



Accredited

Proud
to be
CCA
Accredited

Stephen Bird, Chair of the Board of Lanark Renfrew Health & Community Services is pleased to announce “Lanark Renfrew Health & Community Services (LRHCS) has been granted full accreditation through the Canadian Centre for Accreditation (CCA), a national not-for-profit organization which offers third-party accreditation reviews to community-based health and social service organizations in Canada”. Stephen observed that LRHCS “...faces many challenges in meeting the ongoing needs of people in our rural communities, and participation in a rigorous accreditation review promotes excellence and innovation, learning and improvement. This accreditation review in particular, was quite onerous”. After a full year of preparation that included an extensive review of all our policies and procedures and surveys of our Board of Directors, staff, volunteers, community partners and educational partners, LRHCS played host to a three-person review team for four days which included group interviews with a cross-section of staff, managers, the Board of Directors and the Executive Director, on-site observations and examination of documents, and the tracing of a client journey.

Accreditation reviews are based on accepted standards of good practice and risk management and cover all aspects of the organization, including governance, stewardship, risk and safety, learning culture, organizational planning, performance and evaluation, human resources and volunteer management, program and service delivery and community development. John Jordan, Executive Director of LRHCS explained that “...because of the scale and scope of LRHCS (which is made up of Lanark Community Programs, Mental Health Support Project, North Lanark Community Health Centre, Whitewater Bromley Community Health Centre), the CCA determined that three different modules applied to this review – Organizational Standards; Community Based Primary Care; and Community Support Services”.

In order to receive accreditation, all Mandatory Standards and at least 80% of Leading Practice Standards across each module must be met. LRHCS met and exceeded these requirements, resulting in the decision by the Board of Directors of the Canadian Centre for Accreditation to fully accredit Lanark Renfrew Health & Community Services for a four-year period ending April 2018. In speaking about the review, the review team leader commended LRHCS for meeting **all** of the leading practice standards. LRHCS subsequently learned that their review was the CCA’s largest to date - **no other organization reviewed by them has had as many modules or indicators (447) to account for!**

John Jordan credits many people for this success. “The incredible support we receive from our clients, volunteers, staff, Board Members, community partners and funders is what enables us to deliver high-quality programs and services in our rural setting. This review has affirmed for us what we’re doing right, and it’s also provided us with guidance about how we can learn, grow and change to ensure that we remain a healthy and effective organization that is responsive to meeting health and community needs, now and in the future”.



Canadian Centre for Accreditation
Excellence in community services
Centre canadien de l'agrément
L'excellence en matière de services communautaires















www.northlanarkchc.on.ca





ON THE HORIZON...Our Fall 2014 Programs in a Nutshell



<p>Diabetes Friendly Cooking Class Learn how to cook diabetes-friendly meals in a fun, relaxed environment. Meal balancing, carbohydrate confusion and getting optimal control will be discussed.</p> <p>Wednesday, October 22th, 2014 9:30 am—12:00 noon</p>  <p>Call Ashley Registration Required</p>	<p>Fun and Fitness Options For Older Adults and Seniors September 2014—June 2015</p> <p>Weekly morning, hour-long physical activity programs (exercise classes, walking group and mindful movement) to help you get in shape or stay in shape. Different levels of ability are accommodated. Lower mobility exercise classes are for people who are recovering from injury or illness or who use a walking support (ie chair, cane, walker).</p> <p>Mondays 9:30-10:30 Exercise Class-Middleville Comm. Hall 9:30-10:30 Exercise Class-Watson's Corners Hall 9:30-10:30 Exercise Class-Snow Road Comm. Centre</p> <p>Tuesdays 9:00-10:00 Outdoor Walking Group- North Lanark CHC, 207 Robertson Dr., Lanark 10:30-11:30 Exercise Class (lower mobility, chair based) Lilac Apartments, 130 Clarence St., Lanark</p> <p>Wednesdays 9:30-10:30 Exercise Class-St. Andrew's United Church 115 Clarence St., Lanark 2:00-3:00 Exercise Class (lower mobility, chair based) North Lanark CHC, 207 Robertson Dr.</p> <p>Thursdays 9:00-10:00 Exercise Class-Ferguson's Falls Comm. Hall 9:30-10:30 Exercise Class-Middleville Comm. Hall 9:30-10:30 Exercise Class-Snow Road Comm. Centre</p>	<p>Lanark Highlands Walking Group</p> <p>For adults and seniors who are interested in walking outdoors in a social setting. Social time and monthly presentations at 10:00 am. Meet at the Health Centre.</p> <p>Every Tuesday—Year around—Rain or Shine 9:00 —10:30 am</p> <p>Guest speakers are scheduled on the 4th Tuesday of every month starting at 10:00 am. Field trips to other trails/hikes/walks are offered occasionally.</p> <p>September 23, 2014: Nurse Practitioner Lynn Demsey Jechel will talk about Shingles, a common and disabling condition that can result in a prolonged and painful condition if not treated promptly.</p> <p>October 28, 2014: Respiratory Therapist, Christina Dolgowicz, will talk about lung health and breathing exercises to improve your lung function in commemoration of Respiratory Therapy week.</p> <p>November 24, 2014: Primary Care Outreach to Seniors, Nurse Meredith Cullen and Community Health Worker Joellen McHard introduce themselves and their new program.</p> <p>Call Kara Drop-In! No Registration Required</p> 	<p>Ruby Tuesdays</p> <p>For women who are looking for creative ways to cope. Ruby Tuesdays is a safe place to share, support and exchange ideas.</p> <p>Every other Tuesday from 1:00—3:00 pm September 23—December 16, 2014</p>  <p>Call Sherry Registration Required</p>	<p><i>All our programs are free and all members of the community are welcome.</i></p> <p>Phone 613-259-2182 or 1-866-762-0496 for more information or to register, or visit our website at www.northlanarkchc.on.ca</p>
<p>Discover a Healthier You Weight Management Group</p> <p>A six-week group where you will learn about nutrition, physical activity and goal setting to promote weight loss and a healthier lifestyle. Some topics include: meal planning, emotional eating, label reading and food demonstrations.</p> <p>Every Friday from October 10th—November 14, 2014 10:00 am—12:00 noon</p>  <p>Call Ashley Registration Required</p>	<p>Guys in the Kitchen</p> <p>For all men wanting to improve their cooking and meal planning skills in a fun, social and supportive environment.</p> <p>4th Wednesday of September, November 2014, January, March, May and July 2015 10:00 am—12:00 noon</p>  <p>Call Ashley Registration Required</p>	<p>Falls Prevention for Seniors</p> <p>This 12 week program is designed to reduce the frequency and/or severity of falls through a combination of exercises and education. The program consists of two, hour long classes each week for 12 weeks.</p> <p>Tuesdays and Fridays from 11:00 am—12:00 noon Start date to be confirmed</p> <p>Call Meredith Registration Required</p> 	<p>The Nature and Impact of Anxiety</p> <p>This series of three workshops will assist you in identifying and challenging anxious thoughts, create personal exposure challenges and develop and practice coping strategies.</p> <p>Fridays: September 26, October 17, November 7, 2014 10:00 am—noon</p>  <p>Call Martha Registration Required</p>	<p>Women's Empowerment Group</p> <p>A monthly information and support group for women who would like support in their personal growth while helping other women get stronger too.</p> <p>Fridays: September 19, October 17, November 21, December 19, 2014 12:00 noon—2:00 pm (light lunch provided)</p> <p>30 Bennett Street, Carleton Place</p> <p>Call Maggie Registration Required</p> 
<p>Cooking For One</p> <p>For adults of all ages who have little or no cooking experience. Come learn some basic cooking skills for preparing affordable, healthy food.</p> <p>3rd Wednesday of each month from September 2014 through to July 2015 9:30 am—12:00 noon</p>  <p>Call Ashley Registration Required</p>	<p>Growing Together Through Yoga</p> <p>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.</p> <p>Thursdays, October 2—December 4, 2014 2 classes: 9:00-10:30 am or 10:30-12 noon</p>  <p>Call Sherry Registration Required</p>	<p>Expressions for Women Creating Art for Wellness</p> <p>This weekly program is offered by the Mental Health Support Project for women to get together for companionship and created arts expression.</p> <p>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.</p> <p>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.</p> <p>Art experience not required—it's art from the heart.</p> <p>Thursday afternoons Starting September 11, 2014 1:00—4:00pm</p> <p>Call Halina (613) 284-4608 Registration Required —Space is Limited</p> 	<p>Mindfulness Based Stress Reduction</p> <p>You may be interested in this program if you experience stress related to work, family, heart disease, chronic pain, arthritis, high blood pressure, panic and/or anxiety, sleep disturbance, headaches. Learn new tools to help you cope with stress and your reactions to stress.</p> <p>Two locations. Two programs. Each program runs for 8 consecutive weeks.</p> <p>30 Bennett Street, Carleton Place—Lanark Community Programs Info session: Tuesday, Sept. 23, 2014 12:30—2 pm Program runs Tuesdays October 7—December 12, 12:30—3:00 pm and Tuesday November 18, 9:30 am—3:00 pm</p> <p>207 Robertson Drive, Lanark—North Lanark Community Health Centre Info session: Thursday, Sept. 11, 7:00—8:30 pm Program runs Thursdays October 2—November 20, 6:30—9:00 pm and Saturday November 8, 9:00 am—3:00 pm</p> <p>Call Kara Registration Required</p>	<p>NEW VOLUNTEER OPPORTUNITIES Want to get more involved in community life? Need to complete some high school hours?</p> <p>Many of the programs offered by the North Lanark Community Health Centre are made possible through the voluntary efforts of community members. We are currently seeking "that special someone" for the following positions:</p> <p>Program Assistants for the After-School Healthy Active Kids program at Maple Grove School (Tuesdays or Wednesdays, September-December and January-June)</p> <p>Program Facilitator for the Roots of Empathy Program at Maple Grove School (to support the development of emotional literacy in young children). Dates TBD but include three 45 minute visits to the school each month from October to June.</p> <p>Parent and Infant "team" for the Roots of Empathy Program at Maple Grove School. Dates TBD but include one 45 minute visit to the school each month from October to June.</p> <p>Good Food Box Sorters/Packers for the Lanark Highlands Good Food Box program. Approximately 4 hours on the third Wednesday of every month.</p>
<p>Healthy Holiday Baking</p> <p>Join us for a morning of baking together and learning about healthy recipe modifications to your favourite recipes using simple tips and tricks.</p> <p>Wednesday, November 5th, 2014 9:30 am—12:00 pm</p>  <p>Call Ashley Registration Required</p>	<p>Canadian Tire Jumpstart—Healthy Active Kids</p> <p>If you have children in grades 2-6 that would like a chance to get physically active and have some fun—sign them up for this.</p> <p>Grades 4, 5 & 6: Tuesdays, 3:30-5:30 Grades 2 & 3: Wednesdays, 3:30-5:30</p>  <p>Call Martha Registration Required —Space is Limited</p>	<p>Friday Afternoon Bridge Club</p> <p>Are you looking for something to do on Friday afternoons? Why not come out and play some bridge. This is a friendly bridge club and all levels of players are welcome.</p> <p>Donations received by the bridge club are used to further programs and services in our community.</p> <p>Drop-In! Registration Not Required</p> 	<p>All volunteers are required to become registered volunteers with the North Lanark Community Health Centre and are subject to our policies and procedures. All volunteers will be supported and provided training appropriate to the position.</p> <p>For more information about any of these positions, please contact Kara</p>	

Primary Care Outreach to Seniors

The Primary Care Outreach Program to Seniors is a new program being offered through the North Lanark Community Health Centre starting in October 2014.

The primary care outreach team works in collaboration with other health professionals to support high risk seniors in leading healthy and independent lives in their own homes. A registered nurse is available to visit frail seniors in their home. The community health worker will link them to appropriate community resources and assist them with their various needs.

The program is offered at no cost to the senior.

We aim to help seniors maintain their health and independence, in order to reduce the number of emergency visits, hospital and long term care admissions.

Referrals are accepted from any source for eligible seniors aged 65 and older who may be isolated and at risk of hospitalization.

To make a referral to the program please call central intake at 1-844-726-5115.

For more information about the program or to invite a speaker to come to your group/organization call the Health Centre at 613-259-2182 and ask to speak with Joellen or Meredith.

So long Summer. . . Welcome Fall Allergies

Many people suffer from allergies. Allergies occur because our bodies are sensitive to certain substances and causes symptoms such as runny nose, itchy eyes, and congestion. A person with asthma may also react to allergies and experience worsening symptoms such as wheezing, coughing and tight chest. So why is fall so bothersome? RAGWEED. Ragweed is a plant that lives for one season yet produces up to a billion pollen grains. It will show up in early August and can stay right up until the first hard frost.

So, how to avoid ragweed? If you have allergy symptoms in the fall, here are some ideas that might help:

- Keep linens off the clothesline. Pollen can stick to bedsheets, towels, etc.
- Close your windows to keep the pollen out of the house.
- Change your clothes and shower when you come in from working outside. Pollen can stick to your skin and clothes which may lead to worsening symptoms.
- Stay inside on hot humid days (preferably with air conditioning). Pollen counts can be higher on these days.
- Check your local weather station ie. www.theweathernetwork.com. This site will let you know what the pollen count is in your area and help you prepare for the day.
- Speak with your health care provider on what medications can help decrease symptoms

You can also find more information online at the Canadian Lung Association www.lung.ca and the Allergy/Asthma Information Association www.aaia.ca

Healthy Happy Smiles

A healthy smile means happiness for the giver and the receiver. The dental clinic at the North Lanark Community Health Centre is open and we would love to help your kids keep their smile healthy. You can book a free screening appointment for your child age 17 or younger by calling Bronwyn Freeman Certified Dental Assistant with the LGL District Health Unit at 1-800-660-5853 *2303. The Oral Health team from the Leeds Grenville and Lanark District Health Unit can provide free help with oral hygiene skills, and as eligibility permits, teeth cleaning and the application of fluoride and/or sealants to help prevent tooth decay.

Your child may be eligible for free dental treatment as well. A dentist (Dr. Frank Sammut) is at the Health Centre one day every month to provide dental treatment for kids covered by CINOT, Healthy Smiles Ontario or Ontario Works. Dr. Sammut can also see adults who are covered by Ontario Works or Ontario Disability Support Program (ODSP). A registered dental hygienist (Rebecca Kinch), is also here one Thursday/month providing preventive services (such as screenings, cleanings, fluoride treatments, sealants and oral health education) for children on CINOT and HSO, and she may also see adults and seniors as time permits. Your oral health is affected by your general health – and vice versa. Want to know more, or have another oral health question? Stop in to see Rebecca – she is happy to help in any way she is able.

If you can't make it on the days we are scheduled, call to see if we can find a time that works for you!

To book an appointment or for any oral health questions, call Bronwyn Freeman of the Oral Health Team at the Leeds Grenville and Lanark District Health Unit at: **1-800-660-5853 *2303.**

