

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

1. WCFHT – New Website
2. Community Spotlight – Cancer Coaching, Ottawa Regional Cancer Foundation
3. Office Closures – Good Friday
4. Carp Rural Walking Club – Carp Library
5. WCFHT Workshop – Living a Healthy Life with Chronic Pain
6. Diefenbooker Race Registration (Early bird price deadline approaching)
7. Walk or Run Training – Preparing for the Diefenbooker Race
8. WOCRC – EarlyON Child and Family Centre Upcoming Events

# West Carleton Family Health Team Clinic and Community Newsletter

March 2018 Issue

## WCFHT – NEW WEBSITE!

The West Carleton Family Health Team is pleased to announce the launch of our brand new website. After several months of hard work and collaboration, we are delighted to announce the site has officially launched. The new site is available at the same URL: [www.wcfht.ca](http://www.wcfht.ca)

Our goal with this new website was to provide our visitors an easier way to access information about our clinic and the services we offer. A great feature about this new site is the Health Resources menu. Browse the list to find information and local resources relating to: Caregiver Support, Chronic Pain, Mental Health, Nutrition, Prenatal and Early Childhood Health and more! This list has been compiled and reviewed by our team of clinicians to offer reliable information and resources that are useful to our patients.

Our current patients can find useful information under the patient information tab. You'll find tips to help you prepare for your appointment, authorization and other forms, information on vaccinations, a living will, and health maintenance plans. You'll also find information on health conditions we see at the clinic on a regular basis to help you manage your symptoms from home and decide whether it might be important to call and make an appointment. (See: *Do I need to be seen today?* under the patient information menu).

We have integrated social media buttons for Facebook and Twitter to foster improved communication with our clients. We will continue to update our site with relevant content, newsletters, and clinic news and events, so be sure to check back often.

We hope you enjoy the fresh look of our site and find the information easy to access. We wish to establish our site as a helpful source of information for all those who visit it.

Have any questions or comments? Feel free to send me an email: [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

## Portal Feature: Online Booking for Allergy Shots

Patients who receive allergy shots at the West Carleton FHT can book their appointments ONLINE via our Patient Health Portal. Look for the Online Booking Feature on the Appointments Tab.



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/>

## COMMUNITY SPOTLIGHT – CANCER COACHING (OTTAWA REGIONAL CANCER FOUNDATION)



In this issue we are featuring Cancer Coaching as our community spotlight. I had the pleasure of meeting Patricia Barrett-Robillard, Cancer Coach with the Ottawa Regional Cancer Foundation to learn more about the service and how they are helping those facing cancer in Ottawa's West End.

### Q: What is Cancer Coaching?

Cancer Coaching is a complimentary service developed by the Ottawa Regional Cancer Foundation for people in our community who are facing cancer as well as their loved ones. There is no medical referral required. Patients and caregivers are eligible for up to 5 hours of one-on-one coaching with regulated health professionals who have a background in oncology. We provide education, support and practical skills development to help clients meet their physical, emotional, informational and spiritual needs.

Clients use our service for a variety of reasons including: dealing with stress; caregiver support; learning about community resources; managing post-treatment transitions; managing and improving fatigue; grief and bereavement support.

### Q: What is the main goal?

The main goal of Cancer Coaching is to help the person with cancer as well as their loved ones meet the challenges of cancer, achieve their health and wellness goals, and have improved quality of life.

### Q: Who can access it and how?

Anyone diagnosed with cancer, their caregivers (including friends and family members) as well as those who have lost someone to cancer. To register, go to [www.ottawacancer.ca](http://www.ottawacancer.ca) or call 613-247-3527. We now have coaching available in Kanata, Vanier, Rockland as well as our Maplesoft Centre at 1500 Alta Vista.

### Q: What's in store for Cancer Coaching/Ottawa Regional Cancer Foundation in the near future? Any upcoming events?

Following the sessions with our cancer coach, clients are offered the opportunity to take part in group coaching sessions, workshops, and healing therapies. These programs are offered at a fee to help cover expenses. Some of the upcoming workshops include:

#### Coping with Cancer Group Coaching

Starting March 19<sup>th</sup>, 1:30-3:30pm

#### Brain Fog Coaching Workshop

Starting March 22<sup>nd</sup>, 10-11:30am

#### Meditation for Stress Reduction Coaching Workshop – Starting April 4<sup>th</sup>, 1-2pm

#### Fitness Fundamentals Coaching Workshop

Starting April 25<sup>th</sup>, 10:30-11:45am

For more information on these programs or to register, visit: <http://www.ottawacancer.ca/how-can-we-help-you/what-programs-are-available-to-you/>

## OFFICE CLOSURES – GOOD FRIDAY

Reminder: The clinic will be CLOSED on Friday, March 30<sup>th</sup> (no urgent care clinic). We will be back to our regular hours on Monday, April 2<sup>nd</sup> (8 am – 8 pm).

The Urgent Care Clinic (WCFHT patients only) will be open as follows:

Saturday, March 31: 10 am – 1 pm

Sunday, April 1: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205 (WCFHT patients only)

On-Call Physician: 613-769-1286 (WCFHT patients only - urgent medical conditions requiring a physician only)

Have a great long weekend!



## CARP RURAL WALKING CLUB – CARP LIBRARY



Join the library's Carp Rural Walking Club for group walks! This is a free program where the group meets weekly to walk 2-5 km (weather permitting). All walking levels are welcome!

**Every Monday, 1:30 - 2:30 p.m.**  
**Carp Branch of the Ottawa Public Library, 3911 Carp Road (next door to Diefenbunker).**

For information: drop in, call 613-580-2940, or visit: <https://bibliooottawalibrary.ca/en/program?text=rural+walking&=Apply>

## WCFHT WORKSHOP – LIVING A HEALTHY LIFE WITH CHRONIC PAIN

The WCFHT is pleased to offer patients a free workshop, "Living a Healthy Life with Chronic Pain." It is a series of 6 sessions, led by two facilitators trained by Bruyère Continuing Care. Topics include: incorporating fitness into daily routines, managing depression and fatigue, communicating effectively with the health care team, setting goals, problem solving and taking action to live a healthy life.

It is aimed at adults of any age, living with chronic pain, as well as their family, friends, and caregivers. The chronic pain could stem from any type of pain - arthritis, fibromyalgia, etc.

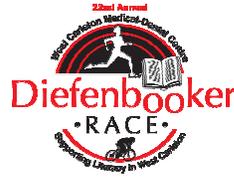
The program is designed to enhance regular treatment, and does not conflict with existing programs or treatment. Participants will also receive a textbook and workbook, "Living a Healthy Life with Chronic Pain."

**Tuesday afternoons, 2:30 – 5:00 p.m.**  
**March 20, March 27, April 3, April 10, April 17 and April 24**  
**West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON.**

Space is limited to 12 participants for this workshop. If there is interest, we will look to add future sessions of the same workshop, at a later date.

Please talk to your provider or contact Talia, [taliai@wcfht.ca](mailto:taliai@wcfht.ca) to register.

## DIEFENBOOKER RACE REGISTRATION NOW OPEN!



Calling all walkers, runners, and cyclists - the 22nd annual Diefenbooker Race will be held on May 5th, 2018. Registration is now open!

**Don't wait! Early bird pricing ends March 24<sup>th</sup>!**

<http://diefenbooker.ca/Diefenbooker2018/online.html>

## WALK OR RUN TRAINING PROGRAMS – PREPARING FOR THE DIEFENBOOKER RACE

Get ready for the upcoming Diefenbooker Race with the Learn to Run or Walking Clinics. Programs are FREE with a 5km walk or run race registration. To register for the training, simply register for the 5km walking or running events!

**The Walking Clinic** is for those who wish to participate in the walking event. Your fitness will build and you'll be able to comfortably walk the 5km distance. This is a 10-week program for those who are somewhat active (gardening, housework, etc.) and without significant health issues. Join the group of walking enthusiasts who will provide ongoing encouragement to enable you to walk 5km in less than an hour, improve walking posture and form, and help you finish the Diefenbooker 5km run feeling energized!

The group trains together Wednesday evenings at 6:30. Meet in the lobby of the W.E. Johnston Arena (3832 Carp Road) wearing walking or running shoes.

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**The Learn to Run Program** is for those who wish to participate in the running event. If you can walk 5km and run for 1 min, then this 10-week program is for you. Join the group of running enthusiasts who will provide ongoing encouragement to help you meet your goals.

The group trains together on Saturday mornings (they leave at 9:00 am sharp)! Meet in the lobby of the W.E. Johnston Arena (3832 Carp Road). Complete waiver (see link below). Don't forget to wear proper running shoes!

Waiver:

<http://www.wcfht.ca/pdfs/LearningToRunWaiver.pdf>

## WOCRC – EARLYON CHILD AND FAMILY CENTRE UPCOMING EVENTS

The EarlyON Child and Family Centre is holding upcoming workshops and events in Kanata. Register for one, two or ALL three!

**Snackaganza** – For 3-3.5 years olds and an adult  
Tuesday, March 13, 10-11:30 a.m. (2 MacNeil Ct)

Make healthy snacks with your preschooler! Learn how to teach your child (and maintain) healthy eating patterns and attitudes towards food. Have a light breakfast, you will be eating. Advise of any food allergies when registering.

For info or to register:

<https://www.eventbrite.ca/e/snackaganza-registration-41147414023>

### **Before you correct...Connect!**

Wed, March 21, 6:30-8:30 p.m. (2 MacNeil Ct)

If you want to influence children's behaviour, we first need to build connections with them and their emotions. This workshop will show you ways to reach and connect with children's emotional brain so that you can help them make better choices.

For info or to register:

<https://www.eventbrite.ca/e/before-you-correctconnect-avant-de-corrigerconnectez-registration-41147568485>

**Salsa Babies** – For babies older than 6 weeks  
Wed, March 28, 1:30-2:30 p.m. (2 Beaverbrook Rd)

Get fit while learning fun new steps to the rhythmic beats of Salsa and other Latin dances. Share a special moment of music and movement with your child. Your baby will love being swayed while in direct contact with you in a baby carrier.

For info or to register:

<https://www.eventbrite.ca/e/salsa-babies-salsa-avec-bebe-registration-41147631674>

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Thank you for reading the March 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.

