

Click [here](#) to view this email in your browser.



RCCHS Happenings

RCCHS E-Bulletin #2 - Fall 2021

Food Security Takes a Community Coming Together

The Good Food Box (GFB) is a program that has been run by the Smiths Falls Lions Club in partnership with RCCHS since 2009. This program has been paramount in offering affordable fresh fruit and vegetables to the community. In early 2020, the COVID-19 pandemic threatened to close the Good Food Box program. In response to this, the Town of



Smiths Falls partnered with RCCHS and The Lions Club, organizing volunteers to deliver the boxes. Throughout the pandemic, the GFB has been in full operation while keeping the community safe and continuing to meet our food security needs. Through generous donations from the community, RCCHS has

been able to subsidize close to 200 large and 100 small “good food boxes” to individuals and families in need.

We are seeing more and more generosity from people who want to donate their time, resources, fresh food and more. For example, one of our partners, Sustainable Merrickville-Wolford, facilitated, donated, and helped distribute over 1000 pounds of fresh produce this past summer. They have also donated countless volunteer hours since the pandemic started. Several businesses in Merrickville help keep the Emergency Food Cupboard well stocked, like Nana B’s Bakery who supplies us with bread monthly. Healthily Ever After and Merrickville Food Market accept food donations on our behalf, offer generous discounts on food and provide specialty food items for those who have special food needs. Main Street Restaurant has partnered with RCHS to provide hot meals and community holiday meals throughout the pandemic. Many other community members and businesses continue to provide ongoing support throughout the year (please visit our [website](#) for a full list). Without this amazing and generous community support, the Emergency Food Cupboard would not exist.

[Click here to read full article](#)

2021-2022 Cold and Flu Season

As the cooler weather sets in and the fall and winter seasons approach, we know cold and flu season will be upon us very soon. RCHS will begin offering flu vaccinations to our rostered primary care clients in early November during their visit. We will also be offering drive-up flu vaccination by appointment only to our rostered clients beginning in early November. Visit our website for more information on when drive-up clinics will be available, and how to book your shot (www.rideauchs.ca).

Keep in mind that many of our local pharmacies also offer flu vaccination. Be sure to let your primary care provider know if you received the flu shot at a pharmacy so we can update that in your health record. Influenza vaccination

will be very important this fall with the co-circulation of COVID-19. Getting your flu vaccine, masking, and physical distancing are your best defenses against getting the flu.

Get your flu shot!

RCHS will be offering drive-up flu shots
by appointment only for our rostered clients
on the following dates:

Site	Dates	Phone Number
Merrickville Site	Tuesday, November 2 Tuesday, November 9	Call 613-269-3400 to book your appointment.
Smiths Falls Site	Saturday, November 6 Saturday, November 13	Call 613-283-1952 to book your appointment.

Clinics will run from 9:00am - 3:30pm each day
VISIT WWW.RIDEAUCHS.CA FOR MORE INFORMATION

 Rideau Community Health Services
Your Community Health Centre

Some additional ways you can protect yourself and your family during this cold and flu season are:

- Wash your hands regularly using soap and water or hand sanitizer.
- Avoid touching your eyes, nose, and mouth. If you need to touch your face, use a tissue or wash your hands first.
- Stay home if you don't feel well - the flu is contagious and spreads through close contact with others. Physical distancing can help reduce the spread of the flu the same way it reduces the spread of COVID-19.

Stop the spread of germs
WASH YOUR HANDS
for 20 seconds using the following steps



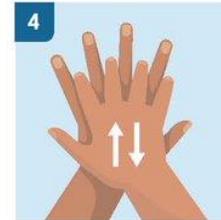
1 Wet hands



2 Apply soap



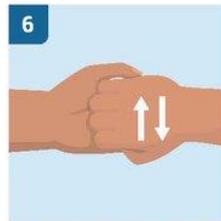
3 Rub hands palm to palm



4 Lather the backs of your hands



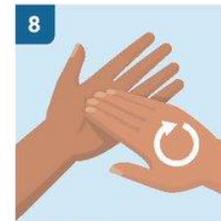
5 Scrub between your fingers



6 Rub the backs of fingers on the opposing palms



7 Clean thumbs



8 Wash fingernails and fingertips



9 Rinse hands



10 Dry with a single use towel



11 Use the towel to turn off the faucet and open the door



12 Dispose of towel in the garbage



The Leeds, Grenville & Lanark District Health Unit

Call Brockville 613-345-5685 or Smiths Falls 613-283-2740 or 1-800-660-5853

www.healthunit.org

3222 July 2020

RCHS' New Diabetes Home Monitoring Program

The RCHS Diabetes Education Program has received funding from Ontario Health to launch a new **Diabetes Home Monitoring Program**. This program is geared towards clients with diabetes who require additional support from our team of nurses and dietitians to help manage their blood sugars. The program will launch in November 2021 and will allow clients to connect to our diabetes team through either an app on their own smart phone, or through one of our tablets which are available to borrow.

Clients will have access to our team of diabetes nurses Monday through Friday for questions, and will also receive diabetes information weekly to watch or read at their own pace. This is a great way for clients to get “back on track” with managing their diabetes by asking daily questions and monitoring their blood sugars.

This program will be an excellent option for clients who struggle to control their diabetes, or have recently been in hospital or the emergency department for a visit related to their diabetes. The program will also benefit those busy and “on the go” folks who want access to reliable diabetes information and support on their own time, virtually. As always, RCHS will work with your physician or nurse practitioner because we know diabetes care requires a team approach.

Anyone can refer themselves to any of our diabetes programs, including our new Diabetes Home Monitoring Program by calling either our Smiths Falls site at (613) 284-2558 or our Brockville site at (613) 498-1555 (our toll free number is 1-877-321-4500). You can also visit the Diabetes Education page on our website for more information at www.rideauchs.ca.

COVID-19 Vaccination Updates

As of Monday October 17, 2021, 93.5% of the Lanark, Leeds, and Grenville region's population 12 years of age and over have received two doses of the COVID-19 vaccination. This very positive news for our communities as we continue in the fight against this virus.

Rideau Community Health Services strongly advises all our clients to get vaccinated against COVID-19, as the fourth wave is predominately affecting the unvaccinated population. Ontario's Chief Medical Officer has stated that unvaccinated persons are 8 times more likely to catch COVID-19, 29 times more likely to end up in hospital and 48 times more likely to require ICU care. The medical evidence is clear that the benefits of vaccination strongly outweigh the risks. Given this, we strongly support the vaccination effort to bring an end to this global pandemic.

The College of Physicians and Surgeons of Ontario has advised that medical exemptions to the COVID-19 vaccination can only be given in the following circumstances:

1. Allergist or Immunologist confirmed severe allergy or anaphylactic reaction to a previous dose of a COVID-19 vaccine or to any of its components
2. A diagnosis of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the sac around the heart) after receiving an mRNA vaccine

Letters for such exemptions may only be written by your allergist or cardiologist. Therefore, we will not be providing medical exemptions to our clients.

If you would like to discuss the vaccine with your family doctor or nurse practitioner, please book an appointment by calling our office - we are happy to assist you.

Let's Get Vaccinated

It's your turn to help fight COVID-19



Common Myths Circulating About COVID-19 Vaccinations

Myth #1: COVID-19 Vaccines alter your DNA

Fact: COVID-19 Vaccines DO NOT alter your DNA. They produce immunity by providing your body with a blueprint (mRNA) to manufacture its own protein.

This protein is like one found on the virus that causes COVID-19. Once this protein is produced, your body is able to identify it as “foreign” and produces antibodies to fight it. Those antibodies are what fight against the SARS-CoV2 virus if you are ever exposed to it. The mRNA contained in the vaccine is quickly broken down by your body and “disappears” once its job is done. It has no capacity to enter the nucleus of the cell where your DNA is kept and protected.

Myth #2: COVID-19 Vaccines have been associated with infertility

FACT: Our infectious disease and immunology experts have been monitoring ALL adverse outcomes since mass vaccinations began in December 2020. There has been NO identified link between vaccination against COVID-19 and infertility. The Society of Obstetricians and Gynecologists of Canada has issued the following statement: “There is absolutely no evidence, and no theoretic reason, to suspect that the COVID-19 vaccine could impair male or female fertility. These rumors are unfounded and harmful.” Specifically, there has been no documented immune response against the syncytin-1 protein of the placenta as claimed by many online sources.

Myth #3: My chances of getting COVID are low

FACT: Our top scientists are estimating that in Ontario 80-90% of those who are unvaccinated will contract COVID-19 in the next 6-12 months due to the high infection rate and easy transmission of the delta variant. Furthermore, we now know that the Delta strain is 2-3 times more likely to result in hospital or ICU admission.

Myth #4: Vaccination does not prevent transmission of the virus

FACT: We know that transmission of the virus from those who are vaccinated is still possible, but it is significantly lower than if you are not vaccinated. The virus needs to make enough copies of itself to be passed to another person and that number is much lower in vaccinated people.

Myth #5: The mRNA vaccines were developed too quickly, and we don't know all the long-term side effects of them

FACT: mRNA technology has been used in other areas of medicine (like cancer treatments) for over 10 years. These vaccines were produced faster than previous vaccines not because of skipped steps, but because of unprecedented levels of collaboration and funding from around the world. To date, over 50 million doses of COVID-19 vaccines have been administered in Canada and over 5 billion globally. When you consider that adverse events to vaccination are most likely to happen within 6 weeks of vaccination, that's A LOT of data on side effects!

[Click here to read full article](#)

RCHS is now on Social Media! Click the buttons below to check out our Facebook and Instagram. Don't forget to 'like' and 'follow'!



Copyright © 2021 Rideau Community Health Services, All rights reserved.

About Rideau Community Health Services

Rideau Community Health Services (RCHS) is a non-profit, community-governed community health centre that provides comprehensive primary care, health promotion and community development services. RCHS works with partners to provide integrated health and wellness services for various communities throughout Leeds, Grenville and Lanark counties. An interdisciplinary team is supported by an administrative team providing primary care services for registered clients. A wide range of health promotion and disease prevention programs are available to our communities such as: diabetes education, telemedicine, chiropody/foot care, dietetic consultation, oral health care, lung health, smoking cessation, mental health and wellbeing and exercise programs.

Want to change how you receive these emails? You can update your preferences or unsubscribe from this list.

This email was sent to [<email>](#)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Rideau Community Health Services · 354 Rideau St · Merrickville, ON K0G 1N0 · Canada

