



WOSSAA Gold JEFF KEMPENAAR/THE CHRONICLE
The West Elgin Secondary School senior boys volleyball won gold at the Western Ontario Secondary School Athletics Association finals in Goderich. The juniors won bronze. Here the team celebrates its board championship. The senior boys: Last row: Coach Kelly Welch, Jeremy Delow, Dave Dryfhout, Andrew McWilliam, Mike Godfrey, Jon Greg Drummelsmith, Dan Sutton. Middle row: Matt Soos, Dylan Weselowski, Adam Sutton, Shawn Zimmerman. Front row: Aaron Cowell, Jeremy Kosciak. The boys head to Ottawa for OFSSA.



Mom and daughter game JEFF KEMPENAAR/THE CHRONICLE
Brodi Jewell is about to try and zip around her mother Kim during a moms and daughters basketball game at WESS last week.



Motocross award winners SUBMITTED
Many local youth compete in the Thames Valley Riders motocross circuit which held its banquet in Lucan Nov.5. Pictured here are members that attended. Front: Josh Conway, 2nd place tyke intermediate, Jordan Bouw, 1st 65 intermediate. Back: Justin Walker, Travis Roodzant, 3rd small wheel Jr., Cody Winn, 3rd in GP and 1st in 125 Jr., Brian Kelly, 1st 250 F, Julian Kovacs, 3rd 125 Jr., Chris Emery. Absent was Jeremy Conway, 1st open intermediate, Josh and Will Manneke, Jeff Walker, Ally McKillop, Mac McKillop, Kailyn Cedar and Dustin Drouillard.



Mud tug-o-war JEFF KEMPENAAR/THE CHRONICLE
Chris Ward and Zack Dymock try to help their team stay out of the mud pit in a tug-o-war match during the Grade 9 initiation at West Elgin Secondary School Sept. 7. Rain added to the mud, paint, banana and egg used to make a mess, and fun, to end the first week of school.



Badminton players off to WOSSA
Jason Carroll reaches for the birdie with partner Bryce Doiron during the junior badminton TVRAA finals at West Elgin Secondary School April 19. Moving on to the Western Ontario Secondary School Athletics finals from WESS are: Junior: Mary Jane Peternel, Will Feere, Adam Sutton and Ali Borton, Ashlee Aldred and Kristyn Fishleigh, and Brodie Jewell and Jordan Emmett. Seniors: Shawn Zimmerman, Dan Sutton and Aaron Cowell, Katelyn Duplessis and Sara Peternel. JEFF KEMPENAAR/THE CHRONICLE

Take your kids to work day Nov. 7

Nov. 7 is this year's Take Our Kids to Work Day program for all Grade 9 students.

Students, parents and employers are urged to start planning now to ensure a productive and informative day for our Grade 9 students, who in the not-too-distant future will start making decisions about post-secondary and employment options. Students can go to work with one of their parents, any other relative, or failing that, a neighbour or a friend.

Any student who is unable to find a placement for the day should let our Guidance Department know, so that we can assist.

Any employer who would like to have a Grade 9 student there for the day can do the same, by calling 768-1350.

Each week a wonderful group meets for one hour to support and pray for our school, called "Mothers Who Care".

The numbers of the group have fallen, as families who were involved

have had all of their children graduate from WESS. If you are interested in joining this special group, please contact Lynda Miller at 785-2033

We have a full slate of teams and clubs up and running again in the school, as well as our school bands.

Several new opportunities are being developed for the students, such as a girls' golf team, a cross country team, and hopefully, a choir. Football, field hockey, boys volleyball, girls basketball, cross country and golf have all started their seasons.

With the tragedy of suicide now having touched so many so tragically in our community, WESS is taking a leadership role in suicide awareness,

COLUMN



Principal's Corner
Larry Schneider

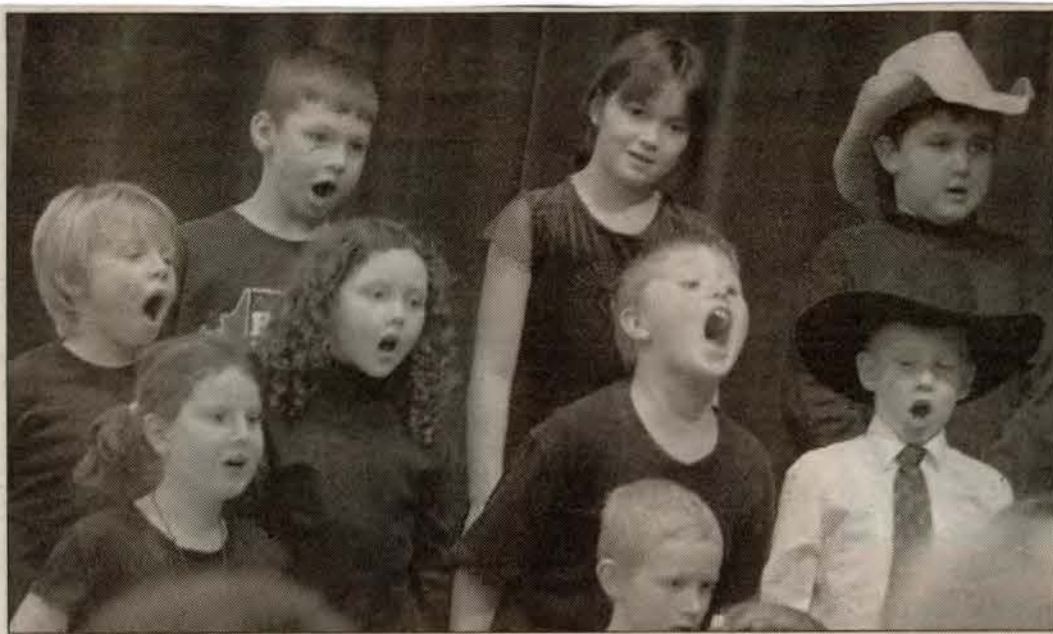
prevention, and education.

All staff at the school will participate in workshops on the Sept. 28th P.D. day, led by experts in social work, tragic events response, and suicide awareness and prevention, as well as people whose lives have been affected by the suicide of a loved one.

We will hold assemblies for all students in order to reinforce the need for them to seek help, counselling, and above all, to communicate to others any feelings of depression, sadness, anger, feeling overwhelmed, or having dark thoughts.

A night for parents and all in our community is being organized for the second or third week in October, and once details are finalized, the dates and time will be announced very publicly.

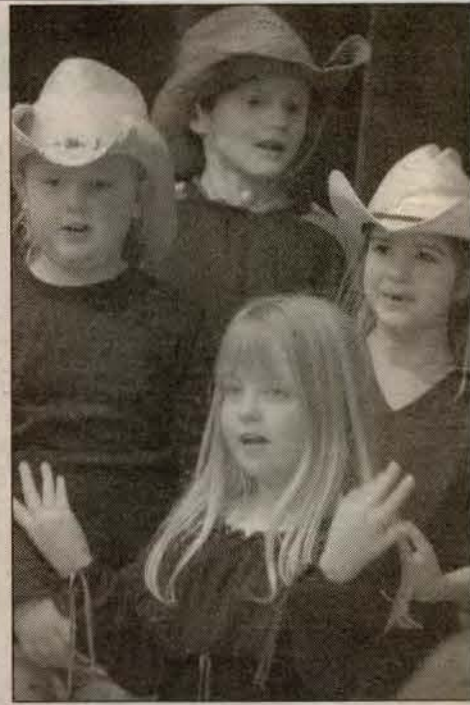
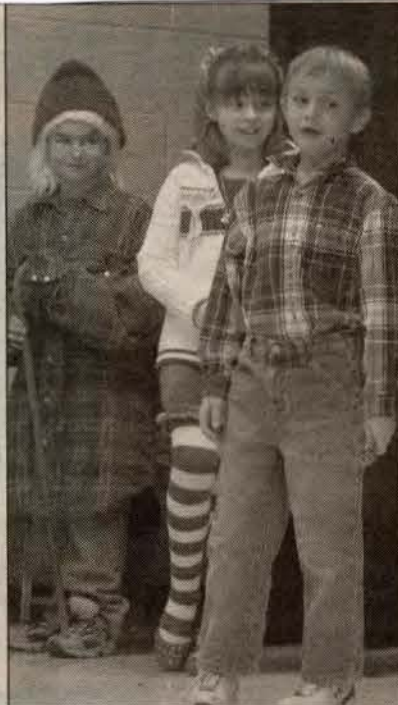
As a community we must do all that we can to support our young people, to help them, to support them, and to listen to them.



Concert at Aldborough Public School

JEFF KEMPENAAR/THE CHRONICLE

The sights of Aldborough Public School's winter concert Dec. 12.



Winterland WESES

The choir, concert band and a rockin' roll take on Mary had a Little Lamb, filled the gym at West Elgin Senior Elementary School with music Dec. 13.



WESS Concert

JEAN GUY ST JACQUES/THE CHRONICLE

West Elgin Secondary School's band performed holiday favourites

Agriculture program growing at high school teacher looks for more community support

Jeff Kempenaar
Staff

A new course in agriculture started at West Elgin Secondary School this semester.

Agriculture and Farm Sciences, taught by north Dunwich son, teacher and farmer, Rob Tait is a university level class.

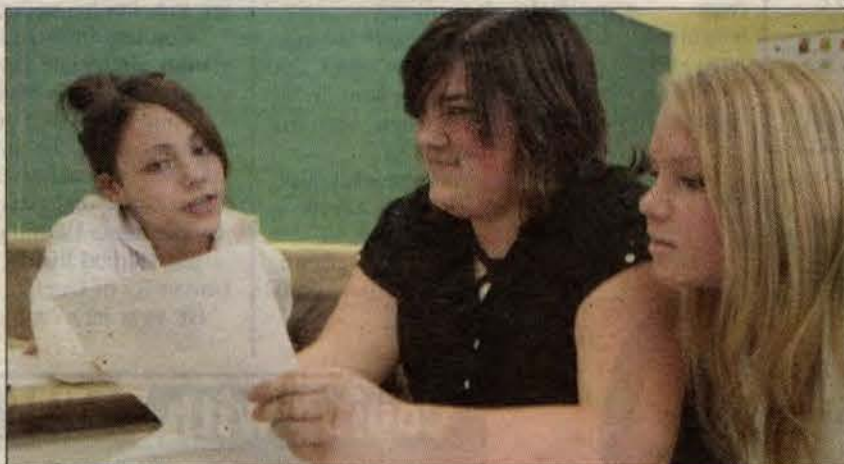
The course follows an advanced horticulture course and agriculture technology course which started at WESS last semester.

With 22 students, the course delivers the fundamentals on crops, animal husbandry, organic farming, marketing, planting, new technologies, farm practice, farm business and some history on farming.

Laura Ford is one of eight in the class that lives on a farm.

The senior students says she's taking the course to learn more about farm marketing.

"I want to know why the prices go up and down," she



Agriculture class

JEFF KEMPENAAR/THE CHRONICLE

Nicole Oliveira, Emily Rose and Jessica Kennedy work together in the new Agriculture and Farm Science class taught by Rob Tait at West Elgin Secondary School to identify images of soil, machinery and crops.

says, adding the course is adding depth to her knowledge of farming.

"It's relative to everyday life," says Ford, who has applied to the University of Guelph's animal sciences program.

While the course is new, Tait, the

teacher, says the feedback has been positive.

"A lot of people my age say they wish this course was available when they went to high school," says WESS graduate of 1999.

The course curriculum was devel-

oped in house, pulling from the vast farming experience of faculty, along with Tait's own experience farming for a year in Australia, and his broad knowledge of agriculture around the world.

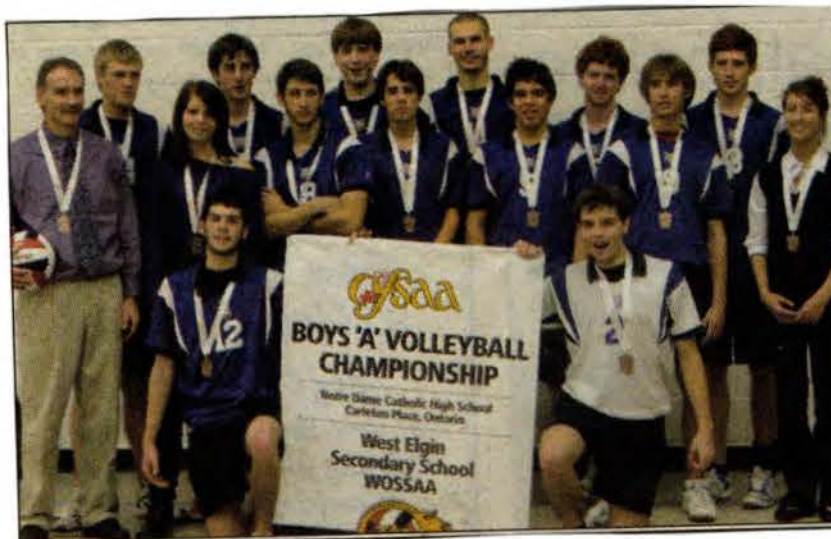
"It may take a few years to get (the course) where it should be," he says, adding he hopes the programs is picked up at more schools across the board and becomes a prerequisite for the University of Guelph and Ridgetown College.

His vision of the program, also includes having animals at the school and money to buy a text book for the program.

WESS was given \$137,500 to develop agriculture and horticulture programs through the provincial Light House program.

Tait has pulled material from agriculture magazines, the Internet and Statistics Canada.

Please see Agriculture, page 2



Bronze at OFSAA

West Elgin's senior boys volleyball team won bronze at the all-Ontario OFSAA playoffs, A Division in Carlton Place last weekend. Here's the team: (Front) Aaron Cowell, Jeremy Kosciak. (Middle) Coach, Kelly Welch, Manager, Jessica Varga, Matt Soos, Adam Sutton, Dylan Weselowski, Shawn Zimmerman, Asst Coach, Miss D. Stys. (Back) Dave Dryfhout, Andrew McWilliam, John Drummelsmith, Michael Godfrey, Jeremy Delouw, Dan Sutton.

Nov 29/07

SUBMITTED

The **SENIORS' REVIEW**

Dedicated to the Seniors of our Communities

Living a healthy and active life at 91 years old



JEFF KEMPENAAR/THE CHRONICLE

Tai chi good for seniors

Frances McCallum does Tai Chi twice a week at 91-years-old at the Grace Anglican Church in West Lorne. The 108 moves in the Tai Chi routine help McCallum strengthen her bones and improve her balance.

At 91-years-old, Frances McCallum lives with vitality.

The career school teacher continues a daily life of healthy and active living.

Every day she walks down a flight of stairs from her apartment to downtown West Lorne to have coffee with friends.

While she admits she has slowed down over the years, being social is important to McCallum.

"Otherwise I would just be a vegetable," she said.

Born Feb. 18, 1915, McCallum and her late husband Duncan have four daughters.

She and her husband raised Dorothy, Kathy, Mary and Helen on a dairy farm on the West Elgin Dutton/Dunwich border.

She started teaching in 1931 at country school houses until ending her career at the now gone West Lorne Public School in 1977.

Since she retired she has consumed herself with family.

She knows where almost every cousin,

niece and blood relative is living and loves talking about and to her family.

A life of good health, McCallum said she's lived so long thanks to good genes but it's more than that.

"There's always health information around", she said. Access to that information has helped her live an active healthy life.

Twice a week McCallum joins a class of 10 for Tai Chi at the Grace Anglican Church in West Lorne.

Tai Chi helps McCallum keep her bones strong and helps her balance.

"It's not easy to stand on one leg," she said.

She still drives, but only on familiar roads, around town, to Rodney, Dutton or Glencoe,

taking friends to the Crinan Presbyterian Church Sundays.

Challenging her mind, McCallum completed her university degree after 61 years in 1992.

Now she keeps her mind active reading the newspaper every day and tackling word searches.

"You gain strength to do what you want to do. Independence, staying interested in the world around you," she said.

Forever a teacher, McCallum said she keeps going because, "there is always more to learn about life."

Health Unit wants fluoride back in area water system

Jeff Kempenaar
Staff

Fluoride should be put back in the area water system, said the Elgin-St. Thomas Health Unit's dental consultant.

With \$19 million coming for a new water treatment plant, a formal request came from the health unit to consider reintroducing fluoride.

The letter came to West Elgin Council who passed it on to the Tri-County Water Management who may direct engineers to look at the costs and impact of adding fluoride to the future new plant.

However, the committee chair said fluoride isn't necessary or needed in the water system.

"There's fluoride in some things

we eat. We just don't need it in our water," said Mike Mooser.

The area garnered national attention when it stopped putting fluoride in municipal water in June 2003.

Dr. Wayne McKay, dental consultant for Elgin-St. Thomas Health Unit requested the committee review the fluoride issue after a grant for \$19 million to build a new

plant was announced earlier this year.

"With this funding opportunity available, it would be an excellent time to re-introduce fluoridation of the water supply as part of the overall upgrade," said McKay in a letter to council, dated June 5.

Please see Dentist, page 2

New doctors energize WECHC

Med students to learn at WECHC

With the arrival of Dr. George Kim in August, the West Elgin Community Health Centre became a teaching facility for medical students to learn about rural health care.

An adjunct professor, Kim will have medical students of all levels visiting and learning at the health centre.

"Teaching bedside care is big for me," he said.

The first success of a new partnership with the University of Western Ontario, Melito introduced Dr. Kim and Dr. Ghassan Abushawish. Abushawish will start full-time in November.

Dr. Kim's parents immigrated from South Korea, raising him in Peterborough.

His wife is a public health nurse in Stratford and the two are raising a 22-month-old daughter in London.

Dr. Kim hopes to build a long legacy at the health centre and



Dr. George Kim

ensure its use as a teaching facility for the future.

"I want to continue the strong connection the health centre has with the community," he said.

Dr. Kim, completed his pre-medicine degree at Queen's University before finishing his master's at UWO and practicing in Mt. Brydges.

With the two new doctors the health centre will be able to sign almost 6,000 more patients.

Dr. Kim's goal is to show new doctors the benefits of working in a rural community.

"I want to make sure this position is always full," he said.

From Gaza to West Lorne for new doc

Dr. Ghassan Abushawish's long road to the West Elgin Community Health Centre started in Palestine.

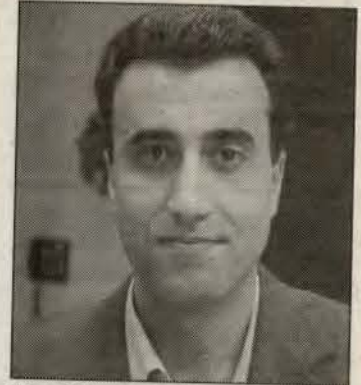
Born in a refugee camp Abushawish practiced medicine in Gaza Strip hospitals, gaining surgical experience he can use for minor procedures done at the health centre.

He went straight into medicine, at a Syrian medical school receiving a French academic education.

His work in the Gaza Strip came after the 1996 peace process, after Israeli occupation.

Abushawish is currently on a locum placement (acting doctor) and will become the third full-time family physician in November.

Graduating from the University of Western Ontario



Dr. Ghassan Abushawish

post graduate program in August was, "A big relief," said the London resident.

He's working two to three days a week at the centre and is beginning to take on his own patient list.

"Team work is obvious here, more so than at a hospital. It's more productive," said the 36-year-old.

Abushawish moved to Canada in 2000, has been married seven years and has a 10-month-old child and another in Grade 1.

WECHC a model for primary care

West Elgin Community Health Centre held its 13th annual general meeting Sept. 20.

Successes were highlighted by Cate Melito, who recently rounded out her first year as executive director at the health centre.

She introduced the two new family physicians, Dr. George Kim and Dr. Ghassan Abushawish.

As well she highlighted the new chiropodist, Rick VanDerHeide, and an early psychosis enhancement program delivered in partnership with the Canadian Mental Health Association.

Melito also commented on the bene-

ficial ties the health centre has made with West Elgin Support Services since its operation was moved to the health centre after the community complex burned down February.

"It's really turned out to be an opportunity to combine efforts," she told the audience.

Jerry Prince, board of directors chair talked about the growth of the health centre.

"Fifteen years ago it was just a hole in the wall. Now we have this great centre and it's beginning to get crowded," he said. "Change always comes so you accept it and always hope it's for the better."

Guest speaker for

the night was Dr. Kevin Mardell who has been the family physician at WECHC since 1995.

His speech, "The Past, Present and Future of Primary Health Care" a key component of the health centre, talked further about change.

He quoted George Smitherman, Ontario Minister of Health and Long-term Care who said health care's transformation and "change as the new normal."

He talked about the baby boom generation reaching their middle ages, diabetes, heart disease, strokes and cancer rapidly rising.

Along with the increased illnesses came increased costs

of health care and the governments were reaching the limits to pay for services.

"In chronic disease management we know that early detection, education around lifestyle measures, appropriate medications and regular monitoring results in better quality of life, reduced complications and lower costs to the health care system," he said.

Interdisciplinary teamwork, with primary care workers like physicians, nurse practitioners and nurses with expanded roles working with dietitians, social workers and therapists can bring meaningful long term changes in health.

"Have we finally got it right? Of course not!" he said. "We need to continue to push the envelope, to explore new territory, to critically examine the way we do things and ask is there a better way?"

Mardell said WECHC is the only primary care model within the South West Local Health Integration Network, the province's new health care management body.

He also talked about changes coming that could see his schedule accessible online, where patients could book their own appointments.

Prince pushed those in attendance to get more people to

join the membership and become directors.

With 44 members, the board of directors will need more people to run next year as directors can only stand for six years.

Health care info session being held in West Lorne

Jeff Kempenaar
Staff

A community forum on the new Local Health Integration Networks is being held in West Lorne Sept. 6.

One of 50 public forums taking place throughout southwestern Ontario, the South West LHIN is seeking public input into its Health Service Plan.

The South West LHIN is one of 14 provincially appointed organizations established in March to link health care services in the region to one another and the

province.

A LHIN is a non-profit organization responsible for planning, integrating and funding local health services.

LHINS will lead to a more efficient and accountable health system, said a fact sheet included in a media kit mailed by the South West LHIN.

The Sept. 6 community forum in West Lorne will make sure local citizens and health providers can help shape the priorities and directions for change, said the media kit.

The input will be used in the three-year strategic plan called the Integrated Health Service Plan which is being submitted to the Ministry of Health and Long-term Care by Oct. 31.

The public forum in West Lorne will be held at the St. Mary's Hall Sept. 6 from 7 to 9 p.m.

• South West LHIN includes 925,000 people, 7.5 per cent of Ontario's Population.

• It stretches from Tobermory in the Bruce Peninsula, to the Elgin/Chatham-Kent border and Long Point.

• It includes 20 hospitals, six community care access centres, 65 community support services, 28 mental health agencies, 14 addiction agencies, two community health centres and 74 long-term care homes.

• Other partners include six public health units, 15 family health teams, one children's treatment centre and all health professionals and municipalities.

• The province funds 227 health services organizations and more than 100 community service organizations in the South West.



JEFF KEMPENAAR/THE CHRONICLE

Women's health night



WECHC supper

Don Page and Melanie Knapp, community youth worker, sing Christmas carols at the annual West Elgin Community Health Centre supper held at the West Lorne Legion Dec. 22. The supper was organized to provide a supper for those unable to cook or afford a Christmas meal. Food was donated by area merchants.

2006

JEAN GUY ST JACQUES /THE CHRONICLE

Health centre gets award

West Elgin Community Health Centre's Let's Connect Office in Dutton recently received a bronze award for workplace wellness from the Elgin St. Thomas Health Unit.

The Centre has been including wellness messages in their pay stub stuffers. Employees are welcomed at any of the health promotion events offered to the community. There is a walking program daily at 12:30 pm and health messages are sent to staff by e-mail. The team is planning a Christmas Cook together and then to be enjoyed as their Christmas party. A chef from London will be facilitating this event.

This year the West Elgin Community Health Centre instituted an employee assistance program for employees, and have advertised this program to staff.

The wellness committee has developed a terms of reference and would be pleased to share this with other committees.

At the centre there are open lines of communication and staff participate in team building exercises.

The staff have potluck lunches and munchies before staff meetings, all healthy food choices, of course.

The Health and Safety Committee at the West Elgin Community Health Centre has worked very hard starting their wellness program, and we are pleased to present them with a "Bronze Healthy Workplace Award."

The Dutton office is home of the Dutton Early Years program.



Workplace wellness

SUBMITTED

Angela Dougherty and Cindy DaCosta receive a workplace wellness award from the Elgin St. Thomas



Cate Melito, Executive Director

From the Directors Desk

It is my pleasure to introduce our second new family physician, Dr. Ghassan Abushawish. Dr. Abushawish started at the Centre on August 14th. He finished his undergraduate medical school in Syria and worked for a few years after graduation as a general practitioner in Damascus and Gaza. Recently, he completed his family medicine residency at the University of Western Ontario (UWO).

As a family doctor, he has a special interest in women's health and family planning. He looks forward to meeting West Elgin Community Residents.

Please plan to attend our Annual General meeting on September 20th at 5:30 pm to meet both Dr. Abushawish and Dr. Kim in person. Dr. Kevin Mardell will be our guest speaker and Sarah Westbrook will be singing at the meeting as well. I hope that you will plan to attend.

Two other events that you will want to plan to attend include: the West Lorne Heritage Homes Board of Directors invites you to preview the proposed new seniors

apartments and seniors town home development on September 18th at 7pm at the Community Health Centre. The South West Local Health Integration Network also invites you to contribute your thoughts to the development of an integrated health services plan for this area. This plan will guide how health services are delivered in the future. The meeting will take place on September 6th at 7 pm at St. Mary's Parish in West Lorne.



Dr. Ghassan Abushawish

Twins donate hair

Jeff Kempenaar
Staff

Four-year-old twins Amanda and Alyssa Dupuis will always have a story to tell about their first ever hair cut at a salon.

Ponytails - 10 inches from Amanda and near 11 inches from Alyssa were cut off to be sent to Angel Hair for Kids.

Angel Hair for Kids provides human hair wigs for children from financially disadvantaged families who have lost their hair as a result of the A,B,C's of hair loss: Alopecia, Burns and scalp injuries or cancer chemotherapy and radiation treatments.

"The girls decided to do this on their own," said mom, Shauna. Dad's name is Cameron.

After seeing something on TV about children without hair the girls asked what would happen to their own hair if they cut it off?

The West Lorne twins got their ponytails cut at Judy's Hair Loft.

It takes 12 hair donations to make a wig, at the cost of \$800.

The Dupuis liked Angel Hair for Kids

because it gave the wigs free of charge to children from financially tight homes.

The girls hope whoever gets the hair is happy.

"I'm so proud of my hair," said Alyssa, while Beth Goos trimmed her new hairdo.

Amanda said she wanted a new, "style."

"They have such beautiful, clean hair," said Judy Gangle.

Seeing the new look in the mirror, "It's pretty," said Alyssa.

It was the twins first hair cut at a salon.

"It will grow back," Shauna said, trying to reassure her squiggly daughter.

Amanda is five minutes older but "I'm taller," said Alyssa.

After it's cut, the hair is wrapped in tissue paper, put in a Ziplock bag and mailed off to Mississauga, and A Child's Voice Foundation, which runs the program.

Amanda and Alyssa won't have their hair falling in their face during junior kindergarten at Aldborough Public School for a while.

"It's just a little different," said Alyssa.



A new hairdo JEFF KEMPENAAR/THE CHRONICLE

Amanda and Alyssa Dupuis hold their newly departed ponytails which they are donating for financially disadvantaged children with hair loss.

Community Health Centre receives award



Wellness award given to WECHC

SUBMITTED

Bonnie Rowe, Melanie McLeod and Diane VanDyk accept a Healthy Workplace Award from Cynthia St. John, executive director of Elgin St. Thomas Public Health.

The West Elgin Community Health Centre is composed of the medical centre located in West Lorne and a satellite office in Dutton. The medical centre provides clinical and community services including primary health care,

health promotion and illness prevention, counselling and foot care. The Centre employs 35-40 employees both full and part-time and three Doctors.

At the Centre we have a workplace wellness suggestion box in

the lunch room and a wellness bulletin board. We have an informal walking program and some scheduling flexibility regarding lunch and breaks in order to allow for the walks. We have a snack tray available within our lunch room at

all times, with proceeds going to the United Way.

At the West Elgin Community Health Centre we have host pot-luck lunches/snacks before every staff meeting. A number of United Way fundraising BBQ's also are hosted by our staff for us to enjoy and support the United Way simultaneously.

To promote physical activity at work we had the "Spring into Action" initiative. Staff was placed in teams and the team members motivated and encouraged each other. Prizes included fun family activities, for example badminton sets, gardening tools, frisbees and bubbles. We also participated in a team softball game and were given time for team building for this

game.

We have a Staff "WECHC Wall of Fame" whereby each staff member is highlighted once per year. The staff share their role at the Centre and specifically some of their personal interests. This helps everyone, staff and partner agencies to better understand the diversity within the centre and our daily activities as the centre grows larger.



*Cate Melito,
Executive Director*

From the Directors Desk

We are pleased to introduce three new professionals: Jenna Maclisacc and Jeanette Fenner our two new diabetes dietitians and Pam Wilton, asthma educator. If you are interested in diabetes or asthma, these professionals are available to provide you with information and to work with you and your physician to support your health.

There are many services and programs available at the West Elgin Community Health Centre for anyone who lives within

western elgin. The Calendar of Events outlines the programming that is available free of charge to you. In January, the West Elgin Community Health Centre will feature information in the Chronicle each week about the programs and services available to you. We hope this new approach will ensure you have information about upcoming services and programs more frequently.

From the Board and staff of the West Elgin Community Health Centre, we wish you a safe and joyous holiday and a healthy and happy new year!
Cate Melito

Asthma Education Sessions help keep West Elgin Clients Breathing Easier!

The Asthma Program at the West Elgin Community Health Centre provides:

- asthma education sessions on a one to one basis
- sessions are provided by a Certified Asthma Educator
- sessions include breathing tests (spirometry)
- education on the basics of asthma is offered
- clients are taught about asthma triggers
- you are shown how to best to use your medication inhalers.

There will be two clinics per month, with some hours in the early evening once per month. This initiative, one of only twelve across Ontario, is funded by the Ontario Ministry of Health and Long Term Care, is a partnership with the WECHC and St. Joseph's Health Centre in London.



Active Elgin Launched.

SUBMITTED

On Jan 12, Elgin St. Thomas Public Health and their partners launched a new City of St. Thomas and County wide initiative - Active Elgin - goal to increase the number of people participating in leisure, sport and recreation programs (Check out their website: www.activeelgin.ca). (L-R) Kent McVittie, City of St. Thomas Parks and Recreation Theresa Klachan, East Elgin Community Complex, Ann Lapchinski, The Ontario Trillium Foundation, Gemma Urbani, Elgin St. Thomas Public Health, Lindsay Grondin-Rice, YWCA St. Thomas Elgin, Cynthia Roodzant, West Elgin Community Health Centre.

Let's Connect Team

Please give us a call at 762-6236 for more information on our programs and up coming programs. Angela Dougherty-Community Health Worker/Family Support, Cindy Da Costa-Early Childhood Educator, Debi Feasey-Registered Nurse, Lynda Avram-Registered Dietitian

Let's Connect Programs (for families with children 0 to 6 years) Growing With Baby

- Well baby checks
- Socialize and meet other parents
- Individual questions will be answered by a registered nurse or dietitian
- Offered in Rodney, Dutton and West Lorne

Breastfeeding Support and Breast Pump Rentals

- One to one support by registered nurse • Home visits • Telephone reassurance

Krazy Kitchens (must register) Parents of children 0-6yrs come together to make food to take home and chat with other parents monthly - (2 sessions)

Next session - January 9th

Topic - Pies & Pastries

Where - 10 to noon @ Dutton Community Centre or 6:30 to 8:30 pm @ West Elgin Community Health Centre. Children's programming available

Let's Celebrate Pregnancy Classes • Prenatal classes

Next classes beginning: Jan 8th - Labour & Delivery Part 1

Jan 10th - Labour & Delivery Part 2

Jan 15th - Breastfeeding Basics

Jan 17th - Life After Labour & Delivery

Where: West Elgin Community Health Centre

Time: 6:30 to 8:30pm



Let's Connect Krazy Kitchen cooking program

A great opportunity for moms to meet with other moms while learning new skills and a chance to discuss health, nutrition and family matters.

Parents & Tots (Weekly - Tuesdays)

Time: 10:00am to 2:00pm

Where: West Elgin Community Health Centre

- For young parents to come together to discuss parenting while their children play with other children

Sewing Stories (must register) Monthly opportunities for parents to come to learn sewing and craft skills while chatting with other parents. Children's programming also available.

When: 3rd Wednesday of every month

Time: 6 to 8 pm

Where: West Elgin Community Health Centre (Children's programming available)

Recreation Fair

- Healthy Bodies, Healthy Minds - "Helping our children grow as strong as they can be"
- Guest Speaker - Leroy Hibbert
- Opportunity to meet local recreation sport and leisure service providers

When: Feb 27, 2008

Where: Dutton Community Centre

Time: 5:00 to 8:30pm (free light supper)

Diabetes Team up and running at West Elgin Community Health Centre

We are pleased to announce that our 2 new diabetes team are now up and running and seeing clients. Each "team" consists of a nurse and a dietitian who will see clients on an individual or group basis and will work with family members and other health professionals. The teams specialize in providing diabetes care, education, and management with clients. The educators will work with clients to make recommendations on how to stay healthy in the following areas:

- Nutrition
- Monitoring sugars
- Medication
- Exercise

We are pleased to introduce Jeannette Fenner and Jenna MacIsaac, dietitians who started with us as part of the Diabetes Team on October 9. Jenna MacIsaac and nurse, Tina Ramsey will be located at the West Elgin Community Health Centre in West Lorne and will work with clients in the western end of Elgin County. Jeannette Fenner and nurse Gwen Hammons will be managing clients in the eastern end of Elgin County. They have started seeing clients in Straffordville and hope to soon have office space in Aylmer.



You can access their services on your own or through your doctor. To find out more about either of these teams, please call 519-768-1715. Also watch for further advertising about their new programs and services.

Look for upcoming Diabetes Groups and Classes in the new year to be held at West Elgin Community Health Centre.