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The East Island Network for English Language Services Newsletter

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Quebec Students Against Impaired Driving



In the Fall of 2010, REISA embarked on a project with Toxicology Stop substance abuse counsellor Gerry Tullio and Laurier Macdonald high school. Quebec Students Against Impaired Driving (Q-SAID) is a program empowering teenagers to make proactive and responsible decisions to prevent injuries caused by impaired driving.

Three teachers and five students at Laurier Macdonald high school have formed a Q-SAID committee. They hope to recruit another ten students by the end of March. They have planned a *White Out Day* for the end of February. The goal of the activity is to raise awareness about impaired driving and involves calling down a student to the principal's office every twenty-three minutes and

dressing him or her in a garbage bag. For the remainder of the day, the students dressed in garbage bags represent the number of people who are killed due to impaired driving in one day.

On a parent-teacher night in February, *Contracts for Life* will be available for parents and students to sign. The *Contract for Life* is an agreement between two persons: person A agrees to call person B rather than drive while impaired or ride with someone who is impaired. Person B agrees to pick up person A, regardless of time, providing that the incident will be discussed the next day or when emotions or impairment have been slept off. REISA plans to transfer the Q-SAID program and form student committees in both Rosemount high school and John Paul junior high school in the East end of Montreal as part of the Health Promotion Project 2011-2012.

English, an Asset!

In February 2011, REISA received confirmation of funding for the McGill Training and Retention of Health Professionals Project. REISA has developed a project entitled *English, an Asset!*, which aims to increase retention of English-speaking health professionals in Quebec. The project will involve working with local high schools, colleges, universities and professional orders to hold career fairs highlighting the role of English-speaking healthcare workers. The project will provide opportunities for bilingual English-speaking students to acquire ease and comfort in working in Francophone settings. Furthermore, it will help Francophone institutions, such as partnering CSSS', to actively attract linguistically polyvalent job applications. Finally, it will involve collaborating with partnering regions to attract English-speaking

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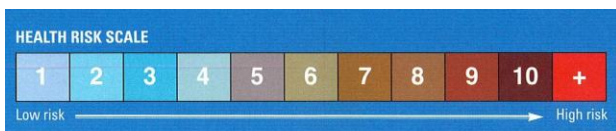
students of health-related disciplines or students considering a career in healthcare to Adventure Training Internship packages across Quebec.

Partners involved in the project include five CSSS', Dawson College, Vanier College, Concordia University, four health branches at McGill University, the English Montreal School Board, and nine NPI partners.

Air Quality Health Index

The Air Quality Health Index (AQHI) is a new public information tool that helps Canadians protect their health from the negative effects of air pollution on a daily basis. The tool has been developed by Health Canada and Environment Canada, in collaboration with the provinces and key health and environment stakeholders.

People who suffer from respiratory problems such as asthma, emphysema or chronic bronchitis, or cardiovascular problems such as angina, high blood pressure, high cholesterol or have a history of heart attack or stroke, are likely to experience health effects from air pollution. Even short-term exposure to air pollution can trigger or aggravate existing health conditions.



The health risk scale is a scale from 1 to 10, where 1 indicates low risk, and a low air pollution level, and 10 indicates high risk, and a very high pollution level.

There are three ways to find out what the AQHI is in your community. Firstly, you can visit

www.coteairsante.qc.ca. Current and forecasted AQHI's are provided along with health tips to protect you from air pollution. The second way is to call the toll-free phone line at 1 866 688-3810, available 24/7. The third way is to register to the free phone alert service. When poor air quality has the potential to affect your health, you will receive a phone call with a recording that will give you advice. (The number to register is the same as the toll-free line.)

REISA is promoting the AQHI throughout the island of Montreal. REISA has presented the tool to several groups of seniors including a senior satellite group in Montreal North, at the Almage Senior Community Centre, at Centre D'Accueil Dante and at le Centre de Jour Berthiaume-du-Tremblay. In addition, CSSS' Ahuntsic and Montreal-North, Lucille-Teasdale and Cavendish have welcomed AQHI promotional material at the waiting rooms of the CLSC's in their respective territories.

Brainy Boomer Lecture Series 2011



REISA, in collaboration with the McGill Centre for Studies in Aging and the Laurier Macdonald Community Learning Centre, is organizing a series of lectures entitled the *Brainy Boomer Lecture Series 2011*. The lectures will be held through March, April and May 2011, and will be available by videoconference across Québec via the Laurier Macdonald Community Learning Centre. *Aging and*

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Memory, Legal Issues for Brainy Boomers and Beyond, Coping strategies for caregivers and family members of dementia patients and Your Smile Healthy For Life! are just a few of the titles of the workshops that will be presented. The lecture series is free and targets the general population.

Phase 2: Diabetes Telemonitoring



In January 2011, the Diabetes Intervention Strategy for Quebec Minority English-speaking Communities (DISQMEC) coordinating team met to discuss the results of phase 1 and the activities planned for phase 2 of the project. During phase 1, a group of diabetics in the Lower North Shore and in the Magdalen Islands were remotely-monitored for eight weeks. Nurses at the local CSSS' received alerts three times a day detailing their patients' blood glucose levels, food intake and energy levels. A dietician in Montreal and a nutritionist in Gaspé offered on-demand dietary information and support to all patients.

Results of phase 1 are promising. The CSSS de la Basse-Côte-Nord felt an immediate impact: the distance-telemonitoring of the diabetics prevented emergency situations where patients' needed to be rushed to the hospital, diminishing costs of transport to the healthcare system. A nurse working at le CSSS des Îles has adopted the telemonitoring system and will continue to use the system daily

even once the project has ended. In terms of technology, the telemonitoring software proved to be slow and unfriendly. Reactions from the patients using the Blackberrys prompted Telus Health Solutions to redesign their software and launch an updated version in January 2011.

During phase 2, ten diabetics will be hooked at le CSSS de la Pointe-de-l'Île, ten at le CSSS de Saint-Léonard et Saint-Michel, and twenty in the Lower North Shore. The DISQMEC evaluation committee has an extensive result-dissemination plan, consisting of presenting the results to the Public Health Agency of Canada, McGill University, the CSSS' across the island of Montreal, at the JASP (journées annuelles de santé publique) and to other groups of persons working in the field of telemonitoring.

HelpAge Canada



HelpAge Canada is a non-profit organization that has developed international programs for seniors. Their mission is to improve the quality of life of older persons, support their independence and inclusion, as well as provide services and programs to relieve distress, poverty and sickness. Over the past few months, two interns from HelpAge have been working with CCS in different capacities. They are offering help in capacity-building at the senior satellite centres and are researching the gaps in services related to elder abuse.

HelpAge Canada, in partnership with REISA, the Italian-Canadian Community Services of Quebec,

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CCS and Almage Senior Community Centre, will be holding a half-day consultation on services for Seniors in the East Island of Montreal. The consultation will be taking place on Tuesday, March 22nd 2011 at 8:30am at le CLSC Saint-Michel.

The objective of the consultation is three-fold. Firstly, the consultation is aimed at documenting the needs of seniors, and secondly, at increasing access and awareness, in order to promote community involvement, leading to benefits such as ensured sustainability for ongoing senior projects. Finally, the consultation is aimed at supporting the development of English-language services that can be well-integrated through partnerships within the public healthcare system and community groups. A report will be available in fall 2011.

5/30 Health and Wellness Challenge



The yearly challenge is back! Registering for the challenge entails committing to eating at least 5 servings of fruit and vegetables a day and moving at least 30 minutes a day for a minimum of 5 days a week. Furthermore, it

entails committing to improving your wellness by setting a goal: helping yourself sleep well, having some time for yourself, or assigning priority to priorities.

REISA is promoting the Health and Wellness Challenge amongst senior groups and high schools in the East Island of Montreal. Dietician Mina Mirtahehi has recruited staff of the Leonardo Da

Vinci Centre to participate in the challenge. The group will meet weekly to engage in a thirty-minute walk and discuss strategies for staying on track with the goals of the challenge. The six-week challenge is a great way to develop a habit of eating well and incorporate a realistic exercise routine in your daily life. *To learn more about the challenge, contact Mina Mirtahehi at mina.mirtahehi@mail.mcgill.ca or visit www.defisante530equilibre.ca.*

Website Update

REISA's website www.reisa.ca has been updated since its launch in September 2010. You will discover the list of board members in the *Team* section of *About Us*. Furthermore, an interactive version of REISA's resource guide for English health and social services in the East Island of Montreal is available. Resources are divided into categories such as Addiction, Adult and Family Centres, Adult and Family Help Lines, Diseases and Disabilities, etc. Last but not least, browse through the virtual calendar on the bottom-right of the website to view upcoming events organised by the network and its many partners. *We would love to hear your feedback so please drop us a line in the 'Contact Us' section.*



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The East Island Network for English Language Services
Le Réseau de l'Est de l'Île pour les services en anglais
Community and public partners work to develop and promote access to English-language health and social services in the east-end of Montreal.

If you would like to learn more about any of the projects mentioned, please feel free to email me at claudiam@scciq.com. Thank you for reading!