

WHAT'S GOING ON AT THE HEALTH CENTRES AND IN THE COMMUNITY

FOR WHO	EVENT	LOCATION/TIME
CHILDREN TEENS SENIORS	Nurse Practitioner outreach based clinic for all students attending Opeongo High School.	Opeongo High School, every Tuesday morning.
	Good Neighbours	Friday mornings at the Cobden Civitan Hall, 40 Gould St. 10:00 am to noon.
	Bonnechere Day Program	Thursdays in Beachburg.
	Fun, Fit & Fully Alive—Fitness classes for older adults.	Call 613-582-3685 for a schedule and information.
EVERYONE	Nordic Walking	Caressant Care, 12 Wren St. Cobden, come in at the door to the left of the library. May 4, 11, 18, 25—6:00pm—7:30pm. Call 613-582-3685 for information. Space is limited to 12 participants.
	Diabetic Clinic	Call for dates and info, Beachburg office 613-582-3685, non-clients please call 613-732-3675 ext. 6151, PRH.
	Exercise Equipment	Call to book your orientation appointment or to find out more information. 613-582-3685
	Rough Waters	Every third Thurs of the month at our Beachburg office 1:30-3:30 pm.
	Change Your Mind	Every Tues starting April 13 for 10 weeks at the Cobden Civitan Hall, 40 Gould St. 1:30 pm to 3:00 pm.
SPECIAL EVENTS	Wellness Program—Aging Well	Coming soon, Mobile Geriatric Day Hospital team will be doing a community talk in Cobden. For information call our Beachburg site at 613-582-3685.

WE THANK OUR SPONSORS FOR THEIR SUPPORT

Conway's Pharmacy
60 Main St. Cobden 613-646-2717
251 Bridge St Eganville 613-628-2808

Beach-West Pharmacy
1858 Beachburg Road
Beachburg, ON K0J 1C0

Country Haven Retirement Home
Beachburg, ON 613-582-7021
Www.countryhavenretirementhome.com

Caressant Care
Cobden, On
Retirement & Nursing Home
613-646-2109
Www.caressantcare.com

Health Happenings

~ stories ~ news ~ events

WHITEWATER BROMLEY COMMUNITY HEALTH CENTRES
A PART OF LANARK HEALTH AND COMMUNITY SERVICES

COMING TO YOU SOON....MAY 1, 2010 WHITEWATER BROMLEY AND RAINBOW VALLEY HEALTH CENTRES NEWLY DEVELOPED WEIGHT MANAGEMENT PROGRAM

Weight related health issues are becoming a national health epidemic. According to the Heart and Stroke Foundation Annual Report on Canadians' Health, 50.2% of the population of Renfrew County is considered to be overweight or obese. This is a ratio of 1 out of every 2 persons in the County. In light of these statistics Whitewater Bromley Community Health Centers have developed a new Weight Management Program that will be available at all

sites. The program will specialize in the integration of proper nutrition, fitness and motivation in order to help clients in the pursuit of a healthy lifestyle. This program can be accessed both by self referral or referral from your Health Care Provider. For appointments call:

Whitewater Bromley Community Health Center—Beachburg – 613-582-3685 or Rainbow Valley—Killaloe - 613-757-0004.

"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not." James Gordon MD, Founder of the Center for Mind- Body Medicine

Are you willing to change?

Margaret Cliché, RN



VOLUME 4, ISSUE 1

SPECIAL POINTS OF INTEREST:

- Thank you to everyone for your patience during the Cobden building closure. See pg 2
- We now have exercise equipment available for public use. Please call 613-582-3685 for info. See pg 3
- Coming soon diabetic support group and weight management support group. See pg 1
- Variety of books can be signed out for your personal information, education and support.

WE'RE ON THE WEB

WWW.WBCHC.ON.CA

CHC COBDEN/BEACHBURG HOURS OF SERVICE

Beachburg 20 Robertson Drive	Cobden (Caressant Care) 12 Wren Dr.
Monday 8 am - 5:30 pm	Monday 8:30 am – 4:30 pm footcare am/blood pressure monitoring pm
Tuesday 8 am- 7:00 pm	
Wednesday 8 am- 6:30 pm	
Thursday 8 am – 5:30 pm	Thursday 8:30 am – 11:30 am bloodwork
Friday 8 am – 4 pm	

INSIDE THIS ISSUE:

HEALTHY MINDS	2
CHC COBDEN SITE UPDATE	2
DIABETES	3
FITNESS EQUIPMENT AVAILABLE	3
HEALTHY RECIPES	3
WHAT'S GOING ON....	4



Ray Parchelo, Social Worker

MIND-ING YOUR HEALTH

Spring reminds us its time for a new start and we have a proven resource to get you started in improving a number of physical and mental health concerns you may have. The resource is our CHC-sponsored learning program called **Change Your Mind** (CYM). We've been offering it for the past five years. Dozens of people living with depression, anxiety, panic attacks, chronic pain, diabetes, high blood pressure or any of a number of conditions report major improvements after completing the CYM program.

Change Your Mind

teaches skills called *mindfulness* - techniques for using your own natural ability to pay attention to your body and mind. CYM graduates tell us that, once the new habits and knowledge were incorporated into their lives, the benefits were immediate. People who have completed this and similar programs report greater tolerance for pain, new abilities to concentrate, less troublesome thinking, and a decreased likelihood for anxious or depressive periods. Many report reductions in or elimination of medications.

CYM consists of 10 weekly

two-hour sessions where social worker, Ray Parchelo teaches skills, provides learning exercises and helps you develop new habits in your life. **Change Your Mind** is a low-cost service of your Health Centre and will be held Tuesdays, 1.30-3.30, in Beachburg, starting April 13, 2010. (another group is scheduled for evenings in September) If you have questions or want to join the next group, contact Ray at 613-582-3685 or for a 30 minute assessment appointment.

Ray Parchelo is the Health Centre's Social Worker.



UPDATE ON THE WBCHC COBDEN SITE

The Whitewater Bromley Community Health Centre (CHC) Cobden site has been closed while it is being assessed for necessary repairs and renovations. The services have been moved to the Beachburg site at 20 Robertson Drive until the investigations or repairs are done.

We are very happy to announce that we have been able to temporarily relocate some of our services to **Caressant Care** in Cobden. We will be providing the following services by appointment at 12 Wren Dr. for the

convenience of Cobden and area clients beginning April 15th 2010:

Footcare – Monday am BP monitoring- Monday pm

Laboratory - bloodwork- Thursday

Any clients who have been seen by the physician, nurse practitioner, nurse, social worker, respiratory technician in Cobden can receive the same services in Beachburg where the providers have been relocated. The receptionists are currently working at the Beachburg site and all

records have been moved to accommodate care.

Urgent care clinics are held at the Beachburg site, **Tuesday and Wednesday from 2 pm to 4 pm** and are open to the community as well as CHC clients.

The staff appreciates the understanding of our clients and continues to try to provide services with a minimum of disruption. We apologize for any inconvenience.

Questions or concerns can be directed to Bonny Johnson, Director of Health Services at 613 582 3685.

EXERCISE EQUIPMENT AVAILABLE!

WORKOUT TIMES AVAILABLE BY APPOINTMENT:

MON 8-11:00AM
TUES 3-5:00 PM
WED 8-11:00AM
FRI 8-11:00AM

DIABETES CARE PROGRAM (FOLLOWING CANADIAN DIABETES GUIDELINES)

- ⇒ First visit with the nurse. This involves blood work, reviewing blood sugars, blood pressure, foot check, weight check etc.
- ⇒ Second visit with the nurse and your health care provider. (repeat in 3 months)
- ⇒ Call 613-582-3685 to book your appointment.
- ⇒ Our goal is to keep you healthy and prevent complications of Diabetes.



FITNESS EQUIPMENT AVAILABLE AND READY TO BE USED!!!

- ◆ We now have exercise equipment available to everyone in our community to use. We have a recumbent bike as well as a treadmill for anyone who is interested.
- ◆ Please call the Health Centre at 613-582-3685 to book your orientation appointment with a Registered Nurse to find out how to use these pieces of equipment to achieve the appropriate work out for you.

HEALTHY RECIPES

Chicken burritos

Makes 6 servings

These make a quick and easy weeknight supper. The leftovers taste great for lunch

Ingredients

- 1 tsp olive oil
- ½ lb boneless, skinless chicken breast, diced small
- ½ tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp cumin
- ¼ tsp paprika
- ½ tsp pepper
- 1 cup tomatoes, diced
- ½ cup frozen corn niblets
- 2 tbsp (25 mL) water
- 1 cup cooked brown rice
- 6 tbsp low-fat sour cream

1 cup shredded low-fat cheddar cheese

6 small whole grain tortillas

Directions: In a large pot, heat oil over medium heat. Add chicken and cook until no longer pink. About 10 minutes. Add spices, tomatoes, corn and water and cook for 5 minutes. Add rice and cook for 5 minutes, stirring frequently. Add ½ cup of mixture to the middle of a tortilla. Top with 1 tbsp of sour cream and about 2 tbsp of cheese. Roll up and serve.

Nutritional information per serving

(1 burrito, which includes: 1 tortilla, ½ cup mixture, 1 tbsp low fat sour cream, 2

tbsp shredded light (low-fat cheese)

Calories: 281

Protein: 18 g

Total Fat: 9 g

Saturated Fat: 4 g

Dietary Cholesterol: 39 g

Carbohydrate: 30 g

Dietary Fibre: 3 g

Sodium: 326 mg

Potassium 340 mg

Developed by Nadine Day, RD. The Heart and Stroke Foundation



TIPS FROM OUR NURSES

- Follow **Canada's Food Guide** to feel great, live well and stay healthy. (copies available at our centre)
- Walking indoors or outside 30 minutes a day to will strengthen your heart, keep blood sugars down, maintain balance, improve mood and energy levels.

PEDOMETERS TO MEASURE YOUR 10,000 STEPS PER DAY. CALL 613-582-3685 TO BORROW ONE TODAY AND GET MOVING!

