

OCTOBER 2021

WEST CARLETON FAMILY HEALTH TEAM

Monthly Clinic and Community Newsletter

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Brief Survey to Name Your OHT

We are pleased to announce our organization is part of a newly formed Ontario Health Team (OHT) in this region that will enhance the connected healthcare experience for our community members. We are looking for your input in establishing a name.

Our OHT comprises a range of health and social service organizations that serve our diverse local communities in urban and rural settings. The geography contains parts of West Ottawa, rural South Ottawa, Lanark County, Richmond, Carleton Place, North Grenville, and Arnprior area. Our goal is to establish a name that is inclusive and relevant to all those served in the region and reflects the value of services we offer.

To this end, we ask for your input by completing a brief questionnaire.

Your participation is completely voluntary. All responses will be kept confidential and will only be used for statistical purposes and reported only in aggregated form.

The survey will take about 3 minutes to complete.

Please submit your vote for our OHT name by October 9, 2021.

To participate, please [click here](#).

Further information regarding our Ontario Health Team can be [found here](#).

Thank you in advance for providing your feedback!

West Carleton Family Health Team



Vaccination Receipts

Proof of vaccination is now required to access certain indoor businesses and settings. After you are vaccinated, you can log in to the provincial portal to download or print an electronic COVID-19 vaccine receipt for each dose you have received in Ontario (regardless of where you were vaccinated - e.g. mass immunization clinic, hospital, pharmacy etc.). If you have a red and white health card call 1-833-943-3900.

For more information on where you must show proof of vaccination and to obtain your vaccine receipt, visit: <https://covid-19.ontario.ca/proof-covid-19-vaccination>

Vaccination Exemption Requests

Generally speaking, there are very few acceptable medical exemptions to COVID-19 vaccination. The Ministry of Health Directive states two valid reasons for medical exemptions:

1. an allergist/immunologist-confirmed severe allergy or anaphylactic reaction to a previous dose of a COVID-19 vaccine or to any of its components (polyethylene glycol, tromethamine and polysorbate) OR,
2. a diagnosed episode of myocarditis/pericarditis after receiving an mRNA vaccine.

If one of the above applies to you, you may submit a request for your doctor to provide a letter. Please send us a portal message stating the reason for exemption and the name of your physician.

Patients choosing not to get a COVID vaccine due to concerns related to side effects of the vaccine (outside of the confirmed allergies/diagnoses above) do not qualify for a medical exemption.

Third Doses

A third dose of the COVID-19 vaccine is now available to residents most at risk of serious illness, notably:

- Transplant recipients (including solid organ transplant and hematopoietic stem cell transplants)
- Patients with hematological cancers (examples include lymphoma, myeloma, leukemia) on active treatment (chemotherapy, targeted therapies, immunotherapy)
- Recipients of an anti-CD20 agent (examples include rituximab, ocrelizumab, ofatumumab)
- Residents of high-risk congregate settings including long-term care homes, higher-risk licensed retirement homes and First Nations elder care lodges
- Those undergoing active treatment for solid tumors;
- Those who are in receipt of chimeric antigen receptor (CAR)-T-cell;
- Those with moderate or severe primary immunodeficiency (e.g., DiGeorge syndrome, Wiskott-Aldrich syndrome);
- Stage 3 or advanced untreated HIV infection and those with acquired immunodeficiency syndrome;
- Those undergoing active treatment with the following categories of immunosuppressive therapies: anti-B cell therapies (monoclonal antibodies targeting CD19, CD20 and CD22), high-dose systemic corticosteroids, alkylating agents, antimetabolites, or tumor-necrosis factor (TNF) inhibitors and other biologic agents that are significantly immunosuppressive.

Ottawa residents who meet these criteria can speak to their **specialist or hospital program** to ask for a letter to receive a third dose. Drop-in vaccinations are available to those eligible for a third dose at any community clinic, pop-up clinic, or neighbourhood vaccination hub in Ottawa during hours of operation.

[Ottawa Public Health](#)



Routine and catch-up immunizations at Ottawa Public Health for children/youth

Ottawa Public Health (OPH) is expanding immunization services offered at its four community vaccination clinics to include routine and catch-up immunizations for eligible children and youth. In addition to providing COVID-19 vaccines, the four community clinic locations will offer publicly funded immunizations for eligible children and youth aged 0-17 years old.

This includes catch-up school based immunizations for students in grades 7 to 12 who did not receive vaccines at school (eg. hepatitis B, human papillomavirus (HPV) and meningococcal conjugate vaccine).

Verify that your child is due for immunizations by [logging into their portal account](#), and selecting the Health Plans menu.

Appointments are available using the [Ottawa Public Health immunization online booking system](#). Drop-ins will not be accepted for these vaccines.

Community clinic locations and hours

The four community clinics are open Tuesday to Friday between 12:45 pm and 7 pm, and on Saturdays between 9:45 am and 4 pm and are located at:

- Eva James Community Centre - 65 Stonehaven Drive
- Ruddy Family YMCA-YWCA, Orléans - 265 Centrum Boulevard
- Minto Sports Complex at University of Ottawa - 801 King Edward Avenue
- J.H. Putman Public School - 2051 Bel-Air Drive

Don't forget to report to us vaccines received outside of WCFHT!

Musical Connections with Joyful Sound Ottawa Choir

Joyful Sound Ottawa is an intergenerational, community choir for people with memory loss and their caregivers and friends. Rehearsals are held weekly on Zoom with plans to meet in person beginning this fall. No training or musical background is required.

For more information or to register, [click here](#).

For additional dementia resources including the Dementia Care Coach program, visit: <https://dementiahelp.ca/>

The Community Addictions Peer Support Association (CAPSA)

CAPSA is an Ottawa-based organization aimed at supporting individuals affected by addiction and substance use disorder. They offer peer support groups (an addition, or an alternative, to other groups like AA, NA, SMART Recovery), as well as their campaign to end stigma and improve access to care.

<https://capsa.ca/peer-support-meetings/>

Breaking Free Online

[Breaking Free Online](#), a free online support tool designed to help Ontarians ages 16 and up reduce or stop the use of substances, is now available for patients by self-referral. Breaking Free Online assists with early intervention, prevention, or rehabilitation and is available in English and French. [More Information](#)



24-Hour Movement Guidelines for Adults

Canada's first ever 24-hour movement guidelines for adults offers clear direction on what a healthy 24 hours looks like for Canadian adults aged 18-64 years. These guidelines are unique because they don't just focus on a single movement behaviour, but instead look at how all these integrate together. There are three core recommendations to keep in mind:

- Move More – including moderate to vigorous physical activity, but for the first time the guidelines call out that light physical activity, including standing, matter too;
- Reduce Sedentary Time; and
- Sleep Well.

<https://www.participaction.com/en-ca/benefits-and-guidelines/adults-18-to-64>

View the 24 hour movement guidelines for the [early years \(0-4\)](#), [children and youth \(5-17\)](#), or [older adults \(65+\)](#).

Western Ottawa Community Resource Centre Programs

Staff at the WOCRC are continuing to answer phones and support clients by providing services which include:

- Telephone based crisis counselling and regular check-ins
- Food/supplies deliveries
- Medically necessary transportation
- Virtual programming and services

For more information or to access any of the above services, call 613-591-3686 and ask for intake who will help identify what support can be provided and to coordinate delivery. Email info@wocrc.ca or visit their website:

www.wocrc.ca



Thank you 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, feel free to contact Talia at taliai@wcfht.ca

Follow us on Facebook and Twitter (@WestCarletonFHT) for updates on clinic and community programs and events as well as up to date information on local health advisories.

