

THINK HEALTHY !

Français au verso

Number 7 December 2011

THE FAMILY
HEALTH NEWSLETTER

Time crunch steals healthy years from Canadians

A mix of real and perceived barriers contribute to shortened lifespan

Benefits of Finding Time

“The challenge of finding time is a reality for most working Canadians, or those with competing obligations,” says Dr. Abramson. “But tackling the time dilemma is absolutely critical. The disturbing statistics tell the tale: One in three Canadian deaths is from heart disease and stroke, and it is the number one killer of women. We must make the effort to find time now to do the things that will give us the greatest health benefits.”

Reality Check

“I’m one of the lucky ones,” says real estate agent Arul Myles Mylvaganam. “My diagnosis of heart disease was the wake-up call I needed to make time for my health. I know how difficult it is to find time to be active, but I’m finding simple solutions that are making a difference. I believe that prevention is the best medicine.”

Arul now takes time to walk every day, aiming for at least 30 minutes. “I want to make sure I am around for my children, nieces and nephews, and to be a positive role model for them,” he says.

“Unfortunately, a health scare like Arul’s is all too often the motivating factor that necessitates making health changes that would have prevented heart disease in the first place,” says Dr. Abramson.

The Heart and Stroke Foundation emphasizes the importance of being healthy role models for youngsters. More Canadian children are overweight and for the first time, the country's younger generations are expected to live shorter lives than their parents because of obesity.



Source : Heart & Stroke Foundation

THINK HEALTHY ! is a bilingual newsletter published 5 times a year by Heritage Lower Saint Lawrence with the aim of transmitting information to individuals and families on health and to better understand services offered to the population, especially Anglophones. It is distributed in the areas served by Rimouski Hospital, including the Lower Saint Lawrence, Baie-des-Chaleurs, Gaspésie, North Shore and the Lower North Shore. The newsletters are made possible through funding by Health Canada for Community Health and Social Services Network (CHSSN), to its Networking and Partnership Initiative Program (NPI) and its Community Health Promotion Project (CHPP). For more information, do not hesitate to contact Marie-Claude Giroux at 418 936-3110 or mcgiroux@heritagelsl.ca.



Ideas and recipes



Source : Heart & Stroke Foundation

Unwrap the gift of time

The holidays bring good cheer, good tidings – and stress.

No matter what you're celebrating, amid the social events, shopping and cooking, the first casualty is often the time you need to maintain your own well-being.

And of course, finding the time to eat a healthy diet, exercise and unwind is your best strategy to ward off holiday burnout.

So this season, give yourself the gift of time.



Cutting down on sitting down. Help children swap sedentary time with active time!

Sedentary behaviour is time when children are doing very little physical movement. Some examples are:

- Sitting for long periods
- Using motorized transportation (such as a bus or a car)
- Watching television
- Playing passive video games
- Playing on the computer

Spending less time being sedentary can help children:

- Maintain a healthy body weight
- Do better in school
- Improve their self-confidence
- Have more fun with their friends
- Improve their fitness
- Have more time to learn new skills

Source : Canadian Sedentary Guidelines for Children and Youth

Useful Website Address



HEART &
STROKE
FOUNDATION

DEATH LOVES INACTION.
Take Action Now

www.heartandstroke.com



The Health and Social services Agency of the Lower St. Lawrence **Access to Services in English**

A quick note to remind you that the Health and Social Services Agency of the Lower St. Lawrence is currently piloting a project aiming to improve access to health and social services in English in the Lower St. Lawrence and this, to better serve the English-speaking members of the region as well as Gaspé and the North Shore, who need to use the services in our region for specialized services.

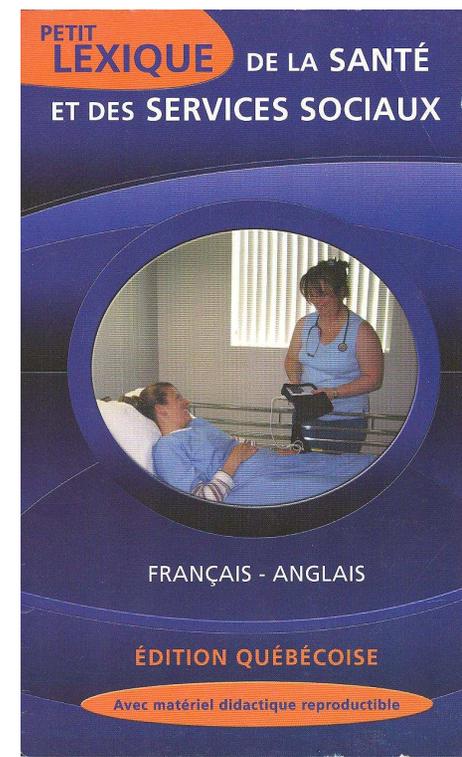
We wish to keep you informed of our progress to date. For example, the website of the Agency is now translated and should be available online soon. Also, approximately 100 members employees of the CSSS of Rimouski and Mont-Joli are taking English courses to better serve the English-speaking patients. McGill is currently offering these English courses at work, and the funding for this training is over a three-year period. This means that a greater number of health workers will be able to serve you in English.

To provide better access to services and information for the English-speaking population, various leaflets have been translated and distributed, or are in the process of being completed (in the CSSS of the Lower St. Lawrence, in various clinics in the region as well as with

community organizations like CASA, VGPN, Coasters Association and North Shore Community Association). These include the following:

- Info-Services Brochure, Access to services in English in the health and social services network of the Lower St. Lawrence;
- Act of rights of users of the CSSS of Mont-Joli;
- Travel policy for users;
- Placemat 'My smile, my pride' for children of school age;
- Various leaflets for certain hospital departments, such as psychiatry, physical rehabilitation, psychological and social services of La Mitis, the center of crisis management, etc...

We have also had specific requests for a post-operative ophthalmic forms as well as a weekly questionnaire completed by patients attending the pain clinic (CSSS of Mont-Joli); these documents have also been translated. Please let us know your needs! The more you ask for service in English, the better the service will be!



Over forty copies of the *Small Lexicon on Health and Social Services in English-French* are available at the CSSS of La Mitis and Rimouski-Neigette, they are placed in each care unit, emergency, etc... Simply ask!

For questions or comments, contact Julie Bérubé (replacing Catherine Turgeon-Pelchat, who is on maternity leave) at 418-724-5231 #6032.



HERITAGE
Lower Saint Lawrence
Bas-Saint-Laurent

is an organization dedicated
to promoting Anglophone culture

and improving the Anglophone population's health.

If you need assistance in obtaining English services,
don't hesitate to contact us.

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(Health side of the website under construction)