



Get Up! Get Out! Get Active!
Fitness classes for Seniors and Older Adults

Trained community volunteers lead weekly fitness activities.

Mondays 9:30-10:30 am: Medium-to-high mobility class at Middleville Hall

Wednesdays 9:30-10:30 am: Medium-to-high mobility class at the United Church Hall in Lanark

Wednesdays 1:30-2:30 pm: Low to medium mobility class at the North Lanark Community Health Centre

Thursdays 9:30-10:30 am: Medium-to-high mobility classes at three locations: Middleville Hall; Watson's Corners Hall; and Ferguson's Falls Hall.



Call Kara

Get W.I.T.H. It
(Walking in the Halls)

"Get WITH It" is supported through the co-operative efforts of Maple Grove Public School, the Township of Lanark Highlands, the Active Seniors' Coalition, the North Lanark Community Health Centre, Community Home Support-Lanark County, the Ottawa Heart Institute and the Leeds, Grenville and Lanark District Health Unit.

Come walk in the halls of Maple Grove School in Lanark Village. Choose a light, moderate or vigorous walking route. Drop-In.

Monday and Wednesday evenings 5:30-7:30 pm Oct.19-March 11

Call Kara

Active Seniors Koalition (ASK) of Lanark Highlands

ASK is supported through the co-operative efforts of the Township of Lanark Highlands, the North Lanark Community Health Centre, Community Home Support-Lanark County and the Leeds, Grenville and Lanark District Health Unit.

Line Dancing: Every Thursday at 11:00 am at the Middleville Community Centre. Every Tuesday at the Ferguson's Falls Hall. \$32.00 for 8 weeks or \$5.00 per class

Shuffleboard & Brown Bag Lunch: Every Thursday 11:00-3:00 at the Watson's Corners Community Centre. \$3.00 per session.

Wii Bowling: Every Friday 10:00-noon at MERA and the 3rd Monday of every month from 11:00-2:00 at the Ferguson's Falls Hall.



Call Linda at 613-259-5447 for details.

Call Kara at 613-259-2182 if your participation in these activities is limited or not possible because of your financial situation.

Healthy Weight Group

This 8-week support group is for people who are interested in achieving and maintaining a healthy weight through good nutrition and healthy lifestyle choices. Meets every other Tuesday

Nov. 10th, 5:00-6:00 pm

Call Ronit or Karina



Single Parenting Saturday Support Group

Mutual support, topics of interest, resources, friendship and healthy snacks.

Oct. 17, Nov. 14, Dec. 12, Jan. 9, Jan. 23

30 Bennett St. Carleton Place
Call Maggie

Living a Healthy Life - a 6-week self-management series for people with persistent health concerns

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.

Dates to be announced
Call Kara for details

Growing Together Through Yoga

For adults who are recovering from an illness or injury and/or for adults with persistent health concerns such as chronic pain, arthritis, depression, anxiety, asthma, etc.

Thurs. mornings, Oct. 1st - Dec. 3rd
Call Sherry

Healthy Holiday Baking

Learn and bake together using simple tips to make your favourite holiday recipes healthier.

Wed. Dec. 9th, 9:30-noon

Call Ronit or Karina



North Lanark Community Health Centre

A part of Lanark Health and Community Services

207 Robertson Drive, Lanark, ON www.northlanarkchc.on.ca Phone: 613-259-2182

ON THE HORIZON...HEALTHY ORGANIZATIONS: HEALTHY COMMUNITIES



Today, we know a lot about what makes us healthy and happy. We

know that our genetic inheritance at birth will affect our health, and that eating well and staying fit are important too. We also know the benefits of regular health check-ups for early detection and management of illness and disease. Having supportive friends and family, an adequate income and safe, secure and affordable shelter are also important influences on our health.

At the North Lanark Community Health Centre we:

- * bring together doctors, nurse practitioners, nurses, dietitians, social workers, health promoters, community developers, lung health and foot care specialists and other professionals to make sure that an individual sees the right professional at the right time for their needs;
- * offer a wide range of programs and services to meet the unique needs and interests of citizens in our community (see the back two pages for a full list of our fall programs);

- * work with an elected Board of Directors and community volunteers to ensure that we have a strong connection to the community and that our programs and services reflect the needs of the community; and

- * partner with other community groups and organizations to address deeper-seated issues and remove barriers that prevent people from achieving their optimal health and well-being - whether that be from a lack of: access to transportation; work and/or educational opportunities; affordable housing; or supportive friends or family.

Just as we try to support individuals to attain their best possible health and well-being, so to do we strive to create and sustain a healthy organization. Every three years we participate in an accreditation process for Ontario's Community Health Centres, designed in cooperation with the Ontario Ministry of Health, called "Building Healthier Organizations". This process: provides an objective measure of our Health Centre's performance; promotes continuous quality improvement; and identifies and shares examples of excellence with other organizations.



FALL 2009

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For one week, a team of accreditation reviewers will be located at the North Lanark CHC to assess all aspects of our organization including: how all the systems within our organization work together to help us serve clients and the community; how our mission is translated into programs and services for individuals and groups; how we address key issues of importance to service delivery (including accessibility, assessment, coordination and evaluation); how we respond to and advocate for our community; and how we work with other community partners. Our 4th accreditation review will be in November 2009 and follows three successful reviews in 2000, 2003, 2006. These were valuable learning experiences to our continued growth and commitment to best practice. (Watch for more info in our January newsletter.)

All Health Centre programs are free and all members of the community are welcome

Phone 613-259-2182 to register or for more information

Our Hours of Service are:

Monday	8:00 am - 7:00 pm
Tuesday	8:00 am - 7:00 pm
Wednesday	8:00 am - 7:00 pm
Thursday	8:00 am - 4:30 pm
Friday	8:00 am - 4:30 pm

Urgent Care Clinic - Open to All
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, whether you are a client or not, on a first-come first-serve basis.

ON THE HORIZON . . . MIX AND MATCH SCHOOL LUNCH IDEAS

It's that time of year again. Kids are going back to school, and it's time for you to start packing school lunches. Are you running out of ideas? Do your kids complain about not being able to take peanut butter sandwiches to school? A great lunch should be nutritious, economical, easy and fast to prepare, **AND** you want your kids to eat it!

Involving your kids in the lunch making process is a good idea. One way to do this is for your kids to help choose what they want to eat. So, have your child pick one food from each of the columns of the *Cool Lunch Guide* below. Mix and Match for a delicious, healthy and 'cool' lunch for your kids and for you!

Cool Lunch Guide

Start with the Grain:

- Whole-wheat bagel
- Whole-wheat pita or tortilla
- Whole-wheat bread



- Whole-wheat pasta
- Brown Rice
- Whole-wheat English muffin
- Whole-wheat crackers

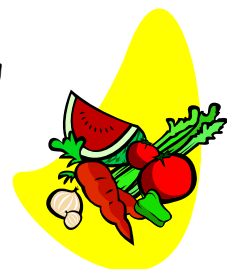
For the top, in between, or on the side, add:

- Low fat cheese (shredded, cubed, sliced, cottage)
- Luncheon meat
- Peanut butter
- Hard-boiled egg
- Leftover chicken or turkey (skin removed)
- Canned fish (tuna, salmon)



Add something unique

- Carrots
- Celery
- Peppers
- Cucumbers
- Broccoli
- Cauliflower
- Apple
- Pear



- Oranges
- Blueberries
- Bananas
- Seeds/Nuts
- Salsa



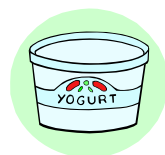
Satisfy your thirst with....

- Water
- Skim, 1% or 2% milk or chocolate milk
- 100% fruit or vegetable juice
- Low fat yogurt and fruit shakes



Finish it off with....

- Low fat yogurt for eating or dipping fruit or vegetables
- Whole-grain cereal bar
- Canned fruit (no added sugar or syrup)
- Squares (date, cereal....)
- Raisins
- Cookies (oatmeal, raisin)



Adapted from: Health Canada. *The Healthy Lunch Checklist*. www.summeractive.ca

NEED HELP ACCESSING FOOD???

For some families and individuals, accessing safe, healthy food can be very hard. If you or anyone you know needs help accessing food, here are some organizations that can help:

Lanark Highlands Food Pantry, St Andrews United Church, Clarence Street, Lanark. Phone 613-259-3285. Open Tuesday and Thursday 1:00 - 4:00 pm

Perth and District Food Bank, 91 Drummond Street West, Perth (next to Mahon Pools). Phone 613-267-6428. Open Monday and Friday 1:00-3:00 pm and Wednesday 5:00 - 7:00 pm

Salvation Army Family Centre Lunch and Supper Program, 40 North Street, Perth. Phone 613-267-4652. Lunch Monday - Friday 11:00am - 12:30pm and Sunday soup and sandwiches 5:30 - 6:30pm. All welcome. Voucher program for local grocery stores.


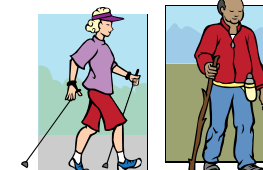



Youth Action Kommittee (YAK) 1 Sherbrooke Street East Perth. Phone 613-264-8381. Open to all youth ages 12 to 18. Participants are welcome to use food that is available in the kitchen to create a meal on their own. Open Monday - Friday 3:00 - 9:00 pm

First Baptist Church Monthly Dinner, 17 D'Arcy Street Perth. 613-267-2023 (call ahead)

St. James Anglican Church Monthly Dinner, 12 Harvey Street, Perth, 267-1163 (call ahead)



ON THE HORIZON . . . OUR PROGRAMS IN A NUTSHELL

<p>Cooking on a Dime</p> <p>For adults who would like to learn about cooking affordable and healthy food on a budget.</p> <p>Come cook, learn and eat together.</p> <p>Wed. October 7th, 10:00-1:00</p> <p>Call Ronit or Karina</p>	<p>Changing by Choice</p> <p>A 6-week supportive group and program to help people as they quit smoking.</p> <p>Open to both men and women.</p> <p>Next session starts in Sept</p> <p>Call Martha</p> 	<p>Cervical Screening (PAP) Clinic</p> <p>Women under 70 years of age are encouraged to have an annual cervical screening (PAP) test.</p> <p>Monday, Oct. 5th, 3:00-7:00pm</p> <p>Call reception to book an appointment</p>
<p>Lanark Highlands Walking Group</p> <p>For adults and seniors who are interested in walking outdoors in a social setting. Rain or Shine. Guest speakers or field trips on the second Tuesday of most months. Drop-In.</p> <p>Tuesday 9:00-10:00 am</p> <p>Call Kara</p> 	<p>Mindfulness Based Stress Reduction</p> <p>For adults who are interested in making changes related to the stress and anxiety in their lives.</p> <p>Information session: Monday, Sept. 21 6:00-7:30</p> <p>Program runs 8 consecutive Mondays starting Oct 19-Dec 7; 6:00-8:30</p> <p>Call Kara</p> 	<p>Guys in the Kitchen</p> <p>For men who want to improve their cooking and meal planning skills in a fun, social and supportive environment.</p> <p>Wed. Oct. 14th 9:30-12:30</p> <p>Wed. Nov. 18th, 10:00-1:00</p> <p>Wed. Dec. 16th, 10:00-1:00</p> <p>Call Ronit</p> 
<p>Ruby Tuesdays Group for Women</p> <p>For women who are feeling lonely, depressed, alone or isolated.</p> <p>Meets every other Tuesday starting Sept. 29-Dec. 8 and Jan. 12-June 2; 1:00-3:00 pm</p> <p>Call Sherry</p>	<p>Healthy Active Kids After School Program</p> <p>Children and youth in grades 2-8 are welcome to participate in this free, fun, recreation program.</p> <p>Next session starts the end of September</p> <p>Call Martha</p> 	<p>Diabetes and You - What You Want to Know</p> <p>This informative, interactive, fun program will provide you practical information about meal planning, shopping, medications, and more.</p> <p>The following Wednesdays from 6:00-7:30pm: Sept. 23, Oct. 28, Nov. 25 and Dec. 16</p> <p>Call Lori or Ronit</p>

 All Health Centre programs are free and all members of the community are welcome. Phone 613-259-2182 to register or for more information

 Our programs are supported by community volunteers. If you are interested in volunteering at the Health Centre, please contact Kara **VOLUNTEERS MAKE IT HAPPEN!**