

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

FOR WHO	EVENT	LOCATION/TIME
CHILDREN TEENS	Nurse Practitioner outreach based clinic for all students attending Opeongo High School.	Opeongo High School, every Tuesday morning.
	SuperKidz After School/KAOS/Fusion - After school programs at the Cobden Pentecostal Church. Free.	Starting Sept. Call 646-2332 for info.
	Toybus—A play group/learning group for moms and kids.	Every Wednesday morning at the Cobden Agricultural Hall.
SENIORS	Good Neighbours	Starting first week of Oct—Cobden Fri 9-12 and Beachburg Wed 1-4.
	Bonnechere Day Program	Every Tues in Cobden and every Thurs in Beachburg
EVERYONE	Fun, Fit & Fully Alive—Fitness classes for older adults	Starting the week of Sept 8th.
	Nordic Walking	Starting Oct 6, 13, 20, 27.
	Diabetic Clinic	Call for dates and info, Cobden office—646-7997, Beachburg office—582-3685, non-clients please call 732-3675 ext. 6151, PRH.
	Peaceful Mind Group	Every Tuesday 3:30—5:30 at our Beachburg office.
	Rough Waters	Every third Thurs of the month at our Cobden office 1:30-3:30 pm.
	Change Your Mind	Every Tues starting Oct 13th—Dec 15th, 5:30-7:30 pm at our Cobden office.
	Pre-Natal Classes—Mother Nurture Child-birth Services—Julie Keon	Sunday Oct 18th and Sun Oct 25 at our Cobden office. 9:30—3:30, please call 646-9912 for info.
Annual Haunted Walk - Cobden Activity Association	October 17th, Hank and Terri-Lynn Sukkels' home, 171 Foresters Falls Road. Start 8 pm.	
SPECIAL EVENTS	Flu Clinics	Starting in Nov, call for info 646-7997, 582-3685, 757-0004.

WE THANK OUR SPONSORS FOR THEIR SUPPORT

<p style="text-align: center;">Conway's Pharmacy</p> <p>60 Main St. Cobden 613-646-2717</p>	<p style="text-align: center;">Country Haven Retirement Home</p> <p>251 Bridge St. Eganville 613-628-2808</p> <p style="text-align: center;">Www.countryhavenretirementhome.com</p>	<p style="text-align: center;">Caressant Care</p> <p>1858 Beachburg Road Beachburg, ON K0J 1C0 613-646-2109</p> <p style="text-align: center;">Www.caressantcare.com</p>
<p style="text-align: center;">Renfrew County Vicars</p> <p>1766 Barr Line, RR1, Douglas, ON Tel: 613-649-2858 Toll Free: 1-877-568-5730</p>	<p style="text-align: center;">Beach-West Pharmacy</p> <p>1858 Beachburg Road Beachburg, ON K0J 1C0 613-582-3333</p>	

Health Happenings

~ stories ~ news ~ events



Every One Matters.

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

PAULINE KOHLSMITH— CELEBRATING 35 YEARS OF NURSING



My nursing career has been varied. I graduated from Lorrain School of Nursing in Pembroke in 1974. My first year was spent in Medicine at the Ottawa Civic. Then I followed my husband back to Cobden, as this is my home town. My next nineteen years was doing surgery at the Pembroke General (now PRH). Due to circumstances beyond my control, I had to give up shift work. I then worked in

Long term care for 6 years at Marianhill in Pembroke and Bonnechere Manor in Renfrew. During my time at Marianhill, I was head nurse of the Palliative care unit. I then worked at Caressant Care Cobden as manager of the retirement home for 4 years. I started at the CHC five years ago, and truly enjoy my work here.



Pauline Kohlsmith RN
works at our Cobden

VOLUME 3, ISSUE 3

Apple Cinnamon Glazed Chicken

- 2 tbsp. applesauce
- 1/3 cup apple jelly
- 1 tbsp. honey
- 2 tbsp. Dijon mustard
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 4 boneless, skinless chicken breast halves

Preparation:

Prepare and preheat grill. In small bowl, combine all ingredients except chicken breasts and stir to combine. When ready to cook, oil grill rack. Brush apple mixture on chicken and place on grill 4-6" from medium coals. Cook 15-20 minutes, turning occasionally and brushing frequently with jelly mixture, until chicken is no longer pink and internal temperature reaches 170 degrees F. Discard any remaining jelly mixture. Serves 4

Calories: 160

Inside this Issue:

School Smarts	2
Cycling Safety Tips	2
Mindfulness Skills	3
Help Us Help You	3
What's Going On In Our Centres and Communities	4

HEALTH CENTRE OFFICE HOURS

Beachburg Site

20 Robertson Dr.
Beachburg, ON
K0J 1C0
Tel: 613-582-3685

Mon 8:00—4:00
Tues 8:00—6:00
Wed 8:00—6:00
Thurs 8:00—4:00
Fri 8:00—4:00

Cobden Site

70 Main Street
Cobden, ON
K0J 1K0
Tel: 613-646-7997

Mon 8:30—6:30
Tues 8:30—7:00
Wed 8:30—7:00
Thurs 8:30—5:00
Fri 8:30—12:30

Killaloe Site

49 Mill Street
Killaloe, ON
K0J 2A0
Tel: 613-757-0004

Mon closed
Tues 12:00—8:00
Wed closed
Thurs 9:00—5:00
Fri 9:00—5:00

“OPTIMIZING LIFE”

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

“Optimizing Life” - Living a Healthy Life with Chronic Conditions, is a fun, free and practical course which ran this past June/July at the Cobden site of the Whitewater-Bromley CHC, led by trained co-leaders Susan Allen NP and Shirley Hill RN. A dedicated group of adults, from their 30's to their 80's, met for 2 hours once a week for 6 weeks in total.

All participants are either experiencing, or living with someone



who has a chronic condition such as arthritis, chronic pain, heart disease, asthma, fibromyalgia, hypertension, depression or other condition(s). For many people, coping with a chronic health condition or long term illness, can be extremely difficult. *Living a Healthy Life with Chronic Conditions* is designed to help people learn more effectively how to self-manage their health and overcome daily challenges.

The participants were keen and the classes were highly interactive and participatory through brain-storming, making action plans, feedback and other exercises. Participants gained about healthier ways to live, gained confidence and motivation to

Shirley Hill, RN (facilitator), Joanne Lambert, Ruth Remus, Elaine Hartwick, Marguerite Stairs, and Lucille Vigrass.

manage their health, and generally felt more positive about their lives. They were provided with information, strategies and techniques, so they would have the tools they need to help themselves. Participants also received a free copy of the excellent reference book “Living a Healthy Life with Chronic Conditions”.

Our future plan is to run 2 “Optimizing Life” courses each year across the 3 satellite sites; Whitewater-Bromley (Cobden-Beachburg) and Rainbow Valley (Killaloe). We also hope to train peer/lay leaders to present the course, with the support of your Community Health Centre.

CYCLING SAFETY TIPS

Cycling is great activity for this time of year with cooler weather, fewer bugs and beautiful sunshine! The most important thing we can do to enjoy bicycling safely is to WEAR A HELMET! This is especially important for youth age 10-14 where risk of injury is the highest. Did you know? Bicycle helmets worn properly reduce risks for brain injury by 88%

- o A helmet should be replaced after 5 years of use
 - o The highest number of emergency room visits for cycling injuries is for youth age 10-14
 - o Most injuries (64%) are from falling or being thrown off a bicycle
 - o 22% (or 1 in 5) cycling injuries are head injuries
- bicycle helmets with any cracks, breaks or damage should not be worn

To find the right size of helmet:

- use a measuring tape to measure the largest portion of your/child's head (which is about one inch above the eyebrows); this measurement is only a guide; always try it on first for best fit!
- Use the sizing pads and adjustable straps to fit the helmet until it is snug, not tight
- The helmet should sit level on your head, with the front edge no more than one inch above your eyebrows
- The helmet shouldn't move in any direction or come off if you push on it from side to side or back to front
- Though it may look cool, don't wear a hat under the helmet
- Make sure the chin strap is snug under your chin so that you can fit only one finger

There are so many different models and styles of helmets out there for you and your child to choose from if the “cool factor” is a barrier to wearing a helmet. For more information call the Community Health Centre for other great cycling information and resources. Happy (and safe) cycling!



CONTROLLING EMOTIONS—MISSION IMPOSSIBLE

What are Mindfulness Skills?

Mindfulness (sometimes called mindfulness meditation) is a set of skills that are easily learned. They can, with consistent daily practice, build our capacity to shift our lives from the useless efforts to avoid unpleasantness, towards making purposeful intentions and action choices. These skills are non-religious and common-place learnings. They have been used by social workers for nearly half a century to help people in all walks of life, all ages.

Mindfulness uses our natural capacity to pay attention to whatever we may be experiencing in each moment of our lives—without judgement, without attachments or fear. By building this ability we can allow those unpleasant experi-

ences to visit without running away or barricading ourselves from them. In the midst of that emotion we can simultaneously ground ourselves in what is the most important of our lives (whatever that may be for each person) and set an intention and commitment to action in that direction.

Mindfulness skills have many forms. Some are the familiar sitting meditation where a person watches the coming and going of emotions, the physical passages of body and breath. Others may be walking or standing forms. One form of mindfulness is the “body scan”. In this practice form we guide our attention through a check-in with our own bodies. We bring all of our attention to

experiencing exactly how we are as body-owners.

All of our mindfulness programs are held regularly each year. They are low-cost or free. If you want more information on how mindfulness skills can help you, on times or locations, contact Ray Parchelo at 613-582-3685 or rparchelo@wbchc.on.ca.



Ray Parchelo, Social Worker

HELP US HELP YOU.....

Become a client: If you do not have a health care provider, you may become a client of the Whitewater-Bromley or Rainbow Valley CHC. Currently, we have a waiting list for people living in our catchment areas; however, you may call us at the office numbers at the front of the newsletter to put your name on the wait list.

Appointments: All clients must make an appointment. If you need to cancel an appointment, please let us know so we can try to book someone else in. If you are late for an appointment and there is not enough time to address your needs, you may have to come back another day.

Sudden Illness: Our Cobden site offers an Urgent Care clinic each Tues and Wed from 2-4 for sudden illnesses that are not

emergencies. No appointment is necessary and you will be seen on a first come first serve basis. You may not be seen by your usual provider, but you will be seen by someone that day.

Medicine: When you come to an appointment, please bring all the medication that you are taking with you. If you want a refill/repeat of a medication, call at least two weeks ahead of time. The doctors and nurse practitioners will need to see you before ordering a refill.

Privacy: Your privacy is very important to us. We **cannot** release your personal information to friends/family unless we have your consent. So, if you would like us to release information to family or friends, please let us know. We don't do this to make life difficult – we have a legal obligation to you,

as our client, to protect your information.

What is a Community Health Centre?

We are a non-profit, community governed health centre. We encourage you to take charge of improving your own health and well being. Our board of directors and staff work as a team to deliver the best possible services to our clients.

Our staff: Whitewater-Bromley and Rainbow Valley CHCs employ physicians, nurse practitioners, registered nurses, registered practical nurses, social workers/counselors, and various other therapists to help you with your healthcare needs.