



# Have a Sun-safe Summer

At last the sunny weather and the school holidays are here! Make a splash this Summer with fun (and affordable) activities. Boating, using public or private swimming pools or just hanging out in the garden or park, but before you grab your swimsuits and sunglasses, just take a moment to think about how to prepare yourself and your family for those sun soaked days to come...

Top of the list is preparing your skin. According to [canadianskin.ca](http://canadianskin.ca) some people are more at risk than others of contracting a skin cancer. For example, those with a family history of or have already had skin cancer, have fair or freckled skin, blue eyes and light-coloured or reddish hair, anyone who has had excessive sun exposure, severe and frequent sunburns during childhood, or

lives in a sunny or high-altitude climate is also at increased risk, Unfortunately those using immunosuppressant drugs and other patients with suppressed or weakened immune systems are also at higher risk of non-melanoma cancer. Summer eh!

Although you can't change some of these risk factors, here are some ways to reduce the risk. If possible: avoid prolonged sun exposure, especially between 11 a.m. and 4 p.m. don't use tanning beds or sun lamps, apply sunscreen that has an SPF of 30 or higher and that protects against UVA and UVB rays, even in the winter, reapply after swimming or sweating.

Wear protective clothing, hats that shade your face, long pants and long sleeves. Seek shade when you're outside. Don't forget, as with many other skin conditions, preventing melanoma is better than a cure.

Now let's think about avoiding bug bites and sun burn... (Please continue reading on page 2.)



## Summer fun in the park

Good news for families in the Three Rivers area! In collaboration with Les Bibliothèques de Trois-Rivières, CASE will be offering a free **English story time activity on Thursday, July 11th at 10:30 am in Champlain park.** The activity is geared towards 4-7 year-olds, older or younger siblings are welcome. A craft activity will also be offered.



May saw a very successful Family Fun Day organized by CASE-MCQ at Three Rivers Academy. Games and obstacle courses filled the gym as well as the playing field outside. In all 55 parents and children participated. To take part in future activities call our satellite number on back of this publication. (Page4) Below-Family Fun Day

### Inside this issue:

Sun-safe Summer cont. and Sudoku game	2
Thinking about our seniors	2
Do just one thing	2
Spot the differences game	3
News from CASE-MCQ	4
You are invited -CASE-MCQ AGM	4
Sudoku solution	4



## ... A Sun-safe Summer continued

So which sun screen and bug spray to use and how much? As you may know, excessive exposure to the sun's rays can not only cause cancer but your skin to wrinkle prematurely and sadly mosquitoes and ticks can be carriers of nasty disease!

The most effective proven ingredient in insect repellents is DEET. You'll find it in many bug sprays on the market. Products with citronella, oil of lavender and vitamin B1 are less effective. Remember do not use DEET on infants less than 6 months. Infants six months to two years of age should only



UV light danger scale. When UV light is reported over 2, protection from these harmful rays is necessary.

have one application per day and only 10% strength DEET. Consult the [Government of Canada](#) site to be sure of bug spray dosage.

[Sunscreen](#) comes in a variety of forms. To provide protection from UV light they contain physical filters, chemical filters or a combination of the two. Physical filters (mineral filters), are zinc oxide and titanium dioxide and have a tendency to leave a white film when applied. Chemical filters, include ingredients such as oxybenzone, octinoxate and avobenzone although there are many others. On the label, a chemical filter is shown as 'the active ingredient'. You should choose a sunscreen with a minimum of SPF 30.

If you are planning to spend a lot of time by the pool and especially public pools, please think about wearing sandals to prevent plantar warts. These are infectious and can be very painful and take a long time to treat. Once again prevention is better than the a cure ;)

Finally as much as we love summer sun and the warmth, excess heat and not enough hydration can be dangerous. Heat stroke is a medical emergency; don't hesitate to **call 911**, especially if you are caring for a senior who appears to have heat exhaustion! Happy Summer Holidays

				2		
	8			7		9
6		2			5	
	7			6		
			9	1		
			2			4
		5			6	3
	9		4			7
		6				



Sudoku Game solution to be found on back page ...

## We are thinking about our seniors

Seniors in the Mauricie and Centre-du-Québec can be happy in the knowledge that CASE-MCQ Executive Director is looking out for them. Not only does Shannon make sure that we have the funding to promote community health in the regions but she sits on several regional tables to speak up for Anglophone needs. In the photo (right) you can see Shannon along with another member of the table for seniors in the Centre-du-Qué. And Jaimmie Lajoie, Director of the

Regional Round Table for seniors. CASE has also been busy promoting live community health video conferences in the Mauricie and DVD workshops in the Centre-du-Quebec in St Felix de Kingsey and South Durham. These activities are always fun, informative and create a good forum for discussion around the subject of the day. Bottom left you can see some participants from the St Felix area taking a quiz and discussing the pertinence of having an Elders Abuse Awareness day.



## Do Just One Thing... for your patio or deck and you!

Natural plants that have a high level of fragrant oil are not only pleasant to have outside, but they are also terrific natural deterrents to keep wasps, mosquitoes and other pesky insects away. Consider planting herbs like spearmint, thyme, basil and peppermint, and plants like citronella, eucalyptus and wormwood. They all look beautiful, some are edible, and they are all prolific growers that can serve

double duty: beautifying and deterring at the same time. Just brushing these plants with your hand can be good for your environment! Thanks Danny Seo ;)



Can you spot the  
**10**  
differences?



TAKE OUR QUIZ...

## Are you sun smart?

1 What is the recommended amount of sunscreen per application?

- a) A squirt as big as a loonie
- b) One tablespoon
- c) One ounce (about the size of a small yogurt container)



2 According to the Canadian Skin Cancer Foundation, how often should you reapply your sunscreen?

- a) Every two hours
- b) Every four hours
- c) Every six hours
- d) You don't need to reapply—once is enough



3 What is the minimum SPF that you should use?

- a) 8
- b) 15
- c) 30
- d) Any SPF will do



- 4 Sunscreen does not expire.
- a) True
  - b) False



Quiz answers: 1. Most people need 1 full ounce to cover their exposed skin. 2. Every two hours. Reapply after swimming or sweating. 3. It is recommended to use sunscreen with a minimum of SPF 30. 4. False – sunscreen does expire. But if you are using enough sunscreen and reapplying as required, you should run out before it ever reaches the expiry date!

Source :<https://www.canadianskin.ca/en/>

## CASE-MCQ

Main Office Rive Sud:  
1045, Chabanel Street  
Drummondville

Phone: 819 850-5560  
Toll Free: 1 833 850-5560

E-mail:  
infoandliaison.agent@gmail.com

Satellite Office Rive Nord:  
Three Rivers Academy 1875,  
rue Nicolas-Perrot Trois-Rivières  
Phone: 891 375-2332 ext. 1520



Left— a successful career seminar organized by Julie Miller at Richmond Regional High School featuring past McGill Bursary winners

**Case-mcq.com**

## News from the CASE-MCQ team

The Centre for Access to Services in English (CASE-MCQ) promotes the health and well-being of the English-speaking population of the Mauricie and the Centre-du-Québec.

- We encourage and appreciate your comments and questions.
- If you have any difficulties accessing the information in this newsletter or if you need assistance in finding information or services in English, please contact us at either of the numbers on the left.
- Make sure to visit our website at [case-mcq.com](http://case-mcq.com) for upcoming news items and events and follow us on [Facebook](https://www.facebook.com/case-mcq) at Case-Mcq.

During the last three months we have been active on many fronts. Among others, in Three Rivers, Audrey has been a gracious partner in hosting activities with the Whitehead Club and enabling seniors to better understand tech. problems with the help of student volunteers from 3R Academy as well as organizing the Family Fun Day. Audrey, who works in the Mauricie area, also sits on several regional tables as a spokesperson for your community as Shannon does for the Centre-du-Québec.

Julie has been very active in promoting careers in healthcare and the possibility of winning a McGill Dialogue bursary to the whole of the MCQ region. She also formed a selection committee to judge the excellent applications—to be announced soon.

Gwyn has had a lot of fun hosting Community Health DVD workshops with the folks from St Felix and South Durham. Also, she was the happy companion to Julie who invited her for a road trip to Shawinigan and LaTuque, this to promote the McGill Bursary and CASE-MCQ in general. Keep your eyes

peeled on the Facebook page in the next weeks for a couple of short 'Introducing' videos that will highlight that trip. These are a compliment to the already popular, Introducing St Felix and South Durham videos you can see on Facebook

## CASE-MCQ invites you the Annual General Meeting in August

Every year, we look forward to meeting our community members, sharing what we have been up to and getting your feedback on our programs and outreach activities in the Mauricie and Centre-du-Québec area. This year is no exception. Join us on:

**Thursday August the 15th at 5pm**

**At: Three Rivers Academy, on Nicolas-Perrot Street in Three Rivers.**

Shannon Keenan, Executive Director, will present an overview of our activities and achievements from the last year as well as a reading of our financial statement. Whether you're a member of CASE or are interested in

hearing more about our non-profit organization you're welcome to join us. Our AGM is a great opportunity to come together, find out more about CASE, meet our staff and Board of Directors, and share with us your opinions about issues facing your community. For more information and to RSVP, please contact us at either of the above phone numbers or through our email address. A light supper will be offered.

The **CASE Team** will be there to greet you: **Julie Miller**-Special Project Agent, **Audrey Ottier**-Community Referral Coordinator, Mauricie, **Gwyneth Grant**-Community Liaison and Communications Coordinator, Centre-du-Québec and **Shannon** our Ex-

ecutive Director, along with members of the Board.



### Sudoku | Solution

9	5	7	6	1	3	2	8	4
4	8	3	2	5	7	1	9	6
6	1	2	8	4	9	5	3	7
1	7	8	3	6	4	9	5	2
5	2	4	9	7	1	3	6	8
3	6	9	5	2	8	7	4	1
8	4	5	7	9	2	6	1	3
2	9	1	4	3	6	8	7	5
7	3	6	1	8	5	4	2	9

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



Health  
Canada

Santé  
Canada