

WHAT'S ON AT THE HEALTH CENTRE


January 2009		February 2009		March 2009	
Date	Event	Date	Event	Date	Event
January 2	CareFor providing foot care services to the community at the Cobden site.	Feb 13	CareFor providing foot care services to the community at the Cobden site.	March 16 8:30-12:00 1:00-3:30	Diabetic Clinic Appointments Beachburg—582-3685 Cobden—646-7997
January 19 8:30-12:00 1:00-3:30	Diabetic Clinic Appointments Beachburg Office: 582-3685 Cobden Office 646-7997	8:30-12:00 pm 1:00-3:30 pm	Diabetic Clinic Appointments Beachburg Office 582-3685 Cobden Office 646-7997	Tues & Thu @ noon	Foot Steps: Beachburg. Call 582-3685 to register.
Jan. 6, 20	Nordic Walking Drop-In Beachburg Office 6-7 pm Call Lara for info. 582-3685	Feb. 3, 17	Nordic Walking Drop-in Beachburg Office 6-7 pm Call Lara for info. 582-3685	Every Tues & Thurs.	Bonnechere Day Program: Tuesdays in Cobden Thursdays in Beachburg
Week of Jan. 5	All Fit, Fun & Fully Alive! Fitness Classes for Older Adults resume. Call 582-3685 or 646-7997 for a class schedule	Every Fri. 10-noon Every Wed. 1:30-3:30	Good Neighbours: Cobden Good Neighbours: Beachburg. Call Ray for info. 582-3685.	Starting 4TH week in March, call Ray for info, 582-3685	Change Your Mind Group, the Change Your Mind training program, a proven method to help anyone wanting to cope with anxiety, depression, chronic pain or chronic illness.
Starting Jan 7 Starting Jan 9	Good Neighbours: Beachburg Good Neighbours: Cobden Call Ray for info 582-3685	Every Tues & Thurs.	Bonnechere Day Program: Tuesdays in Cobden Thursdays in Beachburg	Every Wed. 1:30-3:30 Every Fri. 10-noon	Good Neighbours: Beachburg. Good Neighbours: Cobden Call Ray for info. 582-3685.
Every Tues & Thurs.	Bonnechere Day Program: Tuesdays in Cobden Thursdays in Beachburg	February 28th 9:00 am to 3:30 pm	Introduction to Mindfulness, Marguerite Centre, Pembroke \$30.00, for info call Ray at 582-3685 or email at rparchelo@nrtco.net.	March 27	CareFor providing foot care services to the community at the Cobden site.

COMMUNITY ANNOUNCEMENTS

Tues starting Jan 13, 7-9 pm	Childbirth Preparation Classes, to register please contact Julie Keon of Mother Nurture Childbirth Services at 613-646-9912.	Starting Jan 14th	Pilates with Candy Dombroskie at Get Fit in Cobden. For more information call 646-9998.
Cobden Winter Carnival Feb. 6-7	Trivia night Fri. night, Sat. morning breakfast being served, all day activities, come out and enjoy the fun! For more information call Julie at 646-2111 or email Lynda at lsteedge@nrtco.net.	Toy Bus 10-11:30 am	Every Wed. morning at Cobden Ag Hall from 10:00 to 11:30 a.m.
Starting in January	Yoga with Rita. St. Paul's Parish hall, for more information please call 735-0261.	Carefor	Frozen meal service; delivery available. Also, "Lending a Hand" program, light housekeeping, meal preparation. Call 613-732-9993.

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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

Whitewater 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

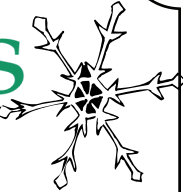


Cobden:
70 Main St. Cobden, ON, K0J 1K0
(613) 646-7997 FAX (613) 646-2571



Health Happenings

~ stories ~ news ~ events



Inside this Issue:

Happy 2nd Anniversary !	1
Youth and Chronic Diseases	2
Chronic Disease	2
Primary Care Nursing	3
Community Events	4
Our Sponsors	4

Thanks to the following people who made this newsletter "Happen":
Pauline Kohlsmith RN, BSCN, Diana O'Ryan RN, Shirley Hill RN, Richard Eady IT Support, Jennifer Czyz, year 3 BScN.

HAPPY 2ND ANNIVERSARY TO HEALTH HAPPENINGS !

The new year is a great time to review the year past and plan for the future. This is true for us at the Health Centre as well to review and improve our programs and services for 2009 and beyond. It's also a good time to check in with you, our readers, to get your comments and suggestions about what you've read over in this newsletter the last year by asking you a few, short questions below.

To thank you for your comments you can enter our prize draw for one of three great prizes: a \$30 gift certificate for: 1) Canada Post; 2) Candlewick or The Store Next Door, Cobden; 3) Simple Things, Beachburg. In order to be eligible for the draw, please print your name, phone number and/or e-mail **clearly** on the survey where indicated below. Please return your completed survey **by January 31st** by:

- 1. Mailing to:** Whitewater Bromley CHC Satellite,
Attn.: Lara/Health Happenings Survey
20 Robertson Dr., Beachburg, ON, K0J 1C0
- 2. Dropping off** your survey to reception at one of our offices: Beachburg address above, Cobden Office: 70 Main St. Cobden (just past the railroad tracks)
- 3. On-line:** Go to: <http://www.wbchc.on.ca/survey>

All personal information will be kept confidential and used only for the purpose of the Whitewater-Bromley Community Health Centre. If you have any questions, please call Lara at 582-3685 or lmlylly@wbchc.on.ca. Thanks for your comments and support of your local Community Health Centre!

- Do you read this newsletter? Check (✓) one box.
 Never Sometimes Always
- Do you read the sections: "What's on at the Health Centre" and "Community Announcements" on the back page?
 Never Sometimes Always
- Is the newsletter easy to read?
 Yes No Not sure
- Are the articles interesting?
 Yes No Not sure
- What health topics do you want to read about?

- What do you like **best** about this newsletter?

- How could we improve it?

Thanks for your comments!

Name:

Phone Number:

E-mail:

Youth and Chronic Diseases - Is there a Risk?

Today's media is always advertising the newest health breakthrough or study. Wouldn't it be nice if someone would research the health issues right in our community that affect the people we know and care about? As a third year Nursing student working with the WBCHC, I had the opportunity to do just that.

By analysing local health issues and statistics I learned that Renfrew County has **high** levels of obesity and fat consumption, with **low** levels of physical activity. Due to this risky combination, many local people suffer from chronic diseases like hypertension (high blood pressure), and type II diabetes.

As anyone who has ever tried to lose a few pounds knows, bad health habits are hard to break. Because these habits are often developed in childhood, I decided to find out how the kids in our region approach their health. Do they think about how the choices they make today can affect their risk of developing a chronic disease in the future? It turns out they do! When I met with 17 local youth, they knew exactly what to do to stay healthy. So, if the kids are A+ students in health, is there a problem? After further research I concluded that while youth have excellent health knowledge, they still need help translating that knowledge into actions.

CHRONIC DISEASE

What Is Chronic Disease Management?

"Chronic Disease Prevention & Management" is a broad term used to describe how we deal with chronic health conditions such as, diabetes, high blood pressure (hypertension), chronic pain, arthritis, heart disease, depression, etc. It involves how we try to prevent the occurrence or progression of such conditions and how we deal with them long-term. This is an important issue, especially in today's society with the prevalence of these types of conditions on the rise and access to health care increasingly difficult, and the population living longer.

A recent review of statistics for clients at Whitewater-Bromley CHC was quite revealing. Of 2190 identified clients, the top six diagnosed chronic illnesses were as follows: hypertension (high blood pressure) 589, anxiety 461, depression 267, arthritis 201, asthma 189 and diabetes 182. Of 2689 active WBCHC clients, we looked at how many clients had one or more identified chronic illness. The results were as follows: one chronic illness - 610 clients (23%), two - 319 clients (12%), three - 144 clients (5%), four - 82 clients (3%), five - 28 clients (1%), six - 7 clients (0.3%). Interestingly enough, 1499 clients (56%) had no chronic illness identified. It would be beneficial to compare the ages of these clients to the statistics above.

How can parents help? One of the most important things we can do as parents for our kids (and ourselves), is to role model healthy behaviours. Here are a few simple ideas:

- Buy grocery items that have reduced fats and sodium (salt), and limit the amount of "treat food" brought into your home. If you don't buy it, they can't eat it!
- When grocery shopping, fill your cart mainly with items from the outside aisles (fruits & vegetables, meats, dairy, and whole grain breads).
- The winter is full of things to do outdoors; sledding, snowmen, ice-forts, shovelling. Turn off the TV, put the housework on hold, and join the kids outside!

These are the issues affecting our community. It is my hope to share what I have learned so that together we can help our youth reduce their risk of developing chronic diseases. I am excited to work with the WBCHC in the new year, to find ways to make healthy living the easy choice for youth in our community.

By Jennifer Czyz—Year 3 BScN University of Ottawa

For many people, coping with a chronic health condition or illness can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are all commonly experienced symptoms. Learning skills and gaining the confidence to manage these issues can make a huge difference in someone's life, no matter what age they are. Part of this comes through the process of determining what is important to you in your life, what you feel you can do, and what you feel you want to do for your health. It may seem like an overwhelming task, but making a simple plan with 'SMART' goals is a very effective way of identifying small steps you can take to improving your health. This is part of learning how to **Self-Manage** one's health.

One of the most important aspects of chronic disease prevention and management is **Patient Self-management**. This means that a person would undertake activities and behaviours that both protect and promote their health, and that monitor and manage signs and symptoms of their illness. Patients that self-manage also deal with the impacts of chronic illness on their emotions, their interpersonal relationships, how they adhere to treatment regimens and how they function on a day to day basis. It is essential for patients to be able to have the skills, tools and confidence to make informed choices, adapt to prob-

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CHRONIC DISEASE CONT'D ...

lems as they arise, and maintain their emotional stability. All this is done in partnership with their health care provider, not as a replacement for medical care. Most importantly, it allows the patient who is self-managing to carry on an active, emotionally satisfying and fulfilling life in the face of a chronic condition.

So this is what we've been working on at Whitewater-Bromley and Rainbow Valley. A "new" part to my job has been to develop and facilitate the implementation of a chronic disease program for the three CHC satellite sites: Cobden, Beachburg and Killaloe. As part of the program development, a review of the information and available research on the benefits of prevention and management programs was essential. From this review, I've developed a comprehensive grouping of options for us to pursue. These include: encouraging patient self-management, providing support, consistent use of flow sheets to monitor long-term

illnesses, individual appointments with clients to develop a "personal care plan", group visits with a variety of health care providers (ie/ physician, NP, RN, dietitian, pharmacist etc.), linking with community health programs, developing more preventive health programs at the CHC, plus much more. It is my hope that each of our clients, and eventually the community at large, will have an opportunity to explore "self-management" and



really think about what's important to them, and what they can do for their health; informed, activated individuals and families.

Shirley Hill, RN

PRIMARY CARE NURSING

"When you're a nurse you know that every day you will touch a life or a life will touch yours." Author Unknown

Being a nurse at the WBCHC (Whitewater Bromley Community Health Centre), is both challenging and rewarding. As nurses, we take into consideration the Social Determinants of Health when delivering care to our clients. These are factors that have a great influence on the health of an individual and their family or community. These may include level of education, income and accessibility to care. With these in mind, we try to remember that everyone is an individual and we deliver care that reflects that. We work as part of a multi-disciplinary team which includes: reception, physicians, nurse practitioners, nurses, social worker, health promoter, respiratory therapist, lab technician and chronic disease nurse.

Primary Health Care Nursing is largely about health promotion and disease prevention, with a holistic approach. The health promotion aspect of nursing includes encouraging periodic health exams, well baby checks, well women checks, preventive immunizations and participation in various CHC programs ie/ exercise and walking, car seat safety checks, Good Neighbours, etc. We also participate in community programs such as the Toy Bus, Bonnechere Manor Day Program (referrals through CCAC - spaces available in Cobden and Beachburg), Renfrew County Car Seat Safety Coalition, to name a few. The disease prevention aspect of nursing encourages and promotes a self-management style to your health care with one on one life-style counseling, nursing education, as well as a multi-disciplinary team approach. These appointments focus on chronic diseases, such as diabetes and hypertension (high blood pressure), and also other conditions such as high cholesterol, smoking cessation and smart goal setting for weight loss, plus much, much more.

Nursing appointments are available throughout the week at both Cobden and Beachburg sites. Cobden also offers an Urgent Care Clinic from 2 - 4 pm on Tuesdays and Wednesdays, where the RN provides triage service. Foot care services for CHC clients are offered at each site by one of our nurses on alternating Fridays. Foot care services for non-CHC community clients are also offered through "Care For" at the Cobden site. A new service to our CHCs is the presence of a Nurse Case Manager from CCAC (Community Care Access Centre), at each site for ½ a day each week.

The most important and rewarding part of nursing at the CHC is being able to give our clients tools to assist them in managing their own health and following an individualized plan of care.

"Nurses dispense comfort, compassion, and caring without even a prescription." ~Val Saintsbury

Shirley Hill, RN
Diana O'Ryan, RN



Pauline Kohlsmith RN, BSCN

