

LET'S GET CONNECTED

March 2018

Volume 14, Number 4



Photo: Emilie Talbot/ At Winter's End

QUEBECNORTHSHORE.ORG

Caregiver's Conference: Diabetes and Blood Pressure - Getting Down to Basics



The North Shore Community Association (NSCA) offered a special Caregivers' videoconference to the North Shore communities of Baie-Comeau, Port-Cartier and Sept-Îles and to the communities of St. Paul's River and Chevery on the Lower North Shore on Monday, March 26th. A total of thirty-three participants were in attendance for the conference.

Jennifer Hobbs-Robert, former Director of Nursing and Quality at the Jeffrey Hale St. Brigid's hospital in Quebec City, presented this interactive videoconference live on "Diabetes and Blood Pressure: Getting Down to Basics". Mrs. Robert elaborated on different aspects of blood pressure such as the different levels, how it is diagnosed and the do's and don'ts for taking your blood pressure the right way. The different types of diabetes, how people get it and how it is diagnosed were explained by our presenter. The link between both conditions and treatments of each one were explained in an easy to understand manner so that seniors and caregivers could leave with a better understanding of each issue. Participants had the opportunity to ask questions and receive immediate answers for their concerns. They found the presentation most helpful and were pleased to learn about the newest blood pressure monitor which detects an irregular heart rhythm (atrial fibrillation).

The NSCA wishes to give special thanks to LEARN (a non-profit educational organization which supports the English-speaking community in Quebec) for their help in logistics and the videoconference connections.

This initiative is made possible with funding from L'Appui Côte-Nord and in collaboration with CHSSN and Health Canada.

(see more photos on back page)

A WORD FROM THE CHAIR

Spring is in the air !

Mother Nature has given us an early Spring this year ! Time to soak in the much needed vitamin D !

March is a busy time of the year, finishing up the fiscal year and preparing for the upcoming fiscal year. I hope that all new and old projects in our region will continue to reach out and satisfy all of our members.

Wishing you all special moments to be shared with family and friends, and hope all had a fulfilling and joyful Easter!

May this spring season bring you hope, new friendships, and new perspectives.

Cathy Larivière, Chair



Shamrocks Galore at St. Patrick's Day Supper!



Irish celebrations were in full swing on Friday, March 16 for the seniors in Sept-Îles. A delicious mechoui supper (pork, beef, soup, salads and desserts) as well as a DJ entertained the 44-strong crowd who came to enjoy the fun festivities of St. Patrick's Day. There were 4 door prizes all sponsored from businesses in Sept-Iles including a home renovation centre, hair and beauty salons and a commercial printing business.

They also enjoyed topical games such as "Steal the Shamrock", "Search for the Lucky Coins", and ½ and ½ tickets. Hosted in the gymnasium in the MOCSI building, the room was beautifully decorated by QEHS students and assisted by their teacher Ms. Ross, who made St. Patrick's Day posters especially for the occasion. Guests dressed in green and enjoyed singing and dancing along to traditional Irish music as well as country favourites! A great night!

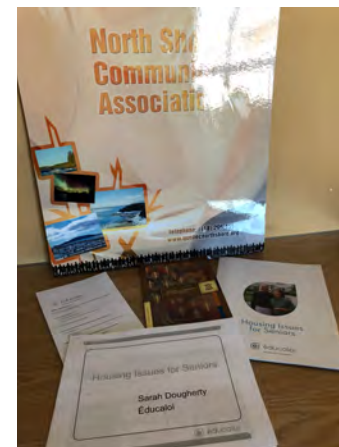
Éducaloi Hosts Two Videoconferences

On Wednesday, March 14, there was a presentation on Bullying presented to audiences in Port-Cartier and Sept-Îles. Bullying is a universal issue and can impact our lives at the workplace, online and many different areas of our lives.

On Wednesday, March 21, Éducaloi presented a special video-presentation on seniors' housing issues to participants in Baie-Comeau and Sept-Îles. It covered issues such as differences between public and private long-term care facilities and likely costs involved. Documentation distributed to participants included a PowerPoint of the conference, "Useful Legal Resources" & "Housing Issues for Seniors" booklet from Éducaloi as well as an information booklet entitled "Know your Rights, take your Place" produced by the Fondation du Barreau du Québec in cooperation with Éducaloi.

Éducaloi is a non-profit organization with the aim to make the law and legal rights and responsibilities of citizens in Quebec easy to understand. Founded in 2000, they have a website full of resources for adults, seniors and youth with information available on family, marriage, shopping, courts, and health to name but a few of the issues they cover.

For more information you can visit their website: www.educaloi.qc.ca/en



Collaborative Mural Project

by Sherry-Lee Hutton, Northern Lights Adult Educational and Vocational Centre



As part of an initiative to promote cultural awareness and reinforce the sense of belonging and community for our students at Northern Lights Adult Education, a collaborative project was launched in September 2017 with the help of Gary McFarland of the Friendship Centre in Sept-Îles. Through discussions and sharing circles on First Nations teachings animated by Mr. McFarland, students were able to learn and share their thoughts about First Nations values and beliefs. Students were also given a workshop on the teachings of the Tree of Life and its significance in the First Nations culture. This became the inspiration for the Mural project that reflects perseverance, family, community and the challenges we face in moving forward. The students also participated in activities such as the making of bannock for the annual Makusham ceremony held at the Friendship Centre.

Travelling Literacy Book Bag Service

The NSCA has a Travelling Literacy Book-Bag service available in the 3 communities of Baie-Comeau, Port-Cartier, and Sept-Îles for 0-2 years and 2-5 years. Our bags can be borrowed for a period of 2 weeks and are filled with books, fun activity sheets and different information material for the parents or guardians.

All materials are in English to help English literacy levels for the 0-5 year old group. The bags are free to borrow.

For more information on the program, contact the NSCA offices at 418-296-1545 or by e-mail at nsca@quebecnorthshore.org



A Special St. Patrick's Day Story-Time in Port-Cartier



Port-Cartier hosted a festive St. Patrick's Day Story-Time on March 17 at the Bibliothèque Le Manuscrit de Port-Cartier.

Miss Story dressed in green and wearing lucky shamrocks, read about mischievous Leprechauns and fun Irish stories. The children created their own Leprechaun-puzzle using popsicle sticks they decorated themselves.

Happily other children and their parents, who were visiting the Library, saw how fun the Story-Time event was and decided to join in too! Everyone celebrated with some lucky chocolate stars!

Get Ready to Meet Cody Chameleon & Riggs Raccoon

We'll be welcoming two new Bag Characters to our Travelling Literacy Book-Bag scheme in Baie-Comeau and Sept-Îles: Cody Chameleon and Riggs Raccoon. Cody Chameleon is all about happiness and celebrating our individuality. Riggs Raccoon wants to share different ways of keeping safe, whether that's in the playground, with other children or in your neighbourhood. Port-Cartier will also be receiving two new characters: Livie Ladybug and Pia Panda. Livie Ladybug teaches children about the values of sharing, with both friends and siblings, and Pia Panda comes with beautiful stories about our families, whether big or small in all different shapes and sizes. Our Bags will be rotated across Baie-Comeau, Sept-Îles and Port-Cartier so you can be sure to have a new selection of books in the near future.



BCHS Students Receive Legion Prizes

by Stephen Kohner, principal



Congratulations to five of BCCHS students who competed in the annual Royal Canadian Legion (Branch 003) Remembrance Literary and Poster contest. The certificates and cash prizes were awarded to Aaron Zhou (Intermediate level poster), Camille Cloutier (Senior literary), Jacob Perreault (Intermediate level essay), Kelvin Zhou (Intermediate level poem). Catherine Martin received a participation prize. Cash prizes totalling \$300 were awarded to the students by Comrades Jean St-Laurent (left) and Gérard Imbeault (right). The poem, essays and poster have been automatically submitted to the provincial contest.

Meet Imun: The Newest Book Muncher

A new Book Muncher has been installed at the Centre d'Amitié Autochtone de *Sept-Îles* (CASSI, 34 Rue Smith, Sept-Îles). Book Munchers are installed all across Quebec and are free book sharing boxes for children aged 0-12 years.

He was given the name 'Imun' by the children which means 'Words' in Innu. Children participated in a workshop where they decorated the Book Muncher with their painted hands and names. They also read stories about the value of reading and sharing their love of reading. Look out for Imun on your next visit!



Thumbbody Loves You: Valentine's Toddler Time



Toddlers in Sept-Îles celebrated friendship and love at their Valentine's Day Toddler Time on Friday, February 9, 2018. Toddlers came dressed in pink and red and started their fun morning with finger and feet painting to create mini-masterpieces! Toddlers played some sorting games, kitty-cat crafts and decorated their own yummy cupcakes!

Upcoming Arts & Cultural Events for the North Shore

Listed below are arts and cultural events showing between April and June 2018 that are accessible to English-language spectators. For more information, contact the Centre des Arts de Baie-Comeau at 418-295-2500, Salle de Spectacle de Sept-Iles at 418-962-0850 and *Café-Théâtre Graffiti* Port-Cartier at 418-766-3513.

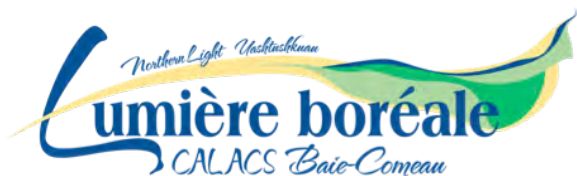
Machine de cirque (circus): Five guys from Machine de Cirque are all alone in the world and try to navigate their way using the trapeze, Korean board, juggling and even a bath towel! **Playing in Sept-Îles on Friday, April 6 at 8pm.**

Boo! Carrousel (music and dance): The folk ensemble and dance troupe Tam ti delam present their carrousel. **Playing in Sept-Îles on Sunday, April 8 at 2pm.**

Don Giovanni (opera): Timeless Mozart opera brought to you by the finest young Canadian singers and Don Juan. **Playing in Baie-Comeau on Friday, April 13 at 8pm. and in Port-Cartier on Wednesday, April 11 at 7:30pm.**

Danças Ocultas (music): Quartet fusing modern and traditional music influences from Portugal. **Playing in Sept-Îles on Sunday, April 15 at 8pm and in Baie-Comeau on Tuesday, April 17 at 8pm.**

Bellflower (music): Described as pop-orchestral, this group fuses strong brass instruments with rich vocal harmonies. **Playing in Baie-Comeau on Wednesday, May 23 at 8pm and in Sept-Îles on Thursday, May 24 at 7:30pm.**



The Centre d'Aide et de Lutte contre les Agressions à Caractère Sexuel (Lumière boréale * CALACS Baie-Comeau) has hired a new, bilingual employee and wishes to announce that their expertise and knowledge is, once again, available to support the English-speaking communities of the North Shore.

Lumière boréale* CALACS Baie-Comeau is a community organization offering various services to women 14 years and over who have experienced sexual assault. The organization has been present in the North Shore communities for more than 25 years and has as its mission to raise the population's awareness on the issue of sexual violence and its consequences.

Services offered by the CALACS are free. For the moment, services offered by the CALACS de Baie-Comeau will either be given by phone, by e-mail or by video-conference due to the large territory to be covered.

CALACS Baie-Comeau:

418-589-1714 poste 4

1-800-563-0443 (toll free)

E-mail: calacs@lumiereboreale.qc.ca

Website: www.lumiereboreale.qc.ca

CALACS Sept-Îles:

418-968-2116

1-866 548-1714 (toll free)

E-mail: calacs7iles@globetrotter.net

Website: www.lumiereboreale.qc.ca

For emergencies 24/7, call the provincial help line at 1-888-933-9007

NSCA & Flemming CLC Pair Up for Family Literacy Night



On the evening of Thursday, February 1, the NSCA - in partnership with Flemming CLC - held a special Literacy Night. With over 30 participants, Miss Story captivated the audience with stories and photos from her recent visit to Australia. Participants left with books, pencils, and a bookmark. Door prizes and a tasty snack were also part of the event. A special thanks go out to our partners and Miss Story for volunteering her time and sharing her adventures with us.

Valentine's Day in Sept-Îles: An Intergenerational Event



Sept-Îles community members shared a delicious Potluck lunch on February 14th when they gathered in the gymnasium of the Maison des Organismes Communautaires de Sept-Îles (MOCSI) building where our Eastern sector office is located.

Lay incumbent Mrs. Linda Stubbert said grace before we all sat down to enjoy homemade chicken soup and mouth-watering rolls, eggrolls and a vast variety of sandwiches and raw veggies. Fourteen grade 3 children from Flemming Elementary arrived after lunch accompanied by Ms. Alicia Buffitt and Ms. Ashley Habet. The students generously offered a song and dance routine which was most entertaining to all twenty-eight participants. Various fun games were played by seniors and students alike such as 'pin the lips' while blindfolded and the 'left right game'. Both seniors and students shared laughter and a delightful outing.

A big "thank-you" goes out to all who helped organize the event. We wish to thank the Table de concertation des aînés de la MRC de Sept-Rivières for their financial contribution to this intergenerational event.

Patient Navigator Post Created

Supporting English-speaking patients Travelling to Quebec City for Medical Services

A group of community-based organizations, under the umbrella of the Community Health and Social Services Foundation, has created a position for a “Patient Navigator” to support English-speaking patients who have to travel to Quebec City for medical services.

Patients from the Eastern regions of Quebec (Gaspésie-Îles-de-la-Madeleine, Bas-St-Laurent, Côte-Nord) must often travel to Quebec City for some specialized medical services that are unavailable in their regions. Evidence had shown that this is a particularly difficult experience for English speakers, some of whom are not sufficiently bilingual to communicate effectively when it comes to medical vocabulary and when under stress.

In order to better document the situation, community-based action research was undertaken from 2015-2017, through surveys, focus group interviews as well as individual interviews. The results of this study pointed to the potential for a support person – a Patient Navigator – to help with the needs of these out-of-region patients, in terms of providing information, orientation, local transportation, emotional and psychological support, and more.

The objectives of the position are to:

1. Decrease the risk of misunderstandings between health care staff and patients and their families
2. Decrease the level of stress experienced by patients and caregivers (family escorts) by being a friendly face, developing a relationship based on trust, facilitating communication, and more
3. Improve the experience for all those involved (patients, family, staff)

The role of the Patient Navigator is to:

1. Provide information to patients and their loved ones, as well as health care providers, via website and toolkits.
2. Assist with logistics such as arrival, orientation in the city and in the hospital, lodging (for patients and / or caregivers), visits, and possibly translation.
3. Facilitate service provision, for example by ensuring good communication between health care providers and patients, by supporting the translation of documents, by providing cultural context for care providers, by flagging issues that arise in the different institutions, and more
4. Providing emotional support as needed to help deal with loneliness, fear and other feelings raised by health care situations.
5. Standing in for family escorts before they arrive so that vulnerable patients, and unilingual persons are not left alone / unaccompanied.

The Patient Navigator - as well as all patients, community organizations and health care providers - is supported with information available on the recently created website: <http://www.trravel4health.ca>, which contains information about services provided in each region where patients may be coming from, plus services available in several destination cities, including Quebec City (and Rimouski, Sept-Îles, Chicoutimi, and more). There are also hard copy booklets (Toolkits) for each region with the relevant information.

Patient Navigator:

Steve Guimond
Québec Community Health & Social Services Foundation
 (o) 418-684-2289 ext. 227
 Toll free: 1-855-684-2289
 (c) 418-932-0095
navigator@qchfoundation.org





**Patient Navigator Post Has Been Made Possible
by the
Contributions of Numerous
Community-based Organizations Including the NSCA**



**North Shore
HEALTH PASSPORT APP**
Your health at your fingertips!



An innovative new way designed to help you and your family keep track of essential health information, with helpful words and phrases in French to use when with a health professional or in an emergency. The **Health Passport App** can be installed on your mobile device or computer.



To get your Health Passport App go to:
healthapp.quebecnorthshore.org



LOOKING FOR SUPPORT WHILE YOU ARE THERE?
A patient navigator can accompany you while you are in Quebec city

navigator@qchfoundation.org
418-932-0095
www.travel4health.ca

How Can You Help Increase the Visibility of the English Community and Help Improve Access to Health and Social Services in English?

Stand Up and Be Counted

When dealing with a health facility:

- ask for services in English before switching to French;
- ask for documentation in English;
- press the key for English services when using the telephone;
- use the English services already in place.

Remember to always be polite and respectful.



Newcomer's Resource: Coming Soon!



New to the Region?

WELCOME TO THE NORTH SHORE

NEW TO THE REGION OR SIMPLY LOOKING FOR SERVICES IN ENGLISH, THE NORTH SHORE COMMUNITY ASSOCIATION (NSCA) CAN HELP.



NORTH SHORE COMMUNITY ASSOCIATION
WWW.QUEBECNORTHSHORE.ORG | TEL: 1 (418) 296-1545

The NSCA has developed a Newcomer Resource to welcome all new arrivals to the North Shore. Whether you have moved from the Lower North Shore or from another region in Québec or province in Canada, our Resource is for you. It comes in a handy bag, with all documentation in English, including a Seniors' Resource Guide, a Community Directory as well as information about the different services available from the NSCA.

For more information, contact the NSCA at 418-296-1545, email nasca@quebecnorthshore.org or visit our website www.quebecnorthshore.org

**BCHS Annual Bean Supper
Friday, April 13, 2018 at 5:30pm.**

PLACE:
BCHS school gymnasium
39, av. Marquette
Baie-Comeau

PRICE: Adults - \$12.00/12 and under - \$6.00

TICKETS: Available at the door only

Profits from this supper allow the BCHS Home & School Association to pay for and organize a wealth of school activities. For more information, please contact the school at 418-296-2832 or bchsadm@cgocable.ca.



Coming to Quebec City for Medical Treatment?

Members of the Pastoral Services Team of the Anglican Diocese of Quebec provide a variety of services for English-speaking patients & their families treated in Quebec City hospitals.

They may be able to:

- provide transportation
- visit patients and family members who accompany them to Quebec City
- provide translation
- run small errands

Let us know...We're here to help
418-951-1295

pastoralcare@quebec.anglican.ca

Port-Cartier Book Club

Do you enjoy reading and meeting with friends?

Our English Book-Club might be for you...

Meeting every month

AN NSCA INITIATIVE

Book Choice for April is:

A Man Called Ove

BY Fredrik Backman

Date & Place TBC

For more information contact Mallory Stonehill @

581-881-0544

Or e-mail: mallory.stonehill@outlook.com



North Shore Community Association
Bringing Communities Together

Worship Services

All Saints' Church

47, av. Ungava
Sept-Iles

Services commence at 10:30a.m.



April 15: Anglican Service

April 29: Joint Anglican-United Service

May 6: Anglican Service

May 13: United Service

May 20: Anglican Service

Christ the King Parish

15 Comeau, Sept-Iles (Église Ste-Famille)

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at paroissesseptiles.org/

Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau
Services commence at 11a.m.



April 29: Communion Service

May 13: Communion Service

June 3: Communion Service

June 24: Communion Service - Easter Sunday

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgocable.ca

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ENGLISH
SCIENCES
HISTORY
AND MORE

learnquebec.ca/tutoring

Photos from Caregiver's Conference (continued)



The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nsca@quebecnorthshore.org. (All submissions are subject to editing and approval)

North Shore Community Association

Volume 14, Number 4

NSCA Mission:

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

Mailing:
 P.O. Box 6102
 Baie-Comeau, QC
 G4Z 2G9
 418-296-1545

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 39, av Marquette, Local 310
 Baie-Comeau, QC
 G4Z 1K4

Sept-Îles Branch Office:
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 Sept-Îles, QC G4R 2R5
 418-968-3148



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 Baie-Comeau, Québec
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