



**Hearst Accessibility Committee**  
**Report of the October 10, 2017**  
**Public meeting**  
**Heritage Sawmill Marketplace**

**Présent**

Anne-Marie Portelance  
André Rhéaume  
Julie Lanoix  
Aline Morissette  
Jean-Paul Grondin  
Chantal G Dillon

Paméla Vienneau-Wilson  
Yvonne Bélanger  
Roger Bélanger  
Pauline Lavoie  
Jean-Claude Lavoie  
Céline B. Lacroix

Thérèse Vachon  
Claire Forcier  
Victor Granholm  
Janine Drouin  
Olive Côté  
Denise Beauchamps

**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, Paméla Vienneau-Wilson, dietitian, from the Nord-Aski Family Health Team would then proceed with her presentation on "Healthy and balanced diet."

**2. New business**

- The president listed the evaluations that were made during the summer and thanked all the people who took part in it:
  - June 22, 2017 - Premises of the Nord-Aski Family Health Team,  
Participants: Chantal G. Dillon, Julie Lanoix, Marie-Josée Veilleux, Stéphane Blanchette and Anne-Marie Portelance
  - August 9, 2017 - Al Kinsey Park,  
Participants: Julie Lanoix, Jean-Paul Grondin and Anne-Marie Portelance.
  - August 10, 2017 - Marcel Léger Park,  
Participants: Julie Lanoix and Anne-Marie Portelance.

A.M. Portelance suggested that the committee continues to evaluate the municipality's parks, then when the weather no longer permits it, she recommends that the committee revise all past audits.

- The Chair wants the committee to have more visibility in the community. She therefore suggested that a luminescent sticker of the committee's logo be affixed to each item or project that follows the committee's recommendations.

- Anne-Marie Portelance summarized her participation in the June 14, 2017, Accessibility Forum in Thunder Bay. The speakers were: Jim Kyte, Jim Sanders, Thomas Merritt, and Peter Armstrong. Team case studies were also conducted.
- Claire Forcier informed the audience of the current project with the students and teachers of the Passeport Jeunesse Public School. The project involves planning a treasure hunt that will help students to learn more about the Hearst Accessibility Committee. It will take place on December 4, 2017, to mark the International Day of Persons with Disabilities.

### 3. Tips of the month

- **Hearst Public Library – Services for people with limitations :**  
Large print books, audio books, DAISY format books, CELA services, accessible washroom, automatic doors, computers with large screens and WCAG2.0.  
Guide dogs are accepted.
- **A guide to Programs and Services for Seniors**  
The Chair introduced this document which includes several services and programs for people with disabilities. She gave a copy to the participants.

### 4. Presentation: Paméla Vienneau-Wilson, dietitian, from the Nord-Aski Family Health Team

- Thanks to the "Trouvetou" store sketch, the participants realized that in a grocery store, fruits, vegetables, bread, milk, cheese and butter are almost always located on or near the exterior walls of the grocery store. The centre aisles contain superfluous products.
- A few tips from the Food Guide
  - Eat at least one dark green and one orange vegetable each day.
  - Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
  - Have vegetables and fruit more often than juice.
  - Make at least half of your grain products whole grain each day.
  - Choose grain products that are lower in fat, sugar or salt.
  - Drink skim, 1%, or 2% milk each day.
  - Select lower fat milk alternatives.
  - Have meat alternatives such as beans, lentils and tofu often.
  - Eat at least two Food Guide Servings of fish each week.
  - Select lean meat and alternatives prepared with little or no added fat or salt.
- A nutrition facts table can help you make informed food choices when grocery shopping and preparing food at home. It gives you information on calories and 13 core nutrients. We must then use the amount of food and the % Daily Value to choose healthier food products.

- We must make a better choice for our health, so we need to decrease lipids, sodium and fat and trans, and then we need to increase fiber, vitamin A, calcium and iron.
- Four strategies to succeed!
  1. Meal - eat every 3 or 4 hours
  2. Protein - eat a protein source at all meals and snacks
  3. Portion - measure foods, compare portions with familiar objects; use the health plate template
  4. Follow-up - keep a food and physical activity diary; monitor your body measurements.

**5. Next Executive Committee Meeting:** November 23, 2017  
**Next Public Meeting:** April 2018.

## **6. Adjournment**

President adjourned the meeting at 9: 12 p.m.

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**Anne-Marie Portelance, President**