



# PARTNERS IN HEALTH

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## Seasonal Change and Mental Health

Keeping yourself in mind as the days grow shorter

Autumn is a wonderful time to enjoy the crisp air and beautiful colours, and also to check in with your mental health.

One in five Canadians will personally experience a mental health problem or illness in any given year, and almost half of those who feel they have suffered from depression or anxiety don't seek help, according to the Canadian Mental Health Association.

Regular physical activity, eating well and consistent social interaction are proven methods to help avoid some types of depression and anxiety. However, many mental illnesses can't be treated with improved lifestyle habits, of course.

If you or a loved one seek professional help, there are resources available in English. The websites of AMI-Québec and the Canadian Mental Health Association provide a host of information and tools. Also, Info-Santé (811) provides mental health advice, which can be a helpful, less-intimidating first step in identifying a problem for you or someone you know.

October 6-12 is Mental Illness Awareness Week and October 10 is World Mental Health Day. It's a great month to learn more and stay healthy!

## On That Note: *A reading list*

What better way to participate in important conversations about mental health than with literature? The following books tackle heavy subjects with warmth and honesty. And it's not all downer material: A few of these may make you laugh through the tears.

- Thank You For Your Service  
*David Finkle* (nonfiction)
- Bill Lynn's Long Halftime Walk  
*Ben Fountain* (novel)
- The Collected Schizophrenias:  
Essays (nonfiction)  
*Esmé Waijun Wang*

Source: *oprahmag.com*



## National Seniors Day is October 1st

And it's got us thinking about semantics.

What is a "senior" anyway? What is the preferred term for this demographic? What do people who are past the "middle stage" of life actually want to be called?

A 2012 column in the *New York Times* posed the question to several people the writer labeled "experts past-middle-age" and the opinions were quite varied. We've listed a few of the responses here.

**Jane Glen Haas, 74, newspaper columnist:**

*Don't call anyone "elderly." I associate that with people with physical disabilities who need constant care.*

- *"Senior citizens" is a term coined in the late 1930s for people who needed a place to go, senior centers, to have a good lunch. To me, it implies somewhat impoverished older people, not the way people want to think of themselves.*
- *"Aging" — to me that sounds like I'm declining. I guess "older people" is best.*

**Dee Wadsworth, 62, gerontologist:**

- *We don't call people "junior citizens," so why do we call them "senior citizens"?*
- *Boomers will never identify with "senior" — that's their parents, not them. Senior centers, agencies on aging, other organizations with the word "senior" in them are all going to have to change their names if they want to draw the boomers.*

What do you think? We'd love to know! Write to us at the email address: [infoandliaison.agent@gmail.com](mailto:infoandliaison.agent@gmail.com).

Source: "Elderly No More" by Judith Graham, *New York Times*, April 19, 2012.

## Do you know your rights?

Each September, the *Regroupement provincial des comités des usagers* (RPCU) holds a Users' Rights Week to shed light on patrons' rights within the Québec healthcare system. Such rights include that of being accompanied or represented, the right to shelter, and even the right to refuse care. For detailed information, visit the RPCU's website, available in English, at [www.rpcu.qc.ca/en](http://www.rpcu.qc.ca/en).

In addition to your healthcare rights, another important organization is working hard to educate citizens on their legal rights.

*Éducaloi* is a charity devoted to improving access to justice that offers guides to legal topics including advance medical directives, parental authority, and provincial language rights in court. Their information can be accessed in English on their website [educaloi.qc.ca/en](http://educaloi.qc.ca/en). Hardcopies on select topics are available at both CASE offices, in Drummondville and Trois-Rivières. Contact the office near you for more details.

***"We don't call  
people 'junior  
citizens', so why  
do we call them  
'senior citizens'?"***

**Dee Wadsworth, 62**

# Upcoming Events

Oct. 15, 29; Nov. 12, 26

## BOOKS TO BELLY

*Parent-Child Cooking Workshops*

Parents or caregivers and children 5-12 are invited to cook a recipe inspired by a children's book.

*Registration required.*

Contact: [desclc@etsb.qc.ca](mailto:desclc@etsb.qc.ca)

Location: Drummondville Elementary

Dec. 4

## NUTRITION WORKSHOP

A nutritionist will give a presentation about optimizing the health of older adults.

A movement activity will be included.

Contact: 819 375-2332

ext. 1520 for details.

Location: Three Rivers Academy

Keep an eye on our website and Facebook for more exciting community events this Fall!



## English Meet and Greet in TR: A 1,000-hot-dog success

Hundreds of parents, teachers, neighbors, and students in the English-speaking community of Trois-Rivières gathered for free hot dogs and corn-on-the-cob on Sept. 12. In previous years, the annual event has been a Parent Night for the two English schools in the city. This year, CASE was invited to participate and open it up to the wider English community. We brought along partners from area nonprofits to bring information and materials about programming available to English-speaking families. It was also an opportunity for CASE to meet face-to-face with our population and spread the word about our tools and resources.

Mauricie English Elementary School (MEES) Principal Elana MacDougall reported that 1,000 hot dogs were served up this year. The event was organized in a partnership between MEES, Three Rivers Academy and CASE. It was a beautiful late summer evening of food and friends, and we look forward to another gathering very soon!

## Hello, my name is...*Shannon Bell*

### MEET OUR NEW COMMUNICATIONS AND LIAISON AGENT

Shannon joined our team in August as the communications and liaison agent in our office in Trois-Rivières. She works with Audrey, our networking and partnerships coordinator, in Mauricie.

With a bachelor's degree in journalism and mass communications and a master's in public administration, Shannon is enjoying putting both of her degrees to good use at CASE. As a communications officer, she manages our web site and social media presence, as well as program and activity promotion. In her roll as liaison agent, she works directly with our population to match them with the services, tools and resources that CASE provides.

In her spare time, Shannon reads, jogs, and listens to podcasts. She and her husband, Mathieu, have a 16-month-old named Benjamin, who is at once a bundle of cuteness and a professional energy-zapper.