

## **WCFHT Clinic and Community Newsletter August 2021 Issue**

Welcome to the WCFHT August email update where we'll share with you upcoming clinic and community news and events that promote health and well-being.

For the latest on virtual care, weekend urgent care, and our ongoing response to the COVID-19 pandemic, please [visit our website](#).

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## **Reminder from WCFHT**

As a patient of our clinic, we are reminding you to give us the opportunity to service your healthcare needs first. As we have access to your medical history and list of medications, we can provide you with the best possible care when you need it with after-hours and weekend options available.

We recommend *against* using walk-in clinics (including virtual 'walk-in' clinics) not offered by our office.

In an emergency, always call 911 or go to your nearest emergency department.

**What we offer:**

**Regular Clinic Hours of Operation**

Monday: 8:00 am to 8:00 pm

Tuesday: 8:00 am to 8:00 pm

Wednesday: 8:00 am to 8:00 pm

Thursday: 8:00 am to 8:00 pm

Friday: 8:00 am to 4:00 pm

**Triage Nurse (by phone)**

Monday - Friday: 8:00 am - 3:45 pm

**Weekend Urgent Care**

Saturday - Sunday: 10:00 am - 1:00 pm\*

\*Virtual (phone or video) appointments during COVID-19

**Patient Health Portal**

24/hr access to your health records (including lab results, upcoming appointments, prescription renewals, pamphlets, secure messaging\*).

\*Messages are only monitored during regular business hours and are not intended for urgent matters.

**[More Info on WCFHT and Services Offered](#)**

## **COVID-19 Vaccines**

Any Ontario resident age 12 or older is now eligible for a COVID-19 vaccine. The Pfizer vaccine is available for youth 12 and older (as of the date of immunization) and the Moderna vaccine is available to adults 18 and older (as of the date of immunization). These vaccines are available in select [community pharmacies](#) and through the hospital and community clinics. To schedule an appointment, visit the provincial booking

site [ontario.ca/bookvaccine](https://ontario.ca/bookvaccine).

There are many appointments available for anyone who still needs to get a first or second dose of the vaccine. You can book an appointment or drop-in at certain clinics without making an appointment. The drop-in locations are updated daily on the [OttawaPublicHealth.ca website](https://OttawaPublicHealth.ca).

### **Rides to vaccination sites for people with disabilities**

The Ontario Community Support Association's Accessible Drive-to-Vaccines program provides door-to-door rides to vaccination sites for people with disabilities, including seniors with mobility issues.

To determine eligibility, identify a local transportation provider and request service, [visit their website](#).

### **Requesting mobile vaccination clinics**

Ottawa Public Health is expanding the way that residents can access the COVID-19 vaccine. Workplaces, community organizations, places of worship and other groups can now request a mobile vaccination team to administer first and second doses of the COVID-19 vaccine on-site, at their own location.

This program is intended to help reduce barriers for residents who have not yet received the vaccine by working with community leaders to provide comfortable, convenient and easily accessible options for vaccination. This is just one more initiative to help ensure that anyone 12 years of age and older in Ottawa who wants the COVID-19 vaccine can get vaccinated.

If you are a community organization, community leader, faith leader, or employer in Ottawa and have a group of people that may benefit from a mobile vaccination team coming to you, please reach out through the following ways:

- Complete the [mobile vaccine clinic request form online](#)
- Call 613-691-5505 for assistance in completing the form

Based on your group's needs, Ottawa Public Health will coordinate the planning and can set up a mobile team, assist in promotion of your mobile vaccine clinic, and even help answer questions about the COVID-19 vaccines. Services can be provided in a variety of languages.

## Introduction to Solids Webinar

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: Thursday, August 12, 2:00 pm - 3:15 pm

For info or to register, email: [cfowler@wcfht.ca](mailto:cfowler@wcfht.ca)

### [2021 Workshop Dates](#)

## Bounce back from worry and stress with BounceBack

The latest provincial and national surveys have made it clear that the pandemic's strain on the mental health of Ontarians has reached all-time highs. The rates of stress, anxiety and depression in the province are worse than ever.

If you are struggling and looking for support, CMHA's BounceBack program remains an effective option to deal with worry or stress, related to the pandemic or otherwise.

BounceBack is a free, guided self-help program for people aged 15 and up. Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health. BounceBack is not a crisis service, psychotherapy or counselling, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges, now and in the future.

For more information or to see if the BounceBack program may be right for you, visit their website.

### [BounceBack](#)

## Online Medication Renewals

If you are looking to renew a medication, we ask that you please request a renewal through the Patient Portal. This allows you to review the list to ensure the information we have on file for you is correct before we process the renewal request. Online renewals

are more convenient; however will not necessarily be faster than other methods. Renew your prescriptions at least two weeks before you run out.

**Step 1:** Call your pharmacy and ask for a list of medications you need renewed.

**Step 2:** Login to your Patient Portal account and select the Medications menu.

**Step 3:** Complete a medication review to ensure the medication list we have on file is up-to-date.

**Step 4:** Check that "My Pharmacy" displays the correct pharmacy that you want your prescription sent to.

**Step 5:** Check off ALL the medications you will need renewed in the next 3 months. Select "Renew selected medications"

You will receive a portal message when the prescription has been sent to your pharmacy. Non-urgent questions about a medication can be sent through the Patient Portal in the form of a message. For all urgent inquiries, please call and speak with a triage nurse.

[Login/Register](#)

## **Counselling Connect: Free Access to Virtual Short-Term Counselling, Culturally Informed Service**

Counselling Connect (Counseling on connect), with support from Ottawa Health Team-Équipe Santé Ottawa, offers free rapid access to phone or video counselling sessions for residents of Ottawa and the surrounding area. There is no waiting list. This service is for children (and their parents), youth, adults and families in Ottawa and the surrounding area who experience mild to moderate mental health issues and addictions. Culturally informed service for Francophones, Arabic speakers, Indigenous people, LGBT2SQ+ people, and African, Caribbean, and Black communities.

[Counselling Connect](#)

## **Online Health Promotion Workshops**

The following workshops are hosted online, meaning you can participate from home.

The workshops are highly interactive and free to join - without a referral. You will be able to see and interact with your facilitators and the other members of your group. You can choose whether or not to be seen on camera. After registering you will receive instructions on how to join.

**[Living a Healthy Life with Chronic Conditions](#)** *Next group starts August 11*

A six week workshop 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.

**[Living a Healthy Life with Chronic Pain](#)** *Next group starts August 24*

A six week workshop for anyone suffering from pain which could include but is not limited to: low back pain, pain from motor vehicle accidents, arthritis, and fibromyalgia.

**[Help with Your Health Online](#)** *Next group starts August 12*

This five week interactive series is for anyone looking for support to optimally manage their health. Each week you will make a plan that supports health changes that are important to you. Topics include: planning for your health, preparing for your medical appointment, understanding your medications, food labels, and stress and sleep.

**[Powerful Tools for Caregivers](#)** *Next group starts August 10*

This six week interactive series provides caregivers with tools and strategies to better handle the unique challenges they face. You will learn to reduce personal stress, change negative self-talk, communicate more effectively, deal with difficult feelings, and make tough caregiving decisions.

[View Workshops](#)

## **WOCRC and EarlyON Child and Family Centre Summer Programming**

Check out the [August schedule](#) of EarlyON Child and Family Centre summer programming for great upcoming events, including:

**[Let Routines Ease the Anxiety](#)**

Starting kindergarten can be especially stressful for our little ones. Creating routines that help to support manageable and easy transition times can be very beneficial to the child. Acknowledging and planning for these stressful times can assist a child in feeling more

confident and capable of handling the situation. We can all benefit from engaging in routines and learning how to handle our anxiety and stress.

### [Playgroup in a Bin: A DIY Playgroup Experience](#)

Sign up and receive a bin with everything you need to host your very own playgroup in your own home! From fine motor activities to get-up-and-move challenges, each bin is filled with everything you need to explore the theme of animals with your child! With open-ended ideas and activities, this bin can be adapted for any child 6 months to 6 years! Check out our YouTube channel for a circle time playlist and keep the fun going!

### [Zumbini Jam Session](#)

Zumbini® takes little ones on their first steps towards an active and musical life. Adults and their children sing, wiggle and learn together in this beautiful bonding experience. Bring out your favourite instruments (drums, egg shakers or even a tambourine!) and jam along with us! Children are invited to wear their pajamas and dance with their favourite stuffed toy.

### [Big Emotions, Little Bodies](#)

Sign up for 5 days of emails that touch on topics of self- and emotional regulation in young children, then join us on Monday for a Q&A discussion with two qualified professionals.

### [Teddy Bear Picnic](#)

Join us for a morning picnic with your lunch/snack while we sing and play in the teddy bear way! COVID restrictions pending, our group hopes to meet at Walter Baker Park in Kanata where each family is invited to bring their own food and picnic blanket along with their favourite teddy bear – or any stuffy!

## **Care for Caregivers Facebook Supportive Community**

[Care for Caregivers](#) is a Facebook group created by a local resident to provide a supportive place for caregivers to connect, share and support one another. The page is new and looking to grow membership to share ideas and resources in our community.

Thank you for reading this 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** and **Twitter** for updates on clinic and community programs and events as well as up to date information on local health advisories.



This e-mail has been sent to @, [click here to unsubscribe](#).

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