

Summer 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

Connexions' Annual General Meeting

Please join us **June 15, 7 p.m. to 8:30 p.m.**, in the Pierre Elliott Trudeau Elementary School library, 2 Millar St, Gatineau (Hull Sector) for our **Annual General Meeting**. Guest speaker **Joanne Pcock**, PhD, will present recent research results on the English-speaking community. This is a great opportunity to learn more about our community. Also on the agenda will be the Report on Programs and Projects, the 2015-2016 Financial Report, amendments to the By-laws, and the election of Directors.

Connexions is looking for new Board Members!

We are searching for engaged volunteers that are passionate about improving the quality of health and social services for the English-speaking population. The Board of Directors meets 5-6 times per year.

Now is the time to apply!

To RSVP for the AGM, or for more information on the nominations process, please contact us at 819-777-3206 or by email at info@centreconnexions.org.

A New Way to Register for a Family Doctor

The Régie de l'assurance maladie du Québec (RAMQ) has unveiled a new online portal to register for a family doctor. Residents of Québec over the age of 14 can register online at www.gamf.gouv.qc.ca/index_en.html, but make sure that you have your valid health card handy! If you have already registered in your territory using the old system, you do not need to register again; all data will be automatically transferred to the new list. If you do not have Internet access, you can register by calling your local CLSC.



Upcoming Events



Our next FREE videoconference session will take place **Wednesday, June 8, 2016, 9:45 a.m. to 12 p.m.** on **Do Not Resuscitate (DNR) & Palliative Care**.

The session will take place at the Western Quebec School Board, 15 Katimavik, Gatineau (Aylmer sector).

Guest speaker Sue Britton, R.N., Psychotherapist and Palliative Care Nurse, will discuss what you really need to know about palliative care, hospice care, DNR, as well as provide information on support and resources.

For more information, or to reserve your place, please call us at 819-777-3206.

Palliative Care and Do Not Resuscitate

Palliative care refers to all treatment and care given by health professionals to a patient suffering from a serious, incurable disease in order to lessen their symptoms and relieve their suffering. Without delaying or hastening death, palliative care enables a person at the end of life to maintain the best possible quality of life, providing them with physical and moral comfort, and giving them and their loved ones the support they need.

What are the rights of an end-of-life patient?

- Right to refuse or withdraw consent to care
- Right to be represented
- Right to express wishes for care

What is Do Not Resuscitate (DNR)?

A do-not-resuscitate order (DNR) is a directive to refuse emergency lifesaving medical treatment for terminally ill patients. Patients, or their legally-appointed decision makers, have the right to refuse emergency treatment

such as CPR or defibrillation if they feel prolonging their life may also prolong their suffering.

If you would like to learn more, please join us at our videoconference session June 8th, or explore the following resources:

- Canadian Virtual Hospice:
www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx
- Advance Care Planning Canada's Speak Up:
www.advancecareplanning.ca/

New STBBI Clinic Opening End of May

A new walk-in clinic to test and treat sexually transmissible and blood-borne infections (STBBI) is opening up at the end of May in Gatineau (Hull sector). Located at the CLSC Saint-Rédempteur in Hull, the clinic will be open 3 afternoons a week and offer services to the whole population.

Youth clinics at the CLSC Le Guerrier in Aylmer, Saint-Rédempteur and de La Gappe already offer these services to clients aged 24 and under. Appointments are recommended but drop-ins are welcome depending on the availability of the nurse. All three can be contacted at 819-966-6569.

Services are also available from your family physician, or through SIDEP (Service intégré de dépistage des ITSS) for vulnerable populations, by appointment only at the CLSC St-Rédempteur: 819-966-6532 or toll-free at 1 800 463-6066 (voice mail). They provide screening for all STBBI, including anonymous HIV testing.

What Do You Do When There is a Food Recall?



When you hear about food recall warnings, do you know what to do? The Canadian Food Inspection Agency recommends the following steps:

1. **Read** the recall notice published by the Canadian Food Inspection Agency.
2. **Check** for applicable lot code(s) (combination of letters and/or numbers) and UPC (12-digit numeric code).

3. Return the recalled product to where you bought it or throw it out.

4. Stay connected. If the recall expands, more alerts will be issued. You can even subscribe for email alerts from the Agency.

For more information, visit www.inspection.gc.ca.

McGill Career Event

A career fair was held March 18th for Grade 9 students at Philemon Wright High School in order to increase student knowledge of professions in the Health and Social Services. Approximately 150 students participated in the day's activities, which included a Q&A panel with health professionals, a mental health careers and stress busters workshop, and an emergency preparedness scenario.



It's Great to Be a Dad

Father's day (June 19th) is fast approaching, so here are some activities you can do to bond with your preschooler:

1-2 years old: Now that your child is starting to understand simple instructions, try activities that provide a chance to make decisions. For example, try **Water Play:** Fill a large tub or bucket with water. Collect containers and have your child pour water from one to the other. Add some other toys in the tub too!



2-3 years old: At this age, your child's imagination is expanding quickly, as is their ability to communicate. Try and play games that encourage problem solving and getting along with others. Next time you are at the park, play **Nature Match:** Collect a variety of outdoor materials (leaves, stones, sticks etc.) and have your child group them by type, colour, size, weight, etc.



Have fun together!