

Summer 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@centreconnexions.org or visit our website at www.centreconnexions.org

Connexions' Annual General Meeting

MARK YOUR CALENDARS for JUNE 17, 2015. You are cordially invited to attend our Annual General Meeting. A guest speaker from the Centre intégré des services de santé et des services sociaux de l'Outaouais will present information on the complaints process.

Also on the agenda will be our Annual Report on Programs and Projects, the 2014-2015 Financial Report, amendments to the By-laws and the election of Directors.

The AGM takes place from 7:00 pm to 9:00 pm in the library of Pierre Elliott Trudeau School, 2 Millar St., Gatineau (Hull sector). Please RSVP at 819-777-3206 or by email at info@centreconnexions.org.

Our amazing volunteers in Buckingham!

Connexions would like to send a special thank you to our volunteers in the Buckingham area. Maureen Ricard has been facilitating information sessions for Connexions for several years on a variety of topics. As a retired Nurse,

Maureen is able to explain health issues in simple terms and answer questions with great empathy.

This winter and spring Maureen facilitated the **Jog Your Mind**

program in collaboration with the Centre action generations des aînés in Buckingham. The series of eight workshops were well attended with over 20 participants at each of the sessions. Seniors in the Buckingham area



learned tips and tricks to help train and exercise their memory in a fun and relaxed environment.

This spring Maureen also presented to a group of Buckingham seniors on the topic of Chronic Pain.

Connexions also extends its sincere appreciation to Linda Cameron, Shirley Plouffe, Diane Cameron, Jean Dunnigan and Theresa Ritchie, community members of the Papineau Health and Social Services Network (PHSSN). They have volunteered countless hours organizing and promoting health and social services information sessions and developing partnerships with other organizations in an effort to help English-speaking residents in Buckingham and the surrounding area be better informed of services available to them. Their long-standing dedication and commitment is an asset to their community.

A new emergency clinic for children in Gatineau

In an attempt to improve access to services for children in our region, a mini-paediatric emergency clinic for children 0-17 years of age has opened opposite the Gatineau Hospital.

There are 3 examination rooms open 7 days a week, from 9:00 am to 6:00 pm from Monday to Friday and 9:00 am to 3:00 pm on weekends and holidays on a drop-in basis.

The emergency clinic is now open and located in the Gatineau Family Medicine Unit at 500, boulevard de l'Hôpital.



Heart and Stroke Foundation

On May 13, 2015 Connexions hosted a video conference session on *Strokes* with guest speaker Andréane Tardiff from the Heart and Stroke Foundation.

The session emphasized the importance of reacting quickly if someone you know is having a stroke. FAST represents the signs of stroke.

F for FACE: Is their face drooping?

A for ARMS: Can they raise both arms?

S for SPEECH: Is it slurred or jumbled?

T for TIME: Call 9-1-1 right away

To learn more, visit the Heart and Stroke Foundation website at heartandstroke.ca/FAST.

Is your child ready for school?

Transition from home, pre-school or daycare to school is one of the most stressful periods of a child's life – and can be for you as a parent! Making this transition as smooth as possible will have a real impact on a child's motivation at school. Studies also show that when parents get involved in their child's learning their success in school increases.



Connexions, in collaboration with the Western Quebec School Board and Heritage College, has produced a School Readiness Kit. The kits have been distributed through the English schools for children entering kindergarten in the fall of 2015. The kit provides parents with resources and information, such as developing social skills, promoting independence and packing healthy lunches to support their child and prepare them for school.

This project was realized with financial support from the **Conférence régionale des élus de l'Outaouais (CRÉO)** and **Health Canada**.

To pick up a kit, please call our office at 819-777-3206 or e-mail us at info@centreconnexions.org.

Upcoming Events

Our next FREE videoconference session will take place, **Wednesday, June 17, 2015, 9:45 a.m. to 12 p.m.** with Sarah Doherty, Lawyer from Édouard on *Powers of Attorney, Mandates for Incapacity and Wills: Know Your Rights & Protect Yourself*.

This session will explain three key legal documents you can use to protect yourself. It will sort out some common myths and give you tools to create documents tailored to your situation. This session is for seniors, family members, caregivers and professionals.

The session will take place at the Western Quebec School Board, 15 Katimavik, Gatineau (Aylmer sector) in a **NEW LOCATION** on the 3rd floor. For more information, or to reserve your place, please call us at 819-777-3206.

Eat Gud, Feel Gr8!

E@ Gud, Feel GR8 is a ten-week after-school program aimed at 10-12 year olds to promote healthy eating habits and a physically active lifestyle in a fun environment.

Connexions offered the program in 3 elementary schools this year with over 60 students participating. One of the key strategies to encourage healthy eating is to get kids in the kitchen. "If they know how to make healthy choices



when they choose what to eat AND help prepare that food, they are more likely to both eat it and enjoy it," says Chris Anka, Connexions Program Facilitator, "and also allows them to transfer the message home as well." The kids learned about the four food groups, how to read labels, what constitutes a healthy portion and that a balanced diet includes food items from each of the food groups.

Each session also included some form of physical activity. The students used pedometers to track their steps during the Indoor Social Walking Club, and there was time in the gym and outside to skate or play soccer.



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