

Spring 2016

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

Upcoming Events



Please join us **Wednesday, April 6, 2016 from 6:45 p.m. to 9:00 p.m.** at the Gatineau Golf and Country Club for ***Life Planning for Parents of Children with Special Needs.***

Guest speakers Linda Mastroianni will talk about creating a transition plan and Nathan Leibowitz will present on the financial security of your child's future.

Our next FREE videoconference session will take place, **Wednesday, May 18, 2016, 9:45 a.m. to 12 p.m.** on ***Fall Prevention*** with Cat St. Pierre. The session will take place at the Western Quebec School Board, 15 Katimavik, Gatineau (Aylmer sector).

For more information, or to reserve your place for either of these sessions, please call us at 819-777-3206.

The Health Passport

The Health Passport and the Health Passport App are now available on the Connexions website, or in paper format at our office. It is designed to help you and your family keep track of essential health information and to prepare for a visit with a health professional, especially in an emergency. It also puts helpful words and phrases in French at your fingertips when you go to clinic or an emergency. We hope you will find this tool useful!

To download the app, please visit our website: www.centreconnexions.org



Health Passport
Web Application

Tips to help prevent falls

Do you want to stay in your home as long as possible? Then you certainly don't want to fall and risk an injury.

Did you know? **Falls** are the **leading** cause of injury among older Canadians with 20-30% seniors experiencing one or more falls each year. Furthermore, fifty percent of all falls causing hospitalization happen at home.

It is important to take precautions to prevent falls. Here are some simple steps to reduce the risk of falling at home:

- Keep **stairs** and **walkways** free of clutter, ice or snow
- Exercise more to maintain balance and strength
- **Use hand rails and grab bars** to keep you steady on your feet, especially in the shower or bath
- **Know what you are taking:** talk to your pharmacist or doctor as some medications may make you prone to dizziness and falling
- **take your time**, don't rush when walking or getting up



For more tips, see the Healthy Canadians website: <http://www.healthycanadians.gc.ca/publications/healthy-living-vie-saine/lower-your-fall-risk-2016-comment-reduire-risque-chute/index-eng.php>

Or, attend our next videoconference session on ***Fall Prevention*** with Cat St. Pierre! (see the Upcoming Events section for details).



Please like us on Facebook by looking up Connexions Resource Centre.

connexions news

Your link to a healthy community

Home Accessibility Tax Credit (HATC)

The home accessibility tax credit will support seniors and people with disabilities in making renovations to their homes to improve safety, access and functionality. To find out if you are eligible, visit the CRA website at:

<http://www.cra-arc.gc.ca/gncy/bdgt/2015/qa04-eng.html>

Call for Applications McGill Bursary



McGill The Connexions Resource Centre is proud to announce that it will once again be offering the **McGill Health and Social Service Community Leadership Bursary Program** to support students in the completion of their studies in the field of health and social services.

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 more information and to check the eligibility criteria, please visit our website at <http://centreconnexions.org/health-careers/mcgill-bursary>. To receive an application form, please contact us at info@centreconnexions.org or 819-777-3206.

Quebec Association for Independent Living (QUAIL)

QUAIL is a non-profit association created in 1993 to care for developmentally challenged adults. QUAIL operates a home in Chelsea, Quebec for five English-speaking residents from the Outaouais, who need assistance with the tasks of daily living. The goal is to provide the residents a home and support for life, or as long as QUAIL can support their needs. Services for the residents include food and lodging, personal assistance, psycho-social adaptation and community integration. QUAIL also offers short-term respite services for adults with developmental disabilities.



Fund raising is essential for the continued care of the residents. They accept charitable donations from the public and put on a number of fund raising events throughout the year, such as the Strawberry Social, Family Fun Day, Dinner at L'Orée du Bois, and the Christmas Craft Fair. For more information or to make a donation: www.quailassociation.org/index.htm

Promoting mental wellness in our youth

When a person is dealing with mental health challenges and/or suicidal thoughts, they can feel ashamed and alone in their struggles. Youth can be particularly vulnerable given the many transitions and pressures they face.

Some are reluctant to talk to others and reach out for help. But a sympathetic listening ear and a conversation can make a real difference.



The keys to taking care of your youth's mental health are to work towards building a close and genuinely supportive relationship and promoting mental wellness, and if problem(s) arise, to get help early.

Talking with a struggling youth (or anyone for that matter) can seem like a daunting task, but it doesn't have to be. You can get tips for having a meaningful conversation in a new guide designed to help parents and caregivers forge and strengthen those connections and support their youth's mental health.

This **free guide** is produced by **The Right by You** campaign, which was created by Partners for Mental Health to improve mental health and prevent suicide among youth. It also provides a checklist of some warning signs to look for and helpful mental health resources.

The guide can be downloaded or you can request a physical copy from rightbyyou.ca.



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This newsletter was made possible thanks to funding from  Health Canada  Santé Canada