

Get Help Here

The Government of Canada has launched “Get Help Here” this winter, a campaign to raise awareness that **free**, credible resources are available 24/7 to help support the mental health of people in Canada.



Mental health is an important part of everyone’s overall well-being. Good mental health can help people enjoy life, while coping with its challenges. On the other hand, poor mental health can lead to mental and physical illness, including chronic physical conditions.

The last few years have been difficult. One in three Canadians indicated their mental health got worse during the pandemic. Many factors can affect mental health, and they aren’t all within one’s control. But there are actions people can take to care for themselves and help protect their mental health overall.

Everyone can access free resources at Canada.ca/mental-health, anytime, from anywhere. They include:

- one-on-one counselling with qualified mental health professionals
- credible articles and information
- self-guided courses and programs
- peer support and coaching

There is also the Hope for Wellness Helpline for First Nations, Inuit and Métis people seeking emotional support, crisis intervention or referrals to community-based services. It is reachable 24/7 by telephone or online chat.

Registration of new students to Noranda School for year 2023-2024

Registration of new students for the next school year at Noranda School are now possible! If you would like more information about the registration and eligibility, contact the school at noranda@wqsb.qc.ca or 819-762-2706.

Open house for K4 and K5 parents will take place March 8th
from 6-7 pm!

SCAM ALERT!

Written by: Jeffrey Nesteruk

With tax season on the way, scams are already circulating. This scam is aiming to steal your passwords, personal information, and social insurance numbers from your Canada Revenue Agency (CRA) accounts.





“This year’s crop to me is even more concerning in that they seem to be more accurate, no spelling mistakes, no grammatical errors. They look very legitimate and have government of Canada logos and Interac logos – things that we are used to seeing all the time,” Sophos cybersecurity expert Chester Wisniewski said.

“In this case, the criminals seem to be trying to retrieve CRA log-ins and passwords and Interac log-in and passwords which means they’ll likely have accomplices in Canada,” he added, “It’s a very difficult problem and it’s not going to be something that we’re likely to see come to an end any time soon.”

On its website, the CRA says they will never give or ask for personal/financial information by email and ask you to click on a link.

Source : <https://globalnews.ca/news/9475522/sophisticated-canada-revenue-agency-cra-scams/#:~:text=The%20Canadian%20Anti%2DFraud%20Centre,to%201360%20the%20following%20year>

Shown:
Examples of
this scam

| | |
|--|---|
|  <p>Hi [REDACTED],</p> <p>Message:Canada Revenue Agency (CRA) sent you has sent you \$425.21 (CAD).</p> <p>If you complete the registration, transfers from Canada Revenue Agency (CRA) will be automatically deposited.</p> <p>Complete your registration</p> <p>Sent on 1/16/2023 5:54:18 PM</p> <p>Please do not reply to this email. CRA Services.</p>  |  <p>Make services not available at this time - Il y a un service en panne. Répondez nous en message.</p>  <p>Strictly Private and Confidential*</p> <p>Tax Return 2023 Tax year 10 Jan 2022 to 1/17/2023 9:31:39 PM (2022-23)</p> <p>Starting your tax refund Local Office No. 805445 Tax Credit Officer: Jeffrey Duncan Tax Refund ID Number: 054441530730 Refund Amount: CAD 305.05</p> |
|  <p>Canada Revenue Agency sent you 344.00\$ (CAD). Deposit your money:</p> <p>Choose your financial institution</p> <p>Expires : February 24,2023 How about depositing funds without answering any questions? Sign up for Interac e-Transfer service automatic deposit by your financial institution - an easy and secure way to receive funds directly into your  account.</p> | <p>You have a Tax refund of CAD 305.05 waiting from your previous revenue records. You received a letter from Canada Revenue Agency to make a refund to your account. Unfortunately we were not able to process your information because the details we have, did not match. Due to this issue, we have to re-verify your information.</p> <p>Sign in to a CRA account</p> <p>Make sure you complete the form correctly as any mistake will take more time to process and you tax refund will be processed within 6 - </p> <p>*NOTE If you haven't got your claim form after two weeks, cont</p> |

Food Addiction

Smoking and drinking are what we think of when we think of addiction, but there's another big addiction affecting as many as 14% of adults and 12% of kids: food addiction.

Much of the food consumed in the world's larger economies is ultra-processed; optimized to make our bodies release dopamine. Eating food releases dopamine, which doesn't actually increase pleasure, but rather encourages us to repeat behaviours that help our survival like eating nutritious food and reproducing. The more dopamine that's released, the more likely we'll repeat that behaviour.

Sensors in the mouth cause dopamine to release in the striatum (part of brain associated with movement and rewarding behaviour) when we eat fat and sugar. But there is a secondary sensor in the gut that registers fat and sugar, signalling the brain to release dopamine in the same region. Foods rich in fat and sugar can cause a dopamine increase of 200% above normal levels - similar to what's observed with alcohol and nicotine. Specifically, one study found sugar increased dopamine levels by 140%, and fat increased them by 160%, although it takes longer to kick in.

The more we learn about how food affects our brains, it has become increasingly manufactured to be irresistible to us. Industrially processed foods are composed of substances extracted from foods, like starches and hydrogenated fats. Additives like artificial flavours, emulsifiers (which keep oil and water mixed together), and stabilisers (which preserve the structure or texture of food) make food more appealing.



Many processed foods are essentially predigested to maximise the speed of dopamine release. Highly processed foods can qualify as clinically addictive, some experts argue. According to what's known as the rate hypothesis, the faster something affects your brain, the more addictive that substance will be.



Processed foods have been accessible, affordable, and aggressively advertised for generations. That perfect storm has created generations of people who know processed foods aren't healthy but are still compulsively drawn to them.

Source: Jeffrey Nesteruk

<https://www.nationalgeographic.co.uk/science-and-technology/2022/12/how-sugar-and-fat-affect-your-brain>

Reduce the Spread of Respiratory Illnesses

Respiratory viruses increase in the fall and winter, when people spend more time together indoors. Several respiratory viruses are currently circulating at the same time, including COVID-19, flu (influenza) and respiratory syncytial virus (RSV).

What you need to know:

Everyone is at risk of getting sick from respiratory viruses. Some people are at risk of experiencing more serious complications if they:

- are children under 5 years of age (not for COVID-19)
- are older adults who are 65 years and older
- have chronic medical conditions
- are pregnant
- are immunocompromised



Respiratory viruses spread in several ways. For example, a respiratory virus can spread from person-to-person when an infected person coughs or sneezes, or it can spread through contact with contaminated surfaces. That's why using several layers of protection is the most effective way to help reduce your risk of getting and spreading viruses.

It's important to:

- stay up to date with your COVID-19 and flu (influenza) vaccinations
- stay home when sick
- wear a mask in public indoor settings
- improve indoor ventilation when possible by opening a window or door
- clean your hands often
- avoid touching your face with unclean hands
- cover your coughs and sneezes with a tissue or the bend of your arm
- clean and disinfect high-touch surfaces and objects frequently
- pay attention to public health alerts and advice in your community

By reducing the spread of these viruses, we help protect ourselves and others, including people who are at risk of more serious complications from infection, and decrease pressure on the healthcare system.



How Spring Affects Us

Written by: Jeffrey Nesteruk



Winter can often feel like it lasts forever, and it can easily make us feel depressed. Luckily for us, Spring is almost here, and ready to help us feel better. Let's learn how!

During Winter, our brains produce more melatonin, the sleep hormone, due to the shorter days. However, as days are longer in Spring, and as a result giving us more light, the production of melatonin slows down and the production of serotonin increases. Serotonin stimulates happiness and increases our overall mood. Our skin uses the sunlight to produce more vitamin D, which improves our health and mental wellbeing. As well, access to nature and comfortable temperatures helps us feel more relaxed. Depression rates decrease during the Spring also. More exposure to light increases endorphin levels which can boost your mood. However, this doesn't mean everyone will feel less depressed, always make sure to have someone to talk to!

Source: <https://www.ottawacounselling.com/effects-of-spring-on-mental-health/>

Tips for Dealing with Anxiety!

Written by: Jeffrey Nesteruk

Anxiety affects many people, and it can be devastating to your mental health. While most people need therapy and/or medication to control it, there are ways you can change your lifestyle to fight it too!

1. **Keep physically active.**
2. **Avoid alcohol and recreational drugs.**
3. **Quit smoking, and cut back or quit drinking caffeinated beverages.**
4. **Use stress management and relaxation techniques.**
5. **Make sleep a priority.**
6. **Eat healthy foods.**
7. **Learn about your disorder.**
8. **Stick to your treatment plan.**
9. **Identify triggers.**
10. **Keep a journal.**
11. **Socialize.**



Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/11-tips-for-coping-with-an-anxiety-disorder>

NEIGHBOURS ON THE GO

LOCALLY

Vieux Noranda (Old Noranda) committee hosted their annual general meeting in Neighbours office on February 1, 2023. As you can imagine; much discussion is around the current situation in Old Noranda. Your ED - Sharleen; is on many committees studying the results and possible solutions to this disturbing issue. Sharleen was elected as Treasurer to the Old Noranda Committee at the AGM. She is committed to representing the special interests of our community as well as the whole population.



Access to healthcare

The **Regional English Access Committee** (Advisory Committee) of which Neighbours has three representatives met on January 31, 2023. Abitibi-Temiscaminque's English Access Plans were submitted some 7 months ago and the CAQ government still has not accepted them along with about 8 other regions. This is having a negative impact on our local CISSS ability or willingness to advance on various projects. The Access Plans are designed as the layout for how, where and when our local health system has to provide you the patient with services in English; which is your right.

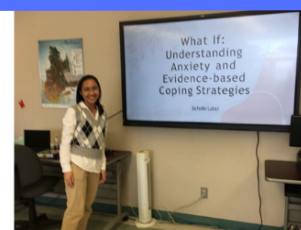
Sharleen (Neighbours ED) is a permanent member of the organizing board of directors for the 100th Anniversary of Rouyn-Noranda. Shortly the committee will be making their official announcements (May or June). Meetings are currently being held at an interval of 5 weeks! We can only imagine the frequency as 2026 approaches!!! Sharleen is there to ensure that the contributions and history of the English speaking community is not forgotten and even more is honoured! Neighbours will play an integral role in making this happen!



Sharleen (Neighbours ED) attended the presentation of the Health Complaints Commissioner's Annual Report. The situation is better than expected with public complaints decreasing in almost all areas. The department experiencing the most dis-satisfaction is youth services. Should you like a copy please contact the office.

Photo: Julie Lahaie - Commissaire aux plaintes et à la qualité des services

On January 25th, Sharleen, Jochelle, and Laurie visited the students at the Val d'Or Continuing Education Center. Jochelle presented a wonderful PowerPoint on anxiety, then Laurie demonstrated some very useful breathing techniques and stretching exercises the students could use to help control stress. We finished our visit by sitting with the students and discussing life situations while making stress balls out of readily available materials.



Nathalie attended the monthly Table SIPPE (youth table) where she exchanges ideas and projects concerning the English Speaking youth. During this meeting she was made aware of the upcoming Salon du Livre in Rouyn-Noranda in May 2023 (Book Fair) and was guaranteed that some of the authors will have English versions of their books.



Laurie and Nathalie offered support in organizing the Noranda School Sex Education Day on February 14. Secondary students were granted an hour to explore the kiosks, ask questions and received valuable information. Neighbours distributed cards containing contact information of organizations dealing with sexual content.



I Belong Gala

Neighbours recently teamed up with *Noranda School*, *LEARN Quebec*, and *ELAN (English Language Arts Network)* to help provide students with a wonderful opportunity to explore meaningful intergenerational connections in our community through a program called *I Belong*.

You are invited to come celebrate with us as Noranda School secondary students showcase the illustrated short comic-type stories they created after having interviewed some of Neighbours' senior members about their lives, and their sense of belonging in a small English-speaking community in Quebec.

March 16th, 4 pm



FAMILY ACTIVITIES!

SNOWSHOES:

Adults: at your own cost
Kids: free!



Join us for a day at AIGUEBELLE PARK!

TUBE SLIDING!

Free for all!
(covered by Neighbours)

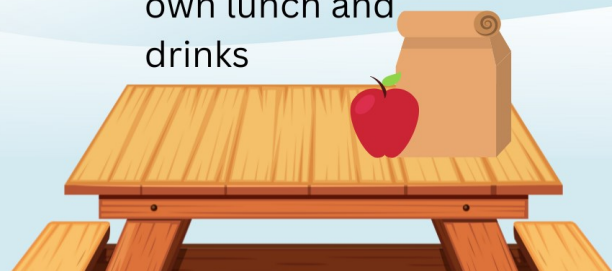


MARCH 11!

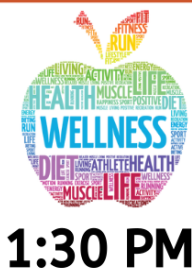
You must bring your own lunch and drinks

Bus leaves from the Neighbours office at **10:00 am**, arrives back at office at **3:30 pm**

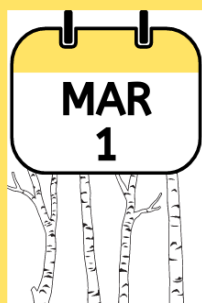
Call to reserve your place by March 9!



WELLNESS WEDNESDAY



1:30 PM



ARTS AND CRAFTS:

Let's learn a new simple trick in painting BIRCH TREES!



Project with Atwater Library

Join us for this activity on International Women's Day (with special treats) with guest speaker (on Zoom) Larissa Andrusyshyn, author.



CHEP Video Conference: 10 AM

Eating Well for Preventing and Living with Diabetes



*Register in advance for lunch



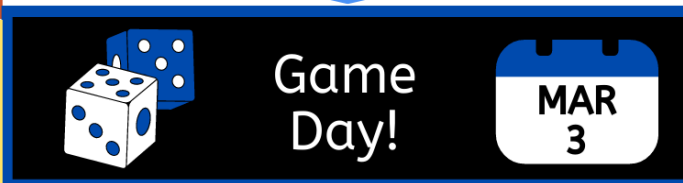
Raise Awareness

In line with the celebration of World Down Syndrome Day, we will discuss this genetic condition



Exercise Day with our Stability Balls!

Learn basic moves, Stretch and Have fun!



Little Woman

March 10th

2 h 15 mins

Drama Romance

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women, each determined to live life on her own terms.



The Bucket List

March 24th

1 h 37 mins

Adventure Comedy

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.



March 7th : Free Play

Art, games, music, your choice to have some after-school fun with your friends after the March Break



March 14th : Wild about whales!

We'll learn all about the whale species that inhabit the oceans of Canada, and do a whale of a craft, too!



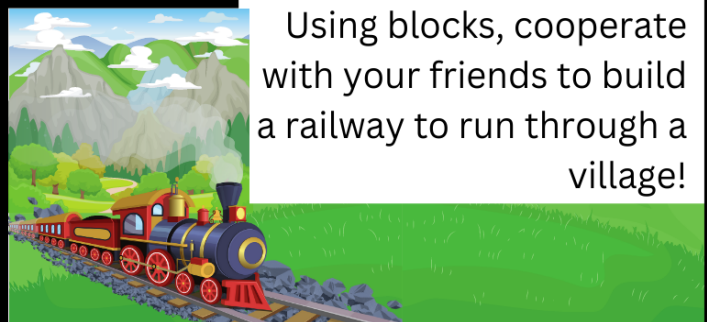
March 21st : It's the start of Spring!

We will be creating a pretty garden of flowers to decorate our wall!



March 28th : Build a Railway

Using blocks, cooperate with your friends to build a railway to run through a village!



March 9th : AWE (Atwater Writers Exhibition) Special Activity

Over Zoom with an invited guest.



March 16th : I Belong Gala

Participate in our Gala, where Noranda School Secondary students will exhibit illustrated novels they created after interviewing senior members of our community



March 23rd : Cup of Comfort

Winter is officially over, but it's still time to enjoy a nice cup of hot chocolate while we discuss and identify our support systems: family and friends.



March 30th : Flags of the World

We know a little about the countries of the world, let's find out a little about their flags by playing some fun games!



MARCH 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------|-----|---|---|---|---|--------------------------------|
| | | | 1  | 2  | 3  | 4 |
| 5 | 6 | 7  | 8  | 9  | 10  | 11 Aiguebelle Family Day |
| 12 Daylight Savings Time | 13 | 14  | 15  | 16 I Belong Gala  | 17  | 18 |
| 19 | 20 | 21  | 22  | 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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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

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

Spring in Canada:

Expectation

Reality

HAPPY FIRST DAY OF SPRING

MISS ME?

quickmeme.com