

We invite you to join our **Circle of Friends**

An annual contribution of \$10.00 or more to the Women's Wellness Circle of Friends supports this newsletter, our Annual Spring Women's Lecture Series, the Prime Time for Women Conference and our telephone information and referral service on women's health issues. Please return your form along with your donation.

Health Questions? We're up to the task - give us a call! Phone: 780.735.7216

Membership form

Yes, I am delighted to become a friend of the Women's Wellness Program, Grey Nuns Community Hospital. Please enclose a \$10.00 cheque, made payable to Women's Wellness Program, Grey Nuns Community Hospital, or provide your credit card number & expiration date.

Name: _____ Email Address: _____

Address: _____ Phone: _____

City & Province: _____ Postal Code: _____

Amount Enclosed: \$10.00 \$20.00 Other New Membership Renewal Membership

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Signature: _____

Please **mail** it to the address below:

Women's Wellness Program
Grey Nuns Community Hospital
1100 Youville Drive West
Edmonton, AB T6L 5X8

Healthy eating – What's gluten got to do with it?

Going gluten-free is one of the hot food trends of 2013. It is the new "low carb". Gluten-free products are everywhere – from health food stores to grocery stores and from farmers markets to restaurants. Cookbooks featuring gluten-free recipes are now bestsellers. Celebrities claim that eliminating gluten makes them feel better. William Davis, author of the bestselling book *Wheat Belly*, states that avoiding foods that contain gluten is the hidden secret to successful weight loss. Many have been convinced that eating gluten-free is a healthier way to eat. But how do you really know if going gluten-free would benefit you?

Celiac Disease

It used to be that gluten-free products were used exclusively by people diagnosed with celiac disease, an auto immune disorder triggered by exposure to gluten. Over the past few decades, the ability to screen and identify people with celiac disease has improved dramatically. The result - an increased number of people receiving an accurate and timely diagnosis. Researchers now believe that 1 in 133 people in North America either have celiac disease and/or the genetic or autoimmune markers for it. Symptoms of celiac disease can include typical gastrointestinal (GI) symptoms such as bloating, abdominal pain and recurring diarrhea and/or non-GI symptoms such as anemia, depression and migraines. Some have no symptoms at all.

The only treatment for celiac disease is strict avoidance of even trace amounts of gluten. Gluten is a protein found in wheat, rye and barley products. Oats may be contaminated with gluten because they are grown near wheat fields or are milled in plants that also mill wheat. They often need to be avoided as well. When people with celiac disease eat foods containing gluten,

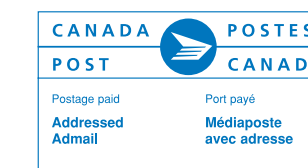


inflammatory changes begin to take place in their small intestine. More specifically, villi which are tiny finger-like projections which line the gut wall get flattened out. The villi greatly increase the surface area of the gut for absorbing nutrients. When they are flattened, it changes the surface of the gut from looking like a "shag carpet" to a smooth surface like a hardwood floor. This reduces the gut's ability to absorb nutrients. Eliminating gluten permanently helps reverse these changes and helps the gut to heal. Even a crumb of gluten will set off a cascade of inflammation in the gut. Studies show that people with celiac disease should consume less than 10 micrograms of gluten per day or the gut will be damaged. This is a very tiny amount given that one slice of regular bread contains about 2500 micrograms of gluten!

Given the negative effects of gluten on the gut, people with celiac disease must be constantly vigilant about checking

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ingredient lists for gluten in store-bought foods. This is not as simple as just checking for the presence of wheat, barley or rye. Gluten can also be disguised in ingredients such as hydrolyzed wheat protein or barley malt. People with celiac disease must also guard against cross-contamination in their kitchens. For example, they must have a toaster used only for gluten-free bread and wooden spoons that are used only to prepare gluten-free foods. They must be very careful when eating out as their health depends on a constant attention to gluten detail. A great resource for people wanting to learn more about gluten-free foods is the Celiac Association of Canada. Check out their website at www.celiac.ca.

Today the greater availability and variety of gluten-free foods has been a huge help to those with celiac disease. Many gluten-free breads and cereals are now fortified with B vitamins and iron so they are more nutritionally complete. Uncontaminated oats are now available. Some gluten-free cereals contain chia seeds or hemp hearts, which can help increase the fibre content of the cereal. Quinoa and amaranth are ancient grains that are growing in popularity and are gluten-free. They are also good sources of fibre, iron, magnesium and B vitamins, nutrients often lacking in gluten-free products.

Wheat allergy

Gluten-free products are also wheat-free so people with a true wheat allergy can eat gluten-free products. A wheat allergy usually develops during infancy and toddler years but it is usually outgrown between the ages of three and five. It is thought that only 0.1 percent of Canadians (or 1 in 1000) has a diagnosed wheat allergy.

Gluten sensitivity

It is possible for some people to be "gluten sensitive" but not have celiac disease, or a wheat allergy. Generally these people feel better if they avoid eating foods that contain gluten. Common symptoms of gluten sensitivity include gas, diarrhea, weight loss and abdominal pain. It is important to distinguish the difference between gluten sensitivity and celiac disease. Celiac disease is an autoimmune disorder and gluten has to be avoided in all forms. Gluten sensitivity is intolerance and varies from individual to individual. Often people with gluten sensitivity do not have to completely eliminate gluten in all forms but have to monitor the amount consumed or they will exhibit symptoms. For example, they may be able to tolerate one slice of whole grain bread but not bread and a bowl of pasta at the same time.

Irritable Bowel Syndrome

Recent research suggests that some people diagnosed with irritable bowel syndrome (IBS) may show improvement when choosing gluten-free baked goods, breads and pasta. The

symptoms of IBS are gas, bloating, painful abdominal cramps, and diarrhea or constipation. However, tests and investigations of the bowel show that everything is completely normal in terms of the bowel function. Currently 13 to 20 percent of Canadians have IBS sometime in their lifetime.

Gluten-free products may help alleviate the symptoms of IBS in some people. However researchers believe this is due to a reduced intake of fructans rather than a reduced intake of gluten. Fructans are long chains of fructose molecules which are thought to protect plants against drought and cold. Many foods contain fructans including barley, onion, garlic and wheat. A fibre supplement called inulin is also high in fructans. Fructans are not broken down or absorbed in the small bowel and end up in the large bowel where they are rapidly fermented by bacteria leading to gas and bloating.

Wheat is a major source of fructans in the diet, so may become problematic when consumed in large amounts in the form of pasta, bread, cereals or baked goods. Unlike the gluten-free diet for celiac disease in which there must be strict gluten avoidance, not every trace of wheat needs to be avoided if one is attempting to reduce their fructan intake. Minor sources of fructans, such as wheat starches and thickeners, used in commercially prepared foods (such as sauces) are generally not a concern. If you are suffering from IBS, try reducing the fructans in your diets either by using gluten-free products or cutting back on the amount of foods made from wheat and see if it helps alleviate your symptoms of gas, bloating, painful cramps and diarrhea.

What's a reasonable portion of grains for most adults at a meal?

2 slices of bread (i.e. 1 sandwich)

OR 1 – 2 cups cold cereal

OR ½ – 1½ cups cooked rice or pasta

Can a gluten-free diet help you lose weight?

According to the Canadian Grains Institute, about 30 percent of the people who bought gluten-free products in 2011 bought them to lose weight. William Davis claims, "Lose the wheat. Lose the weight." But is this true? The calories in gluten-free breads, buns, donuts, muffins and cookies are comparable to wheat-based products. However, gluten-free products are often more expensive. If the intake of wheat-containing items is reduced, and the more expensive gluten-free alternatives are eaten in smaller quantities, perhaps the result is a reduction in calories. This, rather than being "gluten-free", is the more likely reason for weight loss.



Is there any downside to eliminating gluten from your diet?

Absolutely not for people with celiac disease - in fact this is the only cure for their disease. For the rest of the population the answer is not so simple. People often perceive gluten-free products as being healthier just because they do not contain gluten. But is there any nutritional advantage to replacing gluten protein with other plant proteins such as potato or soy? Probably not. Calorie for calorie these foods are the same, and often the alternate proteins are made from refined highly processed grains so devoid of fibre and other important nutrients found in whole grains.

In contrast, many gluten proteins come from whole grains so are rich sources of vitamins, minerals, antioxidants and fibre. Gluten-containing whole grains such as wheat, rye, barley and oats, when consumed in moderation, are an important part of a healthy diet for most people. Often it becomes very difficult to replace this whole group of foods without careful meal planning and learning new cooking and baking techniques. In addition

gluten-free products are often more expensive and can have a huge impact on the monthly grocery bill.

The bottom line: Will going gluten-free help you?

For those diagnosed with celiac disease, following a strict gluten-free diet is essential for good health. Be aware however it can be difficult to meet your needs for iron, magnesium, B vitamins and fibre when avoiding gluten in all forms.

For those who are "gluten sensitive" using gluten-free products may be helpful but there is not the same need to strictly avoid all ingredients containing gluten.

For people living with a wheat allergy, gluten-free products are helpful because they are wheat-free. However, products containing rye, oats and barley can still be enjoyed by people who have an allergy to wheat.

Individuals with irritable bowel syndrome may benefit from eating gluten-free products as they are lower in fructans. There is no need to worry about the small amounts of wheat in some products but remember that fructans are also found in onions, garlic, barley and fibre supplements made from inulin.

For those wanting to lose weight, watch portions of everything, including gluten-free foods. Gluten-containing foods, especially those made from whole grains and consumed in reasonable portions, are an important part of healthy diet for most people.

Written by Ruth West, B.Sc., Community dietitian and Lipid Clinic dietitian at the Grey Nuns Community Hospital.

For more information please call 780.735.7427.

Join Ruth for more news on this topic at our Annual Prime Time for Women conference on Saturday November 9. Ruth will be leading a workshop called Healthy Eating – What's gluten got to do with it? Check the conference brochure for more details and registration information.

The Game of Life: Your Pivot Point Strategy™

Are you planning to change the way you live your life? Consider adopting Your Pivot Point Strategy™, an easy-to-use life balance tool designed to help you go from “thinking about change” to actually moving forward.

This strategy is simple and based on a key concept - the pivot point, which is central to the game of basketball. Imagine you are on a basketball court and have possession of the ball. You only have five seconds to plan your next move. You can choose to pass or shoot the ball or ‘drive to the hole’. You must also protect the ball at the same time. Without hesitation you make your move. As you do this, note what happens to your body. First, you naturally pivot on one foot. The other foot is anchored and keeps you grounded. This is like the game of life. You strive to keep your balance while moving forward. You keep one foot grounded, in what you value most, and the other foot is free to help you pivot or make incremental changes in one or more important areas of life. This can include changes in physical health, your mental or intellectual health, or enhancing your spiritual well-being, or it could mean taking steps to strengthen family and social relationships or your career or financial life. The point is there is no need to jump in with both feet or get stuck in one place. Regardless of the change you want to make, Your Pivot Point Strategy™ helps you make small incremental steps each week which take you toward your goals in a way that is sustainable over the long run.

The benefits of this strategy are numerous, but the most obvious comes from the sense of accomplishment at the end of each week. Tiny changes over the course of a week can add up to major change at the end of the month. You can feel you are moving forward and thereby likely to sustain the changes you are making. Should you get side-tracked Your Pivot Point Strategy™ helps you quickly refocus on what and who you value most, thereby keeping you grounded.

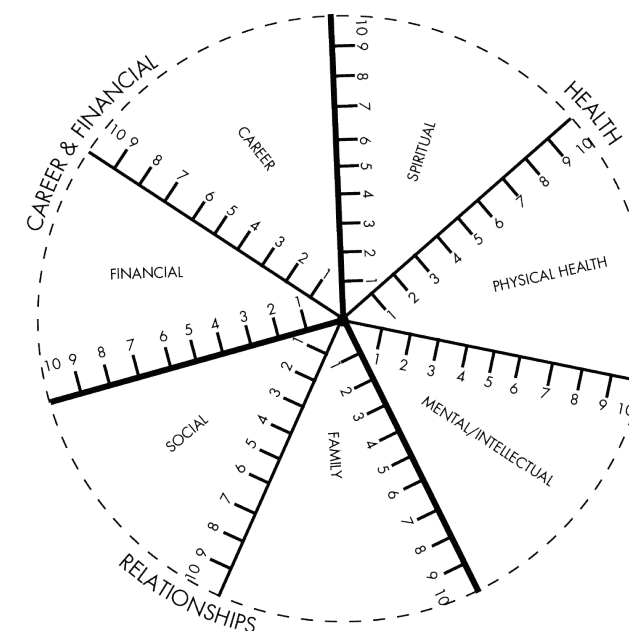
Here are some concrete steps for you to take to build Your Pivot Point Strategy™. Use the following tool to track your progress. You will be surprised at how several small, bite-sized changes, implemented over the course of a few weeks can lead to rewarding progress in areas you thought you could never change!

Set aside time for planning and evaluation

Allocate 10 to 15 minutes on the weekend or first thing Monday morning to think about your life goals and what is reasonable to expect of yourself for the week ahead. A useful tool is Your Pivot Point Strategy Life Balance Wheel - see below or view the electronic version at www.lynnfraser.ca.

Your Pivot Point Strategy™

For the week of: _____



Financial: Mary plans to contribute fifty dollars to her RSP by Oct 31.

Spiritual: Mary commits to identifying “Five Gratefuls” at bedtime each day. Five Gratefuls is a simple way to help you reflect on the five people or events that touched you in some way throughout your day.

As you can see, Mary’s pivot points seem small yet they are achievable goals. Taken individually they don’t add up to much but collectively, and over time Mary will be able to see the change. Small, pre-planned conscious change helped Mary pivot and turn in a new direction. Change has occurred but because it was still grounded in the real world and it is practical, achievable and sustainable. Plan one or two pivot steps per week and schedule them in as a top priority task.

Review and celebrate

Remember to reflect on the accomplishments of the previous week. Take the time to celebrate your progress in your own way! This could mean arranging for coffee with a friend, going to a movie or simply giving yourself a pat on the back- you decide.

Try Your Pivot Point Strategy™ for a minimum of four weeks and then review your progress. Feel free to adjust the strategy so it works better for you. To quote Aristotle, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Your Pivot Point Strategy™ can help you to create the life you really want!

Rate your happiness

Rate out of 10, with 10 being the highest, your happiness with your life in each of your seven areas. Mark each line with a dot to indicate where you are at this moment in each of the seven areas. The dots closest to the centre represent the areas you may want to focus on this week.

Start of week Q: What PIVOT STEPS AM I TAKING in the area(s) of my life I choose to focus on this week? (Set S.S.M.A.R.T. Goals: specific, simple, measurable, action-oriented, responsible, time-based)

End of week Q: What PIVOT STEPS DID I TAKE in the area(s) of my life I chose to focus on this week?

Written by Lynn Fraser, The Practical Life Balance Expert with Balance Your World Training & Coaching. She trains and coaches corporate and association teams who want to lead a healthier life and create sustainable results. Visit her website at www.lynnfraser.ca.

Resources: Your Pivot Point Strategy™: Your Valuable Toolkit For Achieving Practical Life Balance. CD Audiobook. This Audio CD consists of 11 tracks featuring how to use Your Pivot Point Strategy™ to make quick, effective changes in your health, career, finances and relationships. The resource can be ordered at www.lynnfraser.ca or by calling 780.465.9893.

Watch for Lynn at the Prime Time for Women workshop on Saturday, November 9. She will be presenting a workshop designed to help you create Your Pivot Point Strategy™. Check the conference brochure for more information.

Here is a concrete example of your Pivot Point Strategy™ in action:

Mary is a 46 year old, married, mother of two who works part-time at an advertising office. Mary plans to use Your Pivot Point Strategy™ to make changes in each of the following areas this week:

Physical Health: Mary is struggling to recover from an upper respiratory infection. She plans to be in bed by 10:30 p.m., take her medications as recommended and to keep well hydrated.

Eating for a healthy heart

Free, informative sessions presented by Ruth West, Registered Dietitian

Leave with specific nutrition goals that fit into your lifestyle!

Dates: Offered the following **Tuesday evenings** in 2013: October 15 and November 12.

Time: 7:00 - 9:00 pm

Location: Grey Nuns Community Hospital, 3015-62 Street, Edmonton

You will learn about:

- Heart healthy foods to have more often
- Heart healthy recipes
- What to look for on a food label
- Which foods to limit to lower your blood cholesterol

Call 780.735.7427 to register or for more information.

Venita's Corner

Venita's Corner is dedicated to the memory of Venita Tatz, a longtime volunteer with the Edmonton Osteoporosis Support Group Planning Committee (now known as Osteoporosis Canada – Edmonton Branch). Venita passed away in 2004 and was passionate about increasing the awareness of osteoporosis. This column is made possible from a generous, ongoing bequest from the Venita Tatz Memorial Fund established to help her passion live on.



Calcium: Too much of a good thing?

I have been working with people with osteoporosis for more than 20 years. Do you take a calcium supplement each day? If so, have you carefully examined the risks and benefits of this decision? It may be possible that calcium supplements do more harm than good.

Calcium supplements, taken by one in five women, are the second most popular dietary supplement in North America. Multivitamins, which also contain some calcium, are the number one choice of consumers. Combine these two together and it means that 40 to 50 percent of women are taking calcium supplements in some form. Most take these supplements for one of two reasons: improved bone health or to fill in for a poor diet. But do calcium supplements really deliver on these promises?

Many people are aware of calcium's critical role in bone health. Calcium is also required for muscle contraction, blood clotting, heart function, and regulation of hormones and other important chemicals in the body. If blood calcium levels deviate even slightly, the body fixes it by withdrawing calcium from the skeleton, a process facilitated by vitamin D. Drawing on the "bone bank" once in a while is not a big deal, but too many withdrawals can lead to a weak and thin skeleton and a future filled with osteoporosis and broken bones.

How much calcium is recommended?

The amount of calcium recommended from all sources is 1000 mg per day for adults age 19 to 50 and 1200 mg per day for adults over the age of 50. The average diet provides about 600 mg of calcium per day. Most of us have to plan our diets carefully, or take a calcium supplement, to ensure we are meeting the recommendations on a daily basis.

What are the risks from consuming too much calcium?

Consuming too much calcium in an attempt to protect the skeleton can cause some problems such as increased chance of developing kidney stones or interference with the absorption of iron or zinc. If you are at high risk of having a kidney stone, or have already had a kidney stone, it is best to meet your calcium intake with food and avoid calcium supplements entirely. Calcium from food seems to wash out the chemical that may cause a kidney stone to form, whereas calcium obtained from

some supplements may have the opposite effect. Calcium supplements may be constipating so make sure you are eating lots of high fibre foods to counteract this side effect.

Can calcium supplements increase the risk of heart disease?

The jury is still debating the answer to this question. Some preliminary studies show that excess calcium is not necessarily excreted through the urine as previously thought, but may end up embedded in the fatty plaques in your arteries. This may cause the plaques to harden and increase your risk of a heart attack or a stroke. Much has been published on this topic over the last few years. The latest research comes from a trial published by the National Institutes of Health¹. Dietary and supplemental calcium intakes were assessed at baseline (1995 -96) in 388,229 men and women aged 50 – 71. Supplemental calcium intake included calcium from multivitamins and specific calcium supplements. Participants were followed for twelve years. During this time, 3874 women and 7904 men died of cardiovascular disease. Supplements containing calcium were used by 51 percent of men and 70 percent of women. After carefully controlling for all the variables, researchers concluded that supplemental calcium was associated with a 19% increased risk of death in men but not in women. Dietary calcium was NOT related to cardiovascular death in men or women. Obviously more research needs to be done to investigate this issue more thoroughly. The central message is clear however: proceed cautiously with calcium supplements.

How do I know if I really need a calcium supplement?

The answer to this question is simple. Start by assessing your diet. Several tools are available to help with this. A calcium calculator is available on Osteoporosis Canada's website: www.osteoporosis.ca. For those that prefer paper and pen here is a simple formula that can help you.

Calcium content of foods

Note foods are grouped according to average amount of calcium per serving

About 300 mg per serving

Milk- all forms, 1 cup (250 mL)
Skim milk powder, 1/3 cup (75 mL)
Hard cheese, 1 ½ oz (50g)
Fortified rice, soy or almond Beverage, 1 cup (250 mL)
Plain yogurt, ¾ cup (175 mL)
Fortified orange juice, 1 cup (250 mL)

About 200 mg per serving

Fruit-flavoured yogurt, ¾ cup (175 mL)
Pudding made with milk, ½ cup (125mL)
Soup made with milk, 1 cup (250 mL)
Salmon, canned with bones, 3 ½ oz. (105 g)
Greek style yogurt, ¾ cup (175 mL)
Cottage cheese, ¾ cup (175 mL)
Roasted soybeans, ¼ cup (60 mL)

About 100 mg calcium per serving

BabyBel® cheese, 1 portion
Activia®, Source® or other small yogurt
Almonds, Brazil nuts, ¼ cup (60 mL)
Cooked beans- all types, ½ cup (250 mL)
Cooked bok choy, ½ cup (125 mL)

Fill in the blanks to see how much calcium you get each day.

1. Baseline Intake* 200 – 300 mg per day

*Almost every food you eat contains some calcium, e.g. bread, muffin, orange, nuts, broccoli, etc. Add all these small amounts together and it totals about 200 – 300 mg at the end of the day. All of us are getting some calcium each day simply by eating- remember to count this as part of your daily total.

2. Planned intake* _____ mg /day

*This is the amount you consume from dairy and milk sources and other calcium rich foods- see chart below.

3. Calcium from supplements* _____ mg/day

Record the elemental calcium content listed on the side label on your supplement bottle. Remember to calculate the amount based on the total amount of supplements you take each day. Also keep in mind that most multivitamins provide 200 mg elemental calcium per dose.

Total = _____ mg /day

Caution: Limit the TOTAL calcium you get from food and supplements to no more than 1000 mg per day for adults age 19 to 50 and 1200 mg per day for adults age 50+.

Here is a sample calculation for Laurie, age 63. Laurie has a bowl of cereal with milk for breakfast on most days. She measured her milk one day and determined she pours 4 oz (125 mL) over her cereal. She also has one small Activia® yogurt each day. In addition she eats lots of fruits and vegetables and snacks on a few almonds each day. She also takes two chewable calcium supplements, one in the morning and one at suppertime. The package specifies they provide 600 mg of elemental calcium in each dose. Let's calculate her daily calcium intake:

Laurie's baseline intake = 200 –300 mg per day

Additional amount from foods = 150 mg from milk + 100 mg from yogurt. (Amount from fruits and vegetables and almonds is captured in baseline already)

Amount from supplements = 2 X 600 mg

Total = 1650 – 1750 mg per day*

This greatly exceeds the recommendation of 1200 mg of calcium per day from all sources. Laurie plans to keep her diet the same way so should reduce to one calcium supplement per day.

The bottom line: Calcium is critical for life. Whenever possible try to meet your daily calcium requirements through food. If you are unable to meet your needs with healthy food choices, consider using a supplement to fill the gap. There is no benefit to super loading your body with calcium as too much may cause harm. Choose your supplements wisely, and only after a thorough analysis of your diet.

Written by Shelly Hagen, RD, NCMP, Health Educator Women's Wellness Program - Grey Nuns Community Hospital. For more information please call 780.735.7604; shelly.hagen@covenanthealth.ca

Reference

1.Xiao Q Murphy RA Houston DK Harris TB Chow WH Park Y. Dietary and supplemental calcium intakes in relation to mortality from cardiovascular diseases in the NIH-AARP diet and health study. *JAMA Intern Med.* 2013; 173 (8):1-17.

Other references available upon request.

Voices of everyday women



Women like to tell stories. It's how we share our thoughts, our feelings, our lessons and our wisdom. It's how we transform our experiences into memories that ground us in history and deepen our commitment to life. We all have stories to tell about everyday life experiences, such as...a dating disaster, a perfect peony, the smell of a puppy's breath, the feel of a baby's skin, a secret bared, a sunset shared, a poignant farewell, a joyous beginning, an impish tot, a bathing suit bought, your mom, your friend...there is no end... to our stories.

A regular feature in our newsletter is to include a selection of these wonderful stories submitted by everyday women from all walks of life.

Please share your stories with us!

Send us your "post card" writings – 250 - 350 words or less – on any topic, so that we might include in a future newsletter.

- Only original writings, submitted by the author, will be considered.
- Authors should retain a copy; submissions cannot be returned.
- By submitting a piece of writing, the author grants permission for its publication in the newsletter.
- No payment will be made to contributors, nor will the newsletter be sold.
- Submissions must be less than 350 words.
- Final selection is at the sole discretion of the Grey Nuns Women's Wellness Program.
- Authors will be entitled to five copies. Please include full mailing address.

Submit your submissions:

Email: PTAnthology@covenanthealth.ca

Mail to: Women's Wellness Program
Grey Nuns Community Hospital
1100 Youville Drive West
Edmonton, AB T6L 5X8

If you have any questions, call 780.735.7216

MOTHER'S DAY

*The middle one says,
"Good morning Mr. Sun!
I've got a new blouse,
an orange one
that matches you!"*

*The big one says,
"I'm up early so
I can get the shower first!
I have to fix my bike."*

*The smallest gives up
her warm pillow when
hot chocolate calls her
to the kitchen.*

*She likes more milk
in her cocoa.
He wants more sugar.
The middle one wants
more marshmallows.*

*Mother watches kettle
steam rub against the
cupboard doors
and smiles.*

*The hedge covered with
falling leaves shelters
persistent sparrows
that flutter there.*

*Mother looks beyond
the kitchen window.
She hears
"Can I have some more?"*

*Mother says,
"You have cocoa
in the corner
of your mouth."*

*The smallest asks,
"Can I go and jump
on Daddy's bed
and wake him up?"*

*They are dressed
and out to play,
using up the sun
until evening comes.*

*Later in the day
when the house quiets,
the sky is dark
the cat put out to hunt.*

*Mother sits in her big
chair and Dad in his,
one with the paper
the other with tea.*

*The hour that sits
between them is pleasing.
It holds the memory of cocoa
with marshmallows.*

Written by Audrey Brooks

Grey Nuns Rehab Outreach Series

Fall 2013 program schedule

The Grey Nuns Rehab Outreach Programs offer a variety of exercise and wellness programs within the hospital to enhance wellbeing. Most programs are geared towards adults with pain, stiffness or weakness from a chronic condition. Members of the public are welcome, as are Covenant Health staff and their families, volunteers and visitors of long-term stay medical or palliative patients.

Gentle Yoga

Improve your fitness and a sense of well-being through our Traditional Hatha Yoga classes. Taught by a certified yoga instructor.

Yoga for people who have Osteoporosis

You don't have to give up yoga if you have Osteoporosis! Learn how to protect your bones and spine. Taught by a certified yoga instructor.

Tai Chi Chih

Powerful mind-body exercise to improve strength, flexibility and concentration. Hour long classes offered once per week and taught by a certified instructor.

Strong and Fit Level 1

These exercise classes are designed to help strengthen the body, enhance flexibility and improve balance. Specific resistance exercises are tailored to the needs and abilities of each person with options available for those with physical limitations. Level 1 is a gentle class with level 2 being more challenging.

Corrective exercise

This form of exercise is designed to bring the body back into a "preferred" postural position so that it can move fully and easily. It can undo muscle imbalances and get "stuck" areas moving again. If you want to move more easily with less pain, this class is for you! Exercises are gentle, no impact. Emphasis is on stretching and postural re-alignment.

For more information on these programs, times and availability, please call Grey Nuns Rehab Outreach Services at 780.735.7121 or visit our website at www.greynunsoutreach.com

Grey Nuns Rehab Physiotherapy Programs

Physiotherapy:

Quality physiotherapy is available on an individual basis to help you recover from:

- Musculoskeletal injuries – strain, sprains, fractures
- Orthopedic surgery – total joint replacements, shoulder surgery, etc.
- Hand surgery

Educational and exercise classes: Senior's Balance and Conditioning Class

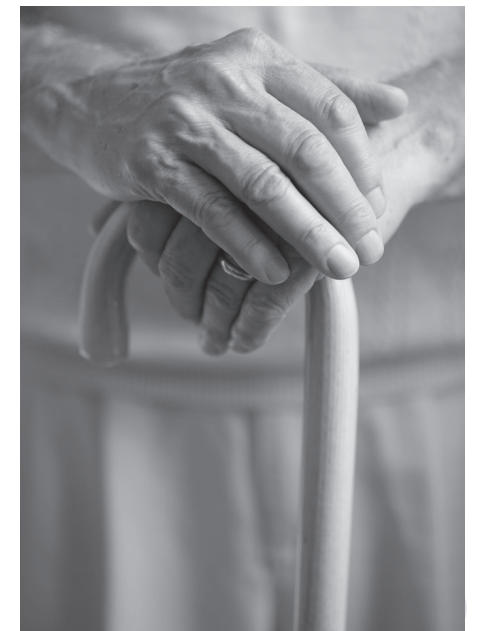
(Doctor's referral required)

An exercise and conditioning class for Seniors at risk of falling. This class emphasizes lower extremity strengthening, posture, balance and fall prevention. Each class consists of an educational component and an exercise component, taught by a physical therapist. There is no cost as this is covered by Alberta Healthcare.

Osteoporosis class

This class is designed specifically for people with Osteoporosis or low bone density. Exercises focus on posture, back care and positioning, upper and lower body strengthening, balance and fall prevention, and how to start a walking program. 90 minute classes are held weekly for five weeks. There is no cost as this is covered by Alberta Healthcare. Participants must attend osteoporosis workshop prior to attending this class.

For more information about these Physiotherapy programs or to book an appointment, please call Grey Nuns Department of Rehab Medicine at 780.735.7161



Staying cool at menopause

Straight facts on hormone therapy and other options

As a woman approaching menopause, you may be familiar with its uncomfortable symptoms and are seeking options for relief. Perhaps you are interested in bioidentical hormone therapy, as mentioned on the Oprah show.

Staff from the Women's Wellness Program, Menopause Clinic will help you steer through the mountain of conflicting and often confusing information about menopause and hormone therapy. Bring a friend and sign up for an evening seminar to learn more about:

- What happens in your body around the time of your last menstrual period.
- The latest scientific information about the benefits and risks of hormone therapy.
- Bioidentical hormone therapy.
- Options to manage symptoms for women who cannot—or prefer not to—use hormone therapy.

Date: Tuesday, October 29, 2013

Time: 7:00 - 9:30 pm

Location: Grey Nuns Community Hospital auditorium

Free of Charge.

Space is limited. Pre-registration required.
To register, call 780.342.8919

Osteoporosis workshop

Sign up and invest in your bones

Did you know that one in six women will suffer a hip fracture in their lifetime and that most of these fractures are caused by osteoporosis? It's time to think about the health of your bones and to take steps to build a healthy framework for the future. Join us for a relaxing discussion about osteoporosis including fracture risk evaluation, interpretation of bone density reports, nutrition, exercise and treatment options. Learn some practical strategies to improve your bone health.

Date: Monday, November 18, 2013
from 1:00 - 4:30 pm

Place: Grey Nuns Community Hospital

Pre-registration required.

To register call: 780.735.9919

or e-mail: Margarita.McKeough@covenanthealth.ca

Workshops are also open to men. In fact the lifetime risk for hip fracture in men is greater than their risk of getting prostate cancer!

Windows on the community

The Women's Wellness program at the Grey Nuns Community Hospital offers specialized health information for women over the age of 35. Primary areas of focus include menopause and osteoporosis. Very often however, we are asked about other community programs and services. We have decided to profile some of the interesting work of other agencies in our community, especially those that provide programming focused on enhancing personal growth and development. We hope you like this new column and appreciate ideas for other organizations to highlight in the future.

Catholic Social Services exists to provide a safety need for people in need. It is a not-for-profit, multi-function social services agency that serves people of all faiths and cultures throughout central and northeast Alberta. Founded in 1961, the agency has grown to deliver more than 100 programs. More than 60,000 children, women and men received help from Catholic Social Services each year.

One key service offered by *Catholic Social Services* is the Family Living Program. This program offers professional psycho-educational workshops and courses that provide instruction and support on a variety of issues, including Mindfulness and Mastery of Emotions, Setting Healthy Boundaries, Overcoming Depression, Couples Communication, New Beginnings and Handling Anger. These are fee-for-service programs and most courses cost \$250.00 for 25 hours or 10 weeks. Limited subsidies and payment plans are available. A more complete description is listed below.

Mindfulness & mastery of emotions level one

Learn to develop skills to pay full attention to your "uncontrollable" emotions, thoughts and sensations and, learn to master your emotions more effectively. This will enable you to enhance your social and occupational functioning and thus, build a much more peaceful relationship not only with yourself, but others. This program is based on M. Linehan's Dialectical Behavioral Therapy model. Referrals are welcome.

Setting healthy boundaries

This program is designed to help you handle the daily demands of life in a way that protects your time and energy for the things that matter. It can help you to be clearer about what to include and what to leave out, so that you can fill the spaces of your life with the people, activities, and pursuits that are truly yours.



Overcoming depression level one

In this workshop you will learn to enjoy greater happiness, embrace hope, be more productive and love life. You will be able to change your thoughts and make better choices for more self-fulfilment. Remember you FEEL the way you THINK and you can CHANGE the way you FEEL.

Couples communication

Learn practical and effective communication techniques to make your relationship the formula for success. Explore your differences and learn to support each others' dreams and goals. Find out if you are truly "listening" to "hear" what your partner has to say and vice versa.

New beginnings

New Beginnings is designed to help those who have lost a life partner through separation, divorce, or death. This workshop is for those wishing to focus on making a new beginning in their lives. Through a reflective process and sharing with others, this workshop provides an opportunity to grieve, to accept, and to make a "new beginning" after the loss.

Handling anger level one

The focus of this workshop is to help you learn how to handle your anger effectively. The goal is to learn to express anger in a healthy way without hurting others, yourself or your relationships. By the end of the program, you will have practised and begun to integrate new behaviours in communication and personal problem solving and become aware of the underlying "triggers" for your anger.

For more information, or to register please call Kari at 780.420.6061 or visit at www.catholicsocialservices.ab.ca

Early Pregnancy Loss program

This program provides focused, timely and compassionate care for women and families who are experiencing, or who have experienced, a pregnancy loss before 20 weeks gestation. There is no cost associated with this service. A doctor's referral is required for physical care. For emotional and bereavement support, including accessing community resources, women may self refer.

If you or someone you know may benefit from the services of the Early Pregnancy Loss Program, please contact:

Grey Nuns Community Hospital
Phone: 780.735.9712

Royal Alexandra Hospital
Phone: 780.735.6653

Regional Bereavement Coordinator, Women's Health
Phone: 780.735.4506