

Community Health Centres of Northumberland

Program Calendar

September to December 2022



Drop-Off, Phone and Email Starts

Monday August 29th, 2022

905-885-2626 or 1-866-768-2626 (Toll Free) ext 280

workshops@porthopechc.ca



COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND

Cooking Workshops

Collective Kitchen for Single Older Adults

This program is designed for those living alone and looking to cook together! This group meets once a month and creates three main dishes, one soup or one salad to take away. We assign tasks and duties as a group. Please bring your own containers suitable for freezing and reheating. This is a hands on workshop. Fee \$8.00 per class (please call if cost is a concern)

Friday Oct 14th, Nov 11th, Dec 9th 2022 | 10:00am to 12:30pm | Community Kitchen

Men's Cooking Club

Get back into the kitchen with Adam Hudson, our Community Dietitian, as he welcomes back any men who are looking to learn a few things around food skills, or, add to your existing knowledge. Each class will be centered around making a meal together, and of course, enjoying and tasting all of the delicious dishes! Fee \$5.00 per class (please call if cost is a concern)

Friday Sept 30th, Oct 28th, Nov 25th 2022 | 10:00am to 12:30pm | Community Kitchen

Diabetes Workshops

Diabetes Cooking Workshops

Diabetes Cooking Workshops are hands-on cooking classes which are offered to those living with prediabetes, type 1 or type 2 diabetes. Each workshop will be conducted by a Registered Dietitian, who is also a Certified Diabetes Educator. Fee \$5.00 per class (please call if cost is a concern)

Autumn Flavours

Fall is here again, bursting with colours & flavours! We invite you to warm up to fall with this hands on cooking session. In this class, we'll try different fall flavour combinations and discuss healthy food choices for the season

Friday Sept 23rd or Oct 21st 2022 | 9:30am to 12:00pm | Community Kitchen

Holiday Cooking

Planning ahead for the holiday season? We know that eating right can be difficult all year round, and the holidays present a whole new set of challenges. In this session, we will prepare both traditional and modern holiday treats with a healthy, diabetes-friendly twist!

Friday Nov 18th or Dec 16th 2022 | 9:30am to 12:00pm | Community Kitchen

Mask Mandate

Please note that until further notice, to attend in-person workshops and programs, masks will continue to be required, unless appropriate distance can be maintained. As a community health care organization, it is our responsibility to ensure the safety of all clients, staff and volunteers.

Diabetes Workshops

Just the Basics: Diabetes - Virtual/In-Person

Have you been recently diagnosed with prediabetes or diabetes? This workshop now being offered virtually and in-person includes a discussion of the basic facts about managing diabetes, healthy eating, and physical activity.

Tuesday Sept 20th or Nov 15th 2022 | 5:30pm to 7:00pm | **Via Zoom**

Monday Oct 17th or Dec 19th 2022 | 1:30pm to 3:00pm | Rm 144A&B

Heart Healthy - Do Your Part to Protect Your Heart

People with diabetes, prediabetes or even people at risk for diabetes are more likely to develop heart disease. Join a Certified Diabetes Dietitian in learning how YOU can do your part to protect your heart.

Wednesday Nov 23rd 2022 | 1:30pm | Smart Room

Type 2 Diabetes Support Group 18+ - Virtual

The Type 2 Follow-up group is a one hour session where clients who are managing well and do not need frequent visits will have an opportunity to check-in with a diabetes educator and learn about various topics of diabetes self-management (for example, what is an A1C, Stress Management) in a supportive group setting. Currently for clients who are managing diabetes via lifestyle management or on oral medications.

Wednesday Sept 28th, Nov 30th and Dec 28th 2022 | 2:00pm to 3:00pm | **Via Zoom**

Thursday Oct 27th 2022 | 1:00pm to 2:00pm | Rm 205

Community Workshops

Caregiver Support Group - Virtual

Have you completed the Powerful Tools for Caregivers workshop? Are you looking to connect with other caregivers? This support group meets the first and third Friday of every month and provides support, follow-up and information for caregivers.

Friday Sept 2nd, 16th, Oct 7th, 21st, Nov 4th, 18th, Dec 2nd, 16th 2022 | 9:30am to 10:30am | **Via Zoom**

Osteoporosis Support Group

You will gain practical information in the monthly meetings, meet others living with Osteoporosis and share common experiences. We cover a variety of topics such as nutrition, safe exercises when living with Osteoporosis and more. For more information Contact Cathy Percy at 705-740-2776 or email cpercy@osteoporosis.ca

Community Workshops

Women's Book Club

Throughout the year we will meet to discuss the books of choice, and enjoy a cup of tea in a fun and positive space. Check out our website for the current books of the month.

Tuesday Sept 27th, Oct 25th, Nov 22nd and Dec 20th 2022 | 1:00pm to 2:00pm | Rm 205

Ladies Social Gatherings

Throughout the year the CHC hosts themed social gatherings for ladies where we enjoy a chat, a cuppa and some games. Such themes include a fall tea, christmas treats, winter tea and a Canada day party. Registration is required

Tuesday Oct 4th and Dec 13th 2022 | 1:00pm | Rm 205

Health BEAT Learning Series - Virtual/In-Person

Health education workshops on a variety of topics aimed at helping you to better manage your health.

Preventing Diabetes

Would you like to learn little changes you can make to try to prevent type 2 diabetes? All Canadians over 40 are at higher risk. Come participate in Diabetes Jeopardy !

Thursday Sept 15th 2022 | 11:00am to 12:00pm | Rm 205

Ask the Experts - Flu Vaccine

Join Sandra (RN) and Ben (RPN) as they discuss and answer your questions around getting your annual influenza vaccine. The time of year has come to consider your annual influenza (Flu) vaccine. In addition to protecting ourselves from Covid over the past couple of years, the influenza vaccine is also recommended as risks still exist for catching the flu.

Thursday Oct 27th 2022 | 11:00am to 12:00pm | **Via Zoom**

Fighting the Winter Blues

It's common for our energy and mood to feel lower in the fall/winter months, as the days get shorter. Are you curious about what seasonal depression is, and how to recognize it in yourself? Maybe wondering how to cope a little better through the grey months of the year? Join our Mental Health Nurse Brooke for a chat on seasonal depression and what you can do to combat it!

Tuesday Nov 1st 2022 | 6:30pm to 7:30pm | **Via Zoom**

Exercise Workshops

Active, Fit & Fun - Virtual

Designed for community members ages 55+ who are wishing to improve their cardio, strength, balance and flexibility regardless of their current ability level. The program will be led by trained volunteers, who ensure the program is run in a safe manner. Classes can be done seated or standing.

Tuesday and Thursday Sept 20th to Dec 20th 2022 | 10:00am to 11:00am | **Via Zoom** | FREE

Our Heart Wise Exercise Programs

All these programs meet the following criteria:

1. Encourage regular, daily aerobic exercise
2. Incorporate warm-up, cool-down and self-monitoring with all exercise sessions
3. Encourage exercise at a safe level and offer options to modify intensity
4. Are suitable for those living with a chronic condition and cardiovascular disease
5. Have a documented emergency plan.



Chair Yoga

Using the aid of a chair our yoga instructor will guide you through a series of movements. Poses are done seated or the chair is used for support during standing poses and bends.

Wednesday Sept 21st to Dec 21st 2022 | 11:00am to 12:00pm | Rm 205 | FREE

Movement and Motion

Designed for community members age 55+, who are wishing to improve their balance and range of motion regardless of their current ability level. The program will be led by trained volunteers, who ensure the program is run in a safe manner. Classes can be done seated or standing.

Mondays | Sept 19th to Dec 19th 2022 | 10:00am to 11:00am | Rm 205 | FREE

Nordic Pole Walking

Come out and join our trained Nordic Pole Walking instructors as they take you on a 30-45 minute walk around the neighbourhood. (seasonal)

Mondays | Sept 19th to Nov 21st 2022 | 1:00pm | 99 Toronto Rd | FREE

Relax and Renew

Restorative yoga focuses on relaxation of the mind and body. Bolsters, straps and other props will be used to support the body in various postures which allows one to move towards a state of balance.

Date TBD | Time TBD | Rm 205 | FREE

Yin Yang Yoga

A Yin Yang Yoga class blends two styles of yoga in one practice. It brings together the benefits of longer stretch poses with traditional hatha sequences to work on strength, flexibility and stamina. By balancing your Yin and Yang your energy flow will increase, giving you a peaceful balanced mind and body.

Wednesday | Sept 21st to Dec 21st 2022 | 9:30am to 10:30am | Rm 205 | FREE

Yoga - Virtual

Yoga has many benefits such as increasing flexibility, improving breathing, helping with balance and helping one to live a healthy and stress free lifestyle. Yoga is a floor based program.

Date TBD | Morning TBD | **Via Zoom** | FREE

Date TBD | Evening TBD | **Via Zoom** | FREE

Programs/Services

Dental Services

The Community Health Centre is pleased to offer a basic dental program to those who cannot access care due to financial hardship, and also to those who have private insurance. If you are receiving assistance through Ontario Works, Ontario Disability Insurance or have an annual income below the Canadian Low Income cut off, give us a call. There is a cost to this program which will be determined at your first visit. Ext. 208

Dietitian Services

Our Community Registered Dietitian is available to members of the community & provides one-on-one counselling, presentations/workshops & cooking demonstrations. Dietitians provide clients with strategies to help manage & prevent a wide range of nutritional related concerns. Clients of the CHC may be referred by their primary health care provider. For community members who are not clients of the CHC, please ask your family doctor for a referral or you can call the Centre for more info.

Diabetes Education

To support the growing group of people living with diabetes, the Community Health Centre has nurses, dietitians & social worker teams who are available to meet with individuals & groups. Our diabetes centre provides support and education to individuals who are over the age of 18 and have pre-diabetes, Type 1 or Type 2 diabetes, and Gestational diabetes. We are also a certified pump centre providing insulin pump therapy. The diabetes team welcomes the opportunity to share information at groups or local events.

Locations: Port Hope, Cobourg and Colborne

Food Cupboard

During this time the Food Cupboard is closed to onsite visits. Prearranged pick ups and deliveries of food baskets are still being offered to those in need in the Port Hope area. Please call 905-885-2626 ext 212 and leave a message if you are in need of food.. Donations are essential to the success of this program, non-perishable food items, cash and fresh produce on Wednesday are always welcome.

Smoking Cessation Treatment

In partnership with CAMH the Centre is pleased to offer a smoking cessation program that includes free Nicotine Replacement Therapy and counselling support for those who want to quit smoking. To find out more, please call the Centre to make an appointment.

Harm Reduction Supplies

The Community Health Centres of Northumberland is a safe needle exchange site and partners with the HKPR Public Health Harm Reduction Works (Needle Exchange/Safer Inhalation Program). 'Harm Reduction' is a set of practical strategies that meet people "where they're at" in an effort to reduce negative consequences of drug and/or alcohol use. Needle exchange sites are an example of harm reduction. Our site supplies new, sterile equipment including needles, pipes, spoons, ties, filters, swabs, water and Vitamin C and also provides a safe environment to exchange used drug equipment (works). When arriving at the Centre let the front desk know you would like to access the harm reduction supplies and they will assist you directly or connect with a staff member to help get what you need.

OTN - Ontario Telemedicine Network

A telemedicine appointment is just like a regular appointment, only the specialist you will be seeing and speaking with is on a monitor. Free to residents of Ontario, OTN connects you with the right health care professional, in the right place, at the right time. Visit otnhub.ca for more information or call Tammy Kantor, RPN. Telemedicine Coordinator Ext. 214.

Geriatric Assessment & Intervention Network

The GAIN team is for older adults living at home experiencing one or more of the following: changes in memory or thinking; difficulty doing daily activities (such as cooking, bathing, or dressing); falls or risk of falls; difficulty moving around; incontinence; multiple medications. We help older adults address risk and safety concerns and access supports they need to live independently at home. Talk to your primary care provider to discuss if the GAIN team could help you or a family member, or call Ext. 254 for more information about how to complete a GAIN referral.

Memory Clinic

The Community Health Centres of Northumberland Memory Clinic is a specialty clinic dedicated to helping patients with memory concerns. On the day of the appointment, a team of skilled health care professionals will complete a thorough medical history and conduct cognitive testing including those related to driving safety. Our team will prepare a management plan for the patient/family and work with your doctor or nurse practitioner to help you link with supports and resources, if needed. Ask your doctor or nurse practitioner to send the necessary referral today. For more information call Ext. 264

Community Care Northumberland

Providing nutrition, transportation, wellness, in-home and hospice services to residents of Northumberland County. Programs and services help seniors, adults with disabilities, those recovering from illness or injury and hospice clients and their loved ones and caregivers remain independent and supported in their own homes and communities. The Port Hope satellite office at 99 Toronto Rd is staffed on Tuesdays from 8:30-4:00, closing between 12:00-1:00 for lunch. For more information, please contact Angela at 905-885-9860 or porthope@commcare.ca.