

WCFHT Clinic and Community Newsletter June 2021 Issue

Welcome to the WCFHT June 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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COVID-19 Vaccine Clinic at WCFHT for Patients 18+

A limited supply of the Moderna COVID-19 vaccine is available at the WCFHT and a clinic has been scheduled for: **Saturday, June 5** for any patient 18 years or older that has not yet received any COVID-19 vaccine.

You may now schedule your COVID-19 vaccination appointment on the Patient Portal (Appointments menu). Click "Book Appointment," select "Moderna COVID-19 Vaccine" as the reason for your visit, then select an available time. If you do not have a portal account, please register at: <https://portal.wcfht.ca/>

Vaccine Eligibility

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 (on the date of immunization) and the Moderna vaccine is available to adults 18 and older (on 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 www.ontario.ca/bookvaccine/

Physicians at the WCFHT are strongly encouraging patients to receive the first vaccine that is available to them as all of the approved COVID-19 vaccines have been shown to provide protection from severe illness and death.

Second Dose Information

Given a large supply of vaccine and community uptake, the province is now moving up the date of second vaccine appointments for select high risk groups. Anyone aged 80 or older (born in 1941 or earlier) along with select high risk healthcare workers can now request an earlier appointment to receive their second vaccine. Beginning the week of June 14, it is expected that adults 70 and older will be able to book their second at an earlier date. Moving up the date of the second dose is optional. Visit www.ontario.ca/bookvaccine/ for more information.

Any patient who received their first vaccine at one of our clinics will be contacted with booking information for their second appointment closer to when they are due. The AstraZeneca vaccine doses are being given 12 weeks apart.

Have you received a COVID-19 vaccination? Let us know!

Approximately 6566 (or 43%) of our adult patients have reported receiving at least one COVID-19 vaccine in our clinics, community clinics or a pharmacy. We are very proud of our team and pleased to be involved in the vaccination effort!

If you've received your COVID-19 vaccination (first or second dose) outside of the WCFHT, please help us update your record by reporting it to us. You can report your vaccination through the Patient Portal by completing the form on our main page. Once logged in to your account, you will see the link on the main page (above the photo tiles).

Note: Please keep your COVID-19 vaccine receipt or other original documentation as proof of immunization should it be required elsewhere.

Not a portal user? Register at <https://portal.wcfht.ca/>

Preparing for your appointment

The Government of Ontario document "[What you need to know about your COVID-19 vaccine appointment](#)" (PDF) lets you know what to prepare for your vaccination.

[More Info on Provincial Rollout Plans](#)

[More Info on the Vaccines and Rollout in Ottawa](#)

Free Wellness Activities for Seniors

Ottawa Public Library is delighted to announce the launch of **Aging Well Together at the Library: Wellness Friday** programs, offered by the Library in partnership with the City of Ottawa and funded by the Older Adult Plan.

The [Wellness Fridays](#) for seniors programs are free! They start this June for Seniors Month and will continue through to December. Programs are held on Zoom Friday mornings every week in English, and twice a month in French. Participants may also join by phone (via Zoom) if they do not have access to a computer or the internet. Each topic will have a two-part program. Themes for program topics will include drawing, movement (Tai chi and yoga, for example), and writing and journaling.

We have complimentary activity kits for each program, including supplies and instructions. Registration on the Ottawa Public Library website is required; supplies and spaces are limited so register early to reserve your spot and your kit! We will email you a week before the program begins to arrange for the pickup location of your kit.

Registration is already open for the first classes in the series.

Further classes will be announced soon. To register, you need an Ottawa Public Library card, which is free to all Ottawa residents. You can [get a temporary card online](#) or call InfoService 613-580-2940.

[More Info/Register](#)

Free Webinar: Screen Time and Child/Youth Mental Wellness during the Pandemic, Information for Families

Dr. Michael Cheng, a psychiatrist at CHEO, addresses issues of child and youth resiliency, parenting, and mental wellness in the context of the COVID-19 pandemic. The webinar is scheduled for: **Wednesday, June 16, 12:00 - 1:00 pm**. In this webinar, he addresses:

- What is needed for mental health, wellness, and resiliency, such as connection to purpose, belonging, hope, and meaning.
- How modern technology, especially during COVID, can distract from what we really need.
- What parents, caregivers, and families can do to reconnect to those things that truly matter.

Additional Resources, including PDFs of tip sheets, are available at [eMentalHealth.ca](https://www.eMentalHealth.ca):

[Pandemic Parenting: Tips for Parents and Caregivers](#)

[Mental Wellness and Resiliency while Coping with COVID](#)

Register in advance. This free webinar is hosted on the ZOOM platform.

[Register](#)

Pregnancy and Parenting

Pregnancy and parenting can be particularly overwhelming during the pandemic, especially for first-time parents. Gillian Szollos at the Carlington Community Health Centre has developed some virtual prenatal and parenting support programs that have been shown to help reduce isolation and anxiety for parents during the pandemic. The Carlington CHC website calendar lists upcoming Zoom sessions, or you can visit the following Facebook Groups:

[Pregnant in Ottawa – Live online prenatal classes](#)

[Ottawa Prenatal, Breastfeeding and Parenting Support](#)

During times like these, we also need to take a step back from our regular “stay at home” routine to ensure we are taking care of our own mental health and well-being. We hope you find the following four resources from School Mental Health Ontario helpful.

[Supporting your Child's or Teen's Mental Health](#)

[Fun mental health activities to try at home](#)

[Tip Sheet on Noticing Mental Health Concerns](#)

[How to Talk With Your Child When you Feel Concerned They may be Struggling With a Mental Health Problem](#)

[Helpline for parents of children facing mental health challenges](#): 613-321-3211

Are you postpartum, pregnant, or pre-pregnancy?

Our OB doctors have compiled information and resources to help you through your pregnancy and early weeks and months with your baby. For more information, visit our website. Health Information > Prenatal/Early Childhood Health.

[WCFHT Website](#)

Tick Bites

Lyme disease is a health concern that is caused by the bite of a blacklegged tick carrying the disease. While tick bites are becoming more common, if acted on properly, the risk of Lyme disease is very low. 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;
- 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.

This information and more is available on our website under Health Information > Patient Resources.

[WCFHT Website](#)

Half Your Plate Recipes and Resources

Half Your Plate is an online campaign and resource hub to help Canadians eat more fruits and vegetables and to spread the word about the role fruits and veggies play in a healthy lifestyle. Along with easy and delicious recipes, there is a tool that helps you buy

seasonal and affordable produce items in your area and details on how to prepare and cook them!

Halfyourplate.ca

The Zone Youth Drop-in has Gone Virtual!

The ZONE is a unique space just for youth aged 12-18 to meet new people and try new activities. Youth and their families can get connected to community resources and services. The program is currently running online, on Mondays from 4-6 pm.

The ZONE West Carleton runs online on Wednesdays from 2:30-3:30 pm.

Stay tuned for some special, in-person events coming soon!

For more information, or to sign up for the program, please email us at youth@wocrc.ca

Health Card Expired? Renew Online

If your health card is expired, it may be possible to renew online! Online health card renewals are easy, convenient and free of charge. To renew online, visit the link below and select "Renew your health care and driver's licence online."

When you renew your health card, let us know so we can update your file!

[Renew Online](#)

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

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.



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