

SEPTEMBER
2025

Neighbours Health Bulletin
Supporting the English-Speaking Community
of Rouyn-Noranda / Abitibi-Témiscamingue

Our Health
IS IN OUR HANDS



**A community that is engaged
and working together can be
a powerful force**





ANNUAL GENERAL MEETING

**SUNDAY
SEPT
28TH**

**BRUNCH
11:30AM
AGM
1:00PM**

**TOMATE & PESTO
55 AVENUE
DALLAIRE**

**DEADLINE
SEPT 19TH**

**MEMBERS: FREE
NON-MEMBERS: 25\$**



A strong gesture for health in Abitibi-Témiscamingue!



The Fondation Santé Rouyn-Noranda is proud to announce a major investment of \$1.6 million from the Moreau family, a key factor in the success of the realization of the future Maison d'hébergement en cancérologie (Oncology housing facility).

In recognition of this commitment, the Maison will now carry the name **Maison Moreau**. With this gesture, the Moreau team is demonstrating its deep commitment to the well-being of the people of Abitibi-Témiscamingue, and its desire to contribute to a project that will benefit the entire region.

The Maison Moreau will open its doors in October 2025. Located close to the regional radiation oncology center, it will offer a place to stay, rest and receive psychosocial support for people from all over Abitibi-Témiscamingue undergoing oncology treatment. Designed as an extension of care, it will offer a calm and safe environment.

With nearly 95% of the financing already raised, the Maison Moreau continues to take shape and reminds us that every gesture counts in building a place worthy of our citizens.

The Maison Moreau will offer 10 rooms for patients and their caregivers from Abitibi-Témiscamingue and part of Nord-du-Québec who will be followed by the Centre de radio-oncologie régionale (regional radiation oncology centre). Added to this will be various care and services such as yoga and the loan of wigs and prostheses.

Source: <https://soignescheznous.ca/un-geste-de-fort-pour-la-sante-en-abitibi-temiscamingue/>

Emergency rooms statistics... did you know?

You can check the situation of the emergency rooms closest to you and for all of Québec.

- Visit the *Quebec.ca/en* and search “Situation in emergency rooms in Québec”
- Add in your postal code in the “**Find a facility nearby**” search bar
- Click on “**Find my location**”



Find a facility nearby

 Find my location

When you scroll down, you will find the facilities closest to your location. Below is an example of the site, you can see the name of the hospital, number of people in the ER and average time in the waiting room and some other information.





Hôpital de Rouyn-Noranda


4 9e Rue, Rouyn-Noranda, J9X 2B2
Abitibi-Témiscamingue

[Consult the schedule of the installation Hôpital de Rouyn-Noranda](#)

0.4 km

 Estimated waiting time for non-priority cases to see a doctor: **currently not available**

 Number of people waiting to see a doctor in the emergency room: **15**

 Total number of people in the emergency room: **22**

 Occupancy rate of stretchers: **63%**

 Average time in the waiting room (from the previous day): **3:12**

 Average waiting time on a stretcher (from the previous day): **8:57**

Every year, about 50% of patients who visit the emergency room do not have urgent problems. This situation creates a bottleneck effect and prevents some people from having access to adequate healthcare. It is therefore very important to determine how urgent your problem is before you go to the emergency. If going to the emergency is not necessary, there are other options available:

- Contact Info-Santé 811
- Get a medical consultation with a health professional
- Contact your pharmacist

Continued on next page...

When you arrive at the emergency room

As soon as you arrive at the emergency room, a nurse will assess your health. Based on rigorous criteria based on the Canadian Triage and Severity Scale, the nurse scores on a five-level scale:





CANADIAN TRIAGE AND ACUITY SCALE	
L1 / P1	Resuscitation. Conditions that are threats to life and limb requiring immediate aggressive interventions.
L2 / P2	Emergent. Conditions that are a potential threat to life, limb, or function.
L3 / P3	Urgent. Conditions that could potentially progress to a serious problem but does not present immediate instability.
L4 / P4	Less urgent. Conditions that, in relation to the level of deterioration, would benefit from interventions.
L5 / P5	Non-urgent. Conditions that could be acute that under investigation and required care can be delayed

Sources: quebec.ca / www.cisss-at.gouv.qc.ca

Blood Drive in Abitibi-Temiscamingue



About an hour of your time could change someone's life! Blood and blood products are a critical part of everyday medical care including major surgeries, medical procedures, cancer treatments and managing diseases and disorders.

City/Date	Location	Address	Time
 Val-d'Or September 8th	Hôtel Forestel	1001, 3e Avenue Est	11:00am - 6:00pm
 Amos September 9th	Théâtre des Eskers	152, 14e Avenue Est	1:00pm - 8:00 pm
 Rouyn-Noranda September 10th	CÉGEP de l'Abitibi-Témiscamingue	425, boulevard Du Collège	2:00pm - 8:00pm
 Rouyn-Noranda September 11th	CÉGEP de l'Abitibi-Témiscamingue	425, boulevard Du Collège	9:00am - 2:30pm

Take a minute. Give years.

Blood is a one-of-a-kind product. It's essential to life and can't be replaced—there's no substitute for it. Our province's blood inventory depends entirely on the generosity of our donors. Each day, we need 1,000 donations to meet Québec's demand for blood products.

Source: <https://www.cisss-at.gouv.qc.ca/en/fall-prevention/>

Fall Prevention

Better safe than sorry!

Every year, about 30% of people aged 65 and older experience a fall. For them, a fall often represents the beginning of a loss of autonomy and mobility. In general, the elderly are more physically fragile. In this age group, falls often result in hip fractures, a trauma requiring a long convalescence, some of which is experienced in hospital.



Falls are multifactorial events that can be associated with the characteristics of the individual, their behaviour, or their environment.

Do you ever:

- Have less strength in your legs?
- Have low energy at the end of the day?
- Walk around without lights on at night?
- Climb on a chair to reach the top cabinet?
- Take natural products with the medications prescribed by your doctor?
- Lose balance or fall?
- Skip meals or eat very little?

If you answered yes to any of these questions, you may be at risk of falling.

Regular physical activity is known to help prevent falls, including strengthening the leg and back muscles, as well as improving balance, flexibility and reflexes in older adults.

Services Offered

In Abitibi-Témiscamingue, a falls prevention program (known as the *PIED Program for Integrated Dynamic Balance Program*) is offered free of charge in all MRCs in the territory, intended for people 65 years of age and older, who have had a fall in the past year or who are concerned about their balance or the risk of falls.

- Duration: twelve consecutive weeks (two meetings per week).
- Individual assessment at the beginning and end of the session.
- Led by health professionals with recognized training.
- Content: group exercises, exercise routines to do at home, discussions and information capsules on various themes: safe behaviours, home design, etc.

↪ To learn more about the program or to register for the next session near you: ↪

MRC d'Abitibi
Tel.: 819 732-6696, ext. 3235

Rouyn-Noranda
Tel.: 819 762-0908, ext. 44375

MRC d'Abitibi-Ouest
Tel.: 819 782-4661, ext. 3220

MRC de la Vallée-de-l'Or
Tel.: 819 825-5858, ext. 5219

Car Seat Safety



The law requires that children be properly secured in a car seat that is adapted to their weight and height, and until they are big enough to use a seat belt. When choosing a car seat it's important to consider the weight and height limits of the manufacturer.

Rear-facing seats: Children should be in a rear-facing car seat as long as possible; until they reach the weight & height limits of their car seat. Rear-facing is highly recommended until at least 2 years old. With certain car seats it's possible for children to stay rear-facing until 4 or 5 years old.

Front-facing seats: Once your child outgrows the limits of their car seat the next step is a front-facing car seat. Due to their harnesses, they offer better protection than booster seats. Children should not be switched to a booster seat until they weigh at least 40 lb.

Children who tend to fall asleep, move around or unbuckle their seatbelt while the car is in motion should be in a 5-point harness car seat.

Booster seats: A booster seat raises the child to ensure that the seat belt is correctly positioned so that it crosses over the middle of their shoulder and over their hips. Booster seats with built-in backrest and headrest are highly recommended if the back of the vehicle seat is low or does not have a headrest to support your child's head in the event of a collision. As of April 2019, the law requires that children use booster seats until they are 145 cm tall or 9 years of age.

Transitioning to a seat: When your children are either 9 years old or at least 145 cm tall they still might not be ready for just a seat belt. There are 2 conditions that they must meet!

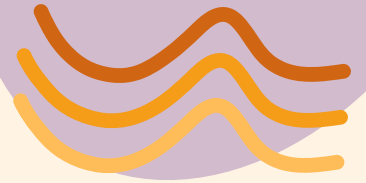
Condition 1: When your child's back is flat against the seat, their legs must be long enough that their knees are bent over the edge of the seat.

Condition 2: If the first condition is met, you must also make sure that the seat belt crosses over the middle of your child's shoulder and over your child's hip. It should not cross over the neck or abdomen.

Other tips:

- Children ages 12 or younger must be in the back seat as this is the safest place for them as they are seated as far away as possible from the points of impact in the event of a head-on collision.
- All accessories that are not sold with the car seat should not be used because they have not been tested by the manufacturer. Example; strap covers, head support cushions.
- Winter coats: Bulky coats that have not sufficiently been compressed will not restrain your child in the event of a collision. It is best to remove their winter coat in the car. With the heat on and a blanket it's the safest option. For infant seats you can buy covers such as Petit Coulou which are made with a thermal liner.

CLAY FISH ACTIVITY



Come join us for a calming and meaningful activity taking place over two evenings!

**Part one: Friday, September 19th
6:30 to 8:00pm**

**Part two: Date to be determined
6:30 to 8:00pm**

At the first meeting, you will create a fish out of clay as we socialize and chat, with quiet music. Then you'll entrust your fish with a message, a wish for the future, or a thought you want to let go of, either by engraving it or just in your head.

At the next meeting, after the fish have dried, we meet again to take a stroll along Osisko Lake where you will "give" your fish to the lake, so they can carry your wishes!

(Don't worry, they are totally non-toxic and biodegradable in less than 5 years)



activity for all ages

Registration required. 819-762-0882



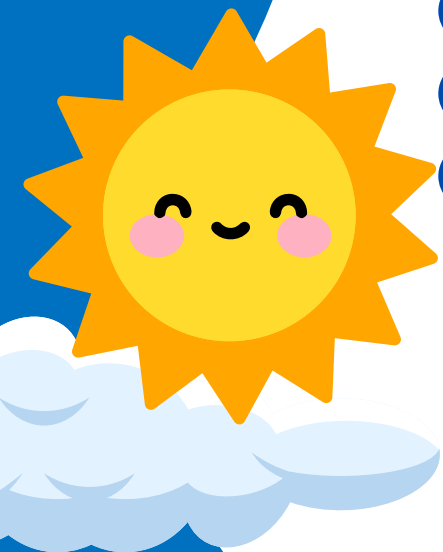


campfire & kool kids club Enrollment

After-school activities for children ages 4-11 to help with fine and gross motor skills, socialization, and cooperation, through hands-on and interactive games and crafts, and STEM activities.

- ✓ Enrollment week: Sept 8th to 12th from 9am to 5pm
- ✓ Enrollment **mandatory**.
- ✓ For more information please contact our youth & family coordinator: Laurie Boast 819-762-0882

- ★ Enrollment can be done in-person or by phone. Please reserve 10 to 15 minutes for the enrollment process.
- ★ Even if your child has already attended CFC or KKC, you must still enroll them.



SEPTEMBER
ISSUE

* UPCOMING ACTIVITIES *

SEPTEMBER
ISSUE

MOVING MONDAY!



Mondays at 1:30pm

September 15th and 29th: Yoga

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

Sep. 3rd

Sugar

What is it, is it good, and how much is okay?

Sep. 10th

ADHD

Learn all about it!

Sep. 17th

SHARP

Assistive Devices to Ease Strain of Daily Activities

10 AM

Call to reserve your lunch

Sep. 24th

Wreath Decorating

Create your fall wreath and get into the fall mood!

FUN FRIDAY GAMES

At 1:30pm

Sep. 5th

Game Day

Sep. 19th

Game Day



FUN FRIDAY MOVIES

At 1:30pm

Sep. 12th

Now You See Me 2 (2016)

2h09m

After fleeing from a stage show, the illusionists known as the Four Horsemen find themselves in more trouble in Macau, China. Devious tech wizard Walter Mabry forces the infamous magicians to steal a powerful chip that can control all of the world's computers.



Sep. 26th

Nonnas (2025)

1h51m

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs.



SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE CLOSED	2	3 	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 				

 Tuesday: 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

NEIGHBOURS

ABITIBI-TÉMISCAMINGUE

139 avenue Murdoch
CP 2277
Rouyn-Noranda, Québec
J9X0A0

info@neighboursat.ca
819-762-0882

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

There are 2 types of kids on the first day of school



Me, at exactly midnight on September 1st.

