



North Lanark Community Health Centre

A part of Lanark Health and Community Services



WINTER/SPRING 2009

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

ON THE HORIZON . . . HEALTHY AGING AT HOME

The last few generations of older adults have had many benefits from improved health care, education and economic growth. Life expectancy has increased for both men and women - averaging over 79 years of age.

Aging of our population is one of Canada's main social issues. A century ago, infectious and parasitic diseases were the primary causes of death. Today, these have been replaced by cardiovascular disease, cancer and chronic conditions.

The result is an increase in health care costs and demand for services to care for our aging population.

To address this, the Champlain Local Health Integration Network (LHIN) and the Ontario Ministry of Health and Long-Term Care have announced funding which will help older Canadians remain healthy and independent well into their senior years.

The North Lanark Community Health Centre has received funding for three initiatives aimed at: engaging seniors and older

adults in active lifestyles through social recreation and exercise programs; maintaining functional fitness and emotional/mental well-being in the senior population; and reducing the decline in health in the frail elderly.

Our Senior's Primary Care Nurse Initiative will: coordinate care for the frail elderly with dementia and/or mental health issues and the frail elderly at risk. Through case management, health assessments, continence management, falls assessments, referrals to other agencies, risk screening and home visits, care for this population will be more comprehensive and focused.

Get Up! Get Out! Get Active! is a free weekly exercise program for seniors and older adults. Through the "Aging at Home" funding, we are able to expand this program and increase the number of community volunteers trained to lead fitness classes.

The Ferguson's Falls Community Hall is the first location to be added! See the back page for times and locations.

The Active Seniors Koalition (ASK), is a co-operative effort between 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, that helps seniors across north Lanark access fun, affordable, social recreation activities close to home.

See the back page for current list of activities.

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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.

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

ON THE HORIZON . . . NEED HELP ACCESSING FOOD?



Food security exists when an individual or a household lives without hunger - where food is readily available or easily accessible. Unfortunately, food security is not a reality for all households in most communities, and our community is no exception. For some families and individuals, accessing safe, healthy food can be extremely difficult. 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 613-259-3380. Open Tues and Thurs 1:00 - 4:00 pm

Lanark County Food Bank, 5 Allan Street Carleton Place. Phone 613-257-8546. Open Monday to Friday 9:00am - 1:00pm.

Perth and District Food Bank, 91 Drummond Street West, Perth. Phone 613-267-6428. Open Tues, Thurs and Fri 1:00 - 3:00pm and Wed 7:00 - 9:00pm

If you have access to a phone, call the following organizations before dropping in:

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

Youth Action Committee (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 4:30 - 9:00pm

First Baptist Church Monthly Dinner, 17 D'Arcy Street Perth. Last Saturday of every month from 4:30 - 6:00pm 613-267-2023 (call ahead) (not in summer months)

St. James Anglican Church, 12 Harvey Street, Perth, 267-1163. Second Saturday of every month. January-May 4:30-6:00 pm

HEALTHY RECIPE MAKEOVERS

Are you one of the many Canadians who is trying to make healthier choices but feel defeated when you meet a double fudge brownie? Don't despair. Here are some simple tricks to improve the nutrition of your family's favourite treats without sacrificing flavour or texture.

Reduce the sugar: In most baking recipes, you can replace half the sugar with artificial sweetener (i.e. Splenda). Not fussy about artificial sweetener? Try cutting the sugar by one quarter, the recipe should still turn out.

Reduce the fat: In most baking recipes you can cut the fatty ingredient (butter, margarine, shortening or oil) by half. You will need to replace the fat with a moist (but healthy) ingredient. Choose an ingredient that will complement the recipes. Some healthy moist substitutions include low-fat yogurt, fat-free sour cream, applesauce and other fruit or vegetable purées, strong coffee, low-fat buttermilk.

Boost the fibre: For most baked goods (muffins, cakes, cookies, coffee cakes, brownies, nut breads, etc.) you can usually substitute whole-wheat flour for half of the white flour.

Reduce the number of eggs: You can replace half of the eggs in your baking recipes with egg substitute or egg whites. Replace each large egg with one quarter cup of egg substitute or two egg whites.



Healthy Winter Quiche

- 1 cup cooked, chopped ham 3 cups raw spinach
 - 1 Tbs. olive oil 1/4 cup onion, chopped
 - 1 tsp. minced garlic 1 cup low fat milk (ie skim or 1%)
 - 3 eggs whites (or 1/2 cup egg substitute)
 - 2 eggs Salt and pepper
 - 1/3 cup low-fat sharp cheddar cheese (medium or old)
 - 2/3 cup partially-skimmed mozzarella cheese
1. Heat olive oil and garlic in large skillet over med/high heat.
 2. Add onions and spinach, sauté until leaves are wilted.
 3. Place in baking dish. (No need to grease or spray dish, olive oil from cooked spinach will coat the bottom)
 4. Top with ham and cheeses.
 5. In separate dish whisk eggs, milk, and dashes of salt and pepper together.
 6. Pour egg mixture over ham and cheeses.
 7. Bake, uncovered at 350 degrees for 40 min.

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 on a first come first serve basis.