

# Free flu shot clinics are set to begin this month



Photo by BARRIE ERSKINE  
Halton Regional Chairman Joyce Savoline receives her 2005 flu vaccine from public health nurse Ann Kubacki.

Starting this month the Region will hold free flu shot clinics throughout Halton.

The clinics, which will be open to all residents six months or older, will run until January.

In support of the 2005-06 Ontario Universal Influenza Immunization Program, Halton Regional Chairman Joyce Savoline recently received her influenza immunization. The Ministry of Health and Long-Term Care provides funding for health departments to administer the shots.

The provincial immunization targets for this year's campaign

remain at 60 per cent for the general population and 90 per cent of the high-risk group. This means that approximately 260,000 Halton residents would be immunized.


Those considered at high risk include anyone 65 years of age and older, those with chronic medical conditions, healthy children aged six to 23 months and anyone who resides in nursing homes and other chronic care homes.

People capable of transmitting influenza to those at high risk are also considered a high priority to receive influenza immunization. These include health care workers,


emergency response workers, childcare providers and household contacts of those at high risk.

In Milton, clinics will be held at Milton District High School, 369 Williams Ave., Wednesday, Nov. 2 from 3:30 to 8 p.m. and Tuesday, Dec. 8 from 4 to 8 p.m. A clinic will also be held at Bishop Reding Secondary School, 1120 Main St. E., Wednesday, Nov. 23 from 3:30 to 8 p.m. No appointments are necessary.

For information about influenza or other clinic locations, call the Region at (905) 825-6000 or visit [www.region.halton.on.ca](http://www.region.halton.on.ca).



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Halton Healthcare Services in partnership with Breast Cancer Support Services Present:  
**A Breast Health Workshop**  
Tuesday, October 25, 2005. 12:00 to 1:00 p.m.  
Milton District Hospital Classroom, 30 Derry Road E., Milton

**Attend to Learn:** The facts about breast cancer, Preventative measures in breast health care, about available community resources, the mammacare method of breast self-exam using silicone models.

**RESERVE YOUR SEAT TODAY 905-876-7045**  
or [cpopp@haltonhealthcare.on.ca](mailto:cpopp@haltonhealthcare.on.ca)  
for more information on this topic, contact:  
Breast Cancer Support Services 905-634-2333  
[www.breastcancersupport.org](http://www.breastcancersupport.org)

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Halton Healthcare

## UNDERSTANDING DEPRESSION

A free public education seminar presented by Halton Healthcare as part of their "Living Healthy" series

Members of the public are invited to attend a free seminar entitled "Understanding Depression" on Thursday, October 27 at 7:00 p.m. in Milton. This event has been organized by the Health Promotion and Mental Health Programs at Halton Healthcare Services (Milton District Hospital site) in partnership with the Canadian Mental Health Association. The event is made possible due to an unrestricted educational grant from Lundbeck with appreciation to Milton District Hospital Foundation, Siemens Hearing Instruments and Unitron Hearing Canada.

Dr. Karl O'Sullivan, M.D., Psychiatrist, Halton Healthcare Services, will provide a comprehensive overview of depression from diagnosis to treatment and will be available to answer your questions.

Problems and misfortunes are a part of life. Everyone experiences unhappiness, and many people may become depressed temporarily when things don't go as they would like. Experiences of failure commonly result in temporary feelings of worthlessness and self-blame, while personal losses cause feelings of sadness, disappointment and emptiness. Such feelings are normal, and they usually pass after a short time. This is not the case with depressive illness. Depression becomes an illness, or clinical depression, when the feelings described are severe, last for several weeks, and begin to interfere with one's work and social life. Depressive illness can change the way a person thinks and behaves, and how his/her body functions. Depression is the most treatable of mental illness.

Individuals with depression and their families, and anyone interested in the diagnosis and treatment of depression, are encouraged to attend this seminar. The event will be held at the Southside Community Church in Milton on Thursday, October 27 with displays and refreshments from 6:30 p.m. and the seminar commencing at 7:00 p.m. The Church is located at 2850 Derry Road East, which is west of Bronte Road.

To reserve a seat for this free event, please contact 905-338-4379 or [elittle@haltonhealthcare.on.ca](mailto:elittle@haltonhealthcare.on.ca). If you are unable to attend the event and would like more information on this topic, speak to your physician and contact the Canadian Mental Health Association at 905-693-4270 ext. 26 or [www.cmha-halton.ca](http://www.cmha-halton.ca)

ASL interpreter service is available and must be pre-booked by fax at 905-878-0498 or email at [cpopp@haltonhealthcare.on.ca](mailto:cpopp@haltonhealthcare.on.ca).