

2015 Holiday Season Edition

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

Local students awarded bursaries!

Connexions is proud to announce that it was able to offer a total of \$22,500 through the **McGill Health and Social Service Community Leadership Bursary Program** to support 3 local students in the completion of their studies in Nursing for the 2015-16 academic year.

Dorothy Down-Cameron (McGill University, Nursing) of Aylmer, Anisha Mehreja (McGill University, Nursing) of Wakefield, and Jennifer MacKenzie (Heritage College, Nursing) of Chelsea, have each received financial support through the McGill University initiative to help them complete their studies. This bursary provides financial incentive for students from the Outaouais region with English and French language skills pursuing full-time studies in the area of health and social services to work and serve in the Outaouais for a minimum of one year upon completion of their studies.

 This financial award is funded by Health Canada through the McGill University Training and Retention of Health Professionals Project, which promotes access to health and social services in English by supporting future bilingual professionals within Quebec's health and social services system.

Congratulations to Dorothy, Anisha and Jennifer!

World Café Conversation

A World Café Conversation, hosted by Connexions for parents with children with special needs, was held on Nov. 30. This unique event provided the opportunity for parents to express their needs and share information.

“World Café Conversations are an intentional way to create a living network of conversation around questions that matter. A Café Conversation is a creative process for leading collaborative dialogue, sharing knowledge and creating possibilities for action in groups of all sizes.”



With the feedback gathered, Connexions plans to develop a resource for parents of children with special needs that responds to gaps in information and how to access services.

Health Canada Recall



Health Canada is warning consumers of defects with some seasonal lights. Health Canada testing has shown hazards in several products including overheating, as well as fire and electric shock hazards. For a list of lights which are subject to recall, check the Healthy Canadians website at: healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php

- Consumers who have any of the products identified should stop using these products immediately,
- Consumers should keep checking the [Healthy Canadians Recalls and Safety Alerts Database](http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php) for additional recalls. Follow the directions in each recall notice as they may vary for each recalled product,
- Always read and follow the warning labels on all products, including seasonal light products.

For more information on [Holiday Safety](http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php), visit the Healthy Canadians website.

Caregivers: Helping your loved one

The APPUI Outaouais newsletter is filled with information for caregivers and the latest issue includes an article on how caregivers can support their loved one to complete daily tasks. It is available on our website at centreconnexions.org/community-services/caregivers/.

APPUI is an organization dedicated to supporting caregivers so that they never feel alone. Don't hesitate to contact the caregiver Info line at 1-855-8LAPPUI or for more information, visit www.lappui.org/outaouais

Recipe: Maple Berry Rice Pudding

- 1 tbsp (15 mL) all-purpose flour
- 2 cups (500 mL) 1% milk
- 1/3 cup (75 mL) short-grain (arborio) rice
- 2 tbsp (25 mL) pure maple syrup
- 1/2 tsp (2 mL) vanilla extract
- 2 cups (500 mL) blueberries or raspberries (thaw, if frozen)

Directions

1. In deep, heavy saucepan, whisk flour into milk. Stir in rice and bring to a simmer over medium heat, stirring often.
2. Reduce heat to low; cover and simmer, stirring occasionally, for 20 to 25 minutes or until rice is very tender. Remove from heat and stir in maple syrup and vanilla extract. Let cool slightly (the pudding will thicken upon cooling). Stir in berries. Divide the pudding among 4 small bowls. Serve warm or cold.

For more recipes, visit the Heart and Stroke Foundation: www.heartandstroke.com/site/c.ikiQLcMWJtE/b.3484019/k.6437/HeartHealthy_Recipes.htm

Memory and Seniors

As we age, many seniors become concerned about their memory: forgetfulness, lack of concentration, or memory not being as accurate as when they were younger. This is normal to a certain extent – our flexibility, muscle tonus, and our posture are not as *fine-tuned* as when we were younger, either. So why the worry? One of the main reasons we worry is because we associate memory loss and forgetfulness with the degenerative diseases of the brain – like the dementias and Alzheimer's disease. The cognitive functions of the brain (memory, concentration, thinking, planning) are crucial to our autonomy and quality of life.



There is plasticity to the brain and, as physical exercise helps our muscles become stronger, stimulation and training with the brain can improve intellectual performance. Here are some tips of what you can do to help your memory:

- Challenge yourself: brush your teeth/hair with the other hand (helps us focus)
- Do word searches, crosswords, Sudoku for beginners and work up to build concentration
- Writing stimulates the brain and helps our recall from memory – so make a list!
- Remember, what is good for the heart, is good for the mind: Eat a nutritious and balanced diet, drink plenty of water, exercise to increase blood circulation, and get plenty of sleep.
- Please join us at our next videoconference session (see below) to find out more...

Upcoming Events

Our next FREE videoconference session will take place, **Wednesday, January 20, 2016, 9:45 a.m. to 12 p.m.** on ***Memory Disorders: When Should I Worry?***

The session will take place at the Western Quebec School Board, 15 Katimavik, Gatineau (Aylmer sector). To reserve your place, please call us at 819-777-3206.