



Fall 2008

Newsletter



OCTOBER IS BREAST CANCER AWARENESS MONTH: PREVENTING CANCER

The Canadian Cancer Society's website (cancer.ca) tells us that: "at least half of all cancers can be prevented through healthy living and policies that protect the health of Canadians." Their advice, in the Seven Steps to Health, includes:

- ♀ avoiding all tobacco smoke,
- ♀ eating fruits and vegetables, lots of fibre, not much fat, and drinking only limited amounts of alcohol,
- ♀ exercising regularly,
- ♀ not tanning (or burning) outside or in a tanning booth, staying out of the sun between 11 and 4, covering up and wearing sunscreen, and keeping babies out of the sun altogether,
- ♀ getting yourself screened regularly for breast, cervical, (or, for men, testicular, prostate), and colorectal cancers,
- ♀ visiting your health professional if you notice any changes in your health, and
- ♀ following health and safety instructions for all hazardous materials.

The Canadian Cancer Society does not claim all cancers can be prevented following the seven steps. Genetics, viruses like HPV, environmental factors and contaminants are all contributing causes outside of our control. As far as prevention goes there is no one step or combination of steps that can prevent every cancer. But, are there any further things that we non-cancer-researcher types can do to help prevent cancers in ourselves and in others? Here are some more suggestions:

- ♀ Support cancer research through charities, including research into causes and prevention.
- ♀ Avoid buying or using products (from cosmetics, to flooring, to bedding, to cleaners, etc.) with suspect chemicals in them.
- ♀ Focus on the first of the three Rs (Reduce) and try not to buy stuff you don't need. Manufacturing processes release many substances into the world that we don't want. (This includes things that are being sold to raise money for cancer research. You can send money directly to charities you choose to support instead.)
- ♀ Support laws and regulations that will reduce and restrict pollution, clean up the environment, and eliminate suspect chemicals in consumer products, where you live and around the world.
- ♀ Support efforts to make cancer / risk screening, and treatment, more available to everyone.
- ♀ Use less electricity.
- ♀ Support local and organic farming – this means less exhaust and other byproducts of shipping, and fewer pesticides and other agricultural chemicals in the environment and on your food.

For more information on this subject take a look at:

Cancer; 101 Solutions to a preventable epidemic by Liz Armstrong, Guy Dauncey and Anne Wordsworth, 2007.
Prevent Cancer Now! <http://preventcancer.org>
 Canadian Cancer Society at www.cancer.ca

*Hope is the thing with feathers
 That perches in the soul,
 And sings the tune without words,
 And never stops at all.*

Emily Dickenson



EATING DISORDER AND BODY IMAGE PROGRAMS

Thursday evenings, 7:00 to 8:30pm, at the Women's Health Care Centre, 157 Charlotte Street. For more information or to register call: 705-743-4132 or 1-800-419-3111

Turning Points

September 18th to October 30th.

An education and support program for people who have symptoms of Anorexia and Bulimia.

Making Changes

November 13th to December 18th.

A group for those who have completed an education and support program and are ready to address the thoughts, feelings and behaviour changes necessary to recover from an Eating Disorder.



BROWN BAG LUNCHES

Thursdays 12:05 to 12:50

Join us on the lower level of Peterborough Square, across from the bottom of the escalators

- October 2 Easy, Affordable Foods and Their Many Talents
- October 9 Active Living Every Day
- October 16 Eating Well on the Run
- October 23 Mirror Image; Changing Ideas About Body Image

Bring your lunch; coffee and tea will be served. Since we will not be able to run these programs with fewer than 10 participants please call 743-4132 or 1-800-419-3111 to register. Drop-ins are always welcome.



AIDS WALK FOR LIFE

Sunday, September 21, 2008

Millennium Park (east end of King Street)

Registration is at 1 p.m. and the Walk begins at 2 p.m. Last year the AIDS Walk for Life generated over \$36,000 for PARN, and all proceeds stay right here to support local programs and services for those who are living with or affected by HIV/AIDS. "PARN's Scotiabank AIDS Walk for Life is fun for the whole family, with live music by the Rick & Gailie Band, free food, prizes, face painting, and a beautiful walk by the river, with space to remember our losses and celebrate our commitment to HIV/AIDS prevention and care." (www.aidswalkforlife.ca/Peterborough.htm).

Register online at www.aidswalkforlife.ca, contact - Suzanne@parn.ca or phone: 705.749.9110 x.23 to get more information about the AIDS Walk for Life or to help out.

FYI: 42% of new cases of HIV/AIDS in 2006 in the Central East region were in "low risk" heterosexuals, 30% of new infections were in women. People who use intravenous drugs continue to be at high risk of contracting HIV/AIDS. Also at greater risk than the general population are people seeking partners on the internet. (Info from: PARN news Summer 2008)

SURVEY SAYS...!

Thank you for your responses to the survey we sent out with our last Newsletter! We are using your ideas to make the health information you need more accessible. Here is some of the information we gathered from your answers:

- ♀ A large majority of our respondents were from the City of Peterborough.
- ♀ Women want programs in their own communities.
- ♀ Most respondents were willing to travel up to 25 km.
- ♀ Transportation is a concern for attending programs.
- ♀ The majority of respondents were over 51 years old.
- ♀ Weekdays during lunch, and mornings, were the preferred times for attending a program.
- ♀ Preferences were for 2-3 hour workshops, followed by Brown Bag Lunches, and short presentations.
- ♀ Stress management, Disease Prevention, and Healthy Relationships were the most popular subject areas for programs.

One respondent requested a guide to *women's health information online*. Women's Health Matters has an excellent one at www.womenshealthmatters.ca/toolkit/index.html and we have a shorter guide of our own on our website and as a hand-out. You will find it at www.prhc.on.ca/WomensHealth/ on the Health Information page.

Thank you to all those who responded!

Your Input is Important to Us!

Some of the things that we are doing to serve you better are:

- ♀ Actively looking for new venues for our regular programs, as you can see with our Brown Bag Lunches this fall, being held at Peterborough Square.
- ♀ Starting new partnerships to bring our programming to wider audiences.
- ♀ We're also currently brainstorming ideas for getting information and programming to underserved areas of the four counties.

As always, we welcome your comments, suggestions, and input!

NEW RESOURCE

We have a new resource available called "*Where to Find Health Information*." This booklet aims to help you locate health information in your own community and on the internet. If you are interested you can contact WHCC at (705)743-4132, or 1-800-419-3111, or look on our website at: www.prhc.on.ca/WomensHealth/ under Health Information.



FEATURED FREE (or cheap) FUN

Anyday Picnic

Cost: Lunch

Equipment: Lunch, and one or more of the following (optional): book, radio/cd player/mp3 player, magazine, binoculars, a friend, a hat to tip over your face while you snooze, something to feed the birds, your dog...

Time: Traveling to and from park area, plus, say, 30 minutes or more spent eating and relaxing.

Suggested Locations: Backyards, parks, benches or picnic tables along a biking/walking trail, lawns around public buildings, courtyards...

Method: 1. Find a nice place to sit, 2. eat your lunch, 3. relax.

*There is no pleasure in having nothing to do;
the fun is in having lots to do and not doing it.*

Mary Wilson Little

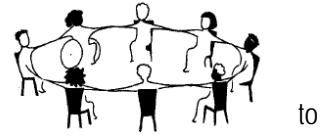
WORKSHOP REQUESTS

If you or your organization would be interested in workshops or programs on self-esteem, anger, assertiveness, healthy sexuality, communication, relationships or other health-related topics please give us a call at (705) 743-4132 or 1-800-419-3111.

SELF-HELP AWARENESS WEEK

Sept 22-27 2008 - "*Mutual Aid and Mental Health*"

Roughly 3,000 self-help groups meet weekly or monthly in communities across Ontario around issues ranging from grief, mood-disorders, addictions, care-giving, physical or mental disabilities, diabetes, trauma, breastfeeding, schizophrenia, and cancer. Self-help, mutual-aid or peer-support groups provide members with a source of support; reduce social isolation, foster acceptance, empathy, affirmation, and group cohesion. The concept of self-help is based on the idea that people dealing with a similar life experiences can "bring a unique perspective to group members' needs, and provide opportunities for self-expression", learning new skills, and increased confidence in dealing with challenges. For more information about self-help, and Self-Help Awareness Week, please visit: www.selfhelp.on.ca



The Ontario Self Help Network and the WHCC are in the planning stages for coordinating a workshop May 2009. We would love to hear from you! Are there topics of special interest to you or your group? What resources would be helpful? Share any thoughts, suggestions or interests you have with Gisele at glalonde@prhc.on.ca or by calling (705) 743-4132 or 1-800-419-3111, extension 205.



TAKE BACK THE NIGHT RALLY AND MARCH

Thursday September 18, 2008, 7:00 p.m.
Victoria Park, Peterborough

Refreshments will follow the march at St. Paul's Church at the corner of Murray and Water Streets.

"Take Back the Night has inspired both women and men to confront a myriad of social ills, including rape, sexual violence, domestic violence, violence against children and violence against women. The unifying theme throughout these diverse topics is the assertion that all human beings have the right to be free from violence, the right to be heard, and the right to reclaim those rights if they are violated." (www.takebackthenight.org)

For more information call Kawartha Sexual Assault Centre at (705) 748-5901



PERSONS DAY BREAKFAST

Before the "Persons Case" it was argued that since the BNA Act used "persons" for plural but only "he" for singular, women in Canada were not persons under the law and could not participate in many aspects of public life. After a long legal battle, **on October 18, 1929** the Lord Chancellor of the Privy Council announced the final decision, which stated that:

...the exclusion of women from all public offices is a relic of days more barbarous than ours. And to those who would ask why the word "person" should include females, the obvious answer is: why should it not"
(www.swc-cfc.gc.ca/dates/persons/case_e.html)

The annual Persons Day Breakfast marking the anniversary of this decision will be held on Thursday October 16, 2008, 7:00 a.m. at Trinity United Church in Peterborough, using the Simcoe Street entrance or follow the signs.

For more information call Linda Slavin at (705) 745-5503.