

LET'S GET CONNECTED

July 2020

Volume 17, Number 1



Beach at Pointe-aux-Anglais / Photo: Jody Lessard

QUEBECNORTHSHORE.ORG

Senior's Virtual Activities and Impact of COVID-19

In every aspect of our lives we have been impacted by the COVID-19 global pandemic. This has forced us all to adapt to a 'new normal' which fast became 'normal'. We are, however, resilient and face these new challenges 'head-on'. Our English-speaking communities were not exempt. Wearing face masks in public, maintaining social distancing, and limiting our travel forced many of us into social isolation and in businesses adapting their way of providing services.

The NSCA embraced and reached out to the English-speaking communities to offer support, training, and resources to help manage our social isolation, mental stress, anxiety and, perhaps, even depression. In response to these identified needs, the NSCA began using ZOOM technology to connect our communities to offer 'virtual' training, educational sessions, and social activities. Facebook postings kept us all informed and aware of new developments in COVID-19 as well as providing information to virtual activities and events. Soon we may be able to make real person-to-person physical and social connections.

The NSCA continued to connect communities and its members by offering other virtual activities such as Games Night, Bingo, Jeopardy, Photography 101 with professional photographer Francois Trahan. We also promoted virtual webinars on legal matters.

We remain committed to doing our best to continue helping you navigate through this challenge while protecting the health and well-being of everyone. Please continue to visit the NSCA Facebook page for updates on the COVID-19 virus including notifications of the NSCA services and programs re-opening. The remainder of 2020 promises to be a challenging one but when we stay together and help each other, especially those in need, we will overcome this special challenge.

A few of our community members provided their personal testimonials regarding how COVID-19 has impacted them and how the NSCA moved forward by using ZOOM technology to address identified needs. Read them on p. 2...

Senior's Virtual Activities and Impact of COVID-19

"It was like 50+ Wellness activities,... I looked forward for Wednesday Bingo and 'Price is Right'; seeing people so nice to you and NSCA Sept-Îles staff always kept in touch to see if I needed help; so happy when they phoned. The staff at NSCA Sept-Îles was always there for me and it made my day." **(Sept-Îles)**

Type to enter text

"... I believe that Jody and her team did a great job by using ZOOM to join us together; not only Baie-Comeau but Sept-Îles and Port-Cartier. It was a great idea and the different themes used were interesting." **(Baie-Comeau)**

"...I loved everything and looked forward to every week as it was a very positive experience and helped break up the social-isolation. ZOOM technology allowed us to connect socially with other ZOOM users...great job!"

(Baie-Comeau)

"My opinion is that we are treated like kings & queens! We have received a great service from the NSCA. The staff at the Sept-Îles NSCA office phoned us and dropped us off at the door on Father's Day & Mother's Day. They called us quite a few times to see how we were or if we needed help. I thank them from the bottom of our hearts. When we went on Wednesdays we had lots of laughs playing games, playing card games and telling lots of jokes. As you all know a certain someone tells us lots of jokes and can tell them great. Well can't forget our afternoon lunch which was so yummy. It's a great group to be in. I can't thank you enough. God Bless. Pease let this be over soon so we can get back to our 50+. Stay safe". **(Sept-Îles)**

"...As for the activities during COVID-19, we have participated in the majority of them. Let me say that through the new 'ZOOM' account, we have benefited from a lot of activities such as Bingo, 'The Price is Right', trivia games, and virtual social gatherings. All these activities not only broke the isolation created by the COVID, but also allowed us to keep in touch with our 50+ members and friends, make new friends and get to know other 50+ members in Sept-Îles, Port-Cartier, attend health conferences and educational events with professionals. from a distance, the games made us challenge our minds and memory, learn some things, plus have a few laughs with great people, the social aspect through ZOOM technology was very enjoyable, almost as good as being there, while allowing us the social distance necessary during these times. I could go on but will end this by saying from our point of view; the NSCA is a huge asset to the English-speaking population/communities on the North Shore." **(Baie-Comeau)**

"Living through the COVID was an experience for me and other friends. For a solid 3 weeks I stayed in the house contemplating what I would do next. My husband had the chore of going for groceries and for him the crowds were overwhelming. I would try to call those seniors that were really shut-in and try putting a smile on their faces or just get a little giggle from them. Everyone was trying to make each other feel okay. It seemed that we all tuned in everyday religiously to listen to the daily COVID update. After a few weeks, the updates started to instill fear and paranoia. Turning on the TV or radio to find some sense of normal made it even harder; there was nothing but reports on the pandemic. People were even scared to leave their homes. Social distancing became a part of our norm and it was very difficult to abstain from hugging our loved ones. A few of us 'senn-agers' took it upon ourselves to take social distancing to another level when celebrating seniors for their birthdays with balloons, cake and a Happy Birthday song outside. The show went on whether it was rain or shine. Just seeing the smiles on their faces made me and others feel good that we had made someone's day. Easter and Mother's Day were a special event; thanks to the NSCA for making everyone feel special. A special 'thank-you' to Sept-Îles staff for checking in on us and 'thank-you' to NSCA. for making us all feel so special at this time of the COVID-19 pandemic. Thank you to all for the phone calls to friends and family who took the time to check up to see if we were all well. God Bless all....keep our social distancing and have a great summer". **(Sept-Îles)**

A Word from the Chair

The NSCA's 20th year!! A very busy and successful year albeit the challenges we must face during this stressful Covid-19 pandemic. We've had to re-organize, work from home, move our office, be of assistance to our seniors needs and so much more... but we pulled through and are still going strong!!

Congratulations to the all high school grad. It has been a trying time for you also, but I believe that everyone has come together to hold very special and different graduation ceremonies!!

Wishing you all a pleasant summer holiday! Hope to see you at the 20th AGM in Port-Cartier in late September.

Together, we shall overcome this global pandemic. Our thoughts and prayers are with those who are plagued by this crisis.

Stay safe, stay well!!!

Cathy Larivière, Chair



NSCA's Baie-Comeau Office Relocated

The North Shore Communication Association's Baie-Comeau office has re-located as of June 1st.

We are in the office building adjacent to the Shell Gas station at the corner of boulevard LaSalle and the 138.

The building is equipped with an elevator which will assist the public and our seniors in reaching our office on the 2nd floor.

Our new office is located at **337 boulevard LaSalle - Local 202**

Our telephone number of 418-296-1545 remains unchanged.



NSCA Summer Office Hours

The schedule for NSCA's office hours will be as follows:

- Monday - Thursday: 8:00 a.m. – 4:00 p.m.
- Friday: 8:00 a.m. – 12:00 p.m.

Please note that the NSCA Baie-Comeau office will be closed from July 20th to August 14th.

The Sept-Îles office is closed from July 6th to August 14th.

school readiness kit trousse de préparation à l'école

Each printed cloth bag contains

Kindergarten, Here I Come! storybook
 Naître et Grandir Welcome to Kindergarten edition
 Feeding Children Ages 1 to 5 factsheet
 Screen Free Challenge resources
 Kindergarten interactive book
 family activity booklet
 vaccination schedule
 toothbrushing calendar
 textured balls
 white board



Chaque sac réutilisable contient

album Kindergarten, Here I Come!	cahier d'activités familial
édition spéciale « La préparation à l'école » de Naître et Grandir	horaire de vaccination
fiche sur l'alimentation des enfants	calendrier d'hygiène dentaire
ressources Défi sans écran	balles à textures variées
livre interactif Kindergarten	tableau blanc

Contact the NSCA today to receive a School Readiness Kit for your child!

Contactez-nous pour recevoir une trousse préparatoire pour la rentrée à l'école pour votre enfant!

www.quebecnorthshore.org (418) 296-1545 



North Shore
Community
Association

Respite Service offered in the MRC of Sept-Rivières

Thanks to ongoing funding received from L'Appui Côte-Nord, we continue to offer respite service for caregivers of seniors in the MRC of Sept-Rivières. The respite service allows the caregivers of these seniors to have a break from the continuous care they give to their loved ones and take time for themselves. Through our respite program, we provide company and cognitive stimulated activities to the vulnerable and isolated senior.

Because many of our seniors are not sufficiently bilingual to benefit from receiving respite services in French, this respite service will be provided in English through the NSCA and be more beneficial to them.

If you know of someone who may benefit from this service or if you need more information, please contact the NSCA at 418-296-1545 or e-mail nsca@quebecnorthshore.org

A few resources on How to Help your Teenager Cope with Covid-19 and Social Distancing

It is not easy for our teens to live through the restrictions imposed by the Covid-19 Pandemic. Loneliness, stress, anxiety or mental health crisis might afflict them.

Here are a few resources to help your teens and you cope in these social distancing times:

- <https://cpa.ca/psychology-works-fact-sheet-helping-teens-cope-with-the-impacts-of-and-restrictions-related-to-covid-19/>
- <https://www.cps.ca/en/blog-blogue/supporting-youth-with-anxiety-disorders-during-the-covid-19-pandemic>
- <https://novascotia.cmha.ca/community-capacity/coping-covid-19/>
- <https://www.unicef.ca/en/blog/covid19/guide-for-teens-protect-your-mental-health>

You can also call **Info-Social at 811**, option 2, to talk to a social worker 24/7

If suicidal thoughts occur call the **Suicide Prevention Line at 1-866-277-3553**

In case of severe Mental Health Crisis, call **911** or go to a **Hospital Emergency Room**

Depression in Older Adults Conference

Presenter: Jennifer Hobbs-Robert

Depression in seniors is often a topic not willingly discussed and is easily dismissed since depression often mimics other age-related symptoms. It is important to talk openly about depression as it is treatable with an estimated 80 % success rate!

The NSCA, in collaboration with CHSSN and L'APPUI, was pleased to have Jennifer Hobbs-Robert, former Director of Nursing and Quality at the Jeffery Hale-Saint Brigid's Hospital in Quebec City, present on the very important topic of "Depression in Older Adults" on June 11, 2020.

With the on-going COVID-19 pandemic situation, the NSCA has taken to relying on video platforms to connect with its communities. It is important to our mental health to stay connected. This conference was held virtually using ZOOM technology and we had a great turn-out with a total of 23 community members joining in.

Ms. Hobbs-Robert identified risk factors for depression, screening tools used to diagnose depression in seniors and treatment options available to those seeking assistance. There are quite a few treatment options available; however, it is important to persevere with your medical resource person in obtaining the proper treatment. Another, often overlooked area, are tips for the caregivers; those individuals looking after older adults with depression or other mental health illnesses. Ms. Hobbs-Robert provided information on available resources and referral services.

Ms. Jennifer Hobbs-Robert's PowerPoint presentation is available by contacting the NSCA office at 418-296-1545.

A 'spin the wheel' virtual draw was made for the door prize. Ms. Denise Larocque from Baie-Comeau was the lucky winner of an aromatherapy essential oil diffuser kit.

Going forward, let's be open for dialogue on this important topic. Reach out...help is available.

Depression in Older Adults

Table of Contents

- ❑ Key terms and what they mean
- ❑ Why talk about depression
- ❑ Symptoms
- ❑ Risk factors for depression in older adults
- ❑ Screening tools
- ❑ Diagnosing depression in older adults
- ❑ Treatment options
- ❑ Tips for Caregivers
- ❑ References



CAPTURING COMMUNITY, ILLUSTRATING IDENTITY
Photography Contest



NSCA invites all amateur photographers living on the North shore to join NSCA's photo contest for a chance to have your photo represented in a community photo mural.

Promoting regional identity, knowledge, engagement, pride and diversity.

Submission deadline
July 31, 2020.

Each participant has two ways to win!

For more details about the contest application, rules and prizes, please visit:
<http://quebecnorthshore.org/>

North Shore Community Association
Phone: (418) 296-1545
Submit photos to:
nsc@quebecnorthshore.org
For more information or details:
h.belanger@quebecnorthshore.org

Baby Book Bag Program



Studies have shown that reading to babies contributes to the development of their growing brains and give them a good start towards school readiness. A more immediate benefit to reading together with your child is that it encourages cuddle-time and bonding. A book is a toy and your child can learn to love them from birth.

If you are an expecting parent or have a newborn, contact us today to get your Baby Book Bag. Each bag contains books suited for babies to develop skills and also provides resources for parents.

Want get your hands on a Baby Book Bag? Call the NSCA office at 418-296-2832 or e-mail at nsc@quebecnorthshore.org

It is with pleasure to announce the awarding of the NSCA Student Community Involvement Bursary for the 2019-20 academic year.



The recipient, Jacob Perreault, who graduated from Baie-Comeau High School (BCHS), will be pursuing his studies at the CEGEP de Baie-Comeau in the fall. Congratulations Jacob!

The NSCA Student Community Involvement Bursary recognizes the contributions of students who make a difference in their community.

solitude breakup
 heartbreak violence
 abandonment financial difficulties
 mourning loss
 exhaustion drug use
 conflict housing depression
 gambling sexual assault
 addictions

NEED HELP?



**Do not wait...
 Call 8-1-1, option 2**

- ➔ You are experiencing a difficult situation and you want support
- ➔ You want to learn more about the resources that may help you
- ➔ You want to ask for psychosocial services

This telephone service is available 24/7, confidential, free of charge, and provided by professionals



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

YOU SPEAK ENGLISH



AND YOU ARE TRAVELLING TO SEPT-ÎLES

**TO RECEIVE HEALTH
 AND SOCIAL SERVICES?**

Have you heard about about the English interpreter and accompaniment service offered in the Sept-Îles facilities?

**TO USE THIS SERVICE,
 CALL 418 965-7621**

Virtual Newsletter Option

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. Our membership has the option to sign up for a virtual copy of the newsletter.

If you prefer to receive an electronic copy, please forward us an email at nsca@quebecnorthshore.org indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

As always, your feedback is welcome and will help us shape the content for future issues. Happy Reading!

Renewed Focus on Regional Development



On May 28, 2020, the Regional Development Network (RDN) was established, with their head office located in Quebec City, and became a first step towards enhancing the vitality and supporting the socio-economic development of regional English-speaking communities across Quebec. Nine founding members formalized the establishment of the organization, elected a Board of Directors and Executive.

Community organizations facing multiple socio-economic challenges, while working in minority language settings, came together to respond to the need for networking, collaboration and representation in support of the individual community organizations. The organization's main objectives are to become involved in community development, including governments, institutions, and other organizations, while providing a forum for dialogue and discussion on issues related to the socio-economic development of the communities served by member organizations.

The founding member organizations of the RDN do not have a provincial mandate but are involved in more than one sector of socio-economic development activity on behalf of their communities within a defined Quebec provincial territory. Jody Lessard, Executive Directive, NSCA, is Vice-President of the Regional Development Network (RDN).

Stay tuned as they will soon commence the process of organizing activities to bring the networks together, prepare a strategic plan, and identify and act upon collaborative initiatives and projects.

What's Up This Summer on the North Shore?

Whether you decide to stay in your own municipality or choose to day-trip to another municipality on the North Shore, below are some online sites listing many activities and events.

Let's start with Tadoussac... a sure bet to having an enjoyable day! Did you know Tadoussac has a very intuitive and up-to-date English website ([Tadoussac.com](https://www.tadoussac.com)) listing all services and activities. Most sites to explore in Tadoussac have services and interpretations in English.

If you choose to stay in Baie-Comeau this summer, I suggest you search online for the summer 2020 cultural activities list on the municipality's website: (<https://www.ville.baie-comeau.qc.ca/culture/activites-culturelles-ete-2020/>).

Like to dance? You can follow outdoor dance classes with the L'Académie de danse Baie-Comeau; Espace- K Theatre is offering musical theatre for seniors at several sites; neighbourhood shows sharing stories and tall-tales, and even several shows at the Biosphere Fountain on Place LaSalle. The Société historique de la Côte-Nord has an exposition on local 'terroir' foods found on the North Shore from Innu times to foods found today in our region. The Troupe Chaud Bizz will perform every Friday and Saturday evening at the Pioneer's Park! Exterior musical jam sessions will take place at Place LaSalle and will be performed by local musicians. For the artist in you, three water colour painting workshops are planned and will be held outside from mid-July to mid-August. Come and discover Baie-Comeau and enjoy the many activities and events.

As for Sept-Îles, the municipality has a very extensive website listing all activities offered to its citizens ([ville.sept-iles.qc.ca](https://www.ville.sept-iles.qc.ca)). There is, however, a specific website just for cultural activities in Sept-Îles called [Tout.septiles.ca](https://www.tout.septiles.ca). Here, I found a great wine and cheese event, a fresh oyster fundraiser for the local palliative care organization, and plenty of physical activities organized by Sept-Iles' healthy habits program *HOP La Ville*.

Lastly, I'd like to suggest you browse the easy to navigate Tourism Côte-Nord English website for information on attractions and events for all municipalities of the North-Shore ([tourismecote-nord.com](https://www.tourismecote-nord.com)). For this summer, the Regional Tourism Office suggests you contact them directly by phone 1-888-463-5319 to obtain up-to-date information on events and attractions, including the rules and restrictions pertaining to social distancing and other COVID-19 related prevention.

The NSCA would like to wish everyone a great summer and safe travels!



Community Leadership Bursary

The NSCA in collaboration with McGill University is pleased to announce the recipients of the 2020-2021 bursary. The NSCA would like to congratulate this year's recipients:

André Desrosiers of Sept-Îles, who is studying Bachelor of Social Work at Université du Québec at Chicoutimi (UQAC)
and

Destiny Driscoll of Sept-Îles, who is studying Bachelor of Science, Major in Kinesiology, at the University of Prince Edward Island (UPEI) .

The purpose of the McGill Bursary program is to encourage youth who are studying in and out of our region in the Health and Social Services sector to complete their degree and return back to the North Shore, where there is a high demand for health professionals with both English and French language skills.



Call for Nominations

Board of Directors Positions to be filled for a 2-year mandate
Deadline to submit your completed nomination form is September 7, 2020

The Nominations Committee of the North Shore Community Association (NSCA) is seeking nominations to fill positions on their Board of Directors for a 2-year term. The Board of Directors is composed of a maximum of 10 directors (including 2 youth directors), and they meet at least six (6) times a year. The Board is composed entirely of volunteers.

For more information about the NSCA and its mission please consult our website at www.quebecnorthshore.org and/or contact our office.

To submit your candidacy please contact the Executive Director at 418-296-1545.

NSCA Annual General Meeting

The North Shore Community Association Annual General Meeting (AGM) will be held on Saturday, September 26, 2020 at 11 a.m. in Port-Cartier (venue to be confirmed). We are Looking forward to seeing our members join us in celebrating our 20th anniversary. Invitations and AGM agenda will be forwarded to the membership in early September.





BCHS/CLC Activities and Events

by Stephen Kohner, principal



Congratulations to BCBS' two Secondary V graduates Jacob Perreault (left) and Dylan Pineault (right). Both students have been at the school since kindergarten! A Graduation ceremony was held via Zoom on June 22 with just over 30 participants that included the graduates, families, friends, staff, students, invited guests and ESSB's Director General Hugh Wood who spoke of the need for PERSEVERANCE.



Welcome to Kindergarten! Seven families participated on the evening of June 23rd by participating in an event to welcome the new 2020-2021 students to pre-school. Organized by Ms. H el ene Bujold, teacher, Mr. Richard Gaudet (CDA-CLC) and Mr. Stephen Kohner, principal, the students and parents were informed of the importance of play, talk and activity in the development of their child. Each student received a bag of games, activities, books and gift certificates that will go along way to support their learning.



PhysEd and Secondary teacher Tristan Ellis organized a final secondary outing to the belvedere at the Fjord Baie Ste-Pancrace. It was a gorgeous late afternoon excursion wherein 7 students took in the fantastic views, flora and fauna of the area. This was the last of many outdoor excursions organized as one of the BCBS's educational project goals of outdoor trips, hikes and exploration of our environment.



BCBS staff sent in their photos during the recent pandemic school closure with them sporting their BCBS t-shirts and a message of hope. Since May 11, about 85% of the pre-school and elementary students returned to regular classes while secondary students attended classes by distance education. A HUGE THANK YOU goes out to all staff who came together during these difficult and challenging times.

The School Readiness Kit is Ready to Go!

Here at the **North Shore Community Association**, we take the success of our English-speaking youth seriously. This success starts before school entry!

We designed a **School Readiness Kit** to help you, the parent, and your child to be ready for the school transition. This way, it's not as stressful as it could be.

Tools, resources, tips and tricks to help you and your child enjoy the new school year, be it this fall or 2 years from now, are included in each kit.

Here's a sample of the contents of the kit:

- "Kindergarten, Here I come!" A book depicting a child's first year in school;
- A Family Activity Booklet full of fun activity ideas for you and your child to enjoy together;
- Tips on children nutrition because school lunches and snacks are inevitable;
- And much, much more!

As a parent, you can help your child be ready to learn while having fun. It's the **BEST** way to do it!

If you are interested in this **free** School Readiness Kit, please contact Annie at a.lafreniere@quebecnorthshore.org. We'll decide together the best way for you to get the kit. You can pick it up, we can drop it off, we can send it by mail.



A shining start
for children
ages 0-8



Baby Sign Language Workshops

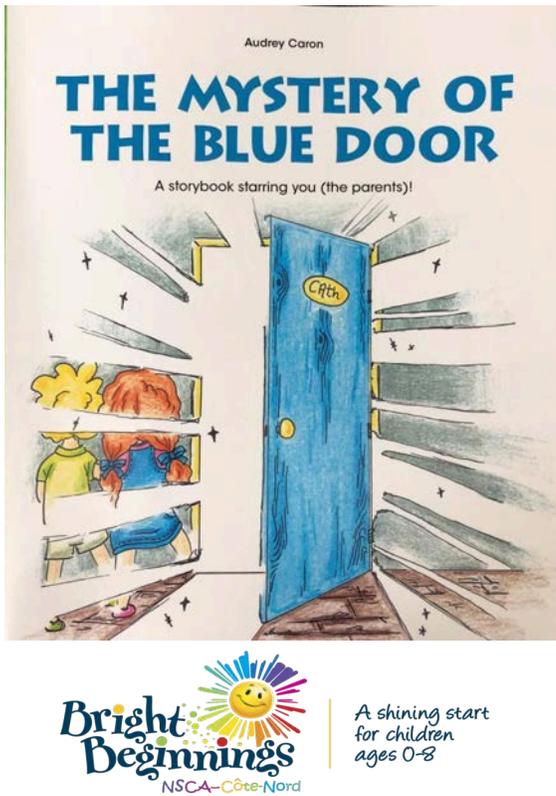
A Workshop in three parts was given to one of our of Sept-Îles members by **Certified Baby Sign Language Trainers** Hélène Bélanger and Annie Lafrenière from our Baie-Comeau office. The Workshops were given by Zoom video conference and in person. Our participant will use the skills acquired in her work as a Daycare Educator.

Baby Sign Language can be used with babies and toddlers but also with children with special needs or language deficiencies. It is a wonderful way for the whole family to communicate with babies and small children.

If you are interested in participating in a Baby Sign Language Workshop, either in person or by video conference, please Contact Hélène Bélanger at h.belanger@quebecnorthshore.org or call 418-296-1545. We are open to follow your schedule and your rhythm for the training.

We hope to work with you soon!





The Mystery of the Blue Door

A North Shore Story, translated by the NSCA!

Manicouagan On s'Attache piloted a beautiful project of a book starring you (the parent)!

The book is an interactive story for children 3 to 5 years old where the parent is shown how to apply reading strategies to everyday stories. The main objective is to give the child tools to prepare them for school entry and promote academic success.

The NSCA has printed the English version and you can get your FREE copy of the book now! Just contact us and we'll mail you a book!

For more details email
a.lafreniere@quebecnorthshore.org

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 17, Number 1

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
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418-296-1545

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Treasurer: Mr. Don Goodfellow

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