

September 2018



CASE - MCQ

Partners in Health

Sharing is Caring

National Seniors Day is on October 1st.

This is an occasion where all Canadians can join in celebrating older adults across Canada - whether a parent, a co-worker, a neighbour, or a friend. The Government of Canada is proud to acknowledge the life-long contributions our nation's seniors have made and continue to make to their families, communities and society. The government is focused on improving income security, social inclusion, health and housing for seniors.

Here in Québec your local 'Table des Aînées' or Table de concertation for seniors, works on: prevention of abuse, development of intergenerational links, improvement of the living conditions of seniors and the promotion of consultation between the users of health care facilities and the professional people who work in them. Keep an eye open for any events or special calendars they might publish to get insights local services specially orientated to seniors needs!

Back to celebrating National Seniors day...

It is easy to show your respect and gratitude for the older adults in your life. There are many options to thank the seniors in your life for all of their hard work and show them just how much they're appreciated. Here are just a few:

- Say "thank you"
- Take a walk together
- Cook a meal together
- Treat them to a day out

If you are really keen, take a look at the Seniors in Canada facebook page. There they regularly show case remarkable Canadians post important government announcements about programs for seniors.

Post a message about your favourite senior on the

[Seniors in Canada](#) Facebook page or just tell them you love them!



Health Services Users rights week

The week of the 20th September is Health Service Users Rights week.

Health and Social Services Network User Rights Week is organized each year by the RPCU (Regroupement Provincial of the Comité des Usagers), in collaboration with the Users and Residents Committees. It aims to inform users about their rights and to highlight the work done in health and social services institutions. User Rights Week was founded in 2007.



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Do you know your rights as a user of the Quebec Healthcare System?

As a user of the health and social services network, **you have the right:**

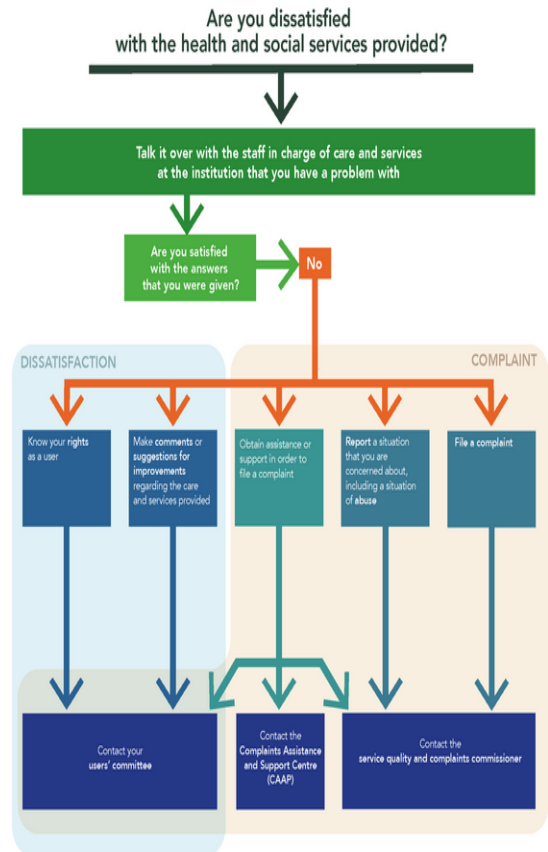
- to be informed:
 - about your health,
 - about the care available to you and its effects,
- about the services available in your community and how to obtain them;
- to receive personalized health and social services that are appropriate on a scientific, human and social level;
- to be informed about any accidents that occurred when services were provided that may have consequences for your health;
- to choose the professional or institution that will provide the care and services that you need;
- to be sufficiently informed to be able
- to participate freely in decisions that concern you, for example, to accept or refuse care or services;

- to consult your user record, which is confidential;
- to receive emergency care;
- to be treated with courtesy, fairness and in a safe manner, with respect for your dignity, autonomy and needs;
- **to receive services in English if you are an Anglophone user, as provided for in your region's access program;**
- to be supported, assisted or represented, as needed, by a person of your choice; and, if you think that your rights have not been respected:
- to be informed about what you can do,
- to file a complaint confidentially,
- to be assisted or supported in filing a complaint.

For more information about users' committees, consult the section [Users' Committees](#) on the www.quebec.ca website.

OR if you'd like to join a user committee to add an English voice to the discussions...

Look for Region 04 – Mauricie-et-Centre-du-Québec



if you are reading this on an email copy, hold down the Ctrl button and left click on the high lighted words, it will take you to the web page in another window

Making a complaint or suggestion...

If you have ever needed to question care you or a loved one has received in the health services and not had satisfaction from the head of department; you may wish to take your questioning to a higher level. The photo box to your right here, is a photo of the screen you will find on the Center for help in accompanying healthcare clients to make a formal complaint on their website.

The CAAP-Mauricie-Centre-du-Québec is an arms length organization from the CIUSSS de la Mauricie-et-du-Centre-du-Québec. Please call them to have guidance about your question or complaint:

Tel. 819 537-3911



And now for something completely different!

TURKEY BOLOGNAISE

from Health .com

Transform your Thanksgiving dinner into a lighthearted Italian flavoured turkey dinner!

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped onion
- 4 garlic cloves, minced
- 12 ounces ground turkey breast
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon black pepper
- 1 (14.5-ounce) can petite diced tomatoes, undrained
- 1 (8-ounce) can no salt-added tomato sauce

<https://www.health.com/health/recipe/0,,1000000642279,00.htm>

How to Make It

Heat the oil in a large saucepan over medium heat. Add onion and garlic; cook 5 minutes or until tender, stirring frequently. Increase heat to medium-high. Add turkey, and cook 4 minutes or until turkey is browned, stirring to crumble. Add oregano and next 7 ingredients (oregano through tomato sauce); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in pasta; cook 2 minutes or until thoroughly heated. Sprinkle with cheese.



- 4 cups hot cooked penne (about 3/4 pound uncooked tube-shaped pasta)
- 1/4 cup (1 ounce) grated fresh Asiago cheese

Nutritional Information

- Calories per serving 447,
- Calories from fat per serving 25%,
- Fat per serving 12.5g,
- Saturated fat per serving 3.5g,
- Monounsaturated fat per serving 5.4g,
- Polyunsaturated fat per serving 2.3g,
- Protein per serving 29.7g,
- Carbohydrate per serving 53.9g,
- Fiber per serving 4.6g,
- Cholesterol per serving 61mg,
- Iron per serving 4.3mg,
- Sodium per serving 816mg,
- Calcium per serving 147mg.

Do just one thing... or 15! A couple of money saving or at least Earth Friendly tips from Danny Seo (first seen in The Record)

Autumn is on it's way and with it those misty cold mornings... Danny Seo has always some interesting ideas about how to deal with lifes everyday anoyances!

1. It's inevitable—and often a real mystery—when you lose a sock. So what do you do with the stray single sock? Don't toss it when you can reuse it around the house. One simple solution is to fill a sock with cedar shavings and tie a knot at the end to prevent them from spilling out. Since socks are porous, the cedar scent will permeate the air inside a closet and keep moths at bay :)



2. Or, use that odd sock to keep your car windows from fogging up, fill it with kitty litter and tie a knot at the end. Place it by the window where it'll absorb excess moisture, keeping your car windshield crystal clear.



CASE-MCQ

Primary Business Address
1045, Chabanel Street
Drummondville
Québec, J2B 2J4
Your Address Line 4

Phone: 819 609-9009
Web: casemcq.com
E-mail: infoandliaison.agent@gmail.com

Centre for Access to services in English - Centre du Québec



CASE-MCQ is a community organization that was founded to enable the English Speaking population of the Mauricie and the Centre-du-Québec, to have access to the tools and advocacy services necessary to get the best access to health and social services possible. Our services: Assistance to help navigate the health system. Interpreter and accompaniment services in special cases. Liaison between French Community groups and the English population such as meals on wheels, adapted transport or homecare services.

Advocacy role on various public and community consultative committees to raise awareness of the needs of the English-speaking population.

CASE-MCQ is pleased to introduce their new Communications coordinator, Gwyneth Grant. If you have any news or events to publicise please contact her through the face book page Case-mcq—

Or call 819 609-9009
case.comcoord@gmail.com



A new live video conference event in Trois Rivières

Case-MCQ is now offering a new service- The Community Health Education Program (CHEP).

The live video conferences to be held at Three Rivers Academy, will increase the availability of health promotion and disease prevention information for the English-speaking community. Not only can you join these live video conferences to hear quality health and lifestyle advice, but at the same time you can meet new friends and spend a pleasant social time with free coffee and snacks!

This dynamic program facilitates distance community learning of health and social services information in English to remote, rural or dispersed Quebec communities via:

- Videoconferencing and our DVD's

If there is a subject you'd like to know

The views expressed herein do not necessarily represent the views of Health Canada

more about let us know.

Save the Dates - Upcoming...
October 24, 2018: Exploring Life Losses-Yvonne Clark, Family Therapist, Grief Counselor
November 14, 2018: Gotta Go, Gotta Go—Bowel and Bladder Health Update - Myra Siminovitch, Physiotherapist

A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2018: Education, Immigration, Communities.

A salty Situation

3 OUT OF 5 CANADIANS EAT TOO MUCH SODIUM!

Too much sodium can cause high blood pressure and lead to HEART DISEASE and STROKE.*

TOP 6 sources of SODIUM in our diet:†

- Bakery Products
- Appetizers/Entrees
- Processed Meats
- Cheese
- Soups
- Sweetened Condensed Milk

Percentage (%) of Canadian population eating too much sodium:†

Age Group	Percentage
1-3 yrs	49%
4-13 yrs	72%

Gender	Age Group	Percentage
MALES	14-18	62%
	19-30	66%
	31-50	75%
	>50	47%
FEMALES	14-18	50%
	19-30	45%
	31-50	40%
	>50	29%

The average restaurant meal item contains 1 DAY'S WORTH of the recommended intake of sodium.‡



Learn how HEALTH CANADA is committed to reducing sodium in processed foods
www.canada.ca/healthy-eating-strategy