

connexions news

Your link to a healthy community

WELCOME TO OUR DECEMBER 2017 ISSUE

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. If you have any difficulties accessing the information in this newsletter or if you need assistance in finding information or services in English, please call us at 819-777-3206 or [e-mail](#) us. Make sure to visit our [website](#) for upcoming news items and events and follow us on our [Facebook Page](#). **PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND FAMILY.**



CONNEXIONS HAS ITS OWN YOUTUBE CHANNEL!

Make sure to visit our [Connexions YouTube Channel](#) to find the City Life MATv interview of Danielle Lanyi, Executive Director of Connexions Resource Centre, a list of Playlists with videos on tax benefits for caregivers and individuals with special needs, as well as subscriptions to other community organization's YouTube channels including Éducaloi, Healthy Canadians and Naître et Grandir!

HELP US SAVE PAPER

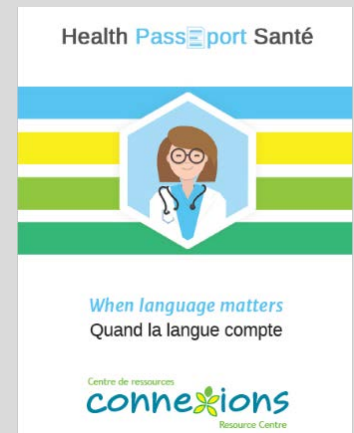
Receive the Connexions Newsletter directly to your email inbox. Simply call us, e-mail us or subscribe directly on our [website](#).

WE'D LOVE TO GET YOUR FEEDBACK ON OUR HEALTH PASSPORT BOOKLET AND APP!

The Health Passport can help you and your family keep track of essential health information and prepare you for a visit with a health professional. It also puts helpful words and phrases in French, right at your fingertips.

Has the Health Passport helped you improve the outcome of your visits with your family doctor or other health professionals? Let us know what you find most useful in the Health Passport and what you think is missing.

Visit our [website](#) to answer a quick three-minute survey. Thank you for taking the time to complete this short survey!



THE CHANGING ROLE OF THE PHARMACIST

Your pharmacist is a health professional who is available for you, providing front-line access to health care. They have your file on hand and follow your health closely and take the time to listen to you and advise you.

Now that's truer than ever! Your pharmacist now offers the following new services:

- Prescribing medication when no diagnosis is required,
- Prescribing medication for certain minor conditions,
- Extending doctors' prescriptions so that treatment is not interrupted,
- Substituting one medication for another in case of shortage,
- Adjusting prescriptions,
- Prescribing laboratory tests and adjusting treatment as necessary, and
- Administering medication to demonstrate its proper use.



Find out more about the new role of the pharmacist and try-out *the Your Pharmacist Does More+* clickable guide and MeandMyPharmacist.ca App on our [website](#).

ÉDUCALOÏ: EMPOWERING OUR YOUTH



Éducaloï's Youth Zone explains, in easy-to-understand language, the legal rights and responsibilities of youth on topics that touch their everyday life.



Work & School



Your Body & Health



Families & Relationships



Crimes, Tickets & Fines

Check-out their [website](#).

Did you know that Éducaloï has materials specific for high school educators and career counselors? Find out more on their [website](#).

DISSATISFIED WITH SERVICES? AN OPPORTUNITY TO IMPROVE THEM!

In the health and social services network, lodging a complaint is a legal right. And indicating dissatisfaction is an excellent way to improve quality of care and services.

If you need help to file a complaint, the Centre d'assistance et d'accompagnement aux plaintes (CAAP)

Outaouais offers FREE and confidential services, including information and referral, as well as support and advice.

Call them at 819-770-3637 or toll-free at 1-877-767-2227, [email them](#) or visit their [website](#).

CONGRATULATIONS TO OUR FIVE BURSARY RECIPIENTS!

This year, Connexions has awarded a total of \$35,000 through the **Health and Social Services Community Bursary Program** to support five students in the completion of their studies in the field of health and social services.

Congratulations to **Caron Bodika** (McGill University, Nursing), **Myriam Grenier** (University of Ottawa, Master's in Audiology), **Jillian King** (Cégep Heritage College, Nursing), **Masaki Lombe** (Cégep Heritage College, Nursing) and **Jacqueline Langelier** (Université du Québec en Abitibi-Témiscamingue, Nursing; as pictured).



The aim of the bursary is to increase the number of bilingual health and social services professionals working in the Outaouais region. As recipients of the Bursary, these students have demonstrated their involvement in the community and have agreed to pursue careers in the Outaouais for one year following graduation.

Since 2011, Connexions has awarded sixteen scholarships totalling \$86,250 to bilingual students from the Outaouais enrolled in health care or social services studies. McGill University funds this initiative through a financial contribution from Health Canada. Our next call for applications is in Spring 2018. Find out more on our [website](#).

CONGRATULATIONS TO MR. RICHARD GRATTON, WINNER OF THE 2017 SENIORS' TRIBUTE AWARD FOR THE OUTAOUAIS REGION

This award, which aims to recognize the exceptional volunteer commitment of 18 seniors from all regions of Québec, was presented as part of a ceremony held on November 22 at the Hôtel du Parlement in Québec City by the Minister responsible for seniors and anti-bullying, Mme Francine Charbonneau.



The 2017 Seniors' Tribute Award recognizes the contribution of people who work voluntarily to promote the well-being of seniors and their increased participation in society. Each day, these dedicated and generous people are committed to improving the living conditions of seniors in their community. Their volunteer journey, which inspires them, is imbued with unwavering solidarity with their fellow citizens. Congratulations to Mr. Richard Gratton for his outstanding contribution to seniors in the Pontiac.

LEARN QUEBEC: A WEALTH OF RESOURCES AT YOUR FINGERTIPS!

LEARN Quebec brings together the expertise and efforts of educators, students, parents and various partners within their community to cultivate success for learners. You can access a variety of information and resources on their Website- all at no charge! This includes online tutoring, online classes and a number of "how to" tools to help students write papers and reports, prepare for exams, analyze results, and much more. LEARN Quebec also offer resources for teachers and tools to help with lesson planning. Check out their [website](#) to discover more!



This newsletter is part of CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.



Health
Canada

Santé
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