



AT YOUR SIDE FOR 50 YEARS!

You will soon be seeing new posters around, proudly showing off the colours of the Clinic's 50th anniversary.

Do you have very visible balcony? Help show off YOUR Clinic's colours by putting up a sign!

514 937- 9251 ext. 7239

Among other events planned, a big party will take place on the evening of May 3rd, 2019. Save the date!

ccpsc.qc.ca/50

The Clinic is 50

Have a look at the thematic exhibits!

Flu Vaccination

Free Drop-in

Legalisation of cannabis

What you should know



50 years of realisation and success

Dear community members,

We are excited to offer you this 50th anniversary edition of our bulletin, where you can learn about the many activities underway at the Clinic.

First off, you can find out the schedule for flu vaccination. This service is free for the target population and everyone who asks for it.

Next, because the law allowing the use of cannabis came into effect on October 17th, we thought it was important to offer you a few precautions about consuming this product.

We also highlight the Fight for Health Committee's struggle to have all medical fees (without exception!) included in our public health regime. The committee is seeking your help to document the fact that certain medical exams are sometimes not covered by our health insurance.

So many reasons to be proud of our Clinic!

Happy reading, and see you soon!

Josée Ann Maurais, President of the Board
Luc Leblanc, General Coordinator

Annual Assembly of Users

One year ago, an assembly of users elected a Users Committee, mandated to defend and promote the rights of people who use the Clinic. This committee is organizing the next annual assembly of users to report on their work and hold elections.

The assembly will take place on the evening of November 29th, 2018 at 500 Ash Avenue. It will be followed by a talk on The Right to Seek Medically-Assisted Death. A light snack will be served.

The agenda will be posted in the reception area of the two Clinic service locations starting in mid-November.

Note that you don't have to be a member of the Clinic to participate. You just need to have used the Clinic's services within the past five years.

Accreditation Certification: Quality Services

Like all health centres in Quebec, the Clinic must undergo a service quality evaluation every four years. The accredited organization currently conducting this evaluation of the Clinic is Accreditation Canada.

Over the next few months, this organization will assess many aspects of the organization of the Clinic's services, such as medication management, infection prevention and control, information management and confidentiality protection, user safety, etc. This evaluation will be made on the basis of globally recognized criteria and standards.

The process will wrap up in February 2019 with a visit by Accreditation Canada's evaluation team. If the Clinic qualifies, it will be granted formal certification of accreditation. Generally, this certification is accompanied by a series of recommendations; these will help the Clinic continue to improve its services over the next years.

You will be kept informed of the results.

Exhibits: Together for 50 years



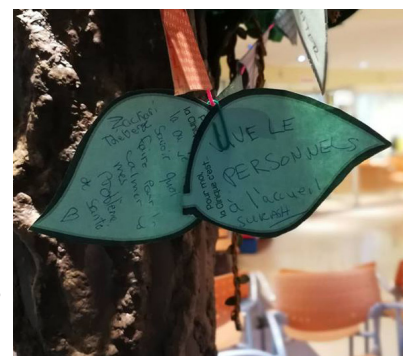
Lors d'une assemblée de consultation avec les membres de la Clinique, l'idée fut amenée de décorer les salles d'attente des deux points de services pour célébrer ses 50 ans de succès. Ainsi, au cours des prochains mois, nous vous invitons à redécouvrir votre clinique et ce qui la distingue des autres établissements de santé. Deux expositions sont présentement en cours, et deux autres suivront au courant des prochains mois.

Photo Exhibit

Each of the fourteen posters introduce a different area of work or service offered by the Clinic: mental and youth/family healthcare, community development, transport (above), home care, secretariat, archives, coordination, etc. Discover them!

Wishing Tree

What does the Clinic represent to you? What do you wish for? How is it different? What do you like about it? Write it on a leaf and attach it to the tree!



Towards Accessible Medical Examinations

The Fight for Health Committee of the Clinic defends and promotes a public health system that is universal and accessible for all.

Fresh from its 2017 victory, which led to the elimination of health accessory fees, the committee is now working on ensuring that all medical exams are covered by RAMQ. Specifically, it is looking at CT scans (computed tomography), magnetic resonance imaging (MRI), and ultrasounds carried out by any doctor other than a radiologist. These exams are covered by public insurance when they are done in a hospital, but not always in a clinic.

Former Health and Social Services Minister Gaétan Barrette had committed to including these in public services. This promise was not kept.

The Fight for Health Committee plans to denounce this situation.

Have you paid fees for a CT scan, MRI, or ultrasound at a medical appointment?



Help us to document this reality by sharing your experience with Stéphane Defoy: 514 937-9251 ext. 7279 ou stephane.defoy.pschsss.gouv.qc.ca.

→ ccpsc.qc.ca/comiteluttesante

FLU VACCINATION

The vaccination campaign against seasonal flu (influenza) starts on **Friday, November 9th, 2018 at the Clinic (500 Ash Avenue)**. The pneumococcal vaccine, for people 65 and over, and for people with chronic illness, will also be available. The vaccine is free and no appointment is necessary.



Vaccination against flu is especially recommended for:



- People of any age who have a chronic illness;
- People of 75 and over;
- Those who are in contact with vulnerable people;
- Pregnant women (2nd-3rd trimester);
- Health workers.

The composition of the flu vaccine is reviewed every year to include strains of the virus likely to circulate during the fall and winter. The vaccine usually takes effect after two weeks and its protection lasts for about six months. It is safe and cannot transmit the flu or any other illness.

SCHEDULE

FREE DROP-IN

WHERE: At the Clinic, at 500 Ash Avenue (basement)

FALL 2018

<i>Date</i>	<i>Time</i>
Friday November 9	12:30 to 7:30 pm
Thursday November 15	12:30 to 7:30 pm
Friday November 16	12:30 to 7:30 pm
Monday November 19	12:30 to 7:30 pm
Friday November 23	4:30 to 7:30 pm
Monday November 26	4:30 to 7:30 pm
Monday December 3	4:30 to 7:30 pm
Thursday December 13	4:30 to 7:30 pm



WINTER 2019

<i>Date</i>	<i>Time</i>
Thursday January 10	4:30 to 7:30 pm
Thursday January 24	4:30 to 7:30 pm



For more information:

→ ccpsc.qc.ca/vaccination

→ quebec.ca/en/health/health-issues/flu-cold-and-gastroenteritis/flu-influenza

FLU SYMPTOMS

Flu symptoms appear suddenly and vary according to a person's age and health. The main symptoms are a sudden fever between 39° and 40° C (102° and 104° F), sudden cough, sore throat, muscular or joint pain, extreme fatigue, and headache.

Older people may feel weak and sometimes confused without presenting other symptoms. Flu is often confused with other respiratory infections such as a cold.

WHEN TO SEE YOUR DOCTOR

Generally, flu can be taken care of at home. In some cases, however, it is better to consult a doctor.



Consult a doctor the same day if symptoms are getting worse, or not getting better, or if there is:

- Pain that increases or persists when breathing;
- Fever that increases or persists for more than 5 days.

Immediately go to emergency if any of the following symptoms are present:

- Difficulty breathing, which persists or increases;
- Blue lips;
- Intense chest pain;
- Intense pain in the head, which persists or increases;
- Drowsiness, difficulty remaining awake, weakness;
- Confusion, disorientation;
- Convulsions (body stiffens and muscles spasm uncontrollably);
- Absence of urine for more than 12 hours

If a baby of less than three months has a fever, bring it to emergency as soon as possible.

If a child has fever, seems very sick, lacks energy and refuses to play, consult a doctor or call Info-Santé (811) as soon as possible.

For more information and resources, consult the Ministry of Health website:

→ sante.gouv.qc.ca/en/repertoire-ressources

INFO *cannabis*

On October 17, 2018, the Cannabis Act came into effect. It puts in place a new, strict framework for controlling the production, distribution, sale and possession of cannabis in Canada. The Cannabis Act protects public health and safety by setting rules for adults to access quality-controlled cannabis and creating a new, tightly regulated supply chain. The Cannabis Act will prevent youth from accessing cannabis and displace the illegal cannabis market.

TO REDUCE THE RISK IF YOU ARE A CANNABIS CONSUMER

On average, the impact of cannabis can last up to 6 hours if it is smoked and 12 hours if ingested.

- Choose products with a low amount of THC and an equal or higher amount of CBD
- Avoid combining cannabis with alcohol and/or other substances as it increases impairment
- Use cannabis in a safe and familiar environment and with people you trust
- Avoid frequent use
- Store cannabis securely and away from children and youth

YOU COULD EXPERIENCE:

- Impaired ability to remember, concentrate or react quickly;
- Sleepiness;
- Nausea or vomiting;
- Anxiety, fear, or panic.

FREQUENT USE OVER A LONG TIME CAN:

- Damage your lungs and make it harder to breathe (if smoked);
- Affect your mental health;
- Make you physically dependent or addicted.

KNOW THE RULES AND STAY SAFE

- Don't drive under the effect of cannabis;
- Don't go to work impaired;
- Buy from a legal source;
- Don't carry more than 30 g in public.

Each province and territory also has its own rules for cannabis, including legal minimum age, where adults can buy it, where adults can use it, and how much adults can possess. Municipalities may also pass bylaws to regulate the use of cannabis locally.

Bringing cannabis or any product containing cannabis into Canada or taking it out of Canada is illegal and can result in serious criminal penalties at home and abroad.

If you or someone you know needs support for problematic use of cannabis, contact your health-care practitioner or your local addiction treatment centre.

The Clinic: 514 937-9251 | Info-Santé: 811