



Hearst Accessibility Committee
Report of the April 19, 2017
Public meeting
Heritage Sawmill Marketplace

Présent

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Claire Forcier
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Léo Blais
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Céline B. Lacroix
Yvonne Bélanger
Roger Bélanger

Thérèse Vachon
Denise Lehoux
Victor Granholm
Francine Gratton
Donald Gratton
Valère Dion
Solange Sibert
Janine Drouin
Lévis Bergeron

1. Opening comments

President Anne-Marie Portelance welcomed the audience. She explained that she would start the meeting with an update on the committee's business. Guest speaker, Christiane Groleau from the Nord-Aski Diabetes Education Center would then join the group and proceed with her presentation on "Diabetes Disease."

2. New business

- A.M. Portelance announced that one of the executive members, Marcel Dillon recently retired. Marc Dufresne has replaced him as the Municipality's representative.
- The Chair noted that Hearst Accessibility Committee will be in its tenth year of operation in December. In order to mark this anniversary, it was suggested that the name of the committee and the names of the board members should appear on an item that represents, "accessibility." One of the suggestions would be to install an accessible picnic table in the green space that shall be placed where the Queen Hotel once stood.
- Anne-Marie Portelance indicated that she will participate in the 2017 Community Accessibility Forum in Thunder Bay on June 14, 2017. The theme of the forum will be: Accessibility: Honouring the Past, Showcasing the Present and Inspiring Future.
- The President informed the participants that during the summer, the committee will continue to evaluate the accessibility of the municipality's park. An assessment will also be conducted at the Nord-Aski Family Health Team.

A.M. Portelance reminded everyone that this committee's mandate primarily focuses on the municipal sector, however, the committee members and volunteers also conduct free assessments on the private sector's side **by invitation**.

3. Tips of the month

The Canada Student Grant for Services and Equipment for Persons with Permanent Disabilities provides aid to students self-identifying as having a permanent disability.

This grant assists with the costs of disability-related services or equipment, such as tutors, note takers, interpreters, braille transcripts or technical aids that are required to participate in post-secondary studies. The maximum amount of aid available from this grant is \$8,000 per academic year.

<https://osap.gov.on.ca/prodconsumption/groups/forms/documents/forms/prdr015230.pdf>

4. Presentation: Christiane Groleau from the Nord Aski Diabetes Education Center.

- **Diabetes** is a disease where blood sugar (glucose) levels are higher than normal. The problem is related to insulin. Produced by the pancreas, insulin allows the glucose present in the blood to penetrate the cells in our body. The glucose is then used as a source of energy. When the pancreas no longer produces enough insulin or insulin does not work effectively, glucose accumulates in the blood.
- There are two types of diabetes: **Type 1** and **Type 2**.
Type 1 diabetes is generally diagnosed before the age of 40, often during childhood, it touches about 10% of diabetics. In this type of diabetes, the pancreas no longer produces any insulin. Injections of insulin are therefore essential.
Type 2 diabetes is by far the most frequent type, representing some 90% of diabetics, Type 2 diabetes appears as a result of one of the two following problems: the pancreas does not produce enough insulin or the cells have developed resistance to insulin, which is often the case in overweight individuals. Heredity also plays an important role.
Individuals who have Type 2 diabetes generally present at least one of the following characteristics: over 40 years old, diabetes in the family, excess weight, especially at the waistline, physically inactive, personal history of gestational diabetes, and belong to an ethnic group with native, Hispanic, African or Asian ancestry.
- **Hypoglycemia** can be caused by a variety of situations, such as a higher than required dose of diabetes medication, not eating enough, an increase in physical activity or drinking alcohol without eating. Hypoglycemia usually has no further impact on health, unlike **hyperglycemia** that causes damage in the long term.
- **Complications** related to diabetes: **visual problems** leading to blindness in some cases, **poor kidney function** that can lead to dialysis (artificial kidney) or a transplant, more frequent **infections** and **slower healing, numbness, tingling, pain** and **loss of feeling** in the hands and feet and possibility of **erectile dysfunction**.

- In order to control your diabetes and avoid or reduce medication you must **eat healthy, be active 30 minutes on most days, maintain or reduce your weight and do not smoke.**
- Little tips: **measure your blood glucose level** with a blood glucose meter, get in the habit, of **examining your feet** daily to check for small cuts and **follow-up with your physician.**

After the presentation, Christiane Groleau invites people to come and gauge their blood glucose levels using her blood glucose meter.

- 5. Next Executive Committee Meeting:** June 2, 2017
Next Public Meeting: October 2017.

6. Adjournment

President adjourned the meeting at 8:45 p.m.

Anne-Marie Portelance, President