

# Resource Counselling Newsletter

## Community Health Bus



Remember you can make use of the Community Health Bus located here at N2N now **EVERY Wednesday with a DENTIST** on site starting **June 3, 09**.

## SWINE FLU Respiratory Etiquette

- Self-screen for illnesses daily. Stay home from work and social activities if you have a fever and respiratory infection.
- Cover your mouth and nose with a tissue every time you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put used tissues into the garbage right away. Wash your hands after using a tissue
- Wash your hands often using soap & water or alcohol based hand rub.
- If your symptoms include cough, sneezing or fever, keep a distance of 2 meters (6 feet) from others. You may be asked to put on a surgical mask to protect others.
- Routine cleaning of household surfaces helps to stop the spread of infections
- Keep your immune system strong
- Eat a balanced diet
- Drink plenty of fluids
- Exercise, take time to relax
- Get adequate sleep
- Get the annual Flu Shot!

## New Dental Benefit Eligibility Card for Ontario Works Children and Participants!

As of **May 1<sup>st</sup> 2009**, Ontario Works children and participants will receive a Dental Benefit Eligibility Card with their monthly cheque/direct bank deposit statement. This card must be taken with them to the dental office of their choice for treatment and will replace the current process of presenting a monthly drug card as proof of eligibility for dental services.

### Dental Services

Mandatory and discretionary dental services are available to those receiving Ontario Works, Ontario Disability Support Program, Assistance for Children with Severe Disabilities, low income and their families.

Please Visit the Website Below for more information:

- Eligibility requirements for dental services
- Public Health Services Dental Clinics (including the Community Health Bus schedule.)
- Service and fee guide schedules for mandatory and discretionary services.

<http://www.myhamilton.ca/myhamilton/CityandGovernment/HealthandSocialServices/SocialServices/SupportPrograms/dentalservices.htm>

## Did You Know ???



### SUPPORT/EDUCATION GROUP PROGRAM FOR LONE MOTHERS

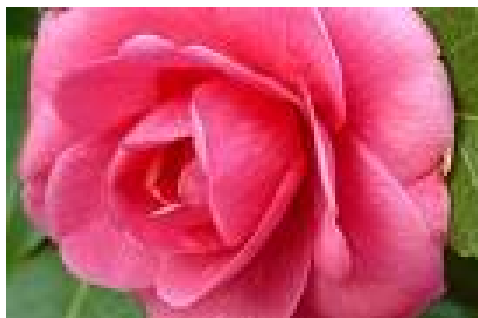
#### Are you a mom who is feeling alone?

- Are you...  
Struggling to make ends meet?
- Parenting a child 3 to 9 years old on your own?
- Feeling unsupported?
- Wanting to improve your self-esteem and connect with other moms?

- Would you like FREE use of a new computer for 1 year and high speed internet for 1 year?
- We are offering an on-line Support/Education Group Program For Lone Mothers.
- **For more information about this call:**

**Meghan Kenny- Project**  
(905) 521-2100 Ext. 74349

**Ellen Lipman:**  
(905) 521-2100 Ext. 77359



#### INSPIRATIONAL QUOTES:

The future belongs to those who believe in the beauty of their dreams. (*Eleanor Roosevelt*)

The greatest glory in living lies not in never falling, but in rising every time we fall. (*Nelson Mandela*)

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results. (*Anonymous*)

There are always two choices. Two paths to take, one is easy. And its only reward is that it's easy.

(*Source Unknown*)

There are men and women who make the world better just by being the kind of people they are. They have the gift of kindness or courage or loyalty or integrity. It really matters very little whether they are behind the wheel of a truck or running a business or bringing up a family. They teach the truth by living it. (*James A. Garfield*)