

**West Carleton Family Health Team's Clinic and Community Newsletter  
April 2017**

Welcome to the WCFHT April 2017 email update! You will find upcoming clinic and community events that promote health and wellbeing. Remember to follow us on Facebook and Twitter, too. Those sites are updated often and our online community is growing. Join us!

In April, we are promoting awareness about Parkinson's disease and "Be a Donor" -- the importance of organ donation. Look for the info table in our waiting room -- there will be a variety of items to take home.

Here is what is included in this month's update:

1. Feeding your baby -- April workshop
  2. Feeding your baby -- info sheet from WCFHT's Registered Dietitians
  3. New Kanata support group for parents (addictions and mental health)
  4. West Carleton Food Access Centre
  5. Deep Roots Food Hub -- April workshop
  6. Constance Bay/Buckham's Bay Community Association:
    - a. Diabetes screening event -- April 10
    - b. Dental screening event -- April 24
  7. Community Helper Program for Seniors -- Constance Bay and Fitzroy Harbour
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**1. WCFHT Workshop -- Feeding your baby from 6-12 months**

Our Registered Dietitian is offering a workshop to help parents learn about 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 demo on how to easily make homemade food for your baby.

Facilitated by Brandy McDevitt, RD, and held at West Carleton Family Health Team

Friday April 21, 2017, 10:00 am -- 11:30 am

Call 613-839-3271 x109 or email [brandy@wcfht.ca](mailto:brandy@wcfht.ca) to reserve your spot now!

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

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**2. Healthy Eating in Pregnancy -- info from the WCFHT's Registered Dietitians**

Pregnancy and breastfeeding requires extra nutrients to support your growing baby. However, unlike the popular saying "eating for two", your nutrient needs do not double during this time. Doing this can lead to unnecessary weight gain that can lead to big babies, increased risk for diabetes and difficulties losing weight after pregnancy. Rather than eating for two, think about eating twice as healthy during this period of rapid growth

and change! Topic covered include nutrients of particular concern during pregnancy, weight gain and food safety.

If you want additional information on nutrition in pregnancy, please talk to your provider to book an individual consultation with the Registered Dietitian at West Carleton Family Health Team!

Click here for document: [Healthy Eating in Pregnancy](#)

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### **3. New Kanata Support Group: addictions and mental health**

New in Kanata: announcing the creation of a new support group for parents and caregivers of children, youth and young adults (up to age 24), facing addiction and/or mental health challenges. The support group will give participants an opportunity to share and exchange strategies, and to better understand and discover the various services available in the community. It is organized by the Western Ottawa Community Resource Centre and Parents' Lifelines of Eastern Ontario ([www.pleo.on.ca](http://www.pleo.on.ca)).

When: 2<sup>nd</sup> Tuesday of each month, 6:30 pm to 8:30 pm

Where: 2 McNeil Court, Kanata (Western Ottawa Community Resource Centre).

No registration is required.

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### **4. West Carleton Food Access Centre**

Did you know there is a food bank available to West Carleton residents? It is open year-round, and provides up to 4-5 days of food, once a month, including fresh food.

The West Carleton Food Access Centre is located at 5670 Carp Rd., Kinburn, ON, on the lower level of the West Carleton Community Complex. They are open Monday, Wednesday and Friday afternoons, by appointment only. They can be reached at 613-832-5685, or via email: [WCfoodaid@gmail.com](mailto:WCfoodaid@gmail.com).

Interested in donating?? Drop-off boxes are set up in several locations around West Carleton, including:

- Faith's Foodliner in Carp (433 Donald B. Munro Dr.)
- Dunrobin Meat & Grocery (2808 Dunrobin Rd.)
- Client Centre (corner of Carp Rd. and Kinburn Side Rd.)
- Parish of Huntley Hall (beside St. James Church in Carp, 3774 Carp Rd.)
- St. Gabriel's Church, Constance Bay (205 Bayview Dr., Woodlawn) and
- LightHouse Restaurant & Grocery, Constance Bay(655 Bayview Dr, Woodlawn)

Monetary donations are also welcome. Donations of \$ 20.00 or more will receive a tax receipt. These can be mailed to West Carleton Food Access Centre at 5670 Carp Road Kinburn, ON, K0A 2H0. Please include your name and address, for the tax receipt.

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## 5. [Deep Roots Food Hub](#)

### Free workshop “Intensive, small-space vegetable gardening”

Are you interested in learning how to grow food in your own backyard? Holly Myers, will teach you how to maximize yields in small-spaces using succession planting, vertical growing, inter-planting, and square foot gardening techniques. She will help you to select the plants and varieties that will do well in your particular space and will fit your lifestyle. Whether you're new to gardening or looking to maximize production, this workshop will prepare you for the season ahead!

Holly grows the majority of the food her family consumes in her own backyard. She also runs a small heirloom nursery and micro-CSA. Learn more about Holly at [www.hollysharvest.com](http://www.hollysharvest.com)

Sunday April 23, 1:00 pm – 3:00 pm

Constance Bay Legion Branch 616, 377 Allbirch Rd., Constance Bay, ON

Space is limited. Register today so you don't miss out:

<https://www.eventbrite.ca/e/intensive-small-space-vegetable-gardening-tickets-33148477990>

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6. Have you checked out the **Constance Bay & Buckham’s Bay Community Association**? They are hosting numerous activities every month. We are highlighting the following two free events:

a. **Diabetes Screen Event:** April 10, 1:00 pm – 3:00 pm, all ages welcome

b. **Dental Screening Clinic:** April 24, 11:00 am – 3:00 pm. All ages are welcome to this free Dental Clinic. An Ottawa Public Health dental hygienist can also provide dental information, fluoride varnish applications and enrol children in the Healthy Smiles Ontario program. Drop by to get your free toothbrush. The dental screening does not replace regular check-ups at the dentist, but the dental hygienist will try to help families get the dental care they need.

Both of those events are being held at the community centre, located at the Constance Bay Community Centre (262 Len Purcell Dr., Woodlawn, ON).

Check out their website for all their events: <http://cbbca.ca/cms/>

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## 7. Do you want to learn more about volunteering with seniors in Constance Bay and Fitzroy Harbour?

The Western Ottawa Community Resource Centre is seeking individuals to be trained as **Community Helpers** to help seniors in your neighbourhood. This is a new, comprehensive training program that builds on your knowledge and unique skills.

Over the course of the training, you will develop a deeper understanding of the challenges that seniors face each day including: ageism, mental/physical/social/spiritual health, elder abuse, loss and grief, and diversity and gender issues.

Becoming a Community Helper is a highly rewarding process. Talk to the Program Coordinator to discover how becoming a Community Helper can change your life and those of others around you.

Training is being held on:

Wednesday, April 12, 19 & 26, 9:00 am - 4:00 pm  
Bethel St Andrews United Church, Fitzroy Harbour

Saturday, April 22, May 6 & 20, 9:00 am - 4:00 pm  
Constance Bay Legion

For more information or to register, contact Megan Richards, Program Coordinator  
(613) 591-3686 ext. 324 or [richards@wocrc.ca](mailto:richards@wocrc.ca)

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Thank you for reading our April update. If you have questions or comments about **clinic** events, or are organizing a community event, please feel free to contact Kate Brown, at [kateb@wcfht.ca](mailto:kateb@wcfht.ca)