

**West Carleton Family Health Team
Clinic and Community Newsletter
August 2017**

Welcome to the WCFHT August 2017 email update where we'll share with you upcoming clinic and community events that promote health and well-being. This month we are highlighting support for caregivers. A caregiver is someone who looks after a sick, frail, or disabled friend, relative or neighbour. Programs are available for caregivers to help cope with their responsibilities through education, support groups, and counselling.

Take advantage of some of the great activities going on in your community this month.

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

1. Office Closures – Civic Holiday
2. Caregiver Supports Groups
3. Respite Care for Caregivers
4. Resources for Caregivers
5. Community Helpers Training Program for Students
6. Better Strength, Better Balance Registration Opens
7. Nature Playgroups
8. Carp Farmers' Market

1. Office Closures – Civic Holiday

Reminder: The clinic will be CLOSED on Monday, August 7th (no urgent care clinic). We will be back to our regular hours on Tuesday, August 8th (8 am – 8 pm).

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

Saturday, August 5: 10 am – 1 pm

Sunday, August 6: 10 am – 1pm

9-1-1 for emergencies

Telehealth Ontario: 1-866-797-0000 (Speak to a RN, 24/7)

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 happy and healthy long weekend!

2. Caregiver Support Groups

Oasis in Kanata - Community outreach program dedicated to providing support for caregivers of people with mental illness. The Oasis in Kanata offers a variety of information sessions and courses as well as resources and ongoing email and phone support for those who need it.

<https://theoasiskanata.ca/>

Monday, August 14, 7 – 8:30 pm

Join Program Manager Christina Glaus at their upcoming support group, *Caregivers Matter*. All caregivers are welcome!
Glen Cairn United Church – 140 Abbeyhill Drive, Ottawa, ON K2L 1H5

For more information contact Christina at OasisManager@TheOasisKanata.ca

Western Ottawa Community Resource Centre - holds support group meetings on a monthly basis to discuss topics that may assist you in your well-being if you're feeling tired, overwhelmed or would like to meet other caregivers.

Care for the Caregiver

Meets the first Thursday of every month – 1:00 to 3:00 pm
3865 Old Richmond Rd. Ottawa, Ont.

For more information about the support group, including how to join, please call 613-591-3686 ext. 316 or email info@wocrc.ca

Care for the Alzheimer's Caregiver

Meets the third Tuesday of the month – **starting up again in Sept!** 2:00 to 3:30 pm
2 MacNeil Court, Ottawa, Ont.

For more information about the support group including how to join, please call **Brenda Delahay** at 613-591-3686 ext. 268 or delahay@wocrc.ca

3. Respite Care for Caregivers

The Champlain Local Health Integration Network provides access to respite care, a service that allows caregivers a temporary break from the duties of care giving. Free services are available for eligible participants to receive in-home respite services for support in activities such as bathing and dressing. Care is prioritized to those whose needs pose the greatest risk to their health and safety and eligibility is assessed by the Care Coordinator on the initial visit. Please note, Respite Care services may take time to obtain and clients should not expect to get same day service.

For more information about respite care or to request an assessment, call 310-2222.
<http://healthcareathome.ca/champlain/en/Getting-Care/Patient-and-Caregiver-Resources/respite-care-for-caregivers>

4. Resources for Caregivers

Telehealth Ontario – After Hours Support for Dementia Caregivers – 1-866-797-0000

Ottawa Public Health - Resource guides to local services, tips for coping, telephone counselling.
[Caregiver Guide](#)
[Mental Health Caregiver Guide](#)

Champlain Healthline - The Champlain Health Line website has a variety of great resources to support caregivers who care for individuals with specific illnesses (eg. Alzheimer Disease, Cancer, Parkinson's Disease) or terminally ill patients. Check out their website for more information about local programs and services that support caregivers.

<http://champlainhealthline.ca/listServices.aspx?id=10164>

Caregiver Exchange - The caregiver exchange has a wealth of information for caregivers including articles, tips, and popular resources.

<http://caregiverexchange.ca/>

5. Looking for volunteer hours? Do you want to learn more about supporting seniors?

Western Ottawa Community Resource Centre (WOCRC) is seeking individuals to be trained as Community Helpers to help seniors in your neighbourhood. WOCRC is offering a new, comprehensive training program to learn about challenges that seniors face each day. This is a meaningful way to get your volunteer hours! There is no obligation once you have completed the training, but the process could lead to other opportunities to get involved with seniors or spark your interest in a rewarding career. Contact the Program Coordinator to discover how becoming a Community Helper can change your life and those of others around you.

Training for students will be held on:

August 1, 2 & 3, 9:30 am – 3:30 pm
St. James Anglican Church, Carp

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

6. Better Strength, Better Balance Registration Opens

Better Strength, Better Balance is a fall prevention exercise and education program for people aged 65+. It is a beginner level program for those wishing to improve their strength and balance. Strong muscles, strong bones and better balance will make you more mobile and less likely to fall. First time participants can register at any time. Returning participants can register starting August 22 at 8:30 am (programs start in September)

To register, call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656)

<http://ottawa.ca/en/residents/public-health/healthy-living/injury-prevention/fall-prevention-older-adults>

7. Nature Playgroups

Weekly nature playgroups are held by the Western Ottawa Community Resource Centre at local NCC stroller friendly trails. Children 7 and under and their family are invited to come explore the forest! Bring sunscreen, bug repellent, a snack and water. No registration required!

Tuesdays in August: 9:30 – 11 am
August 1: [P1 Shirley's Bay, Rifle Rd.](#)

August 8: [P7 Sarsaparilla Trail, Richmond Rd.](#)
August 15: [P8 Beaver & Chipmunk Trail, Moodie Dr.](#)
August 22: [Splash Pad in Carp](#)

8. Carp Farmers' Market

The Carp Farmers' Market is the largest producer-based Farmers' Market in Eastern Ontario and used as a model for other Ontario markets.

Market Open Saturdays from May-October, 8:00 am – 1:00 pm, Carp Fair Grounds

For more information, recipes, calendar of events or to apply to become a vendor, visit:

<http://carpfarmersmarket.ca/>

Thanks for reading the August update! If you have any questions or comments about **clinic** events, or are organizing your own (free) community event, please feel free to contact Talia at taliai@wcfht.ca. Or simply let me know what you think of the newsletter content!

Connect with us on **Facebook** ([@WestCarletonFHT](#)) and **Twitter** ([@WestCarletonFHT](#)) for updates on clinic and community programs and events as well as up to date information on local health advisories.