

# Seniors welcome at free blood pressure clinics

By SARAH FISHER

Program coordinators for a provincial cardiovascular health program have selected Leamington as one of 20 cities in Ontario to develop a temporary seniors clinic.

The Cardiovascular Health Awareness Program was developed at McMaster University by members of the Department of Family Medicine in 2001. The goal is to implement a peer program where volunteers help participants ages 60 and over keep track of their blood pressure.

Leamington was selected because of its population size, number of seniors and the number of practising physicians in the area. Seven clinics will be available per week in Leamington from Sept. 11 to Nov. 17, excluding holidays. Administrators are encouraging participants to attend at least two sessions. There is no charge and no appointment is necessary. Many of the volunteers are from Leamington District Memorial Hospital.

them and give the participants a consent form," said Carol Weins the local CHAP coordinator. "If they like, information from their sessions can be sent to their doctor or pharmacist at the end of the program."

During a session, participants have 12 readings from a portable blood pressure device. The first reading is discarded and the last five readings are averaged for an overall blood pressure number. The process will take approximately 15 minutes. The idea is that a more accurate reading is likely if it is taken by trained peers outside a traditional medical setting.

"They're asked to attend at least two sessions, but if they don't have a family doctor and high blood pressure is a concern they can come every week," Weins said.

Leamington District Hospital administrators are pleased to be part of the program.

"We are very proud to be selected," said Leamington Hospital's President and

Chief Executive Officer Warren Chant. "This is important for our community. We have a lot of seniors and cardiac wellness is an important component of senior health."

A schedule of the clinics has been released. The clinics will be available from 9 a.m. to 11:30 a.m. Monday through Friday, as follows:

- Mondays – Zellers pharmacy (250 Erie St. S.) and Wal-Mart pharmacy (288 Erie St. S.)
- Tuesdays – Leamington Wellness Pharmacy (4 Talbot St. E.)
- Wednesdays – Health Smart Drug Stores (33 Princess Centre).
- Thursdays – Shoppers Drug Mart (269 Erie St. S.) and Real Canadian Superstore (201 Talbot St. E.)
- Fridays – Thomson Guardian Pharmacy (20 Talbot St. E.)

Other communities selected for the CHAP program this year include Tillsonburg, Wallaceburg, Woodstock, Strathroy and Stratford.



Carol Weins, a coordinator for the Cardiovascular Health Awareness Program, holds some examples of healthy food Aug. 16 at her home in Ruthven. The CHAP program is establishing temporary clinics in 20 communities across Ontario where seniors 60 and up can have their blood pressure monitored.

## Mail theft warning

Lakeshore and Tecumseh OPP are looking for suspects after a string of recent thefts of mail from mailboxes.

Cheques and other mail have been stolen from Tecumseh businesses on Outer Drive, Manning Road and County Rd. 42, as well as from a Lakeshore business on Croft Drive. Some of the stolen cheques have been cashed in out-of-town banks, police said.

The OPP are recommending that businesses pick up

their mail immediately after delivery or lock their mailboxes. They are also asking anyone who observes suspicious persons or vehicles near mailboxes to report the activity immediately by calling 1-888-310-1122.

## Huntington's Indy Go-Kart Challenge announced

This year's Huntington's

Indy Go-Kart Challenge will take place at XS Family Fun Centre, 1930 Ambassador Drive, Windsor on Sunday, Sept. 10 from 9 a.m. to 12 p.m.

Proceeds from the event go towards finding a cure and supporting families

affected by the disease. Last year's event raised \$14,000 in Windsor-Essex County.

Huntington's disease is a fatal, hereditary brain disorder that slowly destroys both the mind and body. Huntington's disease

touches the life of one in every 1,000 Canadians.

To find out how you can participate in the race, contact Paul Bateman at 519-322-5924. Rain date to be announced on day of event if required.

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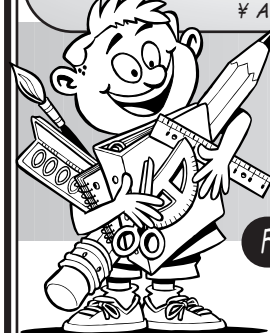
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