NorWest Community Health Centres
Centres de santé communautaire NorWest

Health Care Expansion

Please Join Us

NorWest Community Health Centres is Celebrating their Volunteer Recognition, in conjunction with the 25th Annual General Meeting of the NWCHCs Board of Directors.

Date: Tuesday, June 23rd, 2015 • Time: 5:00pm to 6:00pm
Place: NorWest Community Health Centres - Kam Rm (2nd flr)
525 Simpson Street, Thunder Bay, ON P7C 3J6

Please RSVP to Executive & Communications Assistant, Kelly Binette, at kbinette@norwestchc.org or 807-626-8488 by Wednesday, June 17th, 2015

Every One Matters.

Supported by:

NorWest Local Health Integration Network
NorWest Community Health Centres Expansion

NorWest Community Health Centres was born from an identified need in the community. We started back in 1987 when a steering committee formed to pursue the establishment of a health centre in the Ogden-East End area. The Ogden-East End Community Health Centre was incorporated on Oct 5, 1988, with funding announced in 1990 with a small store front office.

NorWest was providing primary health care and health education to people and communities in the District of Thunder Bay.

Approval for construction of the existing facility was secured. The grand opening of our current location at 525 Simpson St. was held on Nov 6, 1993. Re-branding of our name – NorWest Community Health Centres took place in 2001.

Programs and Services expanded over the next 25 years. Longlac and Armstrong became part of a District wide Community Health Centre, with many new rural and mobile sites added to the services.

As health services have expanded, so has our need for space. We are now beginning our newest venture. The New Health Care Investment in the District was announced on May 21, 2013. We received funding to proceed with the NorWest expansion.

The building expansion will facilitate increased efficiencies in service, and provide a safer, more effective environment for clients and staff. The addition will also increase the capacity to partner with other organizations and serve communities in the District of Thunder Bay.

It has taken a great deal of work by staff and management to get to this point in the process. The addition will hold new clinical and program space with accessible exam rooms, a new and larger reception area, and teaching rooms for staff and clients.

We need to thank all our supporters for getting us to this point in the process. In the next year we will experience some disruption and inconvenience. Parking will be affected, but we will do our best to ensure the closest parking to the building is reserved for clients. Noise will inevitably be a problem. In the next year we will all need to be patient as the ups and downs of construction proceed. In the end, the result will hopefully please everyone.

We are looking forward to this new and exciting addition, since it will be more than double our existing space. Excavation is planned to begin in July.

Thank you again in advance for your patience in this much needed and exciting project.

Wendy Talbot is the CEO of NorWest Community Health Centres.
Know Your Limits - Get on the Ball

The program runs for a 6 week period, and is offered in the fall, winter and spring at our Longlac site. It consists of a variety of low impact exercises. The goal of the program is to help increase muscle tone and flexibility while recognizing our limits with any special conditions one may have, not being able to attend regular daytime programs, and most of all being motivated by sharing the experience with the group.

One of our sessions is working with the stability ball.

Maintaining proper alignment on the ball stimulates the body's natural motor reflexes and encourages the body to react as a whole, integrated unit. This type of movement corresponds to how you move about in a normal day. Training on the ball challenges the whole body to participate in order to maintain correct posture and balance, and to perform dynamic exercise movement.

The ball can improve muscle strength and endurance in all of the major muscle groups. Training with the ball can improve muscle tone, increase muscle endurance and strength, restore or improve flexibility, enhance spinal stability, complement your resistance and aerobic training programs, help you lose weight, and improve your balance, posture and coordination.

The ball is ideal for stretching and offers additional options to traditional static stretching. Traditional stretching usually requires you to stretch on the floor and can be difficult to achieve and maintain many of the stretching positions.

Versatility
1. The ball can be used at home or in a group exercise setting.
2. It can be adapted to all ages, all fitness levels and special populations.
3. The ball is portable and lightweight.
4. The ball is an inexpensive exercise tool.
5. The ball is maintenance free over a long life.

Our group at the Longlac site is finding the workout very enjoyable, and they are pleased to find new ways of exercising to music with a ball!

To obtain more information about the program please contact Community Health Worker, Danielle Bérard at 807.876.4774 or toll free 1.888.876.2271.
NorWest Community Health Centres • Summer 2015

NorWest CHC held their first Seniors Health Fair in Thunder Bay on October 14th 2014, and it was a resounding success!! Over 80 seniors participated in the health fair, had their flu shot, and their blood pressure checked. NorWest organized 15 shuttle runs and provided transportation for seniors on our mobile health services unit nicknamed “Cloud”.

It just wasn’t all about flu shots and pressure checks, we provided cancer screening information, program material, healthy snack demos and prizes!

The senior’s health fair and flu clinic was so well received we want to hold it annually – so keep your ears and eyes open for a date in the Fall of 2015.

Cole Anderson, Community Health Worker educates and provides health information to health fair attendees, including client Judy Binette.
Sports Day in Canada was calling all communities, organizations, teams, clubs and schools to participate….and we answered!

To raise awareness about the importance of health and physical activity and to support “Sports Day in Canada” we held a friendly competition between all three sites at NorWest CHCs “National Jersey Day” was held on November 28, 2014. The goal was to have fun, but also to promote discussion about positive health and wellness with our clients, staff and community.

Staff who participated wore their favorite jersey to work, and our Longlac site won the team spirit award!

For more information on Sports Day in Canada visit http://sportsday.cbc.ca/howtogetinvolved

Walk-in Clinic Schedule

Thunder Bay Site
(you do not need to be a registered client of NWCHC) - Monday to Thursday (4:30pm to 8:00pm)
Friday (1:00pm to 4:00pm), Saturday and Sunday - (10:00am to 3:00pm)

Longlac Site
(available to registered NWCHC clients) Tuesday (4:30pm to 7:00pm)

Nurse Practitioners are available to provide care for your health concerns Narcotic refills are NOT available. No appointment required.

The following health concerns are examples of matters that can be dealt with effectively:

- Coughs and colds
- Fevers
- Ear aches and sore throats
- Infections
- Pregnancy test
- Sexual health
- Birth Control
- HIV testing
- Hepatitis testing

For Additional Information on the Thunder Bay Site:
(807) 622-8235 or Toll free 1-866-357-5434

For Additional Information on the Longlac Site:
(807) 876-2271 or Toll free 1-888-876-2271
Our Armstrong Connection

One of our mobile health services – the diabetes mobile team (Nurse Practitioner, Foot Care Nurse, Community Health Worker, Dietitian, and Registered Nurse) travel to communities in the District to provide primary health, foot care services, and to ensure care and education for our clients.

One of our destinations is our Armstrong site. We have included a few client photos, as well as testimonials about the services we provide.

"I am very thankful for the services that the NorWest clinic provides for my family that would otherwise not be available in such a small community. Not only do they save my family from lengthy trips into Thunder Bay, but also provide great health care!"
- Armstrong/Diabetes Mobile Client

"The diabetes mobile team keep my feet happy and healthy!"
- Foot care Client

For more information on our mobile health services, please contact the Administrative Lead & Coordinator of the Mobile Health Services, Elaine Peters at 626.7850 or toll free at 1.855.357.5454.
Thinking about Quitting Smoking?

WE WANT TO HELP!

5-Step Smoking Cessation Program available at NorWest Community Health Centres

Would you like more information? Talk to your health care provider or Community Health Worker about moving on to becoming smoke-free!

Did You Know?
Quitting is not about will power or personality. It is about what you can do “instead” of smoking!
the key to quitting

Quitting smoking is not based on willpower or personality. It is based on figuring out what you will do “instead of smoking” in the situations where you usually smoke.

Some of the main reasons people have trouble quitting smoking are:

1. Not having a quit plan.
2. Not having enough strategies in the plan that will help them do something instead of smoking.
3. Strategies are not practised long enough.
4. The step is too big...smaller steps can be helpful.
5. Testing themselves with “just one cigarette”.

How can the Smoking Cessation Program work for you!

NorWest Community Centres offers the Smoking Cessation Program at all 3 sites.

For more information, please contact us.

NorWest Community Centres
Thunder Bay site: 1-807-622-8235
Longlac site: 1-807-876-2271
Armstrong site: 1-807-583-1145
Toll free: 1-866-357-5454
Website: www.norwestchc.org
The NorWest Community Health Centres-Longlac site attended the Geraldton Trade show that took place on April 17 and 18, 2015. It was very well attended and a very busy booth. We offered blood sugar testing, had draws and displays of amount of sugar found in different foods and drinks including alcohol drinks. We also did teaching on diabetes prevention and healthy eating.

Various materials were available for people to take home. We are quite pleased with our total of 159 who came by and had their blood sugar tested. This really helps us determine how people believe in the importance of being screened and how they value their health.

Lesalon (trade show) de Geraldton

Le 17 et 18 avril 2015, centres de santé communautaire NorWest – site de Longlac a fait partie du salon (Trade show) qui a eu lieu à Geraldton. Ce fut l’occasion pour nous de rencontrer beaucoup de gens et nous avons fait le dépistage et l’éducation au sujet du diabète.

Nous avons en même temps présenté des échantillons de différents aliments et leurs quantité de sucre qu’ils contiennent. Nous avons sensibilisé les gens au sujet de l’importance du dépistage, et nous somme très satisfait du nombre de 159 personnes qui se sont présenté à notre table qui veut dire que l’intérêt du dépistage est important et que la santé est précieuse et qu’il faut la conserver.
Have you considered how you would react in the event of a flood, power outage or fire in your home?

Do you have a plan to help keep you, your family, your pets and personal valuables safe in an emergency?

Such questions are ones that many of us have never considered even though recent local emergencies have impacted many of us and our loved ones. It’s time to start preparing by learning the risks, making a plan, and starting to build a kit to ensure you can be on your own for at least 3 days.

Emergency Preparedness Week was May 4 to 10. During this week, NorWest Community Health Centres, with the amazing support of the Municipality of Oliver Paipoonge and Leadership Thunder Bay hosted the 4th Annual Rural Health Fair with a focus on emergency preparedness. This is the first year there was a Leadership Thunder Bay Community Action Project team assisting with this event. The Leadership team was instrumental in helping us publicize the event, recruit exhibitors, design the build an emergency kit scavenger hunt, complete attendee evaluations, and help in every way possible during the event.

Over 350 attendees and over 50 exhibitors were at the 4th Annual Rural Health Fair: Emergency Preparedness Event held May 7th. This was a free event. We had over 250 households who were able to start their own personal emergency kit, all while getting the chance to meet friends, neighbours, and meet local support and service providers. The children at the event met Sparky the Fire Dog, Smokey the Bear, and were provided education about keeping themselves safe.

Robert Casavant and Joanne Cannaday, a couple from Neebing, Ontario stress the importance of being prepared.

The 3 day Emergency Kit.
for an emergency. In spring 2013, the couple awoke one morning to find water pouring into the windows and doors on the first floor of their home. It only took thirty minutes before the entire first floor was completely filled with water. “When it happened, I quickly hit the breaker to turn off our power and we scrambled to gather spare clothes, medications and important documents,” Robert shared. “Storing valued items such as personal identification, financial information and photos in a central location and in waterproof and fireproof containers in case of an emergency is important”, adds Robert. “These types of containers are inexpensive and can save you so much hassle.

Some of the biggest obstacles to emergency preparedness are the myths surrounding getting prepared.

• Myth One: “If an emergency happens, all I have to do is call 911”. Contacting emergency services is a first step, however, in wide spread crisis, emergency personnel could be delayed due to a spike in requests, difficult travel, and complexity of care needed.

• Myth Two: “A disaster will never happen to me”. People who experience an emergency often wish they had been better prepared.

• Myth Three: “Good planning is too expensive or too complicated”. Untrue; there are simple and economical things you can do such a building your basic emergency kit that includes a flashlight, first aid kit, water, non-perishable food and a multi-tool.

Making a plan or updating an existing plan is now easier than ever with Emergency Management Ontario’s online resources www.emergencymanagementontario.ca.

To obtain more information about making a plan call Jodi Kurzhals, Community Health Worker at 807.626.7856 or toll free 1.866.357.5454.
The Cooking with Assistance program is facilitated by Community Health Workers, Danielle Bérard and Rebecca Adams. The program takes place on Fridays, twice a month at our Longlac site. The program consists of helping individuals with some limitations including meal planning, physical fitness and at the same time, a great occasion to get together; which is very important for one's health.

We have five people in our group, and they all bring in their own unique qualities to the program. Each person learns how to cook healthy meals on a budget, the importance of physical activities to maintain their independence, and most of all, having the pleasure of getting together.

During the program we also brainstorm solutions to any issues or setbacks participants may be experiencing at the time. All in all, we think this is an excellent program and we are always so grateful to see the participants come in smiling and leave again with an even greater smile, saying "see you in two weeks!"

It is truly rewarding to know that this program makes such a difference in their Fridays and in their lives.

To obtain more information about the program please contact Community Health Worker, Danielle Bérard at 807.876.4774 or toll free 1.888.876.2271.
Whether you are working from your home or work space, we all need to be conscious of how long we are in the same position and what we can do to help our bodies out, from our head to our feet.

**Deskercises:** Do simple stretching exercises. Stretch your arms, legs, neck and torso while sitting. This will help prevent you from feeling stiff.

- **Neck:** To stretch your neck, slowly flex your head forward and backward, side to side and look right and left. This can be done almost any time to lessen tension and strain. Never roll your head around your neck—this could cause damage to the joints of the neck.
- **Shoulders:** Roll your shoulders forward around 10 times, then backward. This helps release the tension off your shoulders.
- **Arms and shoulders:** A good stretch for your arms and shoulders is to brace your hands on the edge your desk, each about a shoulder width away from your body. Twist your hands in so they point toward your body and lean forward, hunching your shoulders. Take this a step further and push your shoulders and elbows closer to the desk.
- **Wrist:** Roll your wrists regularly, around every hour or so. Roll the wrists 10 times clockwise, then 10 times counterclockwise. This will help minimize the potential for getting carpal tunnel syndrome if you spend a lot of time typing.
- **Ankles:** Roll your ankles regularly. As with your wrists, roll the ankles in a clockwise motion three times, then counterclockwise. This helps improve blood circulation, and prevents that tingling feeling you can get when blood circulation is cut off, also known as "pins and needles".
- **Chest:** Notice if you tend to hunch in front of the keyboard. To counter that, perform the following exercise: Open your arms wide as if you were going to hug someone, rotate your wrists externally (thumbs going up and back) and pull your shoulders back. This stretch is moving your body the opposite way to being hunched and you should feel a good stretch across your upper chest.
- **Abdomen:** Contract your abdominal and gluteal muscles, hold them there for a few seconds, then release. Repeat this every few minutes all day long while you’re working at your desk.
- **Calves:** Stretch your calves. While sitting, lift up your legs on the balls of your feet and set them down. Repeat until your legs are comfortably tired. Repeat about 10 minutes later, and continue doing this routine for about an hour or so. This will exercise your calves, and will help prevent blood clots from developing in your legs. Blood clots are very common among middle-aged computer users.

*Stand up every half hour to walk around a bit.* This will ensure continuous blood circulation in your arms and legs, and will keep them from getting too strained. Take a walk to get a glass or water or take a washroom break. If you are at work use the stairs instead of the elevator.

*Focus as far as possible.* To avoid eye strain while working at a computer, set up your monitor as far as possible. Otherwise, give your eyes often break by looking around at something distant to prevent irritation and short-sightedness. Have a bottle of water by your side and make a habit of drinking plenty of water throughout the day. If you do this consistently, you will begin to feel more alert. Take trips to refill your jug or glass of water, so that you can also walk around and exercise your legs at the same time.

Information found at: [http://www.wikihow.com/Exercise-While-Sitting-at-Your-Computer](http://www.wikihow.com/Exercise-While-Sitting-at-Your-Computer)
Want to add some fresh variety into your kitchen? Signing up for the Good Food Box can bring just that. Once a month boxes go out filled with a variety of fresh fruits and vegetables. Thunder Bay’s local program which has a base hub out of the North Western Women’s Association brings fresh produce at affordable prices. During Thunder Bay’s growing season local produce is included as well, reducing your carbon footprint.

Not sure what to do with all the fresh produce. Well, there are a variety of programs city wide that run cooking sessions to share different ideas on how to prepare the produce.

NorWest Community Health Centres is one of the many order and pick up points that are throughout our city, making it easy to find a location close to home. When you pop in to pick up your box, our Nutrition Worker has tasty samples to provide you with ideas on what you can cook with your produce.

Drop by NorWest and order a box by the first Friday of the month. $20 for a family size and $12 for a single.

Take a look at our recipe we have sampled in the past. Apple carrot muffins are a good way to get a bit more vegetable in your diet. This is a great one to mix up with kids too. Pour them into a mini muffin tin for bite sized portions.

The good food box can be fun in the kitchen for the whole family. Enjoy!

You can contact our Nutrition Worker, Liisa Hymander at 626.7854 or toll free at 1.866.357.5454 for more information.
Apple Carrot Muffins

**INGREDIENTS**
- 1 1/4 cups whole wheat flour
- 1/4 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 cup grated carrots
- 1/2 cup unsweetened applesauce or 1 grated apple
- 2 large eggs, lightly beaten or 2 tablespoons of ground flax mixed in 6 tbsp of water
- 1/4 cup milk or milk alternative
- 1/4 cup canola or safflower oil
- 1 teaspoon vanilla extract

**DIRECTIONS**
Preheat oven to 350°F. Butter and flour a 12-cup standard muffin tin or use muffin papers. Set aside. In a large bowl, whisk together flour, sugar, cinnamon, baking powder, baking soda and salt. In a separate bowl, combine carrots, applesauce, eggs, milk, oil and vanilla. Add half the carrot mixture to the flour mixture, stir until blended then add the rest of the carrot mixture. Spoon batter into muffin cups and bake about 20 minutes or until a toothpick in the center of a muffin comes out clean. Serve warm.
NorWest Community Health Centres
Centres de santé communautaire NorWest

We would like to hear from you, please contact us!

Armstrong Site
P.O. Box 104
Armstrong, ON  P0T 1A0
Tel: (807) 583.1145
Fax: (807) 583.1147

Hours of Operation
Monday, Tuesday, Thursday
8:30am - 4:30pm
Wednesday 8:30am - 5:30pm
Friday 8:30am - 1:00pm
Closed for lunch 12:00pm - 12:30pm
on Monday, Tuesday, Wednesday
Closed for lunch 12:00pm - 1:00pm
on Thursday

Longlac Site
99 Skinner Ave, P.O. Box 910
Longlac, ON  P0T 2A0
Tel: (807) 876.2271
Fax: (807) 876.2473

Hours of Operation
Monday 8:30am – 4:30pm,
6:00pm – 8:00pm
(Lab hours start at 8:00am to 12:00pm)
Tuesday 8:30am – 7:00pm
(Walk-in Clinic 4:30pm to 7:00pm)
Wednesday 8:30am – 4:30pm
(Lab hours start at 8:00am to 12:00pm)
Thursday 8:30am – 4:30pm
Friday 8:30am - 4:30pm

Thunder Bay Site
(Main Office)
525 Simpson Street,
Thunder Bay, ON  P7C 3J6
Tel: (807) 622.8235
Fax: (807) 622.3548
Toll Free: 1.866.357.5454
Mobile Health Services: (807) 626.8474

Hours of Operation
Monday to Friday 8:30am - 4:30pm
Monday - Thursday Walk-in Clinic: 4:30pm to 8:00pm
Friday Walk-in Clinic: 1:00pm to 4:00pm
Weekend Walk-in Clinic: Saturday & Sunday:
10:00am to 3:00pm

Website: www.norwestchc.org