



Newsletter published by the Point St. Charles Community Clinic
<http://ccpsc.qc.ca>

Vol 10, No 3, November 2010

Public meeting of the Fight for Health Care Committee of the Point. St-Charles Community Clinic

Monday, November 22nd at 7 p.m.

Lorne Center, 2390 Ryde street

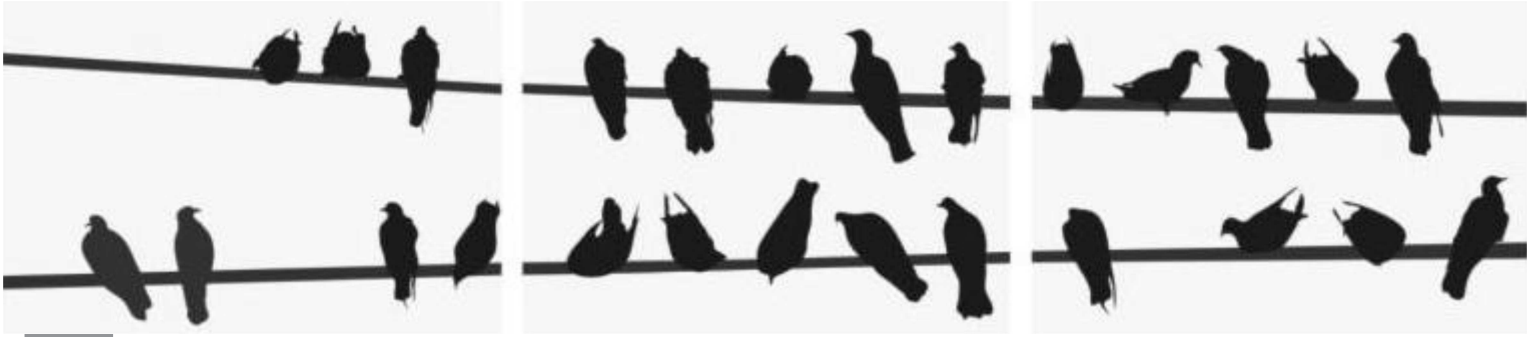
*Concerned about health care?
Voice your opinion - get involved!*

Also in this issue:

- A word from the Board of directors
- 2010-2011 flu vaccination
- What we need to know about bed bugs
- Little known services of the Clinic



A word from the Board of directors:



Dear neighbours,

Fall, with its colours, abundant rainstorms and chilly weather, has most definitely arrived, but it hasn't stopped the Clinic from being very active in helping to organize various concerted activities in the neighbourhood. We need only mention the Forum on Food Security or the World March of Women, which were organized in collaboration with several other local groups. These big successes in terms of citizen participation show that our needs and rights must be taken into account more fully by our governments.

Good news in the midst of the Liberal Party scandals

In Québec, the people's trust in the Liberal government is in freefall. Not a day goes by without a new scandal erupting. Nevertheless, at least we heard one piece of good news in early October when Mr. Bachand backed down from imposing a user fee for healthcare (a charge of \$25 per visit to the doctor). The unanimous opposition to the user fee by virtually every group in Québec has finally been justified with regard to this unfair tax and its foreseeable negative effects on the health of people in low- and medium-income brackets.

This is a great popular victory that the Clinic underscored by publishing an article in *Voix populaire* on September 30, 2010 (see "La mobilisation populaire fait reculer le gouvernement Charest" on our website: <http://ccpsc.qc.ca>).

The Clinic's Fight for Health Committee will continue to work against a fee-for-service system and the privatization of healthcare while mobilizing the population to look at possible alternatives in the neighbourhood (see the article "Fighting for better health: what we can do in the Point").

Promotional video about the Clinic

On another note, the Clinic is making a video to promote our community and citizen health project. The aim is to make the Clinic's history and particular mission better known to neighbourhood residents and Clinic employees. This will be a tool that, for example, will help new employees understand more fully the specific realities of the Clinic and the neighbourhood, while encouraging their involvement. The video launch should take place in the spring.

Looking forward to seeing you at the Health Care meeting on November 22nd. See you there!

To your health!

Isabelle Marcotte, Chairperson Board of Directors

The Clinic is a non-profit group controlled by people in the community. Its mission is to organize preventive and curative services and organize together with community members around health issues with a view to improving their standard of health in the short and long term. The Community Clinic has concluded agreements with the Ministry of Health to deliver the same services as a CLSC in Point St.Charles.

Visit our website :
<http://ccpsc.qc.ca/en>

Photo on the front page: On October 12th 2010, the local Point. St-Charles committee for the World March of Women (the Clinic is a member!) helped, with other groups, to organize a march in the Southwest against poverty and social exclusion.
Info Clinic vol. 10 no 3 LAYOUT: GENEVIÈVE LAMBERT-PILOTTE

FIGHTING FOR BETTER HEALTH CARE: WHAT WE CAN DO IN THE POINT

An invitation from your Community Clinic...

Come talk with your neighbours about how we can improve everyone's health

The Point St-Charles Community Clinic has been working for over 40 years to improve our public health system and to make sure it stays accessible to everyone no matter what their income. The Clinic has taken a strong position against more private health care and the introduction of user fees as proposed by the government. The Clinic created the Fight for Health committee to coordinate all the Clinic's actions in this area.

This committee works with province-wide groups, takes part in demonstrations, publishes article in local newspapers and produces pamphlets, banners, badges and other documents.

And the committee, along with the citizens of the Point, are going to continue to make our voices heard on the public stage. But the committee also wants to talk to the citizens of the Point about health questions and what actions we can take locally to improve certain existing services.

Come tell us what health questions the community should be looking at.

Here are three questions the committee thinks are important :

HEALTH CARE AND SENIORS, BETTER CHOICES!

- ⇒ Are there better ways to care for our older citizens with chronic problems in the community and at home rather than relying on costly hospital care ?
- ⇒ Is a growing elderly population going to bankrupt the health care system ? What's the real story ?

DRUG INSURANCE COSTS

- ⇒ Does everyone have access to the medication they need at a reasonable price ?
- ⇒ Why are there two (private and public) systems for drug insurance?

DENTAL CARE... JUST FOR SOME PEOPLE ?

- ⇒ Does everyone in the Point have access to a dentist at an affordable price ?
- ⇒ Can we improve the situation ?

**PUBLIC MEETING ON HEALTH CARE
MONDAY, NOVEMBER 22 AT 7 P.M.
LORNE CENTRE, 2390 RYDE STREET**

DID YOU KNOW...

the private sector won't solve the problem of waiting lists?

When doctors work in both the public and private systems, it just makes the problem of a lack of medical staff worse for the public system. Doctors, nurses and all staff who go and work in the private sector have less time available to work in our public system.

DID YOU KNOW...

that a private health care system would cost more than a public system?

In the United states the health care system is mostly private. It costs 6,402\$ per person... in Canada's public system the cost is only 2,998\$ per person!

Info: <http://ccpsc.qc.ca/luttessante>

*Whisper translation to English; Wheelchair accessible
Transportation and daycare available: call 514-937-9251
For more information, call John Bradley: 514-937-9251 local 7279*

2010-2011 SEASONAL FLU VACCINATION

Dear Pointe St. Charles Community Clinic user,

The 'flu vaccine will be available at the Clinic starting November 12. Walk-in clinics will be set up on a number of different dates for you to have your vaccination.

As you probably know, some people are more likely than others to become seriously ill with the 'flu. This is the case with the elderly and people who have a chronic illness such as diabetes, heart disease and respiratory problems (COPD, asthma).

Influenza is a serious illness. Every year in Québec, many people have to be hospitalized for several days and some 1,500 individuals die of related complications (pneumonia, for example).

Fortunately, the 'flu vaccine can prevent these complications. For people who are considered at risk, the advantages of getting vaccinated are very great.

So come meet the Clinic's vaccination team and talk to your caseworker for more information!

Wishing you a happy and healthy winter!

Chantal Trudel, Senior Consultant Nurse / Director of Nursing in charge of vaccination



Schedule for the seasonal flu shot Fall 2010-2011

DATE	TIME
Friday, November 12th	8:30 to 11:30 am
	3:30 to 7:30 pm
Monday, November 15th	8:30 to 11:30 am
	3:30 to 7:30 pm
Wednesday, November 17th	3:30 to 7:30 pm
Monday, November 22nd	3:30 to 7:30 pm
Friday, November 26th	3:30 to 7:30 pm
Monday, November 29th	3:30 to 5:30 pm
Wednesday, December 1st	3:30 to 5:30 pm
Friday, December 10th	3:30 to 5:30 pm
Wednesday, December 15th	3:30 to 5:30 pm

PLACE:
Basement of the Clinic
500 Ash av.

Vaccination will also continue during the winter 2011. To know when, visit our website:
<http://ccpsc.qc.ca/en/vaccination>
or call: 514-937-9251

Please note that we can not offer flu vaccination at our offices on Center Street because of space restrictions.

WHAT WE NEED TO KNOW ABOUT BED BUGS

Bed bugs are brownish insects that can be seen with the naked eye since they are about 4 millimetres long. They are active and visible mostly at night, usually along the seams of mattresses. They feed on sleepers' blood and so are generally found in bedrooms. During the day, bed bugs stay in dark, dry places such as cracks in walls, curtains, clothing, behind peeling wallpaper, baseboards or pictures, etc. However, when the infestation is large, they can be found elsewhere (dishes, cupboards, toys, etc.).

Bed bugs don't jump or fly. They crawl at about the speed of ants. They usually are transported on fabrics, furniture and suitcases.

They are sensitive to extreme temperatures. They feed on human blood but can go without food for over a year, given the right temperature.

Bed bugs' presence is detected by direct observation (on a person or mattress) or indirect observation (blood, excrement, bites). Bites itch, often seen in groups of three; they are red bumps with a tiny red point at the centre. The excrement is easy to see: black speckles on mattress or sofa seams. Their dead skin is often found on the bed during the moulting season, along with small bloodstains from the bites.

Bed bugs don't transmit diseases and their presence does not have to be reported to the public health authorities. Their bites are usually harmless, although in serious cases they can cause skin problems and allergic reactions. The collateral damage, however, can be considerable: embarrassment, guilt, sleep loss, isolation.



WHAT TO DO?

It is advisable for tenants to quickly notify their landlord or the municipal housing bureau for the landlord to arrange and pay for an exterminator to come to the dwelling as soon as possible and see to it that the bed bugs are eliminated. Landlords cannot blame tenants for having bed bugs, but tenants can be reproached for not having informed them of the situation. In most cases the Rental Board will order the landlord to pay the extermination costs.

Important: Don't try to solve the problem without an exterminator.

Most insecticides are ineffective and will just drive the bed bugs into other dwellings. They will also excite the bugs and hasten their reproduction, thereby causing the infestation to propagate faster.

For more informations:

- ✍ Visit our website: <http://ccpsc.qc.ca/en/bedbugs>
- ✍ For more information or to make a complaint, dial 311 (City of Montreal)
- ✍ Rental Board, Tel.: 514-873-2245
- ✍ The Clinic can help you with preventing or dealing with an infestation.



Do you need help to remain living at home for as long as possible? The Clinic's Home Care service is for you!

Interview with Julie Miller, social worker with the Home Care team

What is the Clinic's Home Care service?

Home Care is a program offering assistance to the elderly or persons with loss of autonomy who wish to remain at home as long as they can and in the best possible conditions. Nurses, caseworkers and/or home care workers from the Clinic make home visits to provide care.

What services are offered at home?

Depending on the assessment done by your caseworker, you may receive the following services:

- ⊗ Medical services (follow-up, etc.);
- ⊗ Nursing care (taking blood samples, etc.);
- ⊗ Social work services (e.g., budget, family problems);
- ⊗ Personal care (help with bathing, etc.);
- ⊗ Access to equipment (walker, bath chair, etc.);
- ⊗ Assessment for adapting the home;
- ⊗ Respite for family caregivers.



Who may have access to these services?

To receive care at home, you must be a resident of the neighbourhood and have a temporary or permanent impairment (disability, convalescence, palliative care, loss of autonomy, etc.). People aged 65 and over who need psychosocial support and family caregivers may also apply.

How to proceed to receive home care?

If you would like to apply for yourself or for a family member, come to the Clinic or call 514 937-9251. An intake worker will do an assessment of your needs and forward the request to the Home Care team.

A few other things about home care

Our home care employees are sensitive to users' choices, their values and culture. They are also mindful of users' privacy and their physical and moral capabilities. Since citizen participation is at the core of the Clinic's mission, the home care workers will team up with you to preserve and improve your quality of life, in complete safety.

As with all services offered by the Clinic, it's free!

REGULAR APPOINTMENTS FOR PREGNANT WOMEN AT THE POINTE ST. CHARLES COMMUNITY CLINIC

Did you know that women can have regular appointments during their pregnancy at the Pointe St. Charles Community Clinic for free?

If you are expecting a baby, Doctor Michèle Gérin-Lajoie can see you regularly throughout your pregnancy and deliver your baby at St. Mary's Hospital. After you give birth, she can also follow your baby. To obtain these services, all you have to do is call the Clinic at 514-937-9251, explain that you're pregnant and wish to be followed by the doctor. The secretary will give you an appointment. It's important to call early on in your pregnancy because only a certain number of places are available each month.

If you aren't sure whether you're pregnant, a nurse can provide you with information about what you should do.

If you know someone who is expecting a baby and is looking for a doctor, please tell her about this service at the Clinic. In any case, if you have questions, feel free to call us!