

# Wawa Family Health Team Newsletter

May 2012

Vol. 2, Issue 1

## WAWA HAS A CARDIAC REHABILITATION PROGRAM!!!!

After several years and much work, the Wawa Family Health Team has a Cardiac Rehabilitation program up and running!!!!

### The Program

Cardiac Rehab, as it is called, is a medically supervised program that helps improve the health and well being of people who have heart problems. A joint effort of the Wawa Family Health Team and the Lady Dunn Health Centre, the program includes exercise training, education on heart disease, diet, exercise and stress management. It addresses risk factors that can lead to heart disease, such as high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.

### The Need

After a heart attack, people may feel depressed and overwhelmed by the turn of events. They don't know where to start in changing their lives or where to get the information and understanding to make the required changes. This program helps to meet those needs and provides support required to develop a healthier lifestyle. Heart disease affects up to 47% of Canadians but only 23% have access to a cardiac rehab program and this number is lower in Northern Ontario. (continued on pg 3).



Above: front: Norma Kauk, Denise Freylejer;  
back: Matt Trudeau, Carolyn Boivin, Brenda Melbourne, Dr. M. Cotterill

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# PROGRAM AND SERVICES

## ***From the Director . . .***

### **Growth & Change**

Welcome Spring! Time sure does fly when things are happening and there is much happening at the Wawa Family Health Team. We are growing and we are changing.

We have new programs running, some programs still in the developmental stage and some old programs getting a much needed update. Much of this is thanks to Norma Kauk, our Program Coordinator and those that have helped her with specific program tasks.

One new program we are excited about is the Cardiac Rehab Program. After a lot of hard work, research and training, the program had its first clients enrolled in January. This program is a collaborative effort with the Lady Dunn Health Centre. The Cardiac Rehab Program is an excellent example of what we can achieve working with our community partners. It truly reflects our mission statement: *"Together, a Healthier Community"*.

Another excellent example of successful collaboration with community partners is our Senior Fitness Program. This program is now in its second year and will soon be transferred from a WFHT led program to a Community led program.

Along with growth, there is often change, and our team is changing once again. This April, we are pleased to announce we have hired our 3rd full time RN. Carolyn Boivin is a welcome addition to our team who will be focusing on Women's Health, Well Baby Checks/Immunizations, Cardiac Rehab and Diabetes. Along with our welcome addition, we are sad to be losing Kelly Rutland, our Nurse Practitioner. Kelly was a vital part of our team and will be truly missed by her coworkers and patients.

To keep you updated on all the new programs soon to be launched, and the happenings, we have monthly articles published in our local media, and on our website: [www.wawafamilyhealthteam.com](http://www.wawafamilyhealthteam.com).

Silvana Dereski  
Executive Director,  
Wawa Family Health Team

### ***Our Programs***

*Blood Pressure Clinics  
Cancer Preventions  
-PAP Campaign  
-Colonoscopy Program  
Diabetes Management  
Dietitian Program  
Hypertension  
Warfarin Management  
Smoking Cessation  
Telehealth  
-Chronic Disease  
Education  
-Telederm*

*For more information  
contact  
705-856-1313 ext 4443  
Norma Kauk/  
Kadean Ogilvie-Pinter*



# PROGRAM AND SERVICES

## Cardiac Rehabilitation (continued)

### The Team

The CR team consists of a Medical Advisor - Dr. M. Cotterill, Program Manager - N. Kauk, Nurses - C. Boivin, S. Bevington and T. Royka, Exercise Instructor - M. Trudeau, Dietitian - D. Freylejer and Mental Health Counselor - B. Melbourne. Together, they use their many years and levels of expertise to help patients with heart disease return to a healthier body and a more content state of mind.

The first group of clients started the program in January 2012, currently the third group is getting ready to start.

### Who needs cardiac rehabilitation?

Anyone diagnosed with heart disease  
Following a heart attack  
Following coronary artery bypass surgery  
Following coronary angioplasty  
Following heart surgery on the valves  
Before and after heart transplant  
When experiencing heart failure

If you have any of the above mentioned conditions and are interested in the program, please contact your health care provider.



Left, Darlee and Hunter Lobban, doing resisted leg exercise/strength training using Therabands.



Right, Darlee Hannuksela on the armegometer, used to provide aerobic exercise using upper body muscles



## Good Diabetes Care

Diabetes is a common, yet devastating, complicated disease. It is the leading cause of blindness, amputations and renal (kidney) disease in adults. The best health care providers in the world cannot prevent the damage of this complicated, devastating disease if the patients do not participate in the process. In an effort to improve the care for diabetics in our town, the Wawa Family Health Team has adopted a strategy to help diabetics understand what is required of them. Each year, in their birth-month, we will be sending letters to those clients who have been identified as having diabetes or impaired fasting glucose. This letter will include instructions for arranging an annual diabetes appointment, requisitions for lab work and a checklist explaining good diabetes care.

### Tips for good Diabetes care:

- Don't Smoke
- Exercise
- Take your meds
- Check your feet daily
- Know your levels (glucose, lipids, and blood pressure)
- Get your lab work done
- See your health care providers routinely
- Know when to see the eye doctor

# PROGRAM AND SERVICES

## Warfarin Management Program

David Burgan and Melissa Terris have been busy preparing cards for our clients who are taking Warfarin/coumadin. This drug is used to prevent blood clots from forming and must be closely monitored to ensure that the clotting of the blood is at a level which will protect the patient, yet not cause unwanted bleeding. These medical identification cards will identify the patient, the reason they are taking the drug as well as the target range for their particular diagnosis. This will be very helpful for health care providers who may meet the person in an emergency department/out of town office. Good Job!!

## Hypertension

Since the fall, David has been writing articles for the newspaper on various aspects of hypertension, in addition to attending the monthly Blood Pressure Clinics at the Senior's Drop In Centre. Some articles are:

- Smoking and Hypertension
- Effects of High Blood Pressure
- Hypertension Guidelines—What do the Numbers Mean?
- Home Blood Pressure Monitors

The entire text may be accessed on the Wawa Family Health Team website—  
[www.wawafamilyhealthteam.com/news-events](http://www.wawafamilyhealthteam.com/news-events)



## Senior's fitness

Our 2-year program to increase levels of fitness among those 50 years of age and older has been successful in meeting our goals. Over 65 men and women took part in 6 week sessions of education and exercise tailored to the needs and physical conditions of our aging population. A collaborative effort of the Wawa Family Health Team, Lady Dunn Health Centre and the Community Centre, the program was funded by the Trillium Foundation. Fitness instructors attended courses developed by the Canadian Centre for Activity and Aging.

Benefits of the program include improved balance, cardiovascular fitness and flexibility. The program has successfully evolved from a Family Health Team lead program, to a community based program. A "Senior Fit" session has been added to the Wawa Fitness Dance and Yoga programs offered by Chris Rask and Bridget Apnar.



Above: Instructors: Chris Rask, Bridget Apnar, Gwynne O'Shaughnessy and Louise Moran  
Right: Bridget demonstrating correct use of weights.



Right: learning how to do a proper squat



# PROGRAM AND SERVICES

## May 7 to May 11 was Mental Health Awareness Week

One of the main areas which impact people who struggle with mental health is stigma.

Stigma means to have a sense that something is **different and negative**. To experience stigma is to experience discrimination because of something that is part of who you are.

Individuals who experience a mental illness encounter discrimination with negative attitudes and negative behaviour. This includes maintaining rigid ideas and judgements, such as believing people with mental illness have created their own problems and could get over it if they choose to. This causes society to exclude people with mental illness from mainstream living. Stigma becomes internalized and causes the individual and their families to experience low self esteem, guilt and shame. In an effort to hide their "secret", people avoid seeking the support they require - Mental illness however does not discriminate.

Mental illness is common. In Health Canada – A Report on Mental Illness in Canada 2002 they identified 1 in 5 Canadians will experience a mental illness sometime in their lifetime. Statistics Canada (2002) reported that only one third of people who need mental health services actually receive them.

When we begin to understand just how prevalent the struggle with mental health is and how many of us are affected. It is amazing to note that 'The Canadian Medical Association' August report of 2008 identified only 50 of us would tell friends or co-workers that they have a family member with a mental illness. They also identified 46% of us think people use the term mental illness as an excuse for bad behaviour.

It's time to make a change.

There are things we can all do to make a difference. We can start by knowing the facts; get information. We can recognize our own attitudes and behaviours, we can see people as unique individuals rather than labels and stereotypes. Focus on the positives. We can see people as individuals dealing with a mental illness, not the "mentally ill".

Support a person's right to choices and their efforts to get well. Reach out.

- B. Melbourne RSW



## The Walking Program ...

***- Every step you continue to take  
is a testament  
to living a healthier life. -***

Our Walking Program ended for the season on April 26<sup>th</sup>, 2012 with a finale May 10<sup>th</sup>, 2012.

This year we saw 28 participants who walked the halls, or should I say wore the wax off the floors. (sorry, custodian staff). The participants ranged in age from 11-years-old to 71-years-old. Our program runs Monday to Thursday with each night seeing a minimum of eight walkers. We enjoyed having our expected moms as well as those with physical challenges participate in the program. The participants were happy to have Mrs. Hale and David Burgan come visit us at the school to provide health care needs and take blood pressures.

Our program is thankful to Peter Kusic, Board of Education, Lady Dunn Health Centre, Superior Children's Centre and all the participants who keep this program up and going.

Shelley Duplessis-Skouris, Volunteer

# PROVIDER SPOTLIGHT

**The Wawa Family Health Team welcomes new staff!!!!**

**A big welcome to our new staff: Dr. J. Weinstien, Dr. E. Chouinard, and C. Boivin, RN**



**Dr. Julie Weinstien**—Julie comes to us from Guelph, Ontario for a sentiment a lot of us can relate to – she LOVES Lake Superior!! While camping in the area with her husband, she thought she would like to try living up here in the north and has been doing locums since Jan 2011. She will be here for at least eleven months, as locum for Dr. Oberai who will be going to Tanzania with her family in August. Julie’s husband, Christian, recently successfully defended his Ph.D in physics.

**Dr. Erin Chouinard** will be with the WFHT off and on over the next year. A medical resident at Northern Ontario School of Medicine, Erin was born in Timmins and has studied all over Canada – she obtained a BSc in Gerontology in Sudbury, a MS in Gerontology in Vancouver and again in Sudbury for her MD.

Before entering medical school, Erin worked in the UK as Director of LTC. Erin’s husband, Mitch, works for the OPP and they have two children, Brianne and Jaden.



**Carolyn Boivin**, BScN, RN is not new to Wawa, she lived here in the 1980’s when her dad, Pierre Boivin, was the manager of the Northern Credit Union. Most recently, Carolyn has lived in Sault Ste. Marie, where she obtained her nursing degree and worked at the SAH maternal/child care program. Carolyn has a partner, Adam and two children, Sebastian and Daweh Sol.

## **Sadly, we say Goodbye . . .**

**Kelly Rutland**, Primary Care Nurse Practitioner at the Wawa FHT for 5 years left us at the end of April. Originally from Sault Ste. Marie, Kelly will be returning there to work at Group Health with Dr. D Fera, sharing a family practice. Kelly will continue to see her clients in Missanabie on a monthly basis. Her husband, Arthur, will commute to Wawa to work. (At least she knows he won’t get a speeding ticket).

**Shawn Launder**, our clinical pharmacist for the past year, has left us for a new position in Toronto. Shawn had been coming to Wawa for three days/month and leaves us to be a Director of Operations for a group of nursing homes in Toronto.



**"The earth laughs in flowers."  
E. E. Cummings**

# NUTRITION CORNER

## Lyle's Changing Lifestyle Story

Donna and Danniell started a journey of changing their lifestyle in September 2011. Since then, Donna has lost a total of 14.5 pounds and Danniell 17 pounds.

Donna and Danniell's journey started when their family physicians suggested that they would benefit from seeing the Registered Dietitian at the Wawa Family Health Team. They decided to give this a try as they believed they needed help with weight loss and changing their lifestyles.

Donna's goals at the end of this journey are to lose weight and get healthier overall; she also hopes that losing weight would relieve some of the pain in her knees and enable her to have surgery on them. Danniell's goals are to lose weight and help to better control his Type 2 Diabetes.

The most difficult part of this journey for Donna has been getting the exercise done. She reports that it is not easy to get motivated to exercise when she feels stiff and sore. For Danniell the hardest part of this journey was when Donna got sick and was not able to cook for him. They both agree that the easiest part of this ride is to have each other for support and encouragement.

They recommend that everyone in the community who has been referred by their physician to see the Dietitian should come and see her as it is a great source of support and encouragement at all times. Danniell says "it feels good to have someone to give you a little push from behind, even when you fall off the wagon. The Dietitian has taught us a better way of eating and encouraged us to exercise.



"It is very rewarding as a Dietitian to see them learning about healthy lifestyle behavior, eating healthier and incorporating physical activity into their lives. Since Donna and Danniell started this journey together seven months ago, they have not missed an appointment even when they had some "not so good weeks". This is very important and one of the most difficult parts of changing lifestyle behavior, but essential for success".

~ D Freylejer RD

### Tips for Healthy Eating

Make eating a satisfying and pleasurable experience. Plan your menu, prepare your shopping list, give yourself time to make your meal. Eat with your family/friends. This will accomplish better nutrition and improve mental health.

Research shows that when families eat together regularly, children are more likely to do well at school. ~ D. Freylejer RD

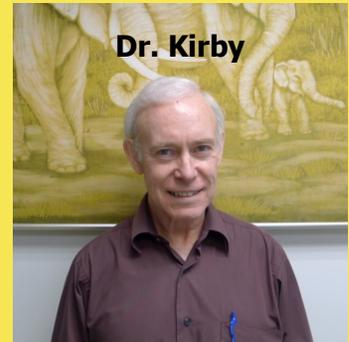
For more tips, visit our website [www.wawafht.com](http://www.wawafht.com)



## A FINAL THOUGHT

### Dr. Erle Kirby is off to Ghana!

Dr. Kirby is off on his biannual trek to Africa, which he started doing in 1996. He will be away for 5 weeks, continuing his tradition of introducing other medical and nursing staff to the area. Local RN, Trish Royka and two second year students from the Northern Ontario School of Medicine, Melanie Langille and Kristen Church will be accompanying Dr. Kirby for part of his time in Africa. They will be spending 1 week in Northern Ghana, in Tamale, attending at the Shekhinah clinic, established by his friend Dr. Abdulai, who returned to the area he had grown up in to build free clinics for the population. Dr. Kirby and troops will then travel to Nalerigu to work at the Baptist Medical Centre in that city.



### BEST WISHES AND SAFE TRAVELS

To Doctors Anj Oberai and Mike Cotterill who will be going with their children, Aysha and Sunil, to Tanzania. Leaving in August, Mike and Anj will be working in primary and hospital care for the Tanzania Volunteer Organization for 11 months. They will be replaced by locums while they are away, Dr. Julie Weinstein is replacing Dr. Oberai and Dr. Cotterill will be replaced by Dr. Chris Stamler and Dr. Chris Kirby (yes, related to our Dr. Kirby).



### Women!

*Pap guidelines have changed.* You will be contacted with your new recall date.

For more information you can access: [www.cancercare.on.ca](http://www.cancercare.on.ca)