

## Spring 2015

Connexions Resource Centre serves and promotes the health and well-being of the English-speaking population of the Outaouais. We encourage and appreciate your comments and questions so that we can better serve you. If you have any problems accessing the information in this newsletter or if you need assistance in finding information or services in English, please contact us at **(819) 777-3206** or by e-mail at [info@ohssn.org](mailto:info@ohssn.org) or visit our website at [www.ohssn.org](http://www.ohssn.org)

### Spring into Spring!



It was a chilly, snowy day Saturday March 21, but at Pierre Elliott Trudeau Elementary School families were spending time together to usher in the

first day of spring. Connexions hosted a health and wellness forum, **Spring into Spring**, to promote healthy and active lifestyles, as well as provide opportunities for families to play and learn together. Connexions partnered with the Pierre Elliott Trudeau CLC to reach out to families in the Gatineau area. Approximately eighty people, young and old, participated in yoga classes, drum circles, a gardening workshop, played tennis, did some baking, played the ukulele and got an introduction to Cross fit. There were kiosks promoting healthy lunch ideas, dental hygiene and free tennis lessons in the summer! There was a spring in people's steps as they enjoyed the activities and sampled delicious and healthy treats, such as sushi wraps, fruit cups and banana muffins!



Although this risk is already known for one ADHD drug, Strattera (atomoxetine), according to Health Canada, new information has since emerged to suggest that the risk of suicidal thoughts and behaviours may apply to other ADHD drugs. There is little evidence that these drugs cause suicidal thoughts and behaviours, but it is possible that they may **contribute to the risk**.

For more details, and tips on what you can do if you have concerns about ADHD drugs, visit [www.healthy Canadians.gc.ca/recall-alert-rappel-avis/hc-sc/2015/52759a-eng.php](http://www.healthy Canadians.gc.ca/recall-alert-rappel-avis/hc-sc/2015/52759a-eng.php)

To report a side effect to a health product to Health Canada call toll-free at 1-866-234-2345.

### New Service Info-Social 811



Nurses AND social workers at the same number! Complementing INFO-SANTÉ 811, **INFO-SOCIAL 811** is a telephone consultation service

that connects you with **qualified social workers**. They will provide **confidential** assistance, providing reliable and appropriate answers to help you with a difficult situation. Available 24 hours a day, 7 days a week, this service will direct you to the best resource to help you obtain information and advice.

### ADHD Medication

Stronger, clearer warnings on the risk of suicidal thoughts and behaviours are being incorporated into the prescribing information for drugs used in the management of Attention Deficit Hyperactivity Disorder (ADHD).

### Improving the Quality of Services

Listening to you is central to the continual improvement of the quality of services offered by our health institutions. If you are dissatisfied with the care and services provided by a health or social service institution, you can take the following steps:

**STEP 1:** File a complaint with the **Local Service Quality and Complaints Commissioner** of the institution. A staff member at the institution will provide the name and contact information of the Commissioner in that area.

**STEP 2:** If you are unsatisfied with the responses/conclusions of the local or regional service Quality and Complaints Commissioner, you can apply to **the Office of the Public Protector** (1-800-463-5070).

If you would like us to support you through the process, please call us at 819-777-3206 and we can help you navigate the complaints procedure.

## New English resource for Parents



All parents have questions: How can I help my child make friends? How do I encourage my child to take turns?

**Naitre et Grandir** has

translated some of the features from their magazine into English on their new site called **Help Them Grow**. You will find information on socialization and living with others, working parents, daycare and development, social skills and lots more! Visit their website at [www.naitreetgrandir.com/en/feature/](http://www.naitreetgrandir.com/en/feature/) to read articles, find resources on parenting skills and watch videos.

## Diabetes

*Did you know that if all people with diabetes were a country it would be the third largest country in the world?*

On March 18, 2015, Connexions hosted a video conference session on *Diabetes and The Sugar Factor*. Thea Demmers of Concordia University's PERFORM Centre explained the risk factors, the effects of what we eat on our blood sugar and provided tips to increase fiber, and decrease fat and sodium. Here are some of those tips:

- For Ground Meats: add grated carrots, finely chopped celery or grated raw beets. Use leftover rice, dried breadcrumbs, oatmeal, buckwheat or ground flaxseed to bind it together.

- Canned Soups: dilute the sodium by using 2 cans of water and adding 1 can of leftover or frozen vegetables. This should make 4 servings each with more fiber and less sodium.
- Potatoes and cauliflower can be mashed together for a mashed potato dish that has less carbohydrates, more fiber and a nice flavor. Season with low-fat milk, herbs and pepper.
- Add vegetables to sandwiches, stir-fries, omelets or scrambled eggs.

The session emphasized the importance of monitoring sugar intake, reading labels and how to measure portions – all important steps for anyone wanting to eat a healthy diet.

## Elder Abuse

4 to 7% of seniors are victims of abuse, but it is so under reported that it is difficult to get a real number. Abuse can take many forms: physical, psychological, financial, sexual, institutional and simply ageism.

**Anyone can spot the signs! For example:**

- Bruises, wounds, changes in behaviour, depression, poor hygiene, malnutrition,
- Increased number of banking transactions, disappearance of valuables, insufficient funds to cover bills,
- Social isolation, denial of the situation,

**What to do? For the victim:**

- Breaking the silence and talking to a trusted person; explaining the situation and asking for help.
- **Calling the Elder Abuse Help Line (1-888-489-2287)** or other resources such as: the police, CLSC's social services, the Crime Victims Assistance Centre (CAVAC) 1-800-331-2311.

## Upcoming Events

Our next FREE videoconference session will take place on, **Wednesday, May 13, 2015, 9:45 a.m. to 12 p.m.** with a speaker from the Heart & Stroke Foundation on **Strokes**. The session will take place at the Western Quebec School Board, 15 Katimavik, Gatineau (Aylmer sector). For more information, or to reserve your place, please call us at 819-777-3206.



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