

WCFHT Clinic and Community Newsletter May 2021 Issue

Welcome to the WCFHT May 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 Roll-Out Updates

WCFHT Update and Vaccine Clinics

We are pleased to announce approximately 5350 (or 34%) of our adult patients have now received 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! You can read about our past clinics in an article in [West Carleton Online](#).

If you are 40 or older (born in 1981 or earlier), you are eligible to receive the AstraZeneca vaccine. We have received a small supply of this vaccine and have scheduled a drive-thru clinic on **Saturday, May 8** to administer vaccines to eligible patients. If you are 40 or older and have not yet received any COVID-19 vaccine, you

may now schedule your appointment on the Patient Portal (Appointments menu). Click “Book Appointment,” select “AstraZeneca 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/>

Vaccines in Ontario

With Ontario facing the most devastating wave of COVID-19 yet, and more contagious variant strains circulating, it is so important that you protect yourself and that includes through vaccination. Physicians at the WCFHT strongly encourage eligible patients to receive a COVID-19 vaccine when eligible and not delay.

- Take the first vaccine offered to you – Waiting for your ‘preferred’ vaccine risks potentially getting COVID-19 and associated illness. To best protect yourself and others, we agree that the best COVID-19 vaccine is the one that reaches your arm first. Only COVID-19 vaccines that Health Canada determines to be safe and effective are approved for use, and all are highly effective in preventing severe illness, hospitalization, and death from COVID-19, including AstraZeneca.
- The benefits clearly outweigh the risks – There is a lot of information out there. As you weigh the risk of potential vaccine side effects against the chance of contracting COVID-19 and perhaps becoming seriously ill or dying from the virus, please remember this: incidents of serious clotting from the AZ vaccine are extremely rare, these can be treated, and overall, the benefits of the AZ vaccine far outweigh the risks. This [article](#) has a good summary.

A previous blood clot or family history of blood clots does not increase the risks of clotting from the AZ vaccine – in fact, COVID-19 infection can cause blood clots. [See more information from Thrombosis Canada.](#)

As we are in the midst of a third wave of infection, the risk of being exposed to COVID is higher than ever. We recommend getting your COVID-19 vaccine as soon as possible.

Eligibility

Eligibility for the COVID-19 vaccine continues to expand to additional high-risk groups. Appointments are currently available for individuals 55 and older through the provincial booking system. Individuals with select highest risk health conditions are also eligible to book an appointment through their health unit. The following groups are now eligible. Please visit your respective health unit website for booking instructions.

- Individuals ages 55+ (born in 1966 or earlier) can book through the [Province of Ontario's website](#). (On Thursday, May 6 at 8:00 am, all Ottawa residents 50 and

over will be eligible to book).

- Individuals 18+ living in “hot spots” including postal codes starting with K1T, K1V, and K2V
- Health Care Workers
- Residents, staff and caregivers in long term care/retirement homes
- Other congregate care settings (eg. group homes)
- Indigenous adults ages 16+
- Adult recipients of chronic home care
- Education staff who directly support students with complex special education needs
- Adults with health conditions in the [Highest Risk and High Risk Categories](#), including pregnant individuals (*pre-registration only for Ottawa Public Health with individuals in the Highest Risk category)

[Ottawa Public Health](#)

[Eastern Ontario Health Unit](#)

[Leeds, Grenville and Lanark District Health Unit](#)

[Renfrew Country and District Health Unit](#)

Pharmacies

The Province of Ontario has announced that pharmacies in Ottawa and surrounding areas will provide AstraZeneca vaccinations to residents age 40 and older. Please call the participating pharmacies directly to book or visit them on their websites. Call the Province of Ontario Vaccination Information Line at 1-888-999-6488 (TTY 1-866-797-0007) if you have questions on the pharmacy vaccination program. [Search for participating pharmacies close to you.](#)

Walk-ins will not be accepted at any location. Please book your individual appointment in advance.

Pregnant/Breastfeeding and the COVID-19 Vaccine

Individuals who are pregnant are now eligible to receive their COVID-19 vaccine. Individuals can book an appointment by calling the provincial booking line at 1-833-943-3900. If you are pregnant or breastfeeding, you may be wondering whether or not you should get the vaccine. The [information provided in this attachment](#) will help you make an informed choice. Please review it. It is recommended that you discuss with your obstetrician prior to receiving the vaccine.

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](#)

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

If you've received your COVID-19 vaccination, 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 for FREE today! <https://portal.wcfht.ca/>

[Login/Register](#)

Village Yoga Free Online Sessions

Carp's Village Yoga and Wellness Boutique have created free, at-home yoga videos available on their website for those wishing to continue their yoga practice at home. To view the videos, visit their website.

[Village Yoga](#)

Living a Healthy Life with Chronic Pain Webinar

A six week workshop for anyone suffering from pain, which could include but is not limited to: low back pain, pain from motor vehicle accidents, arthritis, and fibromyalgia. The workshops are hosted online, meaning you can participate from home. They are highly interactive and free to join - without a referral. You will be able to see and interact with your facilitators and the other members of your group. You can choose whether or not to be seen on camera. You will require an internet connection, and a mobile phone, tablet or computer to connect. You will need a microphone or headset if you are using a computer without a microphone built in. After registering you will receive instructions on

how to join.

For more information or to register, visit their website.

[Living Healthy Champlain](#)

Prenatal Breastfeeding Education Sessions

Are you pregnant? Do you have questions about breastfeeding? Attend an upcoming learning session and discover where you can get support in the Ottawa area. Make sure you know how to get off to a smooth start, learn important skills and have your questions answered by a Lactation Consultant. Make sure you are ready BEFORE your baby arrives. It is important that partners or a support person attend as well.

To view upcoming sessions visit eventbrite.

[Breastfeeding Education Sessions](#)

Onsite Services Remain Open!

[West Physio](#), [West Carleton Dental Group](#), [Bio-Test](#), and [West Carleton Diagnostic Services \(X-Ray\)](#) continue to remain open. Please contact the service directly for appointment information. All patients entering the building are required to wear a mask and will be screened at the front-door upon arrival for symptoms of COVID-19.

Ontario Caregiver Organization SCALE Program

The Ontario Caregiver Organization will once again offer its SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment) which aims to empower individuals with practical information and skills to enhance self-awareness with a focus on their own needs and well-being. The program consists of a series of eight weekly webinars, online group coaching, and individualized telephone counselling. Individuals may take part in one or all eight of the Webinars which will run each Tuesday between 12 noon and 1 pm. If you are unable to attend the live sessions of the webinars, or to watch the webinar again, you can find each recording of the webinar on the [OCO YouTube channel](#).

May 4: Your Caregiving Journey - Explore the stages of caregiving and deepen your

understanding of the care recipient's experience.

May 11: How Caregiving Stress Affects You - Explore the physical, emotional, and mental impacts of caregiving.

May 25: Becoming a Mindful Caregiver - Explore the seven attitudes of mindfulness and how this can be integrated into your caregiving relationship.

June 1: How Caregivers can Manage Anxiety and Anger - Explore where feelings of anxiety and anger come from, and how to manage them in the context of your caregiving role.

June 8: How Caregivers can Overcome Sadness and Guilt - Learn to overcome feelings of sadness and guilt that may be overwhelming you.

June 15: The Self-Compassionate Caregiver - Manage your inner critic and be kind to yourself through developing your soothing self.

June 22: Find Your Caregiving Strengths - Explore the top attributes and resources you already possess that enable you to succeed in your caregiving role.

June 29: Time for Self-Care While Caregiving - Explore strategies on how to integrate psychological and physical tools to manage your mental health each and every day.

[More Info/Register](#)

COVID-19 Youth Mental Health Resource Hub

[Jack.org](#), [Kids Help Phone](#), and [School Mental Health Ontario](#) have launched a COVID-19 Mental Health Resource Hub to provide Canada's youth with easy-to-access education, tools, support, and the reliable information they need during the pandemic, all in one place. The Covid-19 Mental Health Resource Hub features downloadable PDFs, social media posts, and videos, as well as direct links to support services, apps, and resources that promote self-care and social connection.

[Resource Hub](#)

The Royal Support Groups

The Royal Ottawa has scheduled guest speakers for some of their upcoming Family Information and Support Groups.

Tuesday, May 4, 6:00 - 7:30 pm: Guest speaker Dr. Hans DeGroot will present on Acceptance and Commitment Therapy. To register, visit: <https://www.theroyal.ca/events/acceptance-commitment-therapy>

Tuesday, May 18, 6:00 - 7:30 pm: Guest speaker Stefani Lomatski, social worker, will present on Grieving through Transitions. To register, visit: <https://www.theroyal.ca/events/transitional-grief-continuum-loss>

Please share with your contacts and encourage family members to join these live, unrecorded and free sessions. For all groups and additional resources, visit: <https://www.theroyal.ca/patient-care-information/family-caregivers/family-information-and-support-groups>

Carp Health Access new Partnership with Give Shop

Carp Health Access has partnered with a new and innovative online marketplace called GiveShop, whose unique business model allows users to donate or purchase gently used items with sale proceeds benefiting not-for-profit organizations, such as [Carp Health Access](#).

To visit CHA's dedicated marketplace [click HERE](#).

All the items you'll (eventually) see in the marketplace are in support of Carp Health Access. As they're just getting started with this, you may not see a lot of items right away. More items will appear as awareness spreads.

To find out more, visit: <https://www.giveshop.ca/home>

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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