

## MEDIA RELEASE

# Community-based Care in Sturgeon Falls is Helping People to Stay Healthy and Well

**March 7, 2018** – Gisèle Legault enjoys visiting the West Nipissing Community Health Centre (CHC). With support from the North East Local Health Integration Network (NE LHIN), the Centre offers a wide range of programs that promote better health including Yoga, Tai Chi, Thera Band resistance, and drumming.

Gisèle goes to the Centre to exercise and socialize, but recently, she stopped attending. The Centre moved, and its new location had a much smaller work-out room. Limited space meant the Centre had to suspend some of its programs, and significantly cut back on the number of participants in others.

Through a partnership approach, the North East LHIN and the Centre worked together to find solutions to keep the programs running – one of which was LHIN support to invest in the use of a gymnasium adjacent to the Centre.

North East LHIN CEO, Jeremy Stevenson notes, “Health care is about having services like Tai Chi and drumming that help people to stay healthy and well in community. Improving the health of Northerners means sound community-based programs, like those being offered by our valued partner at the West Nipissing CHC.



West Nipissing residents gather in West Nipissing Community Health Centre’s renovated gym for a Dyna Band class, which uses weights and resistance bands to improve strength and flexibility.

The addition of the gym was necessary to resume programs that were suspended when the centre moved and to get the community participating again. It’s used Monday to Friday, for both daytime and evening activities.

“The gym allows us to offer additional programs that promote better health, improved fitness, better posture and balance, higher self-esteem, weight control, stronger muscles and bones, more energy, and a reduction in stress and social isolation. Our clients and staff are very pleased that the North East LHIN recognized the need for this space in West Nipissing,” said Guy Robichaud, Executive Director, West Nipissing CHC.

The North East LHIN investment will help to sustain the health centre’s ability to meet the needs of the community and clients like Gisèle.

“I am very happy to be back. We now have room to move, to stretch. This is a good thing.” – Gisèle Legault.

“These classes make my week! The activities are so good for my morale. The instructors are so knowledgeable, understanding and funny.” -- Marie-Anne Pronovost

“The programs offered here are excellent for women of our age to get active and keep moving. The instructors gear the exercises for our age and capabilities.” -- Valerie Larivière

Participation numbers have been increasing in several programs since the West Nipissing CHC acquired the gym.

#### **FACTS:**

- The North East LHIN provides funding to six CHCs in Northeastern Ontario:
  - Centre de santé communautaire de Nipissing Ouest West Nipissing Community Health Centre (Sturgeon Falls)
  - Centre de santé communautaire de Sudbury-Est Sudbury East Community Health Centre (Noëlville, St-Charles, Warren)
  - Centre de santé communautaire du Grand Sudbury (Sudbury Chelmsford, Valley East, Gogama)
  - Centre de santé communautaire de Kapuskasing et région (Kapuskasing)
  - Centre de santé communautaire du Témiskaming (New Liskeard, Kirkland Lake, Earleton, Larder Lake, Virginiatown)
  - Misiway Milopemahtesewin Community Health Centre (Timmins)
- CHCs provide comprehensive team based primary health care services (physicians and nurse practitioners), health promotion, and disease prevention services to individuals and families.
- Examples of team based programming include hypertension clinics, wound care, dietitian services, diabetes programming, and counselling. Health promotion programming includes physical and social activities such as exercise classes, social events, arts based programming, health information sessions for adults and seniors, and babysitting courses for teens.
- Community Health Centres focus on keeping people and their communities in good health. CHCs often focus on serving specific populations, such as Francophone, Aboriginal, new immigrants and marginalized populations.
- The NE LHIN provides more than \$2 million each year to the West Nipissing Community Health Centre to deliver primary care services, and health promotion and disease prevention programs.
- West Nipissing CHC programs are free. You can find a full schedule of activities at [www.cscno-wnchc.org](http://www.cscno-wnchc.org)

- Ontario is increasing access to care, reducing wait times and improving the patient experience through its [Patients First Action Plan for Health Care](#) and [OHIP+: Children and Youth Pharmacare Program](#) - protecting health care today and into the future.

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