



# GENERAL HAPPENINGS

Healthy People, Outstanding Care



Brockville General Hospital

SEPTEMBER 2011

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## ALL SMILES AT FIRST ANNUAL COMMUNITY CARE AND SHARE TOURNAMENT

The Committee for the First Annual Community Care and Share Tournament has good reason to smile—over \$33,000 dollars worth.

The Care and Share Tournament August 26th enjoyed beautiful weather to host the new event, with close to 200 golfers participating.

Created from the best of the former Prostate Cancer Research Tournament, the fundraiser is the first joint effort by the Civitan Brockville, Brockville Lions and Brockville Kinsmen clubs. Holding the cheque are (front row, l – r) Cathy Thomas, Kay and Charles Guy, and Carol Dunn. Cheering in

the back row are (l – r) Dave Cavanaugh, Brockville and Area Special Olympics; Mike Galbraith, Brockville Lions Club; Ray Marshall, Brockville

General Hospital President and CEO; Adrian Geraghty, Tournament Committee Chair; Don Russell, Brockville Kinsmen; and Court LePage, Brockville Civitan.



Eighty percent of the proceeds will go to support the Brockville Cardiovascular Rehabilitation Program at BGH, with the remaining funds split among the three service clubs to target their respective charitable initiatives.

## FRIENDS of PALLIATIVE CARE GOLF SETS NEW RECORD at \$140,000

Dr. David Bryer, (centre) Board Chair for the Brockville and District Hospital Foundation, gratefully accepts a cheque for \$140,000 from the Friends of Palliative Care Golf Tournament Committee Co-Chairs Dave Publow (left) and Jim Cooper (right). The 18th annual event held August

31st pushed past last year's total of \$135,000 funds raised to set a new record. The Friends of Palliative Care Golf Tournament is one of the largest fundraising events to support local palliative care—the Brockville

and District Hospice Palliative Care Service (BDHPCS) based at Brockville General Hospital. The BDHPCS promotes quality of life for people living with a life-limiting illness, and is available at both sites of the Brockville General Hospital, long-term care homes and retirement homes, and in-

home within the community. The service receives no government funding, relying on the generosity of our community to sustain the programs available.



## Brockville General Hospital Welcomes New Paediatrician



A new paediatrician, Dr. Harmeet Chawla, has joined the Brockville General Hospital (BGH) Department of Paediatrics. Chawla has returned home to help bring special services to area children and families.

Dr. Chawla was born and raised in Brockville. After completing her Secondary Education at Thousand Islands Secondary School, Harmeet continued on at Queen's University in Kingston and completed her Bachelor of Science degree. A medical degree was pursued in England at the University of Leicester. Residency training in paediatrics brought her back to Canada, to the University of Ottawa and the Children's Hospital of Eastern Ontario (CHEO).

"During our residency training, we did rotations in the northern communities in Nunavut, and North Bay to provide paediatric care," says Chawla. "It was a great learning experience to work in different rural environments."

Inspiration for a career in medicine has family ties for Chawla. Her mother, Dr. Harvinder Chawla, is also a paediatrician, currently Chief of Paediatrics at the Brockville General Hospital (BGH). The other source of inspiration came from BGH itself.

"In the 1990's," says Chawla, "the Brockville General Volunteer Association had a special program for high school students called 'Volunteens.' You could volunteer at the hospital and get first-hand experience of working in a medical environment. I volunteered with the program for four years, becoming the Volunteer Coordinator for Volunteens in my final year."

"It was a tremendous opportunity," she continues.

"The Volunteens engaged primarily with the geriatric programs; but when I was coordinator, we expanded to paediatrics and began to interact with children. I really learned a lot, and it was a very good starting point for a career in paediatric medicine. I continued to volunteer with children while doing my undergraduate degree in Kingston at Queen's University."

Now that Chawla is back in Brockville, she plans to open a full-time referral consulting paediatric practice as well as several different specialty clinics for children.

"I'm going to focus on a number of areas, including clinics for childhood obesity, asthma, and allergies. In collaboration with CHEO, I will be establishing a Down Syndrome clinic based in Brockville, so that these children do not have to travel to Ottawa to receive these services. I have also started working with the existing Infant and Child Development Program at BGH with issues related to growth and development. I will be working with a team that will include physiotherapy, speech and language therapy, occupational and play therapy. In all cases, we would work as a team with family physicians."

"Dr. Chawla's appointment is yet another success story reflective of the efforts of the community-supported physician recruitment program," says Ray Marshall, President and CEO of Brockville General Hospital. "The program would not exist without the generous assistance of those who believe in the initiative and support it financially."

Dr. Chawla is based at 100 Strowger Blvd, Suite 116.

"I'm happy to be back in Brockville," she says, "and excited to begin work. This is a great community, and I love the river and all the recreation that goes with it." And Brockville General Hospital?

"I've been connected to BGH since I was born," smiles Chawla. "It's really nice to come back home."

## Nursing News



In May, the Brockville General Hospital Practical Nursing Award for the Graduating Class of 2011 was given to Daina Webster (left). The presentation was made by

Sheila Coutts (right), Manager of BGH 2East, at the St. Lawrence College Convocation May 27<sup>th</sup>. The award included a bursary of \$350.

**A Lunch and Learn for staff and Physicians was held on August 18th in the BGH Charles Street Site auditorium. Dr. Islam Ghazi from the BGH Pharmacy Department presented "New Drug for Stroke Prevention in Atrial Fibrillation." The presentation was well attended by both staff and physicians.**



## Royal Scarlet Chapter of Edwardsburgh Donates \$1250 to Local Palliative Care

The Royal Scarlet Chapter of Edwardsburgh made a donation of \$1250 to the Brockville and District Hospice Palliative Care Service August 26, bringing their eight-year donation total to over \$11,000.

The Royal Scarlet Chapter is a Chapter Degree of the Loyal Orange Association. Its members run an annual fundraising dinner under the Chapter banner so the funds raised stay local—for the last eight years, to support this community's need for palliative care service.

"We started directing our charitable donations to local palliative care when it began to affect our members personally," says Chapter Chair of Fundraising Clarence Barkley. Barkley's sister-in-law battled terminal

cancer and relied on the B&D Hospice Palliative Care Service in her final months. "In 2003, we invited members of the Palliative Care Team to make a presentation during one of our fundraising dinners eight years ago, and it was a real heart and eye opener. The service receives no government funding and we wanted to help."



The Brockville and District Hospice Palliative Care Service

(BDHPCS) is based at Brockville General Hospital. The BDHPCS promotes quality of life for people living with a life-limiting illness, and is available at both sites of the Brockville General Hospital, long-term care homes and retirement homes, and in-home within the community.

## Hendrix Brockville Staff Donates \$1200 to Help "Recover" BGH Former Recovery Room



Sizing up the former recovery room for a refit are (l - r) BGH staff Lorraine White and Sherry Anderson, with Hendrix Brockville staff Larry Darling, Heather Hall (holding Hendrix baseball team photo) and Florence Williams.

Thanks to the staff at Hendrix Restaurant Equipment and Supplies in Brockville, a former recovery room at the Brockville General Hospital (BGH) Garden Street site will start its transformation into a

welcoming patient visitation room and TV lounge.

"My mother was here recently at BGH in the Garden Street Site," explains Larry Darling, Sales Agent for Hendrix Brockville, "and while I was visiting, I saw people here getting great help but not having the best place to visit with family while they stayed. We felt they deserved better surroundings for that."

Hendrix Brockville (HB) donated \$1200 toward that goal. The funds were won at the Transcom 2011 Charity Baseball Tournament in June in Prescott. It was the first year for tournament and Hendrix picked up first prize.

"We entered the tournament on a whim," smiles Heather Hall, HB Retail Sales Manager. "We played with no uniforms or special gear, looking like the Bad News Bears."

"We're amazed we won," agrees Florence Williams, Credit Manager for the company.

Hendrix staff is no stranger to fundraising, contributing to their "Chef Fund" over the year through raffles, 50/50 draws and hot lunches. Funds raised over the year are always allocated to support local charities.

The patient visitation room was a recovery room when the second floor at Garden Street Site housed surgery for the former St. Vincent de Paul hospital. Sherry Anderson, BGH Director of Complex Continuing Care, Rehab and Palliative Care, says the clients of the Restorative Care program at BGH Garden Street site had a lounge to use but it was very small.

"The current lounge barely holds two wheelchairs," Anderson explains. "After speaking with Hendrix staff about upgrading the visiting facilities, we opened the old recovery room that stood vacant and put in the basics we could gather on site—television, bookshelves and couches to sit. There is little government funding for the Restorative Care program and no extra dollars to augment the room. With this donation from the staff at Hendrix, we can start the process of upgrading the room, and will continue to do so with any future community support. The clients will deeply appreciate having a warmer, more welcoming room in which to spend time with family."

## Ben Tekamp Gets Back in the Swing at Care and Share Tournament

August 26<sup>th</sup> was a special day for former Brockville mayor Ben Tekamp. Participating in the Care and Share Golf Tournament at the Brockville Highlands Golf Club was the first game he'd played since his heart surgery in May.

"This all started with golf," says Tekamp. "I had gone to Myrtle Beach with friends for a week of golf, but on the first day I felt really unwell on the course. It lasted all week so I didn't play golf at all down there. On the way home, at the first rest area, I collapsed. My friends drove me straight back here to the Brockville General Hospital (BGH) Emergency, and in half an hour I was on my way to the Heart Institute in Ottawa."

His journey was just beginning. The angiogram showed that Tekamp's arteries were 90% blocked. Surgery was needed immediately and scheduled for a few days later.

"My doctor said I was lucky to be there, that my circulation was so minimal. They didn't expect me to survive.

That's a traumatic moment for you," he adds, "and the anxiety sets in. The Heart Institute has excellent care and part of that is how thoroughly they explain the process. They answered all of my questions and that helped me overcome my reluctance to have the bypass operation."

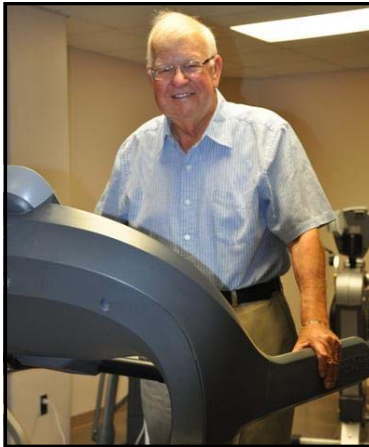
The operation took five hours and was successful, but—as Tekamp points out—is only corrective action. "It doesn't fix the original problem. My blood clots were still there."

With rehab and continued lifestyle changes in order, Ben Tekamp joined the Brockville Cardiovascular Program (BCP) at BGH.

"It isn't until it affects you that you realize the importance of the BCP," he explains. "Ottawa had a rehab program but the BCP was right here. No long drives, no losing half a day, no major parking fees. The doctors in Ottawa said no problem, so I switched to here at the BCP. Much more convenient and much less costly."

At the time of the tournament, Tekamp was halfway through his 12-week program, and had already seen significant progress.

"I remember thinking, 'Wait a minute...I just had heart surgery, and you want me to get on a bicycle and a treadmill?'" he laughs. "But they were right. My first session, my pulse rate wasn't over 77. Dr. Steyn wanted me to increase it. I'm aiming for 130. I'm now getting my second wind on the treadmill. The objective is always to raise the bar."



Tekamp says the staff at the BCP "is very cognizant of your condition. They check your blood pressure, heart rate and blood sugar before and after your workout. When you are working out, they monitor your heart rate. They ask how you feel, the level of difficulty—telling you to do what you feel you can handle."

Ben Tekamp's lifestyle has changed dramatically. "Now in many ways, my situation was unique. I've been a diabetic for 22 years and had a kidney transplant. My heart condition was a result of my lifestyle in the 1980s. I travelled a lot, and was overweight at 258 pounds. I broke all the rules. Based on what the doctor said, I wouldn't be here today. I've lost 28 pounds so far, and I've never felt better in my life. I'm seeing a dietician now, too.

"I'd like to get a message to people," he continues. "You don't have to be here. All you have to do is follow the rules. It's taken me 60 years to realize this. There are rules to life and we need to follow them. If breaking the rules of life means going through the hell I did to get well, it's just not worth it.

"I'm 65 years old and just retired. Most people can't wait to retire and enjoy their golden years. They are not so golden if you're in the hospital. Enjoying your retirement means enjoying good health."

Tekamp picked up the golf club for the first time since that fateful trip to Myrtle Beach on August 26<sup>th</sup> at the Care and Share Tournament, hosted by the Brockville Highlands Golf Club in support of the BCP.

"I felt compelled to support the BCP," he says. "It's a community-generated program that gets no government funding. I've come to realize that you can't support everything, so it's important to support what is close to home. It is fine to have centres of excellence, but we should have the rehab program here. Since my surgery, I've met dozens of people who have had cardiac issues. All these people have had to travel to Kingston or Ottawa for follow-up."

And what about post-surgery golf?

"Well," Tekamp smiles, "I won't be any better. There is no surgery, no organ replacement or artificial limbs that could improve my game.

"But my philosophy since the surgery is 'Don't sweat the small stuff.' Golf is small stuff. It's a wonderful day with friends and the camaraderie of the game. And playing in the tournament meant I was helping a program that has helped me get my life back."

"It was a good day."

## IM/IT Monthly Report

Each day, clinicians throughout the hospital use QCPR, our clinical information system. Until recently, QCPR operated in a database environment known as U2. Knowing that this U2 environment would no longer be supported, BGH decided in late 2010 to purchase and migrate to a new database known as InterSystems Caché.

The Caché database version of QCPR provides us with additional reporting and management capabilities, ranging from the use of SQL Connect and the potential to use Crystal reports for report writing to new operational capabilities for backup management. Perhaps more importantly, this new database version is necessary to allow us to move forward with new releases of QCPR. These new releases have significant functionality upgrades that will improve safety and efficiency, and will provide much more timely information to support clinical decision-making.

In the early hours of August 17, 2011, a multi-functional team of BGH clinicians and IMIT staff executed the successful migration to this new database. With support from QuadraMed and the highly

dedicated team here at BGH, the new database environment was formally handed over at 04h00 on the morning of August 17<sup>th</sup>.

The change has already had a positive impact. Even at this early stage of acceptance, we have seen improvements in system performance relating to the processing of background jobs. Since the Caché database “go-live”, performance has continued to improve. With this new database, we will have better and faster access to data for reporting meaningful information. Mike Shupe (Systems Analyst, IMIT) and Megan Thompson (Clinical Data Analyst, Health Information Management) both attended a Crystal Reports training session and will be heavily involved in the development of new decision-making tools.

Congratulations to Sandra Graham, John Montgomery, Mike Shupe, Susan Schaub, and the rest of the BGH team who skillfully executed this complex database conversion with minimal impact on end users.

Steve Read  
BGH VP Corporate Services/ CFO

## Welcome to New Employees

Susan Walker—Casual PSP Med/Surg.  
Maureen Thibodeau—PT Coordinator ARCC  
Paulette Doyon—Casual RN GSS  
Dana June—Casual PSP GSS  
Diane O’Connell—Casual PSP GSS  
Kristen McCann—Casual RN Med/Surg  
Christine Bush—PT Aide Housekeeping

Janice McNish—PT Aide Housekeeping  
Marilyn Dee—Casual RN Med/Surg GSS  
Tabitha Foster—Casual RN 1N  
Amber Asbreuk—Casual RPN GSS  
Shirley Lazurko—Casual RN Occ. Health  
Sara Lowery—PT RN Med/Surg

## Tax Law Q&A

The following question was recently submitted by a BGH employee:

**Q:** Can BGH employees who use the BGH parking lot claim their annual parking fees as an employment expense on their tax return?

**A:** Unfortunately, no. You cannot deduct the cost of parking at your employer’s place of business, such as monthly or daily parking fees. These are considered personal costs.

Parking costs are treated the same way as other motor vehicle expenses. Canada Revenue Agency (CRA) will only accept parking costs as an allowable deduction from employment income if you meet all of the following conditions:

- You were normally required to work away from

your employer’s place of business or in different places;

- Under your contract of employment, you had to pay your own motor vehicle expenses;
- You did not receive a non-taxable allowance for motor vehicle expenses. Generally, an allowance is non-taxable when it is based solely on a reasonable per-kilometre rate.
- You kept a copy of Form T2200, Declaration of Conditions of Employment, completed and signed by your employer.

For further reference, please refer to the Guide for Employment Expenses at the following URL: [www.cra-arc.gc.ca/E/pub/tg/t4044/t4044-10e.pdf](http://www.cra-arc.gc.ca/E/pub/tg/t4044/t4044-10e.pdf) <<http://www.cra-arc.gc.ca/E/pub/tg/t4044/t4044-10e.pdf>>.

## BGH Garden Street Fundraiser is Fun for Charles Street Clients



Ellen Coutlee (right), inpatient at Brockville General Hospital (BGH), enjoys a summer barbeque lunch served up by Personal Support Worker Vaughnette Chatzikiriakos (left) while grandson

Trystyn Aimer supervises. Nine clients at the Charles Street Site signed up for the special treat July 28th.

"We do this every Friday in the summer for the residents at Garden Street Site (GSS) as part of our Restorative Care and Enhanced Activation programs," says Sherry Anderson, BGH Director of Complex Continuing Care, Palliative Care and Rehab. "It is something different and they really enjoy it. Families attend, too. This is the first time we've tried it for clients at Charles Street."

The barbeque was a fundraiser for the GSS Resident Fund, funds raised to assist providing extras in activities and entertainment for residents in the BGH long-term care programs at Garden Street Site. Hosted at the Charles Street site by GSS staff, the fundraiser was a great success with the inpatients and their families, staff and volunteers—all who enjoyed a fresh summer barbeque in the middle of their day—while raising over \$600.00 for the GSS Resident Fund.

## Staff Council BBQ



Many "hands" make light work ... and raise funds, too! The Staff Council barbeque August 30th raised \$701.00 total from both sites. Here,

decked out in pink cowboy hats, are BGH staff and Staff Council "hands" (l – r) Diane Bowen, Elizabeth Gibson, Wendy Crain and Vaughnette Chatzikiriakos. All funds raised go toward Staff Council initiatives.

**Our next Staff Council BBQ is Thursday, September 22, 2011.**

## Volunteer Association News

I have the privilege of meeting a wonderful group of BGVA volunteers every day, volunteers who are reaching out to others with a word of encouragement; a smile; a friendly greeting; perhaps giving a patient a warmed blanket or a glass of water, sharing of their time just because they can. Truly extraordinary folks who are always caring and sharing, seeing first hand the contributions they make is such a privilege. To say I am enjoying my new position is putting it mildly. Wow, I'm so impressed with our hospital "volunteer heroes". To volunteers and staff that I have not had the privilege to meet yet, please feel free to pop in to see me I would love to meet you, get your ideas and suggestions.

Our annual **BGVA Volunteer Awards Tea** date is Friday, September 16<sup>th</sup> at 2:00 to 4:00pm in the Auditorium at the Charles Street site. We encourage all of our volunteers to attend. Please RSVP to Cheryl at extension 1254

The Volunteer Association's **Christmas in October and Silent Auction** will be held on October 18th and 19<sup>th</sup>. Karen Matte is running the Silent Auction and we are looking for donations from staff. You can drop off the items at the Volunteer Association office at Charles Street between 10:00am and 3:00pm weekdays.

Also the Volunteer Association has been busy bringing in **Vendors** at the Charles street location and we are always open to new suggestions and ideas. Coming up on September 8<sup>th</sup> will be beautiful fall wreaths by Lindsay McCain. September 14<sup>th</sup> will be Concepts in Silver by Paul Young; September 21<sup>st</sup> Painting on Rice by Jimmy Yang; September 22<sup>nd</sup> Epicure by Jeanette; September 27<sup>th</sup> and 28<sup>th</sup> Mrs. P's accessories by Kathy Paterson. Your support is appreciated as a percentage of the vendors sales comes to the Volunteer Association so we can continue our "good works" for the hospital.

We will be highlighting each month some of the areas we have volunteers donating their time in. This month our **Wagon Gift Shop** buyers have been away to a Toronto gift show so we have lots of new and exciting gifts arriving daily.

Our **Sewing Room** family of ladies is also busy donating their time and talents helping out with lots of sewing projects. Thanks ladies!

**Eleanor's Café** is always a busy spot and we so appreciate the support of the staff in purchasing from us. If there is a food item you would like to see us sell, let the volunteer know.

Cheryl Marshall  
Volunteer Coordinator  
Brockville General Volunteer Association

## Brockville and District Hospice Palliative Care is Looking for New Volunteers

Are you or someone you know thinking about becoming a Hospice Palliative Care Volunteer? The Palliative Care Service is looking for caring and compassionate individuals who are willing to share with us, some of their valuable time...

The Hospice Palliative Care Service supports patients and families throughout the Counties of Leeds & Grenville who are coping with a life threatening condition. In order to provide the scope of services offered, volunteers are an integral part of the Hospice Team.

All volunteers are required to complete a 30-hour training program; attendance at a minimum of 80% of the classes is mandatory. Acceptance to the program is based on an interview, completion of the application form, reference checks, and ongoing evaluation during the 30-hour training. All potential volunteers must be able to complete the mandatory health requirements and provide a completed Police Record Check.

Areas of volunteer support include: In-hospital (both sites), Home Visiting, Day Hospice, Fund Raising, Office and Bereavement. Those volunteers who are interested in Bereavement Support will be offered additional training.

There is no fee to take the Hospice Palliative Care training; however, due to the length of the training and limited spaces available in the class, we ask that those taking the training be able to commit to volunteering with us for a minimum of one year post-training.

If volunteering in Palliative Care is something that you would like to do, call today to set up your appointment to meet with a Palliative Care Volunteer Coordinator. The next training session starts the end of September, so call now!

Leslie Leeder: Coordinator of Community Palliative Care Volunteers, 613-345-5649 X 4417, Patti Howlett Coordinator of Hospital Palliative Care Volunteers X 4410. General Palliative Care Program inquiries X 4412

## Second Annual GSS Garage Sale a Great Success!

The turnout from the public for the second annual GSS garage sale August 13th was outstanding. The first shoppers reported in at 7:45 a.m., with business remaining brisk until after lunch. Over \$1500 was raised for the BGH Garden Street Resident Fund.

Once again, kudos to the Volunteer Association for all their support. Association Vice-President Dave Besant and his volunteers did a tremendous job, during the lead up to the sale, the days before moving items from the various storage areas, and on the sale day itself. The BGH Dietary Department supplied scones, cinnamon rolls, assorted muffins and—as a few people put it—“the best coffee in Brockville.” Two thumbs up to Lee Ann Grattan for flawless organization of logistics for the day, and Sherry Anderson for marshalling big ticket items.

Most of all, thank you to public for the donation of items for sale, and for all the shopping on the 13<sup>th</sup>!

**BGH Recognizes  
Sept. 11—17th  
National Healthcare  
Environmental Services  
and Housekeeping  
Week**

**Submissions for  
“General Happenings” are due on the 24th of every month. Please send to  
quipa@bgh-on.ca or whema@bgh-on.ca  
Maggie Wheeler, Editor Pam Quine, Publisher**

## Wellness Committee

### Are you Setting Your Kids up for Lifetimes of Dietary Struggle Or Success?



Originally I'd titled this post, *Operation Palate Plasticity*, but then as I wrote it, I realized it's only the supporting part of this story. So where to begin. Well, we've got 3 little girls,

and I've certainly learned both from experience and from reading medical literature, that if there's a food they reject, the best way for us to get them to eat it is to try, try, try, try, try (and add a whole pile more tries), again.

Our home's rule is simple. You have to eat one bite of everything that's put on your plate. If you don't like it after a bite, you don't need to have more, and there's always at least a few different choices per meal (but second meals aren't prepared to replace wholly rejected first ones).

My oldest probably took 30 runs at green leafy salads until she started eating them without pause. My middle kid, 30 runs at sweet potatoes. And the baby? So far she still eats pretty much anything.

Apparently kids' palates are rather plastic, and just like I tell the girls, if you try a food enough times, eventually your tongue will learn to like it.

Well one day a little over a month ago I got to thinking. I wonder if my palate's got any plasticity left?

To test it I chose coffee.

Once upon a time I had been a classic Canadian double-double drinker. By med school I'd swapped cream out for whole milk. Opening up my practice here I swapped down to skim milk and Splenda, but I never could go black.

I tried here and there, but I found black coffee to be more than repulsive. I found it bitter, angry and at odds with my mouth.

Given I drink coffee daily, usually 2 cups, I figured what better item than hideously black coffee to test whether or not I could retrain my taste buds.

July 29th I started the experiment. The coffee was vile. Hate my mouth vile. I suffered through 2 vile coffees daily for a few weeks, and then, somehow, they

went from being absolutely vile, to just being bad. A week later, and suddenly they were tolerable, and as I sit and type now, I'm enjoying my black coffee greatly.

60 cups of coffee is what it took to retrain my palate. I'd estimate that 60 cups is somewhere on the order of 1,800 sips (comparable in a sense to our one bite rule). So in my  $n=1$  personal experiment, my adult palate appears to be 60 times less plastic than my kids'.

So where am I going with all of this?

I'm going to our children, and not just mine, but yours too.

If children grow up in homes where their palates are trained to enjoy highly processed, highly salted, nutritionally bereft boxed foods, take out meals and restaurants, what chance do you think they'll have at retraining their palates as adults to enjoy more healthful fare? What chance do you think their kids will have?

Eighteen hundred reintroductions is what it took to retrain my adult palate.

Do you think there are many adults who'll bother doing that with anything?

Wouldn't it be easier to train your kids' palates right from the get go setting them up for lifelong dietary success, rather than take the processed and restaurant way out and set them up for a potentially lifelong dietary struggle?

I sure think so.

Dr. Yonni Freedhoff, MD CCFP Dip ABBM  
 Medical Director, Bariatric Medical Institute Family  
 Medicine Chair, Canadian Obesity Network Presi-  
 dent, Reality Coalition Canada [www.bmimedical.ca](http://www.bmimedical.ca)  
 (Office) [www.weightymatters.ca](http://www.weightymatters.ca) (Blog)  
 @yonifreedhoff (Twitter) [www.facebook.com/weightymatters](http://www.facebook.com/weightymatters) (Facebook)



*Assault Response & Care Centre  
in collaboration with  
Victim Issues Coordinating Committee of Leeds and Grenville  
and in recognition of Thousand Islands Secondary School  
would like to invite you to attend the*

***Ribbon Cutting Ceremony  
for the  
Women's Memorial***

*to be held at  
Blockhouse Island  
Thursday September 22, 2011 at 1:30 pm  
Reception to follow at the Brockville Rowing Club*

*September 22 is the Day of the Girl which is about  
recognizing the unique challenges that girls face and  
creating solutions to gender inequity, discrimination  
and cultural perceptions about girls*

*[www.dayofthegirl.org](http://www.dayofthegirl.org)*

*Please RSVP by September 8, 2011 to  
[boula@bgh-on.ca](mailto:boula@bgh-on.ca)*



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