

# West Carleton Family Health Team's Clinic and Community News

March 2017

Welcome to the WCFHT March 2017 email update! You will find upcoming clinic and community events that promote health and wellbeing.

## **March is Nutrition Month – “Take the fight out of food”**

Look for the info table in our waiting room. Our Registered Dietitians have information available for you to take home, including lots of [healthy recipes](#) to try making! More info: [www.nutritionmonth2017.ca](http://www.nutritionmonth2017.ca)

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

Women and Heart Disease – Carp Health Access community education session

WCFHT Workshop – Living a Healthy Life with Chronic Pain

Facebook – “like” your West Carleton FHT on FB!

Healthy Minds app – The Royal Ottawa Hospital

Naloxone kits/Opioids

[“Be Well”](#)-- Your Health and Wellbeing Matters

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## **Women and Heart Disease – free community education session**

[Carp Health Access](#) is thrilled to present its inaugural Community Education Session! This event features [Elizabeth Rigley](#), local author of the popular book [Smart Aging for Women](#), as she discusses “**Women and Heart Disease**”.

Elizabeth is a passionate advocate for healthy living and smart aging. She worked for many years in acute care hospitals and as a healthcare manager improving quality of care for elderly patients in long-term care facilities across Canada. She has done extensive research on the impact of lifestyle on aging.

**Saturday, March 11** – doors open at 10:30 am, talk starts at 11:00 am

West Carleton Amateur Sports Club, 2<sup>nd</sup> floor, 3832 Carp Road

Attendance is free but seats are limited. [Click here to register.](#)

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## **WCFHT Workshop – Living a Healthy Life with Chronic Pain**

The WCFHT is pleased to offer patients a free workshop called, "Living a Health Life with Chronic Pain". It is a series of 6 sessions, led by two facilitators trained by Bruyère Continuing Care. Topics will include: incorporating fitness into daily

routines, managing depression, managing fatigue, communicating effectively with the health care team, setting goals, problem solving and taking action to live a healthy life.

It is aimed at adults of any age, living with chronic pain, as well as their family, friends, and caregivers. The chronic pain could stem from any type of pain - arthritis, fibromyalgia, etc.

The program is designed to enhance regular treatment, and does not conflict with existing programs or treatment. Participants will also receive a textbook and workbook, "Living a Health Life with Chronic Pain", and a "Moving Easy Program" CD, with exercises that can be done at home.

The workshop will be offered on the following dates at the WCFHT:  
**Tuesday afternoons, 2:00 pm – 4:30 pm**

**April 18, April 25, May 2, May 9, May 16 and May 23**

Space is limited to 12 participants for this workshop. If there is sufficient interest, we will look to add future sessions of the same workshop, at a later date.

**Please talk to your provider or contact Kate Brown, [kateb@wcfht.ca](mailto:kateb@wcfht.ca), to register.**

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**West Carleton FHT now has a Facebook page!**

Stay connected with your Family Health Team via our new page on Facebook. You can find us by entering our full clinic name, West Carleton Family Health Team, or by simply typing @WestCarletonFHT as a Facebook search.

And a reminder that you can also follow us on Twitter [@WestCarletonFHT](https://twitter.com/WestCarletonFHT)

We post and tweet about clinic news, community events and resources. We're promoting information that can help you live a healthier lifestyle and feel better. Please join us!!

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**“HealthyMinds” App**

Are you a student? Life as a student can be stressful – assignments, part-time jobs, sports, clubs, relationships, family responsibilities. During the student years, individuals will face some of the most intense pressures of any point in their lives. Stress can take a toll on the mind, weighing people down and even making them ill, so it is important to take action to stay healthy.

We wanted to make you aware of a very useful app, developed by the Royal Ottawa Hospital, called “**HealthyMinds**”.

<http://www.healthymindsapp.ca/>

**HealthyMinds** is a problem-solving tool to help deal with emotions and cope with the stresses encountered both on and off campus. The goal: Keeping your mind healthy!

To learn more about coping with stress, please visit [The Royal](#)'s website

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### **Naloxone kits now available to the public**

Opioid drugs, and their devastating effects, have been in the local news a lot in recent weeks. Ottawa Public Health is a great resource to learn more about [fentanyl](#), signs and symptoms of overdose, community resources and parent-specific information. This information can be accessed at [Ottawa Overdose Prevention](#), on the Ottawa Public Health website.

[Naloxone](#) is a medication that can temporarily reverse an opioid overdose.

Being able to recognize the [signs of an overdose](#) quickly and having a “naloxone kit” can save a life. Naloxone can buy time while waiting for paramedics to arrive. Take-home naloxone kits do not replace the need for emergency care or minimize the importance of calling 911.

You can get a take-home naloxone kit for **free** from pharmacies in Ottawa – you just need to show your health card. When you get your kit you will also receive training from the pharmacist on overdose prevention, recognizing an overdose and how to respond. Click [here](#) for a complete list of local pharmacies providing naloxone kits.

Local Resources - please visit Ottawa Public Health for a [complete list](#) of community resources for addictions and mental health.

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### **[“Be Well”](#)-- Your Health and Wellbeing Matters**

A reminder, that you are still invited to participate in a survey, exploring a snapshot of the health and well-being of people living in Ottawa’s far-west and rural communities. The Be Well survey is open **until March 8, 2017**.

It was developed by the Association of Ontario Health Centres. The West Ottawa Community Resource Centre will present a community well-being report at a public forum in 2017 (more info to follow, when the date is set!)

SURVEY LINK: <https://www.surveymonkey.com/r/WOCRC>

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Thank you for reading our March update. If you have questions or comments about clinic events, or are organizing a community event, please feel free to contact me, Kate Brown, at [kateb@wcfht.ca](mailto:kateb@wcfht.ca)