

That's a Wrap ...

WRAP NEWS AND UPDATES

Successful Year to Date

The number of referrals (45) has far surpassed expectations. Many of the seniors and families referred have received a variety of services including education, counselling support, consultation, and referral services as well as the WrapAround process.

Referrals have come from all corners of North Leeds showing that efforts to reach out to all communities in North Leeds are paying off.

Presentations to seniors groups and concerned parties throughout the area continue.

WrapAround Facilitators

There are currently ten trained WrapAround facilitators. They have received quality training and have increased their knowledge and intervention skills. Training and mentoring is ongoing.

HEALTH MATTERS

Living with Diabetes

Submitted by Jane Palmer, R.N., CDE

Your quality of life is as important as looking after your diabetes. You can live a long and healthy life by keeping your blood glucose levels in a good range. Eating healthy meals and snacks, enjoying regular physical activity (about 150 minutes per week) and taking diabetes medication if prescribed by your Doctor or Nurse Practitioner allows you to do this.

Type 2 diabetes is a progressive, life-long condition; over time, it may be more difficult to keep your blood glucose levels in target. Your healthcare team can help by working with you to adjust your food plan, activity and medications.



WrapAround Community Mobilization Team

Seniors WrapAround is embarking on a very exciting aspect of the process by putting in place the "Community Mobilization Team" (CMT).

The primary purpose of the CMT is to develop local capacity in order to support and improve the quality of life for seniors who participate in the program. The team is currently comprised of seven individuals who have an interest in, and understanding of issues that are of concern to seniors.

The team will provide overall guidance to Seniors WrapAround while addressing barriers to the health and well-being of seniors in the area.

Staying Healthy with Diabetes: Monitor your blood glucose at home, check blood pressure less than 130/80, cholesterol levels done annually, stop smoking, check kidney function annually with urine test and blood test, foot exam at every visit with your health care professional or at least annually and eye examination by an eye specialist every 1-2 years.

You are heading in a healthy direction when you are self-managing your diabetes and keeping certain measurements in target. This helps to prevent diabetes complications such as heart attack, stroke, and damage to your eyes, nerves and kidneys.

Remember emotional issues can also affect your Condition. If you are feeling symptoms of depression or anxiety, feeling down or blue, discuss this with your health care provider.

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EVENTS AND SOCIAL OPPORTUNITIES

SOCIAL CLUBS

An opportunity to meet your neighbours, form some strong friendships, have a communication network amongst your peers, play some cards, enjoy exercise, travel, listen to guest speakers, be entertained, eat, hold fun fund-raising ventures, and above all, enjoy your leisure hours to their fullest. New members are always welcome.

BEVERLEY LAKE CLUB

Delta and area
Pat Phillips 613-928-2712
Meets the 4th Wednesday
Delta United Church

CHAFFEY'S LOCK CLUB

Chaffey's Lock and area
Mary Hamilton 613-359-6175
Meets on the 3rd Thursday
Chaffey's Locks Community Hall

PORTLAND CLUB

Portland and area
Shirley Bryden 613-272-3614
Meets 1st Wednesday
Portland Community Hall

RIDEAU FRIENDSHIP CIRCLE

Newboro, North Crosby and area
Genie Price 613-272-3286
Meets on the 1st Wednesday
North Crosby Community Centre

SOUTH CROSBY FRIENDSHIP CLUB

Elgin and area
Georgie Shanks 613-359-5920
Meets on the 2nd Wednesday
Elgin Municipal Complex

SOUTH ELMSLEY CLUB 55

Lombardy and area
Dorothy Covell 613-283-2572
Meets 3rd Tuesday
South Elmsley Municipal Complex

CONTACT INFORMATION

If you would like to:

- Make a referral to Seniors WrapAround
- Become a trained WrapAround facilitator
- Volunteer to be on the Community Team
- Be a supporter, champion, volunteer or donor,

Please contact:

Chris Pearson, WrapAround Coordinator
Country Roads Community Health Centre
Guthrie House, 10 Perth Street
Elgin ON K0G 1E0
Phone: 613-359-6000 (office). 613-803-2947 (mobile)
e-mail: cpearson@crchc.on.ca



South East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Sud-Est