

# HEALTHY LIVING



## Big plans for 2020?

Are you making BIG plans for the new year? Is there a trip you want to take, a skill you want to master, or more commonly - a health issue you want to improve? You don't have to go it alone - the Georgina Nurse Practitioner Led Clinic offers many programs free to patients throughout the year; providing support, education and hands-on experience in a group setting.

### Programs available:

The **Healthy Kidneys Program** is a collaborative project with our Nurse Practitioner, Registered Dietitian and the Registered Dietitian at Zehrs® in Keswick. It is a 3 week program for those with chronic kidney disease to learn how to manage their condition through diet, lifestyle and medication. A grocery store tour and recipe demonstration are included for hands-on learning. As part of the program, participants' kidney function will be monitored over time.

The **Smoking Treatment for Ontario Patients (STOP)** program provides cost-free Nicotine Replacement Therapy and counselling sessions to help you quit smoking. This program runs at the Georgina Nurse Practitioner Led Clinic in partnership with the Centre for Addiction and Mental Health. Speak to your Nurse Practitioner to see if you are eligible for this program.

**To find out more or to register for upcoming programs, please see reception or call the clinic at 905-722-3251**



## Benefits of Joining a Group Program

- Getting out and meeting people may make you feel less lonely, and isolated.
- Common experience among group members (feelings, treatment decisions, etc.) can be a comfort when dealing with health issues.
- Support from others to stay motivated to manage your health or stick to a treatment plan.
- Increased understanding of your health and strategies to cope with your disease, illness, or major life change.



## January 29th is Bell Let's Talk Day



2020 marks the 10th annual Bell Let's Talk Day - yet approximately 20% of Canadians will experience a mental illness in their lifetime. The stigma attached can often delay or prevent people from seeking the help they need. Bell Let's Talk Day works to promote awareness and action based on 4 key pillars: fighting the stigma surrounding mental illness, improving access to care, supporting world-class research and leading by example in workplace mental health.

**Seasonal Affective Disorder (SAD):** Is a type of depression that occurs during the same season each year. Researchers believe it is caused by changes in the level of exposure to sunlight. Light therapy is the main treatment for SAD. Psychotherapy and medication may help reduce the symptoms.

Visit [letstalk.bell.ca](https://letstalk.bell.ca) for more information

## Winter Walking Safety and Falls Prevention

Winter is a wonderful time to go out for a walk to keep active during the colder months and to take in the beauty of the season. However, the weather does present some challenges and hazards that you should prepare for. A good place to start is to remove ice and snow from walkways, and put down salt or sand; but there are more ways to make your walk safer!

### Outfit your self for success:

1. Choose a good pair of winter boots that provide both warmth and stability.
2. Use a cane or walker to help with balance.
3. Wear bright or reflective clothing so that you can be more easily seen by motorists.
4. Dress in layers, and wear a hat, scarf and mittens or gloves to prevent heat loss.

### Walking on Ice:

1. Slow down and plan out your next steps. Widen your feet to provide a greater base of support and increase your stability.
2. Have a slight bend in your knees; to keep you loose and lower your center of gravity.
3. Take small steps, placing your whole foot down at once. Slowly shift your weight to the other foot and maintain a wide base of support.
4. You can also drag or shuffle your feet, but do place your whole foot on the ice at once.