



# Outaouais Health and Social Services Network FOR THE ENGLISH-SPEAKING POPULATION

## Newsletter

**June 2007**

**OHSSN** serves the English-speaking population of the Outaouais. The network is committed to working with communities, public health agencies, and community organizations to facilitate access to health and social services in English.

Do you need assistance in finding information or services in English? Give us a call. Our health and social services coordinator is here to help.

Contact **Danielle Lanyi** at (819) 682-9602 or e-mail [dlanyi@magma.ca](mailto:dlanyi@magma.ca).

### Good news for health care in the Outaouais

Additional funding and special status granted to the Outaouais region by Health Minister Couillard, is very encouraging. It provides hope and favors an optimistic environment. However, we must be realistic in our expectations. It will take time and a concerted effort on the part of all of the partners to realize positive and concrete results.

### Maintaining Seniors' Independence

For many seniors, living independently at home is less costly and a more welcome alternative to living in an institution. Studies also show that there are many social and economic benefits. This guide provides you with examples of minor home adaptations that are easy and inexpensive. You can obtain a **free** copy by calling 1-800-668-2642 or order on-line at [www.cmhc.ca](http://www.cmhc.ca).

### Canadian Health Network

This website contains a wealth of information from active living, mental health, substance use/addictions to workplace safety. This site is provided by the Public Health Agency of Canada and major health organizations across the country. There is something for everyone on this site. Go to [www.canadian-health-network.ca](http://www.canadian-health-network.ca).

### Not sure how to go about looking for a private seniors' residence?

You can obtain a list of private seniors' residences from your local CLSC. However, the CLSC is not responsible for accrediting or evaluating private residences. The responsibility for ensuring the appropriate choice for a residence lies with the individual and/or their family. The Good Care Guide provides a list of questions and things to look for when visiting a retirement residence. A copy of the Good Care Guide can be obtained **at** [www.retirementresidencesreit.com/resource/documents/ret\\_checklist.pdf](http://www.retirementresidencesreit.com/resource/documents/ret_checklist.pdf). or contact Danielle Lanyi at (819) 682-9602. (Please note that this guide was produced in Ontario.)

### Buckingham Local Action Committee and CLSC host information session

On Sunday, June 10<sup>th</sup>, 2007, approximately fifty Buckingham area residents attended a health and social services information session. Connie Butler, CLSC nurse and Brigitte Massé-Dassylva, CLSC community organizer, provided information on health and social services and community services available in this sector. A lively question period followed the presentations. Participants clearly stated that they wish to receive services in their community. The Local Action Committee, the CLSC and the OHSSN will follow-up on this session and explore ways for residents to receive services that meet their needs in their community.

### Have a safe and happy summer!

Remember to contact **Info-santé** by calling your local CLSC if you have any health and social services concerns. Nurses are on stand by 7 days a week, day or night, to advise you or guide you to the appropriate resources. This valuable service could save you hours from waiting in a hospital emergency.