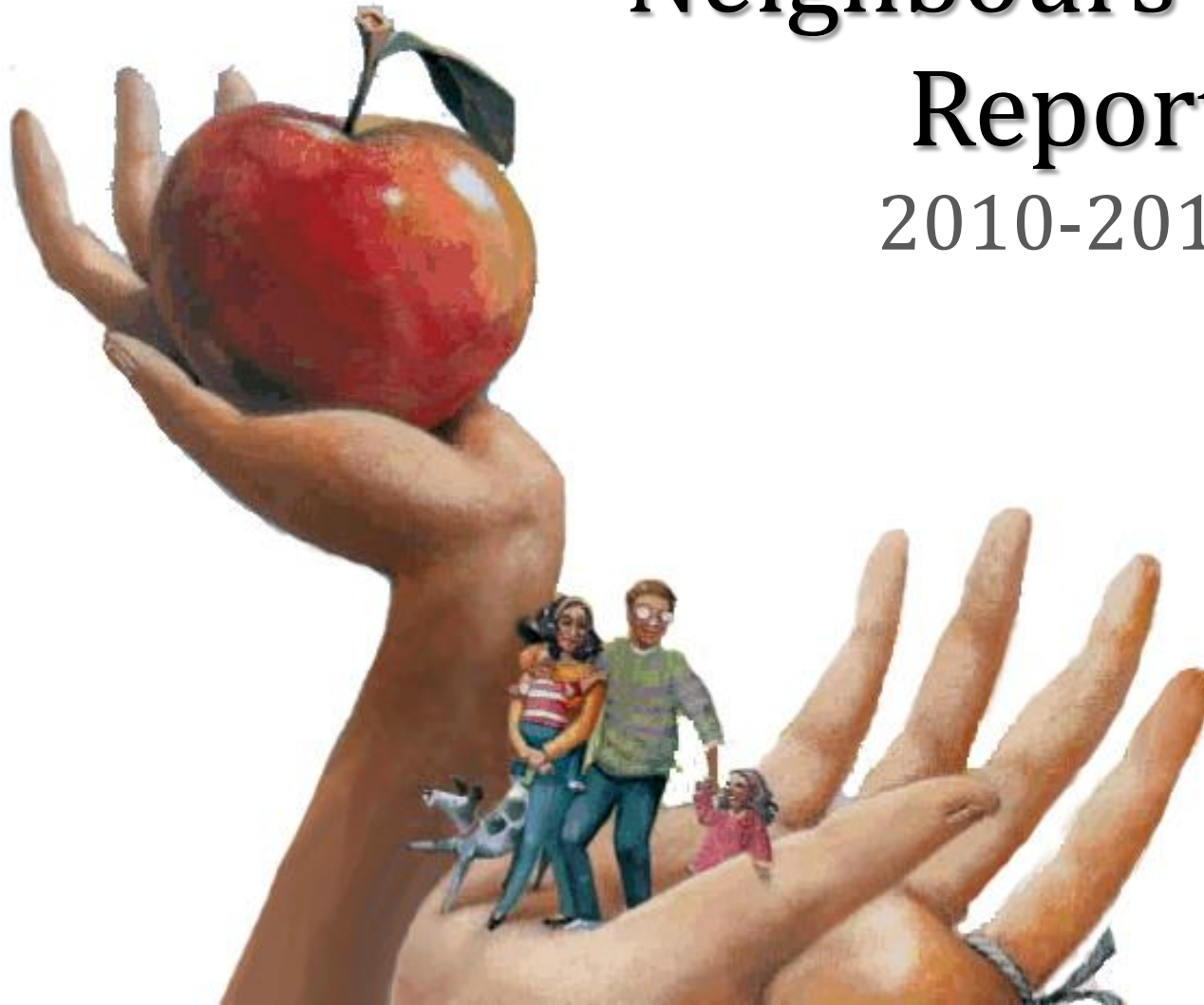


Neighbours Health Report 2010-2011



Health Committee

All our work is done with the help of our Health Committee:

- Mrs. Elsie Sullivan, Health Committee Chairperson
- Mrs. Carine Osborne
- Mrs. Marilyn Brethour
- Mrs. Janice Beaudin-Nolet

Thank you for your magnificent support throughout the year.

Networking

- 7 Health Committee meetings + 1 Health Symposium

At these meetings, with the guidance of the Health Committee, events, projects and what we should focus on are decided.

At the Health Symposium, a group of health organizations and partners gathered and discussed their involvement with the English Community and what was benefited.

Present at this meeting were:

Sylvie Petit, CSSSRN

Jacques Mercier, CSSSRN Community Organizer

Valerie Perron, Streetworker

Lucie Alarie, Retired Nurses Group of Rouyn-Noranda

Russ Kueber and CMA Medeiro, CHSSN

Jim Slobodian, Health Committee: Elsie Sullivan, Marilyn Brethour & Janice Nolet & Sharleen Sullivan

Networking (continued)

- 5 Table Insectorielle des Aines

A group of organizations sharing information about important topics, events and concerns that touch seniors lives in the regions. Also bringing back any information that could benefit the English Population of Rouyn-Noranda.

- Annual General Meetings

Attended Annual General Meetings of different partner organizations, hearing their plans for the coming year.

- ✓ Parrainage Civique
- ✓ Regroupement des Personnes Aidantes Naturelles R-N
- ✓ AQDR
- ✓ Suicide Prevention
- ✓ Memory Clinic

Networking (continued)

Conference Calls

Attended 12 conference calls during the year. Many of the calls are from CHSSN informing us on different Health topics and allowing different associations from across the province to share information, ideas and best practices. The conference calls also provide training sessions like Tyze: On line network to strengthen ties between family & Care Providers and bridging formal and informal care systems.

Other meetings

Throughout the year we keep in contact with other organizations by attending group and/or one on one meetings. This is to ensure that we are kept up to date with what is going on.

- ✓ Space Time (2)
- ✓ Alzheimer Society
- ✓ Diabetes Society
- ✓ Cancer Society
- ✓ Surete du Quebec
- ✓ Sylvie Petit CSSSRN (3)



Networking (continued)

Administrative meetings

English Advisory Board

Attended 3 English Advisory Board Meetings to discuss how to develop better access to Health and Social Services in English and develop a Strategic Plan.

Streetworker

Attended meetings to monitor the progress of the street worker for seniors.

Noranda School

Promoting healthy living at Noranda School is important. This year's activities were:

- ✓ **Epipen training** for Noranda School staff and teachers
- ✓ **Composting and recycling** (revisiting the basics)
- ✓ **Baby Sitting Course** (How to be responsible and first aid training)

And our focus project this year was on;

- ✓ **Self Esteem and Respect for Others**

Promoting self image in High School level. This project consisted of printing out poster size prints of a girl and what the magazines are doing to enhance her picture for their publication (photoshopped). Powerful presentations were done in class to get the message out. As promotional items, students were given USB Keys and Notebooks with Neighbours logo printed on them.

Noranda School

(continued)

For the elementary level, presentations were done on self-respect and respect for others, followed by group discussions. Promotional items given to the students included gym bags with the Neighbours logo printed on them.

Community

The community is kept informed through different activities. This year has been exciting and very busy.

✓ **Home Safety Session**

This session consisted of tips on keeping the English Community safe. Presentations were given by a Surete du Quebec officer, a Firefighter, a Paramedic and a 911 operator. Promotional items given to the members were blinkers and reusable bags containing the speakers presentations and flyers promoting safe homes.

✓ **Diabetes**

This get-together was for members living with diabetes. A Nutritionist gave a presentation on how to read food labels and to make the right choices. Also available was a CSSSRN nurse to take blood sugar readings. Promotional items given out that night contained information on diabetes, a diabetes kit from a pharmacy and Dextrose sugar tablets. Diabetes portion plates were also distributed to each member that attended.

Community (continued)

✓ **Breast Cancer Awareness**

This year's focus was on the importance of mammograms and how to recognize anomalies in the breast, also present was a cancer survivor who shared her story. Thingamaboobs were given out in addition to the information pamphlets.

✓ **Daffodils Days**

In partnership with the Canadian Cancer Society, the Coordinator helped out creating vases and also to monitor the students (Noranda School) selling at different areas.

✓ **Videoconference**

A topic for the entire community to enjoy was on Life's Losses



Seniors

✓ **Videoconference - Balance**

This topic was geared towards the Seniors, and was follow-up by a visit from a Chiropractor presenting some extra information on the topic and how to make your home safer from falls.

✓ **Elderly Abuse Launch**

Attended the Launch for Elderly Abuse, unveiling the internet site.

✓ **Samedi des Aines**

Organizations from the Table Insectorielle des Aines put together a day of information sharing with guests speakers on different topics of interest.

Training

The Health Coordinator attended some training sessions.

✓ **Chronic Health Challenges management for Seniors & Caregivers.**

Phone Conference on a new binder module and how to use it

✓ **Video conference**

Revisiting how to use the Video conference and how to get members out.

✓ **NPI retreats**

Attended 2 retreats; the purpose of these retreats are for different networks from across Quebec to exchange ideas, best practices and even showcase their successes.

Workshops and special meetings are also featured.

✓ **Health Check**

Participated on Health Check with Bruce Todman CBC radio program "Breakaway".

Thank You!