



# KANATA SENIORS' CENTRE

(Located at the back of the John Mlacak Centre)

2500 Campeau Drive

Telephone: 613-580-2980

Hours Mon-Fri 8:30-4:00; Sat 10:00-4:00

#1108514



## March 2018 Learning Series

### WHAT YOU NEED TO KNOW ABOUT OPIOIDS!

Late last year, health officials and first responders teamed up to warn Ottawans that bootleg fentanyl is so powerful that an amount the size of two grains of salt could be fatal, and also to promote naloxone kits that can save the life of someone who is overdosing. Then, earlier in February 2017, Ottawa Public Health and city police sent out an alert that counterfeit prescription drugs containing fentanyl were turning up in the capital — and were suspected in life-threatening overdoses. *(From a February/2017 Postmedia article by Megan Gillis)*

We have all heard or read about the horrors of opioids, but exactly what is an opioid? What is a counterfeit drug? Both province and feds promise 'strategies' on opioids but what are they? What is naloxone, what is its role in this opioid epidemic and where do you get it? What about the question: do opioids tie into the discussion of legalizing marijuana? During this hour-long presentation, participants will learn about opioids and fentanyl, and their presence in Ottawa. We will also receive answers to our prior burning questions. It will also prepare attendees to recognize the signs and symptoms of an opioid overdose and respond quickly and effectively, including how to administer naloxone.

**PRESENTER:** Melissa Carisse (RN, BSc.N / IA, B.Sc.Inf) has been a Public Health Nurse since 2010 and has worked with the Older Adult, Injury Prevention and Workplace Health team. Since April 2016, she has been working with the Substance Use team with a focus on post secondary and opioids.

**Date: Thursday, March 29, 2018**

**Time: 1 – 2:30pm**

**Free to all Members and Guests. Please ensure you register at front desk to maintain our maximum numbers.**

*Refreshments sponsored by the Kanata Seniors Council Inc.*