

## May 2017: Clinic & Community News

### West Carleton Family Health Team's Clinic and Community Newsletter May 2017

Welcome to the WCFHT May 2017 email update! You will find upcoming clinic and community events that promote health and wellbeing. Remember to follow us on Facebook and Twitter, too. Those sites are updated often and our online community is growing; please join us!

In May, we are promoting awareness about food allergies and anaphylaxis. Our health promotion table in the waiting room will have lots of info for you.

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

1. WCFHT Workshop – Stress Management
2. Community Helpers Program – Helping Seniors in Carp
3. Diefenbooker Classic Race
4. WCFHT -- Privacy Directives
5. City of Ottawa – Recreation "Try It First" Program
6. OASIS Workshop – Caregivers and the Important Function of Sleep
7. Seniors Without Walls – Telephone Community
8. WCFHT Workshop – Feeding Your Baby Solid Food
9. West Carleton Seniors Games

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#### **1. WCFHT - Stress Management Workshop**

We are pleased to offer our patients a 5-week workshop on stress management! This skills-oriented course will teach a variety of techniques to better manage stress and reduce its impact on your health.

Session 1: Breathing and muscle relaxation techniques

Session 2: Improving assertive communication

Session 3: Sleep

Session 4: Uncovering negative automatic thoughts

Session 5: Changing negative automatic thoughts and thinking errors

**Session dates / time:** Friday May 26, June 2, 9, 16 and 23, 1:30 pm – 3:30 pm

**Location:** West Carleton FHT, Conference Room (lower level), 119 Langstaff Rd., Carp, ON

A brief telephone interview is required prior to registration; spaces are limited.

Please note: This is a University of Ottawa Heart Institute course that the WCFHT is implementing. As per the Heart Institute's course specifications, family members are not permitted to attend the same session together, but can be

referred to a future stress management session. The WCFHT plans to offer this workshop on a regular basis.

This course is suitable for anyone with a health condition affected by stress or who is concerned about managing stress better to improve their overall well-being.

If you are interested in registering for this workshop, please contact Kate Brown at [kateb@wcfht.ca](mailto:kateb@wcfht.ca)

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**2. COMMUNITY HELPERS PROGRAM:** Do you want to learn more about volunteering with seniors in Carp?

The Western Ottawa Community Resource Centre is seeking individuals to be trained as **Community Helpers** to help seniors in our neighbourhood. This is a new, comprehensive training program that builds on your knowledge and unique skills.

Over the course of the training, you will develop a deeper understanding of the challenges that seniors face each day including: ageism, mental, physical, social, and spiritual health, elder abuse, loss and grief, and diversity and gender issues.

Becoming a Community Helper is a highly rewarding process. Talk to the Program Coordinator to discover how becoming a Community Helper can change your life and those of others around you.

**INFO session:** (NO registration required)

**Thursday, May 11, West Carleton Family Health Team Clinic, 119 Langstaff Rd., Carp, Conference Room (lower level of the clinic)**

TRAINING sessions: (registration required)

Saturday, May 27, 9:00 am – 4:00 pm,

June 5 & 12, 6:00 pm – 9:00 pm

Huntley Parish, 3774 Carp Rd., Carp

For more information or to register, please contact Megan Richards, Program Coordinator (613) 591-3686 ext. 324 or [richards@wocrc.ca](mailto:richards@wocrc.ca)

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**3. Diefenbooker Classic Race!**

The 21<sup>st</sup> annual Diefenbooker Classic race is taking place Saturday, May 6<sup>th</sup>. It is a fundraiser for the West Carleton branches of the Ottawa Public Library. There are events for people of all ages, ages 2 years and up!

Events for all ages include 5 and 10 km running races, a 5 km walk and 5, 18 and 33 km cycle tours.

Youth events include a 1 km running race for 12 years and under and "Loonie Loop" short races for those 2 to 6 yrs old.

### Events

Events get underway at the Carp Fairgrounds on race day as follows:

- Registration on site - 7:30 to 8:30 am
- Warm-up exercises - 9:10 am
- Cycle 5km, 18km, 33km - 9:15 am
- Run 5km, 5km team, 10km - 9:30 am
- Walk 5km - 9:30 am
- Youth Run "Loonie Loop" (2-6 yrs) - 10:20 am
- Youth Run 1 km (12 yrs and under) - 10:40 am
- Awards ceremony - 10:50 am

Volunteers are always needed and welcome too!

For more info: <http://diefenbookerclassic.ncf.ca>

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## 4. PRIVACY DIRECTIVES

Privacy regulations require your health care team not divulge any information to unauthorized persons. This is a reminder that the WCFHT takes privacy very seriously, and we have a privacy directive policy that is applicable to all patients. Please be aware that ANYONE 16 years and over needs to sign a Privacy Directive.

This means that all patients aged 16+ years need to give us written consent before any medical information can be communicated to anyone, including to their parents and/or other family members. Spouses need to give the clinic written consent to disclose any medical information to their significant other.

It is common for a spouse, parent or partner to arrange appointments for their family members to check if they should come back for a follow-up, etc. However, it is not permissible for anyone to act on your behalf unless authorized. We appreciate you understanding in this matter.

Privacy directive forms are available at reception, and also on the website: <http://www.wcfht.ca/pdfs/F1-VERBALAUTHORIZATIONFORDISCLOSURE-WCFHT1.pdf>

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## **5. City of Ottawa: Recreation Try it First!!**

From **May 1 to 30, 2017** you are invited to 3 days of participation in the City of Ottawa's aquafit, cycling and group fitness classes or workouts in the weight and cardio rooms, **FREE** of charge.

Simply visit a participating facility to set up your 3 free membership passes, which can be used anytime in the month of May.

This is a great opportunity to 'test drive' weight and cardio rooms and the group exercise classes.

More info: <http://ottawa.ca/en/residents/recreation-and-parks/fitness#try-it-first>

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## **6. Info session: "Caregivers and the Important Function of Sleep"**

Dr. Gretchen Conrad, a Clinical and Health Psychologist with The Royal Ottawa Mental Health Centre, will discuss why obtaining adequate sleep is essential to staying healthy and functioning well.

**Monday, May 29<sup>th</sup>, 7:00 pm**

Glen Cairn United Church, 140 Abbeyhill Drive, Kanata

This info session is an event hosted by "The Oasis" in Kanata – a community outreach program that offers information, education, and support for caregivers of people with mental illness.

This is a free event. All are welcome. No registration required.

For more info: <https://theoasiskanata.ca/>

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## **7. Seniors Without Walls – all you need is a telephone!**

Seniors Without Walls is a free telephone program that offers recreation activities, health and wellness seminars, educational series and general conversations.

It is available to seniors (55+) and adults with physical disabilities (18+) who find it difficult to access programs in person or who may not be able to leave home for extended periods of time.

You can register as a client over the phone with the program coordinator. Once you are a client you may register for as many programs as you wish.

For more information or to register please contact:

Rachel Sutcliffe, Seniors Centre Without Walls Coordinator

Telephone: 613-236-0428 ext. 2323

Email: [scww@thegoodcompanions.ca](mailto:scww@thegoodcompanions.ca)

Website: [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)

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## **8. WCFHT Workshop -- Feeding your baby from 6-12 months**

Our clinic's Registered Dietitian is offering a workshop to help parents learn about 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 demo on how to easily make homemade food for your baby.

Facilitated by Brandy McDevitt, RD, and held at West Carleton FHT

**Friday June 16, 2017, 10:00 am – 11:30 am**

Call 613-839-3271 x109 or email [brandy@wcfht.ca](mailto:brandy@wcfht.ca) to reserve your spot now!

Please note: It is ideal to take this course when your baby is 4 to 9 months but other ages welcome. Babies are welcome to attend!!

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## **9. West Carleton Seniors Games**

The West Carleton Seniors Games run throughout the month of May every year. They are organized by the seniors clubs in several villages in West Carleton. The Games offer a diverse series of events that are held at different venues in the area, and culminate in a lunch banquet.

Please check out the Constance & Buckman's Bay Community Association's website: <http://cbbca.ca>

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Thank you for reading our May update.

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