



## ECD Support Services Program News

# WOW!

ECDSS would like to thank everyone who attended our Weaving Wisdom & Wellness Conference on October 20th.

Thanks for all your feedback on our evaluations, we use this information to provide you with the training and workshops you are looking for.



If you haven't had the chance to fill out the survey please visit our website at [www.ecdss.ca](http://www.ecdss.ca) and follow the link in the news section on the left side.

We've also posted copies of a few presentations on our website, which may also be found in the news section.

One more round of applause to all of the presenters, your time and energy was greatly appreciated.



Thanks to our volunteers: Teresa Ebbert, Tammy Gorny, Cecile Amyotte, Linda Orosco, Anne Boychuk, Lorraine Green, Jane Pederson, and Diane Martin. We couldn't have done this with out you!

Kudos to the practitioners who waited in line to have books signed by Richard Van Camp. He enjoyed everyone's stories and laughter shared with him.



# Thank You!

## This Month

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Please see the  
Story of the Month  
for more ECDSS updates

## Professional Development [www.ecdss.ca](http://www.ecdss.ca)

Body and Soul

### Family Outreach Training

Date: November 14,21,28, 2008  
Cost: \$150

**This is the last time this training event will be held this year!**

**Kids Have Stress Too!**

Date: November 21, 2008  
Cost: \$200

### Core Relationship Based Practice Training

Date: December 1-5, 2008  
Cost:\$250

### Promoting Social & Emotional Competence in Young Children

Date: January 15-16, 2009  
Cost: \$100

### Mental Health First Aid Training

Date: January 19-20, 2009  
Cost: \$75

### ASQ-Ages &Stages Questionnaire Training

Date: January 26, 2009  
Cost: \$50

### ASQ:SE Ages & Stages Questionnaire: Social/Emotional Half day Training

Date: January 27, 2009  
Cost: \$25

### Level 2 Core Relationship Based Practice Training

Date: February 12-13, 2009  
Cost: \$100

### Family Outreach Training

Date: March 9-11, 2009  
Cost: \$150

### Core Relationship Based Practice Training

Date: March 16-20, 2009  
Cost:\$250

### Making Time for Our Children's Future

Date: February 26, 2009  
Cost: \$80

### Our Presenters



Carl Honoré



Bill Gordon



## HOMES Update



### HOMES Friendly Reminders

#### Front Line Staff:

Put some time aside each month to review your case files:

- ⇒ **Update referrals.** If referral was successful (a connection was made) ensure you have an attended date.
- ⇒ **Update case notes.** Review your daytimer to ensure you haven't missed entering any case notes for a family.
- ⇒ **Enter surveys.** Ensure you have entered all the developmental tools, assessments or program surveys.

#### Team Lead Staff:

Put some time aside each month to review staff case files:

- ⇒ **Review case notes.** This gives you an understanding of the work between families and your staff.
- ⇒ **Review referral reports.** In program reports– service plans will inform you of referrals made and attended.
- ⇒ **Review group attendance reports.** A monthly review of attendance will ensure your stats are up-to-date for reporting

### Influenza: You don't know the worst of it!



#### What is influenza?

Influenza, commonly called the flu, is an infection of the respiratory tract (nose, throat and lungs) that is caused by a virus.

- Antibiotics **will not** help to get rid of the disease.
- Various strains of influenza virus circulate throughout the world each year. In North America, influenza usually affects people between November and April.

The virus spreads easily from person to person through sneezing and coughing. It is sometimes spread through objects that have been sneezed or coughed on by an infected person.

- Influenza can spread quickly in institutions, schools and work places.
- Influenza is often mistakenly used to describe other illnesses like colds or stomach upsets.

The influenza virus often changes slightly. Most people who have had influenza will have some protection against the changed virus. However, 3 to 4 times each century, the influenza virus changes in a major way. People will not have any protection against it and the virus will spread rapidly around the world. This global epidemic (pandemic) can cause serious illness and death.

#### How is influenza spread?

The influenza virus passes from person to person by droplets when an infected person coughs, sneezes or talks. Airborne droplets can enter the body through the eyes, nose or mouth.

- The virus, contained in droplets, can travel 1–2 metres in the air.
- It can live on hard surfaces for 1–2 days; on cloth, tissue and paper for 8–12 hours; and on hands for five minutes.

People develop symptoms of influenza from 1 to 3 days after becoming infected. They are contagious from the day **BEFORE** they have the first symptoms until five days after the symptoms start.

#### What are the symptoms?

Symptoms of influenza include:

- Sudden fever of 38°C (100.4°F) or higher,
- Dry cough,
- Aching body, especially head, lower back and legs,
- Extreme weakness and tiredness.

#### Other symptoms can include:

- Chills,
- Aching behind the eyes,
- Loss of appetite,
- Sore throat,
- Runny or stuffy nose.

**Note:** A stomach upset is sometimes incorrectly called the "stomach flu" – there is no such illness as stomach flu. Stomach upsets are caused by viruses and other micro-organisms, but not by the influenza virus.

### How serious is influenza?

Certain groups are at risk to develop serious complications, such as pneumonia, which may even result in death. These groups include:

- Children less than two years old and seniors, as they have weaker immune systems.
- People with weakened immune systems either by disease or medication/treatment.
- People with certain chronic illnesses, such as heart or lung disease.

Annually, influenza and its complications have a substantial effect on the healthcare system, in addition to their effect on school/work absenteeism and productivity.

### How to protect yourself and others against influenza.

#### Wash your hands!

Next to immunization, the single most important way to prevent influenza is frequent hand washing.

#### Wash your hands before:

- Handling or eating food or feeding others.
- Brushing or flossing teeth.
- Inserting or removing contact lenses.
- After treating wounds or cuts.

#### Wash your hands after:

- Having any contact with a person who has influenza or their immediate environment.
- Going to the toilet or changing a diaper.
- Blowing your nose or wiping a child's nose.
- Coughing or sneezing.
- Handling garbage.
- Children should wash their hands after playing with toys shared with other children.

#### How to wash your hands:

- Use regular soap. Antibacterial soap is not necessary. Alcohol hand rubs are also effective.
- Rub hands vigorously together for at least 15 seconds covering all surfaces.
- Rinse under running water.
- Dry with a clean or disposable towel.
- If using a public restroom, use a disposable towel to turn off the faucet to avoid further contact with the tap.



#### Choose to immunize

Because the influenza virus is always changing, a new vaccine is created each year containing the three virus strains most likely to circulate. This means you need to be immunized yearly. The best time to be immunized is during October and the first half of November – just before the influenza season starts, because it takes two weeks for the vaccine to become effective. Even after influenza arrives in the community, it is not too late to get immunized.

## Health News for You by Kathy Newman R.N.

The vaccine cannot cause influenza because the virus in the vaccine is killed. The vaccine is 70–90 percent effective in young, healthy people and protection lasts about six months. The vaccine is less effective for people with weakened immune systems, but if they are immunized, the illness will be less severe if they do become infected.

Since vaccine strains are selected 6–9 months before the start of influenza season, there is a slight chance the circulating strain may change before the season actually starts. **The vaccine will NOT protect against other respiratory illnesses.**

### Who should not be Immunized?

- People who are severely allergic to eggs, because eggs are used to make vaccine.
- People who have severe allergies to any part of the vaccine.
- People who have had a severe reaction to a previous influenza vaccine.
- Children under six months of age.
- People who are ill with fever (They can be immunized after symptoms improve).
- People who are at risk but cannot be immunized.
- At-risk people who were immunized after influenza entered the community and need protection until the vaccine takes effect.
- Non-immunized people who are in contact with at risk people.
- Those at risk in an outbreak when the circulating strain is different from the vaccine.

### Getting your Immunization

Drop-in clinics for influenza immunization will begin in October. Clinics will be held at specific community sites throughout the Alberta Health Services – Capital Health region. Contact 408-LINK for site locations and dates.

As per Alberta Health and Wellness guidelines, free influenza immunization is provided to those who are at high risk for developing complications from influenza disease. These people are:

- Children 6 months up to and including 23 months of age.
- Persons 65 years of age or older.
- Residents of continuing care, lodges, or other chronic care facilities.
- Pregnant women.
- Adults and children with specific chronic illnesses such as heart disease, asthma, or diabetes.

Influenza immunizations are also provided free to people who may transmit influenza to persons who are at high risk of influenza-related complications

### New This Year

Influenza vaccine will be provided free of charge to:

- Children 24 months up to and including 4 years of age.
- Adults 50 to 64 years of age.

For those who are not eligible for free immunization, influenza vaccine may be purchased for \$25 at the drop-in clinics.

**Information Taken directly from Influenza Self Care Guide printed by CHA**

## Story of the Month — More ECDSS News

### Retreats

September 29 & 30th, 2008 was the third annual Home Visitation Team Leaders Retreat held in Edmonton. The two days focused on our skills, learning styles, highlighting our personal reflection abilities, and focusing on our professional goal planning. Sandra Perron facilitated the group through a variety of exercises that had us laughing, crying and learning more about ourselves and the people we work with.



October 2 & 3rd, 2008 was the first ever (hosted by ECDSS) Head Start Team Leaders Retreat held at Lily Lake Resort. The two days focused on team building, personal learning styles, and creative problem solving strategies. This was a great event for the team leads of the Inter-Agency Head Start Network to build stronger relationships between practitioners and programs, have a few laughs and maybe some "AH HA" moments.



### ECDSS All-Sites

ECDSS is pleased to announce another full day All-Sites Conference. **"Making Time For Our Children's Future"** will be held on February 26, 2009 at the Oasis Conference Centre in Edmonton. Please visit our website [www.ecdss.ca](http://www.ecdss.ca) for more information and registration.

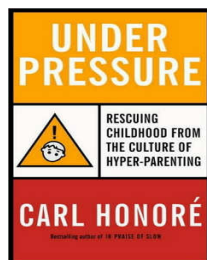
In present times when children are asked and expected to pass every waking moment to bettering themselves mentally and physically, Carl Honore asks caregivers to step back.



Honore's hope for his new book, *Under Pressure*, is to help readers recover "the natural balance between doing too much and too little for children."

Join us for a humor filled afternoon while Carl teaches us that parenting need not feel like Mission Impossible and that we can give children a childhood worthy of the name.

"I hope that listeners will walk away with a huge sigh of relief."



Bill "The Bionic Turkey" Gordon, a retired school teacher and counselor, continues to work part time with students attending "store front" schools in Elk Island Public Schools. In his other life as a public speaker, he has

travelled across Canada speaking to thousands of students, teachers, parents and organizations.

Bill believes that those of us who choose to work towards creating better lives for others, often spend so much time caring for those around us and are woefully negligent in taking care of ourselves. Bill will be speaking about the importance of creating balance in our life and making sure that each of us takes time to give ourselves "gifts". Four of the most powerful "self-gifts" are laughter, learning, leisure and #1, love.