



North Lanark Community Health Centre

A part of Lanark Renfrew Health & Community Services



Issue #29: Winter 2018

207 Robertson Drive, Lanark, ON K0G 1K0 613-259-2182 or 1-866-762-0496 www.nlhc.on.ca

"The only thing that is constant is change!" This was the perspective and teachings on life by the Greek Philosopher Heraclitus (c. 500 BCE) who influenced other great thinkers such as Plato and Aristotle. This past year at the North Lanark Community Health Centre, we have experienced a number of staffing changes on all of our teams. With the death of much-loved Doctor Greg Walsh and the retirement of equally-admired Nurse Ellen Penny, our Primary Care Team has added a number of new practitioners who have the skill, compassion and commitment to client care this community has come to expect. The receipt of new funding from the Champlain LHIN to expand our Lung Health program and to establish a Primary Care Outreach to Seniors program has also expanded our staff team.

We are pleased to introduce and welcome the following people and changes to our staff.

Dr. Jen Brooks - graduated from McMaster University Medical School and completed her Family Medicine Residency in Hamilton in 2015. Jen recently moved to eastern Ontario and has been working with NLCHC since Oct 2016. Dr. Brooks is looking forward to working with the community of north Lanark to provide comprehensive family medicine care through the NLCHC.

Dr. Ian Arnold - worked his first day at the NLCHC on Halloween in 2016. Ian graduated from the University of Calgary Medical School in 1979 (after first graduating from Stanford University with a Degree in Economics and then completing a CUSO placement in Thailand). After post-graduate training and some time in private practice, Dr. Arnold began teaching at the University of Toronto in 1995, then moved to Ottawa in 2009 where he taught at the Civic Hospital Family Medicine clinic. Ian works at NLCHC 2 days/week and describes himself as "a semi-retired family physician, who would find full-on retirement way too boring".

New additions to our team of Family Physicians



(Continued on back page)



Keeping Winter Walkers Safe: In Memory of Dr. Greg Walsh

It was a little over a year ago, on November 2, 2016, that the North Lanark Community Health Centre staff and clients mourned the death of our friend, colleague and family physician Dr. Greg Walsh. Greg touched many lives as a caring physician, family man and friend in a way that we will long remember. Through generous donations in memory of Greg, and as testament to Greg's concern and care for his clients and the community of north Lanark, we are making available over 100

pairs of "Get-A-Grip" winter boot grips. These easy-to-use grips are designed to help people stay active during the winter months by preventing slips and falls on snow and ice. Through these donations, boot grippers are being provided to clients of our Primary Care Outreach to Seniors program and are also being made available, free of charge and on a first-come basis, to members of the community who feel they would benefit from their use. To request a pair of Grippers, please call Pam at the NLCHC at 613-259-2372 ext 2306.



The **Get-A-Grip** program is an initiative led by Mills Community Support and Community & Primary Health Care (CPHC). Through libraries across Lanark County, and at the offices of Community Home Support, Mills Community Support and CPHC, grippers are also available for free to seniors, and for \$25 for those who are able to "pay-it-forward".



ON THE HORIZON...Our Winter/Spring 2018 Programs in a Nutshell



Hey, it's Free! **All our programs are free and all members of the community are welcome.**

Unless otherwise noted, all programs take place at the North Lanark Community Health Centre, 207 Robertson Drive, in Lanark Village.

Phone 613-259-2182 or 1-866-762-0496 for more information or visit our website at www.nlhc.on.ca

Fun and Fitness Exercise For Older Adults and Seniors

Weekly hour-long exercise classes to help you get in shape or stay in shape. Different levels of ability are accommodated. Gentle exercise classes are for people who are recovering from injury or illness or who use a walking support (ie chair, cane, walker).

Mondays
9:30-10:30 Middleville Hall
9:30-10:30 Watson's Corners Hall
9:30-10:30 Snow Road Hall



Nordic Poling Instructor Course

The Urban Poling Certification Course is a comprehensive course that teaches the practical skills of Nordic walking and how to teach Nordic walking to others. You will be provided with all the materials, tools and support you require to provide group classes and educational demonstrations.

May 2018; Date and time to be determined

**Call Pam, ext. 2306
Registration Required**



Guys in the Kitchen

For all "guys" who want to improve their cooking and meal planning skills in a fun, supportive and social group!

Wednesdays
Jan. 24, Feb. 28, Mar. 28, Apr. 25 and May 23, 2018
9:30 am-12:00 noon

**Call Megan, ext. 2362
Registration Required**



Tuesdays
8:15-9:15 Ferguson's Falls Hall
9:30 - 10:30 Ferguson's Falls Hall
11:00-12:00 Snow Road Hall Gentle exercise

Wednesdays
9:30-10:30 St. Andrew's United Church, Lanark

Thursdays
9:30-10:30 Middleville Hall
9:30-10:30 Snow Road Hall
11:00-12:00 Snow Road Hall Gentle exercise

Nordic Pole Walking

For adults of all ages who want to get an extra "boost" from the benefits of their walking and learn how to use "Nordic" poles effectively. And it's fun when done with a group of other like-minded people!

Every Thursday-9:00 am-10:00 am-Rain or Shine!

Special Walks are scheduled on the 2nd Tuesday of most months.

**Call Pam, ext. 2306
Drop-In**



Love Your Heart Healthy Cooking

In honour of **HEART MONTH**, join us to learn about healthy eating, heart smart recipe modifications and facts on fat. We will also cook up some heart healthy recipes

Wednesday, Feb. 7, 2018
10:00-noon

**Call Megan, ext. 2362
Registration Required**



Fridays
8:15-9:15 Ferguson's Falls Hall
9:30 - 10:30 Ferguson's Falls Hall

Classes are led by Certified Volunteer Fitness Instructors

**Call Pam ext. 2306
Drop-in**



Lanark Highlands Walking Group

For adults and seniors who are interested in walking outdoors in a social setting. This one-hour walk can accommodate different levels of fitness. The speed and distance of the walk can be varied to suit different walkers. Come by yourself or bring a friend. Light refreshments and social time follow.

Every Tuesday-Year around-Rain or Shine
9:00 - 10:30 am

**Call Pam ext. 2306
Drop-In**



Grocery Store Tour

In celebration of **NUTRITION MONTH** let's take a trip around Barnabe's Your Independent Grocer. This is an interactive tour for people interested in learning about grocery store smarts, making healthy choices and comparing food labels.

Tuesday, March 13, 2018; 10:00-noon
Barnabe's Your Independent Grocer, Perth

**Call Megan, ext. 2362
Registration Required**



Falls Prevention Exercise Program for Seniors

This 12-week program is designed to reduce the frequency and/or severity of falls through a combination of exercises and education.

Tuesdays and Fridays
Jan. 16-Apr. 10, 2018
9:30-10:30 am Higher Intensity
10:40-11:40 am Regular Intensity

**Call Sarah, ext. 2435
Registration Required**



Coffee Time Conversations (held after the walk)
Every 3rd Tuesday of month
10:00-11:30 am

Jan. 16 Services of the Home and Community Care Program (formerly CCAC) with Melanie Murray from the Champlain LHIN

Feb. 20 General Driving Tips and Winter Driving with David Bird, OPP

Mar. 20 Internet/Social Media Awareness & Fraud with David Bird, OPP

Apr. 17 Lyme Disease & Ticks with Theresa Clow, Sr. Public Health Inspector LLG Health Unit

**Call Pam ext. 2306
Registration Required for Coffee Time Conversations**



Diabetes Friendly Cooking Class

Join us for a fun and relaxing morning to learn how to cook diabetes-friendly meals. We will be discussing meal balancing, carbohydrate confusion, and how to get optimal control of your blood sugars using food.

Wednesdays,
January 3 and April 18, 2018
9:30-noon

**Call Megan, ext.2362
Registration Required**



Diabetes Connection A Get-Together for People With Diabetes

Connect with your health team, special guest speakers and other adults living with diabetes about healthy eating and healthy lifestyle, managing stress, caring for yourself and how to get optimal control of your blood sugars.

Mondays,
Jan. 8, Feb. 12, Mar. 12, Apr. 9, May 14, June 11,
10:00-11:30 am

**Call Lori, ext. 2344
Registration Required**



Expressions for Women Creating Art for Wellness

This weekly program is offered by the Mental Health Support Project for women to get together for companionship and creative arts expression.

Time will be spent at the beginning of each group in a relaxation exercise to help get grounded and to create the framework for a fuller experience.

Some time each week will be spent examining the role of creativity in our lives. We will work on our own, as well as on some group projects. By developing personal awareness in a creative environment we can build our resilience and wellness. Art experience not required—it's art from the heart.

Thursday afternoons
January-June
1:00-4:00 pm

**Call Halina (613) 284-4608
1-877-383-2070
Registration Required**



Managing Powerful Emotions

Learn skills in this group to help you better tolerate and manage your emotions. Learn to understand emotions and their purpose, cope with difficult emotions and increase positive emotions while becoming more mindful.

Time, Dates and Location are to be determined

**Call Martha ext. 2310
Registration Required**



Lanark Community Dinners

Come one—come all to a free Community Dinner. Catch up with neighbours, meet some new people and have a good meal at the same time. Fully accessible.

3rd Monday of every Month
4:00-6:00 pm
Lanark Civitan Hall

Call Melanie: 613-259-5495



Mindful Movement

Mindful Movement is low-impact, easy to learn and requires no special equipment. It is suitable for all ages and levels of physical activity. It can help with reducing stress and promoting relaxation; improving concentration, balance and co-ordination; increasing flexibility; and increasing energy and feelings of well-being.

Wednesdays; April 4 - May 23, 2018
7:00-8:00 pm

**Call Pam, ext. 2306
Registration Required**



Come celebrate International Women's Day . . .

Welcome all mothers, daughters, sisters and friends. Come celebrate **International Women's Day** together on:

Friday, March 9th
Noon-4:00 pm

Join us for a potluck lunch at noon and stay for an fun filled afternoon.

**Call Kara, Ext. 2302
Registration required for afternoon activity**



Growing Together Through Yoga

A gentle yoga practice for those who have persistent health concerns such as chronic pain, arthritis, depression, MS or are recovering from illness or injury.

Every Thursday for 9 weeks
January 25 - March 22, 2018
2 classes: 9:00-10:30 am or 10:30am-12:00 noon

**Call Sherry, ext. 2333
Registration Required**



Mindfulness Based Stress Reduction

For people wanting to learn and practice new techniques for coping with, and responding to, the stress in their lives—whether that stress comes from work, health status, relationships, finances, chronic pain, panic or anxiety.

This nine-session program includes practical instruction about our responses to stress and intensive training in mindful techniques such as meditation, yoga, breathing and relaxation.

Information Session: Thurs. March 1, 6:30-8:00 pm
Program runs Thurs. March 22-May 10, 2018, 6:30-9:00 pm
Full day Saturday April 28, 2018

Fall 2018 Program

A daytime program in Carleton Place is tentatively scheduled for the fall of 2018. Please call for more information or to register.

**Call Kara, ext. 2302
Registration Required**

Friday Afternoon Bridge Club

Are you looking for something to do on Friday afternoons? Why not come out and play some bridge at 1:00! This is a friendly bridge club and all levels of players are welcome.

Donations received by the bridge club are used to further programs and services in our community.

Friday Afternoons
1:00-4:00 pm

Drop-In!
Call Pam, ext. 2306



New additions to our team of Nurses



Emily

Jodie

Carolyn

Emily Frizell – graduated from Queens University with her Bachelor of Nursing Science and joined our team of Registered Nurses in June 2017. Prior to coming to NLCHC, Emily worked in the Emergency Department at the Queensway Carleton Hospital, in orthopaedics at the Kingston General Hospital and as a Public Health Nurse with the Leeds Grenville Lanark District Health Unit. Having grown up in this area, Emily has a deep appreciation for and understanding of the people and culture of this community. Nature photography and reading are a few of her pastimes.

Jodie Fergusson – was born and raised on a farm outside of Perth, and takes pride in her local heritage. Jodie completed her Bachelor of Science/Registered Nursing degree at the University of Ottawa. Prior to coming to the NLCHC in August 2017, Jodie worked at the Almonte Hospital for the last 6 years, gaining experience in Labour and Delivery, Medical/Surgical Care, Home Care, and Chronic Care. In her spare time, Jodie loves running, playing sports, doing yoga and is an all-around fitness advocate.

Carolyn Lawrence - joined the NLCHC as a Registered Practical Nurse in April 2016. Prior to coming to NLCHC, her nursing experience was in a hospital setting. Carolyn feels the community based setting is where she belongs and where she is able to be the best nurse she can be. Carolyn has “fallen in love” with the countryside of Lanark Highlands and looks forward to her daily 30-minute commute to and from work 4 days/week! In her spare time, Carolyn is a volunteer Adaptive Ski Instructor at Mount Pakenham. She also loves to sing in a local choir, cycle in the summer and maintain a container garden.

New additions to our Allied Health Team



Emma

Sarah

Megan

Emma Phillips - graduated from Algonquin College with an Advanced Diploma in Respiratory Therapy and is a Registered Respiratory Therapist/Certified Respiratory Educator. She joined the Lanark-Renfrew Lung Health Program in the fall of 2017. Emma provides education and spirometry testing to clients with chronic lung disease. When she's not indoors working with clients, she loves spending time outdoors enjoying all four seasons!

Sarah Byrne - joined the NLCHC team as the Community Health Worker with the Primary Care Outreach to Seniors Program in December 2015. Sarah studied at the University of Waterloo, graduating with a BA Honours with a Major in Therapeutic Recreation and a Minor in Gerontology. Sarah is deeply committed to working with and serving seniors in this, her home, community. Sarah celebrates seniors as valuable members of the community and works collaboratively to best support them. Enjoying outdoor activities is also high on Sarah's list!

Megan Weber – provides nutrition education and counseling to help people get more in tune with their bodies, balance their food intake, enjoy delicious food, and reach their own personal goals. She supports people with a wide range of nutrition concerns—from infant feeding to chronic disease management. Megan graduated from the University of Guelph with a Bachelor of Applied Science and then completed her Dietetic Internship in Kitchener to become a Registered Dietitian. Megan's career has been spent working in rural communities, which suits her personal interests of gardening, swimming, hiking and being outdoors.

Urgent Care Clinic - Open to All

Every Weekday Morning between 9:00 - 10:00 am

Our urgent care clinic continues to provide services for recent or sudden onset of an illness such as a sore throat, cough, rash, fever or minor injuries. The clinic is available to anyone, whether you are a client or not, on a first-come first-serve basis.