

VILLAGENEWS

WEEKLY UPDATE

MARCH 23RD, 2011

SPECIAL POINTS OF INTEREST:

- Psychology for You
- **Circles Workshop**
- **Consider Containers**
- **Helpful Links**
- **Making Physical Activity the Easy** Choice
- **LAUNCH**

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Check out the IWK Website at www.iwk.nshealth.ca



COMMUNITY EVENT/SERIES

Psychology for You community information session at the IWK

Monday, April 2nd 2012 with a focus on:

"Promoting Healthy Families: The Unique **Needs of Siblings of Youth with Illnesses** and Disabilities"

What: Please join Katharine Filbert, M.A. and Dr. Joanne Gillespie, Ph.D, IWK Psychologist, and Dr. Elizabeth McLaughlin, Ph.D, IWK Psychologist, for a free community information session on "Promoting Healthy Families: The Unique Needs of Siblings of Youth with Illnesses and Disabil ties." An opportunity for questions and dialogue will follow the presentation. All are welcome to attend. This presentation will discuss the issues faced by siblings of children and youth with acute and chronic health conditions and disabilities, and will provide suggestions to help families cope with these issues.

When: Monday, April 2nd, 2012 from 7:00 p.m. to 8:30 p.m.

Where: Parker Reception Room, IWK Health Centre

The Parker Reception Room is located on the main floor of the IWK, nearest the Women's Building entrance. The Psychology for You series is also available through the Nova Scotia Telehealth Network, a video conferencing communications network that connects health care focused facilities across Nova Scotia. Contact your local health centre for details or visit www.iwk.nshealth.ca

Who: Katharine Filbert, M.A., IWK Health Centre.

> Ms. Filbert is Predoctoral Resident in Pediatric Health Psychology at the IWK. She is currently completing a 12-month rotation under the supervision of Dr. Joanne Gillespie and Dr. Elizabeth McLaughlin in the IWK Pediatric Health Psychology Service.

Dr. Joanne Gillespie and Dr. Elizabeth McLaughlin are registered Psychologists in the IWK Pediatric Health Psychology Service. Their clinical work focuses on assisting children, youth, and families who are coping with an acute or chronic medical condition, its assessment, or its treatment.

To learn more about Psychology for You, please visit the "Healthy Families" section or the Psychology page within "Care Services" on the IWK website at www.iwk.nshealth.ca.

Please be advised that the videotaping and audio taping of this session are not permitted by anyone other than the IWK. This video and audio taping restriction is required to protect the confidentiality of and ensure comfort among audience members.

For more information, please contact: IWK Public Relations, (902) 470-6740.

Saturday, March 24th: "Circles" workshop

How to facilitate "Circles" for youth and adults with intellectual disabilities who need help learning about relationships and intimacy.

Time: 1:00 PM- 4:00 PM, Registration at door: \$5.00 Location: Multi-purpose Rm. Gordon Snow Community Centre 1359 Fall River Road, Fall River, NS

Presented by: H.A.C.L. Family Support Program Facilitators

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Consider the Containers" during Poison Prevention Week 2012

~A message from Child Safety Link

"Consider the Containers" during Poison Prevention Week 2012

March 19, 2012, Halifax, NS—Poison Prevention Week is March 18 to 24, and this year, the IWK Regional Poison Centre and Child Safety Link are partnering to raise awareness about poisonings in the home—a common cause of preventable injuries to children.

"In 2011, 52% of calls to the Poison Centre involved a child under five years old ingesting cleaners, personal care products or medications," says Kim Sheppard, Clinical Leader of the IWK Regional Poison Centre. "In all cases, these items can be very dangerous or even deadly to a child."

"Poison Prevention Week provides an ideal reminder for parents and caregivers to think about ways they can protect children from coming into contact with dangerous substances at home," says Sarah Blades, Health Promotion Specialist from the IWK's Child Safety Link program.

As part of Poison Prevention Week, the public is invited to visit the Child Safety Link website at www.childsafetylink.ca for tips on keeping kids safe from medicine and other poisonings at all ages and stages.

Media Contact:

Julie Harrington
PR Coordinator, Child Safety Link, IWK Health Centre
(902) 470-7165
Email: julie.harrington@iwk.nshealth.ca

Patient Info Links - to full-text articles on women's, newborn, child and teen health

Below is a list of links to some reliable patient/family information websites.

These online databases contain easy-to-read health articles.

Feel free to call the **Family Resource Library at 470-8351** to request a patient information literature search by the librarian.

Reliable Health Websites for Families: Click Highlighted Links to Full-Text Articles

www.caringforkids.cps.ca

Canadian Paediatric Society - Caring for Kids

This website has infant, child and youth information by Canada's paediatric experts.

www.cdha.nshealth.ca

Capital Health N.S. Patient Pamphlets Database These pamphlets contain information produced for patients by Capital Health. There are over 700 pamphlets for families on many health topics.

www.chu-rouen.fr/cismefp/

Catalogue et Index des Sites Médicaux Francophones - CISMeF-patients

Sites médicaux francophones à destination des patients et de leurs familles. CISMeF est un projet initié par le Centre Hospitalier Universitaire de Rouen - Hôpitaux de Rouen.

www.caphis.mlanet.org

Consumer and Patient Health Information Section (CAPHIS) of the Medical Library Association - Top 100 Websites You Can Trust

This is a list of links to 100 different quality health websites reviewed by MLA.

www.familydoctor.org

FamilyDoctor.Org

This website is by The American Academy of Family Physicians. It has an alphabetical list of conditions A-Z, linking to full-text pamphlets for families.

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Reliable Health Websites for Families: Click Highlighted Links to Full-Text Articles Cont.........

www.iwk.nshealth.ca

IWK Health Centre Patient / Family Pamphlets Database (or, go to "Healthy Families" section of IWK external website & click "Pamphlets Produced by IWK" link) - These pamphlets contain information produced for patients by the IWK. There are over 200 pamphlets on women's, newborn, child and teen health.

www.kidshealth.org

KidsHealth.Org

This is by Nemours' health experts. It has fact sheets written for **parents**, **children** and **teens**.

www.mayoclinic.com

Mayo Clinic

These patient pamphlets and symptom-checker are by the medical experts of the Mayo Clinic.

http://medlineplus.gov/

Medline Plus Database

There are over 750 topics such as: conditions; diseases; nutrition; and medications.

www.merck.com

Merck Manual

The Merck Manual, Home Edition - search chapters online for health information.

http://www.noah-health.org/

The New York Online Access to Health - Women's Health pages - Topics include: puberty; pregnancy; menopause; endometriosis; and women's cancer.

Making physical activity the easy choice

As part of our commitment to the health of Maritime families, the IWK works to be part of the solution to issues of inactivity and obesity. That's why we partnered with like-minded organizations as one of the lead organizations for the development and implementation of the *Stepping Up: A Physical Activity Strategy for the Halifax Region*.

Stepping Up , which was released in 2009 is a call to action to address the serious problems associated with physical inactivity. The intent is to engage organizations throughout HRM in encouraging physical activity among their employees, colleagues, peers, families and others. Together, representatives from the seven lead agencies collaborate on the implementation of the strategy.

To declare their commitment to making physical activity the easy choice, organizations throughout the city are encouraged to sign the *Declaration of Leadership Commitment to a Physically Active Halifax Region* at www.steppinguphalifax.ca. As one of the signatories of the Declaration, the IWK is making efforts to increase physical activity in our community as well as amongst staff, physicians and volunteers, and patients and families.

With support from Occupational Health, Safety and Wellness, the IWK offers many grass roots programs including lunch time and after work Zumba, yoga and the "It's All about M.E. (M.ove More & E.at Healthier)" challenge. Corporate rates are also available at local gyms, and the IWK hosts a series of healthfocused lunch and learns with visiting experts. And these are just a few examples.

"If we bring fitness into work, we're helping remove some of the barriers for staff," said Donna Kubik, the IWK's Wellness and Accommodation Consultant.

IWK staff also ensure that patients and families have access to physical activity. Recreation Therapy partners with many valuable community service providers (e.g. recreation departments, non-profit and sports organization, etc.) to develop physical opportunities for children, youth and families. Notably, the Canadian Tire Jump Start Foundation has made IWK Recreation Therapy a chapter of their Foundation, allowing the IWK to identify and support children and youth to access to physical activity opportunities in their communities.

The Recreation Therapists also partner closely with schools and daycares as part of their adaptive equipment loan program. This specialized equipment ensures that children with physical disabilities are able to participate in physical education classes at schools as well as join their peers on field trips and during outside play.

The IWK Auxiliary generously supports the Equipment Loan Program with ongoing funding.

LAUNCH

Date: Tuesday, March 27th, 2012

Time: 6:45pm to 8:30pm

Location: The Club

(St. James Anglican Church, Armdale Rotary)

Criteria: Caregivers with a son/daughter in junior high or high

school with a physical disability, acquired brain injury or

brain tumor

Cost: FREE

TOPIC: Employment/Vocational Service Providers

Presenters:

Cathy Deagle-Gammon,
Dartmouth Adult Service Centre
Evelyn Webber, Prescott Group
Mary Pratt, Anchor Industries

Please RSVP to Kim Clarke kim.clarke@iwk.nshealth.ca or 902-470-7039