

**SEPT 2023- ISSUE 22** 

# **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



# **DEMENTIA CAN AFFECT ANYONE**

Dementia is an umbrella term that describes a set of symptoms affecting brain function. It's a chronic condition that gets more severe over time and is often characterized by:

- a decline in memory, planning, language and judgement
- physical changes like loss of coordination or motor function, loss of bladder control, and weak and stiff muscles
- changes in mood and behavior

Most people are familiar with Alzheimer's, but many diseases, injuries and conditions can affect different parts of the brain in ways that may result in dementia. It is estimated that about 450,000 Canadians over 65 are living with diagnosed dementia, and the number is likely higher as many are undiagnosed. This number will only

increase as the population ages.

Dementia is perceived as an age-related condition, but this is not necessarily the case. Did you know that about 3% of people with dementia are younger, even in their prime? This is known as young-onset dementia and it often goes unnoticed or undiagnosed. It also comes with unique challenges because the person is likely working full-time, raising a family, caring for aging parents, and otherwise seems healthy.

There is no cure for dementia, but with some prevention to reduce the risks of developing it, a diagnosis, and support, a person can remain active and engaged in work, home life and other responsibilities. For more visit https://www.canada.ca/en/publicinformation, health/services/diseases/dementia.html

Source: Health Canada

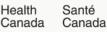
Health

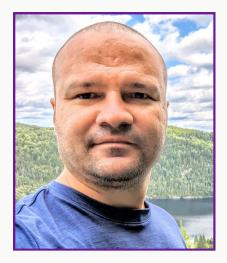












#### A Message from CASE's New Executive Director Adam Bond

As a father of three in a bilingual household in the Trois-Rivieres area, I am excited to join the CASE team as the new Executive Director and continue to build on the great work and successes of the organization to date. I am a graduate of Bishop's University (2011) and the University of Ottawa's Faculty of Law (2015). For the last five and a half years I have worked with a leading national Indigenous organization where, in addition to providing in-house legal services, I helped to secure funding and manage projects that grew the legal department and advanced the interests of our members. It is a great honour to have this opportunity to contribute to our community through CASE and I look forward to connecting with and learning more about our members.

## Mini Move is back in October! Sign up now!

Our games for toddlers and bilingual child-parent free play Mini Move activities are now scheduled for our two locations. Mini Move is for children 0-5 years old and siblings, grandparents and caregivers are all welcome!



# Want FREE English books for your child?



### CASE has partnered with the Dolly Parton Imagination Library to offer FREE monthly books to young readers!

Email us to get started:

### casemcq.heritage@gmail.com

Priority will be given to children 0-5 associated with the English-speaking communities residing in the Mauricie-Centre-du-Québec. Limited spaces are available.





# Legal Guide and Fun Quiz for Newcomers to Quebec

As a newcomer to Quebec, you have many rights, some of which may be new and unfamiliar to you. Éducaloi's **Web Guide for Newcomers** brings together all their articles and videos to help you navigate important topics, such as:

- immigration status and social programs
- health care
- housing rights
- family law
- worklace rights
- rights of LGBTQ+
- consumer rights
- rights and freedoms

Take their Quiz for New Arrivals! It's a fun way to learn about these topics. This site also includes links to other Web Guides and legal topics.

The guide and quiz are available at:

https://educaloi.qc.ca/en/web-guide/newcomersquebec/



Éducaloi is a not-for-profit organization whose mission is to explain the law to Quebecers in everyday language and enhance their legal competencies. their vision is to promote greater autonomy in legal matters for individuals and communities by making the law more accessible.



#### Centre-du-Quebec



SEPT 22, 9:30 - 11:30 am, Centre Communautaire 1550 St. Aimé, Drummondville-Sud casemcgliaisonagent.cdg@gmail.com, click here for more details



**SEPT 27, 6:30 - 8:30 pm, South Durham United Church** 190 Rue Principale, Durham-Sud <u>casemcqliaisonagent.cdq@gmail.com</u>, click <u>here</u> for more details



**SEPT 10,Visit 10:00 am - 3:00 pm, Celtic Harp Concert 3:00 pm** St. George's Anglican Church, 274 rue Heriot, Drummondville <u>casemcq,project.agent@gmail.com</u>, click <u>here</u> for more details



**SEPT 30, 9:00 - 11:00 am - Storytime and Baking** Drummondville Elementary School, 565 Rue Farrell, Drummondville. <u>casemcq.heritage@gmail.com</u>, click <u>here</u> for more details

#### **Trois-Rivières**



**TWO DATES! Sept 6 and 20, 7:00 - 9:00 pm** Three Rivers Academy, 2nd Floor Conf. Rm., 1875 Rue Nicolas-Perrot <u>infoandliaison.agent@gmail.com</u>, click <u>here</u> for more details



Senior Wellness Activity COFFEE TALK & FITNESS **SEPT 20, 10:00 - 11:30 am** *Thinking about your cognitive health* **Three Rivers Academy, 2nd Floor Conf. Rm., 1875 Rue Nicolas-Perrot <u>infoandliaison.agent@gmail.com</u>, click <u>here</u> for more details** 

SEPT 27, 10:00 - 11:00 am COFFEE TALK, 11:00 am - 12:00 pm FITNESS Three Rivers Academy, 2nd Floor Conf. Rm., 1875 Rue Nicolas-Perrot infoandliaison.agent@gmail.com, click <u>here\_</u>for more details

#### Online



Sept 20, 10:00 - 11:30 am *Thinking about your cognitive health* infoandliaison.agent@gmail.com, click here for more details



Sept 26, 1:30 - 3:30 pm casemcq.heritage@gmail.com, click here for more details