

Happy SPRING!

Thanks to the positive response to our first newsletter... we're back. Summer is just around the corner and we want everyone to have a safe and happy one.



Remember:
Sunscreen/sunglasses and sunhat,
insect repellent, safe swimming and boating,
stay well hydrated, proper food preparation,
and keep active!

We are proud to offer more classes and groups than ever before.

Anxiety Groups

General Anxiety Group
Starts May 27th 6-8PM for 8 weeks

Obsessive-Compulsive Disorder Group
Starts May 28th 9:30-11:30AM for 8 weeks

Social Anxiety Group
Starts May 30th 1:30-3:30PM for 8 weeks

Call the clinic and ask to speak with Lynn to enroll.

Team A	(905) 575-1300
Team B	(905) 575-7757
Team C	(905) 574-1444
For Groups Call (905) 575-1744	
Lynn ext. 230	Miriam ext. 236

Summer Workshops:

All run from 10-12AM

Date	Title	Contact
July 4 th	Boundaries	Miriam
July 11 th	Women and Anger	Lynn
July 16 th	Assertiveness	Miriam
July 25 th	Self-esteem and Body Image (for women with BMI > 27)	Lynn
August 8 th	Where to Find Motivation for Good Self-Care	Lynn

Women and Self Esteem Group
Starts Sept 18th 6-8PM for 8 weeks
Contact Miriam to enroll.

Monthly Heart Healthy Classes

To help lower cholesterol and blood pressure

When	Where
Mon, May 12, 2008 8:30-10 AM	Stonechurch Family Health Centre
Mon, June 18, 2008 8:30-10 AM	McMaster Family Practice
Mon, July 21, 2008 6:30-8:00 PM	Stonechurch Family Health Centre
Mon, Aug 11, 2008 6:30-8:00 PM	McMaster Family Practice

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Healthy Weight Management Series-

four classes which will focus on developing a healthy and enjoyable relationship with food.

The May Series will begin Wednesday mornings (May 7, 14, 21, 28) from 8:30-10 AM at the Stonechurch Family Health Centre.

The June Series will be offered Tuesday mornings (June 3, 10, 17, 24) from 8:30-10 AM at the McMaster Family Practice site.

Sign up for the above classes at reception

Getting Active

The summer months are an ideal time to do more of the healthy activities you already enjoy, and even try out some new ones.



While most Ontarians recognize that participation in physical activity is fun, maintains health, and improves quality of life, over half don't do the suggested daily minimum amount of activity - just 30 minutes per day!

Nine out of ten children don't get enough physical activity. Children aged 10-16 spend an average of six hours a day in front of a TV or computer screen.

Exercise does not need to be time-consuming, expensive, or difficult in order to be beneficial -- simply walking to the store or not taking the elevator can make a lot of difference, especially if you keep it up long term.

Exercise decreases stress, improves heartburn and constipation, boosts your immune system, sleep quality, and libido. If that isn't enough, it significantly reduces the burden of cardiovascular disease, diabetes, cancer (especially colo-rectal and breast), hypertension, obesity, osteoporosis, osteoarthritis, and depression.

We at Stonechurch would be out of business if all our patients became more physically active!

IDEAS that might work for your life:

Walk more, play more, get a pet, add ten minutes of stretching to your morning routine, park your car farther from where you are going, dance to your favourite music, take the stairs, bike with the family, play ball in the park, dig a garden, go to the pool, replace your coffee break with a walking break, wear a pedometer, bike/walk at Bayfront Park, explore Cootes Paradise, try the escarpment stairs!



Resources

Hamilton-Wentworth Parks and Recreation
www.myhamilton.ca or call (905) 546-CITY for hike/bike trails and community recreation schedules.

Mallwalkers -- LimeRidge Mall Walking Groups - run Monday to Friday 7-10 am, Saturday 7-9:30, Sunday 9-11 (905) 387-4455.

Hamilton Walks into Spring Calendar -- runs April 13 to June 29th
www.doitwell.ca

YMCA www.ymcahb.on.ca,
YWCA www.ywcahamilton.org

Bruce Trail Association – Iroquoia Club - holds dozens of walks and hikes every week of varied lengths and difficulty
1-800-665-HIKE or www.iroquoia.on.ca

Royal Botanical Gardens – beautiful sights, trails and chances to learn new skills - canoeing, geoquest with the family, birdwatching and much more.
www.rbg.ca

Heart and Stroke Foundation has great ideas, and guidelines for people who may be concerned about overdoing it -- try the Heart Walk Workout
(905) 574-4105 www.heartandstroke.on.ca

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Medication Tip: Stay with one pharmacy



Visiting the same pharmacy location every time you get a prescription is good for your health. This way, your pharmacist in the community can identify any possible drug interactions or allergies with any new prescriptions, medicines or herbal products.

Stonechurch now has **clinical pharmacists** who work as part of our team. They do not dispense medications but work as partners with your doctor, nurse, and pharmacist in the community to help make sure you get the most benefit from your medicines. They are available to meet with you by appointment if you would like to learn more about your medications and how they work together. Call the clinic to set up a visit.

After Hours and Weekends

Nurses are available by telephone after hours to assess your symptoms, answer health-related questions and help you decide what to do. The On-Call Health line is available 5:00 pm to 9:00 am weekdays with 24-hour service on weekends and holidays.

Call toll free: 1-866-553-7205.

Stonechurch Family Health Centre operates a weekend on-call clinic on Saturdays and Sundays and public holidays. If you need to be seen for an urgent problem on the weekend, call the Stonechurch clinic number, anytime after 9:00 AM. Select to speak with the receptionist at the weekend clinic. You can get an appointment to see the doctor at the clinic.

**Due for your Annual Health Exam?
Please call well in advance to schedule,
since a longer appointment is needed.**

Health Cards

Please bring your health card to all appointments and inform the receptionist of any changes in name, address, or phone number for all family members.

A valid health card is your passport to healthcare services. If lost or stolen, please report it immediately. A photo health card has an expiry date that is linked to your date of birth. Renewal notices are mailed approximately two months prior to the expiry date. You need to visit an OHIP office to renew your card. In Hamilton, the Ministry of Health office is located at 119 King Street West -- 10th floor, across from Jackson Square. Service Ontario Kiosks are available for address changes. There are kiosks at LimeRidge Mall and the Centre Mall.



Ministry Info line: 1-800-664-8988

We thank you in advance for arriving on time for your appointments. Delays do happen, but we try our best to run on schedule.

Did you know?

Stonechurch Family Health Centre is situated amongst one of the largest Kurdish refugee communities in Canada, over 3,000 strong. The Kurdish Family Project was initiated as a result of serious issues of physical and mental refugee health not being addressed. A Kurdish Community Board has been elected. This project has been selected for presentation at the National Social Work Conference in May 2008, where we will share our learning experiences as we seek to improve our interdisciplinary approach to health care. If you have questions, please speak to Lynn.

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Helpful Hints for Barbecue Season

With the warm weather fast approaching, it's time to fire up the grill and enjoy some barbecued meals. But is barbecuing a healthy way to cook?

Lately, you might have heard some concerns in the news about barbecuing foods. Words like AGE's or advanced glycation end products. These substances are absorbed into our bodies when we eat animal products such as meats or cheeses that have been prepared using high temperature cooking methods such as grilling or frying.

Several studies have shown that AGE's are associated with increased inflammation and many serious conditions such as diabetes and heart and kidney disease.

So how do we protect ourselves from this toxin?

1. Reduce your number of fried and grilled meals each week. Try preparing foods at lower temperatures, eg. poaching, steaming, or stewing meats. These methods can produce lovely moist meals with less AGE's.
2. Reduce grilling time. For example, partially cook your chicken or burgers in the microwave first and then finish them on the barbecue for that wonderful grilled flavour but with fewer AGE's. Despite being a fast way to cook, lower-power microwave cooking does not appear to produce as many AGE's as the grill or fryer.

3. Marinate your meats. Adding acidic marinades such as lemon juice on fish, or vinegrettes on chicken or pork can substantially reduce AGE production.
4. If you really have to have your barbecue favourite, try counteracting some of the damage from AGE's by adding lots of colourful anti-oxidant rich vegetables on your plate and fresh fruit for dessert.

The bottom line: barbecued foods can be part of a healthy diet, but it's important to be aware that the kinds of foods we choose and how we cook them can make a difference to our exposure of AGEs. Try some of the ideas listed above to enjoy your barbecue season and minimize your AGE's exposure.



SAVE TREES! To receive future issues of the Stonechurch Family Health Centre Newsletter electronically, please e-mail a request to:

sfhcnewsletter@gmail.com

Thank you!

