

For the Garden of Daily Living

Plant 3 Rows of Peas:

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant 4 Rows of Squash:

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

Plant 4 Rows of Lettuce:

1. Lettuce be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce really Love one another

No Garden with out Turnips:

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help one another

To conclude our Garden

We must have Thyme:

1. Thyme for Each Other
2. Thyme for Family
3. Thyme for Friends

Water freely with Patience and Cultivate with Love



MANITOBA
BREAST SCREENING
PROGRAM
PROGRAMME
MANITOBAIN DE
DÉPISTAGE DU
CANCER DU SEIN



Have you turned 50 years of age? Happy Birthday and don't forget to book your mammogram!

The growing number of women celebrating their 50th birthday is fueling the increased demand for breast cancer screening. Fifty is the recommended age for most women to start because increasing age is an important risk factor for breast cancer.

The Manitoba Breast Screening Program, which is aimed at women 50 to 69 years of age, is adding 8,000 more mammogram (breast x-ray) appointments per year to meet the demand. The additional appointments will be distributed throughout the province. The goal of the screening program is to save lives by finding breast cancer at it's earliest stages.

Katie Watters, Education Coordinator for the program, points out that screening mammograms can find most breast cancers 2 to 3 years before any changes can be felt. "Early detection gives women the best chance of a cure" she says. "Turning 50 years of age is reason alone to make an appointment for a mammogram."

Breast screening is recommended every 2 years for women 50 to 69 years of age. However Watters adds that all women should be familiar with the signs and symptoms of breast cancer and know how their breasts normally look and feel.

"About 2 out of every 10 breast cancers cannot be seen on a mammogram" she says. "We advise women to call their doctors right away if they find a lump or see changes in their breasts."

Pending site availability, mobile locations are generally opened for booking appointments 6 weeks before the mobile is scheduled to arrive in a community. All locations and dates are considered tentative and are subject to change. Appointments are limited. **The toll free number to book an appointment is 1-800-903-9290.**

The mobile breast screening units will soon be returning to the Central Region. The following communities are now open for booking breast screening appointments:

Crystal City	Rock Lake Hospital March 6 to 14, 2007
Swan Lake	Lorne Memorial Hospital March 19 to 21, 2007
St. Claude	Health Centre March 26 to April 2, 2007
MacGregor	Health Centre April 3 to 12, 2007

Dates and locations for Altona, Emerson, Portage la Prairie and Sandy Bay First Nation to be confirmed.

In addition to the mobile units, the program also includes four fixed sites located in Winnipeg, Brandon, Thompson and Morden/Winkler. Each year, the MBSP detects between 150 and 200 breast cancers. The majority of breast cancers are found at an "early stage" and in women that show no signs or symptoms of breast cancer.

Breast Cancer Facts:

- Every year in Manitoba more than 800 women find out they have breast cancer and about 200 will die of the disease.
- Your risk increases with age. 80 % of Manitoba women diagnosed with breast cancer are over 50 years of age.
- Only 5 to 10 % of breast cancers are inherited. Even if no one in your family has breast cancer, you are still at risk.
- Regular screening mammograms can lower deaths by 25% for women 50 to 69 years of age.
- 50 % of Manitoba women 50 to 69 years of age have had a mammogram with our program in the past two years.

Breast Health. There is so much you can do!

1. Maintain a healthy weight, exercise often, drink no more than one alcoholic drink per day and eat well to lower risk.
2. See your health care provider for a regular breast exam.
3. Have a mammogram every two years starting at age 50 OR as recommended by your doctor.
4. Know how your breasts normally look and feel. Call your doctor if you notice:
 - A new lump
 - Puckering of the skin
 - Changes in size shape or colour
 - A change in the nipple
 - Thickened hardened skin
 - New or bloody discharge.

Questions? Contact Katie Watters - Education Coordinator 788-8630 at the Manitoba Breast Screening Program or e-mail: katie.watters@cancercare.mb.ca

The Manitoba Breast Screening Program is administered through CancerCare Manitoba, the organization responsible for cancer prevention, detection, care, research and education throughout Manitoba. More information about the program is available on the CancerCare Manitoba website at: www.cancercare.mb.ca.MBSP



Lorne Services Newsletter

Sponsored by Lorne Memorial Health Foundation

Vol. 6 - February, 2007



Lifeline Can Help

Enter for a **FREE Lifeline Installation** (\$60.00 Value). Call Lorne Community Support Office at 836-2585. Draw to be made April 1, 2007.

Did you know that a third of all people over the age of 65 fall each year, and that figure increases to 50 percent by the age of eighty. That is right, and most falls occur in or around the home. Falls are the seventh leading cause of death in people over the age of 65. A study proves that by preventing falls and the resulting injuries can reduce or delay the need to move to a long-term care facility. There are two major causes of falls in and around the home: One is Health and Age related changes such as, use of certain medications, poor eyesight, and balance. The second is hazardous situations in the home such as, slippery floors, loose rugs, and poor lighting. After a disabling fall the longer you wait the greater the risk of serious complications and even death. Lifeline ensures that help is available at the press of a button, 24 hours a day, 365

Q: What get's harder to catch the faster you run?

A: Your breath!

Q: What did one hair say to the other?

A: It takes two to tangle!

days a year. Studies confirm that getting help quickly after a fall reduces the risk of: Hospitalization by 26% and Death by over 82%, and Lifeline subscribers were 10 times less likely to require admission to a nursing home. **When you can't be there Lifeline is...24-hours-a-day 365-days-a-year.** If you would like some more information on lifeline please contact Debbie Rondeau at the Lorne Community Support Office at 836-2585 and I will answer any questions and concerns you may have.

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You are never too old to set another goal or to dream a new dream!

ASIST - Applied Suicide Intervention Skills Training

Location: Boundary Trails Health Centre (located between Morden & Winkler at the Junction of Hwys #3 & #14)
Course Dates: April 25th & 26th, 2007
Course Time: 9:00am - 4:30pm
Registration Deadline: Tuesday, April 10th, 2007
Workshop Fee: \$85 (participants are on their own for lunch)
To Register or for information call Arlene Peters at 822-7335 or email at apeters@rha-central.mb.ca for registration forms.

The Applied Suicide Intervention Skills Training (ASIST) is one of the most widely used suicide intervention training programs in the world! It is a two-day workshop designed to provide practical help for individuals seeking to prevent the immediate risk of suicide. This workshop is not recommended to people that have recently experienced a suicide.

Over 4 000 Canadians die by suicide every year. Over 400 000 Canadians deliberately harm themselves every year. Over 2 800 000 Canadians are affected by suicidal behaviour every year. The scariest thing about these numbers is that they are not accurate. In fact, it is estimated that there are actually about four times more suicide attempts and completed suicides than reported.

We need to be talking about suicide with our family members, friends, and co-workers. Children as young as seven have committed suicide. We need to adopt the attitude that helping someone who is feeling suicidal is a job for all of us - not just "the experts".

We can make a difference - we can all help save a life.

It is estimated that there are about four times more suicide attempts in Manitoba than are reported to medical authorities.

Suicide is the final stage of terminal depression.

Lorne Community Support Services

April Calendar Fundraiser!

Calendars cost \$5.00 each or 3 for \$10.00

Each day during the month of April, we will be drawing one lucky name who will win the designated prize for that day. For each calendar you buy, your name gets entered into the draw and reentered after each day. **That gives you 30 chances to win Great Prizes!** Calendars are available from Board Members or by calling the office at 836-2585.

**30 Chances
to WIN!**

Daily Draws

Helping Teenagers Cope with Grief

*Submitted by Lorne Palliative Care Program
Angela Grenier, Coordinator 744-2738
or 836-2132*

Many people assume that children are “resilient” and do not experience grief at the same intensity as an adult. That is just not true in any age of child including teenagers. Teens are no longer children, yet neither are they adults. Adolescents is a difficult time to begin with and adding the death of someone important to them can often leave them feeling devastated with no one to turn to. If adults are open, honest and loving, experiencing the loss of someone loved can be a chance for young people to learn about both the joy and pain that comes from caring deeply for others. Telling a teen to “be strong” discourages them from sharing their grief. Teens experiencing the loss of a parent should never be told they have to “take care” of the remaining parent. When an adolescent feels a responsibility to “care for the family”, he or she does not have the opportunity or the permission to mourn. If you know a teen who has experienced a devastating loss in the family, be a good role model for how you want them to be. Talk about the loved one, talk about death, and talk about the pain of loss. Sometimes adults don't want to talk about the death, assuming that by doing so, young people will be spared some of the pain and sadness. However, the reality is very simple: teens grieve anyway. Teens often need caring adults to confirm that it's all right to be sad and to feel a multitude of emotions when someone they love dies. Grief is complex. It will vary from teen to teen. Caring adults need to communicate to children that this feeling is not one to be ashamed of or hide. Instead, grief is a natural expression of love for the person who died.

Camp Bridges, A Bereavement Camp for Kids

Last June Central Region RHA, Assiniboine RHA, and Brandon RHA joined forces to offer the very first Camp Bridges. Modeled off a similar camp in the Interlake area, Camp Bridges is a bereavement camp for kids and teens aged 7-17 who have experienced the death of someone they love (usually a parent or sibling). The purpose of the camp is to bring these kids together to give them a weekend of fun and remembrance and most importantly, to send them home with the knowledge that they are not alone in their grief. The camp is “staffed” by a group of volunteers who undergo some grief education so they can be there to support and provide friendship to the campers. The camp is free of charge and is supported by generous donations of many businesses and individuals. Interested campers must apply as only 50 applicants are accepted. Last year's camp was held at Circle Square Ranch near Austin and this year's camp will be held at Camp Wannakumbac at Clear Lake on June 1,2, and 3. For more information on applying to the camp or if you wish to make a donation, please call Ang Grenier at 744-2738.

**Parents of teens...
worried about
computer use?
Check out
www.internet101.ca
for great tips on how to
ensure your teens are
using the internet
safely.**

Take Some Time

Take some time to smell the flowers,
As you walk the paths of life.
Take some time to ease the tension,
From the challenges and strife.
Take some time to hear the birds sing,
As they usher in the dawn.
Though the day be just emerging,
Too soon it will be gone.

Take some time to watch the sunrise,
Now and then a sunset too.
Just to be sure that seeking pleasure,
Isn't all you ever do.

Take some time to count your blessings,
Though you feel they're not that great.
You will find they're more abundant,
Then you thought at any rate.

Take some time to banish hatred,
When and where you can.
Just detest man's evil ways,
And not your fellow man.

Take some time to love your children,
Every moment you are free.
The benefits exceedeth,
A university degree.

Take some time to love your neighbor,
And even more important still,
Take some time to love yourself,
Or not many others will.
And if you don't like that image,
Of yourself that others see,
Take some time to make some changes,
Be the best that you can be.

Take some time to help another,
Who you think might need a hand.
You will find the satisfaction,
Leaves you feeling sort of grand.

Take some time to live by virtue,
In the best way that is known,
And respect the rights of others,
As equal to your own.

Take some time to just appreciate,
The fact that you are here,
And to know that higher power,
And to trust it without fear.

If you do these things without diligence,
You will eventually be glad.
If you don't attempt to do them,
You may one day wish you had.

Although this no doubt could impose,
Upon your time for seeking wealth,
There should be little questions,
That it could improve your health.

And though you might not be as wealthy,
Nor drive so fine a car,
You'll find you will be richer,
In other ways by far.

Leon Hansen

Lorne Family Resource Connections Inc.

Submitted by Ang Grenier, Resource Coordinator 242-4390

Grade 9-12 students in both Westmount Collegiate and Somerset Collegiate have been challenged to examine their lunch choices. I have joined forces with Lorne Recreation to develop the “Eat Right for Life” game. Each week we surprise the teens with an inspection of the lunches they are eating and reward the good things we see with tickets for a chance to win prizes. We also provide the students with a new fact sheet each week educating them on a different aspect of healthy eating. It is up to them to read them and then be able to answer questions for more chances to win. The whole goal of the project is to provide incentives for students to take responsibility for their own health. If you have a teen in these grades, please encourage them if they are asking for certain changes in their lunches.

Mom's of babies and toddlers, I hope to soon be able to offer a morning for all of you to get together on a regular basis. Aside from being an opportunity for your children to interact with others, it will also allow for Moms to support each other and have some adult talk. There would also be certain topics that we will have a guest speaker for each month. So watch for more information or call me to express your interest.

I have heard rumblings of parents out there wanting sessions on different parenting issues i.e. parenting teens. Please call me if you have a certain topic you would be interested in and I can look at making it happen. Any other programming ideas, please do not hesitate to call.

Lorne Community Support Services

Submitted by Debbie Rondeau - Resource Coordinator

We are in need of Driver/Escort Services for the Swan Lake area. Service drivers provide transportation to and from destination, assistance in and out of buildings and a helping hand where needed. Mileage rates are set and paid for directly from the client. Call the office at 836-2585 for further details.

Equipment Loan Program

Wheelchairs, walkers, canes, are available through our office. “Medical” loans are to assist in recovery from illness, surgery or injury and loans of equipment are available. “Social” loans are also available to assist in getting to appointments, social outings, etc.

Prevent Early Childhood Tooth Decay

Submitted by Lorne Family Resource Connections Inc.

Early childhood tooth decay is a preventable and painful type of tooth decay that can affect very young children (even under 1 year old).

You can help prevent early childhood tooth decay by brushing your baby's teeth twice a day with water as soon as the first tooth appears, especially before bed. It is also VERY important to avoid the following feeding practices:

- do not prop a child's bottle. This keeps the drink around the baby's teeth where bacteria will get at them.
- wean children off a bottle to a regular cup or a lidless sippy cup by age 1.
- never serve sweet drinks (i.e. juice) in a bottle.
- never put your child to bed with a bottle.

- avoid letting child walk around with a bottle or a sippy cup.

It is important to take care of baby teeth even though they are just temporary teeth. Decaying baby teeth can affect gums and total mouth health. Starting early with your baby will also help to develop strong oral hygiene habits for a lifetime.

Staying Healthy with Diabetes

Submitted by Roberta Moore, RN, BN

Would your service club, school, association, or other groups like to learn more about diabetes? For more information please contact Roberta Moore, RN, BN and Kim Knott, RD from the Lorne Diabetes Program. You can reach us by email at rmooore@rha-central.mb.ca or by leaving a message with Lili Kolly at 836-2132.

A variety of informal and formal sessions are offered throughout the Lorne Region such as Diabetes awareness screening days, lectures, health displays, etc.

We will be available on March 19, 2007 at Lorne Memorial Hospital to provide diabetes screening and nutrition counseling. Contact us if your group is interested in learning more about diabetes in a fun interactive way.

March is Nutrition Month COOK IT UP HEALTHY

Submitted by Kim Knott R.D.

This month the nutrition message is to cook more at home instead of eating out. Eating at home can be fast and easy. If you have the ingredients at home you can often make supper faster than waiting in a restaurant. Here are some ideas/recipes for eating well at home.

Breakfast idea:

Fruit and granola parfait

1/3 cup chopped strawberries (vitamin C)
1/3 cup yogurt (calcium)
5 - 6 walnuts (helps with heart disease)
1/4 cup granola (fiber)

Lunch idea:

Best Roast Beef Sandwich

2 slices whole wheat bread (fiber)
1 slice horseradish cheese (calcium)
Sliced roast beef (potein)
Lettuce / tomato (vitamin C)

Supper idea:

Chicken Stir Fry Salad (for 1)

4 oz boneless chicken (potein)
2 tbsp Italian Salad dressing
Tomatoes (vitamin C)
Lettuce
Celery
Green peppers (vitamin C, vitamin A)
Green onions
Whole wheat croutons (fiber)

Cut the chicken into small pieces, then stir-fry with the salad dressing until the chicken is cooked (7 - 10 minutes). Make a salad with the tomatoes, lettuce, celery, green peppers, onions and croutons. Serve the hot chicken over the salad and eat immediately.