

January 2007



P.A.C.E. People Advocating for Change Through Empowerment



From the Executive Director!

Happy
New Year,
PACE
members

and friends! and welcome to 2007. I hope you had a good Christmas season, and that 2007 will be a good year for you. This is our first newsletter this year, and we can look back to 2006 as well as look forward for good things at PACE.

Since our last newsletter, we have welcomed new staff. We have Candace Raciborski (Marathon) and Chad Smeltzer (Schreiber) as part-time Clerical Assistants in our MISN offices. There is a welcome to our brand new staff member this year, Christine Charles, who is the new Education Worker. She will bring some new energy and excitement to our place and programs, and I hope you will see Christine a lot at members' meetings, educational events, and at the PACE Education Committee. You will also see her work as she begins to edit Thunder Struck. Also we welcome to PACE Ms. Kim Bortolin; she is a Social Work student from

Lakehead University on a placement two days a week until early April.

One person we have lost is our Ministry of Health consultant, Ms. Siobhan Farrell. Siobhan had been PACE's link to the government for several years, and was a very positive influence on PACE and its programs. She has a new job with the Northern Ontario Medical School; we will miss her and wish her well in her new position.

On a sad note, we want to extend our sympathies to two of our members, Kathleen Morrison and André Guerette, in the loss of their mother, who passed away just after Christmas, and the funeral was earlier this month. If you would like to make a memorial donation, it should go to the Northern Cancer Research foundation.

There have been some exciting events for Board Members and other members who have traveled to workshops and conferences. Some members went to Toronto for a Recovery/Peer Support in October, and 2 Board mem-

bers went to the Ontario Peer Development Initiative [OPDI] in November. A PACE employee, Evelyne Leblanc, has been elected to the OPDI Board of Directors, and we are pleased that her skills and experience have been recognized. We had a very good Board-Staff retreat in December at the Airlane, where we jointly met with staff from Can-Help Fort Frances and Board members and staff from Sunset Country Psychiatric Survivors. I thank Susan Marshall from Can-Help for the hard work in organizing the two-day workshop. Our next major learning event will be the Building Bridges II workshop, focusing on addictions and mental health, in Thunder Bay in late March.

There are lots of good things happening at PACE every week, with many programs and events. In our Mental Illness Support Network our 4 workers are doing many good things in their communities. We hope to have more in-depth news of them next

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newsletter issue.

Over the next few months, we will be transferring our reporting relationship to the Local Health Information Network, and there will be new information and opportunities for Members.

And I have a request for Thunder Struck readers: please get involved at PACE. We need committee members, and some new Board Members. Volunteer: as a membership-driven and governed organization, we depend on your involvement and input.

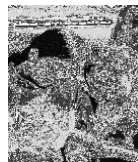
-Duncan Adams

Burn-Out

Recognize the problem. Watch for signs of stress such as forgetfulness, fatigue, sleeplessness, changes in appetite, increased physical sickness like colds and headaches, withdrawal from social situations, increased mood swings or emotional outbursts.

Balance your lifestyle. People subject to negative stress are often perfectionists, idealists, and workaholics, who can never really please themselves. Identify other areas in your life you would like to develop besides your career, then get involved in some stress-relieving activities.

Build positive social supports, and control negativity in your environment. Seek out projects in which you'll work with



people who have a positive attitude. If you have to work with a negative person, limit the amount of time you must spend with the person, and stick to those limits. Look for positive affiliations in your social relationships or club memberships.

Gain control where you can. Ask to be involved in decisions that affect you. Seeking flexible hours for work to accommodate your needs for exercise, for example, may also be an op-

tion. If you are not in control of your schedule, ask for help. Asserting yourself and expressing your needs help reduce the negative emotions of fear and anger.



Work smarter and not longer. Begin with staying and ending on time with all ap-

pointments. Schedule realistic breaks between working or studying. Allow yourself enough time to get to places. Pressuring yourself with tight deadlines increases stress and reduces you effectiveness.

Quit doing something. If you are overcommitted, say "no" and mean it the next time you are asked to do another favor that will greatly raise your stress level. If possible, cut activities out of your schedule that are causing you stress.

Control thoughts that you are indispensable. To control stress, you must learn to accept your mortality, your vulnerability, and your limits.

Employ personal strategies to avoid or cope with burnout. Do something for yourself each day. Eat well and get enough sleep. View mistakes and setbacks as learning experiences. Acknowledge your strengths and achievements, and reward yourself. Identify

your life purpose, and pursue activities that are compatible with your mission.

Employ interpersonal strategies. Identify the people, places, and activities in your life that make you feel good. Stay away from relationships that drain you.

Use stress-management techniques. Fantasize a mini-vacation. Take a break during your day and close your eyes, imagining yourself in a favourite peaceful place. Go to the beach and



feel the sand and warmth of the sun. Listen to the birds and the waves. See the calm beach

scene. Five minutes there, and you will be mentally and physically relaxed.

Do what you love, or get career counselling. If we work too hard at what we love, we get tired. The solution to that is "rest". If you are not happy with what you are doing, you may need to look for something else.

*Submitted by Shelley Heavens,
Community Outreach Worker,
Mental Illness Support Network.
(PACE)*

Do You Need More Information? The Mental Illness Support Network is here for you! Call our Outreach offices in Marathon, Schreiber, Geraldton or Manitouwadge.



Ontario Peer Development Initiative (OPDI)



PACE is an active member of OPDI. A voluntary coalition of consumer/ survivor agencies. Frank Machin (Board Chair) attended OPDI's Annual Meeting in Toronto.

Vision

OPDI strives to provide a strong, cohesive and unified voice for consumer/survivor organizations in Ontario. It will use its resources to develop quality, valued and responsive supports and services to meet the needs of its membership. Informed by an open and inclusive consultative process and building on networking opportunities, OPDI will capture the perspective of its member groups and promote the uniqueness and worth of peer support and consumer/survivor organizations in the continuum of mental health care. In this way, OPDI will promote equitable funding and the expansion of peer-driven services in communities across the province.

OPDI will keep member groups informed of changes in legislation, policies and advocate on their behalf at the provincial level. Informed by the issues and concerns of stakeholders, OPDI through its policies, education and advocacy, will seek to promote recovery-oriented service design and delivery to respond to the

needs and priorities of service users – based on what they define as meaningful. OPDI will be known as an authoritative and trusted voice on consumer/survivor issues across the system. OPDI will work collaboratively and in partnership with government and other stakeholders to improve regional coordination and promote positive changes for consumers.

As a provincially focused consumer/survivor organization OPDI will serve as a best practice model for capturing and amplifying the consumer voice and promoting its value as an essential and respected perspective. OPDI will be seen as a model of organizational excellence and will share its learnings with other consumer/survivor organizations to strengthen the community as a whole.

Values

Experiential knowledge OPDI recognizes and promotes the value of experiential knowledge and skills gained through living with mental health issues, understanding the recovery process and their challenges in navigating the mental health system.

Hope & Recovery

OPDI believes in the right of each individual to develop their own approach to recovery and that by providing people with choice and an

opportunity to share their experiences with their peers they can learn from each other.

Acceptance, respect, openness and inclusion

OPDI will promote acceptance, respect, openness and inclusion and will respect all people's race, religion, ethnicity, gender, age, socioeconomic status, sexual orientation and ability.

Responsive

OPDI will consult with, and be responsive to, its membership and provide supports and services aligned with their priorities.

Integrity, openness, and honesty

OPDI will act with integrity, openness and honesty in all its relationships, dealings and transactions. We strive to earn and convey trust through these values.

Accountability

OPDI is accountable to its membership and will maintain an inclusive, collaborative and transparent approach to its operations. It will keep faith with the public trust through being efficient, cost effective and careful in the stewardship of its resources.

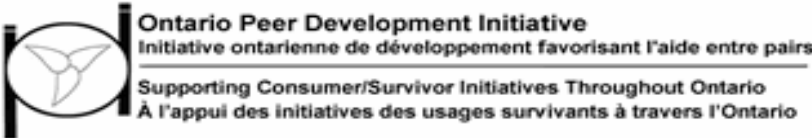
Partnership and Collaboration

OPDI believes in collaboration and partnership. By bringing people together we can achieve a better result than by working alone.

Submitted by Evelyne LeBlanc

OPDI Board of Directors 2007

- President
Barbara Frampton (South West)
- Vice-President
Deborrah Sherman (Central West)
- Treasurer
Richard Worr (Toronto)
- Secretary
Arif Majeed (North East)
- General Board Members
Len Wood (Central East)
- Marianne Sowinski (Francophone Representative)
- Evelyne Leblanc (North West)
- Bruce Hougham (Economic Development Representative)
- Vacant (East)
- Contact Board of Directors by e-mailing board@opdi.org





Staff Report from MISN Schreiber Office

It's hard to believe that 2006 is over, and 2007 is already started! This year has been a very eventful year here. Let me tell you some of the highlights of 2006.

January saw our towns faced with the closure of the mill and the loss of over 400 jobs! I worked quite closely with NOSP, and the Action Centre to try and help people cope with job loss, moving and stress! We also lost 8 members because they had to move away for employment, or a family member's employment. Three support groups were offered in Jan.

In Feb. I attended the local LHIN's roundtable discussions to provide input and to have my questions answered. This was a great opportunity to learn more and network with others in the area. NOSP's new Regional Director, Laurie Knutson, has shown great interest in working closely with the MISN office. Joe Japs and I attended the OPDI membership visioning session in Toronto on Feb. 13 & 14. This was an opportunity to discuss the OPDI recent program review, and good to learn what other CSI's are doing.

In March, all staff and board met in Thunder Bay with Susan Marshall, the CSI network lead for the LHIN 14 region. We also held a screening of the video "Crisis Call." This was open to community members and was very well attended by

local OPP, doctors, hospital staff and members.

I made information packages on MISN for the graduates at Lake Superior High School. This gives the students information on services and supports that they can access when and if needed.

Mental Health Week was May 1-7, and I held a 2 day workshop on "Maintaining Your Mental Health."

Some members and I attended a workshop on self advocacy in Terrace Bay, and I attended some ODSP reviews with members as an advocate.

In June, I was asked to participate on the local CAP Health Committee. This committee will look at health care in the area, recruitment and retention of health providers and service gaps for Terrace Bay and Schreiber.

In July we held our first face to face staff meeting with the MISN staff and the ED. I also attended the PACE AGM in Thunder Bay. The members and I took advantage of the nice weather and held many outdoor activities such as picnics, walks to the beach and a scavenger hunt.

In September, I attended the Psycho-Social Rehabilitation National Conference in Kingston and came home with lots of resources and ideas. This was also a great opportunity to see what other service providers are

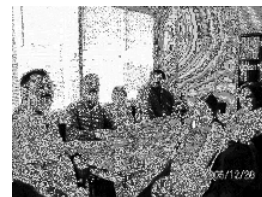
doing across Canada.

I also held a 1 day workshop on SADD for the members. The regular support groups were started up once again. Schreiber hosted the PSR 01 Introduction course on Oct 25 which all regional MISN offices took part in. This was organized by the NW PSR education committee, which I am a committee member.

In November Chad Smeltzer was hired as the new clerical assistant. This has been a huge help to me. On November 8th Dilico hosted a Networking Lunch, attended by all the local service providers in the area to learn about Dilico and each other. We've resumed monthly membership lunches. I attended the OPDI AGM in Toronto on Nov. 30 & Dec. 1st. Joe Japs and Frank Machin also attended from PACE. I have been re-elected to the board of directors for OPDI.

In December, a member and I had the opportunity to ride on the CPR Holiday train from Schreiber to Nipigon. This was lots of fun and the member really enjoyed it! I hope to do this again next year. We also held our annual Christmas Party on Dec. 20. We had 13 people attend and we all enjoyed the great food and playing games. I also would like to wish everyone a Happy and Healthy 2007!

Submitted by Evelyne Leblanc



"We must look for ways to be an active force in our own lives. We must take charge of our own destinies, design a life of substance and truly begin to live our dreams."

~ [Les Brown](#)

Manitouwadge MISN Office

Hi my name is Lori Oliveira I work in the MISN office in Manitouwadge. Some of the things that I have done in the month of December included a presentation in the High School on "Stress Due to Alcohol and Drugs" with NOSP and other agencies. I was also involved with "Drugs aren't Cool" contest in the schools with NOSP. Both presentations went very well. Activities that I do in the office are my Walk'n Talk program held every Monday to Friday from 12-1, free skating in our arena every

Tuesday at 1:30pm, Game day, Coffee Club and Resolution day.

I work with the community as much as I can to get people out and active and known in the community to help remove the stigma of mental illness. I believe it's important to be physically healthy also. I have a support group in the hospital that I facilitate every Monday and Thursdays. I am starting a "Healthy Life Styles Day" every Wednesday dealing with "Topics of Mental Illness." I also plan to

make an information book for members to keep, do some fun things like exchanging healthy recipes, relaxation exercises, etc. These are some new ideas for January and will continue on in February if participation is good. I want to hold more group support meetings in 2007.

Hope you all have a Healthy and Happy New Year!

Lori Oliveira Community
Outreach Worker



Notice

To all members: this is a request for expressions of interest for members of P.A.C.E. and people within the community to step forward, and become Directors on the Board of P.A.C.E. At present we have three immediate vacancies, which need to be filled. P.A.C.E. and the Board of Directors have an obligation to fill these vacancies.

Being a Director means taking on responsibility, but also showing a commitment to the organization, its members, future goals, and direction. As we are a member driven organization, our membership should truly fill these vacancies, to properly represent consumer survivors.

Members must understand that the present Directors on the Board will not be around forever. At the next Annual General Meeting in July 2007 the membership will have to elect a Board of Directors. The future of P.A.C.E. depends on members' involvement at all levels of the Organization. I hope to become employed in the future, which will put restrictions on time available to participate on the Board of Directors.

The Board Chairperson respectfully requests people fill out an application, and include a resume if available. All applications will be reviewed by the Governance committee with the most suitable candidates selected.

Frank Machin
President

*"We make a living by
what we do, but we make
a life by what we give."*

-Winston Churchill



What is Panic Disorder?

The Anxiety Disorders -

Panic disorder is one of several anxiety disorders. The anxiety disorders include agoraphobia, generalized anxiety disorder, social phobia, specific phobias, obsessive-compulsive disorder, and post-traumatic stress disorder.

Panic Attacks- Panic disorder is marked by recurrent, spontaneous panic attacks. A panic attack is an intense period of fear or discomfort. During the attack, a person may experience the following symptoms:

- Noticeably quick or pounding heart rate
- Pain or other discomfort in the chest
- Sweating
- Shaking
- Difficulty breathing, shortness of breath
- Dizziness
- Tingling sensations
- Fear of going crazy or losing control
- Fear of dying
- Choking sensation
- Nausea
- Cold or hot flashes

To be diagnosed as a panic attack, four or more symptoms should be present.

Panic Disorder- One panic attack does not result in a diagnosis of panic disorder. In fact, many people experience a panic attack at some time in their lives, and, while the experience may be a bit disconcerting, it doesn't result in panic disorder.

To become panic disorder, the initial panic attack will be followed by one month (or more) of one (or more) of the following:

- Constant worry about having another panic attack
- Constant worry about the cause of the attack (e.g., heart attack)
- Major behavioral change related to the panic attack

In addition, it should be determined that the panic attacks are not the result of other conditions:

- A substance (drug abuse, medication)
- A physiological condition (e.g., hyperthyroidism)
- Another psychiatric disorder (particularly other anxiety disorders)

In other words, it's important to have a complete physical to rule out all possible causes, and it's important to find a mental health provider who specializes in anxiety disorders to rule out other possible diagnoses. *The Importance of Treat-*

ment- The chronic nature of panic disorder emphasizes the need for early and appropriate treatment. A combination of medication and cognitive-behavior therapy to work the best for the most people. Individual needs, however, vary, so the person with panic disorder and the treatment provider should be willing to keep trying until the most effective treatment is found. If untreated, panic disorder often becomes more and more disabling.

Self-Diagnosis- Self-diagnosis may help you talk more clearly about your problems with your treatment provider. Sometimes it's difficult to put those intense symptoms into words. Reading about panic disorder may help. Panic attacks also appear with other anxiety disorders. It is important to discuss your concerns with a professional and to have all possible problems ruled out first.

Do You Need More Information? The Mental Illness Support Network is here for you! Call our Outreach offices in Marathon, Schreiber, Geraldton or Manitouwadge.

*Submitted by
Shelley Heavens,
Community
Outreach Worker,
Mental Illness Support
Network. Marathon ON*

Assertive Listening Skills

Assertiveness is a way of thinking and behaving that allows a person to stand up for his or her rights while respecting the rights of others. Listening is an extremely important part of assertive communication. The goals of assertive listening are: 1) to let the other person know you want to understand their point of view; 2) to understand accurately what another is saying; and 3) to let the other know that they have been understood. Understanding is different from agreement. You can understand what another person is saying, but still disagree with them.

Listening for accuracy takes concentration and requires you to give your full attention to the other person's words. It is easier to listen for accuracy when you're relaxed. If you're tense and your own thoughts are racing, excuse yourself for a moment and go to another room. Take a few deep breaths to relax and clear your mind before returning. Ask questions as they come up, especially if the answers are important to understanding additional points the other person is making. Nodding your head slightly or saying, "um hum", will encourage the other person to continue talking. Most people will stop talking without these mild encouragements.

You can test whether or not you have understood the other person by summarizing your

understanding of what was said and asking for verification. This not only lets you know whether you have understood him or her correctly, it also lets the other person know they have been understood.

Below are some examples of language you can use to test for understanding:

- If I understand you correctly...
- Is that what you meant...?
- I heard you say...Did I understand you correctly?
- Your view is _____, is that right?

Practicing Assertiveness Skills

Once you understand how and why assertiveness leads to improved communication, you may need to practice these new skills in a small supportive group or with a friend. Think up a situation you might actually find yourself in, and then using role-play, go through the scenario making your points clearly with your friend responding as the other person. Pay attention to your body language, work out how to deliver your message and imagine how you would react to any possible responses.

Body Language Tips

- **Facial expression:** Maintain direct eye contact;

appear interested and alert, but not angry.

- **Posture:** Stand or sit erect, possibly leaning forward slightly.
- **Distance:** Stand or sit at a normal conversational distance from the other person. Use relaxed, conversational gestures.
- **Voice:** Use a factual, not emotional tone of voice. Sound determined and full of conviction, but not overbearing.
- **Timing:** Choose a time when both parties are relaxed. A neutral site is best.

Below are some realistic scenarios that can be used in role-plays:

- Ask a friend to loan you some money
- Turn down a friend who wants to borrow something
- Confront someone who told a lie about you
- Tell someone that they hurt your feelings
- Thank someone who helped you out of a difficult situation
- Ask someone to stop bumping into you
- Turn down a drink from a friend at a party

(Originally written for Canadian Mental Health Association Thunder Bay Branch, LET'S RAP Newsletter, May 2005 by Annie Jollymore-Systemic Advocate)



“The basic difference between being assertive and being aggressive is



how our words and behavior affect the rights and well being of others.”

~ Sharon Anthony Bower



Sticks, Stones, Strings and Deaf Frogs

As I sit down to write this, I am thinking about the power that words have in our lives. If someone praises us, our troubles seem to fade away for a while; if someone puts us down we can carry the negative impact of their words for a lifetime.

Our self-esteem is built largely on the opinions of other people. This is especially true in childhood, but adults are vulnerable, too. Years ago my dentist was fitting me for a device that reduces tooth grinding during sleep and remarked that I had the smallest mouth of anybody he'd ever seen. This offhand comment led me to compare myself unfavorably to others for decades, and it cost me much social anxiety and depression. I had to overcome this sense of inadequacy—which was also built upon many other destructive self-beliefs—before I could begin advocating for myself. This morning I got an email from a good friend. It goes like this:

“Once upon a time there was a group of tiny frogs that challenged each other to a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to watch the race and cheer on the contestants...The race began...No one in the crowd really believed that these tiny frogs could reach the top of the tower. They shouted discouragements like: “Oh, WAY too difficult!!!” “They will NEVER make it to the top,” and “Not a chance that they will succeed. The tower is too high!” The tiny frogs began collapsing one by one...except for a few, with a second wind, were climbing higher and higher...The crowd continued to yell, “It is too difficult!!! No one will make it!!!” More tiny frogs got tired and gave up.... But ONE continued higher and higher and higher...This one wouldn't give up! At the end, everyone else had given up climbing the tower. Except for the one tiny frog which, after a big effort, was the only one to reach the top! All the other frogs wanted to know how the tiny winner managed to do it. A contestant asked the tiny frog how he had found the strength to succeed and reach his goal. It turned out that the winner was DEAF!!!!” (Edited for length and clarity)



“I didn't simply overcome a long history of self-criticism on my own. I was lucky enough to have family, friends and even a doctor who believed in me long before I believed in myself.”

I didn't simply overcome a long history of self-criticism on my own. I was lucky enough to have family, friends and even a doctor who believed in me long before I believed in myself. I also truly believe that time and life experience can help people recover from mental illness. If nothing else, time gives us all a better perspective on ourselves and the world around us.

But new beliefs and empowering skills have to be practiced. The anti-stigma toolkit, “Beyond the Label” (Centre for Addiction and Mental Health, 2005) also uses a story to illustrate this point: “A teacher takes a bit of lightweight thread and wraps it one time around a student's wrists. He tells the class, “This string represents the power of doing something one time. Can you break the string?” The student easily breaks the thread with a small flick of his wrists. The teacher then wraps the string around the student's wrists many times and repeats the challenge to break it. Despite repeated efforts, the lightweight thread is too strong to break. His teacher says, “Now you see the power of repeated actions... habits. It takes more than mere willpower and personal strength to break them. It takes a change in the way you think about the problem.”

The System Advocacy Advisory Committee (S.A.A.C.) meets monthly to plan self-advocacy skill-building opportunities at P.A.C.E. Future plans include self-esteem and assertiveness training as well as celebrating personal successes as a joint effort of P.A.C.E.'s Systemic Advocacy and Public Education programs.

Submitted by Annie Jollymore
Systemic Advocate Worker

From the desk of the Membership Support & Development Worker

In this newsletter you will find on our calendar a series of events planned for the next three months. In the last few months, attendance has been good with great interaction and competition.

Members have been getting jobs and going back to school so we really need volunteers to be on the Peer Support Committee.

Anyone who can do crafts please contact me so we can see if we can get something set up for our monthly craft sessions.

Anyone who wants to try their culinary skills can volunteer to cook for our General Monthly Meeting

Thank you to the volunteers that help clean up after events, if there is anyone else willing to help us out please let me know.

In closing I would like to copy a paragraph from material that was given to me at the Recovery Conference.

"Illnesses don't recover, people do. We can directly cure illness, but we can't

directly "recover" people. They have to be the centre of their own recoveries. We can help give them hope, empower them, promote self responsibility, and create opportunities for meaningful roles, but they have to do the actual work of rebuilding. That's why the recovery model is *consumer centred* and *consumer driven*." They have the starring roles. We're the supporting cast

Michelle Martin
Membership Support &
Development Worker

"Loon" by Artist Louis



Artist: Louis

The above painting of a "Loon" was done by one of our members Louis.

Louis and his wife Glenda have strong cultural aboriginal beliefs and this comes out beautifully in his paintings.

Glenda has this vision and Louis has the skills to put this vision to canvas. He is from the Lac Simon First Nation in Quebec. During the time they have been here Louis has created some unbelievable paintings.

Louis & Glenda

"Every artist dips his brush in his own soul, and paints his own nature into his pictures. "

~ Henry Ward Beecher

Hello from New Public Education Worker

My name is Christine Charles. I am the new Public Education Worker at PACE as of January 2, 2007. This is just a brief note to introduce myself and to let the membership of PACE know I am excited to be here. I am located on the 2nd Floor at 329 Waverly Street. I welcome anyone from the membership, to pop in and say hello. I look forward to meeting you! My first Public Educa-

tion Committee Meeting of 2007 will be held at PACE on February 13, 2007 at 11:00 a.m. If you are interested in being part of this committee call me at 343-4760 ext 223. I look forward to hearing from you. I welcome suggestions and ideas for public education and membership workshops. Please let me know your ideas by attending the above meet-

ing or you can contact me by email at pace.education@shaw.ca. Be sure to check the board in the kitchen at PACE for upcoming events and workshops.

I look forward to working with you,

Christine Charles
Public Education Worker

Family Health Teams

Family Health Teams are a key component of the government's plan to build a health care system that delivers on three priorities - keeping Ontarians healthy, reducing wait times and providing better access to doctors and nurses.

Since April, 2005, the McGuinty government has approved 150 Family Health Teams located across the province in both urban and rural settings. It is expected that these 150 teams will be operational by 2007/2008 and will improve access to primary care for more than 2.5 million Ontarians in 112 communities.

The teams include an interdisciplinary team of physicians and other providers such as nurse practitioners, nurses, social workers and dieticians all working together to see more patients and to keep them healthy.

How Family Health Teams Work

Family Health Teams will :

- § provide *better access to care, closer to home.*
- § work as a *team to keep patients healthy.* Teams will include physicians, nurse practitioners, nurses and other health care providers. Additional members, such as dieticians, pharmacists or other service providers may be added to the Team depending on the needs of the community.
- § provide *extended hours and after hours* access to a registered nurse through the Telephone Health Advisory Service. Patients can speak to a registered nurse with access to patient information. If necessary, a member of the Family Health Team will call the patient back.
- § help patients *navigate* their way through the health care system.
- § provide *primary health care, chronic disease management and self-help tools* to improve health.
- § use 'state of the art' information technology giving providers *access to patient information and test results.*

Schreiber and Terrace Bay now have a Family Health Team which consists of 3 Primary Physicians, 1 Nurse Practitioner, 1 Social Worker, 1 p/t Nurse Educator, 1 administrator, and 1 p/t Clerk. The health team is called the "North Shore Family Health Team." Dr. David Hurst is the lead Physician on the team and may consider expanding the team in the future, to meet the needs of the communities.

I met with the North Shore Health Team on Jan 9th in Schreiber. The new health team is settling in to its new role and they are looking forward to providing the best care possible for the people in our communities. The Social Worker on the team, Ms. Mary Lynn Dingwell is a former mental health worker with North of Superior Programs in Schreiber, so I am fortunate that I have worked with her for the past 7 years. We are planning on working very closely with each other and we have already scheduled a workshop on Jan 29th in Schreiber. The workshop will be "Women and Depression." Most of her role will be focused on providing a case management type of service. She will meet with newly diagnosed patients and provide the necessary referrals and education. I am very excited about this new program and look forward to working with them.

Evelyne LeBlanc
Schreiber MISN Office



*When you look at your
life, the greatest
happiness's are family
happiness.*

*~Joyce
Brothers*



January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 3:00 p.m. Rumoli	3 10:30 a.m. Topic Of the Week	4	5 7:00 p.m. Movie Night	6
7	8	9 10:30 SAAC Mtg. 3:00 p.m. Cribbage Tournament 3:00 p.m. Birthday Cake	10 10:30 a.m. Topic Of the Week	11	12 7:00 p.m. Movie Night	13
14	15	16 3:00 p.m. Bingo	17 10:30 a.m. Peer Support Meeting/ Hot Breakfast (Legal Aid) 3:00 p.m. Advocacy Video	18 3:00 p.m. Crafts	19 7:00 p.m. Movie Night	20 1:00 p.m. Monthly General Meeting
21	22	23 10:00 a.m. Pool/Billiards	24 10:30 a.m. Topic Of the Week (Hospital Services)	25 11:30a.m. New Staff-Meet the Members Luncheon 1:00 p.m. Board Meeting	26 7:00 p.m. Movie Night	27
28	29	30 3:00 p.m. Puzzle	31 10:30 a.m. Topic Of the Week			

February 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:00 p.m. Governance Meeting	2 7:00 p.m. Movie Night	3
4	5	6 10:30 a.m. SAAC Mtg. 3:00 p.m. Cribbage Tournament 3:00 p.m. Birthday Cake	7 10:30 am. Topic of the Week	8 1:00 p.m. Executive Meeting	9 7:00 p.m. Movie Night 3:00 Crafts-Valentine Day theme	10
11	12	13 11:00 a.m. Public Ed. Committee Meeting 3:00 p.m. Bingo	14 10:30 am. Topic of the Week	15 1:00 p.m. Board HASH Meeting 3:00 p.m. Crafts	16 7:00 p.m. Movie Night	17 1:00 p.m. Monthly General Meeting
18	19	20 10:00 a.m. Pool/Billiards	21 10:30 a.m. Peer Support Mtg./ Hot Breakfast 3:00 p.m. Advocacy Video	22 11:00 a.m. Public Education Lunch/Workshop <u>Power of Words</u> <i>Stigma-Labeling & Self Belief</i> 1:00 p.m. Board Meeting	23 7:00 p.m. Movie Night	24
25	26	27 2:00 p.m. Newsletter Committee Meeting 3:00 p.m. Rumoli	28 10:30 am. Topic of the Week			

March 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:00 a.m. Advocacy Education Lunch/Workshop Topic to be Announced 1:00 p.m. Governance Meeting	2 7:00 p.m. Movie Night	3
4	5	6 10:30 a.m. SAAC Mtg. 3:00 p.m. Cribbage Tournament/ Birthday Cake	7 10:30 a.m. Topic Of the Week	8 11:00 a.m. Public Education Lunch/Workshop <u>Power of Words</u> <i>Perception & Judgment</i> 1:00 p.m. Executive Meeting	9 7:00 p.m. Movie Night	10
11	12	13 11:00 a.m. Public Ed. Committee Meeting 3:00 p.m. Bingo	14 10:30 a.m. Topic Of the Week	15 11:00 a.m. Advocacy Education Lunch/Workshop Topic to be Announced 1:00 p.m. Board Hash Meeting 3:00 p.m. Crafts	16 7:00 p.m. Movie Night	17
18	19	20 10:00 a.m. Pool/Billiards	21 10:30 a.m. Peer Support Mtg./ Hot Breakfast 3:00 p.m. Advocacy Video	22 11:00 a.m. Public Education Lunch/Workshop <u>Power of Words</u> <i>Forgiveness & Inner Healing</i> 1:00 p.m. Board Meeting	23 7:00 p.m. Movie Night	24 1:00 p.m. Monthly General Meeting
25	26	27 2:00 p.m. Newsletter Committee Meeting 3:00 p.m. Rumoli	28 10:30 a.m. Topic Of the Week	29 11:00 a.m. Advocacy Education Lunch/Workshop Topic to be Announced	30 7:00 p.m. Movie Night	31

Editorial Policy

Thunder Struck is a quarterly publication of People Advocating for Change Through Empowerment Inc. We welcome all submissions that relate to the P.A.C.E. Mission Statement

Note: the opinions expressed are those of respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.

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