



BRANDON REGIONAL HEALTH AUTHORITY

7TH STREET NEWSLETTER

JANUARY 2012

THIS ISSUE

- ⇒ Non-Smoking Week
- ⇒ City Bus Passes
- ⇒ Services & 7th Street HAC
- ⇒ Free Coffee House

National Non-Smoking Week

January 15—21st

“Breaking UP IS HARD TO DO!”



Quitting smoking is the best thing you can do to improve your life and health. Any attempt to quit smoking will make you stronger. It's never too late to reap the benefits, some of which happen within the first few days. With the right combination of practice, determination and support, you will be able to stop smoking for good!

BENEFITS - After you Quit:

Within 20 Minutes: blood pressure, heart rate, temperature in your hands & feet return to normal.

Within 8 Hours: the amount of oxygen in your blood improves.

Within 24 Hours: your sense of smell and tastes improves.

Within 3 Days: lung capacity improves, airways relax & if they are not damaged breathing is easier.

2 Weeks—2 Months: circulation improves, walking is easier and lungs begin working better.

At 1 Year: your risk for heart disease is reduced by half.

At 5—15 Years: risk of heart disease, stroke & cancer continuously lowers.

TO HELP YOU QUIT

- ◆ Pick a “quit date” to stop. This date should make sense to you in your busy life. Stick to the date!
- ◆ Prepare for situations that you know will be difficult without smoking.
- ◆ Take it one day at a time
- ◆ Keep busy. Increase your level of Activity. Congratulate yourself often and think positive.
- ◆ Ask 1 friend & some family to support you through the process.
- ◆ Count or save the money you would have spent on cigarettes & treat yourself to something special
- ◆ Don't try “just one” cigarette...it will take you back to the start.

IF YOU SMOKE AGAIN

You have not failed. In fact, it is common for smokers to relapse several times. Each attempt makes it more likely you will successfully quit smoking. Also it offers you chances to learn new skills & techniques that will help you next time.

For more information on how to quit contact: Brandon RHA Tobacco Dependence Program 578-4201 or a Community Health Nurse at 7th Street Health Access Centre 578-4811.

Info courtesy of: International Affairs & Best Practice Guidelines www.mao.org & Health Canada www.hc-sc.gc.ca

#20 7th Street

Ph: 578-4800

Fax: 578-4950

Open

7 days

a week

11 am—7pm

Produced by:
Michelle Funk-Haney
&
Penny McKinnon





BRANDON REGIONAL HEALTH AUTHORITY

7TH STREET NEWSLETTER

JANUARY 2012

About 7th Street Health Access Centre

Our staff Include:

- ◆ Receptionists
- ◆ Housing Resource Workers
- ◆ Community Mental Health Workers
- ◆ Community Social Worker
- ◆ Nurse Practitioner
- ◆ Community Health Nurses
- ◆ Addiction Counsellors'
- ◆ Cultural Facilitator
- ◆ Mental Health Peer Support Worker
- ◆ Service Navigators/Intake

Call or come in today
Our staff will be available to assist
you 7 days a week.



Other **FREE** Services include

- ◆ Laundry
- ◆ Income Tax Program—beginning in March
- ◆ Shower, Fax, Printer & Photocopies
- ◆ Personalized Voicemail box
- ◆ Local and Long Distance Phone calls
- ◆ Computer/Internet Access
- ◆ Loaves & Fishes Food Hamper Program on -site every Saturday

#20 7th Street

Ph: 578-4800

Fax: 578-4950

Open

7 days

a week

11 am-7 pm



CITY OF BRANDON "OFF PEAK" TRANSIT PASSES

Effective January 1, 2012, the Off Peak Transit Passes will be discontinued. For

ONLY the month of January, client's will receive a full adult pass. This program will no longer be offered after January 31, 2012. Client's should contact their EIA Counselor for further information.

Thank - you !

- ◆ Thank you to staff at **Family Services** for their recent donation of basic supplies (socks, toothbrushes, etc.) These are most appreciated by all!
- ◆ Thank you also to **Brandon & District Labour Council** for donating turkeys for the 7th Annual Christmas Open House at 7th Street Health Access Centre. Everyone enjoyed turkey on a bun, music and door prizes.

Join us for **Health Information & FREE Coffee**

1st Sunday of Every month!

2 - 4 pm

7th St. Health Access Centre

Call the Service Navigator at 578-4801 for details

