

SEPTEMBER 2019

# WEST CARLETON FAMILY HEALTH TEAM

Monthly Clinic and Community Newsletter

## This issue:

Workshops: Managing Pain  
and Chronic Conditions

Portal Feature: Immunizations

Preparing for your  
Appointment

Kinburn Fitness Classes -  
Adults 55+

Office Closure: Labour Day

Nutrition Services at WCFHT

Savvy Seconds - Free Clothing

Limit Setting and  
Communications - Oasis in  
Kanata

Nurturing Your Child in the  
Age of Anxiety

## Workshops: Managing Pain and Chronic Conditions

LIVING HEALTHY CHAMPLAIN

### Living a Healthy Life with Chronic Pain

This 6-week workshop is for anyone suffering from pain, which could include but is not limited to: low back pain, pain from motor vehicle accidents, arthritis, and fibromyalgia. Workshops are highly interactive and offer the Moving Easy Program which is a gentle movement program in addition to topics such as: sleep, effective problem-solving, dealing with difficult emotions, fatigue management, action plans, healthy eating, positive thinking and weight management.

**Tuesdays, September 17 – October 22: 10:00 am – 12:30 pm**  
**Island View Retirement Residence, 30 Jack Cres, Arnprior**  
**Register online:**

<https://www.livinghealthychamplain.ca/en/workshop?id=3123>

### Living a Healthy Life with Chronic Conditions

This 6-week workshop is for anyone with a chronic health condition as well as their family members and/or caregivers. This could include diabetes, heart disease, arthritis, lung disease, and other chronic health issues. Workshops are highly interactive and focus on topics such as: sleep, effective problem-solving, dealing with difficult emotions, pain and fatigue management, action plans, healthy eating, positive thinking and weight management.

**Tuesdays, September 24 – October 29: 1:30 – 4:00 pm**  
**Almonte General Hospital, 75 Spring St, Almonte K0A 1A0**  
**Register online:**

<https://www.livinghealthychamplain.ca/en/workshop?id=2109>

**For more information or to register, visit the workshop registration links above or call 1-877-240-3941**



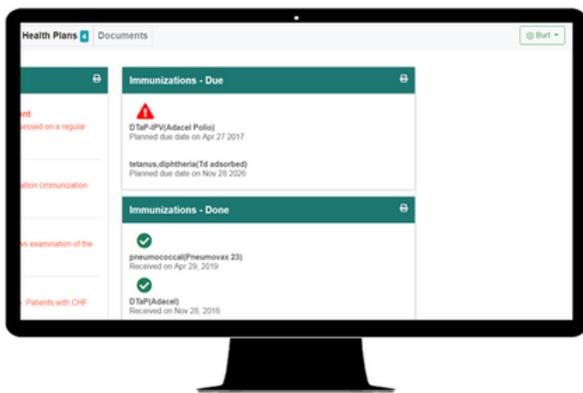
## Portal Feature: Immunizations

WEST CARLETON FAMILY HEALTH TEAM

This school year, stay ahead of your child's immunization schedule with the Patient Health Portal. You can monitor your child's upcoming vaccination schedule and view a list of past immunizations. Look for this feature under the *Health Plans* tab.

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/>

For all students and staff heading back to school this September, we wish you all a happy and healthy start to the school year!



## Preparing for your Appointment

We would like to remind our patients to wear a loose or short sleeve/sleeveless shirt to their medical appointments. This is so that the nurse can easily access your arm for procedures such as injections or blood pressure readings. Loose clothing usually makes things easier for you and the practitioner. Thank you for your cooperation.



## Kinburn Fitness Classes - Adults 55+

CHAMPLAIN LHIN

Returning again on Monday, September 16th is FREE fitness for adults 55+ in Kinburn. This is a program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.

Classes are one hour in length and include a mix of cardiovascular exercise, stretching and strength training. The qualified and experienced instructor emphasizes correct technique, posture and balance. Classes accommodate all fitness levels, but are geared towards adults who are somewhat active (ie. this is not a chair exercise program).

**Mondays and Thursdays, 10:00 am – 11:00 am**  
**Kinburn Community Centre, 3045 Kinburn Side Rd**

For more information or a listing of all exercise classes, call 613-310-2222 or visit their [website](#).



## Office Closure: Labour Day Weekend

Please note changes in clinic hours on the Labour Day Weekend.

**Saturday, August 31 & Sunday, September 1:  
Urgent care 10 am – 1 pm (WCFHT patients only)**

**Monday, Sept 2: Clinic is CLOSED (No urgent care)**

We will be back to our regular hours on Tuesday, September 3rd at 8:00 am

9-1-1 for emergencies  
Telehealth 1-866-553-7205



## Nutrition Services at WCFHT

WEST CARLETON FAMILY HEALTH TEAM

West Carleton FHT offers counseling in nutrition by a registered dietitian. Dietitians promote health and wellbeing through good nutrition and healthy eating habits. They work collaboratively with clients to establish a plan for healthy eating and tailor advice to meet the client's personal needs and challenges. If you have a question about food and healthy eating or need some help with meal preparation and planning, call us for an 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/>

## Pop-Up Shop - Free Clothing

SAVVY SECONDS - WEST CARLETON

Savvy Seconds-West Carleton is a free clothing service recycling new and gently used clothing for residents of West Carleton. In partnership with the Western Ottawa Community Resource Centre, Savvy Seconds will be holding pop-up shops in Constance Bay. Gently used clothing is available free of charge to any shopper. There will be a variety of clothing options for families with children and older adults.

**Monday, Sept 9 & Thursday, Sept 12, 9 am–12 pm  
Constance & Buckham's Bay Community  
Centre, 262 Len Purcell Drive, Woodlawn**

Savvy Seconds is also available at the Kinburn Client Service Centre at 5670 Carp Road, next door to the West Carleton Food Access Centre. Hours are Mondays, Wednesdays and Fridays: 2:00 – 4:00 pm, and by appointment.

Donations of clean and gently used seasonal clothing are appreciated. Donations can be dropped off at Savvy Seconds during open hours at 5670 Carp Rd. or anytime at 374 Allbirch Rd. in Constance Bay.

Vera, program founder, can be reached through the "Savvy Seconds – West Carleton" Facebook page, by phone (no voicemail) at 613-240-8644 or by email at [vljones@ymail.com](mailto:vljones@ymail.com)





## Limit Setting and Communications

THE OASIS IN KANATA

The Oasis in Kanata is a community outreach program that offers information, education, and support for caregivers of people with mental illness. The topic of their next information session is: *Limit Setting and Communications*. Setting limits and communicating effectively are vital skills for caregivers of people with mental illness to acquire and use to assist their loved ones on their road to recovery. Guest speakers Juliet Haynes (The Royal), Karen Hanna (Ottawa Network for Borderline Personality Disorder), and Madeleine Bertrand (Family-to-Family Education Programs for Ontario) will explore the topic from lived experience and family skills training perspectives. This session is free and open to all.

**Monday, September 16, 7:00 pm**  
**Glen Cairn United Church, 140 Abbeyhill Dr, Kanata**

For more info, email [info@TheOasisKanata.ca](mailto:info@TheOasisKanata.ca)

## Nurturing Your Child in the Age of Anxiety

CARP HEALTH ACCESS

Mark your calendars - Carp Health Access is excited to present the next event in the Community Education Series: *Nurturing Your Child in the Age of Anxiety*. An expert panel of mental health professionals will provide parents with ways to identify the signs of anxiety and depression in their children, offer coping strategies, and suggest community supports.

**Saturday, October 26, 10:00 am - 12:00 pm**  
**St. James Anglican Church, 3774 Carp Rd.**

Look for the registration link in our next newsletter or in the coming weeks at the Carp Health Access foundation website:  
<http://carphealthaccess.ca/>



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

Follow us on Facebook and Twitter (@WestCarletonFHT) for updates on clinic and community programs and events as well as up to date information on local health advisories.

