

# THE OPEN GATE



Holiday Edition

December 2011

## Seasons Greetings

### Greetings from the Scientific Director

On behalf of the Board of Directors and everyone at Gateway, I wish you and your families a warm, happy and healthy holiday season.

I would like to use this opportunity to show my appreciation for the commitment and vision of all the people that have worked so hard to get Gateway where it is today, a busy organization that is fully dedicated to research and programming aiming to improve the health and well-being of rural

residents in Ontario.

I am most grateful for the opportunity to work with the communities that are taking ownership over important health issues and acting on them.

Because there is so much to do, I am looking forward to a busy and exciting new year full of opportunities for collaboration, growth and increasing community engagement

I wish everyone a prosperous

and healthy 2012!

*"Research for the community, By the community, In the community"*



**Dr Claudio Munoz, Scientific Director**

### Tips for the Holiday Season by Dr Feng Chang, RPh, BScPhm, PharmD

Gateway and the University of Waterloo School of Pharmacy wish you and your family a happy and healthy holiday season.

Pave the way for a great start to the New Year by using these tips to keep your health in mind throughout the festive season:

- **Alcohol** is a common part of holiday celebrations. It can also interact with some of the medications you make take. Limit the amount of alcohol you drink in a sitting, and avoid drinking while on medication such as pain killers, antibiotics, antidepressants and diabetic medications, as it can lead to dizziness, drowsiness and other unwanted side effects. Check with your pharmacist if you are unsure about how

alcohol will affect your medications.

- **Festive food and sweets** can have you gaining excess weight over the holidays. Try to fill up on healthy appetizers and snacks which contain vegetables and whole grains, and limit yourself to small portions of foods that are high in fat and sugar. A change in your diet can also cause medications to work differently when you normally take them with food, so try to keep your meals as similar as possible to what you're used to eating.
- **Exercise** is still important even when you're busy with the holidays. If you don't have time for your regular

exercise routine, try to fit in small amounts of physical activity when you can with your friends and family such as taking a walk after dinner or going tobogganing.

- **Medications** are easy to forget when you're busy celebrating. Pill boxes are a great way of helping you plan and remember to take your medications so that you are taking them at the right time, and don't miss a dose. Taking medications regularly is important in making sure they have the right effect in your body.

Wishing you and yours good health through the holiday season and into 2012!

Located in Seaforth Ontario, Gateway is the only community-driven rural health research institute in Canada.



**Gateway Mission**

Gateway aims to improve the health and quality of life of rural residents through research, education and communication.

**Gateway Vision**

Gateway's vision is to build a centre of excellence dedicated to advancing rural health teaching and community-based research across the Huron-Perth-Bruce-Grey region in order to:

- Improve patient health, productivity and wellness
- Reduce rates of chronic diseases in rural communities
- Reduce strain on emergency rooms and hospital beds
- Reduce impact of disease on rural families and communities
- Improve education, recruitment and retention in rural communities
- Improve patient adherence to prescribed medication

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Music lovers packed into the Bridges Recreation Centre in Seaforth on Sunday November 13th to hear the sounds of the Goderich Laketown Band and Thatotherchoir in a Benefit concert that raised \$1,700 for the Gateway Rural Health Research Institute. A special thank you to Arend Streuker for organizing the event.

# Thank You For Your Support

As we come to the end of another successful year, we want to thank those who have contributed to our success and ask if you will help once again. The holiday season is the perfect time to show those around you how much you care. For those who are hard to buy for, consider making a donation in honour of them or in memory of someone special as a gift this season.

## GATEWAY RURAL HEALTH RESEARCH INSTITUTE DONATION FORM

I wish to make a contribution to the Gateway Rural Health Research Institute. Enclosed please find: \$ \_\_\_\_\_

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ADDRESS: \_\_\_\_\_

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IN MEMORY OF: \_\_\_\_\_

Charity # 844067025RR0001

PLEASE MAIL TO: Gateway Rural Health Research Institute; P.O. Box 1181, Seaforth, ON N0K 1W0

\*\* all donations over \$20.00 will receive a charitable donation receipt\*\*