



Outaouais Health and Social Services Network

FOR THE ENGLISH-SPEAKING POPULATION

Newsletter

March 2007

OHSSN serves the English-speaking population of the Outaouais. The network is committed to working with communities, public health agencies, and community organizations to facilitate access to health and social services in English.

Do you need assistance in finding information or services in English? Give us a call. Our health and social services coordinator is here to help. Contact **Danielle Lanyi** at (819) 682-9602 or e-mail dlanyi@magma.ca.

The shortage of physicians, a serious issue for the population

Thank you to all those who responded to our first newsletter. We appreciate your comments and questions. The most frequently asked question was how to find a family physician. This is a chronic problem regionally and provincially. It is important to contact your local CLSC and ask to be put on a waiting list. If you have any health concerns, or are not feeling well, here are a few options. You can consult your local pharmacist, as they are able to provide valuable professional advice. Info-santé is another resource that you can access by calling your local CLSC. Nurses are on stand by 7 days a week, day or night, to advise you or guide you to the appropriate resources. The Quebec health guide website also provides a wide range of health information in English. www.guidesante.gouv.qc.ca/en/index.html.

Drinking Facts

Did you know? Around the world, alcohol is linked to more acts of aggression and violence than any other legal or illegal drug. Drinking is part of our culture. Whether you drink or not, are an adult or teen, this website contains useful information about alcohol and drinking to help you make decisions that are best for you. www.drinkingfacts.ca/english/index.asp

Separation and divorce

Separation and divorce is a difficult time for parents and children. Aside from the emotional turmoil, navigating the system and finding information about your rights can be frustrating and challenging. This website provides information on the family mediation process and how it can help you. www.educaloi.qc.ca/en/loi/de_facto_spouses/142/

Neighborhood Mediation Centre in Aylmer

Conflicts between individuals within a community are stressful, and negatively affect our sense of well being. Mediation is a means of settling a conflict in an amicable manner, with the help of a trained mediator who acts as an impartial third part. A meeting allows conflicting sides to discuss and to seek one or several satisfactory solutions that will prove fair and equitable for all. Mediation can resolve issues such as conflicts between neighbors or between one or several citizens and public/private establishments in the community. The Neighborhood Mediation Centre offers consultation, referral and mediation services for people residing within the Aylmer sector free of charge. You can reach the Mediation Centre by leaving a message at (819) 779-3558 and a trained mediator will contact you within 48 hours.

Elder abuse

Elder abuse can take many forms. The three most common forms of abuse are physical, psychological or financial. Statistically, women over 75 and living alone, who are dependant on family members to take care of them, are the most affected. If you are in an abusive situation or know someone who is, there is help. The Canadian Network for the Prevention of Elder Abuse www.cnpea.ca/if_you_are_being_abused.htm is an excellent resource. You can also reach a trained volunteer at the Info Abuse Line by calling 1-888-489-2287. The CLSC can also provide assistance by assigning a social worker to investigate the problem and give advice.

Are you at risk for Diabetes?

You may have diabetes without knowing it. In Quebec alone, 550 000 persons have diabetes, but 225 000 are unaware of their condition. Most people with diabetes have Type 2 diabetes. This is the sneakiest type of diabetes as it often goes unnoticed and can hide for several years. Meanwhile it affects one's health. Try this test at www.diabete.qc.ca/english/risk/areyou.html#. Please see the advertisement below for our upcoming videoconference on Diabetes Type 2 Adult.

STAND UP! A seniors' program to prevent falls & fractures


STAND UP! is intended for autonomous seniors who live at home and are concerned with their balance or worried about falling such as, for example, people who have fallen in the last 12 months. This program is free of charge and aims to increase muscular strength and balance in order to prevent falls. To register for this program or for more information contact your local CLSC or visit the following website www.santepublique-outaouais.qc.ca/app/DocRepository/12/DepliantPIEDang.pdf

Expecting a baby?

The following website brings you to a comprehensive list of services available in the Outaouais. www.santepublique-outaouais.qc.ca/app/DocRepository/12/periFs.ervices.pdf

Your Opinion

We encourage your feedback on this newsletter. Please let us know of any issues, topics, or other suggestions you would like to see addressed here, dlanyi@magma.ca.



TELEHEALTH VIDEOCONFERENCE
MARCH 27, 2007 9:00—11:30
WEST QUEBEC SCHOOL BOARD
170 PRINCIPALE, GATINEAU (AYLMER)

Diabetes Type 2: Adult

with
Carmela D'Avella & Gilda Bastasi,
BSc. N CDE Nutritionist

This FREE community event is being facilitated locally by the Outaouais Health and Social Services Network. The Telehealth Project is sponsored by the McGill University Health Centre, the Community Health and Social Services Network, and Health Canada (Refreshments provided).

Information and RSVP:

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