



March 2019



Partners in Health

CASE-MCQ

Loneliness... in our society

Researchers from numerous disciplines have begun to investigate the heavy toll that loneliness takes on society. Although the idea that loneliness can cause emotional distress is not new, it is only within the last decade or so that researchers have begun to gain a true sense of the physical impact of loneliness and develop insights into its biological and social underpinnings. The conclusions of their research is important to us here at CASE-MCQ. The question of why some are more susceptible to loneliness than others is open to conjecture. Andrew Wister, director of the [Gerontology Research Centre](#) at Simon Fraser University, says that loneliness is a difficult subject to study especially

among the elderly. Not only are there many types of loneliness, the causes vary for different groups. With older adults, the triggers are more likely to be related to poverty, or the marginalization that can occur from being a member of the LGBTQ community or other minority group. Loneliness in seniors can also be related to physical challenges such as a loss of mobility and cognitive impairment. Dr. McConnell from the University of Alberta feels that the incidence of loneliness and social isolation has increased in recent years due to ebb in "social capital," a term that refers to the networks of relationships among people that enable

society to function effectively. "People today are less likely to trust their neighbours for support, fewer people are involved in volunteering, and there is a dramatic decline in church membership". Whereas there has been a reported decline in social networks among Canadians, CASE-MCQ is working to counter this with our community partnerships and policy of equity, social inclusion and autonomy for all community members. Please read on to see ways you can



New Community Outreach initiative from CASE in the Centre-du-Québec

CASE-MCQ has made some new partnerships with community members and groups in the center of Québec. We are now working with the Centre d'Action Benevole organization to bring their services to the rural areas of the Southern part of our territory. Another important partnership is with

the Municipal Councils of two villages in particular, South Durham and St-Felix-de Kingsey. We are concerned that our Anglophone citizens become aware of the different community and health services that they can access. At the same time as bringing Community Health

Education Programs (CHEP's) to people in the rural areas we are very happy to have full cooperation of the municipal governments to let us use their facilities free of charge! Below you can see the latest photo from our DVD conference about how to prevent the 6 most common medical emergencies for seniors.

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Louise Beaulieu CAB Drummondville, presents to the Citizens of S. Durham at a CHEP conference

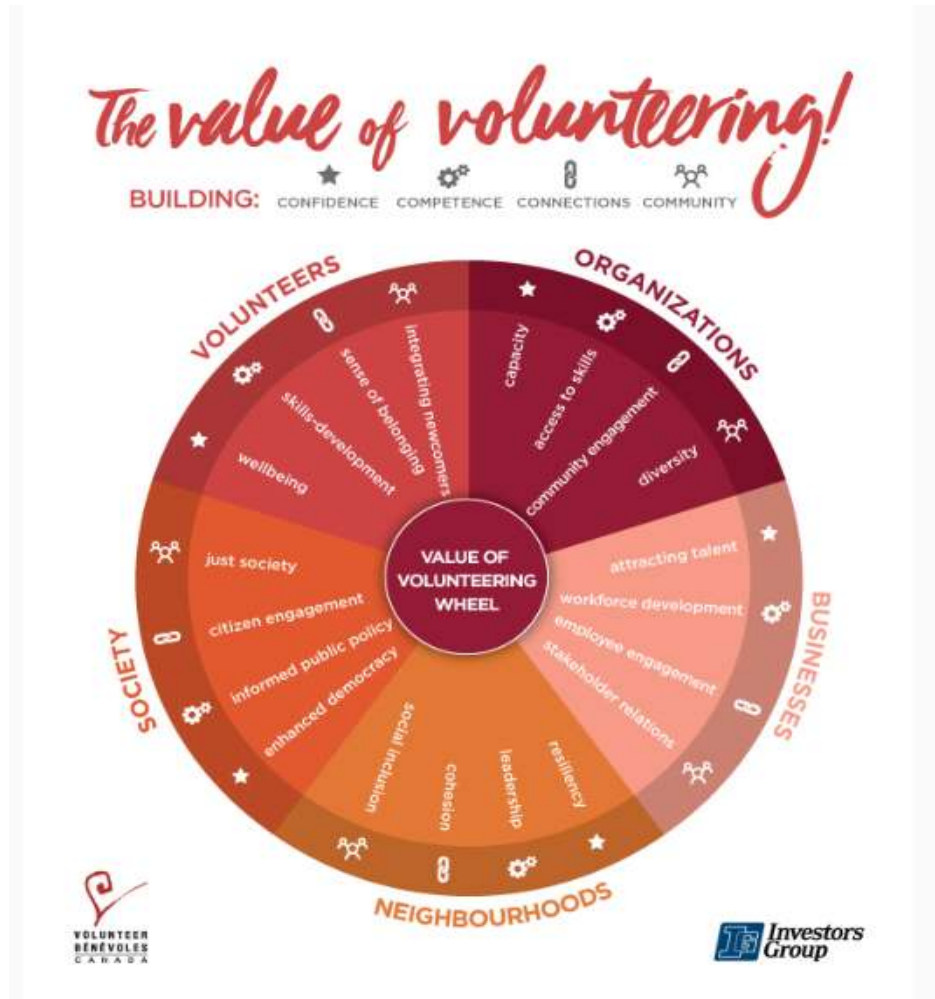
Six things to try if you're feeling lonely

Hang out with like-minded people. What are you into: Card games, music, books? Joining a club is a great way to meet and connect with like-minded people. Your local Library, Community Centre or Community Learning Centre, might run different clubs, so check out if there's something there that's right for you.

CASE-MCQ organizes a Community Health Education Program either live at the Three Rivers High School or by DVD conferences in the Centre of Québec region. Then there are Golden Age clubs, the FADOQ organization, which stands for "Fédération de l'Âge d'Or du Québec", is a provincial organization whose mission is as follows: To serve people aged 50 and over. To represent them at various government levels to ensure that seniors' needs and rights are acknowledged and addressed. To organize activities and offer recreation programs specifically targeted at seniors and their needs.

Get active. Exercise is great for keeping you less stressed and well. The good thing about sport is that it's regular - so it might take a while but you can build up relationships over time and there's not as much pressure. Try, 'Vieactive'. Most Golden Age clubs have this free exercise session.

Write it down. Writing is a great way to battle loneliness, as it helps you to clarify your thoughts, process your emotions and get to know yourself better. Your journal can become like a best friend: it's a 'safe place' for letting everything out, and it's always going to be there for you. But you don't just have to stick to journal writing - writing a poem, or go old school and write a letter to a friend. Often Women's Centre's offer Journaling workshops. If they



don't, suggest that they start one! What's more ask that they start one in English.

Animals are great at making us feel connected and cared for. Dogs in particular can reduce stress, anxiety, and depression [and] ease loneliness. If you're not ready for the responsibility of owning a pet, you could always get into pet minding. Ask your neighbors and friends: they might have a dog you could take for a walk occasionally, or a cat you could go over to visit and pet.

Put on your volunteer hat. If you're feeling isolated, volunteering helps to get you out into the world, connects you with the community and, by keeping you busy, helps take your mind off your own problems. There are a lot of charities to be discovered in your local area that will be looking for volunteers. BUT, each region and small town has a Centre d'Action Be-

nevole (CAB), a Volunteer Centre.

Here is a [Link](#) to provincial volunteer centers so that you can find the one nearest you. **Or call: 514 843-6312 / 1 800 715-7515**

Get some help. If you've tried a couple of these steps and are still feeling disconnected, don't be afraid to seek professional help. **Call 811 and select option 2.** This gives you access to the social intake person who can have a chat with you and perhaps suggest a rendezvous to discuss different options they will know about.

Don't be afraid to get the support you need... Taking even just a few of the steps above can help reduce your isolation and should help you start to feel better.

Almond Butter and Maple Syrup Breakfast Energy Bites

Its sugaring off time! Here is a different breakfast taste that includes maple syrup and old fashioned porridge oats!

5 min Prep Time	30 min Cook Time	35 min Total Time
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- Refrigerate for 30 minutes
- When dough firm, roll into 20 balls
- Store in an airtight container.



Ingredients

- 1 ½ cups old fashioned oats
- ¼ cup vanilla whey protein (or ground flax seed)
- ¼ teaspoon salt
- 1 teaspoon instant coffee
- ½ cup almond butter
- ½ cup maple syrup
- ¼ cup white chocolate chips

Instructions

- In a medium bowl, mix the oats, protein powder, salt and coffee.
- In a microwave safe bowl, combine the almond butter and maple syrup.
- Microwave 30 seconds.
- Add almond butter mix into oat mix. Stir until homogenous.

Looking for a free Income tax filing service?

Would you like some help filling out your income tax forms for free or a small donation... On the canada.ca website it's possible to find out if you would be eligible for this service and where to go in your area.

You can also call your local Centre d'Action Benevol CAB) / Volunteer Centre (and see if they have a [free Clinque](#)



d'impôts'. In **Drummondville** they have this service. The number is: **819 472-6101**. In the **Three Rivers** area this services is offered through the 'Community Volunteer Income Tax Program'. The same idea as at the CAB. This is happening at the Maison des familles Chemin du Roi inc. **Phone number: 819 693-7665**. In Victoriaville the group that is handling the free tax clinics is The Mouvement d'entraide

The CAB's values speak for themselves,
"Equity: In decision making, we consider the human, material, financial and informational aspects of life., Solidarity: Collective needs take precedence over individual needs".

communautaire et social de Victoriaville (M.E.C.S.). **Phone number: 819 604-3600.**

Don't forget to have your official 'slips' with you when you go! You should have received most of your slips and receipts by the end of February. However, T3, and T5013 slips do not have to be sent before the end of March.

Do Just One Thing...

Danny Seo asks in his column, '[Do just one thing](#)', for March' when is the best time of year to paint walls inside a home? You should schedule your home improvement project for the months when it's mostly dry outdoors, which is in spring and fall. Eco-friendly or low-VOC paints still have odor, so it's a good idea to keep windows open to allow for proper airflow and ventilation. Even the

"greenest" of paints can benefit from ventilation, as it helps them to dry quickly and evenly. A total of two to three days is suggested to keep windows open after painting, so be sure yours are screened to prevent wild animals and insects from getting inside your home.

What is Eco-Friendly Paint? Eco-friendly paint, or natural paint, is paint

that has been specially designed to have lower levels of volatile organic chemicals (VOCs, for short). Outdoor paints and paints designed for bathrooms or kitchens may also contain fungicides, while many paint brands include biocide to increase the product's shelf life.



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



We are on the web!
casemcq.com

News from the CASE-MCQ team

Introducing Julie Miller - Community Bursary/
Retention Program Agent!

Here is a short bio from Julie:

I'm very happy to be the new agent for the McGill Leadership Bursary program for the MCQ region. My father's family was originally from Three-Rivers, and now I live with my family on a farm in a small town not too far from Drummondville. My two children are young adults who are pursuing post-secondary education away from home, so I know how important it is to support young people from the regions, both financially and emotionally. Part of my job is to encourage students to choose careers in healthcare, and support those who apply for the bursary through all the various stages. I was excited to meet this year's recipients for the first time in January. Without exception, they are all very interesting and talented people who have a lot to give to their communities. I'm looking forward to getting to know the English speaking communities of the MCQ region better over the coming months!



Dialogue McGill
Better Communication for Better Care



Physical Activities for Seniors in Three Rivers!

More fun times in Trois-Rivières!!! Audrey has shared some action shots of members of the Whitehead Group taking part in a serious work out: they did two 30 minute workshops of Soft yoga and Pound (a kind of dancing with coloured sticks in your hands) with instructor Isabelle Coulombe. The group enjoyed the workshop so much that they hired the facilitator for another session. Other news from the Three Rivers area: on **April 10th they will have a workshop at TRA from 10-11am. on Sleep. Then on May 1st about Anxiety (also 10-11).** Good job Audrey Ottier! Telephone number **above** for more information.



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

Your opinion is required ...

CASE-MCQ has been asked by our major partner organization The Community Health and Social Services Network to invite you to participate in one of two focus groups to be held on our territory. The aim is to collect important data about your experiences in accessing the healthcare system here in the province?

The first is to be held in **South Durham, Centre-du-Québec, on the 3rd of April at the Salle des Loisirs on Main Street.**

The second will be held in **Trois-Rivières on the 17th of April.** Details of where this will be held to be announced. Please call our office to sign up.

A gift card of 15\$ will be offered to each participant along with a light lunch. The data collected will provide important insights into different aspects of healthcare provision. Your opinions are important for this study to provide the evidence of how Anglophone citizens are being treated within our Ministry of health's institutions...

Call toll free now to express your opinion: 1 833 850-5560



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