

Prince WI Gets Fancy with Fascinators

The Members of Prince WI (Algoma Centre District, North Central Area) celebrated the 119th Anniversary of WI with tea, homemade cookies and cake. They also enjoyed the festivities by making fascinators to put in their hair!

Pictured: Prince WI Members Kelly Levesque and Lucy Konkin show off their beautiful fascinators!



Caregiver Support Training Workshops Held in Grey County



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Caregiver Support Training Workshops were held in Grey County as part of the Rural Women's Health Support Initiative (RWHSI) at the beginning of May. The first was on May 4th in Owen Sound and the second on May 5th at Lamlash Hall, near Elmwood.

These workshops ran from 9am-4pm, with the morning session focused on an overview of local resources that are available to help support caregivers. Theresa Zoroski, regional coordinator of the Grey-Bruce Southwest Health Line, provided a presentation on how to navigate the Southwest Health Line at the Elmwood workshop. Participants at both workshops were interested in learning about rural transportation and respite care, and became more familiar with the services available and how to access them.

The afternoon session was aimed at those interested in volunteering with the RWHSI. Participants developed health coaching skills and helped inform program development. Many participants at these workshops expressed that being a caregiver is hard and there is little to no training on how to navigate this role. By using a "neighbours helping neighbours" approach, the RWHSI will connect caregivers to a volunteer who can offer support. This initiative will launch in mid-June following the Bruce County workshops in Ripley and Tara on June 1st and 2nd. Caregivers will soon be able to call in to a toll-free line to set up a phone session with a program volunteer. These sessions will help connect the caregivers to resources to support them in their role. In turn, this initiative will help reduce and prevent the adverse health effects of caregiver burnout.

These ROSE (*Reaching Ontario Sharing Education*) Program workshops are made possible thanks to funding from Community Foundation Grey Bruce, our partnership with Gateway Centre of Excellence in Rural Health, and the support of local Women's Institutes in Grey and Bruce counties. Special thanks to the North Grey WI, Louise WI, Myrna Casemore and Lois McKnight for their support in organizing the Grey County workshops. A sincere thank you is also extended to Marion Leifso, Fran Farrell, Mary Anne Kukoly, Purple Grove WI and Bruce County District for their assistance in organizing the Bruce County workshops in June.

*Pictured:
Participants of
the Grey County
workshops in
May 2016.*

