

Program Ideas

The Health Issues Committee has come up with the following sources of information to help you in planning or researching your programs. They have tried to include web sites. If you do not have a home computer, ask your local librarian to help you in your search.

Canadian Diabetes Association

National Office
15 Toronto St., Suite 800
Toronto ON M5C 3EC
Phone: 416-363-3373 or 1-800-226-8464
Web Site: www.diabetes.ca

Note: Your local hospital may have diabetic clinics and could give you information about a local chapter.

Heart and Stroke Foundation of Ontario

Heart and Stroke Health
Line: 1-888-473-4636

Web Site: www.hsf.on.ca

Note: The Health Line will send out brochures. Local office information is in your phone book and most have a Health Promotion Team that could supply a speaker.

Alzheimers Association

Societies are listed in your phone book.
Web Site: www.alzheimers.com.org

Other Subjects:

Depression/Addiction -

Contact your local Mental Health Association listed in your phone book.

Contact the Drug and Alcohol Information Line at 1-800-463-6273.

Contact the Gambling Ontario Problem Helpline at 1-888-230-3505.

Check out your local phone book and the net on these other topics to consider:

- Allergies - Food and Food Additives, Environmental
- Alternative Medicines - Naturopathy, Homeopathy, Holistic Health
- Healthy Food Box Program - There are 23 of these volunteer programs under the Community Development Corporation.
- Nutrition - Talk to a local dietician or look under nutrition on the Ontario Ministry of Agriculture, Food and Rural Affairs web site: www.gov.on.ca/omafra

Check out the following publication and video sources:

Women's Health Matters

76 Grenville St.
Toronto ON M5S 1B2

Note: A monthly newsletter devoted to women and their health concerns.

A Friend Indeed

c/o Initiatives for Women's Health Inc.
419 Graham Ave., Main Floor
Winnipeg MB R3C 0M3
Web Site: www.afriendindeed.ca
Note: Published 8 times a year for women in their prime of life.

Call the National Film Board at 1-800-267-7710 for sales information.

For a complete listing of films check out their Web Site: www.nfb.ca/

This information was compiled by the Health Issues Committee. If you have an interesting health related program that you wish to share pass on the information to Marilyn Rennie at 3 Cretney Dr., Wellington ON K0K 3L0, Phone: 613-399-5172, Fax: 613-399-3707, email: mrennie@bel.auracom.com

Come "Surf the Web"

Take a trip with a computer. You won't use any gas, there will be little or no traffic, you will meet new people and you will be amazed by the knowledge that is waiting out there for you to consider.

Why not visit some of the shows created by Town and Country Ontario? You may have seen some of these shows, but there are many more to visit. Soon you will be able to see clips from the Health Program Launch on this show. Key in the following letters:

www.gov.on.ca/OMAFRA/english/tco/shows/tco239899.html

Here's another one: www.fightcrime.net/tips/seniors/html

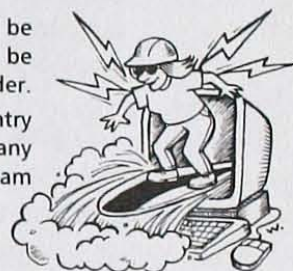
There is lots of help out there so don't be conned. This page refers to *PHONEBUSTERS*.

Need some help with a health issue? Type in: www.gov.on.ca/health

And now if your Branch is looking for help with a project to do with recreation, citizenship or volunteerism, try this site: www.gov.on.ca/mczcr/english/new/index.html

Keep visiting this site. There is always something new.

From the computer of Carol Helfenstein, PRC.



Donations

Under \$100

Agnes Reist - In Memory
Algoma North Shore District WI
Annette Kennedy
Blythe WI
Brant District WI
Brown's WI - In Memory
Catherine McKenna - In Memory
Clover Valley WI - In Memory
Cowal WI
Craighurst WI
Delores J. Cross - In Memory
Dublin WI - In Memory
Dufferin South WI
Dundas District WI
Elford WI
Elgin West District WI
Elmgrove WI - In Memory

Elsie Ball - In Memory
Ethelda Boa - In Memory
Evelyn Duff
Frontenac District WI
Gamebridge WI - In Memory
Gillies Hill WI - In Memory
Grenville District WI
Grey South District WI
Huron South District WI
Lambton Centre District WI
Lambton North District WI
Lambton South District WI
Lennox & Addington District WI
Listowel East WI - In Memory
Lorneville-Argyle WI

M. Elsie Houston - In Memory
Manitoulin East District WI
Manitoulin West District WI
Marion Noble
Marjorie O'Neill - In Memory
Mildred Martin
Mutual Life of Canada
Nelson WI - In Memory
Nipissing District WI
Norfolk District WI
Norland WI - In Memory
North Mornington WI - In Memory
Olive McDonald
Olive McDonald - In Memory
Palmyra WI - In Memory
Pauline Lindsay
Perth Centre District WI

Perth North District WI
Rainy River District WI
Renfrew South District WI
Rideau WI - In Memory
River Valley WI
Rocky Ridge WI - In Memory
Rose A.R. Blesing - In Memory
Rugby WI - In Memory
Russell District WI
Seaforth WI - In Memory
South Macaulay WI
Spanish River WI
St. Vincent WI - In Memory
Tec-We-Gwill WI
Thunder Bay District WI
Tyrconnell WI - In Memory
Victoria East District WI - In Memory

Victoria West District WI
Violet Hall - In Memory
Wellburn WI - In Memory
Wellington Centre District WI
Windfall WI - In Memory
Woodland Springs WI
Woodville WI - In Memory
Woolwich Ever Faithful WI
York North District WI

\$100-\$249

Bruce County WI
Durham East District WI
Glengarry District WI
Gorrie WI
Hyde Park WI
Lambton Centre District WI
Middlesex East District WI
Niagara District WI

Perth South District WI
Prince Edward District WI
Romney WI
The Maples WI
Thunder Bay District WI
Wellington North District WI
Wellington South District WI

\$250-\$499

Lambton South District WI
Sudbury District WI
Waterloo South District WI

\$500-\$999

Perth North District WI

\$1000+

Gillies Hill WI

Headquarters Fund

Total - August 31, 1999
\$584,592.74