



# PARTNERS IN HEALTH

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## How to Help your Mood this Winter Under the Cloud of COVID-19

*With our first full Winter under COVID-19 lockdown, Seasonal Affective Disorder (SAD) could be amplified this season.*

Seasonal affective disorder (SAD) is a type of depression associated with the changing seasons. Symptoms include low energy, feeling hopeless, worthless, guilty, depressed, oversleeping, losing interest in things you once enjoyed, appetite or weight changes, cravings for food high-carb foods, or trouble sleeping.

To cope as the skies get grey and the temperatures drop, it's a good time to take up the hobbies many of us started at the beginning of the pandemic. "People can focus on activities and coping strategies that are still available to them during COVID-19 times," says Sara Kamin, a Toronto-based registered psychotherapist. "For example, meditation, mindfulness, journaling, creativity, and in-home exercise, such as some light stretching or yoga can help to shift one's energy and mood."

Kamin also recommends creating daily or weekly schedules to help feel a sense of purpose. This means scheduling coping activities into your calendar to give your day some structure and organization. This also ensures you make time for self-care activities. "Part of this schedule can also include phone, text or video check-ins with family and loved ones, since staying connected to others on a regular basis is incredibly important," she says.

Source: [healthing.ca](http://healthing.ca)

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The CASE offices will be closed for the Holidays from Dec. 21, 2020 - Jan. 4, 2021.

See you in the New Year!



# Moving Well During the COVID-19 Pandemic

With gyms and fitness centers closed during the COVID-19 pandemic, how can we make sure to stay active this Winter? Christina Weiss, Clinical Exercise Physiologist at Concordia University's PERFORM Centre, shares important tips for moving well and staying healthy during the pandemic.

- 1) Plan Ahead:** Start thinking about how you can make your environment at home more active and healthy.
- 2) Make Sure to Rest:** Take it easy if you have a cold, fever, or are generally not feeling well.
- 3) Get Outside:** Get some fresh air if you can, as often as you can.
- 4) Take a Break from Sitting:** Get up from sitting every 20-30 minutes. You can take 2-3 minute breaks by stretching or walking around your home.
- 5) Engage in "Exercise Snacks":** Exercise snacks are small exercise breaks throughout the day. Studies have shown that exercising for just 20 seconds three times a day can improve your overall fitness.

Making healthy movement choices throughout the day can also make a big impact. **The three core recommendations for adults to keep in mind to achieve health benefits are: move more, reduce sedentary time and sleep well.** For more information, refer to the image below from the Canadian Society for Exercise Physiology (CSEP).

**A healthy 24 hours includes:**

PHYSICAL ACTIVITY	SLEEP	SEDENTARY BEHAVIOUR
<p>Performing a variety of types and intensities of physical activity, which includes:</p> <ul style="list-style-type: none"> <li> <b>Moderate to vigorous aerobic physical activities</b> such that there is an accumulation of at least 150 minutes per week</li> <li><b>Muscle strengthening activities</b> using major muscle groups at least twice a week</li> <li> <b>Several hours of light physical activities</b>, including standing</li> </ul>	<p> Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times</p>	<p> Limiting sedentary time to 8 hours or less, which includes:</p> <ul style="list-style-type: none"> <li>• No more than 3 hours of recreational screen time</li> <li>• Breaking up long periods of sitting as often as possible</li> </ul>

**Sources:** [csepguidelines.ca](http://csepguidelines.ca), CHEP Conference: Moving Well During the COVID-19 Pandemic

# COVID-19 Vaccines

The World Health Organization (WHO) answers questions related to the development of the COVID-19 vaccine.

**Q: When will COVID-19 vaccines be ready for distribution?**

**A:** We don't yet know exactly when a safe and effective COVID-19 vaccine will be ready for distribution, but we estimate that it could be in early to mid-2021.

**Q: How quickly could COVID-19 vaccines stop the pandemic?**

**A:** The impact of COVID-19 vaccines on the pandemic will depend on several factors. These include factors such as the effectiveness of the vaccines; how quickly they are approved, manufactured, and delivered; and how many people get vaccinated. Most scientists anticipate that, like most other vaccines, COVID-19 vaccines will not be 100% effective. WHO is working to help ensure that any approved vaccines are as effective as possible, so they can have the greatest impact on the pandemic.

Source: World Health Organization ([who.int](http://who.int))

## COVID-19 Screening Service

The COVID-19 screening service for the MCQ region is available by appointment only. It is quick and easy to schedule an appointment. Plus, this method provides added security, shortens your waiting time, and eliminates the need to queue outside as the temperature drops. To access a screening test, complete the COVID-19 symptom self-assessment tool at: [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/). If screening is required, make an appointment using the Clic Santé portal at <https://portal3.clicsante.ca/or> by calling 1-877-644-4545. More information is also available on our CASE website: [www.casemcq.com](http://www.casemcq.com).

Source: [quebec.ca](http://quebec.ca)

# Upcoming Events

**December 12 - 7:30 p.m.**

**RAISE A GLASS TO THE SEASON: AN EVENING OF STORIES, MUSIC AND CONVERSATION WITH ROB LUTES**

Join us for an evening of stories, music and conversation with musician, Rob Lutes!

*Registration required.*

Contact Julie at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com).

**January 7-14-28 - 7:30 - 8:30 p.m. MINDFULNESS HOUR**

Join us for an hour of Mindfulness Meditation on Zoom!

Beginners are welcome.

*Registration required.*

Contact Audrey at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com).

**Keep an eye on our website and Facebook page for more exciting online events this Winter!**



*What kind of party does a snowman throw?  
A Snow Ball!*



## Seniors and Financial Fraud

*Financial fraud means using dishonest tactics to steal someone's money. It can involve lies, trickery and other deceitful practices.*

### How do people carry out financial fraud?

People who commit fraud target potential victims in many different ways. They might use regular mail, faxes, emails, telephone calls or newspaper ads. Sometimes, they go door to door. They might even infiltrate a person's social circle and try to become a friend. In fact, many victims of fraud are introduced to a fraudster by someone they know.

### Where can I turn if I've been a victim of financial fraud?

You can contact your local police, the provincial Sûreté du Québec police (514-598-4141) or the Canadian Anti-Fraud Centre of the RCMP (1-888-495-8501). If the Police department cannot handle your case, they will refer you to the proper department. For situations involving investments or financial advisors, you can contact the Autorité des marchés financiers (514-873-3090 or 1-877-525-0337). For cases dealing with a product or service you bought, you can contact the Office of Consumer Protection (418-643-1484). If your personal information has been stolen, contact any institutions involved (banks and credit card companies, for example) or government departments that issued the documents (driver's license, social insurance number, Medicare card, passport, etc.) to ask them what steps you should take. It's also a good idea to explain your situation to Canada Post to make sure no one else is receiving your mail.

*Source: Éducaloi (educaloi.qc.ca)*



## A Holiday Message from Our Directors



The holiday season is upon us and this year will, of course, not be the Christmas we're all used to. Many Canadians will have a pared down Christmas with less spending and celebrating. But, as the saying goes, "Life is what you make of it."

Challenging times can often make people think about what is important to them and appreciative of what they do have. Although the Covid-19 pandemic has been stressful and isolating and many people are anxious about when the pandemic will end; the holiday season can also be a time to be grateful, especially if your friends and family have been lucky enough to remain healthy. So although we won't have the Christmas we are used to, we should still make the most of it and enjoy the pared down activities for this year.

According to health experts, the virus is mainly spreading at the household level; so keep your family, friends, neighbors and community safe this Christmas by staying home and enjoying some outdoor activities.

Best wishes for the holidays, and for health and happiness in 2021!

**Shannon Keenan** Executive Director / **Andrew Holman** Board President