




**WEBINAR**

# Employment Profile of English Speakers in Abitibi-Témiscamingue



12 PM  
January 27, 2025

Join the Provincial Employment Roundtable (PERT) for the launch of their profile of English speakers in Abitibi-Témiscamingue.

This event, hosted in collaboration with Neighbours, aims to improve the knowledge and understanding of the employment realities of English speakers living in Abitibi-Témiscamingue.

**Monday, January 27th, 2025**  
**12:00PM to 1:30PM**  
**Inperson or Zoom**

To register please call the office. If you would like to join in via zoom please call the office to provide your email address. Two separate rooms will be hosted to be able to present the profile in English and French.



**\*\*The presentation at Neighbours office will be held in English\*\***



Presented in collaboration with



# BRENT AND SARAH

LAUGH OUT LOUD MAGIC

## BRENT AND SARAH'S COMEDY MAGIC SHOW

*Save the Date*

VALENTINE'S DAY COMEDY MAGIC SHOW AND SUPPER

FEBRUARY 14TH, 2025

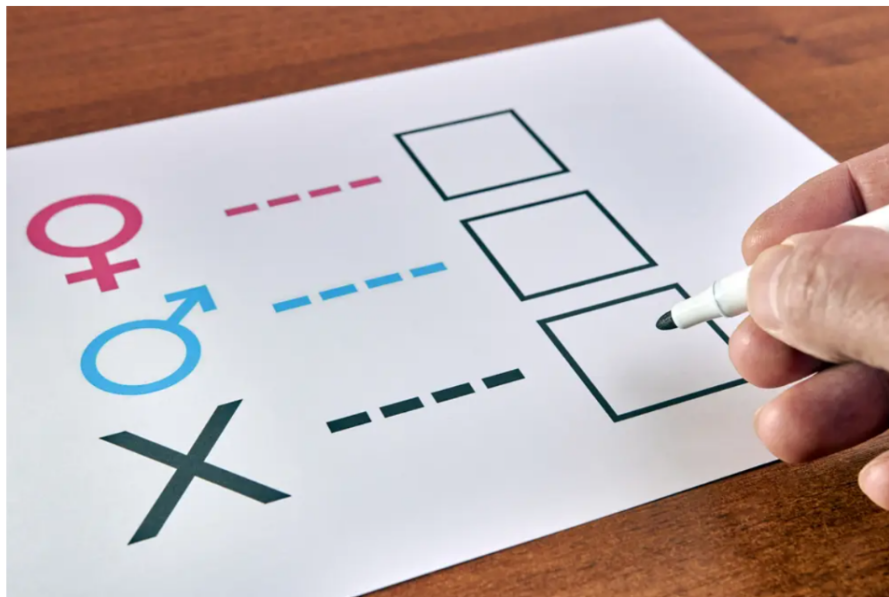
MORE DETAILS TO COME



AS WE STEP INTO THIS NEW CHAPTER, LET'S EMBRACE THE EXCITEMENT AND PROMISE IT HOLDS. MAY THIS YEAR BE FILLED WITH LAUGHTER, FRIENDSHIP, AND MOMENTS THAT TAKE OUR BREATH AWAY. LET'S WELCOME THE CHALLENGES AS OPPORTUNITIES TO GROW AND CELEBRATE THE VICTORIES, BOTH BIG AND SMALL. HAPPY NEW YEARS FROM NEIGHBOURS BOARD OF DIRECTORS AND STAFF



# Introduction of “X” Marker on Health Insurance Cards in Quebec



**November 8th, 2024**

Since **October 10th**, the “X” gender marker can be affixed to health insurance cards on request, according to the rules already in effect with civil status.

Although the health insurance card is not an identity card, but rather a card primarily used to confirm eligibility for the health insurance plan for the purpose of accessing care and services under the RSSS (Réseau de la santé et des services sociaux), it also serves to confirm the identity of people for certain organizations (public and private). The following markers will be available :

F = Female

H = Male

X = Non-binary

## **How to obtain a CAM (Carte Assurance Maladie) with the “X” gender marker?**

Since June 2022 (Projet de loi n°2), people who are transgender or non-binary can request registration of a sex designation which corresponds to their gender identity on their birth or death certificate.

In order to put an X (non-binary) on their health insurance card (CAM-X), a preliminary procedure must be done with the Directeur de l'état civil (DEC).

Once this procedure is finalized, the user may contact the Régie de l'assurance maladie (RAMQ) to request a CAM-X.

*Source (translated by Neighbours): <https://www.cisss-at.gouv.qc.ca/introduction-marqueur-genre-x-cartes-dassurance-maladie-quebec/>*

## What is Heart Disease?

Heart disease includes many diseases that affect your heart, but coronary artery disease (CAD) is the most common and familiar one. CAD can create a waxy buildup in your heart's arteries that can cause a heart attack. Healthy habits, medicines, and procedures can prevent or treat CAD and other heart diseases. It affects people from most ethnic backgrounds, regardless of sex.



- About 1 in 12 (or 2.6 million) Canadian adults age 20 and over live with diagnosed heart disease;
- Men are 2 times more likely to suffer a heart attack than women;
- Men are newly diagnosed with heart disease about 10 years younger than women (55–64 vs 65–74 years of age).

### Symptoms of heart disease are:

- Pounding or racing heart (palpitations);
- Sweating;
- Lightheadedness;
- Shortness of breath;
- Dizziness or sudden unexplained loss of consciousness;
- Chest/upper body pain, pressure, heaviness, or discomfort;
- Neck pain;
- Heartburn or indigestion;
- Nausea and vomiting;
- Swelling in your lower body;
- Exhaustion, difficulty sleeping, inability to exercise;
- Fever.

### Early warning signs:

- Chest pain;
- Shortness of breath;
- Swelling in your legs;
- Fatigue;
- Dizziness, fainting unexpectedly, or near-fainting, repeatedly.



### Risk factors for heart disease include :

- High Cholesterol;
- High blood pressure;
- Tobacco product use;
- Inactive lifestyle;
- Heart disease in your biological family;
- Type 2 diabetes;
- Having a BMI (body mass index) higher than 25 (having overweight);
- Eating unhealthy foods.

### How to decrease your risk of heart disease:

- Reach or maintain a healthy weight;
- Decrease stress;
- Manage other health conditions;
- Exercise 30-60 minutes a day/4-7 times a week;
- Avoid salts and saturated fats.

## 17 Hygiene Mistakes You Didn't Know You Were Making

Maintaining good hygiene is often seen as straightforward and routine in our daily routines. However, it's easy to overlook common hygiene mistakes that can impact our health and well-being amidst the familiarity. These oversights might stem from misconceptions, ingrained habits, or ignorance of the proper practices.



Addressing these hygiene slip-ups helps prevent illnesses and enhances overall comfort and confidence. This guide provides insights and practical advice to improve your hygiene habits by highlighting these mistakes. Let's dive in!

### **Not Cleaning Your Phone**

Our phones are integral to our daily lives and often accompany us everywhere, including the bathroom. However, studies have shown that they carry more germs than toilet seats! Regularly clean your phone with an alcohol-based wipe or use a UV light sanitizer to reduce the risk of transferring germs from your hands to your face and vice versa.

### **Not Changing Your Toothbrush Regularly**

Using a toothbrush repeatedly for months can lead to bacteria buildup, which can cause oral health issues. The American Dental Association recommends replacing your toothbrush every three to four months or sooner if the bristles are frayed. It's also essential to store your toothbrush upright and let it air dry after each use.

### **Not Drying Your Hands Properly**

After diligently washing your hands, it's crucial to dry them thoroughly. Leaving them damp can breed bacteria and cause skin irritation. This is especially important in public restrooms with shared hand towels or air dryers. Use a clean towel or paper towel to dry your hands properly if possible.

### **Not Washing Your Water Bottle**

Reusable water bottles are great for the environment but can harbor harmful bacteria if not cleaned properly. After each use, wash them with soap and warm water and let them air dry completely. Avoid using the same bottle for an extended period and replace it if it shows signs of wear and tear.

### **Not Cleaning Your Makeup Brushes**

If not cleaned regularly, makeup brushes can accumulate dirt, oils, and bacteria over time. When applied to the face, this can lead to skin irritation or breakouts. It's recommended that you wash your makeup brushes at least once a week in warm, soapy water and allow them to air dry thoroughly before use.

### **Using the same towel too long**

Towels are used daily to dry our bodies, hands, and faces. However, they can become breeding grounds for bacteria if not washed and replaced regularly. It's recommended to wash bath towels after 3-4 uses, hand towels after two days, and face towels daily.

*Continued on next page...*

**Not Cleaning Your Ears Properly**

Earwax is a natural substance that helps protect our ears from dirt and bacteria. However, if it accumulates excessively, it can cause discomfort and even hearing loss. Q-tips or cotton swabs may seem like the go-to tool for cleaning your ears, but they can push earwax further into the ear canal and potentially damage the eardrum. It's best to use a damp cloth or an ear irrigation kit to gently clean the outer part of your ears. If you experience persistent earwax build-up, consult a doctor.

**Not Washing Your Face Before Bed**

After a long day, it can be tempting to crash into bed without washing your face. But this can lead to clogged pores, breakouts, and premature aging due to the accumulation of dirt, oils, and makeup on your skin. Clean your face thoroughly before bed using a gentle cleanser suitable for your skin type.

**Not Cleaning Your Bedding Regularly**

We spend about a third of our lives sleeping on our beds, making it essential to clean our bedding regularly. Dust mites, dead skin cells, and oils can accumulate on our sheets and pillowcases, creating a breeding ground for bacteria. Wash your bedding in hot water at least once every two weeks to kill lingering germs.

**Not Taking Care of Your Feet**

Our feet are exposed to bacteria and fungi daily, especially when wearing closed-toe shoes for an extended period. Wash your feet thoroughly in warm water and dry them completely before wearing clean socks. Regularly changing your socks and letting your shoes air out can also help prevent foot odors and infections. Use an antibacterial foot spray or powder to clean your feet and shoes.

**Over-washing Your Hair**

Washing your hair too often can strip it of natural oils, leading to dryness and damage. It's recommended to wash your hair every 2-3 days with a gentle shampoo and conditioner suitable for your hair type. If you have an oily scalp, consider using dry shampoo between washes. Also, avoid using hot water and harsh styling products that can further contribute to damage. However, it's essential to maintain good hygiene practices by keeping your hair clean and free of dirt and oils. Find a balance that works for your hair type and lifestyle.

**Not Taking Care of Your Nails**

Nail hygiene is crucial to prevent the spread of bacteria and infections. Keep your nails trimmed, clean, and dirt-free by washing them regularly with soap and warm water. Avoid biting or picking at your nails, as this can introduce bacteria to the skin around them. Also, take care when getting manicures or pedicures at nail salons by ensuring they follow proper sanitation practices.

**Not Washing Hands Regularly**

Hand washing is one of the most important ways to prevent the spread of germs and illness. Make sure to wash your hands thoroughly with soap and warm water before handling food, using the bathroom, or coming into contact with potentially dirty surfaces. This will help protect not only yourself but also those around you.

Source: <https://www.msn.com/en-ca/health/other/17-hygiene-mistakes-you-didn-t-know-you-were-making/ss-AA1qLSj1?ocid=hpmsn&cvid=60e541fe4154464ef3db05061c9c0d54&ei=4#image=1>

## **Inaugurations of Maisons des aînés et alternative (MDA MA) in Val-d'Or and Rouyn-Noranda**

The opening of the Maison des Aînés et Maison Alternative (MDA MA) in Rouyn-Noranda marks a turning point in our accommodation services in Abitibi-Témiscamingue. This innovative project meets the needs of the target clientele and helps strengthen community ties.

Maison des Aînés et Maisons Alternatives (MDA MA) is a response to the housing needs of two clientele groups: seniors suffering from loss of autonomy, and adults with physical or intellectual disabilities. The partial opening of 24 new places means that we can now offer local, quality services, while recreating the environment of a real home.

Designed to promote human relations, the Maison des aînés offers a warm and stimulating living environment. With its individual rooms equipped with adapted toilets and showers, as well as its inviting common and outdoor spaces, everything has been designed to encourage an active and fulfilling lifestyle. Furthermore, the integration of caregivers into residents' daily lives enhances their well-being and sense of belonging.

This project is the fruit of collaboration between CISSS teams, partner users, the government and local stakeholders. Together, they have contributed to the realization of an innovative and inclusive vision that benefits the entire community.



Source: *L'Express du CISSS Abitibi-Témiscamingue*



## Campfire Club

**January 7th:**

### Bingo

We're back to celebrate the new year! Let's play New Year's bingo for treats and little prizes!



**January 14th :**

### Clothespin

### Animals/Puppets

Make easy and funny characters out of clothespins!



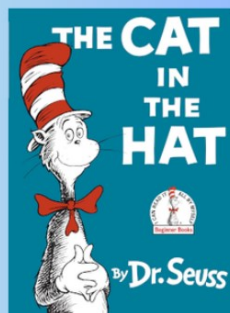
**January 21st : Winter  
Calm Down Bottles**

Make your own glitter bottle to use in times of stress or big emotions!



**January 28th :  
Story Time**

Let's celebrate literacy with some fun Dr. Seuss stories!



## KOOL KIDS CLUB



**January 9th :**

### Make a Glove Monster

Practice a little sewing as you create a funny monster friend out of a winter glove!



**January 16th :**

### Grandma Moses

### Winter Art

Learn about American artist Grandma Moses and try out a KOOL winter art technique!



**January 23rd :  
Reverse Colour Art**

Combine painting and colouring to express yourself for this fun process art activity!



**January 30th :**

### Perspective Snowman

Explore shading, lighting, and perspective as you create winter art.



JANUARY  
ISSUE

# \* UPCOMING ACTIVITIES \*

JANUARY  
ISSUE

## MOVING MONDAY! Mondays at 1:30pm



Join us every Monday at 1:30pm for a Viactive session. Each exercise session is made up of different movements for all levels of ability. Chairs are provided for those who need the extra support!

## WELLNESS WEDNESDAY

At 1:30pm

Jan. 8th

### New Year Party

Celebrate the new year with us! Table Talk Cards and a surprise!

Jan. 15th

### SHARP

Thinking about your mental health

10 AM

Call to reserve your lunch

Jan. 22nd

### Caffeine Intake

What is too much & how it affects your body

Jan. 29th

### Chinese New Year

Learn about the traditions and Chinese zodiacs

## FUN FRIDAY GAMES

At 1:30pm

Jan. 10th

Game Day

Jan. 24th

Game Day



## FUN FRIDAY MOVIES

At 1:30pm

Jan. 17th

### Greyhound (2020)

1h31m

U.S. Navy Cmdr. Ernest Krause is assigned to lead an Allied convoy across the Atlantic during World War II. His convoy, however, is pursued by German U-boats.

Although this is Krause's first wartime mission, he finds himself embroiled in what would come to be known as the longest, largest, and most complex naval battle in history: The Battle of the Atlantic.



Jan. 31st

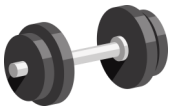



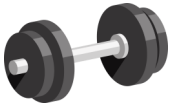


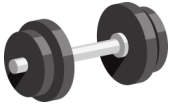

### Thelma (2024)


1h38m

Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.



# JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE CLOSED	2 OFFICE CLOSED	3 OFFICE CLOSED	4
5	6 	7 	8 	9 	10 	11
12	13 	14 	15 	16 	17 	18
19	20 	21 	22 	23 	24 	25
26	27 	28 	29 	30 	31 	

 Tuesdays: Campfire Club 4:00pm to 5:15pm

 Thursday: Kool Kids Club 4:00pm to 5:15pm

 Monday: ViActive Exercises at 1:30pm



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



Friday: Movie/game at 1:30pm



*Our Health*  
IS IN OUR HANDS



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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

