

# West Carleton Family Health Team Clinic and Community Newsletter

March 2019 Issue

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

1. Online Prescription Renewals
2. Workshop: Living a Healthy Life with Chronic Pain
3. Celebrating Nutrition Month
4. Diefenbooker Race Registration – Now Open
5. The ZONE PLUS – WOCRC Young Adult Drop-In
6. Oasis in Kanata Information Session - Depression
7. Do I Need to be Seen Today?
8. WCFHT Workshop – Feeding Your Baby Solid Foods
9. Invitation: Deep Roots Food Hub AGM
10. Community Education Event: Anxiety in School-Aged Children
11. Carp Health Access Fundraiser

## ONLINE PRESCRIPTION RENEWALS

Many of our patients have been asking for a feature on the Health Portal that would allow them to renew their medications online. We took this feedback into consideration and subsequently added a Medication Renewal feature to the Patient Health Portal. We developed this feature to be easy to use; however it needs some testing to ensure all processes are working properly before it is available to all patients.



If you are a patient of one of the following physicians: Dr. Stecher, Dr. Ferguson, Dr. Vigneron, Dr. Fraser, Dr. Tonon, or Dr. Rosenkrantz and in need of a prescription renewal, please use the online medication renewal feature in the Patient Health Portal. You'll find this feature under the **Medications** section.

Please note: Certain medications, including controlled substances, cannot be renewed online. In your portal account, if there is no check-box next to the medication it may not be renewed online and will require that you book an appointment with your healthcare provider to renew this prescription.

To learn more, please review the *Medication Renewals* handout in the **Resources** section.

Registering on the portal is easy. You just need to enter your Ontario Health Card number and date of birth. To login or begin this simple registration process, visit: <https://portal.wcfht.ca/>

## LIVING A HEALTHY LIFE WITH CHRONIC PAIN

We are pleased to once again offer patients a free workshop, *Living a Healthy Life with Chronic Pain*. This 6-week program covers topics including: incorporating fitness into daily routines, managing depression and fatigue, communicating effectively with the health care team, goal setting 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. Space is limited and spots will be filled on a first-come, first-served basis.

The workshop will be offered: **Tuesdays 2:30 – 5:00 p.m.: April 30, May 7, May 14, May 21, May 28, and June 4**

For more info or to register, contact Talia Ignacy at 613-839-3271 x179 or email [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

## CELEBRATING NUTRITION MONTH

March is *Nutrition Month* and we are thrilled to participate in this year's Dietitians of Canada Nutrition Month Campaign. The theme for Nutrition Month 2019 is *Unlock the Potential of Food* to fuel, discover, prevent, heal and bring us together. Check out the table in our waiting room for handouts and recipes or visit: <http://www.nutritionmonth2019.ca/>

Dietitians are passionate about the potential of food to enhance lives and improve health. They work with clients to embrace food, understand it and to enjoy it while considering overall objectives, needs and challenges. Dietitians look beyond fads and gimmicks to deliver reliable, life-changing advice.

### Are you ready to unlock the potential of food?

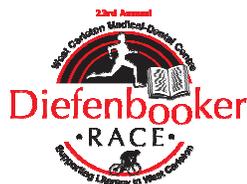
Book an appointment with WCFHT's dietitian!

Call (613) 839-3271 to book your appointment. This service is offered free of charge to all registered patients of the West Carleton FHT. For more information, visit: <http://www.wcfht.ca/services/dietitian/>



## DIEFENBOOKER RACE REGISTRATION – NOW OPEN!

Calling all walkers, runners, and cyclists! The 23rd annual Diefenbooker Race will be held on **Saturday, May 4th, 2019**. Registration is now open! Funds raised support organizations in West Carleton that promote literacy and encourage physical activity and personal wellness. <http://diefenbooker.ca/Diefenbooker2019/index.html>



## THE ZONE PLUS – YOUNG ADULT DROP-IN

The ZONE Plus is a unique space for young adults aged 18-26 to meet new people. Get connected to community resources with supported access to: a safe space, food security, counselling, employment information, and much more.



**Wednesdays from 3:00 – 5:00 p.m.**  
**Dick Brule Community Centre (170 Castlefrank Rd.)**

For more information, contact The ZONE Plus at [thezone@wocrc.ca](mailto:thezone@wocrc.ca) or 613-591-3686 ext. 238.

Youth ages 12-18, join the ZONE on Monday nights, 4:00-8:00 pm. <https://www.wocrc.ca/youth-12-18-years/zone-youth-drop>

## OASIS IN KANATA INFORMATION SESSION: DEPRESSION

The Oasis in Kanata is a community outreach program that offers information, education, and support for caregivers of people with mental illness living in Kanata and the surrounding area. The topic of the next information session is **Depression**. Helping a loved one manage their depression can be hard. If someone in your life has depression, you may feel helpless, frustrated, and wondering what to do next. Join Rob Nettleton and Sara Stewart, Social Workers from The Royal Ottawa Mental Health Centre, as they present skills on how to support family members experiencing depression and how to practice self-care. This session is free and open to all.

**Monday, March 18, 7:00 p.m.**  
**Glen Cairn United Church, 140 Abbeyhill Dr., Kanata**

For info: <https://theoasiskanata.ca/events-calendar-2/>

## DO I NEED TO BE SEEN TODAY?



Our doctors have created pamphlets to inform you about common conditions we see at the clinic on a regular basis. They provide tips on how to manage your symptoms from home or identify when it may be important to call us and make an appointment. If you have symptoms of a cold or flu, pink eye, sinus infection, vomiting or diarrhea, visit our website before booking your appointment. Many of these conditions can be managed from home, meaning patients may not benefit from an office visit.

<http://www.wcfht.ca/patient-information/do-i-need-to-be-seen-today/>

## 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.



**Tuesday, March 5, 10:00 – 11:30 a.m.**  
**West Carleton FHT, 119 Langstaff Drive, Carp, ON**

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 info or to register, contact Courtney, 613-839-3271 x109 or email [cfowler@wcfht.ca](mailto:cfowler@wcfht.ca)

## INVITATION: DEEP ROOTS FOOD HUB AGM

Join Deep Roots Food Hub for the 2019 Annual General Meeting. The board is inviting residents, farmers, food entrepreneurs and anyone with ideas and energy to come and join them to help realize their vision of vibrant local food economy that is fair for all.

Learn what new initiatives they are hoping to bring to West Carleton residents and receive an update with pictures of the root cellar build. Come find out where and when the first root cellar will be built and how you can use it to boost your farm, CSA, or market garden income.

Attendees can register as voting members at the reception. Join to celebrate Deep Roots Food Hub and learn more about upcoming projects. Refreshments and snacks will be provided.

**Wednesday, March 6, 6:30 – 8:30 pm**  
**West Carleton Amateur Sports Club – 3832 Carp Rd.**

If you are interested in joining the board, contact: [board@deeproofsfoodhub.ca](mailto:board@deeproofsfoodhub.ca)

Learn more at: <http://www.deeproofsfoodhub.ca>  
<https://www.facebook.com/deeproofsfoodhub/>

## COMMUNITY EDUCATION EVENT: ANXIETY IN SCHOOL- AGED CHILDREN

Join Dr. Jean Clinton in this talk that will explore potential causes and coping strategies for children with anxiety. Free child-minding will be available for toilet-trained children 4 years and older. Advance registration is required.

**Wednesday, March 27, 2019, 7:00 – 9:00 pm**  
**Saint Paul High School, 2675 Draper Avenue**

For more information or to register, visit: [bit.ly/CSPAanxiety2019](http://bit.ly/CSPAanxiety2019)

## CARP FITNESS PARK FUNDRAISER



Carp Health Access is inviting business owners, community members, and residents of Carp to join board members of Carp Health Access for a fundraising event for the Carp Fitness Park. 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 the park and install the equipment.

**Thursday, March 28, 7:00 – 9:00 pm**  
**Carp Commons Retirement Village, 458 Donald B. Munro Drive**

Let them know if you plan to join. For more info or to RSVP visit: [bit.ly/CFPfundraiser](http://bit.ly/CFPfundraiser)

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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)

Connect with 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.

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