

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

Welcome to the WCFHT July 2017 email update! My name is Talia Ignacy, the Health Promoter onsite at the clinic to share with you upcoming clinic and community events that promote health and well-being. It's officially summer and we encourage you to get outside, enjoy the sunshine, and take advantage of some of the great activities going on in your community this month!

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

1. Fitzroy Harbour Walking Club
2. WOCRC and Making Voices Count – Public Meeting
3. Community Helpers Training Program for Students
4. Constance Bay Community Market
5. Ticks Information Update
6. Patient Health Portal

1. Fitzroy Harbour Walking Club

Join in as residents get outside for some exercise and great company for a walk around the neighbourhood. Light refreshments will be served.

Wednesday July 12th & 26th, 11:00-12:00

Fitzroy Harbour Community Service Centre (184 Jack Loughheed Way)

2. Attention Residents of Ward 5 – Western Ottawa Community Resource Centre wants to hear from you!

Interested residents are asked to join Megan Richards and Julie McKercher for a community conversation that will help identify the issues that matter to you from the perspective of rural Ward 5 as they prepare for the 2018 City budget and the upcoming municipal and provincial elections. Feedback will be rolled back to the *Making Voices Count* project of the Coalition of Community Health Centres (www.coalitionottawa.ca) and the City for All Women Initiative (CAWI www.cawi-ivtf.org). This is an opportunity to highlight specifically rural issues.

A key question that will be asked of you is what City of Ottawa social services matter to you, and where are the gaps? Session objectives:

- Reflect on how city services (or lack thereof) affect the wellbeing of your community
- Recognize that residents can have an impact on the city decision making process
- Prepare to have an impact on the 2018 City budget, provincial and municipal elections, and;
- Identify city social service gaps and possible solutions

Tuesday, July 11, 2017 at 6:30 pm

Boardroom at the Kinburn Client Service Centre (5670 Carp Road)

Please contact Julie (mckercher@wocrc.ca) or Megan (richards@wocrc.ca) for more information or to register so they can arrange for refreshments in sufficient numbers.

3. 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:

July 18, 19 & 20, 9:30 am – 3:30 pm
Constance Bay Buckhams Bay Community Centre

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

4. Constance Bay Community Market

The Constance Bay Community Market (CBCM) was created to provide a venue for community to connect and for local farmers, gardeners, artisans and craftspeople to showcase and sell their products. The CBCM is a non-profit marketplace managed and operated by a volunteer board of directors, a group of support volunteers and a manager. Thanks to the generosity of St. Gabriel's Parish, the CBCM is fortunate enough to operate the market free of charge on its beautiful grounds located in the heart of the village of Constance Bay. The CBCM's vision is to become a self-sustaining, regularly occurring, social destination that recognizes and meets the growing needs of the community.

Market Open Saturday, July 15th, July 29th, 9:00 am – 2:00 pm, 205 Bayview Drive

For more information or to apply to become a vendor or volunteer, visit:

<https://marketinthebay.com/>

5. Ticks Information Update

West Ottawa is considered an at-risk area for Lyme disease. Lyme disease is a health concern that is caused by the bite of a blacklegged tick carrying the disease. Ottawa Public Health recommends practicing these steps to help minimize exposure to ticks:

- Apply a Health Canada approved mosquito repellent to exposed skin and clothing
- Wear long pants, a long sleeved shirt, shoes and socks to cover exposed skin
- Tuck your pants into your socks

- Wear light coloured clothing to spot ticks more easily
- If possible, stay on the trails when hiking in the woods or walking in long grass
- Do a “full body” check on yourself, your children, and pets for ticks. Pay careful attention around your toes, knees, groin, armpits and scalp.

For more information on ticks, Lyme disease signs and symptoms, and prevention, visit [Ottawa Public Health](#)

6. Patient Health Portal

West Carleton Family Health Team invites all of our registered patients to register on the portal. The Patient Health Portal will allow you to view some of the information stored in your Electronic Medical Record (EMR) and allows you to track information such as your blood pressure, weight and waist size on a regular basis. This information will then be copied to your EMR. This tool enables patients and health care providers to establish a self management process around various lifestyle risk factors. Patients can then access education on associated risk factors to help reduce these risks. You can also set a personal goal for improving a risk factor and track your progress in the portal!

If you're not already using the portal, register today! <https://portal.wcfht.ca/>

Thanks for reading the July update! If you have any questions or comments about **clinic** events, or are organizing your own community event, please feel free to contact Talia Ignacy at 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.