



PARTNERS IN HEALTH

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



CASE "ZOOM"s into the new normal with a garden club

The weather is warmer, the sun is shining, and our gardens are growing, with a little help from our new virtual collective.

As our lives move more online than ever before, we've launched a means of connecting - around our gardens!

Many a study has concluded that gardening is good for our well-being. Special projects agent Julie Miller and network and partnerships coordinator Audrey Ottier host a weekly online meeting for all levels of gardeners, from experienced green thumbs to plant-growing neophytes.

Everyone in the Mauricie-Centre-du-Québec is invited to join the ZOOM meetings, which take place Thursdays at 7 p.m. Special guests have included "*Le jardinier parasite*" Larry Hodgson, seed specialist Teprine Baldo of *Ferme Le Noyau* in Frelighsburg, and François Bernier of *La Brouette* in the Mauricie.

Weekly meetings will wrap up for the summer season on June 11, but the collective will remain active on its Facebook page, "MCQ Gardening Collective/Collectif de jardinage"! We'll also host a few special events over the summer. Meetings will likely restart for the harvest season. To join, or for additional information, email Julie at casemcq.project.agent@gmail.com.

In this issue:

- MCQ Gardening Collective
- World Elder Abuse Awareness Day 2020
- Éducaloi and COVID-19 legal situations
- Upcoming events



World Elder Abuse Awareness Day

The United Nations designates June 15 as the day to highlight the mistreatment of older persons around the globe and encourage ways to fight back against it.

What to do if you witness or suspect elder abuse:

- Talk to the older adult confidentially about what he or she thinks of the situation.
- Listen without judgement.
- Assure them that they do not deserve to be treated this way and that they are not responsible for the mistreatment.
- Encourage him or her to file a complaint.
- Suggest the help of a professional, such as a psychologist or a CLSC worker.
- Consult a professional by calling Info-Social, the Abuse Elder Help Line or your CSSS.



Ligne Aide Abus Aînés
1-888 489-ABUS (2287)
Info-Social: 811

Source: CIUSSS MCQ

What is elder abuse?

From the United Nations: "Elder abuse can be defined as a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person." The abuse could take the form of domestic violence, financial abuse, neglect, physical harm, psychological abuse or sexual abuse.

What are the signs?

There are several ways to spot abuse. According to the National Institute on Aging, be on the look out for:

- Trouble sleeping
- Depression or confusion
- Unexplained weight loss
- Signs of trauma, such as rocking back and forth
- Agitated or violent behaviour
- Withdrawn behaviour
- Cessation of taking part in activities he or she enjoys
- Unexplained bruises, burns, or scars
- Messy appearance, i.e. unwashed hair or dirty clothes
- Bed sores or other preventable conditions

Learn More

For more information about the obstacles and incentives for seeking help, and the various approaches that encourage mistreated older adults to ask for help when they need it, the Research Chair on Mistreatment of Older Adults is hosting a webinar on June 15 at 10 a.m. To register, contact: Julien.Cadieux.Genesse@USherbrooke.ca.

Upcoming Events

We're adapting our calendar to offer programs and activities online!

CASE Community INFO-SESSIONS **"COVID-19 & Anxiety" with psychologist Dorothy Opatowski** **June 8, 6:30 p.m. via ZOOM**

Ms. Opatowski will talk about pandemic-related anxiety, how to manage it, and how we can build resilience. This is an interactive session, so bring your questions!

To register: Email Audrey at casemcq.coordinator@gmail.com

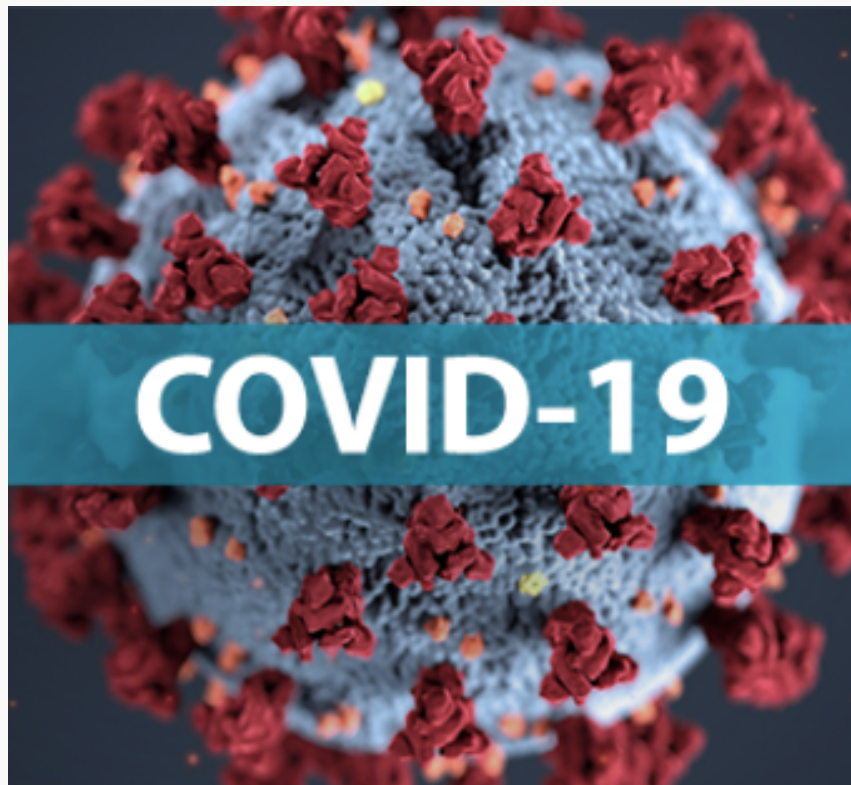
Community Health Conference **"Dealing with Arthritis During Confinement"** **June 17, 10-11:30 a.m. via ZOOM**

The Community Health Education Program (CHEP) is back in action - on ZOOM! Learn about managing your symptoms and improving your functioning during these times of social isolation, when our regular routines have gone by the wayside, with physiotherapist Myra Siminovitch, B.Sc., MBA.

To register: Email Shannon at infoandliaison.agent@gmail.com



Never used ZOOM before? No problem! Let us know and we'll help walk you through the simple process of getting connected.



Get answers to your COVID-19-related legal questions

This charity offers free legal information in plain language and in English for all Quebecers.

Éducaloi is a registered charity whose mission is to explain the law to Quebecers in everyday language. In addition to creating legal information in plain language for the Web, print, and video, the Éducaloi team develops legal education tools for classrooms and aims to raise awareness about how the law is part of everyday life.

To help Quebecers navigate the ever-changing regulations and legal obligations surrounding the COVID-19 pandemic, Éducaloi has made available a comprehensive guide on their website. The information includes explanations of the various compensation programs, rights and obligations at work, deconfinement and the reopening of various services and institutions.

The guide also offers a resource for free legal consultation by contacting the Community Justice Centres. Lawyers are available to answer your questions by phone Monday to Friday. To find your closest centre, visit the Community Justice Center's website at www.justicedeproximite.qc.ca/en/a-propos/organismes.