



Jennifer Layman, Publisher

Tell Us What You Think!

Incredible stories since our last issue, so keep the feedback, complimentary or critical, flowing our way

Quite a bit of comments have come our way since the Winter 2017 issue published!

First, a long-term care home used the Canadian Health Facts to be part of a Canada 150 event for their residents. (This issue and the Fall 2017 issue will also include Canadian health facts if you wanted to do the same!)

In addition, we featured Anne and Nancy who trekked the 800-kilometre Camino, and they have been on a sort of local speaking circuit since that issue came out! Apparently there are many other local residents who are interested in also doing the Camino, and they have reached out to these women to share their journey with them. They have generously obliged and are meeting every request!

The local retired teachers group featured us in their industry newsletter and told everyone we were a great resource - thanks RTO, and another contributor mentioned us in their Annual General Meeting as part of their marketing achievements for the year.

And then another story was brought to my attention. A woman picked up an issue of Health Matters last year where the Pembroke

& Area Airport had profiled the Hope Air service. (Hope Air offers medical transportation by air for people with transportation challenges.) This woman needs a liver transplant, and has used the Hope Air service to Toronto a few times. She has been told that if they call her for a transplant, she has to be in the hospital in four hours. That wouldn't even be do-able without Hope Air, and the local airport. Without Health Matters, this woman would never have heard of Hope Air, but without the Airport, there would be no Hope Air available here.

These great experiences help us in producing this magazine in many ways. It helps us take some risks with the content we provide and the reactions to content help us plan for future issues. So reader feedback is something that impacts on our publication quite a bit - it's good for us to know what you're thinking. We also welcome critical feedback as well because it all goes into helping us make a better product. So, keep the stories coming!

Jennifer Layman
Jennifer Layman, Publisher

HealthMatters

SPRING/SUMMER 2017

2113 Petawawa Boulevard,
Pembroke, Ontario K8A 7G8
Phone: 613-732-7774
behealthy@ovhealth.ca
www.ovhealth.ca

[facebook.com/ovhealth](https://www.facebook.com/ovhealth)
twitter.com/ovhealth

Contacts:

Jennifer Layman, Publisher
Kallie Doering, Coordinator

No part of this publication may be reproduced without our consent. While every effort has been made to ensure accuracy, we cannot be held responsible for any error or omissions that may occur. Designed and produced by Forward Thinking Marketing Agency.

CONTENTS

HEALTH INTERVIEWS

- 13 - A Hero Among Us: How Monique Yashinskie made mental health help accessible for everyone
- 25 - Finding Faith: Susan Clifford makes the case for why we all need faith in our lives

HEALTH EXPERTS

- 7 - Horse Power
- 8 - Next Generation of Family Dentistry
- 9 - Using Art For Healing
- 10 - Ask Your Boss For An EAP
- 11 - Community Living And Community
- 17 - Subsidized Vet Help
- 20 - Care For The Caregiver
- 21 - Eliminate Type 2 Diabetes
- 22 - Socially Responsible Investing

23 - Shaping Up For Summer

- 28 - Stress And Your Heart
- 29 - Introduce Someone To Golf
- 30 - A Better Night's Sleep
- 31 - How Grief Can Hide In Our Lives
- 32 - Facebook Safety

GENERAL INFORMATION

- 2 - Health Information and Hotlines
- 6 - Vegetable Availability Guide
- 16 - 24-Hour Movement Guidelines
- 34 - Health Services Listings

FUN & GAMES

- 4 - Canadian Health Facts
- 33 - Crossword
- 36 - Crossword Answers & Social Media

INTERVIEWS



Monique Yashinskie



Rev. Susan Clifford