

Program succeeding in improving medical outcomes...

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That feeling was also expressed by another patient, but for Jim Cockburn, he knows the fact the program was available locally certainly saved him from some life threatening complications.

Cockburn came into the clinic last year for a mandatory medical checkup before his surgery to remove cataracts that had developed in his eyes. That's when he also found out that he was now a Type 2 diabetic.

Diabetes is classified as Type 1 - which requires insulin to be taken as the body is unable to produce the necessary amount - and Type 2 where diet, exercise, weight and some other factors contribute to excessive glucose levels and can normally be controlled without insulin along with lifestyle changes and sometimes combined with medication.

"That was a big time

scare for me and certainly a wake up call that I needed to make adjustments in my life," Cockburn stated.

"Brooke helped make it easier and she kinda smartens me up sometimes too. With Brooke's help and some other support through the PCN, I was able to greatly improve things in six months."

Since starting with the program, Cockburn admitted he began doing a lot of his own research into things like various diets and stuff to do, all of which he runs past Bertschi for her comments on whether it would be good for him.

"I think this program is fantastic. If it didn't do it, it could have been life threatening," he said, adding he has lost 15 pounds since the diagnosis.

And aside from changes in his diet, Jim's routine revolves around going for walks five to six times a week - regardless of the

weather - and getting out golfing as much as he can.

"She provides confirmation of things I'm doing right and that makes me more cognizant of the changes I needed to make - such as less salt, sugar. I think if it was not for this program, I would be doing exact what I was before and would I make the right changes?" he asked.

"I really appreciate the learning and being honest about my decisions. I would recommend coming in and talking to Brooke to anyone, especially to help make educated decisions. A lot of people find some wrong things and information that doesn't make sense. Everything is evidence-based from Brooke."

Bertschi is typically in the clinic two days per week and she describes the approach as more holistic and patient-centric.

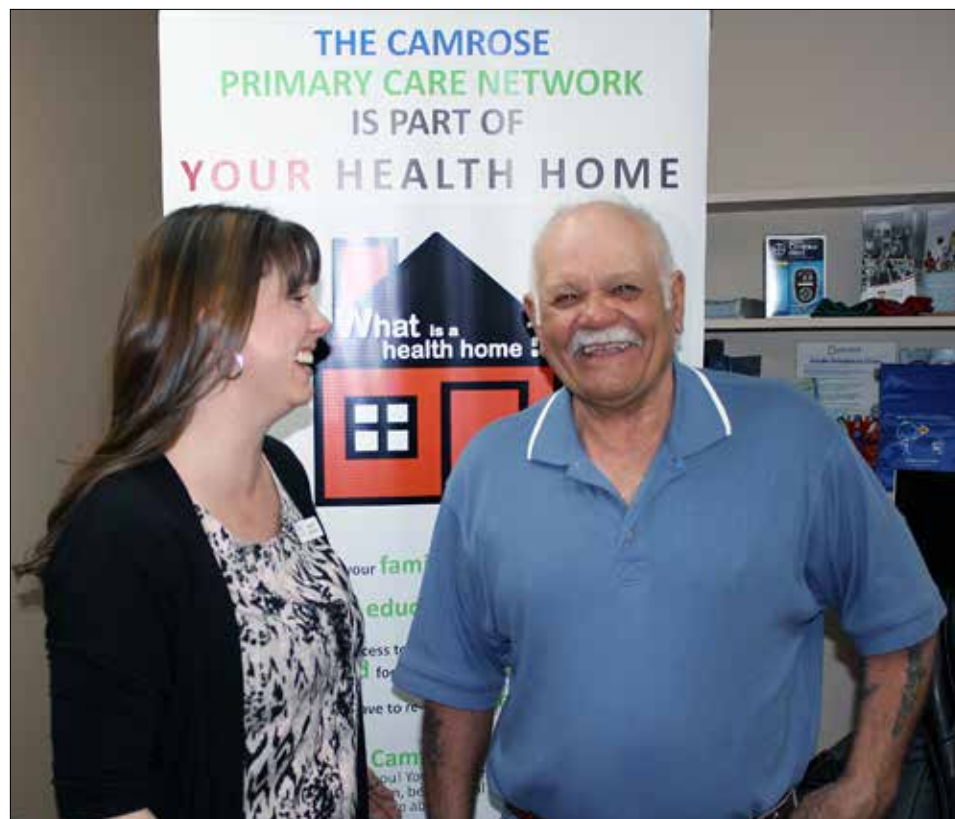
"It's not just about the patient's issue at hand,

but about education, about making them aware of the supports in place that can give them the capability to achieve their goals," she said.

"Their reaction has not

been one of surprise, it's just something different than what most of them are used to. We are not so reactive. We have presentations and teach them about nutrition and about looking

at what we can do for them. A lot will simply come by for some open ears, to vent and express ideas. If that helps, that's excellent and having them involved is vital to their success.'



Licensed Practical Nurse (LPN) Brooke Bertschi shares a chuckle with Jim Cockburn - one of the many patients that have found the Primary Care Network (PCN) program extremely useful with assisting them in improving their health care.

Photo by Jordie Dwyer

Three detachments involved in negotiating arrest

STACEY LAVALLIE
BLACK PRESS

Members from the Stettler, Camrose and Bashaw RCMP detachments converged on the Donalda area during the early morning hours of March 20 after receiving a report about an alleged serious domestic assault.

"The suspect, a 28-year-old male from Blackfalds, fled the scene and was intercepted by members on Highway 53," Stettler RCMP Cpl. Ryan Koehli reported.

The man had a small child in the car and was obviously impaired, Koehli said, and threat-

ened to flee the locked vehicle after stopped by police. Police managed to negotiate with the suspect, and he surrendered a short time later to police. The child was turned over to waiting family, un-

harmful. The accused faces charges of public mischief, obstructing a peace officer and refusing to provide a breath sample. No domestic assault, however, had occurred, Koehli reported.



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6:30 p.m.**

In the Kindergarten Room

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"I KNOW I CAN"

Come prepared with your questions!

If your child will be 5 years old on or before December 31, 2016, this session is for you!

Our Program Offers

- a full-day program on Tuesdays and Thursdays
- a full 475 hours of instruction
- early intervention programs, if required
- small class sizes
- music, PE, various class trips, etc.
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For further information, please contact our office: (403) 783-2463

Mr. Dan Walker, Principal
Mrs. Amanda Nickerson, Teacher

An orientation day will be held on June 15th from 12:40-2:40 p.m. for the new Kindergarten students.

*** Please bring a copy of your child's birth certificate, legal land description, and 911 sign information to complete the registration process.*