

Health workshops for women in Wellington

By Irene Maurer

Have you ever left your doctor's office still wondering what was wrong with you? Have you ever been persuaded to have surgery without adequate discussion before hand?

These are concerns that were discussed at a series of five workshops called Health, Education and Learning Project (HELP). This unique project was sponsored by the National Council of Jewish Women of Canada, supported by the Federated Women's Institutes of Canada, and funded by Health and Welfare Canada.

Irene Maurer and Pat Salter (both vice-presidents of Guelph Area WI) presented the workshops called Surgery — A Necessity or Your Choice? in Wellington. The main objective of the program is to help women increase the effectiveness of their own health care.

The first session dealt with patient and doctor interviews. It is necessary to be assertive. Women must practice their own personal rights:

- to be treated as capable human adults and not be patronized



Pictured left to right above are Pat Salter, workshop facilitator; Dr. Gawman, head of mammography at Groves Memorial Community Hospital; Irene Maurer, workshop coordinator and facilitator.

- to feel and express anger
- to question those in authority
- to say I don't understand and demand a clear explanation.

To make patient/doctor interviews more organized, a patient should take a list of questions. Then refer to this list and write down replies.

A patient should also keep a personal health record. Include dates of operations, pap tests, mammograms, blood tests and results, dental and optical appointments. It is also wise to include a family health history which lists cases of diabetes, heart conditions, cancer, glaucoma etc. In this way you will save valuable time and show that you are taking a responsible attitude towards personal health.

A visit to the mammography suite of Groves Memorial Community Hospital, Fergus proved to be the most popular sessions. This machine will detect a lump on the breast five millimeters in diameter compared to self-examination which may not reveal the lump until it is five or six times larger.

Surgery for diagnosis and treatment of the reproductive system was also studied.

Suggested reading from the workshop is Patient Beware by Dr. Cynthia Carver. Dr. Carver contributes regularly to Chatelaine magazine.

Guelph Area WI hosts leadership workshops

By Barbara Pinkney

A large number of members participated in Visions for Volunteers, a leadership development workshop sponsored by Guelph Area WI in June.

Participants attended for workshops presented by WI members from Guelph Area.

1. The Art of Delegating, Irene Mauer.

Irene led a discussion of why people sometimes have trouble getting others to delegate to. Some suggestions were people don't wish to take part, people are too busy, people think they can't do the job, and they don't know what's involved.

- The benefits of delegation are:
- more people become involved
 - more interest is generated
 - people feel they are part of the group
 - new ideas for future programs are generated

- your group has access to more talents
- more work gets done.

The disadvantages of delegation are:

- people may not do the job properly
- standards vary with different workers
- people get sidetracked on many different jobs.

2. The Four P's — Publicity, Promotion, Practice, Participation, Joan Law.

Joan asked participants to give reasons why they volunteer. The most popular answers were; enjoyment, chance to learn, like to be with people, good leadership, and important work.

She passed on eight rules for good recruitment.

1. Do specific recruiting, rather than general.
2. Go to people whose interests match your organization's needs.
3. Actively seek out the skills your organization needs.

4. Be honest — don't cover up or down-play the task as unimportant.
5. Recruit year round — plant the seeds early.
6. Use many different recruitment techniques.
7. Treat the job as an opportunity.
8. Use the entire community.

3. Decision Making, Glenna Smith.

What are some techniques to help with difficult decisions at meetings?

1. Seating arrangements — have over-participants sit next to you, and encourage under-participants by having them sit opposite you.
2. Rehearse the meeting ahead of time.
3. Use the pro-con technique. Make lists of favorable and unfavorable factors.
4. List pro-con factors in order of importance.

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