

June 2020

Summer Edition

Partners in Health

June celebrates Canadian Men's Health Week June 10-16, 2020, as well as Father's Day on June 21st

Canada is among the world's healthiest countries, but research shows that many Canadian men face health challenges due to habits such as poor eating, inactivity, high levels of stress and social isolation. Healthy lifestyle habits and relationships have been shown to have an enormously positive long-term impact on men, their families, and their communities.

6 tips for living better

- Physical activity – walking 30 min 5 times/week
- Nutrition – take the saltshaker off the table. Try to avoid products with more than 200 mg of sodium per serving.
- Mental Health – get out and have fun. Not the easiest thing to do during a pandemic, but it can be done. Just remember to maintain the recommended 2 metre distance, hand washing, and follow the recommended guidelines.
- Alcohol consumption – keep hydrated with water in between drinks. The recommendation is a maximum of 3 standard drinks/day with 2 alcohol free days/week.
- Sleeping better – to get a solid night sleep aim for 7-8 hours. Our brains are programmed to sleep when it is dark and wake when it is light. Block all light sources from your bedroom including the LED light from your alarm clock or electronics.
- Quitting smoking – know your triggers such as smoking at social events, after a meal, break time, and/or with alcohol. Knowing your triggers will help you avoid them or find ways to handle them.

It can be as simple as:

- Spending some time outdoors, walking, gardening, fishing, biking, dog walking.
- Taking up a hobby; listening to music, singing, doing puzzles.
- Keeping in touch, visiting with others (as per pandemic recommendations) even a phone call.

Source: www.dontchangemuch.ca and www.menshealthfoundation.ca

Megantic English-speaking Community Development Corporation (MCDCC)
906 Mooney St. West, Thetford Mines QC G6G 6H2 Tel: 418-332-3851 / fax: 418-332-3153 / www.mcdc.info

The views expressed herein do not necessarily represent the views of Health Canada



World Elder Abuse Awareness Day June 15, 2020

The United Nations General Assembly, designated June 15 as World Elder Abuse Awareness Day. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations

Key Facts

- Around 1 in 6 older people experience some form of abuse, a figure higher than previously estimated and predicted to rise as populations age worldwide.
- Rates of abuse may be higher for older people living in institutions than in the community.
- Elder abuse can lead to serious physical injuries and long-term psychological consequences.
- Elder abuse is predicted to increase as many countries are experiencing rapidly ageing populations.
- The global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050.

A Violation of Older People's Human Rights

Elder abuse can be defined as "a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person". Elder abuse can take various forms such as physical, psychological or emotional, sexual and financial abuse. It can also be the result of intentional or unintentional neglect.

Elder Abuse is Preventable and everyone has a role to play

We can help ensure that older people live in safety – without fear of being hurt, exploited, or neglected.

The public can:

- watch for signs of elder abuse;
- learn how to get help and report abuse

Older people can:

- Stay connected to family and friends
- Learn more about their rights
- Use professional services for support wherever available
- Make sure their financial and legal affairs are in order.

Family and informal caregivers can lower their risk of committing abuse by learning ways to cope.

- Get help from family or friends
- Take breaks
- Get support from local health and social services

Source: www.un.org/en/events/elderabuse

Important phone numbers



Elder Mistreatment

Helpline **1-888-489-2287**

www.aideabusaines.ca

The Elder Mistreatment Helpline is a confidential, free, bilingual service. Open 7 days per week from 8:00 a.m. 8:00 p.m. When calling, if all of the operators are busy or if you call outside of designated hours you'll be invited to leave a message on their answering machine. Rest assured that they will treat all information with the utmost confidentiality. Feel secure in leaving them a detailed message, making sure to give them your contact information, and let them know whether they can leave a message on your answering machine. They will call back within 24 hours and make up to four attempts to reach you.

Note that for security reasons, the Elder Mistreatment Helpline (LAAA) number does not display on the caller ID. In addition, they will not leave a message on your answering machine unless explicitly authorized by you.

The Elder Mistreatment Helpline (LAAA) is not an emergency service. In emergency situations please call 9-1-1

Source: www.aideabusaines.ca/en/

Staying Healthy During Heat Waves

Your body produces heat, especially during physical activity. Hot air, sun rays, and hot surfaces also heat your body. This heat is lost by contact with cool air and by sweat production, which cools your body as it evaporates.

Weather conditions play a big role in how your body regulates its temperature. For example, if it's windy, sweat evaporates faster, which helps to cool you. But high humidity slows down this process, contributing to increased body temperature.

Heat illnesses can affect you quickly and can lead to long-term health problems and even death. They are mainly caused by being over-exposed to extreme heat especially if you are doing too much for your age and physical condition.

Heat illnesses include:

- heat edema (swelling of hands, feet, and ankles)
- heat rash
- heat cramps (muscle cramps)
- heat fainting
- heat exhaustion
- heat stroke (a medical emergency)

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for:

- older adults
- infants and young children
- people with chronic illnesses (like breathing problems, mental illness, and heart problems)
- people who work in the heat
- people who exercise in the heat
- homeless people
- low-income earners

If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat. Some medications can make your skin more sensitive to ultraviolet (UV) rays

Safety tips

Heat illnesses are preventable. During extreme heat, the most important thing is to **keep cool and hydrated**.

Follow these five steps to protect yourself and your family in very hot weather:

1. Prepare for the heat
2. Pay close attention to how you - and those around you feel
3. Stay hydrated
4. Stay cool
5. Avoid exposure to extreme heat when outdoors

Step 1 - Prepare for the heat

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- Arrange for regular visits by family members, neighbours or friends during very hot days in case you need help. Visitors can help identify signs of heat illness that could be missed over the phone.
- Find ways to keep cool before the hot weather starts. If you have an air conditioner, make sure it works properly. If you have ceiling fans or other fans they can help as long as the humidity isn't high. Find an air-conditioned spot close by where you can cool off for a few hours on very hot days. This will help you cope with the heat.
- Have cool drinks in your vehicle and keep your gas tank topped up.

Step 2 - Pay close attention to how you - and those around you - feel

Watch for symptoms of heat illness, which include:

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat

- extreme thirst (dry mouth or sticky saliva)
- decreased urination with unusually dark yellow urine
- changes of behaviour in children (like sleepiness or temper tantrums)

If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best

Step 3 - Stay hydrated

Drink plenty of cool liquids (especially water) before you feel thirsty to decrease your risk of dehydration (not having enough fluids in your body). Thirst is not a good indicator of dehydration.

- Remind yourself to drink water by leaving a glass by the sink.
- Flavouring water with natural fruit juice may make it more appealing.
- Eat more fruits and vegetables as they have a high-water content.
- If you eat less, you may need to drink more water.
- Drink water before, during and after physical activity.

Step 4 - Stay cool

Did you know?

Your body is not used to (not acclimatized to) extreme heat at the beginning of the summer. If you are physically active, you are also not acclimatized if you don't exercise regularly during hot weather.

Dress for the weather:

- Wear loose-fitting, light-coloured clothing and a wide-brimmed hat made of breathable fabric
- When you buy **sunglasses**, make sure they provide protection against both UVA and UVB rays

Take a break from the heat:

- If you must do physical activity in extreme heat, take extra breaks, remove gear to let your body cool off and drink lots of water. Don't expect your usual performance in hot weather. Give your body time to recover after being in the heat

Keep your home cool :

- Make meals that don't need to be cooked in an oven.
- Block the sun by closing awnings, curtains or blinds during the day.
- If safe, open your windows at night to let cooler air into your home.
- If you have an air conditioner with a thermostat, keep it set to the highest setting that is comfortable (somewhere between 22°C/72°F and 26°C/79°F). This will reduce your energy costs and provide you with needed relief. If you are using a window air conditioner, cool only one room where you can go for heat relief.

If your home is extremely hot:

- Take cool showers or baths until you feel refreshed.
- Use a fan to help you stay cool and aim the air flow in your direction.
- Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot like a shopping mall, grocery store, or public library. (Please note, this was written before restrictions were put in place due to Covid-19. Some of these places may be off limits or closed temporarily.)

Step 5 - Avoid exposure to extreme heat when outdoors

Did you know?

Sunburned skin loses its sweating efficiency. This makes it harder for your body to regulate its temperature.

Never leave people or pets inside a parked vehicle or in direct sunlight.

- When the outside air temperature is 23°C/73°F, the temperature inside a vehicle can be extremely dangerous - more than 50°C/122°F.

Reschedule or plan outdoor activities during cooler parts of the day.

- Plan strenuous outdoor activities for cooler days or choose a cooler location like a place with air conditioning or with tree shade.

Avoid Sun Exposure. Find or bring shade when possible.

- Tree-shaded areas can be as much as 5°C/9°F cooler than the surrounding area.
- Shade yourself by wearing a wide-brimmed, breathable hat, or using an umbrella.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Wear sunglasses that have UVA and UVB protection.
- Use sunscreen with sun protection factor (SPF) 15 or higher and follow the manufacturer's directions. Don't use sunscreen on a child less than 6 months old.

Remember!

Sunscreen will help protect against the sun's ultraviolet (UV) rays, but not from the heat.

When to Call 911?

Call 911 or your local emergency number immediately if you are caring for someone, such as a neighbour, who has a high body temperature and is either unconscious, confused or has stopped sweating.

While waiting for help, cool the person right away by:

- moving them to a cool place (if you are able),
- applying cold water to large areas of the skin or clothing; and
- fanning the person as much as possible.

Source: Health Canada – "Extreme Heat"



Maple Syrup Salad Dressing

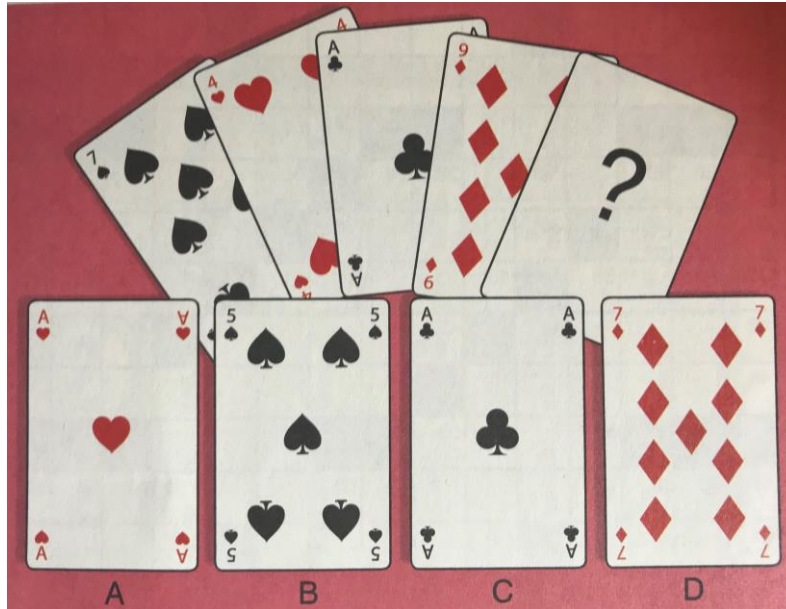
Ingredients:

$\frac{1}{2}$ cup olive oil
1-1/2 tbsp of balsamic vinegar
2 tbsp maple syrup
1 tbsp lemon juice
 $\frac{1}{4}$ tsp dry mustard
1 tsp dried basil
1 clove garlic, minced
Salt and pepper to taste

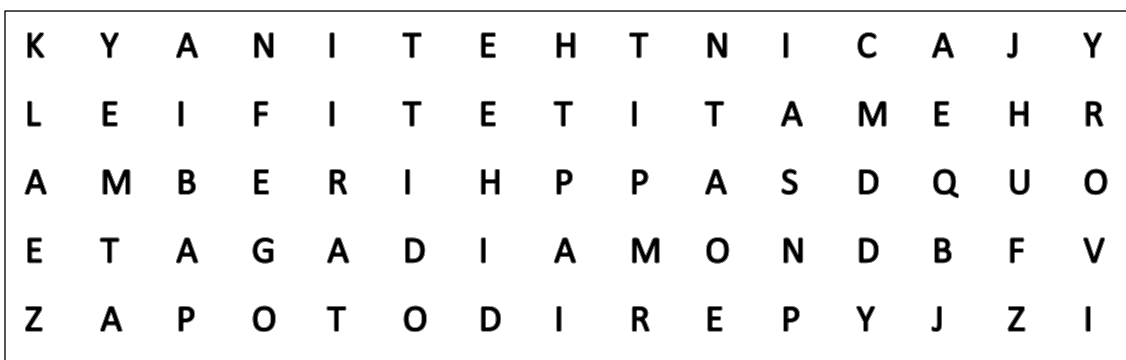
Mix together all ingredients in a container with a lid, a glass mason jar works well. Let stand for 1 hour before using. Can be kept at room temperature covered, for one (1) week. Use with most lettuces, for example baby lettuces or Romain lettuce, add cherry tomatoes and 2 coarsely chopped walnuts, yum!

Mind Stretchers

BRAIN SNACK - Good Hand? Which playing card (A-D) from the same deck is the only suitable replacement for the question mark?



QUICK WORD SEARCH: Find the stones or gems listed below in the word search grid.



AGATE AMBER DIAMOND HEMATITE IVORY JACINTH
KYANITE LEIFITE PERIDOT RUBY SAPPHIRE TOPAZ



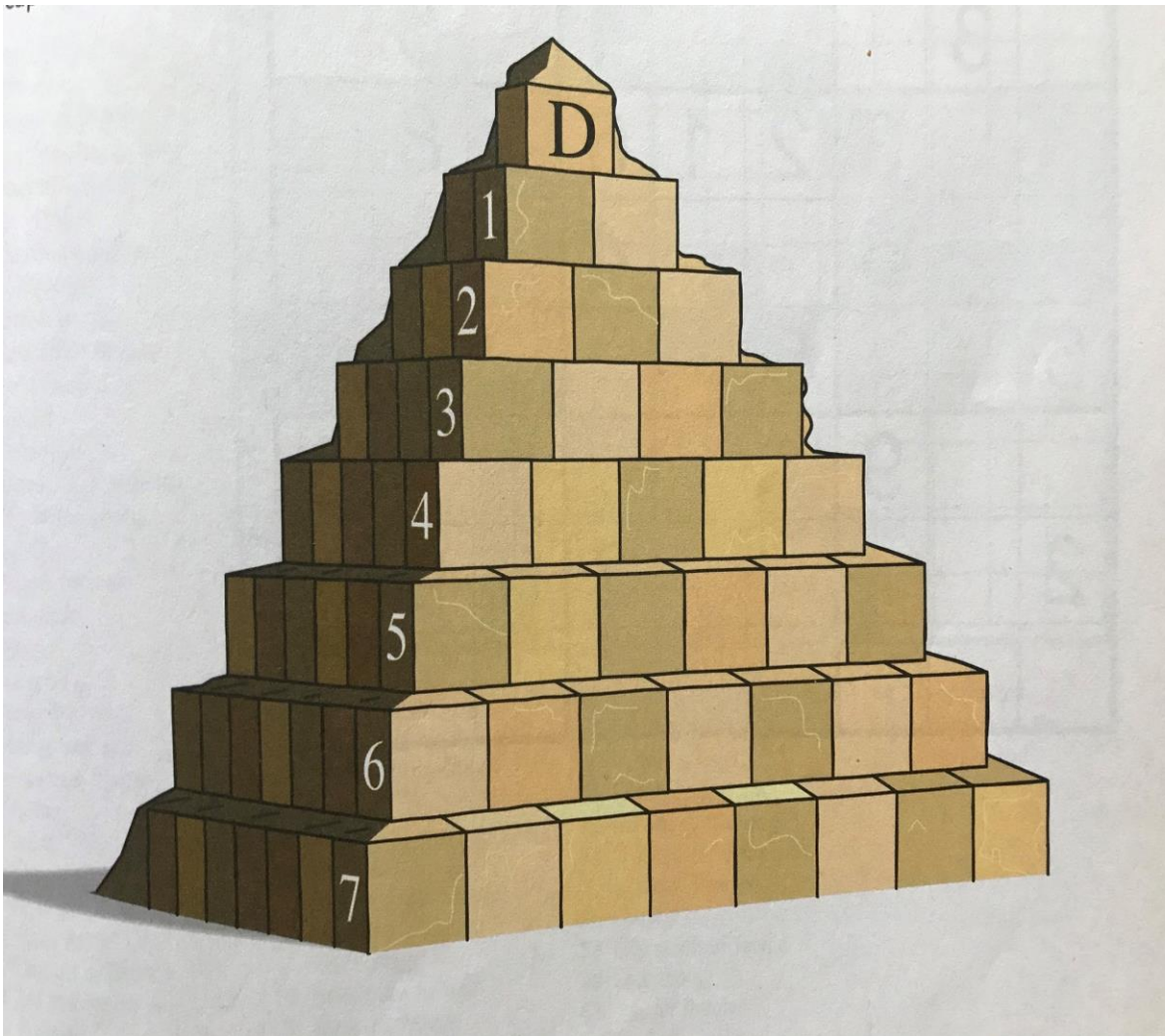
ANSWERS ON PAGE 8



WORD PYRAMID: Each word in the pyramid has the letters of the word above it, plus a new letter.

D

- (1) public promotion
- (2) chap
- (3) call a telephone number
- (4) perfect
- (5) refusal
- (6) breathed in
- (7) caption of an article



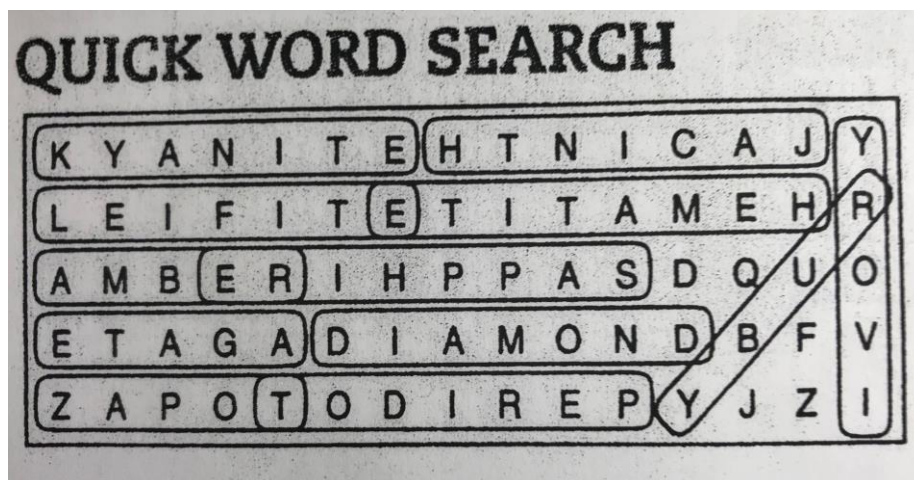
➔ **ANSWERS ON PAGE 8** ➔

ANSWER PAGE

1. BRAIN SNACK - *Good Hand?*

Card B, 5 of spades. The corners of A are not correct. C is already in the hand. D contains 9 diamonds instead of 7.

2. QUICK WORD SEARCH



3. WORD PYRAMID

D, (1) ad, (2) lad, (3) dial, (4) ideal, (5) denial, (6) inhaled, (7) headline