola Holmes takes on her first case as a detective, but to unravel the mystery of a missing girl, she'll need some help from friends -- and brother Sherlock.



Game Day!



MAY 12



The Blind Side

May 19th

2 h 9 mins

Drama Sport

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.



Game Day!



MAY 26

MAY 2023

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 OFFICE CLOSED	23 	24 	25 	26 	27
28	29	30 	31 			



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



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



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



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



Happy Mother's Day

*We wish all members, board of directors and staff who are
mother's a wonderful mother's day.*