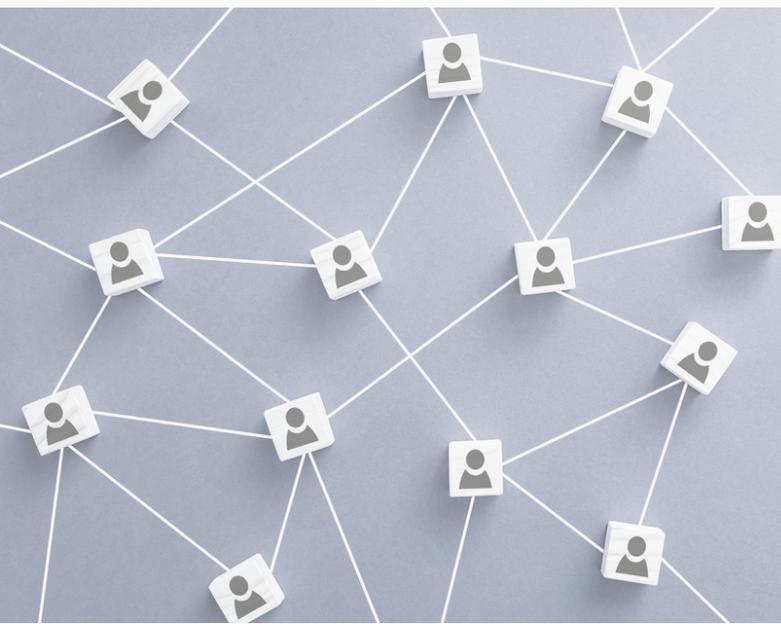




# PARTNERS IN HEALTH

Drummondville: 819 850-5560, 1045 Chabanel / Trois-Rivières: 819 875-2332 ext. 1520, 1875 Nicolas-Perrot  
[casemcq.com](http://casemcq.com) / [casemcq.communications@gmail.com](mailto:casemcq.communications@gmail.com)



## What's new at

# CHSSN

## Community Health and Social Services Network

### By Russ Kueber, CHSSN Director of Programs

As a provincial organization supporting the health and social services needs and priorities of English-speaking communities, our team of ten staff are quite busy. We are excited to announce that CASE-MCQ, along with 22 other English-language organizations across the province, will receive funding for the next 5 years to continue their very successful Networking and Partnership Initiative (NPI). The NPI aims to support partners improve their health and social services to better serve the English-speaking community.

A few months ago, the honourable Carolyn Bennett, federal Minister of Mental Health, announced a 4.2-million-dollar project to support the mental health of English-speaking Quebecers. This allows the CHSSN to fund 47 community organizations to offer mental health promotion programs.

The *Secrétariat aux relations avec les Québécois d'expression anglaise* (SRQEA) also confirmed a continuation of the Senior Wellness Centre initiative. Through this initiative, the CHSSN supports 30 organiz-

ations to offer health promotion activities to English-speaking seniors in more than 70 sites across the province. In particular, CASE-MCQ is able to offer bi-monthly activities to seniors in the Maurice Centre du Québec region in order to break down social isolation that many face.

Finally, the CHSSN would like to recognize CASE-MCQ for their wonderful collaboration with their CIUSSS de la Mauricie-et-Centre-du-Québec and their continued joint efforts in offering information and referral support services that help English-speakers in the region with questions they may have in accessing services.

### Also in this issue:

- New Quebec budget allocates more for seniors and the English-speaking community
- The new interim Canada Dental Benefit
- Julia Frid, CASE-MCQ's new NPI Coordinator
- World Elder Abuse Awareness Day
- Law and mental health: Educaloi Guide
- June events

# Quebec allocates additional support for seniors and the English-Speaking Community



## \$58 million for the English-speaking community

The *Secrétariat aux relations avec les Québécois d'expression anglaise* (SRQEA) will receive \$31.5 million in support of its mission to strengthen the vitality of Quebec's English-speaking community.

The Quebec government has also committed \$26.5 million over the next five years to extend and improve programs aimed at supporting the capacity for action by community groups, institutions and partnership networks that support English-speaking communities.

Source: Seniors Action Quebec

## \$2 Billion earmarked for seniors

In its 2023-2024 budget, the Quebec government announced **\$2 billion of additional funding over the next five years in support of health and social services for seniors, especially for those with diminishing autonomy.** This is a timely and necessary acknowledgement of systemic shortcomings that also recognizes the particular needs of English-speaking seniors.

- For seniors wishing to live at home, \$963.5 million that will serve to increase the supply of home support services, professional care, services for informal and family caregivers (e.g. respite), and technical support (e.g. adjustable beds)
- For seniors needing adapted housing (e.g. seniors' homes) \$705.0 million that is allocated to ensure high-quality and safe living environments
- \$202.7 million for the continuance of government initiatives in support of seniors and informal or family caregivers.

## Senior Wellness Centres get additional \$5 million for expansion

Another \$5 million over the next three years will support existing community-based Wellness Centres for English-speaking seniors and allow for an expansion of points of service.

The new interim **Canada Dental Benefit**

CANADA.CA/DENTAL Canada

In Canada, a third of people do not have dental insurance and, as a result, many go without necessary dental care because it costs too much. The Government of Canada's new interim Canada Dental Benefit is available for eligible families who:

- have children under 12
- have an adjusted net income of less than \$90,000
- do not have access to private dental insurance
- have, or will have, out of pocket dental care expenses.

The benefit allows families to receive up-front, direct payments up to \$650 per year, per child, for two years (totalling up to \$1300) for dental care services. Visit <http://ow.ly/kFt750LVgcw> for more information.



# Julia Frid!

CASE-MCQ's new  
Health & Social Services  
Network Partnership  
Initiative (NPI) Coordinator

We are so pleased to announce that Julia Frid has joined the CASE-MCQ team as our new NPI Coordinator. Julia will represent CASE-MCQ and the English-speaking community with local, regional and provincial health institutions and bodies in the Mauricie. She will also develop and implement information tools to raise awareness about health issues specific to English speakers and lead various projects and activities to support the health and vitality of our community.

*I wish everyone to feel welcomed and to thrive in the Mauricie and Centre du Quebec, from our senior cornerstones, to our younger go-getters, and to our new neighbours."*

Julia follows on the heels of Audrey Ottier, who admirably served and represented our community as the NPI Coordinator for over five years.

## The Law and Mental Health



Mental health challenges affect thousands of Quebecers and their families and friends. When it comes to these challenges, the law comes into play in many ways. But it's hard to find the right legal information in one place. And when you find it, it can be hard to understand.

Educaloi has put together an online guide to help you or someone you know navigate this. Topics include:

1. Health Care Decisions
2. Forced Hospitalization
3. The Confidentiality of Health Records
4. Navigating the Health Care System
5. Protecting Vulnerable People
6. Drug Plan
7. Other Resources

The guide is available at <https://educaloi.qc.ca/en/web-guide/law-mental-health/>

## June 15th is World Elder Abuse Awareness Day



### What is elder abuse?

Elder abuse can be defined as a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person. Abuse can take the form of domestic violence, financial abuse, neglect, physical harm, psychological abuse, or sexual abuse.

### What to do if you witness or suspect elder abuse

- Talk to the older adult confidentially about what he or she thinks of the situation.
- Listen without judgement.
- Assure them that they do not deserve to be treated this way and that they are not responsible for the mistreatment.
- Encourage him or her to file a complaint.
- Suggest the help of a professional, such as a psychologist or a CLSC worker.
- Consult a professional by calling Info-Social, the Elder Abuse Help Line or your CSSS.

**Ligne Aide Abus Aînés**  
**1-888 489-ABUS (2287)**

**Info-Social: 811**

**<https://www.aideabusaines.ca/>**



CLICK IMAGES TO EMAIL FOR MORE INFORMATION 

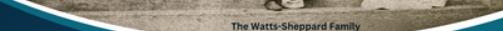
A Special Commemorative Heritage Event:

## Remembering Drummondville's First Families

with a Bridge, a Tea, and a Talk



Robert Nugent Watts



The Watts-Sheppard Family

A special afternoon which includes:

- A speech from Drummondville's mayor to formally inaugurate the Robert Nugent Watts Bridge
- An English tea, complete with scones, jam and Devonshire cream, special cookies and cakes, tea, and coffee
- A sneak-peek of the upcoming virtual exhibit about the vanished Grantham Hall
- Short presentations on the history of the Golf Club, life of artist Charlotte Sheppard, and more
- A visit to St. George's Church, with a presentation of letters and other treasures from the Watt-Sheppard Family Archives

...with descendants of Robert Nugent Watts and Charlotte Sheppard in attendance as special guests!

Wednesday  
**June 14**  
2:00 - 5:00 PM  
Club de Golf de Drummondville  
400 chemin du Golf

Cost:  
Adults - \$20  
Seniors - \$15  
Students - \$10

Reservations strongly recommended:  
[casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com)



CENTRE FOR ACCESS TO SERVICES IN ENGLISH  
CENTRE D'ACCÈS POUR SERVICES EN ANGLAIS  
[casemcq.com](http://casemcq.com)

beginner-friendly!

# Knit & Chat

in Trois-Rivières!

Wednesday  
**June 14 & 28**  
7-9 pm

Three Rivers Academy  
2nd Floor Conf. RM.  
1875 Rue Nicolas-Perrot

Refreshments will be served



it's fun!

join us!

Email: [infoandliaison.agent@gmail.com](mailto:infoandliaison.agent@gmail.com)



A Mom's Group Special Activity

## Picnic in the Park!

Pavillon St Arnaud, 2900 Mgr. St-Arnaud, Trois-Rivières

**JUNE 21, 12:30 - 2:30 pm**

Bring a lunch and enjoy some good company!

For more info and to register:  
Contact Gina at 819-691-5883  
[infoandliaison.agent@gmail.com](mailto:infoandliaison.agent@gmail.com)



A special guided tour of

## L'église Ste. Christophe d'Arthabaska



Wednesday, June 28th - 10:00 am  
40, rue Laurier Ouest, Victoriaville

Treat yourself to a guided tour in English of this historical church with its extraordinary paintings. CASE-MCQ is covering the cost of the visit!  
Meet us at the church at 10:00 am!

Optionally, there is a meetup for lunch at Café Méridien Arthabaska at 869 Boul. Bois-Francis Sud, Victoriaville (cost covered by individual).

Email Karine at [casemcq.liaisonagent.edq@gmail.com](mailto:casemcq.liaisonagent.edq@gmail.com)




## Online Book Club June 27, 1:30 - 3:30 pm

Email [casemcq.heritage@gmail.com](mailto:casemcq.heritage@gmail.com) for details