



# 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



## COVID-19: Doing our part to flatten the curve

CASE remains open and employees working - from home - but we are still here for providing assistance and referrals.

As there now can't be a soul on the planet who isn't personally affected by this global crisis in some way or another, we want to ensure our community that we are still here for you.

This issue of our quarterly newsletter includes a number of tips and ideas for keeping your mind and body stimulated during this time of social distancing in the name of public health. As the situation is changing rapidly, we invite you to keep an eye on our Facebook page (case-mcq) for up-to-date information on local public health initiatives as well as what's going on with our activities, which are on hold until further notice at the time of this publication.

Though we are working from home, our employees remain dedicated to continuing CASE operations and planning for our future fiscal year of new and exciting programs for you and the community. We continue to provide our information and referrals service through email, at [infoandliaison.agent@gmail.com](mailto:infoandliaison.agent@gmail.com) or by phone at 819 850-5560. Don't hesitate to contact us with any questions regarding navigating the healthcare system, especially during this time of unrest.

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If you think you may have symptoms of COVID-19, **do not call 811 nor report to your local clinic.**

Call the designated hotline below for information on how to proceed and where to be tested.

**1 877 644-4545**

**Québec COVID-19 Hotline**

# Grab Your Exercise Shoes!

Being stuck inside for public health reasons doesn't mean we can't take care of our personal health - in fact, it's more important than ever.

This year we launched a new movement program in St-Felix-de-Kingsey (Centre-du-Québec) developed by liaison agent Gwyneth Grant. One Thursday a month, participants gather for light movement exercises followed by refreshments and a social hour. It's a great way to get out of the house, see friends, and learn new ways to take care of our physical health. While the activity, as well as all CASE programs, are on hold for the moment, you can still practice at-home exercise!

During this period of social distancing, it is more important than ever to keep our bodies moving. Here are a few examples of some light exercises focused on strengthening and flexibility that you can do at home with little or no equipment. You can find more exercises like these, as well as a variety of light movement routines, with a simple internet search! YouTube also has countless at-home exercise videos of various length and level of difficulty. If you'd like help locating some, don't hesitate to contact us.

## National Fraud Prevention Month

"Every year, the month of March is dedicated to arming Canadians with the information that they need to thwart ruthless scammers who are trying to take their hard-earned money."

*-John Pecman, Commissioner of Competition*

No matter your age, income, or education level, it is important to beware of anything that seems too good to be true. Research important purchases and always question those seeking your personal information.

The Competition Bureau of Canada makes available an updated "Little Black Book of Scams," a 30-page PDF document listing various types of scams, how they work, and how to avoid them. To access a free copy, visit [www.competitionbureau.gc.ca](http://www.competitionbureau.gc.ca).

### STRENGTHENING AND FLEXIBILITY EXERCISES

#### KNEE

##### a. Flexibility

Stand behind chair. Move ankle towards glutes. Hold in place with other hand. Return to starting position and repeat.



##### b. Strengthening

Stand in front of a step of comfortable height. Step up with one leg leading, then repeat with the other leg. Repeat.



#### HIP

##### c. Flexibility

Sit with your hands on your waist. Stand up and slowly sit down. Repeat.



##### d. Strengthening

Stand behind a chair. Slowly move leg backwards. Keep your knee straight. Do not lean forwards. Return to starting position and repeat.



#### HANDS

##### e. Flexibility

Bend the first two joints of your fingers down, and straighten again. Repeat.



##### f. Strengthening

Place palm of hand on a towel on a table, fingers apart. Pull fingers together by pressing down and bunching towel up between fingers. Relax and repeat.



Source: Pharmaceutical Journal

# Staying Sharp During Confinement

Online resources to keep you stimulated while staying indoors

## Educational

### The Great Courses

Access hundreds of topics such as art and photography, world history, and finance given in complete courses by world-renowned professionals. It's a subscription service, but a free trial is available.

[thegreatcourses.com](http://thegreatcourses.com)

## Scholastic

The well-known learning brand is making online educational resources free for school-aged children during the pandemic.

[www.scholastic.ca](http://www.scholastic.ca)

## Art

### Google Arts & Culture Virtual Gallery Tours

Browse world-renowned art collections from the likes of the British Museum: London, The Smithsonian in Washington, D.C. and Russia's State Hermitage Museum.

[artsandculture.google.com/](http://artsandculture.google.com/)

## Music

### Vancouver Symphony

The Vancouver Symphony live streamed its final performance from their BeethovenFest, and it's available for your viewing -- and listening -- pleasure any time. Make an event of it: gather your family members or housemates around a cheese plate!

[www.vancouversymphony.ca/vso-livestream](http://www.vancouversymphony.ca/vso-livestream)



# World Glaucoma Awareness

A global joint initiative to contribute to sight preservation

World Glaucoma Week, held every March, is a global initiative between the World Glaucoma Association (WGA) and the World Glaucoma Patient Committee (WGPC), devoted to raising awareness on glaucoma.

Glaucoma is a disease that damages your eye's optic nerve. It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve. Glaucoma is a leading cause of blindness for people over 60 years old. But blindness from glaucoma can often be prevented with early treatment.

The goal of the global awareness effort is to encourage everyone to have regular eye (and optic nerve) exams to detect the disease as early as possible.

Glaucoma usually gives no warning until it is advanced, but the damage it causes to vision is ongoing and could become irreversible. Fortunately, for many patients treatment can halt the damage. The earlier the diagnosis, the more vision there is to save and the less likely the person is to become blind. Therefore, the week of awareness aims to alert members of the broader community to the need for regular simple eye checks, which allow earlier detection and, hence, saved sight.

For further details about who is at risk, what are the symptoms, and how glaucoma can be treated, both patients and the general public may visit [www.glaucomapatient.org](http://www.glaucomapatient.org).

When possible, communicate to your healthcare professionals that you would like to be tested, if you haven't already. If you're having trouble locating an English-speaking eyecare professional, contact CASE and we'll do our best to help you find one! We have a list of several throughout our region.