

## WELCOME TO OUR DECEMBER 2016 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 problems 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 at [info@centreconnexions.org](mailto:info@centreconnexions.org). Make sure to visit our [website](#) for upcoming news items and events and follow us on [Facebook](#). **PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND FAMILY.**

### OUR TEAM IS GROWING

Connexions is pleased to welcome two new staff members. Natalie Filiou, Communications Coordinator, joined our team in September and Charlene Engstrom, Seniors Outreach Coordinator, has been with us since November. Natalie and Charlene bring excellent skills, experience and lots of enthusiasm that will be valuable assets to Connexions and the community.



### INFO SANTÉ/INFO-SOCIAL

#### FREE 24/7 PHONE CONSULTATION SERVICE WITH A NURSE OR SOCIAL WORKER

Info-santé will connect you with a nurse who will provide information and advice on any questions you may have about your physical health.

Info-social will connect you with a social worker who will provide you with reliable and appropriate answers to help you with a difficult situation such as anxiety, distress, suicidal ideas, depression, as well as drug and alcohol problems.

### LOVE YOUR BRAIN!

When people think about staying fit, they often forget about their brain. And yet, your brain plays a critical role in everything you do, such as thinking, feeling, remembering and sleeping. Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. That's why it's important to challenge yourself to stay focused and to build concentration by reading, writing, learning new things and even doing crossword puzzles.



In November, Connexions welcomed seniors to its "Jog Your Mind" series of workshops, where Maureen Ricard, a retired nurse, shared some useful tips and memory exercises to help seniors jog their minds and keep their brains fit and sharp. "The success of these workshops lies within the program itself and the participants," said Maureen. "The aim is to increase memory by alleviating doubt and increasing confidence. It's a win-win situation as learning is empowering."

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*Best Wishes for a  
Wonderful Holiday and  
a Very Happy New Year  
from all of us at Connexions!*



## DES COLLINES SENIORS' ROUNDTABLE

The [des Collines Senior's Roundtable](#) supports and develops initiatives that respond to the needs of seniors in the MRC des Collines.

## DID YOU KNOW THAT 1 IN 5 CANADIANS BELIEVE THEY KNOW OF A SENIOR WHO MIGHT BE FACING SOME FORM OF ABUSE?

On November 19, [Bill 115 was tabled](#) in an effort to combat the maltreatment of seniors in vulnerable situations. The Act will include measures to facilitate the reporting of abuse and to promote the adoption of an intervention process. If you are a victim of abuse or know someone who is, please call the Ligne Aide Abus Aînés at 1-888-498-2287. This bilingual, confidential help line allows you to speak to a professional who is specialized in elder abuse.

**ARE YOU A CAREGIVER IN THE OUTAOUAIS? ARE YOU LOOKING FOR SUPPORT AND INFORMATION? PLEASE CONTACT APPUI-OUTAOUAIS:**

**CAREGIVER SUPPORT**  
**1 855 852-7784**  
LISTENING-INFORMATION-REFERRALS  
[www.lappui.org/outaouais](http://www.lappui.org/outaouais)

## LOVE YOUR BRAIN!

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A volunteer with Connexions for over 6 years, Maureen has been instrumental in adapting and facilitating the “Jog Your Mind” information sessions.

For Maureen, these workshops provide a satisfying and rewarding environment for both the participants and herself.



**“I enjoy interacting with people. I enjoy seeing them engaged and learning. Each new group has a different dynamic and each keeps me challenged and enthused. These workshops have been a wonderful experience for me.”**

We would like to thank Maureen for her long-standing dedication, and for her countless hours organizing and facilitating these sessions for Connexions.

We would also like to thank the Catholic Women's Guild for inviting us to present the workshops at St. Mark's Church in Aylmer.

## GIVING THANKS TO OUR CAREGIVERS!

On November 9, as part of International Caregiver Week, we had the pleasure to acknowledge and give thanks to our many caregivers who care for a family member or friend.

In collaboration with the des Collines Seniors Roundtable, we organized a fun and heartwarming afternoon of storytelling at the Quyon Lion's Club with guest speaker, Denise Markhame, who shared a string of personal anecdotes from her solo, “Barefoot.” Our caregivers were then given a chance to share their own stories of walking barefoot in their gardens with cherished friends and family.

We would like to thank Marie-Pierre Drolet, Executive Director, and Monique Albert, Seniors Outreach Worker, from the [des Collines Seniors Roundtable](#) and Michel Laporte from the [Centre intégré de santé et services sociaux de l'Outaouais](#) for their wonderful collaboration.



# TRAIT D'UNION OUTAOUAIS FOR CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD)?

Trait d'Union Outaouais (TUOI) recently announced that they have translated the main sections of their website. This will further encourage accessibility of TUOI's many services, and will complement measures already in place within the organization, including their monthly bilingual newsletter, family respite and support services, group activities and camps, and Document Centre and Media Library.



Connexions continues to work closely with TUOI to explore different ways in which the organization can better reach and serve the English-speaking population in the Outaouais area.

## ENGLISH-LANGUAGE GROUP ACTIVITIES FOR CHILDREN AND TEENS

TUOI is organizing English Group Activities and Day Camps for children and teens with ASD. These groups are designed and facilitated by qualified and bilingual educators and are based on recognized educational models. Activities allow participants to improve communication skills, increase autonomy, enjoy outings within the community, as well as socialize and have fun with peers. Children and youth are grouped by age and according to appropriate support levels and overall individual interests. To make a request for services, visit the TUOI website or leave a message at 819-595-1290, Ext. 33.

## MORE ABOUT TUOI

Trait d'Union Outaouais (TUOI) is a non-profit organization that provides services to children, youth and adults with ASD within the Outaouais area and encourages their integration within the community.

## OUR ITSY BITSY TOTS PLAYGROUP WILL BE BACK THURSDAY MORNINGS FROM 9 AM TO 10:30 AM IN THE NEW YEAR!

We've got fun activities, lots of free-play, healthy snacks and great conversation among parents! For more info, contact us at 819-777-3206 or at [info@centreconnexions.org](mailto:info@centreconnexions.org).

## HALF OF YOUNG CHILDREN VICTIMS OF VIOLENCE IN QUÉBEC

According to the [Observatoire des tout-petits' 2016 Report](#), half of children under 6 years of age have been victims of a minor violent act perpetrated by an adult in the home, and 4.3% are victims of severe physical violence. Among these children, 44% have been subject to at least 3 episodes of psychological aggression at home within the same year. Read our summary of this [Report](#).



## YOUR CHILD MAY BE ELIGIBLE FOR \$947 A MONTH UNDER RETRAITE QUÉBEC'S NEW SUPPLEMENT FOR CHILDREN WHO HAVE MULTIPLE SERIOUS DISABILITIES OR WHO REQUIRE COMPLEX HOME CARE

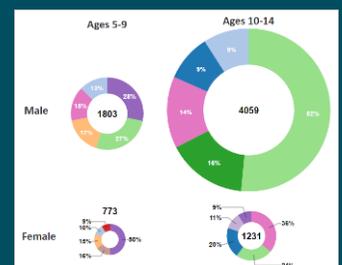


This Supplement will be granted retroactively to April 1, 2016 and is intended to increase the financial support granted to parents who already receive the Supplement for Handicapped Children.

Find out more about this Supplement and other [Financial Supports for Families with Children with Special Needs](#).

## DO YOU KNOW THE TOP 5 SPORTS AND RECREATIONAL ACTIVITIES RESPONSIBLE FOR CONCUSSIONS AND OTHER BRAIN INJURIES?

The Public Health Agency of Canada's [Concussion & Brain Injuries in Canadian Children and Youth Data Blog](#) features an interactive open-source tool that provides a snapshot of brain injury statistics. It shows the most common sports and recreational activities, such as soccer and hockey, related to concussions and other brain injuries among Canadian children and youth.



## DEVELOPMENT OF A NATIONAL SUICIDE PREVENTION SERVICE

Canada's Minister of Health announced support for the development of a [Suicide Prevention Service](#). It will integrate regional distress and crisis line services across Canada. Once fully implemented, it will offer 24/7, free, confidential support to those in crisis, considering or affected by suicide.

If you or someone you know is in distress, please call the Distress Centre of Ottawa (24-Hour Crisis Line) at 613-238-3311.

## DID YOU KNOW THAT CHILDREN AND TEENS DO HAVE SOME RIGHTS BEFORE THEY REACH 18?

From 14 to 17 years old, teens can make their own decisions about medical care that is necessary for their health, which can include taking medication, hospitalization and blood tests. And for all kinds of medical treatments, if there is a hospital or clinic stay of more than 12 hours, parents must be informed. Check out Éducaloi's handy online tool, "[Are You Old Enough](#)" to find out the legal rights of children and teens.



## TALKING HEALTH & NUTRITION

This year's Health and Wellness Fair at WQSB's [Hull Adult Education Centre \(HAEC\)](#) was a great success. The Fair provided students with information about health and social services in the Outaouais and gave them an opportunity to connect with community organizations that offer services specific to young people.

Students also participated in workshops offered by organizations such as [L'Autre Chez Soi](#), the [Carrefour jeunesse emploi de l'Outaouais](#), the [Centre de justice de proximité de l'Outaouais](#) and the [WQSB](#). Connexions was kept busy at their kiosk, answering questions from students and sharing information on Info-Santé 8-1-1 and how to register for a family doctor.

We wish to thank Scott Cavers, Principal, Mona Nesbitt and Sheldon MacGillivray for their help in organizing the Wellness Fair as well as HAEC students and staff who took part in the event.



## HEALTH CAREERS FOR STUDENTS AT THE WQSB

Thanks to funding from McGill University, Connexions has implemented a project that aims to attract and retain bilingual health professionals in the region. One of the activities is to promote health and social services careers to youth. In October, we had the opportunity to meet with students and parents during the WQSB's University, College and Trades Information Evening at Philemon Wright High School. We promoted the [McGill Bursary program](#), offered to students studying in a health-related career, shared tools such as our new one-pager resources on Nursing, Mental Health and Technical Careers, and discussed educational and career pathways in the health and social services sector. Check out our webpages dedicated to promoting [Careers in Health](#).

## WELCOMING STUDENTS FROM HERITAGE COLLEGE'S ECCE PROGRAM

This fall, Connexions welcomed third-year students from the Early Childhood Care and Education (ECCE) program at [Cegep Heritage College](#) this fall. Students visited our Centre to learn about our organization and resources for young children. Once again, Connexions challenged the ECCE students to develop an Information Tip Sheet to be included in our School Readiness Kits, which is a resource for parents and children that supports the transition from home and daycare to school for English-speaking families. These kits will be distributed next year during Kindergarten Open-Houses at targeted schools of the WQSB, CLSCs and community organizations.

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Health  
Canada

Santé  
Canada

