



December 2018



CASE-MCQ

Partners in Health

*The CASE-MCQ team
wishes you a very
happy Christmas!*



Here's the team! Gwyn, Audrey and Shannon

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Buying drugs online? A warning from Health Canada

Buying drugs from Internet pharmacies that do not provide a street address and telephone number may pose serious health risks. You have no way of knowing where these companies are located, where they get their drugs, what is in their drugs, or how to reach them if there is a problem. If you order from these sites, you may get counterfeit drugs with no active ingredients, the wrong ingredients, drugs with dangerous additives, or past their expiry date. Even if these drugs do not harm you directly or immediately, your condition may get worse without effective treatment.

If you order prescription drugs without being examined and monitored by a health care practitioner, you may be misdiagnosed, and miss the opportunity to get an appropriate treatment that would help you. You may also put yourself at risk for drug interactions, or harmful side effects that a qualified

health professional could better foresee.

Buying drugs on the Internet may also pose financial risks. In some cases, the product may not be shipped at all, or if it is coming from another country, it could be stopped at the border by Canadian



authorities.

Minimizing your risk: Do not take any prescription drug that has not been prescribed for you by a health care practitioner who has examined you in person. Do tell your doctor and pharmacist about all of the health products you take, including vitamin and natural health products, as well as prescription and

this information to assess and advise you about potential side effects and drug interactions.

If you decide to order drugs on line, do not do business with a Web site that:

- refuses to give you a street address, telephone number, and a way of contacting a pharmacist;
- offers prescription drugs without a prescription, or offers to issue a prescription based on answers to an on-line questionnaire;
- claims to have a "miracle cure" for any serious condition; or
- sells products that do not have a DIN (see below) issued by Health Canada.
- Do make sure you are dealing with a Canadian-based Web site that is linked to a "bricks and mortar" pharmacy that meets the regulatory requirements in your province/territory.

Finally, if you have a question or complaint about therapeutic drug products purchased on line, call Health Canada's toll-free hotline: 1-800-267-9675

All drugs approved for sale in Canada have an eight-digit Drug Identification Number (DIN). The DIN assures you that Health Canada has assessed a drug, and considers it safe and effective when used as directed on the label. The DIN also provides a way to track adverse drug reactions. <https://www.canada.ca/en/health-canada/services/buying-drugs-over->

The community services of your local Volunteer Centre / Centre d'Action Bénévole (CAB)

The Volunteer Centers of Québec known as the CAB offer important services such as 'Meals on Wheels' and 'Friendly Visits' as well as offering a rental service for safety alarm bracelets or necklaces, linked to an emergency help centre. Certain CAB offices also have Community Workers who are there to reach out to seniors who may be living in isolation. The job of these outreach workers is to improve seniors quality of life, support the person in the process of finding services in a friendly and non threatening way. All this free of charge! The Voluntary Centers of the Centre du Québec are listed below. For the Mauricie Region please contact the bureau in Three Rivers (819 378-6050) or consult the following web-site: www.fcabq.org/centres-d-action-benevole/liste-des-centres

Travailleur de milieu pour aînés (ITMAV)

MRC d'Arthabaska : Isabelle Nolet au 819 758-4188

MRC de Bécancour : Joyce Hélie au 819 690-1735

MRC de Drummond : Marie-Hélène Blais au 819 472-6101

MRC de L'Érable : Paula Vachon au 819 362-3473

MRC de Nicolet-Yamaska - secteur Nicolet : Pamélie Proulx au 819 293-3881

MRC de Nicolet-Yamaska - secteur St-François-du-Lac : Geneviève Paquin au 450 568-3198

Something special for under the tree? Toy buying tips

Get Back to Basics: Traditional Toy Categories

Symbolic/pretend – Pretending through toy characters (such as dolls, animals, and action figures) and toy objects (like food, utensils, cars, planes, and buildings) help children learn to use words and stories to imitate, describe, and cope with real life events and feelings. Imagination is the key here! Imaginary play is a large part of a child's social and emotional development.

Fine-motor/adaptive/manipulative – Children can learn problem solving skills with the "traditional favorites" (like blocks, shapes, puzzles, and trains). These types of toys support fine motor skills and can improve language and brain development. Some of these toys also build early math skills, as well.

Art – High quality does not mean expensive. Things as simple as cardboard boxes or pads of paper still make

little ones happy. Coloring books, crayons, markers, clay, stickers all make great gifts, build creativity, and help improve fine motor skills.

Language/concepts – Over the past two decades, many traditional toys are now available in electronic versions. And new toys are built to substitute for human interaction. For example, a toy bear that reads a story aloud or a board game that is now available as an app with virtual players. But actual human interactions are essential for a child's growth and development. Digital toys should never take the place of real, face-to-face play. Traditional card games and board games (not the video game or app versions) and even toy letters and books create opportunities for you and your child to interact and have fun together.

Gross motor/physical – Toys that include physical activity (like playing with balls, push and pull toys, ride-on toys, and tricycles) help physical development and can

improve self-regulation and peer-interaction because of the negotiations around rules that typically take place when kids play together.



www.healthychildren.org/English/ages-stages/baby/Pages/What-to-Look-for-in-a-Toy.aspx

Skip the 'end-of-year burnout' by getting active this holiday season: Do just one thing...



You don't need a gym membership or to even own any athletic gear to be active and get charged up. Throw a dance party with friends or build a snowman in the yard with the family, every single active minute counts and will help you get the added kick of energy we could all use during this hectic time of year.

Don't forget: we need to be sitting less and moving more

A 2006 study found that people who regularly engage in physical activity (adults need 150 minutes of moderate to vigorous exercise each week) on average reported higher levels of energy than those who don't. Even happier news? Getting your heart pumping and blood flowing promotes the release of feel-good chemicals (endorphins) within the brain, boosting your energy and allowing you to feel upbeat.

Snowball fight anyone?

www.participaction.com



FIND THE HIDDEN WORDS

1 - 6-letter word

T	G	R	O	U	P	Y	O	U	T	H	I
O	R	A	B	U	L	L	H	O	R	N	B
H	A	I	L	E	R	I	A	H	P	O	A
W	N	L	I	E	N	A	E	F	A	G	L
S	T	H	G	I	R	D	C	T	T	N	A
O	R	A	A	T	T	E	N	T	I	O	N
N	I	W	T	H	I	S	E	H	E	L	C
N	O	T	I	O	N	R	I	E	N	W	E
A	P	H	O	U	S	E	C	R	T	I	N
M	A	G	N	O	S	V	S	A	Y	N	U
E	I	I	S	S	E	I	L	P	P	U	S
I	N	N	M	B	U	D	D	Y	E	L	L

- | | | |
|-----------|-------------|----------|
| Attention | Hailer | Pain |
| Balance | Hair | Patient |
| Boat | Hot | Rail |
| Buddy | House | Regain |
| Bullhorn | Inn | Rights |
| Daily | Long | Science |
| Diverse | Name | Song |
| Grant | Night | SOS |
| Group | Notion | Sun |
| | Obligations | Supplies |

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*Centre for Access to Services in English-Mauricie et
Centre du Québec*



A new Community Referral Coordinator for the Mauricie area:

Introducing Audrey Ottier

This fall CASE has welcomed a new person to their staff to better serve the Anglophone community of the Mauricie area. We are very happy to introduce to you Audrey Ottier.

*Audrey comes to us with much experience working in community relations. She is bilingual, dynamic, and has many fun ideas to enliven community life for the residents of the Mauricie region! As Community Referral Coordinator she will be able to put you in touch with the service you are looking for. She can help you negotiate the Healthcare system or the community sector, whether you are a senior or have young family needs. Don't hesitate to call or email her, **welcome to the team Audrey!** Make a note of her coordinates below*

Community Referral Coordinator/
Coordonnatrice

CASE-MCQ

Tel: 1-819-375-2332 ext. 1520

Toll Free: 1-855-609-9009

casemcq.coordinator@gmail.com



Community Health Video or DVD conferences in South Durham and Trois Rivières in 2019

We had an enjoyable visit with participants at the November conference as you can see from the photo below. These conferences increase the availability of health promotion and disease prevention information for the English-speaking community. Not only can you join these live video conferences to hear quality health and lifestyle advice, but at the same time you can meet new friends and spend a pleasant social time with free coffee and snacks!

There are two upcoming dates for your diary in the Three Rivers area. (Listed below) In February we will be hosting a DVD Health Conference in South Durham at the Community Centre at the same time as introducing to that community a Community Worker from the Volunteer Centre from Drummondville, Marie-Hélène Blais.

Save the Dates - Upcoming...at the Three Rivers Academy H.S.
January 23rd, 2019: Palliative care and home care with Zelda Freitas, Social Worker
February 20th, 2019: Women's Heart Health with Wendy Wray,

Nurse Director of MUHC Women's Health Heart Initiative

Community Health Education Presentations are a CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Lan-



The views expressed herein do not necessarily represent the views of Health Canada