

Fall 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

Our next FREE videoconference session will take place, **Wednesday, September 28, 2016, 9:45 a.m. to 12 p.m.**



on **Maintaining our Self-Esteem Throughout the Aging Process – Mission Impossible?**

Presenter, Norma Gilbert, Social Worker, will explore how aging affects self-esteem. 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.

Have your say on official languages

In June, Heritage Minister Mélanie Joly launched the **Cross-Canada Consultations on Official Languages** which will continue until October 2016. These consultations will support her mandate to develop a new multi-year plan for official languages, especially when it comes to supporting English- and French-speaking minorities. To help guide an informed discussion, the government has prepared [information capsules](#) to learn more about official languages.



Minister Joly is inviting all Canadians to take part in these consultations and to share their opinions or comments on the role of English and French in Canadian society. She has been using a round-

table approach and has also made an online questionnaire available.

It's not too late to share your viewpoint; you can access the questionnaire at http://pch.sondages-surveys.ca/s/OLC_2016/?l=en

Workshops for Caregivers

Société Alzheimer DE L'OUTAOUAIS QUÉBÉCOIS

Does someone close to you have Alzheimer's? Are you a caregiver? The Outaouais Alzheimer Society is organizing a 3-day condensed weekend workshop for caregivers. The workshop takes place at the **Fort-Coulonge CLSC**, 160, Chute Rd October 14-16 at a cost of \$35.

This workshop will help you to better understand the disease and support you in your caregiving role by informing you about available resources and activities related to Alzheimer's disease.

To register for the workshop, contact the Alzheimer Society at 819-777-4232 or by email at saoq@saoq.org.

Do you know a senior who is lonely?

Did you know that in Canada, **nearly a million seniors are socially isolated** and do not participate frequently in any social activity?

Last fall, HelpAge Canada launched the [Reach Isolated Seniors Everywhere](#) (RISE) campaign. The goal is to help Canadians become aware of the possible impact of ...

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connexions news

Your link to a healthy community

social isolation and loneliness on seniors – and for each of us to take action!

Here are some **simple acts of kindness** each of us can do to make the difference in the life of a senior:

- Seek advice from a senior. They have a lot of wisdom and experiences to share
- Pay a visit to an older friend or neighbor; offer to walk their dog, rake their leaves or change a light bulb
- Smile and ask how they are doing today; engage in a conversation
- Hold open a door, offer your seat or place in line for an older adult; return their empty cart
- **Give a hug** to warm up the heart and a smile.



Parents, it's time for a wakeup call!

Can you believe it? Children now sleep about 30-60 minutes less per night than previous generations.



This year, in the ParticipACTION Report Card, sleep was included as an indicator of health. The report highlights the important relationship between physical activity, sedentary behaviour, and sleep.

They report that too little sleep can cause hyperactivity, impulsiveness and a short attention span. Children who sleep less are more likely to struggle with verbal creativity, problem solving, and generally perform lower on IQ tests. Short sleepers are more likely to struggle with obesity, diabetes, and hypertension.

Here's how you can help your child sit less, move more, and get well rested:

- Keep TVs and electronics out of the bedroom – there is a ton of research to show that there are literally no benefits of having TVs and electronics

close by, especially when they can lure kids away from hitting the hay.

- Make sure your child is getting some heart pumping activity throughout the day – more physical activity is associated with increased health benefits and we know that an active kid is a tired kid.
- Get your kids outside – simply being outside means your children (and you!) are more likely to get in some extra activity. Bonus is that this also means the TV, and cookie jar are further away as well.
- Consistency is key – encourage consistent bed and wake times, even on weekends. Structured time can help kids settle into a routine and allow them to be better prepared to fall asleep and wake up naturally.
- Be a good role model – your youngsters will be looking to you for examples so make sure they're good ones! Walk the walk by getting enough sleep and integrating physical activity into your own life.



Visit the ParticipACTION website to learn more:
www.participaction.com/en-ca

Before you visit the emergency...

Call **811 INFO-SANTÉ - INFO-SOCIAL** to consult with a nurse or social worker. 811 is a telephone consultation service that connects you with **qualified nurses and social workers**. They provide **confidential** assistance for any question regarding your health, and 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.

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