



Health Happenings



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HAPPY 1ST ANNIVERSARY!

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Exactly one year ago this month, the first issue of this newsletter in a new format arrived in your mailbox! It seemed to be a good time to check in with you, our readers, to get your comments and suggestions about what you've been reading for 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 NRTC0; a spa treatment of your choice at Main St. Spa in Cobden (valued up to \$45); \$30 gift certificate at the Hen House in Beachburg. In order to be eligible for the draw, please print your name and phone number on the survey where indicated below. Please complete the following survey and return it to us **by January 31st** by:

1. Mailing to:

Whitewater-Bromley CHC Satellite,
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. Completing the survey on-line: go to: <http://www.wbchc.on.ca/survey>

Thanks to the following people who made this newsletter "Happen": Ellen Fleming-Michaud, Respiratory Therapist RRT, CAE; Lyn Smith, Coordinator, Renfrew County Child Poverty Action Network (CPAN), Elaine Hartwick

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 Imylly@wbchc.on.ca Thanks for your comments and support of your local Community Health Centre!



1. Do you read this newsletter? Check (✓) one box.

- Never Sometimes Always

5. What health topics do you want to read about?

2. Do you read the Health Centre and Community Events on the back page?

- Never Sometimes Always

6. What do you like **best** about this newsletter?

3. Is the newsletter easy to read?

- Yes No Not sure

7. How could we improve it?

4. Are the articles interesting?

- Yes No Not sure

Thanks for your comments!

Name:

Phone Number:

E-mail:

SOCCER? BUT IT'S JANUARY!

January may be one of the coldest months of the year but , it's a busy time for soccer organizers preparing for the coming season. There will be more opportunities than ever this spring for youth in smaller communities in Renfrew County to play soccer close to home.

In March and April of 2007, 5 focus groups with parents were held in rural Renfrew County. Parents made it clear that local opportunities for kids to be involved in organized sports was important to them. With funding from the Ontario Ministry of Health Promotion, the Renfrew County Child Poverty Action Network (CPAN) is of-

fering **FREE** training to community members and parents to become a soccer coaches.

For those who have not heard of CPAN, the Network is made up of 47 agency and organization



representatives as well as interested community members across Renfrew County who share the common goal of eliminating poverty in Renfrew County and beyond. Their main activities are focused on practical support of families through projects like the focus groups mentioned previously. The Network also supports families

through an annual backpack and footwear program, funding to support participation in sport, an annual snowsuit campaign to provide snowsuits to

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SOCCER? CONT'D ...

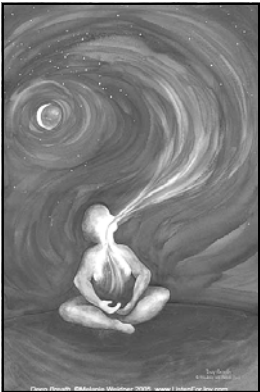
children and families, and many others. CPAN also provides education about low-income and poverty issues as well as advocating for the elimination of poverty. Membership in CPAN is free and new members are always welcome!

The soccer coach training is open to community members and parents in the communities of Beachburg, Foresters Falls, Cobden, Roundlake, Wilno, Quadeville, Westmeath, Killaloe, Palmer Rapids and Golden Lake and will be provided by an Ontario Soccer Association Certified Coach on a "first-come, first-served basis." Graduates of this training will be

able to coach soccer teams in their home communities making it possible for more kids to play soccer close to home. The training will be offered in late January with dates to be confirmed early in the new year. To learn more about CPAN or to get information about the soccer coach training please contact Lyn Smith at the number below.

For more info. contact Lyn Smith, Coordinator, Renfrew County Child Poverty Action Network (CPAN) at 613-735-2374 ext. 250.
Website: www.renfrewcountycpan.ca

BREATHE EASY!



The Whitewater Bromley Community Health Centre (CHC) is happy to announce a new program for those with breathing difficulties or asthma. This program, also known as PCAP (Primary Care Asthma Program) as been studied for four years as a "test" or pilot program. Based on feed-

back and PCAPP research results, the program has been revised and is now available in many areas including Renfrew County. The program "test" phase proved that as the participating clients in the program learned more they had decreased nighttime awakenings, decreased school/work days missed, decreased symptoms upon awakening, decreased asthma attacks, decreased emergency department visits, and decreased hospital admissions.

The Lung Health Program opened this Fall for clients of the Whitewater Bromley (CHC) and is another great addition to the health and community services already being offered at the CHC. To use this program, clients currently receiving health services at the CHC will be referred by their health care

providers to Ellen Fleming-Michaud RRT, CAE, Registered Respiratory Therapist and Certified Asthma Educator. Visits with Ellen include lung health education and spirometry (a simple, non-invasive, breathing test used to assess or establish baseline lung function). At each visit various measures will be taken including medication and spirometry use, symptoms, work/school absenteeism, asthma management and other measures. Follow-up visits will be done until adequate asthma control is achieved. Once achieved, a personalized action plan will be developed for client self-management at home. To find out more about this new service please call the phone numbers listed in the box below. Another health service at your local CHC to help you breathe easy!

Visits with Ellen in The Lung Health Program are available by referral and appointment only:

Cobden office: Wednesdays

Beachburg office: Mondays

Killaloe office: Thursdays.

Call 582-3685 or 646-7997 for details.

WHAT'S ON AT THE HEALTH CENTRE

January 2008		February 2008		March 2008	
Date	Event	Date	Event	Date	Event
Jan. 8	Prenatal classes in Cobden. Call Julie for info. @ 646-9912.	Feb. 6	Breastfeeding mothers group. FREE. Cobden. Call Julie @ 646-9912	Mar. 6	Breastfeeding mothers group. FREE. Cobden. Call Julie @ 646-9912
Every Fri. 10-noon Every Wed. 1:30-3:30	Good Neighbours: Cobden (<i>Resumes Jan. 11</i>) Good Neighbours: Beachburg. Call Ray for info. 582-3685. (<i>Resumes Jan. 9</i>)	Every Fri. 10-noon Every Wed. 1:30-3:30	Good Neighbours: Cobden Good Neighbours: Beachburg. Call Ray for info. 582-3685.	Mar. 17- May 19 (Tentative)	Change Your Mind Series: 9 Tuesday afternoons, 1.00-4.00 pm; Cost: \$15.00 materials fee. Call Ray at 582-3685
Tues & Thu	<i>Foot Steps</i> ; Beachburg. Call 582-3685 to register.	Tues & Thu	<i>Foot Steps</i> ; Beachburg. Call 582-3685 to register.	Every Fri. 10-noon Every Wed. 1:30-3:30	Good Neighbours: Cobden Good Neighbours: Beachburg. Call Ray for info. 582-3685.
Every Tues & Thur	Bonnechere Day Program: Cobden (Tuesdays); Beachburg (Thursdays)	Every Tues & Thur	Bonnechere Day Program: Cobden (Tuesdays); Beachburg (Thursdays)	Tues. & Thurs.	<i>Foot Steps</i> ; Beachburg. Call 582-3685 to register.
				Every Tues & Thur	Bonnechere Day Program: Cobden (Tuesdays); Beachburg (Thursdays)

COMMUNITY ANNOUNCEMENTS

<p>Classes resume Jan. 8th, 2008! Fit, Fun & Fully Alive! Fitness Classes for Older Adults. 10 classes each week. Call 613-582-3685. It's a great time to get started</p>	<p>Jan. 19 2-4 pm "Learn to knit" workshop. Beachburg Women's Institute. Whitewater Bromley CHC, 20 Robertson Dr.</p>
<p>Jan. 15 12:00 pm Whitewater Historical Society AGM & Pot Luck Lunch. Whitewater Fire Hall, Foresters Falls</p>	<p>Every Wed. am Toy Bus: Cobden Ag. Hall Every Wed. pm Toy Bus: Douglas, Barr Line Community Centre. Call 888-757-3108 for info.</p>

WE THANK OUR SPONSORS FOR THEIR SUPPORT

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

Conway's Pharmacy

60 Main St.
Cobden
646-2717



251 Bridge St.
Eganville
628-2808

- Looking for a way to promote your business with local residents?
- In a health-related business?
- Need a reasonably-priced marketing tool?

How about sponsoring the Health Happenings Newsletter?

Have your business highlighted here! This newsletter is delivered quarterly to all households in Whitewater and Admaston-Bromley Regions. For information contact Brenda Powers-Ross, Office Administrator at 613-582-3685 or 613-646-7997.

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



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