

Women's Health in
Women's Hands
(WHIWH)

Community Health
Centre



WHIWH Newsletter

Message from the Board Chair

Tigist Abebe

Most of us have so many responsibilities that our needs fall to the bottom of the list. We often feel that self care or self nurturing is just for the fragile, but it is actually a vital part of maintaining good health and a vibrant life. Taking the necessary time for ourselves is not just a luxury but can remind us and others that we are important too.

Well-being issues such as nutrition, fitness, and complementary therapies are a part of the holistic approach we incorporate at Women's Health and

Women's Hands (WHIWH). Our objective is to provide women with the necessary medical and psychological resources we need to lead less stressful, healthier and more productive lives, so that we can in turn make informed choices about our health.

As part of this approach we have gathered together some simple and effective ideas we can all incorporate into our daily routine to function more effectively - whether it's having a moment to take some deep breaths or making sure that our feet, our most

important mode of transportation, are being taken care of.

Building up a repertoire of reliable self care habits now can affect our quality of life today and in the future so make choices that incorporate behaviors that help us to feel refreshed, replenished and allow for personal growth.

If you educate a man you educate an individual, but if you educate a woman you educate a family (nation).

-Ghana proverb

We believe that women have the right to receive quality health care and to make informed choices about their health.

DID YOU KNOW...

"The old saying that 'laughter is the best medicine,' appears to be true. Research has shown that laughter has a range of health benefits from strengthening the immune system to reducing food cravings to increasing one's threshold for pain. Humor also has several important stress relieving benefits. When you laugh heartily, every organ is being massaged including your heart, lungs and digestive system.



TOAST TO YOUR HEALTH...WITH WATER!

*Feel exhausted but not sure what you can do about it?
The solution is simple - drink water!*

Many nutritionists have claimed that 80% of the country is walking around dehydrated. Too often when we're thirsty we reach for coffee, tea and sodas containing caffeine to hydrate ourselves. In fact, these refreshments actually force the body to lose water.

Water however, is pure natural refreshment and is essential in aiding the body's digestion and absorption of vitamins and nutrients. If you're dehydrated, your blood is literally thicker and your body has to work much harder to cause it to circulate. As a result, the brain becomes less active, the ability to focus becomes tricky, the body feels fatigued and you just "conk out."

8 glasses of water throughout the day however will:

- Remove toxins from your body
- Improve your energy
- Help you lose weight
- Increase your mental and physical performance
- Keep your skin healthy and glowing
- Reduce headaches and dizziness



For more information about hydrating your body and increasing your energy naturally, call for an appointment with our Nutritionist.



ALL THAT HOT AIR!

Most of us are unaware that the brain requires more oxygen than any other organ. If it doesn't get enough, the results can be mental sluggishness, negative thoughts and depression. Studies have shown that lack of oxygen can lead to a decline in both vision and hearing. By taking the time to include deep breathing into our daily lives we can improve our health.

Benefits of Deep Breathing:

- Improves the quality of the blood
- Aids in the elimination of toxins from the system
- Improves the digestion and assimilation of food
- Improves the health of the nervous system
- Rejuvenates the glands
- Rejuvenates the skin, by smoothing and reducing facial wrinkles
- Aids in weight control
- Massages the abdominal organs as well as the heart, stimulating blood circulation in these organs
- Helps lungs grow healthy and powerful, providing protection against respiratory problems
- Reduces the work load for the heart
- Reduces anxiety levels

Learning to Breathe Correctly

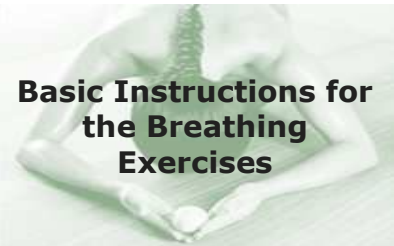
When we sleep we actually are "deep breathing". Therefore the best way to learn how to breathe properly is to pretend to sleep. Lie down, close your eyes, relax the whole body, drop the chin and imagine that you are asleep and let your breathing become deeper and deeper.

UPCOMING PROGRAMS AT WHIWH THAT INCORPORATE DEEP BREATHING:

Tai Chi: Classes will be resuming soon.

Yoga for Older Women: Yoga classes are offered every Monday from 4-5 P.M.

To register, please call Linda at 416-593-7655 or e-mail her at Linda@whiwh.com



Basic Instructions for the Breathing Exercises

1. Find a quiet place. If indoors leave a window open to allow for fresh air.
2. Sit on a chair or cross-legged on the floor. Sit up straight, otherwise some of the benefits of the breathing exercises will be lost.
3. Breathe deeply and slowly, without strain.
4. You should do the exercises on an empty stomach. Wait at least three hours after a heavy meal, and about one and a half hours after a light snack.
5. For maximum benefits, do the exercises twice a day - once in the morning and again in the evening before bed. It's best to avoid eating for about fifteen minutes after the exercises.

Before engaging in any exercise, talk to your doctor.

ART THERAPY

Art Therapy is a form of therapy that facilitates self-expression through the use of art. Emotions are expressed symbolically through the creation of images. Art therapy does not require any artistic skill. The art that is produced becomes a source of communication through which one can reflect upon and use to work through areas of distress and conflict.

How does it work?

While in session, the client is given time to create art using supplies and images from magazines. Sometimes the client is given a theme based on previous issues, or it can be left up to the client. Through the creative process, the client with the guidance of the therapist is encouraged to explore the meaning of the images.

Why is it effective?

Difficult emotions are often more easily expressed through art than through verbal discussions. Art therapy promotes the development of insight, understand-

ing, new perspectives and resolution of conflicting material.

How can it help me?

Through creating art and exploring symbols one can:

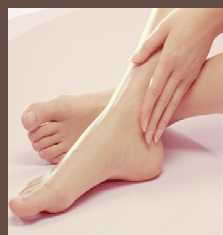
- Achieve greater self-understanding and insights
- Articulate difficult thoughts and emotions
- Develop new and effective coping skills
- Alleviate stress and anxiety
- Build self-esteem and confidence
- Enhance and gain new perspectives and options

Art therapy is an effective intervention that can help individuals deal with a variety of issues including:

- Stress, anxiety and depression
- Experience of physical, emotional or sexual abuse
- Traumatic events
- Terminal /chronic illness such as HIV / AIDS
- Loss of a loved one or death
- Mental Illness

Art Therapy is part of the **counselling** services at **Women's Health in Women in Women's Hands**. To make an appointment for counselling call and speak to our **Intake Counsellor at: 416-593-7655, ext. 222**

For more information on Art Therapy, call Anu Lala, Therapist at 416-593-7655, ext. 246



TOP TEN-FOOT CARE TIPS

Don't ignore foot pain—it's not normal. If the pain persists, see your Chiropractor/Foot Specialist. It is important to inspect your feet regularly. Pay attention to changes in color and temperature of your feet. Look for thick or discolored nails (a sign of developing fungus), ingrown nails and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not normal.

To maintain health feet:

1. Wash your feet regularly, especially between the toes, and be sure to dry them completely.
2. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails.
3. Persons with diabetes, poor circulation or heart problems should not treat their own feet because they are more prone to infection.
4. Make sure that your shoes fit properly.
5. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.
6. Select and wear the right shoe for the activity that you
7. are engaged in (i.e. running shoes for running).
7. Don't wear the same shoes every day.
8. Do not walk barefooted.
9. At the beach or when wearing sandals always use sun-block on your feet.
10. Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.
11. People with diabetes need to see a Chiropractor/Foot Specialist at least once a year for a check-up.

For more information about proper foot care, call to schedule an appointment with our Chiropractor.



WHIWH VOLUNTEER PROGRAM:

If you are interested in becoming one of our valuable volunteers, please call **Kerry** at **416-593-7655** or e-mail her at **kerry@whiwh.com**

WHIWH - Word Find

L	A	S	Q	A	N	G	L	S	G	W	T	T	T	U
M	A	B	E	E	R	A	A	U	J	S	Z	S	J	G
P	Y	I	M	S	U	T	Z	J	I	T	D	I	H	U
O	Y	O	T	G	R	L	W	D	E	C	H	N	W	C
T	W	B	H	N	E	U	O	V	I	R	X	O	T	V
I	J	T	R	Q	E	P	N	H	W	E	N	I	Y	O
I	E	C	B	E	O	D	S	S	Y	T	C	T	W	L
R	T	H	E	R	A	P	I	S	T	A	Z	I	N	U
T	B	F	I	Q	X	T	F	F	Y	W	A	R	G	N
X	U	H	V	F	N	Z	H	K	N	J	R	T	Y	T
M	C	J	Y	H	L	Z	V	I	T	O	X	U	E	E
S	R	O	T	C	O	D	Y	W	N	N	C	N	R	E
M	I	D	X	W	D	U	V	M	M	G	E	N	H	R
U	F	W	Y	O	G	A	A	H	N	X	S	U	O	C
R	X	H	F	U	Q	M	V	P	R	D	T	J	W	C

- ART
- CHIROPODIST
- DOCTORS
- NURSES
- THERAPIST
- WATER
- YOGA
- BREATHING
- CONFIDENTIAL
- LAUGHTER
- NUTRITIONIST
- VOLUNTEER
- WOMEN

WHIWH - Sudoku

7			6					5
5	9			3				
		6					2	1
	8		1	7				3
9			5	3				8
2			9	6			5	
	7	8					9	
				1			4	2
					4			6

Instructions: The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.)

Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

About Us

Who We Are?

We are a team of health professionals who work from an inclusive, feminist, anti-racist, anti-oppression framework to provide community, mental and clinical health promotion support to Black Women and Women of Colour from the Caribbean,

African, Latin American and South Asian communities in Toronto and surrounding municipalities.

Our holistic services are fully accessible and designed to address the barriers that prevent us from being healthy.

Women's Health in Women's Hands Community Health Centre

2 Carlton Street, Suite 500
Toronto, Ontario, M5B 1J3

Telephone: 416-593-7655
TTY: (416) 593 - 5838
Fax: 416-593-5867
E-mail: whiwh@web.net
Website: www.whiwh.com

Centre Hours:
Monday – Thursday : 9:00 – 8:00
Fridays: 9:00 – 5:00pm
3rd Saturday of the month:
10:00 – 4:00pm



Our Health Care Team

- Doctors
- Nurses/Nurse Practitioners
- Health Educators/Promoters
- Community Outreach Worker
- Social Workers
- Nutritionist/Community Dietitian
- Psychotherapists
- Chiroprapist

We Provide

- Individual / Group Counselling
- Advocacy Assistance
- Nutritional Health Promotion
- Clinical Health Promotion
- Healthy Living Programmes
- Health Education Workshops & Presentations
- Mother and Baby Care
- Well Woman Care
- Resource Information

Our Specialty Services include

- HIV/AIDS
- Foot Care
- Pre and Post Natal Care
- Reproductive Health Care
- Diabetes
- Hypertension
- Mental Health
- Research on the Health Care of Black Women and Women of Color