



North Lanark Community Health Centre

A part of Lanark Health and Community Services

613-259-2182 or 1-866-762-0496 www.nlchc.on.ca

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Winter 2011

Community Health Centres (CHCs)...

A Model For Health Care Whose Time Has Come!

Community Health Centres (CHCs) have been around for over 40 years...and they've always been a little ahead of the times. They were inspired by the ideas of Tommy Douglas' original vision for Medicare. The hope was that, as it evolved, our healthcare system would focus more on keeping people well – not just treating them when they got sick.

It's been a tough road getting the healthcare system as a whole to make this shift, but Community Health Centres have a proven track record of being able to make this shift and have put many of Douglas' ideas into action.

What makes CHCs unique?

There are 73 Community Health Centres (CHCs) in Ontario today, and they are the only primary healthcare model that combines primary healthcare services with **health promotion and community development services**. While **inter-professional teams** respond to people's individual health issues, they also create programs and services that address the broader health needs of the people and communities they serve.

CHCs are also the only primary care in Ontario that focus on the **root causes** of what makes people and communities more likely to be healthy or to have ill health. This work is accomplished through **active partnerships** with others, that make the most effective and efficient use of human and financial resources. At our CHC, the very **high level of engagement and commitment from the local community** – from volunteers, community-based organizations, local government, and other health and social service organizations – is

what enables us to offer such a wide range of programs and services to the community.

Recent research has shown that Ontario's Community Health Centres are the **most effective** model of primary health care for **connecting or providing service to populations who face barriers** to accessing care or those whose living circumstances leave them vulnerable to poor health. The rural nature of north Lanark, which drew many of us to this area, also places our population at increased risk because of isolation, lack of transportation, limited incomes and fewer job and education opportunities.

Like all other CHCs across the province, we are governed by a board of directors drawn from **local community members, clients, and civil society leaders**. **Local governance** ensures that the provision of health services and programs is oriented towards the specific needs identified by the community.

As with other CHCs, we receive our funding from the Ontario Ministry of Health and Long Term Care through the Local Health Integration Network. Fundraising (through grant writing, private donations, and private and public foundations ie the Heart and Stroke Foundation and the Ontario Trillium Foundation) and hundreds of volunteer hours supplement and enhance our programs.

To find out more about our programs and services, visit our website at www.northlanarkchc.on.ca or phone 613-259-2182 or 1-866-762-0496. You do not have to be a client of the Health Centre to access our programs. All our programs are free. All members of the community are welcome.



We are pleased to announce that the Ontario Trillium Foundation, an agency of the government of Ontario, has awarded the North Lanark CHC with \$62,500 over a two year period to build, enhance and sustain physical activity programs for seniors in communities across rural north Lanark. Stay tuned for more information about this collaborative effort between the North Lanark CHC, the Township of Lanark Highlands, the Active Seniors Coalition and Lanark Transportation Association.

Contact Kara for more information.

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We have an Urgent Care Clinic - Open to All

Every Weekday Morning 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...Our Winter/Spring 2011

<p align="center">Fun and Fitness</p> <p align="center">Exercise Classes for Seniors and Older Adults</p> <p>Trained community volunteers lead weekly hour-long exercises to help you get in shape or keep in shape.</p> <p>Mondays 9:30-10:30 am: Higher mobility class at Middleville Hall</p> <p>Tuesdays 9:30-10:30 am: Higher mobility class at MERA Schoolhouse in McDonald's Corners</p> <p>Wednesdays 9:30-10:30 am: Higher mobility class at the United Church Hall in Lanark</p> <p>Wednesdays 1:30-2:30 pm: Lower mobility class at the North Lanark Community Health Centre—for people who use a walking support such as chair, cane, walker or who are recovering from injury or illness.</p> <p>Thursdays 9:30-10:30 am: Higher mobility classes at two locations: Middleville Hall and Ferguson's Falls Hall.</p> <p>Drop-in.</p> <p>Call Kara.</p> 	<p align="center">International Women's Day</p> <p>All mothers, daughters, sisters . . . Come celebrate International Women's Day</p> <p>Friday March 4th</p> <p>10:00 - 11:30 am Yoga Workshop</p> <p>12:00 – 1:00 pm Potluck Lunch Join us for either or both and bring a dish if you wish.</p> <p>Call Hinda. Registration Required.</p>	<p align="center">Single Parenting Saturday</p> <p>Mutual support, topics of interest and healthy snacks. Childcare available.</p> <p>Saturdays: January 15, February 12, April 16, May 14 and June 18</p> <p>1:00 - 4:00 pm</p> <p>30 Bennett St. Carleton Place</p> <p>Call Maggie. Registration Required.</p>
<p align="center">Get W.I.T.H. It (Walking in the Halls)</p> <p>Come walk in the halls of Maple Grove School in Lanark Village. Choose a light, moderate or vigorous walking route.</p> <p>Monday and Wednesday evenings</p> <p>5:30-7:30 pm</p> <p>January 10—March 9</p> <p>Drop In.</p> <p>Call Kara.</p> 	<p align="center">Mindfulness Based Stress Reduction For Parents of Children 0-6</p> <p>This 8 week program is for parents of children 0-6 who want to make changes related to the stress and anxiety in their lives. Learn new tools to help you cope with the stress in your life and your reactions to stress.</p> <p>Starting February/March 2011 in Carleton Place</p> <p>Call Hinda or June Kvamme.</p> <p>Registration Required.</p> <p>Childcare available.</p> 	<p align="center">Hold Me</p> <p align="center">A Relationship Education Program for Children 0-6</p> <p>An 8 session program based on the book Tight: Seven Conversations for Children by Sue Johnson. The program works to promote positive interactions that promote feelings of isolation.</p> <p>February 2011 Carleton Place</p>
<p align="center">Lanark Highlands Walking Group</p> <p>For adults and seniors who are interested in walking outdoors in a social setting. Year round. Rain or shine. Every Tuesday 9:00 -11:00 am.</p> <p>Guest speakers or field trips most months. Meet at the Health Centre</p> <p>January 25th —Nutrition and Exercise: Key Players Through The Darkness of Winter</p> <p>February 15th —Answers to Your Questions About Hearing Health Care</p> <p>April 26th—Roots of Empathy</p> <p>May 17th —Is it Asthma or COPD (Chronic Obstructive Pulmonary Disease)?</p> <p>June 21st—Breathe with Purpose</p> <p>July—Field Trip: Silver Queen Mine at Murphy's Point Provincial Park</p> <p>Meet at the Centre.</p> <p>Drop-in</p> 	<p align="center">Expressions for Women</p> <p>This weekly program is offered by the Mental Health Support Project for women to get together for companionship and creative arts expression.</p> <p>Every Thursday afternoon</p> <p>1:00-4:00 pm</p> <p>Drop-in.</p> <p>Call Sulyn.</p> 	<p align="center">Ruby Tuesdays Group</p> <p>For women who are feeling lonely or isolated. Ruby Tuesdays is a place for support and exchange ideas</p> <p>Every other Tuesday starting</p> <p>January 11 1:00-3:00 pm</p> <p>Call Sherry. Registration Required.</p>
<p align="center">Growing Together Through Yoga</p> <p>This ten week gentle Yoga practice is for adults who are recovering from an illness or injury or who have a persistent health concern such as arthritis, depression, fibromyalgia or other.</p> <p>Thursdays, starting end of January or beginning of February</p> <p>2 classes: 9:00-10:30 am or 10:30-noon</p> <p>Call Sherry. Registration Required.</p> 	<p align="center">Living a Healthier Life</p> <p>This 6-week self-management program is for people with persistent health concerns to become active self-managers; set goals for themselves; handle difficult emotional symptoms and side effects; and</p> <p>Spring 2011</p> <p>Call Kara .</p> <p>Registration Required.</p>	



<p>Friday Support Group</p> <p>Interest, resources, friendship available.</p> <p>Friday 12, March 12,</p>  <p>Registration Required.</p>	<p>March is Nutrition Month</p> <p>Come learn and cook with us: Celebrate Food and Nutrition.</p> <p>Wednesday March 30; 10:00 am—1:00 pm</p> <p>Call Ronit or Karina.</p> <p>Registration Required.</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>Wednesdays from 10:00 am—1:00pm:</p> <p>February 9, March 23, April 13, May 25 and June 22</p> <p>Call Ronit.</p> <p>Registration Required.</p> 
<p>Group for Couples with 6-6 years</p> <p>Based on the book "Hold Me for a Lifetime of Love" by Dr. ... will help couples create ... promote trust and reduce ...</p>	<p>Cooking on a Dime</p> <p>For adults who would like to learn about cooking affordable and healthy dishes in a fun social environment.</p> <p>Come cook, learn and eat together.</p> <p>Wednesday May 18 10:00 am—1:00 pm</p> <p>Call Karina or Ronit.</p> <p>Registration Required.</p> 	<p>Sweet Talk</p> <p>Your Way to a Healthier You</p> <p>Join us in this informative and interactive program to learn and share ways for staying healthy and living well with diabetes.</p> <p>Winter/Spring 2011</p> <p>Call Lori or Ronit.</p> <p>Registration Required.</p> 
<p>Weight Loss Choice</p> <p>... and program is for people ... gain support from others. ...</p> 	<p>Healthy You</p> <p>This is not your typical weight loss program!</p> <p>Come and participate in a 12-week practical, hands-on program that will motivate, support and teach you the how-to on healthy eating and physical activity.</p> <p>June—August 2011.</p> <p>Call Ronit or Karina.</p> <p>Registration required.</p> 	<p>Pre-Diabetes Workshop</p> <p>This workshop is designed for people at high risk of developing diabetes and focuses on healthy eating and active living in an effort to promote heart health and prevent Type 2 diabetes.</p> <p>Diabetes ABC Program</p> <p>This program is designed to help people with Type 2 diabetes gain a better understanding about diabetes and maintaining good health.</p> <p>Offered in partnership with Rideau Valley Diabetes.</p> <p>Winter/Spring 2011</p>
<p>Support Group for Women</p> <p>Lonely, depressed, alone or ... positive place to share ...</p>  <p>Registration Required.</p>	<p>Making Your Own Baby Food</p> <p>For parents and caregivers of infants under 1 year who want to learn about feeding their baby, introducing solid foods and making their own baby food.</p> <p>February 2011</p> <p>Childcare available.</p> <p>Call Karina.</p> <p>Registration Required.</p> 	<p>Families Get Together</p> <p>Do you have children 6-9 years old? Are you interested in having a healthy lifestyle for your family? You and your children come together to enjoy an 8 week fun-filled, active program that promotes healthy eating, physical activity, cooking together, healthy weight and positive self-esteem.</p> <p>March 2011 in Carleton Place</p> <p>Call Karina. Registration Required.</p> <p>Childcare available for younger siblings.</p>
<p>Healthy Life</p> <p>... series is for people with ... learn how to: become an ... and make plans to achieve ...; manage your ... and much more.</p> 	<p>Feeding Your Picky Eater</p> <p>Come cook, share and learn about cooking fast, affordable and nutritious meals that your picky child will eat.</p> <p>Wednesday April 27 10:00 am—1:00 pm</p> <p>Childcare available.</p> <p>Call Karina.</p> <p>Registration Required.</p> 	<p>All of our programs are free and all members of the community are welcome.</p> <p>Phone 613-259-2182 or 1-866-762-0496 for more information or to register.</p> <p>Visit our website for more information www.northlanarkkchc.on.ca</p>

Congratulations and thanks to two remarkable volunteers ...



Barbara and Colin Sangster have recently been honoured as recipients of the “Lanark County Award of Excellence” for their contributions to health, volunteerism and community service.

Barbara and Colin have been actively involved with the North Lanark CHC since the 1990’s - Colin on the Board of Directors and Barbara as a weekly instructor of exercise classes for older adults and seniors. We are not the only ones to benefit from their community involvement, as this busy couple have also made significant volunteer contributions to the Canadian Cancer Society Lanark, Leeds and Grenville ; Dignity House Hospice; Lanark and District Civitan Club; the Anglican Parish of Maberly-Lanark; the Lanark Masonic Lodge and the Lanark County Quilters Guild.

Photo credit: Stephanie Gray

Roots of Empathy: Volunteer Instructor/Training Opportunity



Roots of Empathy (RoE) is an innovative classroom program which fosters the development of empathy in elementary school children. The heart of the program is a neighbourhood infant and parent, who visit a participating classroom once a month for the full school year, and who are accompanied by a trained and certified RoE Instructor. The RoE Instructor also visits the classroom before and after each family visit to prepare and reinforce teachings, using a specialized curriculum for the age group.

In the Fall of 2011 we will be training a volunteer instructor for the Roots of Empathy program at Maple Grove School.

Call Hinda or Kara if you are interested.

Taking Control...Over Your Bladder Health

Urinary Incontinence (UI), an involuntary loss of urine, is an issue that many people do not talk about. Children are praised and rewarded when they gain control of their bladders, but adults hide behind bathroom doors, use special products and home made remedies to catch urine and cover up accidents. Many people suffer in silence. The effects of UI are far reaching. It can have an impact on physical health, can increase social isolation, depression, stress, shame and embarrassment, and may be a financial burden. It is not a natural consequence of aging. It can be managed and treated.

How to take control over your bladder: It is important to look for the possible reasons you may be losing urine. Knowing what is causing UI will help to diagnose the type of UI you have and how to manage and treat it.

There are 5 types of urinary incontinence.

1. Urge: This causes symptoms of urgency and frequency which leads to a sudden desire to go to the toilet. This is often followed by an involuntary loss of urine. The feeling that you have to urinate can be triggered by

hearing or touching running water or drinking small amounts of fluids. Often there is little or no warning of the need to pass urine. This type of UI is sometimes referred to as having an overactive bladder.

2. Stress: Loss of urine occurs when you are sneezing, coughing, laughing, jumping, lifting, exercising or running. Pressure inside the abdomen increases with these activities and puts stress on the bladder. Pregnancy and constipation can also contribute to this kind of incontinence.

3. Overflow: Overflow occurs when the bladder does not completely empty. This is usually caused by an outlet obstruction such as an enlarged prostate or chronic constipation. The bladder fills in a shorter time. Other symptoms can include poor urinary stream, hesitancy, dribbling after urination and constant leakage.

4. Functional: This is caused by factors outside the bladder such as impaired mobility, visual impairment, lack of access to a bathroom, emotional and mental status, and medications. Due to these external

factors an individual may not reach the bathroom in time.

5. Mixed: A combination of stress and urge incontinence.

Getting Help: If you are experiencing incontinence it is time to take control. Take the next step and talk to your health care provider. The following websites provide good information on urinary incontinence.

The Canadian Continence Foundation:
www.continence-fdn.ca

National Association For Incontinence (NAFC):
www.nafc.org

Pelvic Muscle Exercise Education Program:
www.healthywomenaging.ca

Product Information and Making Choices:
www.incontinent.com

Take Control

“As women draw near the common goal, can anything be sadder

Than she who, mistress of her soul,
Is servant to her bladder.”

Anonymous

Active Seniors Koalition of Lanark Highlands (ASK) www.activeseniorslanark.ca

Line Dancing: Every Tuesday at Ferguson’s Falls Hall and every Thursday at Middleville Hall, 11:00—noon. \$32.00 for 8 weeks or \$5.00 per class

Shuffleboard & Brown Bag Lunch: Every Thursday at 10:30 am—3 pm at Watson’s Corners Community Centre. \$3.00 per session. Potluck lunch - last Thurs. of the month.

Drop-In Yoga: Every Thursday 7-8 pm at Tatlock Hall.
Call Michele 613-256-3453

Games Night: Every 2nd Friday starting January 14th 7:30—10 pm at Tatlock Hall

Drop-in—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 or other barriers.