



Wawa Family Health Team

Spring Newsletter

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Have you heard the buzz?

Have you heard the buzz? The buzz around town and beyond? I'm talking about the community wide Shores of Superior Walking Challenge.

This event is a great way to boost physical activity with friends and family.

Over seven weeks, starting April 14th, teams of 12, will take part in a virtual walk around the Shores of Lake Superior. That is 4,387 kms or 5,483,750 steps! That's right, over 5 million steps! Oh, what fun!

A map of Lake Superior will be posted at the Michipicoten

Memorial Community Centre that will track all Teams' progress around the lake.

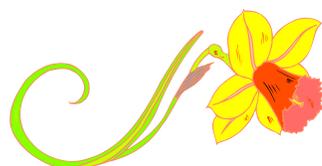
Participants of the challenge will be using the 10000 steps website (www.10000steps.org.au) to record their steps and / or exercise minutes. All exercise counts, not just walking. Any activity that gets you moving counts toward exercise minutes. So, chose an activity you enjoy to help you reach your daily goal.

The response to our call out to Wawa & Dubreuilville to "step up" to the challenge has been overwhelming!

After the exceedingly long winter we have had, and the need to hibernate, I am sure everyone is wanting to get out and get moving again, on a regular basis and what better way that to start than with this community wide challenge.

There will be fun weekly challenges for all participants, offering them a chance to win prizes. Just some added motivation to keep us all steppin' it up!

Silvana Dereski
Executive Director



Special points of interest:

- Two staff members celebrated their 5 year anniversary!
- Have you heard about our new Community Social Work Program?
- Never tried kale? Turn to the last page for a tasty recipe



Shores of Superior Community Pedometer Challenge

Wawa's first Menopause Gala was a huge success!

The Wawa Family Health Team hosted its first Menopause Gala on January 31st, 2014.

This was an educational event for woman of all ages to come together and learn about the natural process of aging and the term we all dread to think about... Menopause!

However, Menopause doesn't have to be terrible; there are things that we can do to help relieve the symptoms. Don't be afraid to speak to your doctor, nurse practitioner, dietitian, counsellor, mother, friend; anyone!

Our special guests included: Dr. Julie Weinstein, who did a

presentation about the changes that women's bodies go through during Menopause and what you can do about it. Julia Lord, Herbalist, discussed different herbs that help with the symptoms of menopause. Brenda Melbourne, Social/Mental Health Worker, talked about the emotional side of aging, and lastly, Rebecca

Menopause Gala... Cont'd

Coughlin, Dietitian, discussed healthy eating throughout menopause and beyond. We also had a special presentation by the Red Hat Ladies who sang songs and provided jokes related to Menopause.

This event was a hit! Tickets were sold out and all proceeds were donated to the Lady Dunn Health Center Foundation. Surveys were conducted at the end of the evening and we learned what topics Wawa ladies would like us to cover at our next event in January 2015. Ladies, stay tuned for next year's Gala!

Photo: (Left to right) Brenda Melbourne, Julia Lord, Rebecca Coughlin, Dr. Julie Weinstein, Silvana Dereski, Melanie Rail, and Melissa Terris



Congratulations are in Order!



Congratulations are in order for two hard-working employees: Brenda Melbourne, Social/Mental Health Worker, and Melissa Terris, Administrative Assistant. Brenda and Melissa celebrated 5 years of working with the WFHT on March 3rd and April 1st respectively.

We asked Brenda how she feels about having worked for the WFHT for 5 years. She replied, "I'm surprised how fast time has gone and I still believe in what I do."

Melissa told us that she feels a sense of pride when she tells people that she works for the WFHT. She stated, "Over the past 5 years of employment here, I have had the opportunity of working on many projects that greatly benefit our patients. I feel fortunate to have found the perfect balance between life and work and wouldn't change it for the world!"

We at the WFHT have great appreciated Brenda and Melissa's contributions; here's to another 5 years!

March was Nutrition Month

March is nutrition month and this year's theme was 'Simply Cook and Enjoy!' Dietitians of Canada created this theme to inspire Canadians to get back to cooking basics and make healthy delicious meals.

During the month of March, you may have caught sight of our dietitian, Rebecca Coughlin, holding healthy eating tours at John's Valu-Mart. She was also invited to visit the Wawa Rotary Club, the First United Church Wom-

en's Group, Best Start Hub, and the Hawk Junction Snack & Yak to spread the word about nutrition.

At the beginning of the month she created a nutrition month display to place in the lobby at the hospital for the month of March, with a ballot box to win a copy of the latest Dietitians of Canada cookbook. Congrats to the prize winners, Rob Clarke and Chris Rask; two individuals who are looking forward to making healthy meals.

What are some of the top tips from this year's Nutrition Month campaign?

1. Involve your children in food preparation; they will be more likely to try healthy foods.
2. In a hurry? Use healthy convenience foods like canned beans and pre-cut vegetables to make a healthy meal in minutes.
3. Healthy doesn't have to mean boring; flavour food with herbs and spices.

Colorectal Cancer Screening Program

Colorectal cancer is the third most common cancer in men and women. Therefore the Wawa Medical Clinic (now Wawa Family Health Team) initiated a colonoscopy screening program in about the year 2000.

At that time 2 of our doctors had training in colonoscopy which gave Wawa a relatively high colonoscopist to patient ratio. This allowed us to conceive of using colonoscopy rather than fecal occult blood for our colorectal cancer screening test-colonoscopy being a much more accurate way of checking for this cancer and having the added benefit of being able to remove adenomatous polyps which are known to be the precursors to colorectal cancer.

In most parts of Ontario fecal occult blood testing is the usual screening method since the resources to carry out colonoscopies on all persons in the 50-75 year age range are not available. Since the start of the program we have

carried out over 2700 colonoscopies. We have detected 33 cancers during that time. Some of these were detected at a stage when they had not yet invaded surrounding tissue and so were completely curable by the colonoscopy alone and others were in an early stage completely curable by surgery.

We have removed over 1000 polyps which had the potential to progress to cancer if left in place. Audits of the program have been carried out to ensure that the colonoscopies performed in Wawa were meeting accepted standards in terms of cancers and polyps detected as well as the ability to examine the whole length of the colon (over 95% success rate in this regard).

The other aspect of the program indicating its effectiveness is that over 70% of Wawa residents in the age range 50-75 have undergone cancer screening by colonoscopy which, as far as we can tell, represents the highest level of

colon cancer screening in Canada (the rate for Ontario as a whole is about 30%).

We are presently in communication with a researcher from The Institute For Clinical Evaluative Sciences to assess the data on our screening program in Wawa to determine its impact on the prevention of colorectal cancer in our community.

We strongly encourage anyone in the 50-75 year age range who has not yet had screening colonoscopy to get in touch with us to arrange for this potentially life-saving screening procedure.

If anyone is not comfortable with colonoscopy, they should at least arrange to have the fecal occult blood screening test which has also been shown to save lives.

Dr. Erle Kirby, MD



For more information, contact Renee Mellish at 705-856-2335 ext. 3106.

From Soup to Tomatoes

In January, the Wawa Family Health Team partnered with the North Algoma Diabetes Education Program to facilitate the chair-based resistance exercise program, 'From Soup to Tomatoes'.

This program continues to be a success and is offered every Tuesday and Thursday from 10:30am-11:00am in the Lower Level Conference Room at the Lady Dunn Health Centre.

This is a free program and resistance bands are provided at each class. Participants have been overheard saying that the classes are lots of fun and the group approach helps to keep them motivated.

All individuals who would benefit from exercise that is chair-based are welcome to attend.



Happy Hearts, Healthy Vessels

The Wawa Family Health Team has a new program, **Happy Hearts, Healthy Vessels** which is a medically supervised walking program. This program is for people with any heart disease, previous heart attacks, non-disabling stroke, TIA, Diabetes, and pre-diabetes. This program involves an educational component to learn about healthy exercise, healthy eating and dealing with stress.

The program team consists of a physician, nurse practitioner, dietician, social/mental health worker and volunteers. The program is to start May 20th, 2014 for a period of 12 weeks for each session. Participants will meet to walk outside 3 times a week for the duration of the program. Dates, times and meeting place are to be announced as soon as possible. If you think this program is right for you or someone you know,

ask your family physician or NP about being referred to this program!



Community Social Work Program (WFHT - CSWP)

This new social work program will assist individuals, specifically in the area of social navigation and short term support. Because the social service systems are often complicated, many individuals find they have trouble making the appropriate connections when pursuing their health

care goals. Advocacy and assistance with these social systems often speeds up the process, and can result in the individual not becoming so overwhelmed. Also, because the social worker is mobile, it is possible to provide support within the individual's

home or other safe location. Short term emotional support can be provided in this manner as well. At this time the Community Social Work Program is a referral based program, including non- Wawa Family Health Team agency referrals.

Working with Seniors

In November of 2013, I read an article on the Algoma Geriatric Program which just opened at the SAH. Looking for a project which would be part-time, not urgent, yet challenging, I offered my services to the Wawa Family Health Team to develop a similar program for Wawa. Interviews with caregiver organizations located in town and Dubreuilville have been started; these

will be completed by Judy Binda, Project Coordinator of the North Algoma Health Needs Assessment, as the interviews will be seeking the same information.

The focus will now be on understanding Geriatric Assessment Tools and investigating a day program for support of seniors and their caregivers. A liaison has been established with the SAH

Geriatric Assessment Program and this will be strengthened with further time spent there to consolidate knowledge into practice following a Geriatric Tools Assessment Program in early May. I look forward to working in the community to develop and implement a strong program which will meet the needs of an invaluable group of our society.

Norma Kauk, RN
Registered Nurse

You're not alone if you crave a change in your eating habits!

Craving Change™ is an innovative program that can help you develop a healthier relationship with food. Discover why you eat the way you do and take steps to change your problematic eating habits.

Saying "no" to temptation takes more than willpower; it's about learning and practising new ways of thinking and behaving.

The Craving Change™ program was originally developed by a Dietitian and a Psychologist; it is now used throughout Canada and will finally be offered in Wawa by Rebecca Coughlin, Registered Dietitian.

This is a 4-week program, taking place May 15th, May 22nd, May 29th, and June 5th from 6:30-8:30pm at the Lady Dunn Health Centre.

To register drop by the WFHT front desk. *Registration is limited to 10 participants.*



What is a Physician Assistant (PA)?

A Physician Assistant is a relatively new position in Canada, but PAs have been successfully implemented in the U.S. health care system for decades. As in the U.S, Canada's first PAs originated in the military. They are widespread in the Canadian Forces, but are just recently being introduced into our civilian health care system. Manitoba was the first province to introduce PAs in 1999, and Ontario, New Brunswick and Alberta have followed suit.

Physician assistants are highly trained health care providers who support physicians in all health care settings. The difference between PAs and physicians is that the former works under a doctor's supervision.

As Chris Rhule (President of CAPA and the first civilian PA regulated in Canada) describes "A PA is very similar to a

physician in regards to what they do day-to-day, except they have to practice under a physician's supervision". Depending on where our area of work we are able to see patients of all acuity levels, do full assessments on those patients, order tests (blood work, imaging, etc.) and interpret those tests. Depending on the setting, we are able to do a variety of procedures, from suturing and casting to lumbar punctures to endotracheal intubation. Upon discharge, we provide detailed discharge instructions and arrange necessary follow-ups.

Right now, there are approximately 300 PAs working in Canada, with 160 students enrolled in programs; CAPA (Canadian Association of Physician Assistants) expects this number to grow as the profession advances.

I will be a part of McMaster University's 5th graduating Physician Assistant class.

I first learned about what a PA was when I was in 1st year of undergrad university. Being from Sault Ste Marie, Ontario and growing up in a border city presented me with the opportunity to discuss with American friends about the role of a PA and their function in the US. I fell in love with the idea of offering patient care and support. Having PAs share the workload with physicians can reduce wait times for both appointments and procedures. This in turn increases the efficiency of the entire health care system. It is an incredible career filled with many possibilities. I am proud to say that I cannot wait to become a fully licensed Physician Assistant this fall.

Elicia Augusto
Physician Assistant– Student

New- Weight Loss Surgery Support Group



The WFHT will now be offering a weight loss surgery support group.

This group is for individuals who:

1. Have had weight loss surgery
2. Have questions or experiences about weight loss surgery that they would like to share with others
3. Are interested in participating in a

support group facilitated by health care professionals

The support group will run on Thursday afternoons starting in May. Individuals interested in participating should contact Brenda Melbourne, Social/Mental Health Worker, or Rebecca Coughlin, Registered Dietitian.

Spring Into Your Life!

The WFHT and North Algoma Counselling Services are partnering to offer 'Spring Into Your Life' workshops.

The focus of the workshops? Nourishing the mind, body, and soul. Eight weekly topics will be offered:

1. Increase happiness and joy in your life
2. Positive thinking and engaging our memories
3. Relaxation and breathing for wellness
4. Our brain and body connections

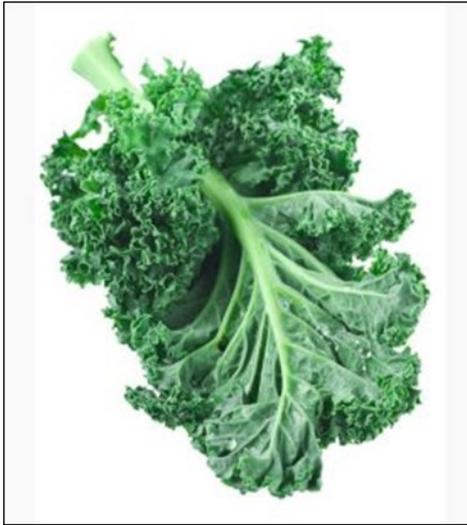
5. Benefits of humour and laughter in our lives
6. Our passions
7. Finding purpose within our communities
8. Getting up off the couch

Workshops will take place at the Lady Dunn Health Centre and will run from 1 to 2:30pm, starting May 8th.

To register, please contact the workshop facilitators, Aldona Mitrikas and Brenda Melbourne.



Dietitian's Kitchen: Kale Salad



Makes 4 servings

Ingredients:

- 4 cups kale leaves, stalks discarded, leaves thinly sliced, washed & dried
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice or apple cider vinegar
- 1 large clove garlic, minced
- 1 tsp sea salt

Optional toppings: diced mango or avocado, dried cranberries, slivered almonds or walnut pieces, grated carrot.

Directions:

In small bowl, whisk oil, lemon or vinegar, garlic and salt. Pour over kale. Pick up by hand and vigorously squeeze/massage for about 1 to 2 minutes until kale wilts and brightens (this will make it softer/easier to eat).

Top with your favourite combination of optional toppings listed above.

Source: Toronto Star

Kale is a leafy green that is full of nutrients! It is especially high in vitamins A, C, and K. Kale can be steamed, sautéed, or added to soups, stews, stir-fries, chilli, casseroles, and lets not forget, salad!

During the past couple of months, news of the presence of beautiful ice caves on Lake Superior travelled quickly around town. Many people from Wawa and the surrounding area put on their snowshoes and headed out to see the ice caves for themselves. One of these individuals was Dr. Julie Weinstein, who took this beautiful photo along the way.



The MHS Indoor Walking Program will be ending for the summer on May 5th!

Thank you to all of our participants and see you again in the Fall!