

Health Care

Talking Drums therapeutic program to begin in Georgetown this month

Diana's Drum with the Halton Aphasia Centre (HAC) and Halton Hills Speech Centre, will launch a new program, Talking Drums, at the Halton Aphasia Centre's Georgetown and Burlington locations in early September.

Through a grant from the Halton Healthy Community Fund 2005 program, head facilitator Zoë Kessler will lead the team to develop a targeted program of therapeutic drumming using the HealthRhythms approach.

Kessler will work closely with speech language clinicians and volunteers to ensure the program is tailored specifically to meet the needs of HAC's clients, their families and caregivers.

While many facilities currently use therapeutic drumming as part

of their roster of activities, the HealthRhythms protocol is unique in that its biological effects have been clinically proven.

A team of researchers led by Dr. Barry Bittman, neurologist, correlated group drumming with an increased activity of Natural Killer (NK) cells, specialized white blood cells that seek out and destroy cancer cells and virally-infected cells. Bittman's recent research also demonstrated substantial reductions in burnout and mood disturbances in long-term care workers.

Another innovation of the Talking Drums program is the use of specially-designed, modified drums, unlike any that are used in other therapeutic drum programs in the area.

The program includes drum-making workshops to create these

unique drums. The drums will then be used in a series of therapeutic drumming sessions.

The sessions will be adapted specifically to the needs of adults with aphasia, a communication problem usually acquired after a stroke or other brain injury. Aphasia not only impairs a person's ability to communicate; it frequently results in heightened levels of frustration, depression, poor self-esteem, and feelings of isolation. It is anticipated that the Talking Drums program will help to address these challenges, thereby providing significant health benefits to its participants and to their caregivers.

To find out more, contact Zoë Kessler, head facilitator, 1-519-323-2882, or visit Diana's Drum website, <http://www.dianasdrum.com>

Special Labour Day blood clinic to be held

Canadian Blood Services is asking Halton Hills residents to make blood donation a "labour of love" and include it as part of their plans leading up to the last long weekend of the summer.

A blood donor clinic will be held on Monday, Sept. 5, noon to 4 p.m. at the Salvation Army Community Church, 271 Mountainview Rd. S., in Georgetown.

The Labour Day long weekend is traditionally a time when blood supplies at Canadian Blood Services in the Greater Toronto Region need a boost.

Across the country, highways are busy with families returning from summer holidays or sending loved ones off to school. Unfortunately, busier roads often lead to more collisions and result in high demand for blood and blood products.

Meanwhile, the number of people making donations normally

decreases during the summer, particularly around long weekends.

The increased demand coupled with reduced supply places a serious strain on the availability of blood to those who desperately need it. For instance, it takes about 50 donors to collect enough blood for the victim of a car collision and it takes about 100 donors to collect enough blood for a liver transplant.

Having enough platelets during holidays and long weekends is a particular challenge. Platelets are the naturally occurring clotting agents in blood that help stop bleeding (they are one of the four components of blood, which also include red blood cells, plasma and white blood cells).

Among their uses, platelets are frequently used to treat people who have suffered injuries resulting from traumas. They are therefore in high demand during these peak holiday periods. Another

challenge is that platelets only have a shelf life of five days. This limits our ability to store them for future use, and means we must depend on a continuous stream of donors.

"This year alone, it will take about 860,000 units of blood to serve the need of sick or injured children and adults across Canada," said Renee Naiman, Regional Director, Canadian Blood Services.

"The need is great, and by making a donation you can be an Everyday Hero with the power to help save the lives of up to three people."

People who visit Canadian Blood Services locations this summer can also enter a contest to win a trip for four to Orlando, Florida, courtesy of Air Canada or one of 35 DVD prize packs featuring a Walt Disney Pictures presentation of a Pixar Animation Studios film, *The Incredibles*.



Raffle assists JumpStart

The Canadian Tire JumpStart program recently received a \$1,547 donation after Nashville North, Norval Fine Cars and Pocketbikes.ca raffled a pocket bike at Nashville North recently. On hand to make the cheque presentation were Norval Fine Cars co-owner Bonnie Gonchar (seated), Tracey Craig of Canadian Tire Georgetown, Peter Welling of Georgetown Optimists Club, Norval Fine Cars co-owner Jim Critchell and Lisa Leal of Pocketbikes.ca. Steve Baghawe of Richmond Hills was the lucky winner of the bike. JumpStart donations allows a number of children in this community to enjoy recreation and sport activities. The Halton Hills chapter, which started this spring, has been able to assist about 22 children to access local programs such as soccer, baseball and kung-fu. The Halton Hills chapter is encouraging community sport organizations, businesses and interested citizens to help build this fund so more children can experience the benefits of participating in recreation and sport. Receipts are available for contributions. For more information call 905-873-2601 ext. 2261.

Photo by Ted Brown

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