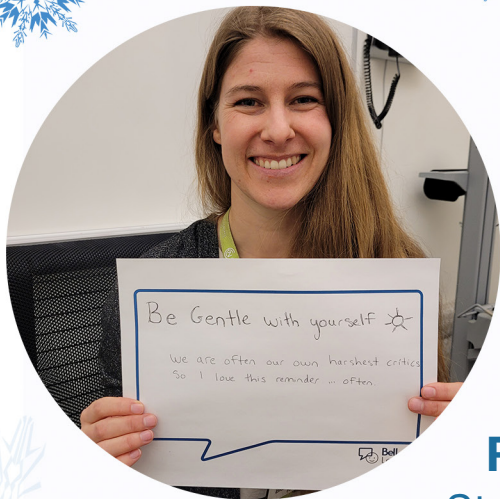


Community Health Centres of Northumberland Program Calendar

Building a healthier community together

January to March 2024



Registration by Phone, Email or Drop-Off
Starts Wednesday December 13th, 2023 at 9:00am
905-885-2626 or 1-866-768-2626 (Toll Free) ext 280
workshops@porthopechc.ca

 **COMMUNITY HEALTH CENTRES**
OF NORTHUMBERLAND



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)

Fibre Friday

Including fibre in your diet is a great way to help manage your diabetes and to help you stay satisfied for longer! We'll look at several ways to increase the fibre content of your meal without sacrificing flavour.

Friday Jan 19th 2024 | 9:30am to 12:00pm | Community Kitchen

Heart Healthy Month

In honour of Heart Month, we'll be creating recipes that help to boost your heart health. Healthy fats, whole grains, vegetables and fruits, reduced sodium – we'll explore all these and more in February's cooking session.

Friday Feb 16th 2024 | 9:30am to 12:00pm | Community Kitchen

Mexican Fiesta

Winter dragging on? Beat the winter blahs with a taste of Mexico! We'll be making and enjoying traditional Mexican dishes bursting with flavours and colours.

Friday Mar 15th 2024 | 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.

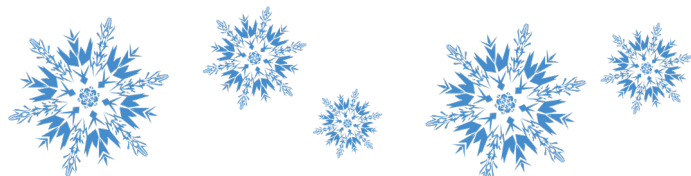
Tuesday Feb 20th 2023 | 5:30pm to 7:00pm | Via Zoom

Monday Jan 15th and Mar 18th 2023 | 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.

Stayed tuned for our Spring Program Calendar



Diabetes Workshops

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 Jan 11th, Feb 8th, and Mar 14th 2024 | 1:00pm to 2:30pm | Rm 205

Community Workshops

Caregiver Support Group - Virtual

Are you a Primary Caregiver caring for an older adult and looking to connect with other caregivers? Please join us in a peer focused group to share your concerns, experiences, and knowledge and to support each other.

Friday Jan 5th, Jan 19th, Feb 2nd, Feb 16th, Mar 1st, Mar 15th 2024 | 9:30am to 10:30am | Via Zoom

Powerful Tools for Caregivers - Virtual

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 | Feb 21st to Mar 27th 2024 | 9:30am to 11:00am | 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**

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.

Tuesday Jan 23rd, Feb 27th, and Mar 26th 2024 | 1:00pm to 2:00pm | Rm 205

Social Gatherings

Throughout the year the CHC hosts themed social gatherings where we enjoy a chat, a cuppa and some games. Such themes include a fall tea, christmas treats, winter tea and a summer party.

Winter Tea | Tuesday | Feb 13th 2024 | 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 | Jan 16th to Mar 28th 2024 | 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 | Jan 15th to Mar 25th 2024 | 11:30am to 12:30pm | **Hybrid, In Person and Zoom** | **Donations welcome** | (10 weeks)

Wednesday | Jan 17th to Mar 27th 2024 | 11:00am to 12:00pm | **Hybrid, In Person and Zoom** | **Donations welcome** | (11 weeks)

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 | Jan 15th to Mar 25th 2024 | 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 | Jan 15th to Mar 25th 2024 | 1:00pm to 2:00pm | **Rm 205** | **Donations welcome** | (10 weeks)

Yin Yang Yoga - Hybrid

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 | Jan 17th to Mar 27th 2024 | 9:30am to 10:30am | **Rm 205** | **Donations welcome** | (11 weeks)

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.

Tuesdays | Jan 16th to Mar 26th 2024 | 6:00pm to 7:00pm | **Via Zoom** | **Donations welcome** | (11 weeks)

Thursdays | Jan 18th to Mar 28th 2024 | 9:00am to 10:00am | **Via Zoom** | **Donations welcome** | (11 weeks)

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)

Stay tuned for our Spring Program Calendar

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**

Child/Youth Workshops

Home Alone Course

This FREE 2.5 hour course will provide youth ages 10-14 with the skills and knowledge that will assist them in being confident about staying home alone. Through interactive games and activities participants will learn about how to stay safe in various situations and what to do in case of an emergency.

Friday | Feb 2nd 2024 | 9:30am to 12:00pm | 99 Toronto Rd | **Rm 205** | **FREE**

Tuesday | Mar 12th 2024 | 1:00pm to 3:30pm | Port Hope Library | **FREE**

Suggested Yoga Class Donations

\$1 per class | \$3 per class | \$5 per class

10 week sessions | \$10 | \$30 | \$50

11 week sessions | \$11 | \$33 | \$55

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 9:30am and 12:30pm. 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.