

Fall 2023

West Carleton

Family Health Team

Monthly Newsletter

In this WCFHT email we'll share clinic news and provide you with information to improve your health and well-being.

This month's highlights:

Clinic and Community News

Manage your Health

Mental Health

Nutrition and Wellness

Healthy Seniors

Healthy Kids

Clinic and Community News

Clinic Reminder: We are not a walk in clinic. You must book an appointment to be seen. We offer a variety of services to best meet your medical needs including a phone appointment with our nurse triage, if appropriate. As usual, if you are experiencing a medical emergency, visit a hospital or contact 911. If you present to our clinic with an emergency situation or a presentation which requires an emergency assessment, we will redirect you to the emergency room or call 911.

Uninsured Services: There have been some changes to the costs associated with uninsured services at the clinic. These fees are in keeping with those suggested by the Ontario Medical Association (OMA) and help to offset operational costs. For an updated list of uninsured services, [click here](#) or visit the services tab on our website. These fees are used by the **clinic** to fund the services we provide and we will be making a more vigilant effort in ensuring these fees are collected.

Masking in Clinic: Patients and staff are no longer required to wear masks during regular clinic hours. Patients and staff are still required to wear a mask in the urgent care weekend clinic.

Continue to wear a mask in the clinic if you present with any of the following symptoms: fever, cough, sore throat, congestion, runny nose, other cold/flu symptoms OR if requested to wear a mask by clinic staff.

This is a reminder that our masking policy can change any time and we will follow the guidance of local or provincial public health data and recommendations. Patients will be notified of any changes to the masking policy by email.

UpPatient App: If you are notified by us or Cancer Care Ontario that you are due for a **FIT Test (Colon Cancer Screen)** you can now request the test to be ordered using a form/questionnaire available on the UpPatient app. This is similar to the Medication Refill Request form. We will continue to expand these types of services over time. More information about the Patient Portal and UpPatient app is available [here](#).

Online Appointment Booking: We have started to explore Online Appointment Booking within the Patient Portal and the UpPatient App. At this time these appointments are limited to patients who attend our nurse injection clinic (for allergy injections, special injections, or others) but will also be expanded to include our future mass influenza immunization clinics.

If a patient tries to book in for anything other than what is clearly indicated, their appointment will be cancelled. After a warning, if this continues to occur we reserve the right to disable eBooking for specific patients on a case by case basis.

Influenza Immunizations: We were notified by Ottawa Public Health that we should receive doses for the influenza vaccine in mid to late October. **In line with public health requirements, we will be offering the vaccine to high risk individuals first.** Please keep an eye on your email as you will be invited to book and appointment online when you have been identified and enabled to book into our mass clinics.

Conduct in Clinic: Our clinic will not tolerate maltreatment of our staff or clinicians. **Any maltreatment may result in an administrative discharge from the clinic.**

Manage your Health

Take your health into your own hands with these resources.

Service Ontario: Renew your Health Card Virtually

ServiceOntario has launched a pilot program allowing Ontarians to renew their health cards through virtual appointments. To learn more or to book an appointment, [click here](#).

Eating Disorder Support Programs

Sheena's place is a support centre for people affected by eating disorders. They provide a wide range of virtual group programs for people aged 17+. No diagnosis or referral is required and all programs are free of charge. To see their fall program calendar and to register for virtual options, [click here](#).

Self Management Ontario

This fall, Self Management Ontario is offering virtual groups such as Progress over Pain and Powerful Tools for Caregivers. For more

information, [click here](#).

Mental Health

Ottawa Mental Health Services

In 2021, 1 in 4 Ottawa residents reported that they wanted to talk to someone about their mental health, but didn't know who to reach out to. Ottawa Public Health has put together a document with local resources for mental health, addictions and substance use support. [Click here](#) for more details.

Nature and Mental Health

Spending time outdoors offers a variety of mental health benefits.

- **Stress Reduction:** The simple act of being in nature has a calming effect, reducing cortisol, the stress hormone.
- **Enhanced Mood and Happiness:** Time spent outdoors triggers the release of endorphins and serotonin, fostering feelings of happiness and well-being.
- **Improved Cognitive Function:** Nature enhances cognitive function and boosts creativity.
- **Connection and Mindfulness:** Nature encourages mindfulness, allowing us to fully immerse ourselves in the present moment.
- **Alleviation of Depression and Anxiety:** Nature has a powerful effect on these conditions.

Plan ahead and incorporate some time for nature in your week. This could be a 10 minute walk through a local park, or a longer hike through a conservation area.

Nature around Carp:

- [Crazy Horse Trail](#) - 6.2km
- [Hidden Lake Park](#)
- [Carp Barrens Trail](#) - 3km

Nature around Ottawa:

- [Gatineau Park](#)
- [Fitzroy Provincial Park](#)
- [National Capital Greenbelt](#)

Nutrition and Wellness

Digestive Health

Many people struggle with their digestive health every once in a while. You might experience occasional constipation, diarrhea, bloating, gas, or burping. Try the following strategies to help you stay regular.

1. [Eat at regular times each day.](#) Most people should aim for three meals and one to two snacks spaced evenly throughout the day. Try not to eat too late at night.
2. [Avoid eating too much at one time.](#)
3. [Avoid eating too fast.](#) Eating quickly can cause you to take in more air which can cause bloating. It can also cause you to eat too much and feel uncomfortably full.
4. [Drink lots of water throughout the day.](#) If you have diarrhea, you may benefit from limiting your caffeine intake.
5. [Find a fibre intake that works for you.](#) Eating too little or too much fibre can worsen digestive symptoms.
6. [Limit your intake of high fat foods.](#) Eating too much fat at one time can cause cramping and diarrhea.
7. [Limit or avoid alcohol,](#) as it can irritate the digestive tract.

If you've tried these tips and are still struggling with your digestive health, consider speaking with your health care provider.

Healthy Seniors

Joyful Sound Ottawa

Joyful Sound Ottawa is a community choir for people with memory loss, their caregivers and their family and friends. This group takes place Wednesdays from 10:30am-12pm from September to December. To learn more and to register, [click here](#) or contact zkirschner@dsorc.org.

Staying Connected

As you age, it's essential to focus on maintaining your mental well-being. Here are some effective ways for older adults to stay socially connected and keep your brains sharp.

Join Community Groups and Clubs. Participating in community groups and clubs allows you to meet like-minded individuals, share experiences, and enjoy meaningful conversations.

The Huntley Friendship Seniors Club is a group of seniors from Carp and the surrounding area. On the second Wednesday of each month they meet at the Carp Memorial Hall for a pot luck lunch, guest speakers or sometimes music. For more information regarding the Huntley Friendship Seniors Club contact 613-832-1400.

Kinburn Seniors Group: 613-986-4437

Constance Bay Seniors Group: 613-832-3222

Volunteer for a Cause. Look for volunteer opportunities that resonate with your interests and skills. Working with others towards a common goal nurtures social connections and promotes mental well-being.

The West Ottawa Community Resource Centre is always looking for volunteers for a wide variety of programs. For more information, [click here](#).

Healthy Kids

A Guide to Safe Trick-or-Treating

Check out these tips to ensure a safe and enjoyable trick-or-treating experience for your children.

- Plan ahead: Sit down with your kids to discuss costumes, routes, and rules. Stress the importance of staying in well-lit areas and not wandering into unfamiliar neighborhoods.
 - Costume Safety: Choose costumes that are flame-resistant, well-fitting, and free from tripping hazards. Enhance visibility by adding reflective tape or glow-in-the-dark elements.
 - Trick-or-Treat in Groups: Kids should never go alone. Encourage them to go with friends or a trusted adult for safety and fun.
 - Stay on Well-Lit Paths: Stick to well-lit streets and sidewalks, avoiding dark areas. Provide flashlights or glow sticks to improve visibility.
 - Road Safety: Teach kids to look both ways, use crosswalks, and obey traffic signals when crossing streets.
 - Set a Time Limit: Establish a reasonable curfew to ensure everyone's well-being.
 - Inspect Treats: Before indulging, inspect all treats for tampering and ensure they are sealed and unopened.
 - Allergy Awareness: If your child has allergies, be cautious and have allergen-free treats on hand.
 - Costume Comfort: Ensure costumes allow freedom of movement, clear vision, and easy breathing. Avoid masks that obstruct sight.
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Patient feedback: Is there a topic you enjoyed reading about that you'd like to see more often? Are there any additional topics you'd like to read about?

[Click here](#) to fill out an anonymous survey and provide your feedback on our monthly newsletter.

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

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