

F O C U S

Issue #320

Feeding Our Curiosity, Uncovering Strengths

Feb. 5th, 2018

FEBRUARY IS HEART and STROKE AWARENESS MONTH

February is Heart and Stroke awareness month in Canada. This year a new report was released by the Heart and Stroke Foundation focusing on women and their heart health. You can find the full report at www.heartandstroke.ca (below is a synopsis of some interesting facts)

- Heart disease is the leading cause of premature death for women in Canada (dying before reaching their expected lifespan).
- Five times as many women die from heart disease as breast cancer.
- Women who have a heart attack are more likely to die or suffer a second heart attack compared to men.

Women are under-aware and under-researched when it comes to heart disease. Within the healthcare system they are under-diagnosed and under-treated, and under-supported in their recovery.

Taking control

There are things women can do to reduce their risk of heart disease. It starts with talking to your doctor about your individual risk factors. Plus, these lifestyle changes can help reduce your risk:

- becoming and remaining smoke free
- achieving and maintaining a **healthy body weight**
- being **physically active** for at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more
- maintaining a **healthy blood pressure** through lifestyle changes (such as increased physical activity) and when needed through medication
- eating a **healthy, balanced diet** focused on whole foods with lots of vegetables and fruit, and cooking at home as often as possible
- using medications to reduce the risk of heart disease and stroke as prescribed by your healthcare provider, for example medications for high blood pressure, high blood cholesterol and diabetes.

Help to raise awareness during the month of February by visiting the Heart and Stroke Foundation website, talk with canvassers who are coming to your door, and read the **Heart & Stroke 2018 Heart Report**.

Trish Baird

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Cobourg Office Update

The Cobourg Office continues to be busy... I would like to highlight a few programs. The Meals On Wheels program, Transportation program and Home Help program have all increased over 20%-30% in the last year.

Our Meals On Wheels program has added an extra route – currently there are an average of 45 meals per day being delivered.

Our Transportation program has seen a huge increase in VON Adult Day drives and local medical drives – currently there are about 25 drives per day. Our Home Help program continues to grow – currently 150 clients using this program.

The Office is working with Alicia Vandine on recruiting Volunteers. There will be ads going into the local paper and also using our social media venues.

If you have a few extra hours to spare or know a neighbor or loved one who does, please ask them to contact our Office at 905-372-7356.

Submitted by: Sheri Birney—Program Coordinator Cobourg/Port Hope

Recent and Upcoming Workshop in Brighton



Recent Workshop: Cooking Wild Style

This two hour class was being taught by Susan Doyle, the longtime cooking editor for Ontario Out of Doors and author of the national award winning, Cooking Wild Style. She discussed how to successfully cook game meats and demonstrated a few recipes. Participants got to sample and take home some new recipes.

Upcoming Workshop: Learn to Draw

This workshop is geared towards those who have never drawn before or looking to improve their skills. Our instructor the very talented Lynn VanderHerberg, will guide you step by step during the class. You are welcome to bring your own supplies if you have them at home, if not we will have materials for all participants.



Image courtesy of Nat_Stocker at FreeDigitalPhotos.net

Date: Wednesday -February 7, 2018 **Time:** 1-4pm **Fee:** \$10.00 **Location:** CCN Brighton Activity Room

To register, please call Gail in our Brighton office (613)475-4190 or email through this link [here](#).



Upcoming Workshop in Campbellford: Paper Crafting



Enjoy an evening out and learn how to create lovely paper crafts that you will be delighted to share with friends and family. The workshop is designed for any level of crafter with lots of instruction and in-class help from our very talented instructor Christine Bowman.

Date: Thursday - February 8, 2018 **Time:** 6-8pm **Fee:** \$10.00

Location: Forrest Dennis Senior Citizens Centre, Campbellford

To register, call our Campbellford office (705)653-1411 or email through this link [here](#).

Brighton Office Update

As mentioned in a previous article, the Brighton office has started a new ladies group called “The Buzz” which had their first meeting on Oct. 31st, with 10 women attending! This group has become quite a success with 10-16 women attending each time so we have decided to have this group meet 2 days per month instead of once. We are meeting the 2nd and the last Tuesday of each month from 1:30-2:30, here at the Brighton office in the Activity room. All ladies welcome!

Our office is currently looking for Volunteer Transportation drivers as many of our regulars are snowbirds, and have escaped the country J. As always, Friendly Visitors are needed as well. Please call our office if you have any free time to spare, and would be willing to volunteer with us. 613-475-4190 (Anne)

Submitted by: Leiann Peart, Program Coordinator

