



# PARTNERS IN HEALTH

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## MCQ Social Exchange Outings!

Over the past few weeks, our MCQ Social Exchange group has been getting together to visit local attractions and to get to know other English-speakers in the region. **All are welcome to these outings!**

We went to the Abenaki Museum in Odanak on May 20th for a guided tour and a picnic lunch.

We met again on June 17th at the Cité de l'énergie in Shawinigan for an interactive visit, a picnic lunch and a boat tour of the city.

**Next Outing July 8th** - Join us for a fun and relaxing visit in St. Angèle, Bécancour!

We will begin at the Quai de St. Angèle at 10:45 am for a scenic view of the Saint-Laurent River, a little stroll on the boardwalk and an optional walk up the observation tower. At 11:30 we will go to the Distillerie du quai for a guided tour in English with optional gin sampling, followed by lunch at Ô Quai Des Brasseurs at 12:00 pm. The distillery tour is free and everyone is responsible for paying for their own lunch at Ô Quai Des Brasseurs.

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

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du-Centre-du-Québec  
Québec



# CASE welcomes a new staff member



Eleonore Guité is our new Project Agent for Culture and Heritage for the Centre-du-Québec area. Originally from Ottawa, Eleonore has been living in Quebec since 1995 and moved to Drummondville just last summer. Eleonore, a former teacher and translator, has been involved in many different projects in the community. She is excited about helping to bring new projects to life and meeting the community through existing ones. She is a lover of arts and culture and the mother of two grown children.

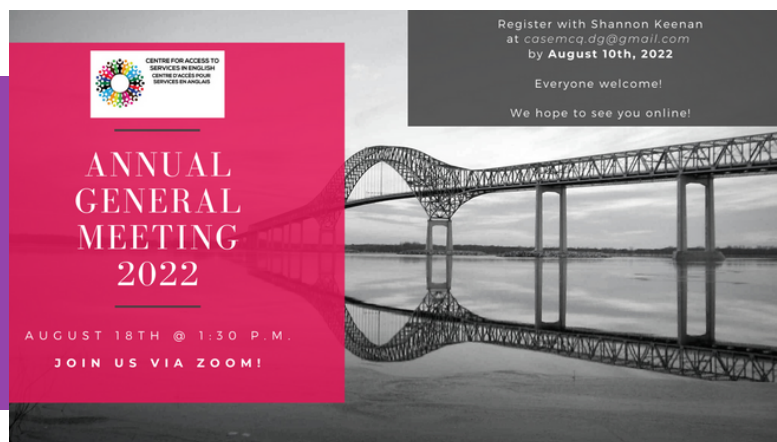


## CASE's Annual General Meeting

**August 18th @ 1:30 p.m. via Zoom**

Register with Shannon Keenan by August 10th at [casemcq.dg@gmail.com](mailto:casemcq.dg@gmail.com)

Everyone welcome! We hope to see you online!



## Trois-Rivières' First English Book Box!

CASE, in partnership with Mauricie English Elementary school (MEES) and through a book donation from the Bibliothèque Gatien Lapointe, launched Trois-Rivières' first English/bilingual Book box, otherwise known as Croque-Livres. This box is filled to the brim with English books for anyone to take and read. You can take a book, leave a book or just browse. At the moment the books are all for children and teens, but we expect books for all ages to find their way into the box for everyone to share the love of reading. Help us keep the box stoked by bringing books that you have enjoyed and want to share with others. Just leave them in the box for someone else to take. The book box is situated in front of MEES and we encourage you to check it out!

A special thanks to MEES teacher Amy-Lee Grant and her students for their amazing art work on the box, to MEES staff (Ms. Schaerli & Mr. Percival) for helping to coordinate the project, and to the Bibliothèque Gatien Lapointe for their generous donation.

**Happy summer reading!**

MEES: 1241 Rue Nicolas Perrot, Trois-Rivières



## Fall Educational Workshops

Mark your calendars!

Nov. 9 - Healthcare decisions :  
Planning ahead

Dec. 7 - Non-profits and Volunteers:  
Best Practices



MCQ  
VIEWS &  
VOICES



For season 3 of our podcast,  
we want to get to know YOU!

Be our guest!

Everyone has a story to tell about:

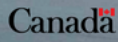
- hobbies,
- work,
- family,
- travels, and more!

We want to showcase the amazing diversity  
of our English-speaking community!

Try it out! Reach out to us!

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

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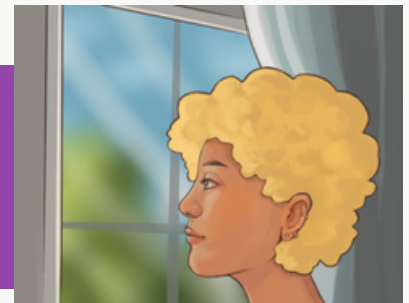
## Season 3 of the MCQ Views & Voices Podcast We want to hear from YOU!

Our podcast is back for a third season and this time we want to showcase the amazing diversity of our region's English-speaking community.

Have a chat with us to share your story with our listeners. We want to hear about your hobbies, work, family, travels or anything else you would like to share.

**If you are interested or know someone who might be, reach out to Julie at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com)**

## This is your brain on Instagram: Staying mentally well in a digitized world



“There’s no doubt that the pandemic has increased our reliance on virtual connectivity and social media,” affirmed Dr. Keith Dobson, professor of clinical psychology at the University of Calgary. “And while there are some positives associated with our capacity to remain plugged into our relationships, there are adverse effects on our mental health and wellness.”

Dobson explained that the primacy of our sense of sight is largely why we as a society are so enamoured with digital platforms like Instagram that offer powerful visual stimulants. We’re also reeled in by the hit of dopamine, the feel-good hormone that kicks in when we’re using a medium that offers us easy wins. Likes, hearts, shares, and comments give us bite-sized endorphin rushes, without requiring much in the way of effort.

But once you’ve shown an interest in a certain kind of content, algorithms designed to snag your attention quickly respond with reinforcing information. Suddenly, a single search like “How to lose five pounds” becomes a tsunami of diet content. If you weren’t convinced you needed to slim down before that innocuous search, you’re suddenly inundated with the message that you absolutely do.

If you sense that the algorithm has turned against you (when #HowToLoseFivePounds is all the content you see), Yorke recommends turning the algorithm to your advantage. “Start searching for what makes you happy. When you find it, make sure you like, follow, subscribe, and comment — any action you can take to engage with it. It won’t take long for the algorithm to pick up on where your new interests lie and start pushing you in that direction.” And if you are still seeing something you don’t like? Report it. Block the account.

Read full article at: [Mental Health Commission of Canada](#)

# Do you know the favorite tick hiding spots on your body?

You can enjoy the return of warm weather and outdoor activities by preventing tick bites that can cause Lyme disease and other infections like anaplasmosis.

## Before Your Outdoor Activity

You can take the following precautions to prevent tick bites:

- Wear light coloured long-sleeved shirts and pants to spot ticks more easily;
- Tuck your shirt into your pants, and pull your socks over your pant legs;
- Use bug spray containing DEET or Icaridin on your skin and clothing (always follow the directions on the label);
- Walk on cleared paths or walkways.

## After Your Outdoor Activity

Take time to inspect these 10 areas of your body (favorite tick hiding spots):

1. head and hair
2. in and around the ears
3. under the arms
4. around the chest
5. back
6. waist
7. belly button
8. around the groin
9. legs and behind the knees
10. between the toes

## What to look for?

You may not notice a tick bite because ticks are tiny and their bites are usually painless. Feel your skin for bumps and see if there are any tiny black dots. Most people get Lyme disease after being bitten by:

- a nymph, which is about the size of a poppy seed (1.15 mm)
- an adult female tick, which is about the size of a sesame seed (3 mm)

## Don't forget to also check your pets!


To learn more, visit [Canada.ca/LymeDisease](https://Canada.ca/LymeDisease).



Source: Health Canada

## Found a Tick?

Remove it immediately to reduce the risk of infection.

To learn how, watch this [VIDEO](#) 

Or follow these steps:

1. Use clean, fine-point tweezers to grasp the head as close to the skin as possible and slowly pull straight out.
  - Try not to twist or squeeze the tick. Ticks firmly attach their mouthparts into the skin requiring slow but firm traction to remove them.
  - If the mouthparts break off and remain in the skin, remove them with the tweezers. If you're unable to remove them easily, leave them alone and let the skin heal.
2. Wash the bite area with soap and water or an alcohol-based sanitizer.

## Early Symptoms of Lyme Disease

Visit your health care provider as soon as possible if you have the following symptoms after a tick bite:

- an expanding skin rash that typically begins at the site of the tick bite (it can be circular, oval-shaped or look like a target or bull's eye)
- fever
- chills
- fatigue
- headache
- swollen lymph nodes
- muscle and joint aches