



REACH...

For the NEWS

New Dental Facility

Receipt in 2008 of a generous donation from the British Columbia Dental Association allowed a major renovation to be completed in the Dental Department's clinical activities area. This was performed during a two week period in mid-March. The dental staff, especially Maria Botero, must be complimented for designing the new facility and co-ordinating the construction process. The renovated clinic has improved treatment units, enhanced infection control techniques and is contained within a friendlier working environment. The renovations have been well received by patients and staff. All those involved with this project must be thanked for a job well done.

We would like to extend an invitation to all of you to come check us out, either by booking an appointment with your dentist or hygienist, or by simply just stopping by for a look.

John Hardie
Dental Manager





The following article was written by German Blanco, MFC Cross Cultural Health Promoter, and was featured in the Vancouver Sun between articles featuring the Queen and President Obama!

Dealing with diabetes among recent immigrant population

By German Blanco, Special to the Sun February 17, 2009

A young man came into my office at REACH Community Health Centre on Commercial Drive recently. He was clearly anxious.

His mother and his older brother had been diagnosed with Type 2 Diabetes. Though too young at 35 to be considered at risk by most standards, he was fearful he had it, too.

We talked for a while about what it means to have diabetes and about how people live with and manage diabetes. I also suggested he go to his family doctor for a diagnosis.

Though I trained and worked for many years as a medical doctor in Colombia, I am not certified to practice in Canada. My role at the Multicultural Family Centre at REACH is to provide diabetes screening, prevention education, maintenance education and counseling. Still, I have seen a lot of people with diabetes over the past seven years. The idea that a 35-year-old from Latin America might have Type 2 Diabetes, does not come as a shock.

Worldwide, Type 2 Diabetes is at epidemic proportions. In Canada, at least one in 20 people is estimated to have diabetes and the number is expected to rise over the next 10 years. Advancing age is a major risk factor for all Canadians, but certain ethnic groups are at a higher risk.

These groups include people of South Asian, Asian, Latin American and African heritage. Aboriginal Canadians also have higher rates of diabetes.

Part of the reason is genetic. But a greater part relates to other factors: Poverty, change of diet, lack of exercise, stress, weight gain, lack of access to regular health care and lack of information about prevention.

The presence of numerous risk factors is what leads to diabetes, not just one. Reducing or eliminating the factors that can be controlled is the goal of diabetes prevention.

Prevention is the only way to reduce the incidence of diabetes. Treatment does not provide a cure; the best we can do is manage it.

For those willing to make the effort, diabetes can be managed quite effectively through lifestyle changes involving a healthy diet, weight loss, increased exercise and in some cases medication.

Unmanaged, diabetes can lead to heart disease, kidney disease, eye disease and amputation, as well as the less well-known complications of more severe symptoms from colds, flu and other infectious diseases.

A challenge for medical professionals in Canada is to educate higher risk groups, including new immigrants, about diabetes and diabetes prevention. Many new immigrants do not have a family doctor or access to health information. And in many parts of the world, the kind of preventive health and nutrition information that we have in Canada does not exist.

One way this information gap is being addressed in Metro Vancouver is through AMSSA's (the Association of Multicultural Societies and Service Agencies) Diversity Health Fair.

Now celebrating its fifth anniversary, the Diversity Health Fair has proven effective in making information about healthy living accessible to Vancouver's multicultural communities.

The Diversity Health Fair introduces people to ideas like prevention and helps people understand how they can help themselves stay healthy.

This year, the fair is taking place on Saturday from 10 a.m. to 4 p.m. at the Croatian Cultural Centre, 3250 Commercial Drive, and the focus is on diabetes. There will be a wide variety of cooking demonstrations, fitness demonstrations and health and dental screenings, as well as entertainment and activities for children. Health and nutrition information will be available in eight languages.

For more information visit: www.amssa.org Dr. German Blanco works at the REACH Community Health Centre on Commercial Drive in Vancouver.

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Comings and goings.....

Tammy Rogers...

Written by Dr. Justine Stewart

I would like to say a few words to express my appreciation to Tammy for all her hard work, her wonderful energy and enthusiasm her passion for learning and teaching and her willingness to look for new ways to provide better care for REACH patients. Tammy has been a very competent and caring partner in our shared care of patients. Tammy and I have laughed with some patients and been sad about other patients. Tammy has shown me what an exciting and rewarding experience shared care can be.

On behalf of all the medical staff I would like to thank Tammy for her generous spirit and the many ways in which she has contributed to improving the care for all of our patients.

On behalf of all the staff at REACH I would like to thank Tammy for the positive energy she has brought to REACH.

Many, many patients have expressed their sincere disappointment that Tammy is leaving us.

All of us are sad that you are leaving REACH, but we wish you the very best in your work and new life in Calgary.



REACH said good-bye to Janelle Suson in January, 2009. Janelle is a MOA working at the medical front desk since April 2007. She will be missed, and we wish her all the best.

In Janelle's place REACH welcomes Carla Rogers, a MOA who comes to us from a specialists office in Courtney, BC. Welcome Carla!

The medical front desk also welcomes Valerie Kwong as our newest casual employee. Valerie comes to us fresh from her VCC MOA course.

REACH is excited to welcome Tamera Stilwell, our new BC certified Nurse Practitioner.



Chaya Ransen

Written by Patricia Dabiri

The MFC was saddened by the resignation of Chaya Ransen, the MFC Healthy Eating Active Living Coordinator, in January. She will be greatly missed as she has made valued contributions on many levels, including maintaining REACH's profile in the community regarding food security issues, advocating for culturally responsive health services for immigrants and refugees, and assisting the MFC's target communities to develop creative programs incorporating healthy eating, active living principles. She was instrumental in taking the La Cosecha Community Garden from an idea generated by the Latin American community to a real, growing (in both senses of the word!) community project. Her other achievements are too numerous to mention; she was a pleasure to work with on a professional and personal level. Fortunately, we will still have the opportunity to work together as Chaya will continue to coordinate the Cross-Cultural Health Broker Program through our partnership with BC Multicultural Health Services Society.



At the end of March, 2009 John Hardie joined the staff as Manager of the REACH Dental Clinic. John graduated in dentistry from the University of Glasgow and subsequently specialized in Oral Medicine and Oral Pathology. Most of his career has been spent in the administration of hospital and community health based Departments of Dentistry. He appreciates the warm welcome he has received from the entire staff whose many talents ensure that the REACH Community Health Centre is a truly unique organization.

Martina Larginho has been a dental receptionist at the REACH Clinic for the past two years. Martina's sunny disposition and bright smile have welcomed many patients. Her friendly, positive and upbeat attitude has made the dental clinic a more pleasant place for staff and patients. Martina has decided to pursue a career in private practice and will be leaving us in mid-May. While we regret her decision, we wish her every success and thank her for her many contributions to dentistry at REACH.



DID YOU KNOW.....?

Departmental tips of the month...

TABLET TABOOS

Did you know that the cost of many drugs is the same no matter what the dosage? Hence, if you get a higher dose and cut the tablet in half, you can save lots of money.

An example of this: a prescription of Celexa @either in 40mg or 20mg dosages would cost the same amount.

Therefore, you could take a 40mg tablet and cut it in half, giving you 2x 20mg tablets.

Please check with your pharmacist if you are not sure.

Afshin Jaberi
REACH pharmacist

USING COLOUR TO DECIDE!

Did you know that most brightly coloured fruits and veggies are high in anti-oxidants, components which are important for health and may provide protection against chronic disease? Try adding some dazzling berries, beets, carrots, spinach, kale, oranges, squash or tomatoes to your meal today.

Recipe Tip: cut an acorn squash in half and scoop out the seeds. Put 1 tsp of olive oil and 1 tbsp of orange juice in the well of each half. Sprinkle liberally with fresh ground pepper. Cover and bake at 350 F until soft (about 1 hour). *From Nutrition Action Jan 2009*

Mindfulness Tip

When you are eating, just eat. Without reading, watching TV, doing work, talking on the phone or the computer, simply pay attention to eating.

Carol Ranger
REACH Nutritionist



Learning how to be More Optimistic

Did you know that with observation and practice, we can learn how to be more optimistic?

By taking the time to observe our daily experiences and by simply practicing; by noticing three positive experiences daily, those of us who tend to notice only negative experiences, can actually learn through practice in observation, to be more optimistic.

From *Learned Optimism*,
M. Seligman.

Dan Kemlo
REACH Counsellor

Words of Wisdom from the MFC

Did you know that.....

Intizo yi iminsi nu kurgya no kwambara.

(Rwandese proverb)

"Life is a loan that we need to treasure by being healthy through taking care of ourselves and others."

The Multicultural Family Centre

Did you know that..... Although the mouth is part of the body, we often think of it as something separate. We often ignore bleeding or tender gums, while an irritation or pain elsewhere in the body would mean a trip to the doctor. Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.

The Canadian Dental Association

REACH Dental Clinic



REACH Charitable Donation Form

Name: _____

Address: _____

Postal Code: _____

Email Address: _____

Telephone Number: (hm) _____ (wk) _____

Signature: _____ Date: _____

Payment: Cash \$ _____ Cheque \$ _____ Visa: _____

VISA Number: _____ EXP Date: _____

Name as it appears on the card: _____

Tax Receipt: _____ YES _____ NO
(Tax receipts can be issues for amounts over \$10.00)

REACH is a non-profit registered charity and will issue donation receipts for all donations over \$10.00. We value your support. Any donation given to REACH Centre Association goes to help fund the many programs that are run out of this building.

Shortly, due to mailing costs and environmental concerns, REACH will be switching to a full electronic newsletter. We will have paper copies available at REACH but will no longer be mailing them out. Please forward your email addresses to info@reachcentre.bc.ca to be put on our electronic list.

Thank you



REACH IS RECRUITING COMMUNITY MEMBERS FOR ITS BOARD OF DIRECTORS!

Candidates must be a REACH client and or live/work in REACH's catchment area (residents of Grandview Woodlands and East Vancouver, in the Province of British Columbia).

We are seeking individuals with experience and interest in: Fund Development, Human Resources, Legal, Clinical Practice, Labour, or Finance.

REACH is a pro-choice, gay positive organization committed to employment equity and antidiscrimination. REACH has a strong commitment to democratic decision making at all levels within the organization. Potential Board members must be willing to participate and adhere to these values.

To receive an information package or to inquire further please contact info@reachcentre.bc.ca, lfabiano@reachcentre.bc.ca or visit www.reachcentre.bc.ca.



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REACH Centre Association acknowledges the financial assistance of the Province of BC

