



PARTNERS IN HEALTH

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Many activities are back IN PERSON!

Check out our new events on the calendar for April.

CASE Café and Active Living Classes in Drummondville and South Durham

CASE Café is a recurring event that will alternate between Drummondville and South Durham from March until June. Join us at these gatherings of community members for a warm beverage and a friendly chat.

We will be leading chair based exercises in South Durham. See the "Upcoming Activities" page for more details.

Interested? Contact Karine: casemcqliaisonagent.cdq@gmail.com

Activities for Seniors at Three Rivers Academy

Join us every Wednesday morning for activities under a different topic each week (fitness, tax workshop, music, art, etc.). See the "Upcoming Activities" page for more details.

Fridays from 1:30 - 3:30 pm, join our lively gang of seniors for refreshments, socializing and bean bag toss. \$3 cover charge.

Interested? Contact Audrey at casemcq.coordinator@gmail.com

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**Liaison Agent
Mauricie**

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**Communications
Coordinator**



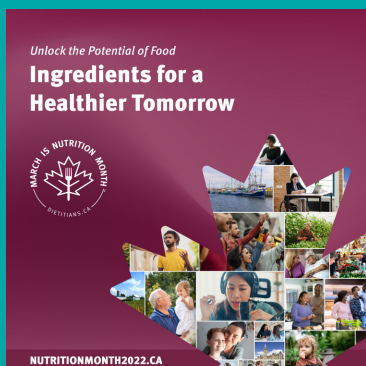
CASE has two new staff members

We welcome two new staff members to replace Shannon Bell and Marc Aeschimann.

March is Nutrition Month

Your future is healthy! This March, dietitians across Canada are coming together to share how they can support you and make your future a healthier one. From food security to food literacy, to sustainable food choices, and nutrition care and prevention, dietitians from across Canada are unlocking the potential of food and doing their part to create a healthier tomorrow.

You can visit UnlockFood.ca to find some resources such as recipes, activity ideas and more!



Andrew Buchan is our new liaison agent for the Mauricie area. Originally from the Yukon Territory, Andrew has been living in Quebec since 2012 and moved to Trois-Rivières just last summer. He’s been involved in many different projects in his previous communities and is eager to meet and be of service to his new one. He is an avid gardener and father of a toddler.

Geneviève Manseau is the new communications coordinator. Geneviève, a former teacher, has been involved in partnership projects between the education sector and community sector for a few years now. She looks forward to interacting with you through our Facebook page and our newsletters. She is a book lover and a mother to 3 growing boys.

We want to thank Shannon Bell and Marc Aeschimann. We are sad to see them go but wish them the best of luck in their new adventures!



"Ma grossesse" A new platform for pregnant women

The infographic features a central green circle with the text "Quick, free, and confidential access to services for pregnant women." Surrounding this circle are various icons: a pregnant woman, a doctor, a computer monitor with a checklist, a family, a baby in a crib, a baby in a car seat, and hands holding a heart. At the top, the text "Ma grossesse" is displayed in a blue and green banner. Below the central circle, a blue button contains the text "To register: Québec.ca/magrossesse or contact your CLSC". At the bottom, it says "For the support you need when baby arrives" and includes the logos for "Votre gouvernement" and "Québec".

Source: Ma Grossesse | Gouvernement du Québec

As soon as they find out they are pregnant, women are encouraged to register on the online platform "Ma grossesse" to allow for quick, free and confidential access to information and services suited to their needs. The platform and registration process are available in English and 10 other languages.

Amongst other services, the platform can help if:

- If you have not been able to find a professional for the monitoring of your pregnancy;
- If you are living in a difficult situation and need help;
- If you need food coupons during your pregnancy;
- If you want information about free services offered close to your home.

Using "Ma Grossesse" also allows health and social services facilities to better understand the services needed for pregnant women, newborns and young families of Québec.

Visit: <https://magrossesse.safir.ctip.ssss.gouv.qc.ca/en>

A brand new building for Drummondville Elementary School



Students returning from March Break were welcomed at the new location for their first day of classes on March 8th.

The Eastern Townships School Board is proud to officially inaugurate Drummondville's new English elementary school situated at 565 rue Farrell. Drummondville Elementary School is the only English-language school serving the city of Drummondville and the surrounding area. The school's population has more than doubled since its reopening in 1998. An investment of nearly \$17 million was granted for the project. The new school is approximately 4,000 square meters on two storeys, designed in an "L" shape that frames the playground. There are three preschool classrooms and 12 regular classrooms, as well as a double gymnasium.

"We are thrilled to celebrate this important milestone with the opening of our new school in Drummondville, our first new construction since 1968. With its modern, state-of-the-art design, the school will meet the current and future needs of the student population which has grown steadily since the school reopened in 1998. We now have a learning environment that not only promotes student and staff success, but also allows them to thrive and grow."

- Michael Murray, President of the Eastern Townships School Board

Source: Eastern Townships School Board

Dialogue McGill Community Network Bursary

The 2022-2023 application period is now open for the Dialogue McGill Community Network Bursary in Health and Social Services. The deadline for students to submit their applications to CASE is May 16, 2022.

Created in 2011 by Dialogue McGill, the bursary program is administrated across Québec by English-speaking community networks. In our own region, a total of \$40,000 was awarded to bursary winners last year alone. Since the founding of CASE in 2017, 14 students have benefitted from the bursary across the entire region of the Mauricie-Centre-du-Québec.

Past winners of the bursary are already making a difference in our community as nurses, psycho-educators, radiology technicians, and other healthcare and social service professionals working in the public system.

The Bursary Program provides financial support to students from our region who are pursuing full-time college or university studies specifically in health or social services. Studies can be completed at a government recognized educational institution in Québec, either outside or within our region. Applicants must also demonstrate a high level of bilingualism in English and French. This is a return-for-service bursary, which means that following the completion of their studies, recipients must work in a public health or social services institution in the Mauricie-Centre-du-Québec for a minimum of one year for each bursary awarded. Individual annual bursaries can range from \$2500 to \$10,000; the amount awarded varies according to the level and place of study.

For more information or support with the application process, please contact CASE's bursary agent, Julie Miller casemcq.project.agent@gmail.com

Fraud: What you should know

People aged 65 and over spent almost \$187 per month online last year, an increase of 60% from the previous year. Although they continue to spend less than the overall population, which spends around \$238 per month, seniors are the fastest-growing age group of online shoppers. Confinement has forced them to go online to shop, which combined with being physically distanced from family and friends have made them the favourite target of online scams and fraud.

The three most common scams registered by the Sûreté du Québec in the last 2 years are:

1. Someone pretending to be a friend or a close friend of a family member, claiming to be in trouble and urgently in need of money;
2. Impersonating government officials by calling the victim and asking them to pay money they supposedly owe in taxes;
3. People looking to adopt a pet are shown photos of beautiful animals, offered for free, the only fee is having to pay "for the cost of the transportation."

WHAT CAN YOU DO TO MAKE SURE YOU DON'T FALL VICTIM TO FRAUD?

- Stay aware and report suspicious activity
- Create stronger passwords
- Use two-factor authentication when available
- Monitor your transactions
- Keep an eye on your credit score
- Screen your calls
- Destroy personal records



If you believe you are a victim of fraud, call the police immediately. For emergencies, call 9-1-1. If your situation is not an emergency or if you have any questions, call (450) 641-9455, the CITIZENS' RESPONSE CENTRE, <https://www.sq.gouv.qc.ca/en/the-surete-du-quebec>

Source: Assistance and Referral Centre

For more information visit: [Fraud Prevention \(arc-hss.ca\)](http://FraudPrevention(arc-hss.ca))

Upcoming Events

For Seniors

Active Living & Wellness - South Durham

April 8, 15, 22, 29
10:00 - 11:00 a.m.

Chair based exercises

Contact Karine at
casemcqliaisonagent.cdq@gmail.com

CHEP Online

April 20
10:00 - 11:30 a.m.

Music Therapy

Register: <https://bit.ly/CHEPapril>

Seniors' Wellness Activities

April 6, 13, 20, 27
10:00 - 11:30 a.m.

At Three Rivers Academy

6th- **at 10:30 a.m.** Fit and Lively

13th- Tax Workshop for seniors

20th- CHEP Music Therapy

27th- Painting on wood

Contact Audrey at
casemcq.coordinator@gmail.com

Wellness Centre

April 8, 15, 22, 29
TIME 1:30 - 3:30 p.m.

at Three Rivers Academy

Join our lively gang of seniors for refreshments, socializing and games. \$3 cover charge.

Contact Andrew at
infoandliaison.agent@gmail.com

For Everyone

CASE Café - South Durham

April 1
9:30 - 11:30 a.m.

Come for a warm beverage, a chat, or a creative activity.

Contact Karine at
casemcqliaisonagent.cdq@gmail.com

MCQ Book Club

April 26
1:30 - 2:30 p.m.

April Read: The Curious Incident of the Dog in the Nighttime, by Mark Haddon

Contact Julie at
casemcq.project.agent@gmail.com

Virtual Talk: 250 Years of Anglophone Presence in Trois-Rivières

April 28
7 - 8 p.m.

Listen to our own, Julie Miller, talk about the history of anglophones in Trois-Rivières.

Watch on Facebook or via Zoom. More info:
<https://fb.me/e/1dLW21sch>

For Families

Mini-Move in Trois-Rivières

April 2, 9, 16
9 - 11 a.m.

Active free play for parents and their children 0-5 years old. \$4 per session.

Contact Audrey at
casemcq.coordinator@gmail.com

Get a Free Book Every Month

For children ages 0-5.

Sign-up with Audrey

