

Winter 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 or visit our website at www.ohssn.org

A new legal resource for our region

Centre de justice de proximité Outaouais (CJPO) is a non-profit organization that promotes access to justice. CJPO provides legal information, support and referral services for free to those living in the Outaouais, regardless of income or the legal nature of a problem.

What can CJPO do for you?

- Provide you with legal information;
- Help you find the right form and explain it to you;
- Offer you information on various recourses available and legal proceedings;
- Refer you to organizations, professionals or alternative dispute resolution options.

CJPO cannot provide you with legal counsel, represent you in court or fill out forms for you. They are located at 5 Laval St, Gatineau (Hull sector) and can be contacted at 819-600-4600 or toll free at 844-606-4600. For more information, only in French, visit their website at www.justicedeproximite.qc.ca.

A Sharing Kitchen

The English-speaking churches in the Buckingham area have come together to form an Ecumenical Table. In collaboration with Centre Action Générations des Aînés (CAGA) and the Papineau Health and Social Services Network (PHSSN) the Ecumenical Table is offering a **sharing kitchen** to seniors.

WHAT IS A SHARING KITCHEN?

A Sharing Kitchen is an opportunity for seniors (55 years and over), both singles and couples, to get together to prepare meals for themselves.

A Sharing Kitchen (cont'd)

The sessions are led by an experienced instructor and are a fun way to meet others and learn about nutrition and good eating habits.

BENEFITS

- Preparation of nutritious meals at low cost
- Getting out of the house, meeting new people and developing new friendships
- Provides an opportunity to learn new things from others
- Developing good cooking practices

The cooking sessions are happening now at St. Andrews Anglican church in Buckingham on the 3rd Thursday of each month and will run until June. For more information, please contact Bill Cameron at 819-986-8901.

Become a health champion!

Did you know that 58% of 4-8 year olds in Quebec don't eat a minimum of 5 fruits and vegetables a day as recommended by the Canada Food Guide?



And 3 out of 5 adults in the Outaouais are overweight?

MARCH is NUTRITION MONTH

and now is the time to change some of our eating habits!

The **5/30 Health and Wellness Challenge** is 6 weeks of motivation to improve one's lifestyle habits. This means that between March 1 and April 11 you will set 3 goals, on your own, as a family, or as a team.

Read more about the 5/30 health challenge on the next page...

connexions news

Your link to a healthy community

The '5' Goal is eating at least 5 servings of fruit and vegetables a day. '30' Goal is getting active at least 30 minutes a day. And the 2015 Wellness Goal is to **take a break for increased wellness in life**. Each week of the *Health Challenge* different ways to take breaks will be offered along with easy tips and challenges to meet your goals.



Why Register? By registering, you'll aim to reach the 3 goals, but at your own pace and in your own way. You'll also receive free motivational support and have the chance to win one of many prizes offered throughout the *Health Challenge*, including \$5,000 of free groceries from IGA. To register, or for more information and resources, visit the health challenge website: www.healthchallenge.ca/en/participate

Families

Itsy Bitsy Tots Playgroup: Come join us Thursdays 8:45 to 10:15 a.m. at Pierre Elliot Trudeau Elementary School in Hull!

The playgroup meets every Thursday morning and provides a drop-in space for parents and their children, aged 0-4 years. The program is offered by Connexions, in collaboration with the Community Learning Centre and Pierre Elliot Trudeau School. Resources and parenting information are shared.

Did you know that plaque can grow in a child's mouth even before they have teeth? In November, a dental hygienist came to show parents and children how to brush their teeth and the proper way to floss. [Click here](#) to find out how to keep your baby's mouth clean. The Canadian Dental Association recommends that parents brush their child's teeth until they are at least 3 years old.

We also had a visit from a speech and language therapist. Here are some of the tips she gave to stimulate speech and language in young children:

- Be face to face when you speak to your child;
- Speak slowly;

- Repeat, repeat, repeat; and
- Name and describe things you see and actions you do together.

Please contact us at 819-777-3206 for more information, or look for us on Facebook at Itsy Bitsy Tots!

Alzheimer's and Caregiving

On January 21, 2015 Connexions hosted a video conference session with guest speaker Chris Wynn who shared his experience as male caregiver for his father, chronicled in his film *Forgetful, Not Forgotten*. The presentation provided a greater understanding around Alzheimer's disease and how its progression affects the family dynamic. If you are caring for a senior family member who may or may not have Alzheimer's there is support. Contact APPUI Outaouais at 1-855-852-7787. For resources on Alzheimer's visit www.alzheimers.ca.

Look for Chris Wynn's other films related to Alzheimer's [A Captured Life](#) (available online for free) and his current project [Much too Young](#) about early onset Alzheimer's.

Seniors

Have you heard of Remue-Ménage Outaouais? RMO RMO provides domestic support services such as housekeeping, meal preparation and home support. The service is offered to the general population and adapted to the needs of the seniors. Persons referred by a CSSS or over 65 years of age are eligible for financial assistance based on their income. Call 819-778-2461 for more information.

Upcoming Events

Our next FREE videoconference session will take place **March 18, 2015, 9:45 a.m. to 12 p.m.** on *Diabetes and The Sugar Factor* with Dr. Sylvie Santosa of Concordia University's PERFORM Centre. 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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