

Caregiver Newsletter

Outaouais

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MARCH 2017

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DID YOU KNOW?

The first international women's day was held in Europe, on March 19, 1911, to demand the right to vote and women's right to work. In 1977, the UN officially recognized March 8 as the UN Day for Women's Rights and World Peace. This day is celebrated throughout the world and several countries have even made it one of their statutory holidays.

EATING WELL TO PROVIDE BETTER CARE

Louise Lambert-Lagacé and Josée Thibodeau, nutritionists



You don't always have an easy task, and if you want to avoid exhaustion, it really is worth eating a balanced diet. Here are some suggestions to help you eat healthy despite your busy schedule.

Never skip a meal

It is better to alter your schedule and make time for a meal than end up hungry and tired at the end of the day. Cont. p. 2



A WORD FROM

L'Appui
Outaouais

Just like caregivers, l'Appui Outaouais is not taking a break this month. The dedication of each caregiver every day is so important and invaluable. You are our source of inspiration.

To obtain all the information on available services and activities, visit the l'Appui Outaouais website regularly at www.lappuioutaouais.org or call the Caregiver Helpline at 1-855-852-7784.

EATING WELL TO PROVIDE BETTER CARE

Go for foods that maintain your energy level

Foods high in protein stabilize your energy level and prevent energy lows. Plan your menu around a portion of fish, chicken or meat, an entrée salad with boiled eggs and cheese, or a hearty soup with chickpeas and Greek yogurt for dessert. Don't forget to include some raw vegetables, wholegrain bread and a piece of fruit.

Use shortcuts

When time is short, shortcuts are great!

- Use a caterer, have ready-to-cook meals delivered or stock up on frozen meals. Check the quality of the ingredients, the protein and fibre. A balanced meal must contain a minimum of 15 grams of protein (20-30 for people 65 and over) and 8-10 grams of fibre. Boost your protein intake by adding a glass of milk, Greek yoghurt, a piece of cheese or a handful of nuts. Some raw vegetables, a fresh green salad, a slice of wholegrain bread and a piece of fruit will boost your fibre intake.
- Double a recipe and then share the meal with your loved one; keep the leftovers in the fridge for a few days or the freezer for a few months.
- You can bake a filet of fresh fish in the oven at 425 F (220 C) in just 10 minutes per inch of thickness (20 minutes if frozen). Season the filet with olive oil and lemon juice, sprigs of rosemary, pesto or curry paste.
- Add canned light tuna or salmon to a green salad for a quick meal. Discover edamames (green soybeans) that take only 4 minutes to cook in boiling water. Enrich vegetable soup by adding about a cup of red beans or chickpeas per portion.
- Raw vegetables prepared in advance and fresh or frozen vegetables save a lot of time when you are in a hurry to make a meal. A food processor turns carrots, cabbage and fresh parsley into a salad in a few minutes.



Multivitamin and mineral supplements

Multivitamins and minerals can never replace a healthy diet but they can make up for certain deficiencies without the risk of overdose. Formulas for adults and for those over 50 can be found in stores.

Remember to drink enough water

Dehydration results in tiredness and headaches. Take the time to drink eight glasses of fluid a day: fresh water, milk, tea, coffee, herbal teas and broths. And remember to take your refillable water bottle with you!

Every bite counts and the more variety in your food choices, the better for your health. When good foods are on the menu at every meal or snack time, the risk of deficiencies decreases, while your muscular strength, immune system and energy level all get a boost.

APPUI NEWS FLASH



Have you had the chance to try out our new directory of resources on our Web site? To make searches easier, the various services are now listed in eight major categories. Are you looking for respite, but specifically respite offered at home? You can refine your search criteria or even search by postal code to quickly find services available near you that meet your needs.

REGIONAL ACTIVITY

Are you familiar with the Centre d'action bénévole Accès?



The Centre d'action bénévole Accès is a non-profit community organization that has been running for 33 years now. Since its foundation, Accès has been supported by a group of dedicated volunteers who enable the Centre to provide its various programs.

Our mission is to support and promote volunteering in the Aylmer community, to participate actively in improving individual and community quality of life by providing volunteer social support through a range of services to help keep seniors and people who need help in their homes.

We offer transportation/escort services to medical appointments, friendly visits, a grocery shopping service on Fridays, day activities three times a week and **since 2008, we have provided a respite-at-home service for caregivers**. This supervision service in the home provides caregivers of seniors with loss of autonomy some time for respite while knowing their loved one is safe. The Centre Accès also provides an income tax service for low-income people, as well as help completing forms.

OUR CARE HIGHLIGHTS OF THE MONTH

Each month, our team shares some care highlights with you. Our discoveries, including websites, books or even documentaries will inform and entertain you.



THEATER

The play Victoria is still touring and will stop in several regions of Quebec over the next few months. In Dulcinea Langfelder's play, we meet Victoria, who loses her memory and independence, but still has her ability to dream. The theatrical piece, which includes some dance, tackles the subject of aging with humour and compassion.

For tour details, visit www.dulci-langfelder.org.



MOBILE APP

A pharmacist on your tablet or phone? This is what the My Pharmacist mobile app (meandmypharmacist.ca) gives you. Free of charge and easy to use, this app allows you to create a profile for each family member, including a list of medications and their dosage. You can also create an alert for each medication that will send you a notification when it is time to take it. The app also offers information sheets as well a pharmacy locator.

meandmypharmacist.ca, on Apple's App store and Google Play

THE IMPORTANCE OF TAKING A BREAK

Caregiver support consellers

One of the things our health depends on is the balance between two major spheres: the physical and the psychological. During the day, our body uses energy and needs to be recharged to get going again the next day. However, sometimes, even during the day, we might need to unwind and recharge our batteries. To help us do this, we can take breaks in our day.

To take your mind off things

Watching TV or surfing the Internet can help you distract you from the day's events. This rather passive type of activity is perfect to take your mind off things for a short time, without requiring energy or concentration.

To recharge your batteries

Other activities help recharge the mind and body. There are games (board games, crosswords, etc.), artistic pursuits (music, crafts, cooking, etc.), outdoor activities (walking, fishing, etc.) or spiritual activities (reading, yoga, religious practices, etc.).

Breaks are necessary. They are not a privilege, but rather a way for you to balance your schedule and remain healthy. Give yourself the opportunity to recharge your batteries through activities you enjoy. And through the break, reconnect with yourself and those around you. ■

SOCIAL WORKER AND CAREGIVER, A WINNING TEAM

Did you know that March is social work month? We took the opportunity to ask Chantal Audet, a social worker, a few questions about the profession and her role in supporting and working with caregivers.

In a few words, can you describe the role of the social worker in the care team?

The social worker strives to be the patient's representative with the care team. The social worker talks with people about their social environment, values and expectations and can thus have a more accurate picture of their reality and the difficulties they might face. The social worker's duty is to share this reality with the attending care team.

How can the social worker support caregivers?



The social worker is well placed to assist in building a safety net for the person by providing a more social and global vision of the vulnerable person. The social worker can help reframe certain approaches depending on the environment in which the person lives and that person's specific priorities. Finally, with the social worker's knowledge of the various resources in the network, the social worker can make referrals to resources that might prove better suited to the person's situation in partnership with the care team.

The social worker may also support the caregiver directly by listening, sharing information and providing referrals for the caregiver. With more information, the caregiver can make informed decisions and sometimes see how things might unfold more smoothly. Moreover, by factoring in the information provided by the caregiver in the assessment, the social worker can ensure that the intervention plan is viable both for the patient and the caregiver.

How can caregivers in turn assist in your work with their loved one?

With their knowledge of and experience with their loved one, caregivers bring valuable expertise to the care team. They can inform the team about the person's needs, worries and dislikes. They can also help the team identify the most suitable and realistic solutions through their knowledge of their loved one's daily routine and their social and family environment.

They can also act as both a mediator and facilitator for the entire care team, because of their closeness with their loved one and the trust that their loved one has in them.

Are you searching for resources in your area that **will make your task easier** or do you simply want to **make the most of the time spent with the senior you are caring for?**

■ Call Caregiver Helpline

■ Visit lappui.org

CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

LAPPUI.ORG

SCHEDULE OF EVENTS



MARCH & APRIL

Visit our website to see more activities

City of Gatineau area

Société Alzheimer de l'Outaouais québécois (SAOQ)

Training workshops for caregivers: Wednesday, April 12, 2017 | 6:30 p.m. to 9:30 p.m.

Series of eight workshops held once a week | Cost of \$35 for eight workshops.

440 Maloney Blvd. West, Gatineau, QC J8P 6W2

Information: Mélanie Marcotte, 819-777-4232, ext. 222 or mmarcotte@saoq.org

Centre Action Génération des Aînés (CAGA)

Caregiver support groups: March 2 and 30, 2017 | 9:30 a.m. to 11:30 a.m.

In CAGA's main hall, 390 de Buckingham Avenue, Gatineau ([registration mandatory](#))

Talk: "Proches aidants : des trucs pour lâcher-prise!" [in French] March 15, 2017 | 10 a.m. to 12 noon

Buckingham community centre, 181 Joseph Street, Gatineau, QC J8L 1G6

Information: Julie Mercier, 819-281-4343, ext. 102, or coordoactivitescaga@videotron.ca

Centre d'Entraide aux Aînés (CEA)

Support group for caregivers:

March 15, 2017 | 1 p.m. to 3 p.m. and March 18, 2017 | 9:30 a.m. to 11:30 a.m.

Cabane en bois rond, 331 De la Cité-des-Jeunes Blvd., Gatineau

Talk: "Prévenir pour diminuer les risques de développer le diabète" [in French]

Tuesday, March 28, 2017 | 7 p.m. to 8:15 p.m.

Rolland Giguère room, Cabane en bois rond, 331 De la Cité-des-Jeunes Blvd., Gatineau

Information: 819-771-6609, ext. 25 or nadinegagnoncea@videotron.ca

Centre d'action bénévole Accès (CAB Accès)

Tax clinic:

Every Monday and Friday in March, 9:30 a.m. to 11:30 a.m. and 1:30 p.m. to 3:30 p.m.

67 Principale Street, Gatineau (Aylmer sector)

Information: Claudia Beaumont, 819-684-2242 or claudiabeaumont@videotron.ca

Les Collines RCM

Table autonome des aînés des Collines

Coffee Talk

La Pêche, Masham (French)

Thursday, March 9, 2017 | 1:30 p.m. to 3:30 p.m. CLSC, 9 Passe-Partout Rd., Sainte-Cécile-de-Masham

Val-des-Monts, Perkins (French)

Tuesday, March 14, 2017 | 1 p.m. to 3 p.m.

Édifice J.A. Perkins, 17 du Manoir Rd., Val-des-Monts (Marcel-Périard room)

Information: Marie-Ève Lemay | 819-457-9191, ext. 242, or by email at sosprochesaidants@gmail.com

Papineau RCM

Comité 3^e âge Papineau (CR3A)

Support group: March 2 and March 30, 2017 | 1:30 p.m. to 3:30 p.m.

Coffee Talk March 16, 2017 | 10 a.m. to 12 noon

134 Principale Street, Saint-André-Avellin

Information: 819-983-1565 or by email at <http://cr3a.org/contact-us.php>

Vallée-de-la-Gatineau RCM

Voix et Solidarité pour les aidants naturels de la Vallée-de-la-Gatineau

Coffee Talk

Maniwaki

Thursday, March 9, 2017 | 9 a.m. to 11 a.m.

Foyer Père Guinard (Théodora room), 177 des Oblats Street, Maniwaki

Gracefield

Thursday, March 9, 2017 | 1 p.m. to 3 p.m.

Foyer d'accueil de Gracefield, 1 du foyer Street, Gracefield

Moncerf

Wednesday, March 8, 2017 | 9:30 a.m. to 11:30 a.m.

Moncerf town hall, 16 Principale Street North, Moncerf

Information: Nancy Boudrias, 819-441-1001 or by email at voix.solidarite.VG@hotmail.com

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre in Maniwaki

Every Tuesday | 9 a.m. to 3 p.m. | **Information:** 819-777-4232 or saq@saq.org

Pontiac RCM

Société Alzheimer de l'Outaouais québécois (SAOQ)

Day and respite centre in Shawville

Every Monday | 9 a.m. to 3 p.m.

Information: 819-777-4232 or saq@saq.org



If you would like to register, return this form to: **L'APPUI OUTAOUAIS, 180 BOUL. DU MONT-BLEU, GATINEAU (QUEBEC) J8Z 3J5** or go to our website: **WWW.LAPPUI.ORG**

LAST NAME: _____

FIRST NAME: _____

YES, I WOULD LIKE TO RECEIVE *THE CAREGIVER NEWSLETTER OUTAOUAIS*:

BY EMAIL: _____

BY MAIL: _____

I NO LONGER WISH TO RECEIVE *THE CAREGIVER NEWSLETTER OUTAOUAIS*