

## HERE IS WHAT'S INCLUDED IN THIS MONTH'S UPDATE:

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### SPOTLIGHT ON... NUTRITION COUNSELLING AT WCFHT

In this issue, we are featuring an interview with Courtney Fowler, WCFHT's registered dietitian to learn more about the role of dietitians in primary care and find out who can benefit from making an appointment.

#### Q: What does a dietitian do?

Dietitians promote health and wellbeing through good nutrition and healthy eating habits. We work collaboratively with our clients to establish a plan for healthy eating and tailor advice to meet the client's personal needs and challenges. We translate the complex scientific evidence of nutrition into simplified solutions that support healthy living. Together, we'll find ways to improve nutrition while allowing the client to indulge in the foods they enjoy. After all, we recognize that food is embedded in our cultural and social gatherings and celebrations highlighting the importance of finding strategies that suit the client's lifestyle.

#### Q: Who can benefit from seeing a dietitian?

Everyone! Dietitians working in primary care settings such as the WCFHT can be thought of as a "jack of all trades." We see clients for a wide variety of reasons, discussing topics that include: general healthy eating, sports nutrition, prenatal nutrition, chronic disease management (e.g. diabetes or heart disease), weight management, malnutrition, food allergies/sensitivities, vitamin & mineral deficiencies, irritable bowel syndrome and so on...

If you have a question about food and healthy eating or need some help with meal preparation and planning, ask for a referral!

#### Q: How can patients access our dietitian?

This service is offered free of charge to all registered patients of the West Carleton FHT. To access our dietitian services, ask your physician or healthcare provider for a referral, or self-refer by calling 613-839-3271.

#### More on the title "dietitian"...

Dietitians are regulated health professionals. The title "Registered Dietitian" is protected, just like physician, nurse and pharmacist. In order to use the title Registered Dietitian (RD), a dietitian must meet and maintain provincial registration requirements. They must complete a Bachelor of Science degree from an accredited university, followed by a year long dietetic internship and pass a national registration exam. Dietitians look beyond dietary trends to deliver reliable advice.



## OFFICE CLOSURES – CANADA DAY

Please note changes in clinic hours on the Canada Day long weekend.

**Friday, June 29:** Regular hours (8 am – 4 pm)  
**Saturday, June 30:** Urgent care clinic open as per usual 10 am – 1 pm (WCFHT patients only)  
**Sunday, July 1:** Clinic is CLOSED (No urgent care)  
**Monday, July 2:** Urgent care clinic open from 10 am – 1pm (WCFHT patients only)

We will be back to our regular hours on Tuesday, July 3<sup>rd</sup> (8 am – 8 pm).

9-1-1 for emergencies  
Telehealth Advisory Service: 1-866-553-7205  
On-Call Physician: 613-769-1286 (WCFHT patients only - urgent medical conditions requiring a physician only)

Have a happy and healthy long weekend!



## YOUTHNET SUMMER ROOTED PROGRAM

Are you between the ages of 13-17? Are you looking to get outside and meet new friends this summer? If so, we invite you to join our free *Rooted* program!

This summer in partnership with YouthNet and the Western Ottawa Community Resource Centre, we are offering a new program for youth. Together we'll spend time outdoors, learn to grow a community garden and explore nature trails and lakes around Carp and Kanata amongst other exciting activities! The program pairs spending time outdoors through guided activities with a conversational element to learn skills that help promote mental wellness.

This 7-week program runs on Wednesdays between July 18<sup>th</sup> and August 29<sup>th</sup> from 10:30 am to 2:30 pm and is available to youth ages 13-17.

Transportation is provided to all activities from our pick-up and drop-off point at *the Zone*, 170 Castlefrank Rd., Kanata, ON, K2L 2K6

For more information or to register, contact Talia at [taliai@wcfht.ca](mailto:taliai@wcfht.ca) or 613-839-3271 ext. 179

## IMPORTANT HEALTH PORTAL ANNOUNCEMENT



In order to maintain patient confidentiality, the Health Portal messaging feature should only be used to ask questions specific to the account holder (ie. a parent should not use their account to ask questions about a spouse or child). Each question asked and replied to in the Health Portal is documented in the patient's electronic medical record, as required by law, and must only contain information relating to that patient.

Spouses should each have separate Health Portal accounts and only pose questions specific to their own health.

Parents with young children may create separate accounts for each child. Questions would then be asked using these accounts. The parent may use their email address during the registration process for the purpose of receiving notification emails. You may use the account to track your child's upcoming and past appointments, view immunization records, or ask questions on your child's behalf.

The patient health portal is a free service available to all of our patients. Registering on the portal is easy. You just need your Ontario Health Card number and your date of birth. To login or begin this simple registration process, visit:

<https://portal.wcfht.ca/>

## ONTARIO 211

Want to learn about 60,000+ community and government social services and programs? Call 2-1-1. 211 is a telephone helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services. Agents can help you understand what services and government benefits exist and explain how to apply.

Call 2-1-1 or visit:  
<https://211ontario.ca/211-for-help/looking-for-help/>



## WCFHT WORKSHOP – FEEDING YOUR BABY FROM 6-12 MONTHS



Join WCFHT's Registered Dietitian in this workshop that helps parents learn when, what and how to start feeding your baby solid foods from 6 months to 1 year. You'll take home handouts, recipes, and watch a

food demonstration on how to easily make homemade food for your baby! Workshop is facilitated by Courtney Fowler, RD.

**Wednesday, August 1<sup>st</sup>, 2018, 10:00 – 11:30 a.m.**

West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON

Next workshop: September 12<sup>th</sup>, 10:00 – 11:30 a.m.

Please note: it is ideal to take this course when your baby is 4-9 months, but other ages welcome. Babies are welcome to attend!

For more information or to register, contact Courtney Fowler, 613-839-3271 x109 or email [Courtney@wcfht.ca](mailto:Courtney@wcfht.ca)

## EARLYON CHILD AND FAMILY CENTRE – INTRODUCTION TO TENNIS

Introduction to Tennis is a program which allows young players to learn the basics and to play the game more quickly, efficiently and successfully.

The program uses a progression of court sizes, balls and racquets, to scale the game down to an appropriate level. Children will be provided with a racquet.

Note: Each child must have an adult who will remain on the court with them.

Children should wear running shoes, a hat and sunscreen and have their own water bottle. For children 3-6 years old. Sign up once for all 3 dates: July 24, 25, 26

**For info or to register:**

<https://www.eventbrite.ca/e/introduction-to-tennis-introduction-au-tennis-register-once-for-all-3-sessions-july-24-25-26-tickets-46443288125>



## CARP FARMERS' MARKET



The Carp Farmers' Market is the largest producer-based Farmers' Market in Eastern Ontario and is used as a model for other Ontario markets.

**Market is open Saturdays from May-October, 8:00 am – 1:00 pm, Carp Fair Grounds**

For more information, recipes, calendar of events or to apply to become a vendor, visit:

<http://carpfarmersmarket.ca/>

## HOSPICE CARE OTTAWA – DAY PROGRAM

Hospice Care Ottawa is a community-based charitable, non-profit organization that offers palliative and end-of-life

care, at no charge, to individuals and their loved ones. Hospice Care Ottawa supports individuals and their caregivers during their entire illness, from the time of diagnosis through to death and bereavement. Hospice Care Ottawa's aim is to bring care, compassion and comfort to improve the quality of living and dying. Programs are provided at hospice sites across the city and within the community.



Hospice Care Ottawa has space in their Day Hospice program!

There is currently space in West End Day Hospice programs (Ruddy-Shenkman Hospice in Kanata and the Richmond Day Hospice at 67 Fowler Street). Day Hospice provides a weekly day out in a comfortable friendly and home-like environment. Our nurses and trained volunteers provide care and support. It's a day away for individuals living with a life-limiting illness and a break for their caregiver. To learn more, visit:

<https://www.hospicecareottawa.ca/day-hospice-program.html>

If you or someone you know who could benefit from a 'day away' call us. Anyone can make a referral by calling 613-680-0306.

## CARP HEALTH ACCESS – FITNESS PARK

Carp Health Access has launched a fundraising campaign for the Carp Fitness Park and they need your help to bring this great idea to life! This project will see the installation of stationary, outdoor fitness equipment that can be utilized by all ages in Langstaff Park. The fundraising goal is \$38K, with the City of Ottawa matching these funds in order to build and install the park. If you or an organization you belong to would like to donate to the Fitness Park, you can do so online at <http://www.carphealthaccess.ca/support-us.php>



To learn more about the initiative, visit:  
<https://mailchi.mp/8fe9752681de/carpfitnesspark>

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Thank you for reading the July update! If you have any questions or comments about **clinic** events or are organizing your own (free) community health promotions event, please feel free to contact Talia Ignacy at [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

Follow us on **Facebook** ([@WestCarletonFHT](https://www.facebook.com/WestCarletonFHT)) and **Twitter** ([@WestCarletonFHT](https://twitter.com/WestCarletonFHT)) for updates on clinic and community programs and events as well as up to date information on local health advisories.

