

WHAT'S ON AT THE HEALTH CENTRE


| July 2008               |   | August 2008                  |   | September 2008                               |   |
|-------------------------|---|------------------------------|---|--|---|
| Date                    | Event   | Date                         | Event   | Date   | Event   |
| July 8, 22<br>1:30-3:30 | 4 Car Seat Safety check appointments available for each date. Call 582-3685 to book your appointment / information. | Aug 12, 26<br>1:30-3:30      | 4 Car Seat Safety check appointments available for each date. Call 582-3685 to book your appointment / information. | Sept. 8, 22<br>1:30-3:30 pm                  | 4 Car Seat Safety Check appointments available for each date. Call 582-3685 for appts.                                |
| Every Tues & Thur       | Bonnechere Day Program: Cobden (Tuesdays); Beachburg (Thursdays)  | August 5-8, and August 18-21 | Leading Edge Games 'n Greens. To register please call 582-3685  | Sept.  | Breastfeeding mothers group. FREE. Cobden. Call Julie: 646-9912   |
| July 21                 | Diabetic Clinic Appointments Beachburg & Cobden sites. Call 582-3685 or 646-7997.                                   | Every Tues & Thur            | Bonnechere Day Program: Cobden (Tuesdays); Beachburg (Thursdays)  | Every Tues & Thur                            | Bonnechere Day Program: Cobden (Tuesdays); Beachburg (Thursdays)  |
|                         |   | Fall                         | Look for the Optimizing Life Program to start again. Newcomers welcomed.  | Every Fri.: 10-noon<br>Every Wed.: 1:30-3:30 | Good Neighbours groups will be starting again in October.   |
|                         |   |                              |   | Week of Sept. 8                              | Fit, Fun & Fully Alive! Fitness Classes for Older Adults registration week and classes begin. Call 582-3685 for info. |
|                         |   |                              |   | Tues. & Thurs.<br>12:00 noon                 | Foot Steps resumes Tues. Sept. 9 in Beachburg. Call 582-3685 to register.   |
|                         |   |                              |   | Sept. 8, 15, 22, 29-6:30-8:00 pm             | Into. To Nordic Walking Course. Call 582-3685 to register.  |
|                         |   |                              |   | September 15                                 | Diabetic Clinic: Appointments: Beachburg & Cobden sites. Call 582-3685 or 646-7997.                                   |
|                         |   |                              |   | October                                      | Change Your Mind Group will be starting the first week of October from 5:30-7:30 pm.                                  |
|                         |   |                              |   | October                                      | Walktober—2008! Call 582-3685 to register and for info.   |

COMMUNITY ANNOUNCEMENTS

|   |  |                            |   |
|---|--|----------------------------|---|
| July 12                                       | Ross Museum Pioneer Days, horse drawn tours, blacksmith demonstrations, bake sale, music, square dancing by the 4-H Club, much more. | Every Wed.                 | Toy Bus: Cobden Ag. Hall (Wed. a.m.) Will restart again in August. Call 888-757-3108 for info.  |
| September 15<br>7:00 pm at the Beachburg site | Beachburg Women's Institute: "Working Holidays" presentation. Guest speaker to discuss working for Habitat for Humanity in Hungary.  | July 8, Aug. 12<br>10-1130 | Beachburg Public School: Ontario Early Years Program "Park days (rain or shine)" Activities will take place in the library if it rains. |

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

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



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The Leading Edge 08 (LE08) program offers a four-day week program for youth to enjoy indoor and outdoor activities in a supervised environment. The program provides opportunities for physical activity, builds leadership skills and improves knowledge and engagement in environmental issues.

This year we will build on - you could say "recycle" - our very successful environmental theme. "The Games'n'Greens Edition" will mix traditional popular outdoor sports activities, like basketball and soccer, with fun indoor activities related to environmental awareness.

In the spirit of "greens" - in both senses - we will introduce Edgers to the many possibilities of "disc golf". This is a low-cost, environmentally-friendly disc-based game that is sweeping the country. Edgers will learn the game and help to create the first-ever disc-golf course on the grounds of the Health Centre. The climax of the LE08 program will be the

Games'n'Greens tournament with teams made up of participants from both age groups and some of the super staff from the CHC.

The Games'n'Greens program is set up for two target age-groups. The first group are youth, 8-10 years of age, scheduled for August 5-8. The second week, set for August 18-21 is for the 11 to 14 age group. The 4-day week-long programs run from 9.00 am to 3.30 pm daily, rain or shine. The Leading Edge program is very affordable at \$25.00 for each of the four-day weeks.

Our LE08 program will be offered at our site in Beachburg and youth from all over the Whitewater, Bromley and Admaston area are welcome. Give us a call in June to pre-register your Edger(s) in the best time of their summer of '08. For full details, at 613-582-3685.

NOTICE OF CHANGE OF HOURS FOR:

Urgent Care Hours Effective July 1, 2008  
Tuesdays and Wednesday ONLY from 2:00-4:00 pm

This urgent care clinic has been set up to deal with URGENT problems only. Prescription renewals and chronic illness monitoring are not appropriate uses of the Urgent Care Clinic.

Thanks to the following people who made this newsletter "Happen":  
Richard Eady, I.T. Support; Ray Parchelo, Social Worker, Bonny Johnson, Nurse Practitioner, Barbara Lister, Westmeath Nordic Walker

## NORDIC WALKING: SKI POLES IN THE SUMMER?

On Monday of this week I joined a workshop given by the Whitewater Region Health Unit on Nordic Walking. I arrived at the meeting interested but skeptical. Was this just another exercise fad, another way to make money selling relevant equipment? By the end of the session I was impressed. Our teacher was enthusiastic, clear in her instructions and encouraging.

For people who are not familiar with the term Nordic Walking but are curious, there are several sites on the Internet to visit. Simply type "Nordic Walking" and hit enter to find a display of many interesting links. For those without internet access, it is a form of walking using two poles, rather like cross country skiing without the snow.

To quote from one internet site, the health benefits include:

- Heart rate (HR) is 147 beats per minute during Nordic Walking, an increase of 13% compared to HR during regular walking
- Up to a 46% increase in energy consumption or calories burned
- Releases pain and muscle tension in the neck/shoulder region
- Does not aggravate joints and knees
- Consumes approximately 400 calories per hour (compared with 280 calories per hour for normal walking)
- Poles are a safety factor on slippery surfaces



**Nordic Walking enthusiast, Barbara Lister with her blue poles!**

*Written by: Barbara Lister, Westmeath, Nordic Walking Enthusiast!*

On my first attempt to practice the walking method on my own I drove my car a short way out of the village hoping for some privacy. As I stepped out of the car someone coming in the opposite direction drove into a pot hole, covering me and my car in mud.(the driver looked mortified!) Undaunted I continued on the walk, I was anxious to put into practice what I had learned at the workshop that day. Unfortunately as I did so, three more cars passed me and I must have looked quite a sight. So much for privacy. Talk in Westmeath this week is of the mad woman covered in mud and leaves dragging blue poles behind her.

Today I walked around the village and was met with the expected comments. Ambrose suggested I was scared of dogs (true!) and needed the poles as protection. No doubt the leg pulling will continue but I would encourage anyone who reads this and wants to learn more about the exercise to check out the following internet websites or call the Community Health Centre at 582-3685 to find out about introductory courses.  
<http://www.nordicwalker.com/>  
<http://www.nordicwalkingcanada.ca/>  
<http://www.leki.com/NordicWalking/>  
<http://inwa.nordicwalking.com/>

Next "Intro. To Nordic Walking Course:"  
 Starting Sept. 8th for 4 wks. 6:30-8:00 p.m.  
 at Beachburg Office, 20 Robertson Dr. (Every Mon. in Sept.)  
 Maximum 12 participants.

## CONTINENCE PROGRAM (CONTINENCE HELPLINE—CAN YOU HOLD?)

Many people suffer from urinary or bowel incontinence and do not seek treatment, feeling it is part of aging, or if they are younger, are too embarrassed to ask for help.

Continence assessment appointments are available at the Beachburg Office for in-depth assessment of causes and education for management of the problem.

Management may include education and teaching on techniques of Kegel exercises for men and women, fluid management, caffeine or dietary changes and/or restrictions. Management of constipation or diarrhea may be part of treatment. In some situations, women may be offered a pessary fitting. This can be done in

the office, and education will be provided to self manage if appropriate. Information is also given on products available, medications or surgical techniques that are being used or offered.

For many people learning about the problem can be the start of managing the problem. Often there are simple changes that can make great improvements and change a struggle to a success.

If you or someone you know could benefit from seeing a Certified Nurse Continence Advisor at the Beachburg Office call 582-3685 for info.

## CAMPS & ACTIVITIES FOR YOUTH

Looking for some organized camps and activities close to home to keep the kids occupied this summer? Look what's happening in July & August:

**July/Aug.:** Liquid Skills Kayak School Junior Development Camps (JDC), ages 10-18 yrs. Cost: 50% off for local youth, equipment included. Call 582-3340 or [www.liquidskills.com](http://www.liquidskills.com)

**July 7-11th:** Oaks of Cobden Jr. Golf Camp., ages 5-12, 9:00-1:00 p.m., Mon.-Thurs., includes lesson, snack, lunch. Fri.-waterpark day (10-3 pm). Cost \$125 per child. Call Carrie Stoppa @ 646-2003 for details.

**July 9-13th:** Elim Pentecostal Church, Westmeath, Vacation Bible School. Mon.-Fri., 9:30-12:00. Ages 4-12 yrs. FREE. Pastor Anita Hollings @ 587-4744.

**July 16-27 & Aug. 7-20:** Swimming Lessons @ Cobden Municipal Beach. Call 646-2282 for info. and cost.

**Aug 5-9th:** Beachburg Pentecostal Church, Vacation Bible School. Ages 4-12 yrs. Tues.- Sat. 9:30-11:30, Call Rev. Garry Hobbs 582-3473. FREE. Weekly Kids Club in Sept.

**July/Aug.:** Ottawa Valley Pentecostal Camp, camps for all ages, Cobden. Call 638-2000 or see [www.ovpc.ca](http://www.ovpc.ca).

**July 28-Aug 1, Aug 18-22nd:** Galilee Bible Camp. Day

camp, ages 6-13 yrs. 9:00-3:30 pm daily. Call 432-5774 or

<http://www.galileebiblecamp.on.ca/gbc/site.nsf/html/programs.htm>

**The Leading Edge Games 'n Greens** (see page 1): week 1 Aug 5-8 for ages 8-10; week 2 Aug 18-22 for ages 11-14, call 582-3685 to register.

**July 6:** Hero of Mega City club for ages 3-12, for 6 weeks, Melissa Burwell or Lori Briscoe @ 646-2332.

**Aug. 11-15:** Karate Kidz Camp, Beachburg. Hours: 9-4 pm Mon.-Fri. for ages 5 and up. Call Ann or Chris @ 613 582-3721 for cost and details.

**Aug. 18-23:** St. Andrew's United Church Vacation Bible School: 9:00-11:30 am. Call Heather Campbell @ 582-3257.

Whitewater Region Public Library: TD Summer Reading Club 2008. Call the Beachburg, Cobden, Douglas or Foresters Falls Branch for details.

**Sept. 9-29:** Astrolabe Hockey School, Cobden. See [www.astrolabehockeyschool.com](http://www.astrolabehockeyschool.com) for details or call Stan Keon @ 646-2484.