



North Lanark Community Health Centre

A part of Lanark Health and Community Services



WINTER 2010

207 Robertson Drive, Lanark, ON

www.northlanarkchc.on.ca

Phone: 613-259-2182

1-866-762-0496

ON THE HORIZON... TWO NEW PROGRAMS FOR PARENTS OF CHILDREN 0-6

Easing Into Parenting of Children 0-6

Many new parents soon realize that parenting is not as easy as they had expected or hoped. The change in lifestyle often puts a great deal of stress on both parents and on the couple relationship. It can be tough to put your own needs on the back burner in order to care for the new little person(s) in your life.

A three week workshop series will be offered to interested couples through the Healthy Young Families Program of the North Lanark CHC. The workshops are designed to help parents work as a team to support and appreciate one another as they adjust to their new roles and expectations. We will look at issues such as: how to get more sleep; how to be more patient; how to get the chores done; and how to have more fun parenting while leaving more time for yourself and a healthy relationship. Couples will not be expected to share any of their personal stories but will be free to ask questions. The workshops will be scheduled for two hours in the evening once a week.

Healthy Relationships for Parents with Young Children

The separation and divorce rate in Lanark County is close to 50%. There are several possible reasons. We are not taught about: what to expect in a long term relationship; how to talk about our wishes and needs; how to support one another; and how to keep fun in the relationship once we become parents.

A four week workshop series will be offered to interested couples through the Healthy Young Families Program of the North Lanark CHC. The workshops will help couples better understand what happens in relationships and teach skills that will make their relationship more likely to succeed. Couples will not be expected to share any of their personal stories but will be free to ask questions. The workshops will be scheduled for two hours in the evening once a week.

These two workshops will be offered this year. One will be offered in the Spring and one will be offered in the Fall in either Perth, Lanark or Carleton Place depending on interest. Please call Maggie at 613-259-2182 or 1-866-762-0496 if you are interested in either workshop.

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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...NOVEMBER WAS A BUSY MONTH AT THE HEALTH CENTRE



If you visited us in November, you may have noticed a different energy coming from the staff -

excitement; exhaustion; anticipation; enthusiasm; edginess; jubilation. You name it! We had it! So what happened to make November so special? Read on to find out about our "notable events"...

The CHC hosted the annual Township of Lanark Highlands Small Business Awards Reception and Mayor Bob Fletcher presented the Health Centre with the Social Responsibility Award. Fletcher said "The centre has taken a strong leadership role in the life of the municipality, and has reached out to partner with many other agencies".

In response to H1N1 Flu concerns, the CHC was designated as an "Alternative Treatment and Referral Centre" for people experiencing flu-like illness. For three weeks, we worked closely with local hospitals, the LGL District Health Unit and neighbouring Community Health Centres to coordinate a community response to H1N1. We were open for extended hours in the evenings and on weekends, and assisted anyone in the community who was experiencing flu-like symptoms. We provided assessments, advice on self-care at home, free antiviral treatment and referral to hospital as needed. This

provided relief to emergency facilities at area hospitals.

At the same time, we were also very busy on the prevention side! We were active partners in delivering the vaccination campaign lead by the LGL District Health Unit. Our two vaccination clinics for clients resulted in almost 1000 people receiving the H1N1 Flu Vaccine in November!

While all of this was happening at the Centre, many of our programs had to be relocated to other community venues or temporarily postponed. We greatly appreciated the patience and understanding of our clients and community during this time, as some of our regular work was rescheduled or relocated to accommodate our efforts to prevent the spread of the flu.

Special thanks go to the following organizations who welcomed our programs without hesitation: Lanark and District Civitan Club; Lanark Landing; Lanark Legion; Ferguson's Falls Hall; and St. Andrew's United Church.

To close off the month, we hosted a team of three accreditation reviewers who came to assess all aspects of our organization. Following three successful reviews in 2000, 2003 and 2006, our review in 2009 was the best yet! While the final report has yet to be released, the preliminary report shows that we have achieved excellence/innovations in a number of areas including: Board Establishment

and Operations; Leadership and Planning; Accessibility; Client-Centred Approach; Continuity and Coordination of Programs and Services; Volunteers; and Research.

With all of these notable events happening in November, we're wondering what's in-store for us in the coming months.



Many thanks to Mary Gilmour for her dedication and commitment to the Board of Directors of Lanark Health

and Community Services. Mary has stepped down from her role as Chair and is now fulfilling the Past Chair position. We welcome Jean Dunning to her new board role as Chair.

Our webpage has recently gone through extensive renovations. Please check it out at:
www.northlanarkkchc.on.ca



Although the surge of flu-like illness seems to have calmed, it is still important to continue to practice prevention measures - wash your hands and cover your cough! And, if you experience flu-like symptoms (fever with a cough, sore throat and aching muscles), stay home from work or school and call your family doctor for advice.

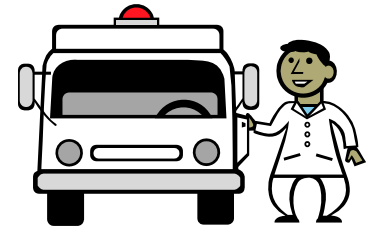
ON THE HORIZON . . . NEW BUILDING ON THE BLOCK

On October 17th, the County of Lanark, the Township of Lanark Highlands and the North Lanark CHC celebrated the opening of the new ambulance station adjacent to the CHC.





The location of the station in the Highlands and the 24/7

emergency response vehicle have gone a long way to improving ambulance response times.

We applaud the successful collaboration between Lanark Health and Community Services and the County of Lanark.



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>Thurs. May 13th, 9:30am - 12:30pm</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>Starting the first week of February 2010</p> <p>Call Martha</p> 	<p>Ruby Tuesdays Group for Women</p> <p>For women who are feeling lonely, depressed, alone or isolated.</p> <p>Every other Tuesday</p> <p>Jan. 12-June 29</p> <p>1:00-3:00 pm</p> <p>Call Sherry</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 third Tuesday of most months. Drop-In.</p> <p>Tuesdays 9:00-11:00 am</p> <p>Call Hinda</p> 	<p>International Women's Day</p> <p>All mothers, daughters, sisters . . .</p> <p>Come celebrate International Women's Day</p> <p>Friday March 5th</p> <p>10:00 - noon Yoga Workshop</p> <p>12:00 - 1:00 pm Potluck Lunch</p> <p>Join us for either or both and bring a dish if you wish.</p> <p>Call Hinda to register for Yoga Workshop</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. Feb. 3rd 9:00 - noon</p> <p>Wed. Feb. 24th 9:00 - noon</p> <p>March-June: To be determined</p> <p>Call Reception to register</p> 

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

Phone 613-259-2182 or 1-866-762-0496 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!



ON THE HORIZON . . . OUR PROGRAMS IN A NUTSHELL

<p>Get Up! Get Out! Get Active! Fitness classes for Seniors and Older Adults</p> <p>Trained community volunteers lead weekly fitness classes.</p> <p>Mondays 9:30-10:30 am: Medium-to-high mobility class at Middleville Hall</p> <p>Wednesdays 9:30-10:30 am: Medium-to-high mobility class at the United Church Hall in Lanark</p> <p>Wednesdays 1:30-2:30 pm: Low-to-medium mobility class at the North Lanark Community Health Centre</p> <p>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.</p> <p>Call Kara</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</p> <p>January 27th How to Beat the Winter Blues</p> <p>February 24th Heart Health and Wii Fit Demo</p> <p>March 31st Yoga Fitness and Nutrition Month</p> <p>April 28th Medications Q and A</p> <p>May 26th Eye Health</p> <p>June 16th Summer Outing - TBA</p> <p>Contact Ronit or Lori</p>	<p>Single Parenting Saturday Support Group</p> <p>Mutual support, topics of interest, resources, friendship and healthy snacks.</p> <p>Saturdays: Jan. 23, Feb. 20, March 20, April 17, May 1 & 29 and June 12; from 1:00 - 4:00 pm</p> <p>30 Bennett St. Carleton Place</p> <p>Call Maggie</p> <hr/> <p>Living a Healthy Life</p> <p>A 6-week self-management series for people with persistent health concerns</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>Dates to be announced</p> <p>Call Kara for details</p>
<p>Get W.I.T.H. It (Walking in the Halls)</p> <p><i>"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.</i></p> <p>Come walk in the halls of Maple Grove School in Lanark Village. Choose a light, moderate or vigorous walking route. Drop-In.</p> <p>Monday and Wednesday evenings 5:30-7:30 pm until March 11th</p> <p>Call Kara</p>	<p>Celebrating Food</p> <p>March is nutrition month. Come and "Celebrate Food" by learning how to cook a variety of international dishes.</p> <p>Wed. March 3rd 9:00-11:30 am</p> <p>Call Karina or Ronit</p>  <hr/> <p>Making Your Own Baby Food</p> <p>Come to discuss feeding your baby, introducing solid foods, and how to make your own baby food.</p> <p>Wednesday Feb. 17th, 10:00-11:30am at North Lanark CHC, Lanark</p> <p>Wednesday Feb. 24th, 10:00-11:30am at 30 Bennett Street, Carleton Place</p> <p>Call Karina</p> 	<p>Families Get Together</p> <p>Do you have children aged six to nine years old? Are you interested in having a healthy lifestyle for your family? Join us for our new family-based program that promotes healthy eating, physical activity, healthy cooking, healthy weight and positive self-esteem.</p> <p>You and your child(ren) aged 6 - 9 come together to enjoy a fun-filled and active program, including cooking and eating together.</p> <p>Tuesdays 5:00-7:00 pm March 30th—May 11th</p> <p>Call Hinda for more information or to register</p> 



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