



Outaouais Health and Social Services Network FOR THE ENGLISH-SPEAKING POPULATION Newsletter

FALL 2008

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) 923-8429 or e-mail info@ohssn.org. You can also visit our website at www.ohssn.org.

Eating Well, Staying Fit

True or False? Vegetables of dark green and orange colour and fruits of orange colour are the best sources of beta-carotene and vitamin C. The answer...true. Studies show that diets including fruits and vegetables such as kiwis, oranges, cantaloupe and broccoli may prevent certain cancers. For more information on nutrition and easy-to-follow recipes, check out www.bodybreak.com and click on the Recipes tab.

Increasing Physical Activity for Children and Youth

Canada's Physical Activity Guides for Children and Youth provide a set of national guidelines designed to help children and youth improve their health through regular physical activity. These free guides developed by the Public Health Agency of Canada, in collaboration with key agencies, are available at www.phac-aspc.gc.ca/pau-uap/fitness/order.html or by phoning **1-888-334-9769**.

The Pontiac Women's Wellness Network presents the film *River of Life* on October 23rd, 2008 at 7:00 PM

The *River of Life* is an exhilarating story of a group of women diagnosed with breast cancer who have faced death and understand how precious life is. By taking on the Yukon River Quest, they illustrate what it means to be fully alive. Please join us for this inspiring documentary and meet Janet Moore, a member of Paddlers Abreast. This event will take place at the Community Learning Centre in St. John's Elementary School in Campbell's Bay. For more information please contact **Muriel Davies** at **(819) 647-5447**.

Treatment and Prevention of Head Lice

Head lice, tiny insects that live on the scalp, are often difficult to see. Prevention and treatment go a long way in the management of lice. Children, especially those between the ages of 3 and 12, transmit head lice more easily than adults because they touch each other more and share their personal objects more often. That is why lice transmission occurs in schools, daycare centres and summer camps. Information on prevention and treatment options are available at www.guidesante.gouv.qc.ca/en/fiche/3015-01.shtml.

Renewal of the Contribution Program to Improve Access to Health and Social Services for Official Language Minority Communities

A commitment for a five-year plan (2008 - 2013), ensuring the continued support and development of resources for health and social services, has been made. Health Canada will increase its investment in the training, development and retention of health care professionals. Furthermore, support for existing community networks such as the OHSSN will continue, thus ensuring the continued support of these resources.

OHSSN Vision Session

As a result of the renewed Contribution Program, the OHSSN will host a vision session on September 27, 2008. By identifying and sharing common objectives, participants will help enhance the development of a regional action plan, thereby promoting a healthy and vibrant English-speaking community. Results of the vision session will be available in the next newsletter.