

STONEGATE

Community Health Centre

Community News

Winter 2010

Making an appointment at Stonegate CHC

All Stonegate CHC patients are required to make an appointment if they wish to be seen by their family physician, nurse practitioner or counsellor. All requests for urgent care appointments are handled by the Registered Nurse and are booked if necessary and only after speaking with patients.

To become a Stonegate CHC patient you first fill out a "Request to Register" form and attend a meeting with the centre's Intake Worker. You will be notified of your first appointment with a provider once you have become a patient.

February is Heart Month

Heart Disease is Preventable and Manageable.

In Canada, more than 50,000 strokes, 75,000 heart attacks and 40,000 cardiac arrests occur every year. Sadly, one in three deaths is due to heart disease and stroke.

Prevention is the key. Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness, and you can further reduce your risk by considering these heart-healthy steps:

- Be smoke-free.
- Be physically active.
- Know and control your blood pressure.
- Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- Achieve and maintain a healthy weight.
- Manage your diabetes.
- Limit alcohol use.
- Reduce stress.

- Visit your doctor regularly and follow his or her advice.

Our thanks to the Heart and Stroke Foundation of Ontario for this information.

Please keep in mind that this is general information and you should always consult your doctor or nurse practitioner.



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Low Cost Fruits & Veggies at Stonegate CHC

Good Food Box Program

The Good Food Box Program for the Stonegate Community began in January 2010 and is growing each week. To date more than 60 orders have been placed with nothing but rave reviews from participants.

Interest is growing every day and we thank you for your support.

The Good Food Box runs like a large buying club with centralized buying and coordination. Twice a month individuals place orders for boxes with Stonegate CHC staff and receive a box brimming with fresh, tasty produce.

If you are interested in:

- Enjoying a variety of fresh fruits & vegetables

- Receiving quality produce at an affordable price while supporting local farmers

Then the Good Food Box is for you!

For more information about the program or to order a Good Food Box, please contact Samantha at (416) 231-7070 ext.270, or Julia at ext. 229.

It's Still Flu Season

Flu Season continues right into April so it is very important that we not let our guard down and take steps to protect ourselves and our families.

How to Protect yourself and others against the flu this season:

- If you're sick, stay home!
- Practice proper cough etiquette —cough and sneeze into your sleeve, not your hands
- Wash and sanitize your hands frequently
- Keep shared surface areas clean
- Get your shots - both H1N1 and seasonal flu shots offers the best protection.

Please keep in mind that this is general information and you should always consult your doctor or nurse practitioner.

H1N1 Vaccinations

Stonegate CHC is offering the H1N1 flu vaccine to all patients and program participants

Vaccinations are FREE and available by appointment only !

Please drop-by and speak to one of the medical secretaries to book your appointment or call (416) 231 7070 to learn more.



Upcoming Health Education Workshops and Events

Colour It Up Stroke Prevention Workshops

Have you ever had a stroke? Do you suffer from high blood pressure, diabetes, heart disease, high cholesterol or poor eating habits, putting you at risk of stroke?

Colour It Up is a series of 6 workshops provided by a Registered Dietitian that will help you get the knowledge, skills and confidence you need to lower your risk of stroke and enjoy the health benefits of eating plenty of fruits and vegetables.

When: Every Wednesday from April 21 until May 26, 2010

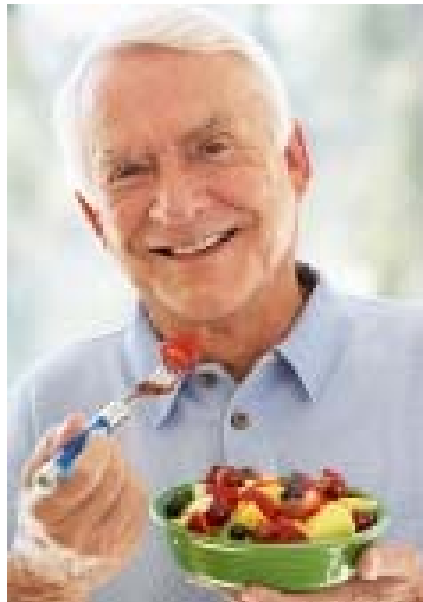
Time: 9:30 am—11:30 am

Cost: Free

Where: Stonegate CHC at 150 Berry Road. Free Parking in the Stonegate Plaza

To Register: Please call (416) 231-7070 and press "0" to book your spot

FREE GIFTS HANDED
OUT EACH WEEK!



Nutrition Month Cooking Series

As part of Nutrition Month's focus on the health benefits of good food, Stonegate CHC is delivering 4 hands-on, educational cooking workshops. Each session is FREE and recipes will be prepared and shared. Sessions will be held from 6:30 – 8:00 pm at Stonegate CHC, 150 Berry Road on:

- Tuesday, March 9/10
- Tuesday, March 16/10
- Tuesday, March 23/10
- Tuesday, March 30/10

Space is limited and registration is required. Call (416) 231-7070 ext. 229

Stonegate Community Association Members Meeting & International Women's Day

A special meeting of Stonegate Community Association (SCA) Members will be held from 6:30—7:30 pm on Monday, March 8, 2008.

The meeting is open to all SCA members for the purpose of discussing and voting on changes to the Association's By-Laws and to hear about new Strategic Directions.

All SCA members, family members, friends and community

residents are also welcomed and encouraged to attend.

Monday, March 8, 2010 is also International Women's Day (IWD), a global day celebrating the economic, political and social achievements of women past, present and future.

In celebration of IWD, Stonegate CHC is hosting a special event immediately after the SCA Members Meeting, celebrating the countless contributions of local

women and all community members are welcome to attend. Participants can enjoy the displays, information, resources, a guest speaker and refreshments. Join us!

Monday March 8, 2010

6:30 - 7:30 pm

SCA members meeting

AND

7:30 - 8:30 pm

**International Women's Day
Celebration**

April is Cancer Awareness Month

Cancer screening saves lives.

Cancer screening programs are designed to detect disease before symptoms are noticeable and many different tests are available. It's important to speak to your health care provider about these tests. Depending on your family history, you may need to be screened earlier or tested more often.

Colon Cancer: In Ontario, an estimated 1,650 men and 1,450 women died of colorectal cancer in 2006. After lung cancer, it is the second-leading cause of cancer death for men and women combined, and yet the disease is 90% treatable if detected early.

Men and women 50 years of age and older should have a Fecal Occult Blood Test (FOBT) every 2 years. FOBT kits are free and

available from your health care provider. If you do not have a health care provider, you can get a FOBT kit from a pharmacist or by calling Telehealth Ontario at 1-866-797-0000.

Men and women who have a family history of colon cancer are at higher risk. These people should have a colonoscopy at age 50 or even sooner. Talk to your health care provider if you think you are at higher risk.

Breast Cancer: Breast cancer is the most common cancer among Canadian women. According to the Breast Cancer Society of Canada, 1 in 9 women is expected to develop breast cancer during her lifetime and 1 in 28 will die from it.

A mammography exam is a low-dose x-ray of the breast and is

done in a clinic or screening centre. If you are between 40-49 check with your healthcare professional about having a mammogram. If you are 50 and over you should have a mammogram every two years. If you are 70 years or older, discuss with your doctor how often you should be tested for breast cancer.

Thanks to the:

Breast Cancer Society of Canada (<http://bcsc.ca/>) and the Canadian Cancer Society (www.cancer.ca) for this information.



Please keep in mind that this is general information and you should always consult your doctor or nurse practitioner.

Kingsway-Lambton United Church 2010 Art Show & Sale

Established in 1998, the Kingsway-Lambton United Church Art Show showcases the talent of Canadian artists while also raising funds for 24 local charities. These include the Dorothy Ley Hospice, Ernestine's Women Shelter, Massey Centre, George Hull Centre, Out of the Cold and Stonegate Community Health Centre.

The show highlights original works by juried artists featuring contemporary and traditional oils and water colours, glass,

pen and ink, sculpture, wood turning, ceramics, jewellery, folk art, photography and stone carvings.

All are welcome to meet over 30 artists and enjoy and appreciate the more than 500 pieces available for purchase.

For more information please call: (416) 234-8224 or visit: www.kingswaylambton.ca/art_show.html



Kingsway-Lambton United Church 2010 ART SHOW & SALE

Saturday, April 10, 2010

10:00 am to 4:00 pm

85 The Kingsway
at Prince Edward Drive
in Etobicoke

Art for Goodness' Sake

Admission is \$10 in support of local charities including Stonegate CHC!

Free Help with Income Taxes

Each year, the Institute of Chartered Accountants of Ontario offers free Income Tax Clinics and hundreds of volunteer Chartered Accountants and their associates help thousands of low-income people by preparing their income tax returns, free of charge.



Clinics are being offered only to neighbourhood residents whose total household income (with dependents) is below \$25,000, or

below \$17,000 without dependents.

This year income tax return clinics will be held at Stonegate Community Health Centre on:

Wednesday, March 10/10
6:00 pm— 9:00 pm
and

Monday, March 22/10
6:00 pm— 9:00 pm

Individuals with rental income and/or business income **do not qualify** for the free CA Tax Clinics program, regardless of the amount of income.

Completing your tax return is very important! You may be entitled to a tax credits like the GST Tax Credit and the National Child Benefit. You may also claim your rent payments, child care expenses and TTC Transit passes to help get back as much money as you can.

Registration for the free clinic is required, so please call Joe at (416) 231-7070 ext. 246 to find out if you qualify for this service and to register.

STONEGATE
Community Health Centre

Stonegate Community News is published quarterly by the Stonegate Community Health Centre
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Health Centre Hours of Operation

Monday - Wednesday: 9:00 am - 8:00 pm

Thursday & Friday: 9:00 am - 5:00 pm