

WHAT'S ON AT THE HEALTH CENTRE


April 2009		May 2009		June 2009	
Date	Event	Date	Event	Date	Event
8:30-1200 1:00-3:30	Diabetic Clinic Appointments Beachburg Office: 582-3685, Cobden Office 646-7997 Call for dates & info. Non-clients please call Sue 732-3675 ext. 6151, PRH.	May 6, 13, 20, 27 6-7:30pm	Introduction to Nordic Walking course in Beachburg; equipment provided. Call to register: 582-3685 Spaces limited.	June 12	CareFor providing foot care services to the community at the Cobden site. Call 646-7997 for further dates & info.
Monday April 27th 830-1130 am	Diabetic Education and Cooking Class Beachburg CHC, call 582-3685 to register.	8:30-12:00 1:00-3:30	Diabetic Clinic Appointments Beachburg Office 582-3685 Cobden Office 646-7997 Call for dates & info. Non-clients please call Sue 732-3675 ext. 6151, PRH.	8:30-1200 1:00-3:30	Diabetic Clinic Appointments Beachburg Office 582-3685 Cobden Office 646-7997 Call for dates & info, Non-clients please call Sue 732-3675 ext. 6151, PRH
Every Tues & Thurs.	Bonnechere Day Program: Tuesdays in Cobden Thursdays in Beachburg	Every Tues & Thurs.	Bonnechere Day Program: Tuesdays in Cobden Thursdays in Beachburg	Every Tues & Thurs.	Bonnechere Day Program: Tuesdays in Cobden Thursdays in Beachburg
April 14, every Tues	Change Your Mind Program Beachburg CHC 3:30-5:30 pm (10 weeks)	Fri. 10-noon Wed. 1:30-3:30	Good Neighbours: Cobden Good Neighbours: Beachburg. Call Ray for info. 582-3685.	Date and Time to be announced	Support Group for those Unemployed Due to Accident or Chronic Conditions. Please call Ray Parchelo for info, 646-7997 or 582-3685.
Tuesdays 130-300pm	Peaceful Mind: Stress Relief and Meditation Beachburg CHC, drop-in	May 1	CareFor providing foot care services to the community at the Cobden site. Call 646-7997 for further dates & info.	Tuesdays 130-300pm	Peaceful Mind: Stress Relief & Meditation Beachburg CHC, drop-in
		Sat. May30	Day of Mindfulness—Marguerite Centre Pembroke, 930-330 pm		
		Tuesdays 130-300	Peaceful Mind: Stress Relief & Meditation Beachburg CHC, drop-in		

COMMUNITY ANNOUNCEMENTS

Toybus 10-1130 am	Every Wed. morning at Cobden Ag. Hall	Canada Day Celebrations	June 30th, fireworks at dusk, Cobden Municipal Beach
Ball Registration	Cobden Arena April 2nd, 8th —6:30 - 8pm, call Julie Hennessy for info 646-2111. Micksburg Canteen April 2nd, 8th - 6:30-8pm, call Andrea McIntyre for info 732-1153. Westmeath Arena April 8th — 6:30-8pm, call Beth Ethier for info 587-4294. Beachburg Arena April 1st, 8th - 6:30-8pm, April 18th - 10-noon, call Allan Comeau for info 582-7480.	Childbirth Preparation Classes	To register please contact Julie Keon of Mother Nurture Childbirth Services at 613-646-9912. All expectant couples welcomed! April 19 & 26 9:30am-3:30pm.
Boot Camp & Running Club	Get Fit in Cobden, call 646-9998 for info.	Lots of fun kids programs at no cost	After school programs for kids ages JK—grade 4, evening programs from grades 5-12. Call Melissa Burwell at 646-2332 for info on these programs and many more....
June Fun Fair	Cobden District Public School, lots of fun for everyone, BBQ, books, games etc.	Carefor	Frozen meal service; delivery available. Also, "Lending a Hand" program, light housekeeping, meal preparation. Call 613-732-9993.

WE THANK OUR SPONSORS FOR THEIR SUPPORT

Country Haven Retirement Home
Beachburg, ON 613-582-7021
"Care Above the Rest"
www.countryhavenretirementhome.com

 **Women's SEXUAL ASSAULT Centre**
24-hour, free & confidential support, public education, volunteer training
1-800-663-3060 www.wsac.ca

Beach-West Pharmacy
1858 Beachburg Rd.
Beachburg
613-582-3333

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

Have your health-related business advertised here!
Health Happenings is delivered quarterly to all households in Whitewater and Admaston-Bromley Regions. Call 582-3685 or 646-7997.



Caressant Care
Retirement & Nursing Home
613-646-2109
www.caressantcare.com

Whitwater Bromley Community Health Centre Satellite

A part of Lanark Health & Community Services

<http://www.wbchc.on.ca/>

Beachburg:

20 Robertson Dr. Beachburg, ON, K0J 1C0
(613) 582-3685 FAX (613) 582-7065

Cobden:

70 Main St. Cobden, ON, K0J 1K0
(613) 646-7997 FAX (613) 646-2571



Every One Matters.



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Health Happenings

~ stories ~ news ~ events



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Thanks to the following people who made this newsletter "Happen": All our readers and especially those who responded to our survey; Iris Price, Beachburg; Susan Allen, NP, Heather Robertson, NP, Richard Eady, IT, Ray Parchelo, Social Worker

YOUR COMMENTS ABOUT HEALTH HAPPENINGS

It's been a long winter and hopefully Spring has sprung as this issue reaches your door! For the second year, we asked you for your comments on this newsletter in our last issue and you answered! Thank you to everyone who completed our survey on-line or by mailing in your comments. We had 31 people respond to the survey and below is a list of the draw winners names as well as a short summary of what we learned. Congratulations to our draw winners and thank you for your comments!

medicine; and weight loss and depression. Thank you for all your ideas!

6. What do you like best about this newsletter?

Like last year, many readers appreciate the local content in the articles. Many of you also appreciate the list of upcoming events and activities at the Health Centre and in the Community Announcements section found on the back page of the newsletter.

7. How could we improve it?

We must be doing something right as most comments were that the news-

letter is great the way it is. Some suggested keeping a variety of articles for all ages. Thank you for your feedback and comments on the Health Happenings newsletter.



- 1. Do you read this newsletter?**
Sometimes (13%) Always (87%)
- 2. Do you read the Health Centre and Community Events on the back page?**
Sometimes (16%) Always (84%)
- 3. Is the newsletter easy to read?**
Yes (58%) No (3%) Not sure (39%)
- 4. Are the articles interesting?**
Yes (58%) No (10%) Not sure (32%)
- 5. What health topics do you want to read about?**
There was quite a list of topics that you wanted to read about and we'll do our best to include as many as we can in the next 2 issues. Suggestions for article topics included: arthritis, infant and child health; healthy recipes; preventive

Congratulations to our prize draw winners!

- \$30 Gift Certificate—Simple Things, Beachburg:
Leona Haley
- \$30 Gift Certificate—Candlewick and The Store Next Door:
Kathy Ness
- \$30 Gift Purchase—Canada Post, Cobden:
Leanne Thom

A Visit With our Good Neighbour: Iris Price

As readers know, we try to include interesting articles on different health issues and articles about interesting people we have met in the community. Iris Price is one of those interesting people we have met who graciously agreed to share some of her thoughts about her experience with the medical and community services that are offered at the Community Health Centre (CHC). Thank you to Iris for sharing her story, her insight, time and her sense of humour!

Can you tell me about your experience visiting the Community Health Centre (CHC)?

"I've been going to the Health Centre since 1985 when it was a medical office. The doctors there were wonderful and one of them got me to quit smoking. I was also able to see the Nurse Practitioner, Bonny. When I moved to the apartment next door it was so handy. The service was always good but there was a lot of patients and not enough doctors. I have nothing but good to say about all the employees."



Iris Price, Beachburg

What can you say about your experience with other services at the CHC?

I have regular visits and tea or coffee with Ray [Social Worker]. It's sometimes lonely when I'm here all day so the visits are good. Ray asked about whether I would join the Good Neighbours (GN) group and I thought I would try it. I like that it's a social club, it's not structured—like a visit you would have with a neighbour which isn't structured. We talk about different topics. We talk about the pets we have and lots of people have dogs and we have that in common. We go on trips together with the Cobden Good Neighbours group like to Almonte or different museums. We have potluck lunches together. They're a great bunch and Ray is just excellent with us, so obliging.

See back page for Cobden & Beachburg GN group meeting times. Contact Ray at 582-3685 or 646-7997 for more info.

THE NURSE PRACTITIONER AT YOUR COMMUNITY HEALTH CENTRE

If you are currently receiving health care services through the Whitewater Bromley /Rainbow Valley Community Health Centre (WBCHC/RVCHC) chances are you have received care from one of our Primary Health Care Nurse Practitioners (PHCNPs). Nurse Practitioners have been practicing in the Beachburg/Cobden area for the past 27 years. Currently there are three Nurse Practitioners working at WBCHC/RVCHC (Susan Allen, Heather Robertson, and Trish MacKay). Some of you may be asking what a Nurse Practitioner is, how are they different from a Family Doctor or a Registered Nurse, and what role they play in providing health care?

PHCNPs are registered nurses, who are specialists in primary health care. They are experienced nurses who have taken advanced university courses to be able to provide comprehensive primary health care. PHCNPs demonstrate advanced knowledge and skills in health

assessment and diagnosis, health care management including health promotion, disease and injury prevention, treatment, cure, counseling, rehabilitation and support. PHCNPs work collaboratively with family physicians and other members of the health care team and are required to consult with physicians if a health care issue is beyond the Nurse Practitioner's expertise. The PHCNP provides health care to patients of all ages and stages, from prenatal care to care of the older adult. They offer a variety of health care services including the ability to:

- Provide wellness care including health care screening such as monitoring infant growth and development, prenatal care, routine yearly physicals.
- Screening for the presence of chronic diseases such as diabetes, high blood

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pressure, heart disease and cancer.

- Monitor people with stable chronic diseases such as diabetes, and high blood pressures.
- Diagnose and treat minor illnesses and injuries such as sprains and lacerations.
- Diagnose and treat minor illnesses such as ear infections and bladder infections.
- Order and interpret diagnostic tests such as blood work, x-rays, and ultrasounds.
- Initiate treatment in the form of health education, medications, and exercises.
- Make referrals to family physicians, specialists and other health care professionals.

Nurse Practitioners provide a blend of nursing care and medical care. As such they are not a second level physician nor are they a physician's assistant. Nurse Practitioners are solely responsible for the care they give to you and have developed expert skills in health promotion, wellness care, and health program planning. Nurse Practitioners at the Community Health Centre's provide one on one care, as well as develop and run community programs.

Some examples of this are the Senior's fitness program, 'Fit, Fun and Fully Alive'-

initiated by Bonny Johnson; Optimizing Life a program to increase self-management skills for people with chronic health conditions -Susan Allen and Bonny Johnson; and the Opeongo High School Health Clinic - initiated by Deane Parsons.

Although there is crossover between the skills of an NP and a Physician, each has their own areas in which they excel. Because of the collaborative relationship between NP's and Physicians, Nurse Practitioners are able to provide care to patients that have a wide variety of health needs from the routine and common place to complex chronic conditions like diabetes and heart disease. Like Physicians, PHCNPs are regulated by their own professional College that over-

sees their practice and protects the public by having strict rules under which NPs work.

The Ontario Ministry of Health and Long Term Care has adopted the following goals as part of their commitment to primary health care reform in the province: to improve residents access to care; improve quality and continuity of care; increase satisfaction with the health care system and to increase the cost effectiveness of the health care services. The existing WBCHC/RVCHC is an integral part of the ministry's goals and is committed to improving primary health care to local residents. Nurse Practitioner's improve access to health care by being another member of the health care team that can connect patients to health care services, providing primary health care, and developing innovative community programs to improve the health of the community. Nurse Practitioner's improve the quality and



Meet our Nurse Practitioners: Heather Robertson works at our Cobden and Beachburg sites, Susan Allen works at our Cobden and Beachburg sites, Tricia MacKay works at our Cobden and Killaloe sites.

continuity of care by providing appropriate care to individuals and communities, and giving the physicians the opportunity and time to care for patients with more complex health conditions. Nurse Practitioner's have demonstrated that they improve satisfaction with the health care system, as well provide a cost effective solution to primary health care.

Nurse Practitioner's are a valuable resource for the community and health care team. Their versatility and ability to identify the health needs of individuals, families, and communities are their strength. If you interested in more information about how to access care from a Nurse Practitioner, please contact your local Community Health Centre. (Rainbow Valley CHC: (613) 757-0004, and Whitewater Bromley CHC: (613)646-7997/(613) 582 -3685)

Written by:
Susan Allen and Heather Robertson Nurse Practitioners