



PARTNERS IN HEALTH

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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 information, visit <https://www.canada.ca/en/public-health/services/diseases/dementia.html>

Source: Health Canada



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!

DRUMMONDVILLE

GYM MINI Move!

Drummondville
Elementary School
565 Farrell Street, Drummondville
9:00-10:00 am
FREE

Trois-Rivières

GYM MINI Move!

Centre Alexandre Soucy
1800 St. Paul Street, Trois-Rivières
10:00 am - 12:00 pm
*Drop-in rate \$4/child; All 8 weeks \$25/child
Family rates available (fees pay for use of the facility)*

**FALL 2023
8 Weeks!**

- October 14, 21, and 28
- November 4, 11, 18, and 25
- December 2

Email Eleonore at casemcq.heritage@gmail.com for information and to register.

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
- workplace 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/newcomers-quebec/>



Éducaloï 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.



SEPTEMBER 2023 EVENTS

Centre-du-Quebec



SEPT 22, 9:30 - 11:30 am, Centre Communautaire
1550 St. Aimé, Drummondville-Sud
casemcq liaisonagent.cdq@gmail.com, click [here](#) for more details



SEPT 27, 6:30 - 8:30 pm, South Durham United Church
190 Rue Principale, Durham-Sud
casemcq liaisonagent.cdq@gmail.com, click [here](#) 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
casemcq.project.agent@gmail.com, click [here](#) for more details



Baking Up a Story!

SEPT 30, 9:00 - 11:00 am - Storytime and Baking
Drummondville Elementary School, 565 Rue Farrell, Drummondville.
casemcq.heritage@gmail.com, click [here](#) 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
infoandliaison.agent@gmail.com, click [here](#) for more details



SEPT 20, 10:00 - 11:30 am *Thinking about your cognitive health*
Three Rivers Academy, 2nd Floor Conf. Rm., 1875 Rue Nicolas-Perrot
infoandliaison.agent@gmail.com, click [here](#) 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 [here](#) 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