

Community Health Centres of Northumberland

Program Calendar

Building a healthier community together

September to December 2023



Registration by Phone, Email or Drop-Off

Starts September 6th, 2023 at 9:00am

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

workshops@porthopechc.ca



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)

On-The-Go Lunches and Snacks

Choosing nutrient-rich snacks can help keep you full without causing your blood sugars to rise too high.

Join us to learn, prepare, and enjoy grab-and-go bites for busy days.

Friday Sept 15th 2023 | 9:30am to 12:00pm | **Community Kitchen**

Fall Flavours

As fall approaches, it's nice to enjoy seasonal foods and spices. During our "Fall Flavours" cooking class, we will discuss and create flavourful recipes that feature fibre - a nutrient helpful for blood sugar control.

Friday Oct 20th 2023 | 9:30am to 12:00pm | **Community Kitchen**

Soups and Stews

Warm up to November with a delicious bowl of soup or stew (or a little of both)! We'll create some hearty and healthy recipes, and provide tips on how to lower sodium, increase fibre and pack your bowl full of nutrition!

Friday Nov 17th 2023 | 9:30am to 12:00pm | **Community Kitchen**

Diabetes Desserts

Join us to prepare diabetes-friendly desserts to satisfy your sweet tooth around the holidays.

Join us to cook and enjoy a variety of cultural treats.

Friday Dec 15th 2023 | 9:30am to 12:00pm | **Community Kitchen**

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 Oct 17th and Dec 19th 2023 | 5:30pm to 7:00pm | **Via Zoom**

Monday Sept 18th and Nov 20th 2023 | 1:30pm to 3:00pm | **Rm 144A&B**

Diabetes Workshops

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 Sept 27th and Nov 22nd 2023 | 1:30pm | **Smart Room**

Living Well with Diabetes - Community Support Group

Join peers, a Registered Nurse and a Registered Dietitian for chats and education on building knowledge, self-management skills, and support from each other on various topics related to your diabetes care. Topics include healthy eating, exercise, stress management, medication and more.

Thursday Sept 14th, Oct 12th, Nov 9th and Dec 14th 2023 | 1:00pm to 2:30pm | **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 twice a month and provides support, follow-up and information for caregivers.

Friday Sept 8th, Sept 22nd, Oct 13th, Oct 27th, Nov 3rd, Nov 17th, Dec 1st and Dec 15th 2023 | 9:30am to 10:30am | **Via Zoom**

Powerful Tools for Caregivers - Hybrid

A Free Six Week Workshop for Caregivers of adults with chronic conditions. Participating in this workshop will give you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you will become better able to be there for those you care for. We will be exploring topics like reducing stress, improving self-confidence, accessing community resources and managing emotions. To register call 1-866-971-5545 or visit www.ceselfmanagement.ca

Wednesdays | Oct 11th to Nov 15th 2023 | 10:00am to 11:30am | **Hybrid In Person and 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



Women's Book Club

Throughout the year we will meet to discuss the book 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 26th, Oct 24th, Nov 28th and Dec 19th 2023 | 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 summer party.

Welcome Back Tea | Tuesday | Oct 3rd 2023 | 1:00pm | **Rm 205**

Holiday Tea | Tuesday | Dec 12th 2023 | 1:00pm | **Rm 205**

Exercise Workshops

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. Suitable for those living with chronic condition and cardiovascular disease
5. Have a documented emergency plan.

Active, Fit & Fun - Hybrid

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. Don't want to exercise alone? Join the instructor virtually from our Centre in room 205.

Tuesday and Thursday | Sept 19th to Dec 19th 2023 | 10:00am to 11:00am | **Hybrid In Person and Zoom** | FREE

Chair Yoga - Hybrid

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

Mondays | Sept 18th to Dec 18th 2023 | 11:30am to 12:30pm | **Hybrid In Person and Zoom** | Fee: \$52 (13 sessions)

Wednesday | Sept 20th to Dec 20th 2023 | 11:00am to 12:00pm | **Hybrid In Person and Zoom** | Fee: \$56 (14 sessions)

Movement and Motion - Hybrid

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 18th to Dec 18th 2023 | 10:00am to 11:00am | **Hybrid In Person and Zoom** | FREE

Relax and Renew - Restorative Yoga

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.

Mondays | Sept 18th to Dec 18th 2023 | 1:00pm to 2:00pm | **Rm 205** | Fee: \$52 (13 sessions)

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 20th to Dec 20th 2023 | 9:30am to 10:30am | **Rm 205** | Fee: \$56 (14 sessions)

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.

Dates and Times TBD | **Via Zoom** | Fee: TBD

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 18th to Nov 20th 2023 | 1:00pm | **South Lobby** | 99 Toronto Rd | FREE

Falls Prevention

Community Care Northumberland runs their falls prevention classes twice a week out of our Centre. Falls prevention classes are group sessions which focus on specific targeted interventions to reduce falls in seniors. It is a combination of education and exercise. You must register with Community Care for this class and take part in an assessment to attend. Call 1-866-514-5774 or email wellness@commcare.ca to register.

Wednesdays and Fridays | 12-week program | 2pm to 3pm | 99 Toronto Rd | **Rm 205** | FREE

Exercise Class

Community Care Northumberland runs their exercise classes twice a week out of our Centre. CCN exercise classes are focused on improving and maintaining wellness by targeting balance, strength and range of motion activities. You must register with Community Care for this class. Call 1-866-514-5774 or email wellness@commcare.ca to register.

Wednesdays and Fridays | on-going | 1pm to 1:45pm | 99 Toronto Rd | **Rm 205** | FREE

Program Fee's

At the CHCN we do not want cost to be a barrier for participation. Please let us know if you require assistance with the cost

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

The Food Cupboard is open every Thursday from 9:30am to 12:30pm to in person visits. Please bring your own reusable bags or boxes. Please call 905-885-2626 ext 212 and leave a message if you need more info. Donations are essential to the success of this program, 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.

Care Hepatitis C Outreach Team

The Hep C Team will be at the Community Health Centres of Northumberland at 99 Toronto Rd, Port Hope the First and Third Thursday of the month between 11am and 2pm. If you have any questions, please contact us at 1-855-808-6242.

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 available by appointment only on Tuesdays from 8:30-4:00. For more information or to book an appointment, please contact Angela at 905-885-9860 or porthope@commcare.ca.

Harm Reduction Supplies

The Centre is a safe needle exchange site and partners with the HKPR Public Health Harm Reduction Works (Needle Exchange/Safer Inhalation Program). 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.