

Spring Newsletter

May 2018

JOIN THE CONVERSATION!

Would you like to learn how to set goals and make life-style changes to manage your diabetes? Join us at our "Diabetes Conversations" Program.

This 4 to 5 week program is offered to the community as many as 3 to 4 times throughout the year. Benefits of the program include: understanding and support, learn about community resources, get tips on tasty cooking and much more!

For more information, please contact:

Gateway Community Health Centre
613-478-1211
for details on the next session.



Foot Care Clinics

Effective April 1, 2018, our Madoc clinic is located at our office, 108 Russel Street, on the 3rd Tuesday and 4th Thursday of each month. Our Tweed clinic remains at 23 McCamon Ave. on the 3rd Friday of each month.

Appointments for either clinic can be made by calling our office at 613-473-9009, option 7. Transportation to either clinic is available at preferred rates .

Ask about our coupon for new foot care clients!

Come have lunch!

We welcome all seniors to come out and join us for a tasty meal and listen to some wonderful, informational speakers. Our buffet style lunch is a great way for seniors to enjoy a nutritious, well-balanced meal, as well as benefit from taking part in a social activity in a friendly environment. Doors open at 11:00 a.m. until 1:30 p.m. (lunch is served at 12:00) and the cost for a meal is \$8. Our Diners Clubs are available at the following locations:

MADOC 2nd Monday of each month @ St. Johns Anglican Church, 115 Durham St.

MARMORA 2nd Wednesday of each month @ Marmora and District Community Centre, 28 Victoria St.

STIRLING 4th Monday of each month @ St. Paul's United Church, 104 Church St.

TWEED 4th Wednesday of each month @ Tweed Lion's Hall, 65 Victoria St. N

Please note: Our Diners Club does not run during July & August!

Please call 613-473-9009 Ext: 5004 to reserve your spot!



COMMUNITY CARE
FOR CENTRAL HASTINGS



EXERCISE AND FALL PREVENTION CLASSES

Fall prevention classes provide seniors with instructions on how to reduce the risk of falling. Classes for seniors are led by trained instructors, including peer facilitators or support workers, to prevent falls and injury through strength and balance exercises.

The topics covered in the fall prevention classes are varied and may include identifying fall hazards, conducting home assessments and discovering ways to safely move around.

For information on how to access exercise and falls prevention classes and locations in the community please visit the [Health Care Options](#) website, or call Seniors' INFOLine at 1-888-910-1999 or TTY at 1-800-387-5559. You can also contact the South East LHIN at 613-967-0196.

WE NEED DRIVERS!

If you have as little as an hour a week to spare, we would love to hear from you. Our transportation team is always looking for volunteer drivers in the Madoc, Marmora, Stirling and Tweed communities. Drivers are reimbursed for mileage.



COMMUNITY CARE FOR CENTRAL HASTINGS

108 Russel Street
Madoc, ON K0K 2K0
613-473-9009 www.ccch.ca

FASTER TREATMENT FOR HIP, KNEE AND LOWER BACK PAIN

Ontario is expanding Rapid Access Clinics across the province to help people with hip, knee and lower back pain access the right treatment faster, following a successful pilot program. The new clinics will help people with pain in their muscles or bones get the treatment and specialized care they need by reducing unnecessary medical procedures, including imaging and surgery. The clinics will also improve wait times through a coordinated intake and triage process, with patients better able to access the right education and treatment options faster, which could include referrals to proven alternatives to surgery and pain medication like physiotherapy or chiropractic treatment. Patients will be referred by family physicians to Rapid Access Clinics, where they will be seen within four weeks and given an assessment.

ontario.ca/health-news

DO YOU NEED HOME HELP?

Call us if you need help with yard work, house work or general maintenance. Our brokered workers can assist with routine household indoor, outdoor, or one-time specific jobs.

Our 16th ANNUAL DINNER AUCTION was a huge success!

Thank you to all businesses and individuals for your continued support.

A complete list of donors is available at www.ccch.ca
All proceeds support our programs & services!