



Windsor-Essex Cardiac Wellness Centre Newsletter

Cardiac Wellness Centre On the Move



On Monday, October 6th, the Cardiac Wellness Centre moved to its new home at Windsor Regional Hospital's Western Campus on Prince Road.

Occupying half of the third floor of the Casgrain Building, our offices and exercise area are larger and more spacious. For instance, after knocking out several walls during the renovation, our exercise facility has an "open concept" theme with an extra 500 square feet of space compared to our previous location at the Metropolitan Campus. In addition, the exercise facility is surrounded by large windows on the north and south walls making our new home bright and cheery.

Of course, our new location wouldn't be "home" without our logo, Mr. "Wellness Willy". With our large blank walls making a perfect can-

vas for him, he is scheduled to make an appearance in the upcoming weeks.

We'd like to thank the participants for being patient with the growing pains that accompanied our move. There were some temperature control issues that were remedied by the addition of blinds and tinted windows, as well as a better understanding of the campus' older heating and cooling system.

Another exciting aspect of our move will be the possibility of having three of our four doctor's (Dr. Nwadiaro, Dr. Datta and Dr. McFarlane) offices on-site.

Please join us in making our new home truly feel like home at our "Holiday Jingle!!" on Friday, December 19th from 1:00 - 3:00 p.m. (see advertisement on back cover).

Another "Evening of Heart and Enchantment"



Mark your calendars for the Cardiac Wellness Centre's second annual fashion show and silent auction, "An Evening of Heart and Enchantment" on Friday, February 6th, 2004 at the Ciociaro Club.

The event promises to be one to remember as doctors, staff members, and participants strut their stuff down the runway in the year's trendiest fashions. Perhaps we may see another participant do push-ups on the runway or, rather, Dr. McFarlane throw his suit jacket into the crowd and then realize it's value of \$800!

The silent auction will have a "wellness" theme. Keep in mind, that apart from exercise and fitness, "wellness" encompasses a wide array of other ideas; for example, anything

that stimulates the senses – touch, taste, sight, smell or sound. Whether it is an elegant and tasteful dinner, a therapeutic massage, or eye-catching piece of artwork, the possibilities are endless!!

For more information, call the Kinesiologists at 254-5577 ext. 72510.

The "Scoop" About our Staff...

Déjà vu!

Lori Lamb-O'Brien is off on another maternity leave as she and her husband, Jeff, welcomed their second child to the world on December 2, 2003! Lori gave birth to a healthy baby boy, Colin. He weighed in at 7 lb. 6 oz. Their first born, Jacob, celebrated his first birthday this past August. Best wishes to Lori and Jeff!



After commuting to Chatham-Kent Health Alliance Hospital over the past three months, Kim Stockinger returns to the Cardiac Wellness Centre as our nurse practitioner. She will be filling in as our nurse practitioner while Lori is off on her maternity leave. Welcome back, Kim! It's great to work with you again!



Newlyweds !!

Although beautiful everyday, our dietitian, Shelley Baker, made for an extraordinarily stunning bride on September 13th, 2003, as she married her fiancé, Tony Amato.

Of course, the night was not without some comic relief — the fire alarm went off because of the heat generated from the centrepiece candles! The happy couple whisked away to Greece the next day for their honeymoon.

Congratulations, Shelley and Tony Amato!



A "NUSTEP" in Life...

With the larger exercise facility, we will be able to house more exercise equipment. At the time of our move, we had seven treadmills and five recumbent bikes. In the beginning of November, we brought in a new piece of equipment for a trial run — NUSTEP recumbent stair climber.

The NUSTEP has proven to be an effective exercise machine for individuals with arthritis in their hips/knees or even no cartilage in their knees. One participant's thoughts after using that machine for the first time: "Good workout...it worked different muscles. I enjoyed it. I think it could be a good addition to the machines we have already."

Another benefit to the NUSTEP machine is that it is self-powered. In fact, it only requires 2 AAA batteries for the display! With all of our treadmills, we wanted to find exercise equipment that would not draw any more power from the room.



Our Funding has been Renewed!



The Ministry of Health and Long Term Care (MOHLTC) announced that Windsor Regional Hospital will receive funding to continue the efforts of the Windsor-Essex Cardiac Wellness Centre (CWC). This one year renewal will total

\$500,000 and is vital to support the operating costs associated with the provision of cardiac rehabilitation services to 500 participants at the Windsor and Leamington sites combined.

The CWC began as a part of the Ontario Cardiac Rehabilitation Pilot Project in June 2001 at the Metropolitan Campus of Windsor Regional Hospital. It established a satellite site in Leamington in the same year. The initial results of the Pilot Project were very positive and provided important evidence showing the value of cardiac rehabilitation services across Ontario.

Shopping Smart

Do you need help at the grocery store? Are you overwhelmed with nutrition labels?

New regulations for nutrition labeling, which will be enforced by the Canadian Food Inspection Agency (CFIA), were set on January 1, 2003. Large companies have up to three years to comply with the new regulations, while smaller businesses have five years.

There are three areas you should be aware of when shopping smart: Nutrition Facts, Nutrition Claims, and Ingredient List. The following information provides facts about these three areas and includes some of the new regulations:

The Nutrition Facts

Nutrition Facts will appear on *almost all* prepackaged foods. The Nutrition Facts Table will be presented in a standard format so it looks the same from one product to another, making it easier to find and read.

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Nutrition Facts Tables include:

- The specific amount of food (serving size) on which all nutrients are based.
- Calories (energy content) and 13 nutrients (i.e., fat, cholesterol, etc.)
- The actual amount of a nutrient, in grams and milligrams.

- *Trans Fat is now included on the food label.*
- The % Daily Value, a number that gives you the ability to determine whether there is a lot or a little of a specific nutrient in the food. (Values of 15% or more are considered high for these nutrients.)

Nutrition Claims

Nutrition Claims are regulated statements made when a food meets certain criteria (i.e., low fat, high fibre). They are optional, so they may be found only on some food products. Claims are a quick and easy way to get *some* information about a food, but you should read the Nutrition Facts Table, as well.

If there are “free” claims (i.e., fat free, sugar-free) on a product, you may still see the supposed “free” nutrient on the Ingredients List. However, the number of calories or the amount of the nutrient is nutritionally insignificant. But just remember, just because something reads “fat-free” doesn’t mean it’s calorie-free!! In addition, you may now see diet-related health claims on foods such as, “a diet low in saturated fat and trans fat may reduce your risk of heart disease”. The nutrient content claim “light” is allowed only on foods that meet the criteria for either “reduced in fat” or “reduced in calories” and must be accompanied by a statement that explains what makes the food “light”.

The Ingredient List

The Ingredient List places ingredients in descending order from the most to the least. In other words, the ingredient that is present in the largest amount is listed first.

Keep in mind that saturated fat, trans fat, sugar, and salt can be listed by many different names. For exam-

ple, hydrogenated fat is another name for trans fat. People with food allergies can also refer to the List to determine if they are allergic to any of the ingredients.



The Cardiac Wellness Centre is currently offering Supermarket Tours twice a month at various stores around Windsor to **current participants only** (to sign-up, talk to Shelley Amato, R.D. at 254-5577 ext. 72505).

Program graduates who are interested in free supermarket tours can contact the Windsor Essex County Health Unit at 258-2146.

Support the Program!

The Windsor-Essex Cardiac Wellness Centre (CWC) is a non-profit organization that helps over 500 local residents with heart disease on the path to a better heart every year. If you wish to make a donation to the program to show your support there are several ways to do so:

- Complete a donation card (can be picked up at the CWC).
- Purchase Crazy Plates cookbooks (\$10 each) at the CWC.
- Purchase a ticket to our fashion show and silent auction, “An Evening of Heart and Enchantment” on Friday, February 6th, 2004 at the Ciociaro Club. Tickets are \$50.00 and can be purchased at the CWC.
- Put a company advertisement in the event program for our fashion show and silent auction. Call us at 254-5577 ext. 72510 for further details.
- Join us for “The Path to a Better Heart” 5 km run / fun walk in May 2004. A great way to stay in touch and stay active!!

The Windsor-Essex Cardiac Wellness Centre hosts a...

Holiday Jingle!!

Come visit us at our new home before the holidays! If you are currently in the program and enjoy the company of your fellow participants during your exercise days, or if you've graduated and want to reunite with old friends, join us for our 2nd annual holiday social!

Date: *Friday, December 19th, 2003*
in the Exercise Facility

Time: *1:00—3:00 p.m.*

Feel free to prepare one of your holiday specialties to share with everyone!
(We won't tell Shelley!)

Windsor -Essex Cardiac Wellness Centre
Windsor Regional Hospital — Western Campus
1453 Prince Road
Windsor, ON N9C 3Z4
(519) 254-5577 ext. 72510

