

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

Welcome to the WCFHT October 2017 email update where we'll share with you upcoming clinic and community events that promote health and well-being. October is host of National HPV Prevention Week and Cervical Cancer Awareness Week. Check out the table in our waiting room for information and materials to take home with you.

There's a lot going on this month! Be sure to mark your calendars and take advantage of some of the great activities happening in your community this October!

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

1. Office Closures – Thanksgiving Weekend
2. HPV Prevention Week – Resources
3. Cervical Cancer Awareness Week
4. Do I need to be seen today – New Resource
5. WCFHT Workshop – Stress Management
6. WCFHT Workshop - Feeding Your Baby Solid Foods
7. Flu Shot Clinics – Fitzroy Harbour and Constance Bay
8. Carp Health Access Community Education Event: Autism
9. Pens and Paint – Youthnet Program in Kanata
10. Community Spotlight – Savvy Seconds
11. Expression of Art – Fall Exhibition

1. Office Closures – Thanksgiving Weekend

Reminder: The clinic will be CLOSED on Monday, October 9th (no urgent care clinic). We will be back to our regular hours on Tuesday, October 10th (8 am – 8 pm).

The Urgent Care Clinic (WCFHT patients only) will be open as follows:

Saturday, October 7: 10 am – 1 pm

Sunday, October 8: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205 (WCFHT patients only)

On-Call Physician: 613-769-1286 (WCFHT patients only - urgent medical conditions requiring a physician only)

Have a great long weekend!

2. HPV Prevention Week

October 1-7 is HPV Prevention Week. Human papilloma virus (HPV) is a group of more than 100 different types of viruses, with some types that pose an increased risk for genital warts and certain types of cancer. Approximately 75% of sexually active Canadians will have at least one HPV infection in their lifetime. Both men and women can be infected by HPV. Infections from the most common cancer-causing types of HPV can be prevented with the HPV vaccine.

For more information about HPV and why it's important to get vaccinated, check out the links provided below. Our health promotion table in the waiting room also has lots of information and resources for you to take home.

From the experts:
<http://hpvinfo.ca/>

About the vaccine:
http://www.merck.com/product/usa/pi_circulars/g/gardasil_9/gardasil_9_ppi.pdf

For teens:
http://www.caringforkids.cps.ca/handouts/hpv_vaccine_teens

About the immunization program in schools:
<http://health.gov.on.ca/en/ms/hpv/default.aspx>

3. Cervical Cancer Awareness Week

October 15-21 is Cervical Cancer Awareness Week. In women, HPV has been linked to cancer of the cervix, amongst other types. If you are a woman between the ages of 21-69 and have ever been sexually active, it is recommended that you have regular Pap tests. A Pap test will detect abnormal cells in the cervix that could lead to cervical cancer later in life. If you're unsure when you are due for your next Pap test, check your **Health Maintenance Plan** in our health portal. Not a portal user? Register today at <https://portal.wcfht.ca/>

4. Do I need to be seen today? – New Resource

We have added new content to our website! Our doctors have worked to create information sheets to inform you about common health conditions we see at the clinic on a regular basis. They provide tips on how to manage your symptoms from home or identify when it may be important to call us and make an appointment. If you have symptoms of a cold, or vomiting and diarrhea, check the website to help you decide if you need to be seen today. Check back regularly as we continue to add new topics to the page. HPV pamphlet will be posted shortly!

Look for the green stethoscope on our website homepage! www.wcfht.ca

5. WCFHT Workshop – Stress Management

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: Uncovering negative automatic thoughts
- Session 4: Changing negative automatic thoughts and thinking errors
- Session 5: Sleep

Session dates / time: Wednesday, November 1, 8, 15, 22, 29, 6:00 - 7:30 p.m.

West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, 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 better managing their stress to improve their overall wellbeing.

For more information or to register, contact: Andrea Thomas at andreat@wcfht.ca

6. WCFHT Workshop – Feeding your baby from 6-12 months

Join WCFHT's Registered Dietitian in this workshop that helps parents learn 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 demonstration on how to easily make homemade food for your baby! Workshop is facilitated by Deidra Chipman, RD.

Wednesday, November 8, 2017, 10:00 – 11:30 a.m.
West Carleton FHT, 119 Langstaff Drive, Carp, ON

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

For more information or to register, contact Deidra, 613-839-3271 x109 or email deidra@wcfht.ca

7. Flu Shot Clinics – Fitzroy Harbour and Constance Bay

Western Ottawa Community Resource Centre in partnership with the West Carleton Family Health Team will be holding two community-based clinics in Constance Bay and Fitzroy Harbour.

Monday, October 23, 2:00 pm – 5:00 pm
Constance Bay Community Centre
262 Len Purcell Drive

Tuesday, October 24, 2:00 – 6:00 pm
Bethel St. Andrews United Church
184 Jack Lougheed Way, Fitzroy Harbour

For more information, or to reserve your spot, please contact Megan at (613) 591-3686 ext. 324 or richards@wocrc.ca

Note: Flu shots are also available at some community pharmacies and some workplaces. If you get your flu shot outside of the WCFHT, it is important to inform us so that we can update your immunization record.

8. Navigating the Autism Spectrum – Community Education Event

Carp Health Access (www.carphealthaccess.ca) would like to invite the community to a panel discussion on the latest exciting research, therapies, and available resources for autism. The line-up of experts include: Marnie Potter (Autism Ontario), Shelley Brown (Therapist), Lisa Batta (Parent), and Suzanne Jacobson (Quickstart Autism). Refreshments and an opportunity for networking will follow the panel discussion. Reserve your seat at <http://bit.do/autismcarp>

Saturday, October 21st, 2017 – 10am to noon
St. James Anglican Church, 3774 Carp Road

Childcare services are available at the Church. Please contact Andrew Yagmina at ayagminas@gmail.com by Oct 6th to reserve a childcare spot.

9. Pens and Paint – Youthnet Program in Kanata

This free 8-week, art-based program for teens focuses on coping with stress through visual arts and creative writing. Art is a form of creative expression, and the program facilitators can help you do it by learning artistic skills such as canvassing, pottery making and even slam poetry.

Tuesday evenings starting October 17: 5:00-7:00 p.m. (no session on Halloween)
Western Ottawa Community Resource Center

For information or to register, email: youthnet@cheo.on.ca

10. Community Spotlight – Savvy Seconds

Starting this month, our newsletters will feature a community program or service that is offered to local residents. This month I had the pleasure of meeting Vera, founder of the local (free) clothing and accessories store, Savvy Seconds.

Q: Tell me about Savvy Seconds

Savvy Seconds-West Carleton is a free clothing service that serves the West Carleton community. We provide gently used clothing, shoes, purses, accessories (belts), jewelry, outerwear, and work wear (including office wear and scrubs). The inventory is constantly changing. Our service is completely free of charge and confidential. Savvy Seconds has been operating for 7 years. What started out as small operation out of a private garage in Constance Bay during the summer months is now available year-round at our new location at the Kinburn Client Service Centre.

Please drop by and visit us at 5670 Carp Road. next door to the West Carleton Food Access Centre. We are open Mon. Wed. Fri. from 2-4pm and by private appointment.

Q: Who can shop at Savvy Seconds?

Savvy Seconds welcomes everyone in the community. We reach out to low income and vulnerable populations, but anyone can "free shop" at Savvy Seconds. We run on an honour system and don't limit the amount people can take. We often get families coming in together, from children to grandparents. It's wonderful to meet three generations of family together! So come down with your family, or bring a friend!

Q: You receive your inventory by donation from community members. Are there any items in high demand at this time?

For those interested in donating, we are currently moving over to fall and winter stock and are looking for donations of gently used coats for men. Men’s workwear, casual attire and footwear are also most welcome. Boys wear, especially for teens is desperately needed.

Donations of clean and gently used seasonal clothing are appreciated. Donations can be dropped off at Savvy Seconds during open hours at 5670 Carp Rd. or anytime at 374 Allbirch Rd. in Constance Bay.

Q: What's in store for Savvy Seconds in the near future?

As the holiday season will soon be upon us, Savvy Seconds is happy to accept donations of clothing, jewelry, and accessories that people have received in the past and remain in their original packaging so they can be passed on to clients who can offer them as Christmas gifts. That's one way that Savvy Seconds tries to help take the financial pressure off families during the holiday season.

Q: Is there anything else you want people to know?

Savvy Seconds is a safe space. It's free. It's confidential. What's beautiful about Savvy Seconds is when clients come in to shop, there is a real sense of community that forms!

To reach Vera, you can contact her through the “Friends of Savvy Seconds – West Carleton” Facebook page, reach her by phone (no voicemail) at 613-240-8644 or by email at vljones@ymail.com

11. Expressions of Art 2017 Fall Exhibition

The West Carleton Arts Society (the group who hangs art at the WCFHT) will be holding an Expressions of Fall Art Exhibition and sale on Thanksgiving weekend. The show is wheelchair accessible and free to attend.

Friday, Oct. 6 from 7:00 - 9:00 pm (Vernissage)
Saturday, Oct. 7 from 8:00 am - 4:00 pm
Sunday, Oct. 8 from 10:00 am – 4:00 pm
Carp Agricultural Hall, Carp Fairgrounds, 3790 Carp Rd. Ottawa, ON K0A 1L0

Questions? Visit their [website](#) or contact the show organizer: 613-839-1324

Thanks for reading the October 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** ([@WestCarletonFHT](#)) and **Twitter** ([@WestCarletonFHT](#)) for updates on clinic and community programs and events as well as up to date information on local health advisories.