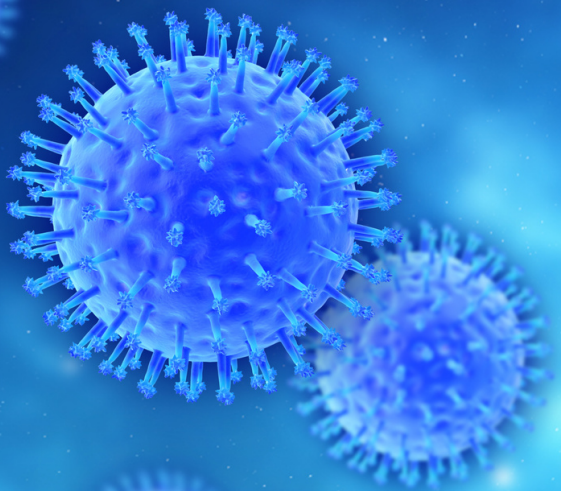




PARTNERS IN HEALTH

Drummondville: 819 850-5560, 1045 Chabanel / Trois-Rivières: 819 875-2332 ext. 1520, 1875 Nicolas-Perrot
casemcq.com / casemcq.communications@gmail.com



Reducing the Spread of Respiratory Viruses

CASE Health Corner

Spring may be just around the corner, but respiratory viruses like COVID-19, influenza (flu) and respiratory syncytial virus (RSV) couldn't care less. With people still spending much of their time indoors, respiratory viruses are still making their rounds. After 3 years of COVID, we are all feeling the need to relax a bit, but now is not the time to let our guards down.

While everyone is at risk of getting sick from respiratory viruses, some people are more at risk for developing serious complications.

- Children under 5 years of age (not for COVID-19)
- Adults 65 years and older
- If you have a chronic medical condition
- If you are pregnant
- If you are immunocompromised

Respiratory viruses spread in several ways. Most commonly, they spread from person-to-person when an infected person coughs or sneezes, or they can spread through contact with contaminated surfaces. That's why using several layers of protection is the most effective way to help reduce your chances of getting sick and also

reduce the spread of these viruses to family, friends and the community at large.

A multilayered approach means:

- stay up to date with your COVID-19 and flu (influenza) vaccinations
- stay home when sick
- wear a mask in public indoor settings
- improve indoor ventilation when possible by opening a window or door
- clean your hands often
- avoid touching your face with unclean hands
- cover your coughs and sneezes with a tissue or the bend of your arm
- clean and disinfect high-touch surfaces and objects frequently
- pay attention to public health alerts and advice in your community

Source: Health Canada

In this issue:

- MCQ Gardening Collective in Full Spring Swing
- Mini Move
- MAID: Procedures & Protections
- Sheet Pan Meals
- March Events

In Full Spring Swing!

Spring is just around the corner and you know what that means? Gardening is too!
The MCQ Gardening Collective has put together a few events to add to the excitement.

MARCH 1ST: CONTAINER GARDENING 101 - 7PM ON ZOOM

Tanya Bolduc, avid urban container gardener, will give us a primer on container gardening with a focus on vegetables, including tips and tricks and answering any questions you may have.

MARCH 12TH: MEET & GREET LUNCH - 11:30-1:30 @ ROSE CAFÉ

This is one of our rare in-person meet ups, and we'll chat about our gardens, our plans for the upcoming season, and some proposals for garden visits this summer! Rose Café, 210 Blvd Lemire Ouest, Drummondville. Menu available online at <https://www.rose.ca/rose-cafe/>. Cost: Lunch not incl.

MARCH 14TH: PLEASURES OF PERENNIALS - 7PM ON ZOOM

Prize-winning gardener Marilyn Mastine will share her experience and gardening wisdom on the subject of designing with and growing perennial gardens and answer any questions you may have.

GREEN THUMBS & CRACKED POTS - PODCAST SERIES

Check out our new gardening series on MCQ Views and Voices at <https://mcqviewsandvoices.buzzsprout.com/>

For more information, contact Julie at casemcq.project.agent@gmail.com



GYM MINI Move

DRUMMONDVILLE

March 11, 18, and 25
10:00-11:00 am
Drummondville Elementary
565 Farrell Street
hameln@edu.etsb.qc.ca

TROIS-RIVIÈRES

March 4, 11, 18, and 25
9:00-11:00 am
Centre Alexandre Soucy
1800 St. Paul
casemcq.coordinator@gmail.com

Bilingual free-play workshops for children 0-5 years old.
This is a drop-in program, however registration is encouraged.



FREE OSTEOPATHIC ASSESSMENT March 11, Drummondville Mini Move
with Amelia Kingsley, a bilingual Osteopath with many years of experience

A lot can be observed while watching children move and play. Amelia will make observations of the children while they participate in their regular Mini Move activity. A special effort will be made to observe each child and if anything is noted, she will be happy to share the findings with the parents and answer any questions they may have.

Please confirm with Naomi: hameln@edu.etsb.qc.ca



MAID Procedures & Protections

In Quebec, people who are suffering unbearably can ask a doctor to give them medication to end their lives. This procedure is called **medical aid in dying (MAID)**. You may have also heard it called “medical help to die” or something similar. Given the irreversible nature of this procedure, the law is very strict about when it is allowed.



If you or someone you know is considering MAID, it is important to be informed about the eligibility requirements, how to make the formal request, and the measures to protect yourself/the patient. To assist you, **Educaloi has created an online resource - in English - to help demystify the legal procedures and protections for MAID** and they can help you find answers to any questions you may have.



<https://educaloi.qc.ca/en/capsules/medical-aid-in-dying/>

There are other important government of Québec online resources - also in English - to consult prior to making a decision.

General Information - MAID

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care/medical-aid-in-dying>

Act Respecting End-of-Life Care

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care/act-respecting-end-of-life-care>

Move over cookies! Sheet Pan Meals are taking over!

At this time of year, we start to get a bit tired of soup, stews and casseroles. We are also trying to think up new ways to use up meat in the freezer or less-than-crisp winter veggies. Sheet pans to the rescue!

Sheet pan cooking is about as simple as cooking gets. Just cut your favorite veg into uniform pieces, add a protein (or not), toss in oil with a few herbs and spread it out on a sheet pan. Browning meat first is recommended. Bake at 400F (200C) for about 45 min, then sit back 'til it's done. Boom! Enough for the whole family...and then some! Got two sheet pans? Double it up and spare yourself from cooking lunch or dinner the following day or turn it into soup with a little broth or canned tomatoes.

Because sheet pan meals really highlight lots of veggies, they are a great way to ensure you get the vitamins, minerals and dietary fiber you need.

Here are a few great combinations:

- Pork chops or tenderloin, apple or pear wedges, red onion, dried thyme
- Small beef roast, cauliflower, carrots, and potatoes tossed warm in balsamic vinaigrette
- Beets, rutabaga, butternut squash, broccoli, and onion tossed warm in a zesty Italian salad dressing for a vegan feast
- Chicken breast, potatoes, whole garlic cloves, dried oregano, and lots of lemon juice. Opa!
- Cherry tomatoes, peppers, whole spring onions, salmon, trout or shrimp (about 25 min for veg, 10-15min for seafood) topped with capers when served.

Serve with or without rice, couscous or quinoa. Top with fresh parsley, sesame seeds or even quick-cooked frozen peas or beans. Yum! The sheet pan is the limit!



EVENTS

March 2023

casemcq.com 1-833-850-5560



CENTRE-DU-QUEBEC

CASE CAFÉ

- 3 9:30-11:30 AM @ South Durham
- 17 9:30-11:30 AM @ Centre Communautaire, Drummondville-Sud, 1550 rue St. Aimé
casemcqliaisonagent.cdq@gmail.com

MINI MOVE GYM DROP-IN PARENT-CHILD PLAY GROUP

- 11 → FREE Osteopathic Assessment incl. (see p. 2)
- 18 10-11 AM, Drummondville Elementary School
565 Farrell Street, Drummondville
hameln@edu.etsb.qc.ca
- 25

MEET & GREET LUNCH MCQ GARDENING COLLECTIVE

- 12 11:30 AM -1:30 PM, Conference Room
Rose Café, 210 Blvd Lemire Ouest,
Drummondville
casemcq.project.agent@gmail.com

ST. GEORGE'S CONCERT WITH STUDENTS FROM THE CEGEP'S VIRTUOSO PROGRAM

- 31 7:30 pm - St. George's Church
(More details to come)
casemcq.project.agent@gmail.com



02 09 16 23 30

MCQ SOCIAL EXCHANGE

1:30-3:30 PM, casemcq.project.agent@gmail.com

- 1 CONTAINER GARDENING 101
MCQ GARDENING COLLECTIVE, 7PM
casemcq.project.agent@gmail.com
- 14 PLEASURE OF PERENNIALS
MCQ GARDENING COLLECTIVE, 7PM
casemcq.project.agent@gmail.com

- 15 CHEP -PRESENTATION - 10-11:30AM
EATING WELL - PREVENT & LIVE WITH DIABETES
infoandliaison.agent@gmail.com

- 28 MCQ BOOK CLUB
"And Then There Were None" by Agatha Christie
casemcq.heritage@gmail.com

MAURICIE

SENIOR WELLNESS ACTIVITIES

- 1 → Fitness - w/ kinesiologist Myrienne Courteau, 10-11:30 AM
- 8 → Painting with Katt (must reserve), 10-11:30 AM
- 15 → CHEP PRESENTATION, 10-11:30 AM
"Eating Well - Prevent & Live with Diabetes"
- 22 → Revenue Can. Tax Info for Seniors/Caregivers, 10-11:30 AM
- 29 → "Relationships", 10-11:30 AM
with Psychologist Michela Deiana
1875 rue Nicolas Perrot, Trois-Rivières
infoandliaison.agent@gmail.com

MINI MOVE GYM DROP-IN PARENT-CHILD PLAY GROUP

- 4
- 11 9-11 AM, Centre Alexandre Soucy
- 18 1800 St. Paul, Trois-Rivières
- 25 casemcq.dg@gmail.com

KNIT & CHAT

- 15 7-9 PM, 1875 rue Nicolas Perrot, Trois-Rivières
- 29 infoandliaison.agent@gmail.com

WILLS & MANDATES

- 18 1-3 PM, 2nd Floor Conference Room
1875 rue Nicolas Perrot, Trois-Rivières
infoandliaison.agent@gmail.com

MOMS' MEET UP - PAINTING W/KATT

- 25 1-3 PM, 2nd Floor Conference Room
1875 rue Nicolas Perrot, Trois-Rivières
infoandliaison.agent@gmail.com