



# ON THE HORIZON . . . IN A NUTSHELL

<p><b>Childproofing: Create a Healthy Environment in your Home and Community</b></p> <p>Find out: which plastic containers you should use; about lead and toy recalls; about mercury and fish; safe cosmetics and more.</p> <p><b>Wednesday, October 22 at CHC-207 Robertson Drive, Lanark 9:30-11:30 am</b></p> <p><b>Tuesday, November 4 at 30 Bennett St. Carleton Place 9:30 - 11:30 am</b></p> <p>Call Hinda for details</p>	<p><b>Get Up! Get Out! Get Active! New Instructor Training</b></p> <p><b>NEW</b></p> <p>Free training is being offered in October for adults interested in becoming trained volunteer community fitness instructors.</p> <p>Call Kara for details</p>	<p><b>Living a Healthy Life - a self-management series for people with persistent health concerns</b></p> <p>Learn how to become an active self-manager and: set goals and make plans to achieve them; handle difficult emotions; manage your symptoms and side effects; and much more.</p> <p>This series is lead by trained volunteer peer-facilitators from the community.</p> <p>Two sessions to choose from. Each session is 6 weeks in length.</p> <p><b>Wednesday Evenings from October 1 - November 12; 6:30 - 9 pm</b></p> <p>Or</p> <p><b>Saturday Afternoons from October 25 to November 29th; 1:30 - 4 pm</b></p> <p>Call Kara for details</p>
<p><b>Free CPR for Community Volunteers</b></p> <p>Five 1/2 day CPR sessions for volunteers at a variety of Community Halls across north Lanark. Dates and locations to be announced. This program is made possible by joint funding from the Ontario Trillium Foundation and the Lanark County United Way.</p>	<p><b>Lanark Walking Group</b></p> <p>For people who are interested in maintaining or increasing their level of activity in a social setting. <b>Every Tuesday, rain or shine, beginning at 9am from the CHC.</b> Guest speakers 1st Tuesday of the month.</p> <p>Call Kara for details</p>	<p><b>Ruby Tuesdays—</b></p> <p><b>An information and support group for women coping with depression</b></p> <p>An on-going information and support group for women who are coping with depression. Snacks and refreshments are provided.</p> <p><b>Meets every other Tuesday from 1-3 pm starting September 23 - December 16, 2008; and January 13 - June 23, 2009</b></p> <p>Call Sherry for details.</p>
<p><b>Guys in the Kitchen</b></p> <p>For all men looking to improve their cooking and meal planning skills.</p> <p><b>3rd Wednesday of every month from 10:00 am - 12:30 pm</b></p> <p>September 17; October 15; November 19 and December 17.</p> <p>Call Krystal for details</p>	<p><b>Get Up! Get Out! Get Active!</b></p> <p>Trained community volunteers lead weekly fitness activities.</p> <p><b>Mondays 9:30-10:30 am:</b> Low-to-medium mobility fitness class at the North Lanark CHC</p> <p><b>Mondays 9:30-10:30 am:</b> Medium-to-high mobility fitness class at MERA in McDonalds Corners</p> <p><b>Wednesdays 9:30-10:30 am:</b> Medium-to-high mobility fitness class at the United Church in Lanark</p> <p><b>Thursdays 9:30-10:30 am:</b> Medium-to-high mobility fitness classes at three locations: Middleville Hall; Watson's Corners Hall; and Ferguson's Falls Hall.</p> <p>Call Kara for details and start dates</p>	<p><b>Yoga and You</b></p> <p>For adults who have persistent health concerns. 10 week sessions are offered two times a year. Next session starts early October.</p> <p>Call Sherry for details</p>
<p><b>Healthy Weight Group</b></p> <p>For adults who want to lose weight or maintain a healthy weight. Bi-monthly sessions will focus on weight management strategies and support. Information session on <b>Wednesday, October 8 from 6-7 pm.</b> Sessions begin <b>Wednesday, October 22 from 6-7 pm</b></p> <p>Call Erica for details.</p>	<p><b>After-School Sports &amp; Recreation Program</b></p> <p>All children and youth aged 7-12 are welcome to participate in this free, fun, fitness program. Home-schoolers are welcome.</p> <p>Fall dates and times are to be announced.</p> <p>Call Martha for details</p>	<p><b>Single Parenting Support Group</b></p> <p>For single parents of children aged 0-6. Come for mutual support, discussions on topics of interest, resources, friendship and snacks. Childcare available. Meets monthly at 30 Bennett St. in Carleton Place. Next Dates are: <b>Saturday, Sept. 20 from 1-4 pm and Saturday, Oct. 18 from 1-4 pm</b></p>
<p><b>Diabetes &amp; You Support Group</b></p> <p>For people with diabetes, their family and friends. Learn about meal planning, cooking &amp; shopping, medications, general health care, and emotional adjustment. Held the last Monday of every month from 2-4 pm.</p> <p>Next meeting is <b>Monday, September 29</b></p> <p>Call Erica for details</p>		



# North Lanark County Community Health Centre

A part of Lanark Health and Community Services

207 Robertson Drive, Lanark, ON [www.northlanarkchc.on.ca](http://www.northlanarkchc.on.ca)



FALL 2008

## ON THE HORIZON . . . LIVING A HEALTHY LIFE WITH PERSISTENT HEALTH CONCERNS



The "Living a Healthy Life" series is aimed at helping people with persistent health concerns develop the skills and abilities needed to become active self-managers. If you have a persistent health concern that is affecting your ability to feel healthy, and are interested in taking steps to become as healthy as possible - then this program may be for you!

Persistent health concerns include: asthma, diabetes, heart disease, arthritis, back pain, chronic fatigue, bronchitis, etc.

Past participants have said the program has helped them: "learn different techniques to aid their condition"; "make definite improvements in how they feel after trying the ideas presented"; "enjoy the interaction between the participants and the facilitators"; and "be able to share thoughts and feelings and to learn from people who understand".

One past participant described his experience this way: "People should seize the opportunity to attend this course - it's a winning program. The medical diagnosis has very little to do with the common concerns that people express during the course. Because of this, anyone with any type of persistent health concern can benefit. During the series I became aware that, while I try to lead a healthy life and am doing well, I could make a few changes to feel even better..."

Two sessions of the "Living a Healthy Life" program will be offered this fall. **Wednesday evenings from October 1 - November 12, 6:30-9:00pm OR Saturday afternoons from October 25 - November 29th 1:30 - 4:00 pm**

Call Kara for details.

## ON THE HORIZON...GET UP! GET OUT! GET ACTIVE! FOR OLDER ADULTS

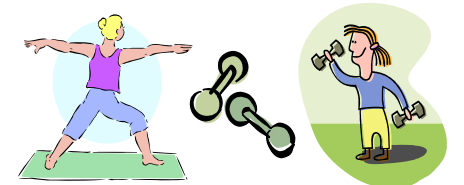


An active lifestyle is key to a healthy body. Active living means building physical activities into your daily routine and your social life. This is true for both adults and children alike.

For adults in mid-life, regular exercise and an active lifestyle can help your physical and emotional health and well-being. In fact, many of the persistent health concerns people experience as they age come from lack of muscle use rather than from aging. Exercise can slow, and sometimes reverse, the onset of many of these conditions. Consider this - beginning at the age of 50, people begin to lose 12 percent of their muscle strength and 6 percent of their muscle mass every decade. But weight training can reverse these effects significantly - by up to one third!

Being physically active also reduces your risk of developing health problems such as diabetes, heart disease and stroke. It builds strong muscles and bones, helps control weight and stress levels and boosts your energy. You can become more physically active no matter what your age or previous level of activity.

This fall, get up, get out, get active. Join one of our free exercise classes. See the back page for details or call Kara for more information.



**ALL OUR PROGRAMS ARE FREE AND ALL MEMBERS OF THE COMMUNITY ARE WELCOME!!**

All Health Centre programs and services are free. Pre-registration is required unless stated otherwise. Phone 613-259-2182 to register or for more information.

### ON THE HORIZON . . . TAKE CONTROL OF YOUR ASTHMA THIS FALL

The start of fall brings new classes, new friends, fall colours, and of course, new cold and flu bugs! For many people, being sick with a cold or flu can trigger asthma. In fact, asthma is the leading cause of missed school, work and hospitalization, and these rates are highest in the fall.

#### Your asthma may be in poor control if you:

- Complain of a cough, wheeze or chest tightness four or more times a week;
- Avoid or limit exercise due to coughing, wheezing or shortness of breath;

- Miss school or work because of asthma;
- Wake at night with a cough, wheeze, or chest tightness;
- Use your blue reliever inhaler four or more times a week (except one dose/day before exercise).



#### To keep your asthma under control:

- \* Encourage frequent hand washing;
- \* If physical activity causes symptoms, try taking reliever

inhaler (usually blue) 10-15 minutes before the activity;

- \* Make sure you can recognize your early warning signs of asthma;
- \* Communicate triggers, warning signs and medications to your child's teacher or your workplace;
- \* Speak to your doctor about starting or increasing the dose of your controller medication if your asthma is out of control.

Call Karen or Christina, Respiratory Therapists, Lung Health Program for more information.



Over the past 5 years our Community Health Centre has participated in two lung health research studies on Asthma and Chronic Obstructive Pulmonary Disease (COPD) sponsored by the Ministry of Health and Long Term Care (MOHLTC). Both studies had overwhelming community support which enabled our CHC to surpass our targeted recruitment numbers.

As a result, we have received on-going funding from the MOHLTC to improve the management and care of these diseases. Clients now have written action plans that they can follow and the knowledge they need if/when their condition worsens.

A huge and heartfelt "thank-you" to the community for your interest in the project and your support in participating in the

study! We truly appreciate it and we couldn't have done it without you. Your lungs thank you and so do we!

Karen Jones and Christina Beaudin, Registered Respiratory Therapists, Asthma/COPD Educators



The North Lanark County Community Health Centre is pleased to announce that our primary care team is now fully staffed with the addition of our new physicians Dr. Cathy Younger-Lewis and Dr. Alicja Gruder, our new nurses Muriel Campbell and John Wing and term dietitian Krystal Taylor. This has enabled us to expand our evening hours. We are now open Monday, Tuesday and Wednesday evenings for appointments until 7:00 pm.

#### Our Hours of Service are now:

Monday	9:00 am - 7:00 pm
Tuesday	9:00 am - 7:00 pm
Wednesday	9:00 am - 7:00 pm
Thursday	9:00 am - 4:30 pm

#### Urgent Care Clinic

Weekday mornings between 9:00 - 10:00 am

Our urgent care clinic continues to provide services for recent or sudden onset of an illness such as a sore throat, cough, rash, fever or minor injuries. The clinic is available to anyone on a first come first serve basis.

### ON THE HORIZON . . . GUYS IN THE KITCHEN RETURNS



#### Calling all men:

"Guys in the Kitchen" is back by popular demand! This group is a cooking and nutrition education group just for men. Tasty heart-healthy meals and snacks will be prepared and enjoyed at the Community Health Centre with a Registered Dietitian.

We will also discuss hot topics in nutrition, menu planning, how to adapt recipes and how to read food labels and ingredient lists.



Come prepared to chop, bake, taste, and meet new people each month. Four sessions will be held in the fall on the 3rd Wednesday of each month from 10:00 am - 12:30 pm. Starts September 17th.

New members are always welcome.

Contact Krystal for more information or to register.



### ON THE HORIZON . . . YOGA AS THERAPY



What makes yoga therapy different from other yoga classes?

According to Jill Dunkley instructor, "yoga therapy is the art and science of adapting yoga postures, breath practices, guided visualizations, relaxation and meditation techniques to the specific needs of the individual to allow them greater access to their own capacity for healing and happiness." Jill stresses that the goal is to empower the individual to take control of their own health rather than to "fix" them.

Yoga therapy is particularly effective in helping individuals to: become physically stronger; improve sleep; manage stress; cope with anxiety and depression; increase energy; make lifestyle changes and address negative thoughts and behaviours.

Sherry Baltzer, our social worker, started the Health Centre's yoga program three years ago in response to the community's interest in different programs for coping with depression and persistent health concerns.

This past winter, Sherry and Jill offered a special class for Seasonal Affective Disorder

(SAD) at the Centre. "This class was very popular given the prevalence of SAD in our northern climate". One participant of this program said "I am happier, calmer, and feel better about life in general."

Another said "the deep breathing and exercises have lessened my anxiety and depression and have helped me cope in this exceedingly stressful winter."

Two 10-week yoga sessions will be offered in the fall starting in October. Call Sherry for details.



#### JOIN THE LANARK WALKING GROUP!

Meets every Tuesday at the North Lanark County Community Health Centre, 207 Robertson Drive, Lanark. 9:00-10:00am followed by refreshments.

Rain or shine.

