

WCFHT Clinic and Community Newsletter

April 2021 Issue

Welcome to the WCFHT April email update where we'll share with you upcoming clinic and community news and events that promote health and well-being. Like many of you, we are pleased that spring is in the air and warmer temperatures lie ahead. The long winter months and isolation have taken a toll on many of us so we encourage you to take advantage of the nice weather to get outside and enjoy some exercise and fresh air in nature.

As cases of COVID-19 illness continue to rise in the city and throughout the province, we would like to remind patients that our response to the pandemic is ongoing. We have implemented several measures to protect patients and staff, meaning some changes to our policies and booking guidelines compared to one year ago.

For the latest on virtual care, weekend urgent care, and the city's COVID-19 vaccine update, please [visit our website](#).

COVID-19 Vaccine Roll-Out Updates

Last week, select public health units announced that residents aged 70 and over were eligible to receive their COVID-19 vaccines. We understand that these appointments filled within hours. The City of Ottawa has now confirmed delivery of additional doses of the COVID-19 vaccine and is able to offer more appointments to eligible residents starting today. Appointments are currently available to residents age 70 and over (born in or before 1951).

Two weeks of appointments will be available at the City's community clinics between April 8 and April 21. Visit [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine) to access the provincial booking system or call the provincial vaccine booking line at 1-833-943-3900 between 8 am and 8 pm, seven days a week.

Appointments will be available at four community vaccination clinics:

- Nepean Sportsplex
- Ruddy Family YMCA-YWCA
- Eva James Memorial Community Centre
- City Hall

Adult recipients of chronic home health care

If you are an adult recipient of chronic home health care living anywhere in the City of Ottawa, you can book an appointment at any of the City's COVID-19 vaccination pop-up clinics. Call 613-691-5505 to confirm your eligibility and book an appointment.

First Nation, Métis and Inuit populations

All First Nation, Métis and Inuit community members aged 16 and over can book an appointment at the [St-Laurent Complex](#), located at 525 Côté Street through a partnership between Ottawa Public Health and the [Wabano Centre for Aboriginal Health](#). Call 613-691-5505 to book an appointment.

Patient-facing high-priority healthcare workers and faith leaders

Patient-facing health care workers in Ottawa are now able to pre-register for COVID-19 vaccination appointments. Residents working as opticians, chiropractors, psychologists, and registered massage therapists, amongst others, can now pre-register to get their first dose. Faith leaders can also pre-register for the vaccine, but they must be regularly in high-risk situations as part of their role like performing end of life care, care of the deceased, home visits to the unwell, pastoral care in hospitals or in other vulnerable settings. Pre-register online at:

<https://www.ottawapublichealth.ca/en/public-health-topics/covid-19-vaccine.aspx#Priority-health-care-worker-and-faith-leaders-clinics>

Pharmacies

The Province of Ontario has announced that pharmacies in Ottawa and surrounding areas will provide AstraZeneca vaccinations to residents age 55 and older. Please call the participating pharmacies directly to book or visit them on their websites. Call the Province of Ontario Vaccination Information Line at 1-888-999-6488 (TTY 1-866-797-0007) if you have questions on the pharmacy vaccination program. To search for a participating pharmacies close to you, visit: <https://covid-19.ontario.ca/vaccine-locations>

Walk-ins will not be accepted at any location. Please book your individual appointment in advance.

Preparing for your appointment

What to expect before and after your upcoming vaccine appointment

The Government of Ontario document "[What you need to know about your COVID-19 vaccine appointment](#)" (PDF) lets you know what to prepare for your vaccination.

Please consult your public health unit for the most up to date information about eligible neighbourhoods. You will be informed (e.g. through TV, radio, local newspapers, and other channels) when it is your turn to book your vaccination. We will also continue to provide updates by email, [facebook](#), [twitter](#), and our [website](#), as they become available.

[Ottawa Public Health](#)

[Eastern Ontario Health Unit](#)

[Leeds, Grenville and Lanark District Health Unit](#)

[Renfrew County and District Health Unit](#)

Have you received a COVID-19 vaccination? Let us know!

If you've received your COVID-19 vaccination, please help us update your record by reporting it to us. You can report your vaccination through the Patient Portal by completing the form on our main page. Once logged in to your account, you will see the link on the main page (above the photo tiles).

Note: Please keep your COVID-19 vaccine receipt or other original documentation as proof of immunization should it be required elsewhere.

Not a portal user? Register at www.portal.wcfht.ca

Carp Walking Group - Free Walking Clinic

The Huntley Community Association has announced details about their 10-week free walking clinic. Over the 10 weeks you will build up your fitness level and your confidence to be able to walk 5 km in under an hour. The group will train together once a week on Fridays at 11:00.

For more information and to register, visit:
<https://hca-carp.ca/event-registration/walking-clinic/>

Welcoming new staff to WCFHT

In recent weeks we have welcomed a few new staff members including Dr. Ramsey Hijazi who took over Dr. Mark Fraser's practice, Stacey De Savoye, our new social worker, and Sarah Junkin our newest nurse practitioner.

Learn more about these new members on our website: <https://www.wcfht.ca/the-team.html>

Mental Health Support for Children and Youth

It's normal for situations like COVID-19 to affect your mental health and well-being. If you are feeling stress or concern, it is important to practice positive coping strategies. We have compiled a list of Ottawa-area resources that can help to support you and your loved ones during this difficult time. Visit: Mental Health Resources

Our social worker has also compiled a list of West Ottawa-area mental health resources for children and youth with details about current wait times. See here:
https://www.wcfht.ca/uploads/1/2/3/0/123093388/children_youth_and_adolescent_resource_-_sheet1.pdf

ParticipACTION & YMCA Video Series Part 2!

Variety is the spice of life, and exercise is no different! ParticipACTION has a free app on [Google Play](#) or the [App Store](#) to access their latest workout videos created in partnership with the YMCA Greater Toronto Area. These videos feature a variety of workouts essential to your overall fitness.

Pregnant/Breastfeeding and the COVID-19 Vaccine

If you are pregnant or breastfeeding, you may be wondering whether or not you should get the COVID-19 vaccine. The information provided in this attachment will help you make an informed choice. Please review it. If you still have questions, please contact your obstetrician.

https://www.pcmch.on.ca/wp-content/uploads/2021/03/COVID-19-Vaccine-Infographic-2021_03_08.pdf

BounceBack Ontario

The pandemic is causing many people to experience heightened anxiety, stress and worry. This includes things like fear of getting sick, losing a job, dealing with isolation, or balancing work-from-home with childcare/online schooling responsibilities. The Ontario BounceBack program can help.

Bounceback is a free skill-building program designed to help adults and youth ages 15+ manage symptoms of depression and anxiety. It offers two forms of help.

1. Telephone coaching and workbooks. Ask your family doctor or nurse practitioner for a referral or self refer by visiting bouncebackontario.ca
2. Bounceback Today Online Video. No referral necessary. Videos available at bouncebackvideo.ca (enter access code: bbtodayon)

For youth 15+ and adults - telephone coaching and workbooks available in multiple languages.

Download the following tip sheet to help promote good mental health during the pandemic. 10 things you can do right now to reduce anxiety, stress, worry related to COVID-19

<https://bouncebackontario.ca/>

<https://bouncebackontario.ca/wp-content/uploads/2020/08/BounceBack-Tip-Sheet-Covid19-EN.pdf>

Virtual Workshop: Introduction to Solid Foods

Join WCFHT's registered dietitian in this online workshop that helps parents learn when, what and how to start feeding your baby solid foods. It is ideal to attend the workshop when your baby is 4 - 9 months, but other ages are welcome. Workshop is facilitated by Courtney Fowler, RD.

The next workshop is scheduled for: **Tuesday, April 6, 2021, 1:00 - 2:15 pm - Online**

For info or to register, email: cfowler@wcfht.ca

To see all 2021 workshop dates, visit our website.

<https://www.wcfht.ca/introduction-to-solids.html>

New Workshop: How to Support Your Loved One's Mental Health, Regardless of Age

We are pleased to announce we have partnered with Anchor Psychological Services to offer a 2-day intensive virtual workshop for parents and caregivers of individuals struggling with mental health issues. Please review information about this group on their website.

<https://www.anchorpsychology.ca/events/>

Our group (not listed on the website) will take place: Friday, April 23 and Saturday, April 24, 9:00 am - 5:00 pm both days. There is no cost to participate.

Interested participants must commit to attending both full days.

For more information or to register, contact taliai@wcfht.ca at your earliest convenience. Space is limited.