



voices of change

May 26, 2010
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Editor's Note

The votes are in!

You spoke, and we listened. And now we're proud to officially introduce **Voices of Change** as our Patient Voices Network newsletter. Thanks to all who voted on a name and helped select the winner. I'd especially like to thank those of you who took the time to submit your ideas.

Now read on, and be sure to check out our new [Patient Profile](#) feature. We're hoping these monthly features of patients who are making a difference will inspire you to get out there and join the growing number of other *Voices of Change*.

"Be the change you want to see in the world."

- Mahatma Gandhi

Diana Cikes
Managing Editor

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What's New

Take the pledge for better health!

The ActNow BC [World Healthy Living Challenge](#) encourages individuals to fill out a pledge form to identify three things they will do to lead a healthier life and make the world a healthier place. For example, you can pledge to:

- Eat healthier
- Exercise more
- Stop smoking
- Reduce energy consumption

This is a worldwide program where people can share the pledge globally (available in 11 languages). But as a BC resident, you can win prizes. So be sure to [take the pledge today!](#)



Regional training

We held our first regional Patient Voices Network training session in Penticton on May 15th - 16th. Peter and Gloria, our Program Manager & Peer Coaching Supervisor, enjoyed their trip to beautiful Penticton. They enjoyed meeting folks from the Interior Health region and hearing what they had to say about the Patient Voices Network. As one patient expressed:

"I enjoyed the weekend...I think [the Patient Voices Network] is on to being a very valuable asset in healthcare delivery and should help with cost reduction."

The next regional training will be held in Prince George on the weekend of June 5th - 6th. If you're interested in attending, please email connect@patientvoices.ca. And be sure to pass on the information to family, friends or associates in the region who might be interested in learning more about the Network.

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FREE Chinese language diabetes health event

Saturday, June 5th

2:00PM – 4:30PM

Locations: Vancouver, Victoria, Kelowna & Prince George

Interested in learning about diabetes, as well as related resources and services available to you, your family and friends? Then join your community in the quest for better health!

Listen to expert advice from health professionals and ask them your own questions by attending this free public forum, presented by the UBC eHealth Strategy Office in Cantonese and Mandarin. The event will explore the causes, prevention, treatment and complications of diabetes, healthy eating, exercise advice and much more.

For event details and locations, please visit www.iconproject.org

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World No Tobacco Day

May 31, 2010

08:00 - 09:00 PDT

[The Heart and Stroke Foundation of B.C. & Yukon](#) and the [BC Lung Association](#), which make up the [Clean Air Coalition of B.C.](#), are pleased to partner with the [BC Centre of Excellence for Women's Health](#) and the [International Network of Women Against Tobacco](#) to put on a Webex on **May 31, 2010 from 08:00-09:00 PDT**, that date which is World No Tobacco Day (WNTD). In recognition of this year's WNTD theme of Gender and Tobacco with an emphasis on Marketing to Women, the Webex is titled *Tobacco Marketing to Girls and Women in a Global World*.

[Download the Webex](#) (PDF 42KB) invitation for all the details including information on the speakers for the sessions. If you are interested in attending, please [RSVP](#) directly to the BC Centre of Excellence for Women's Health by **May 26, 2010**. Information on how to access the Webex will be sent to those RSVP-ing their attendance.

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Patient Profile

Saving the grandmothers



Johanna Trimble

Patient Voices Network member

"I am a mother, grandmother and the business manager for my husband's therapy practice. As well, we produce training DVD's for therapists and Conflict Resolution training DVD's for corporations. I have a background in library science and educational media... My hobby lately, besides gardening, seems to be attending meetings about our health system.

What inspired me to join the Patient Voices Network? Our Mom's sudden mental status changes propelled our family to meet with her long-term care health team to suggest a "drug holiday" from new drugs she'd been prescribed. She recovered and resumed life as the intelligent and aware woman we'd always known, even though it had been suggested her mental status changes indicated she had Alzheimer's. I believe over-medication of our elders is a widespread and uncontrolled experiment with drugs never tested on the frail elderly, and certainly never tested when taken together. We need to consider whether the so-called "epidemic" in dementia and Alzheimer's may be, in part, the outcome of over-medication.

My passion is to be a voice for those who have no voice (Save the grandmothers!) and to be a part of making changes in our healthcare system. Over-medication is a huge cost to our medical system in drugs and emergency room visits, but most important, an enormous cost in suffering for patients and their families. And it is preventable! As a so-called "baby boomer," I see the writing on the wall for my own future and Patient Voices Network gives me a way of working to create the healthcare system I want to see for my own generation."

Johanna Trimble is an active participant in the Patient Voices Network and currently sits on the Patient Voices Network steering committee, as well as on the board of Patients for Patient Safety Canada.

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