



PARTNERS IN HEALTH

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 casemcq.com / casemcq.communications@gmail.com



MARCH 23, 2024

1:00 - 4:00 PM

ÉGLISE MULTIFONCTIONNELLE
DE BÉCANCOUR

3025 Av. Nicolas Perrot, Bécancour



REGISTER ONLINE:

casemcq.com/autism-it-takes-a-village

FREE conference in English will clarify the 10 essential steps needed following a diagnosis and users' rights, connect MCQ autism community



Over the past two decades, awareness about autism has made enormous strides. However, **access to autism services, specialist care and resources continue to be challenges, especially for Quebec parents, guardians and children who are predominantly English speaking.**

"It's very clear that **once parents get that diagnosis, they're often left perplexed about what to do next.** They also aren't adequately informed about what their child and family are entitled to, about their rights," says Julia Frid, CASE's Networking and Partnership Coordinator who spearheaded the event. "There are multiple systems to understand and navigate, with health and social services and the education sector being the two big ones. And there are local services that parents may not be aware of. **Parents tell us that they feel like they are running in circles blind,** and that is very concerning. That's why we organized this in-person conference."

This is why CASE, in partnership with the Users' Committee for Autism Services of CIUSSS-MCQ (Comité des usagers du Di-TSA), has organized a very special and free afternoon conference supporting the autism community of English-speaking Mauricie-Centre-du-Québec. **Autism- It takes a village! aims to clarify what parents and guardians need to do to ensure that their child acquires services, support and resources.**

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RENTING?

What to know when signing a lease

It's that time of year again when new rental housing opportunities open up prior to Quebec's big annual moving day of July 1. Whether you are a young person or new to Quebec and looking for your first apartment, or you need a new place, it's important to be informed before signing anything. A lease is a legal document after all. Thankfully, Éducaloi can clarify the law and answer many of the questions you may have, in English! Just visit their website at: educaloi.qc.ca/en/categories/renting/



Québec.ca/GuichetAccès

Better access to health care! The front-line access counter (GAP) goes digital

To facilitate access to GAP, people waiting for a family doctor or enrolled in a family medicine group (GMF) can now access GAP directly online 24 hours a day, 7 days a week.

Patients can fill in a questionnaire about their health needs. They will then be called back by a GAP representative, avoiding the need to wait on the phone. The GAP operator can then offer the patient the service best suited to his or her needs, either advice or an appointment with a healthcare professional or doctor.

Digital GAP is also available for people who have a family doctor. For these people, the digital GAP is a tool that enables them to be directed to the best service for the health problem they describe, whether it's a pharmacist, information on a support program or advice on self-care at home.

The telephone option also remains available. People who prefer this option, or who need help filling in the digital form, can still dial 811, option 3.

...Autism, continued from page 1

The conference is framed by the 10 essential steps to take once a child has received a formal diagnosis. This is a checklist put together by the non-profit Agape Association, which is further being developed by CASE as a brochure with key contacts and resources. **Integral to this is users' rights. Autistics - and by extension their families - have rights to services, including services in English.**

Children are most welcome at the conference, whether neurodivergent or neurotypical. Children and their families are at the heart of this event. Organizers have put together a special respite and recreation area that will be staffed by qualified personnel.

For more information: autism.ITAV@gmail.com

Autism - It takes a village! Is made possible by financial contributions from Health Canada through the Community Health and Social Services Network (CHSSN).



James W. Price
1920 - 2024

We are saddened to announce that James W. Price, a beloved member of our English-speaking community, passed away February 3 at Sainte-Croix Hospital in Drummondville at the age of 103.

James was the loving husband of the late Thérèse Couture and the son of the late James Price and Emma Baldwin of Drummondville. He is survived by his six children and many grandchildren and great-grandchildren.

Male Friendships Matter!

New CASE mens' program to connect Men of the MCQ

Countless surveys and studies have concluded that **today's male is suffering from the absence of close male friendships**. While men have a variety of male contacts during their school years, this tapers off once they hit the full-time work force and establish a family. Even then, friendships tend to be limited to coworkers, professional ties and other men (spouses and fathers) linked to relationships formed by their significant other. This can hit hard, especially when men retire, when they are cut off from work-based friendships and the sorts of activities that brought them together in their youths, such as competitive sports.

Activity-based friendship is key

Unsurprisingly, close male friendships, the kind of friendships that punctuate lives, transcend the limitations of work friends and provide bridges to retirement, tend to be activity-based. According to *Psychology Today*, **men are inclined towards side-by-side relationships** versus the face-to-face relationships that are the staple of female friendships. Anthropologically speaking, this is understandable. For hundreds of thousands of years, men gathered and collaborated to hunt and fish together, build communal shelters and defend their tribes against threats. Leisure activities often promoted the skills required to be successful at these tasks and were of a friendly competitive nature, games of skill like target practice, wrestling and races, the precursors to modern-day competitive sports. In CASE's recent survey of English-speaking men in the MCQ, we asked respondents to identify what activities would interest them for our new mens' programming. Unsurprisingly, **opportunities to get together for outdoor recreation and group physical activities figured strongly with middle-aged respondents, while 55+ respondents cited getting together over leisure activities and hobbies.**

The absence of close male friendships on mens' mental health and overall wellbeing is conclusive. **As men age and deep friendships are lost and go unreplaced, depression all too often results.** Awareness of depression in men, and its effects on work and family, is growing, but is still largely stigmatized. **Friendship, regardless of age or gender, is an important buffer against stress and an antidote to depression.** Learning how to make and maintain friendships is a life skill we encourage as early as toddlerhood. The adverse mental health effects of a lack of meaningful friendships in childhood, the teen years and even early adulthood are well known. And yet, adult friendship, especially adult male friendship, is largely marginalized.

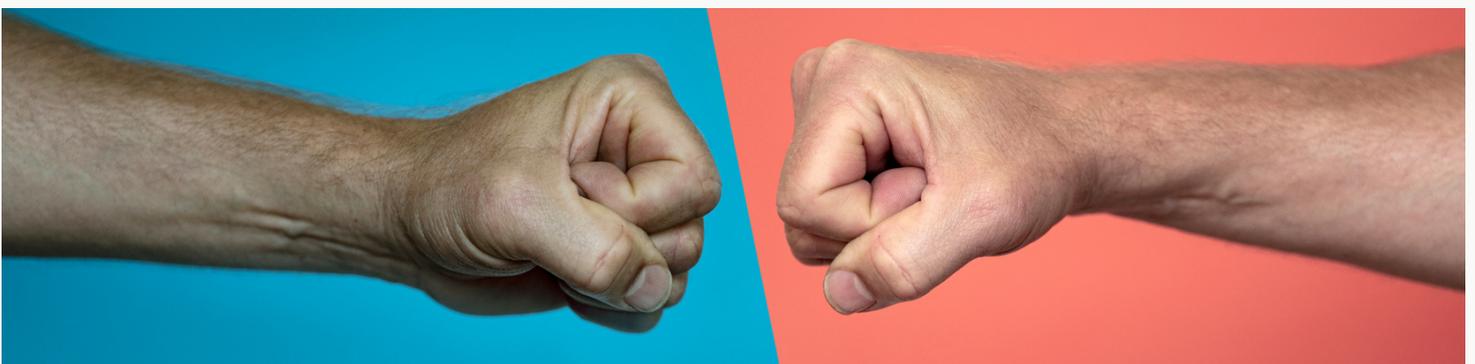
This is why CASE has decided to develop more programming for men. **Andrew Ryan, CASE's new Culture & Heritage Coordinator, a.k.a. "The Man at CASE", is leading the organization's new mens' program.**

"I'm a middle-aged man and the father of a little boy. I'm also relatively new to the region. *I've asked myself countless times **How can I find other guys, other dads, to hang out with and do stuff with?***", Andrew says. "I know that I'm not alone in this. Without someone putting together opportunities, organizing activities that allow men to get together, do something of mutual interest, where do you start? That's where CASE can help and I'm really energized to get this program moving, to organize the kind of activities that I know will not only be fun, but spark friendships."

Stay informed about upcoming activities for men!

Contact Andrew Ryan at CASE:

casemcq.project.agent@gmail.com





in collaboration with CASE presents

Preparing for the transition into adolescence

FREE online workshops offer prevention-based education and concrete tools for parents

March 28

April 4, 11 and 18

6:30 - 8:00 PM

Is your child about to make the leap into the teens? Then these free online workshops are for you! Created and facilitated by Karen Delage, a Family Life Educator with over 30,000 hours of experience, these workshops will delve into important topics and explore tools to help you on this new parenting journey, including:

- Pre-teen developmental stages and needs
- Mutually changing roles and responsibilities
- The challenges children begin to face and how parents can safely and constructively engage with their children
- Concrete ways parents and children can prepare for the transition to high school - together !

RSVP:

<https://docs.google.com/forms/d/e/1FAIpQLSdQGjpeP yZmrwVn7mZAXSxsNqPjcuG7YEMOURxgcS6GyQ:fg/viewform>



Discover the history of the Grantham Hall Estate online through a new virtual exhibit!

Do you know the history of Grantham Hall, the magnificent residence once located on the banks of the Saint-François River? If not, now's the time to remedy the situation by visiting the the Société d'histoire de Drummond's bilingual virtual exhibition *Regards sur le domaine du Grantham Hall!*

The virtual exhibition features previously unpublished Watts Newton family archives recently bequeathed to the Drummond Historical Society by descendants of Robert Nugent Watts. Photographs, unknown to the public, enhance the project, as well as a lively reading of 19th-century letters, and the presentation of videos, including one using 2.5D animation technology produced by Synaptik Média.

The history of the Grantham Hall estate began long before Drummondville was ever founded in 1815. However, it took on its full meaning when Frederick George Heriot, founder of the residence, named it Comfort Hall. His heir, Robert Nugent Watts, built Grantham Hall, which was subsequently the Marler family home until it fell prey to flames in 1934.

VISIT:

histoiresdecheznous.ca/projets/regards-sur-le-domaine-du-grantham-hall/

This online project was made possible through a partnership between CASE and the Société d'histoire de Drummond and the investment program of Digital Museums Canada and the Canadian Museum of History. Financial support was provided by the Government of Canada. The Ville de Drummondville, the MRC de Drummond, and the Soprema company also contributed to the project.





Beef up your protein with lentils

Protein is a vital part of a healthy diet at any age. It's even more important as we age because of a gradual, natural loss of muscle mass. As we lose muscle mass, we lose strength, and if we lose too much, our ability to function can suffer.

Canada's Food guide lists lean cuts of meat and chicken, eggs, fish and shellfish, nuts and seeds, and lower-fat dairy products as excellent sources of protein. However, with the inflated grocery prices we are facing, why not consider another recommended source: legumes, such as beans, peas, and lentils. Not only are they budget-friendly, they are tasty and versatile.

Consider trying this easy lentil salad. You can buy prepared lentil salads at the store, but this is vastly cheaper and better. If you make a big bowl of it, it will store in the fridge for days, making it a healthy and filling snack option too. Even kids like it, because it has a bit of sweetness from the dried cranberries. No measuring is needed. Add a few nuts or seeds for more protein punch.

- Dried lentils, cooked in simmering water until tender (not mush). Try a combination of different kinds of lentils.
- Chopped fresh parsley
- Dried cranberries (or not)
- Balsamic vinaigrette or zesty Italian salad dressing
- Salt and pepper

Add some extras:

- Beans (more protein!)
- Nuts, such as almonds, walnuts or pecans (protein!)
- Sunflower Seeds (even more protein!)
- Sesame seeds (black sesame is nice, and protein!)
- Cooked wild rice
- Chopped avocado
- Grated carrot
- Chopped spring onions or chives

Scholarships for women that can open doors



Are you a woman who is looking to improve her life through an educational program here in Quebec? Do you have financial needs to attain that goal? Then you might be eligible for a Lea Roback Foundation Scholarship!

The Lea Roback Foundation seeks to promote education as a means for the self-realization and emancipation of everyone and to financially support women who wish to further their education. Scholarships range from \$1,500 to \$4,000.

The deadline to apply is April 1, 2024. For more information and to learn if you are eligible to apply, visit:

<https://framaforms.org/lea-roback-foundation-scholarship-application-form-2024-2025-1705641624?fbclid=IwAR0WsyorVrErR2GLPWrDbt89k717J-gCwDZHW3DE00EffVtColW9mWni55I>



CENTRE-DU-QUÉBEC



MAR 6, 9:30 - 11:30 AM - SOUTH DURHAM

Cyber Security

Salle des Loisirs 130 rue Principale

MAR 20, 9:30 - 11:30 AM - SOUTH-DURHAM

Users' Rights and CAAP

Salle des Loisirs 130 rue Principale

casemcq.liaisonagent.cdq@gmail.com



TRIBUTE TO THE IRISH

MAR 23, 1:00 PM

South-Durham United Church

190, rue principale, Durham-Sud



MAR 2, 9, 16, 23 AND 30, 9:00 - 10:00 AM

Drummondville Elementary School
565 Farrell Street, Drummondville

casemcq.heritage@gmail.com

CREATIVE

connections

MAR 25, 6:30 - 8:00 PM - SOUTH DURHAM

SALLE DES LOISIRS 130 RUE PRINCIPALE

casemcq.liaisonagent.cdq@gmail.com

ONLINE  ZOOM

 **MCQ SOCIAL EXCHANGE**

MAR 7, 14, 21, AND 28, 1:30 - 3:30 PM

casemcq.project.agent@gmail.com



MAR 26, 1:30 - 3:30 PM

casemcq.heritage@gmail.com

TROIS-RIVIÈRES



Senior Wellness Centre

THREE RIVERS ACADEMY

1875 NICOLAS-PERROT

MAR 6, 10:00 AM - 12:00 PM

Cyber Security

MAR 13, 10:00 AM - 12:00 PM

Canada Revenue Agency presentation

MAR 20, 10:00 AM - 12:00 PM

Board Games

MAR 27

- 10:00 - 11:00 AM *Drawing & Discussion*
- 11:00 AM - 12:00 PM *Fun & Lively Fitness*

infoandliaison.agent@gmail.com



Hug-a-Melody Moments!

MAR 14, 21, 28, 10:00 - 11:00 AM

Maison des familles Chemin du Roy
385 Côte du Richelieu

casecq.heritage@gmail.com

Craft & Chat

MAR 6 AND 20, 7:00 - 9:00 pm

Three Rivers Academy, 1875 Nicolas-Perrot

infoandliaison.agent@gmail.com



MAR 23, 1:00 - 4:00 PM

Église multifonctionnelle
de Bécancour

3025 Av. Nicolas Perrot, **Bécancour**

casemcq.com/autism-it-takes-a-village



MAR 2, 9, 16, 23 AND 30, 10:00 AM - 12:00 PM

Centre Alexandre Soucy
1800 St. Paul Street

casemcq.heritage@gmail.com



MAR 27, 6:30 - 8:30 PM

Three Rivers Academy, 1875 Nicolas-Perrot

infoandliaison.agent@gmail.com