

West Carleton Family Health Team Clinic and Community Newsletter

February 2019 Issue

HERE IS WHAT'S INCLUDED IN THIS MONTH'S UPDATE:

1. West Carleton Community Needs Assessment (Children, Youth, and Young Adults)
2. February Office Closures
3. Diefenbooker Race Registration – Now Open!
4. Free Walking Clinic – Preparing for the Race
5. Canada's Food Guide
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11. Family Connections Course – Oasis in Kanata

WEST CARLETON COMMUNITY NEEDS ASSESSMENT FOR CHILDREN, YOUTH AND YOUNG ADULTS

Are you a resident of West Carleton and the guardian of a child, youth, or young adult under the age of 24? If so, the Western Ottawa Community Resource Centre (WOCRC) invites you to participate in a consultation regarding community services. As a parent or caregiver, your experiences are extremely valuable in helping to identify community priorities and opportunities for growth. By participating in this community needs assessment, you're helping to shape how family services are delivered in West Carleton. You can share your ideas, thoughts, and experience in two ways:



Complete an online survey (takes approx. 10 minutes)

<https://www.surveymonkey.com/r/WARD5OTT>

As a thank you, you can enter your email in a draw for a chance to win a \$50 PC grocery gift card.

Participate in an in-person interview (1-hour)

Connect with Colleen Taylor via email taylorc@wocrc.ca or call 613-591-3686 ext. 228 to schedule. Participants will be compensated for their time with a \$20 grocery gift card and reimbursement will be provided for gas (\$10 gas card) and family care (up to \$30).

OFFICE CLOSURES – FAMILY DAY

Reminder: The clinic will be CLOSED on Monday, February 18th (no urgent care clinic). We will be back to our regular hours on Tuesday, February 19th (8 am – 8 pm).

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

Saturday, February 16: 10 am – 1 pm

Sunday, February 17: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205 (FHT patients only)

From our family to yours, wishing you a fantastic Family Day weekend!

Reminder: Preparing for your Medical Appointment – Wear Loose Clothing

We would like to remind our patients to wear a loose or short sleeve/sleeveless shirt to their medical appointments. This is so that the nurse can easily access your arm for procedures such as injections or blood pressure readings. Loose clothing usually makes things easier for you and the practitioner. Thank you for your cooperation.



DIEFENBOOKER RACE REGISTRATION – NOW OPEN!

Calling all walkers, runners, and cyclists! The 23rd annual Diefenbooker Race will be held on **Saturday, May 4th, 2019**. Registration is now open! Funds raised support organizations in West Carleton that promote literacy and encourage physical activity and personal wellness.



<http://diefenbooker.ca/Diefenbooker2019/index.html>

FREE WALKING CLINIC – PREPARING FOR THE DIEFENBOOKER RACE

Get ready for the Diefenbooker Race with a Walking Clinic – FREE with a 5km race registration. To register for the training, simply register for the 5km walking event.

If you are somewhat active (gardening, housework etc.) and without significant health issues, the walking group is for you. The 10-week program will help you build your fitness and confidence. The group is comprised of walking enthusiasts who will provide ongoing encouragement to enable you to walk 5km in less than an hour and help you finish the 5km walk feeling energized!

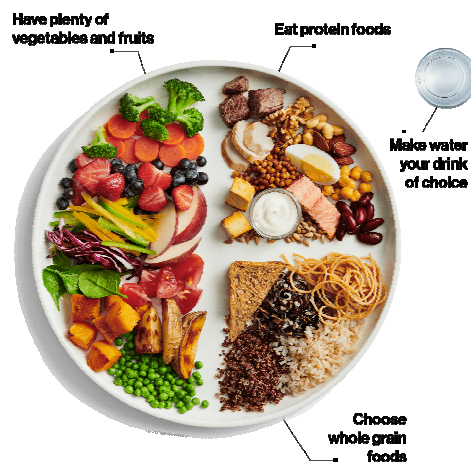
What to expect: In week one, you will start by walking 15 minutes with the group, with practice throughout the week. As each week progresses, walking time increases. Over the 10-week program you will work on proper posture, use of the arms, form and technique. As your fitness increases, you will do some training on hills and some exercises to increase speed. On the final day of the clinic, we will walk the race course, so that you know what to expect on race day. You will be amazed at how easy it seems.

The group will train together on Wednesday evenings at 6:30, starting February 27. Meet in the lobby of the W.E. Johnston Arena (3832 Carp Road) wearing walking or running shoes.

Have more questions? Attend the 30-min info session: Monday, February 25, 7:30 pm at the West Carleton Amateur Sports Club, 3832 Carp Rd. They will provide more information to help you with what to wear for winter walking, discuss the schedule, and answer any questions.

<http://diefenbooker.ca/Diefenbooker2019/runwalktraining.html>

CANADA'S FOOD GUIDE



Canada's new food guide has been released. The new guide encourages people to eat more plant-based protein and limit the amount of salt, sugar, saturated fat, and processed foods we eat. The guide also provides actionable advice on our eating habits with an emphasis on cooking more and enjoying our meals with others. Discover the new guide. Visit: <https://food-guide.canada.ca/en/>

Do you have a question about the new guidelines or want strategies to help make changes to the way you eat? Book an appointment with our registered dietitian. This service is offered free of charge to all registered patients of the West Carleton FHT. Visit: <http://www.wcfht.ca/services/dietitian/>

Note: Nutritional considerations may be different for people with a health condition. For dietary advice specific to your condition, call to request a dietitian appointment.

WCFHT WORKSHOP – FEEDING YOUR BABY FROM 6-12 MONTHS

Join WCFHT's registered dietitian in this workshop that helps parents learn 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 demonstration on how to easily make homemade food for your baby.



Tuesday, March 5, 10:00 – 11:30 a.m.
West Carleton FHT, 119 Langstaff Drive, Carp, ON

Please note: it is ideal to take this course when your baby is 4-9 months, but other ages welcome. Babies are welcome to attend! For more info or to register, contact Courtney, 613-839-3271 x109 or email cflower@wcfht.ca

FREE FITNESS CLASSES IN KINBURN – ADULTS 55+

Take advantage of FREE fitness classes for adults 55+ in Kinburn. This is a program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.



This is a drop-in program that runs until the end of **May 2019**. Classes are one hour in length and include a mix of cardiovascular exercise, stretching and strength training. The qualified and experienced instructor emphasizes correct technique, posture and balance. Classes accommodate all fitness levels, but are geared towards adults who are somewhat active (ie. this is not a chair exercise program).

Classes on Mondays & Thursdays, 10:00 – 11:00 am
Kinburn Community Centre, 3045 Kinburn Side Road, Kinburn.

For more information or a listing of all exercise classes, call 613-310-2222 or visit:
<http://www.champlainhealthline.ca/libraryContent.aspx?id=20516>

FLU SHOTS UPDATE

Great news about the flu shot this year – official estimates point to the 2018-2019 flu shot being amongst the most effective in Canada in years with 68% effectiveness against any influenza type and 72% effective against H1N1, the strain that prevailed this season. This year's shot offered substantial protection, especially for those at risk of serious outcomes (includes: young children, pregnant women, adults 65 and older, and people with chronic conditions).



Supply at the WCFHT is running low; however the flu shot is still available at some local pharmacies. Check with your pharmacy before you leave to ensure they still have supply. Children under 5 and their families can receive the vaccine through Ottawa Public Health. To book an appointment, call the Ottawa Public Health Information Centre at 613-580-6744.

Help us update your record

If you have had the flu immunization at a location other than the WCFHT (for instance, a pharmacy or flu shot clinic at school/work), please help us update your record by calling the office (613-839-3271) and leaving a message on ext. 117. State your name, phone number, the location you had the flu shot, and the approximate date of your immunization. If you have a rotary telephone, wait on the line until you reach our reception, then ask to be transferred to extension 117.

Portal users: send us a message indicating where and when you had the flu shot!

Thank you for helping us keep our community healthy!

PENS AND PAINT – ART, EXPRESSION, AND DISCOVERY PROGRAM FOR YOUTH

Pens and Paint is a free program that helps youth (ages 13-18) cope with stress through visual arts and creative writing. Youth will learn about art journaling and have the opportunity to complete a number of projects, including painting and slam poetry. Through art expression and conversation about mental health, youth are encouraged to express themselves and connect with each other, discussing topics important to them, such as self-esteem, relationships, stigmatization etc.

Wednesdays, February 6 – April 3, 6:00 – 8:00 pm
The Zone, 170 Castlefrank Rd., Kanata

For info or to register, contact: Taylor Robidoux at 613-591-3686 x279 or robidoux@wocrc.ca

For information about the Zone:
<https://www.wocrc.ca/youth-12-18-years/zone-youth-drop>

For information about Youthnet: <http://ynra.ca/>



CONVERSATIONS AT THE ROYAL – “COMMUNICATION, IT’S A FAMILY MATTER”

Are you looking for ways to support a loved one in seeking help? You are not alone. Please join in for this edition of *Conversations at The Royal* where a panel of experienced caregivers and health care professionals will share communication strategies for improving relationships with a loved one when faced with challenges to mental health and wellness. Discover new ideas and communication techniques for motivating change. Arrive early to enjoy refreshments and attend the family agency fair.



**Thursday, February 21st, 7:00-8:30pm (with Agency
Fair 6:00-7:00 pm)
The Royal Auditorium, 1145 Carling Ave.**

For more information of to register, visit:
<https://www.surveymonkey.com/r/TFFHYSC>

FAMILY CONNECTIONS COURSE – OASIS IN KANATA

The **Ottawa Network for Borderline Personality Disorder** (on-bpd.ca) will offer its popular 12-week *Family Connections* course at *The Oasis in Kanata*. The program is designed to provide adult family members and spouses of individuals with emotion dysregulation or borderline personality disorder with knowledge and skills for their own well-being and for better understanding their loved one. The course is **FREE**. Participants are expected to commit to attend all sessions, except in case of emergency, to obtain full benefit.

Saturday mornings, from February 9 to May 11 (no session on April 20 or May 4), 9:30 am to noon, Glen Cairn United Church, 140 Abbeyhill Drive, in Kanata.

To register, complete and email the application form found on the ON-BPD (<https://on-bpd.ca/en/family-connections>) to intake@on-bpd.ca. Registration is limited and will fill up quickly. For more information, visit:
<https://theoasiskanata.ca/events-calendar-2/>

Thank you for reading the February 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

Connect with us on **Facebook** ([@WestCarletonFHT](https://www.facebook.com/WestCarletonFHT)) and **Twitter** ([@WestCarletonFHT](https://twitter.com/WestCarletonFHT)) for updates on clinic and community programs and events as well as up to date information on local health advisories.

