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### Welcome to CSFS Health e-News: November 2009

- *Diabetes Month*
- *Osteoporosis Month*

### Staff Changes in Health:

We welcome Janet Hapsburg as our new casual RCA. We also are saying farewell to Cynthia Munger who has taken a full time permanent position as the Community Health Representative for Stellat'en.

### Job Opportunities with CSFS:

2 Child and Youth Mental Health Support Workers  
Child and Youth Mental Health Team Leader  
Nursing Supervisor

Please visit our website for current job Opportunities with CSFS

### UPDATES

#### **ADDICTIONS RECOVERY PROGRAM:**

The ARP team continues to work on Accreditation; we have been given 12 recommendations that need to be in place by June of 2010. We have covered a lot of ground, and continue our efforts in quality improvement.

Ormond Lake is closed for the season, we look forward to coming to your communities this winter.

National Addictions Awareness Week is November 16-22, 2009, we would like to attend any community events you are holding. We are also available to present workshops during this week. Please call the ARP team in the Vanderhoof office at 250-567-2900 or toll free at 1-866-567-2333.

### HOME AND COMMUNITY CARE:

Sarah Hein, Home Care Coordinator will be away until early December. Beth Berlin will be taking Sarah's place for this period.

Janet Hapsburg, Rick Stevens, and Shelley Carswell will be taking foot care training in December. Once they complete the training, all of the RCAs will be able to provide this important service to the communities.

## **MENTAL HEALTH**

The Child and Youth Mental Health program was transferred to the Health program. Prior to transfer, community consultations took place and we are in process of preparing to provide report back to community. We are also now accepting referrals.

## **NURSING:**

The H1N1 vaccine has arrived to the communities and those clients who have been identified as being at greater risk due to health concerns have been attending clinics to be vaccinated over this last week. Please continue to watch for posters advertising Flu Vaccine Clinic dates and times.

As the vaccine comes in 10 dose vials and is useable only for 24 hours after being mixed it is helpful to be able to have groups of ten people at the clinic to be vaccinated so that vaccine is not wasted. If you get a call near the end of the day it means the nurse is looking for people so as not to waste a vaccine that is in limited supply. We will keep you updated if there are changes in planned clinics due to vaccine supply issues or staffing.

**IF YOU DEVELOP FLU SYMPTOMS PLEASE DO NOT GO TO WORK,  
SCHOOL OR DAYCARE OR TO COMMUNITY EVENTS.**

**Got the Flu?**



**What to Do!**

- Stay at home and rest
- Drink lots of fluids; broth, soup, real juice, water or herbal tea

- Use acetaminophen or Ibuprofen to manage fever and muscle aches. Children & teens should not have aspirin. Check with your pharmacist for cough medication use
- Gargle with warm water and avoid alcohol & tobacco
- Cough into your elbow, wash your hands frequently & clean commonly touched surfaces (TV remote, door knobs, light switches)

#### **QUESTIONS AND MORE INFORMATION**

- Call the toll free nursing help line @ 811
- Review the Self Care During an Influenza Pandemic Information Handout

**WHILE YOU ARE ALL THINKING HOW TO PREVENT INFECTION FROM SPREADING PLEASE BE AWARE THAT GONORRHOEA IS CIRCULATING IN OUR COMMUNITIES AGAIN SO BE THINKING “SAFE SEX” PRACTICES AND SEE YOUR HEALTH CARE PRACTITIONER IF YOU HAVE SYMPTOMS.**

### **Dates to Remember:**

*Remembrance Day – November 11<sup>th</sup>*

National Addictions Week – November 16-27

World Diabetes Day – 14<sup>th</sup>

World COPD Day- November 18

International Day for the Elimination of Violence against Women - 25<sup>th</sup>