

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

Welcome to the WCFHT September 2017 email update where we'll share with you upcoming clinic and community events that promote health and well-being. September is Ovarian Cancer Awareness Month. Check out the table in our waiting room for information about this common type of cancer affecting women and for materials to take home with you.

Also take advantage of some of the great activities going on in your community this month!

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

1. Office Closures – Labour Day
2. WCFHT Workshop – Living a Healthy Life with Chronic Pain
3. West Carleton Spring Flooding Community Debriefing
4. Fitzroy Harbour Walking Club
5. Hospice and Palliative Care Ottawa – Kanata Open House
6. Community Helpers Program – Volunteering with Seniors
7. West Carleton Food Access Centre – Book Sale
8. WOCRC Parenting Series: Wed Sept 20; Sept 27; Oct 4 (Register for one or all 3)

1. Office Closures – Labour Day

Reminder: The clinic will be CLOSED on Monday, September 4th (no urgent care clinic). We will be back to our regular hours on Tuesday, September 5th (8 am – 8 pm).

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

Saturday, September 2: 10 am – 1 pm

Sunday, September 3: 10 am – 1pm

9-1-1 for emergencies

Telehealth Ontario: 1-866-797-0000 (Speak to a RN, 24/7)

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. WCFHT Workshop – Living a Healthy Life with Chronic Pain

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

The workshop will be offered on the following dates:

Tuesday afternoons, 2:30 – 5:00 p.m.

Sept. 26, Oct. 3, Oct. 10, Oct. 17, Oct. 24 and Oct. 31

West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON.

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

Please talk to your provider or contact Talia, taliai@wcfht.ca to register.

3. West Carleton Spring Flooding Community Debriefing

Please join the community conversation to reflect on the response to the West Carleton flooding in Spring 2017.

- Give feedback on how organizations responded to the crisis.
- Discuss what was done well and what could be done better in the future.

Saturday, September 16 from 3:00 – 5:00 p.m.

West Carleton Client Service Centre (5670 Carp Road)

Roly Armitage Hall

For more information, please contact Megan Richards (613) 591-3686 ext 324,

richards@wocrc.ca or Julie McKercher (613) 591-3686 ext 498, mckercher@wocrc.ca

4. Fitzroy Harbour Walking Club

Join in as residents get outside for some exercise and great company for a walk around the neighbourhood. Light refreshments will be served.

Wednesday Sept. 6, 13, 20, 27, 11:00-12:00

Fitzroy Harbour Community Service Centre (184 Jack Loughheed Way)

5. Hospice and Palliative Care in Ottawa

[Hospice Care Ottawa](#) is a community-based charitable organization. They offer palliative and end-of-life programs and services to people living in the City of Ottawa. All services are offered at no charge to clients and their families. They provide Community Hospice Care programs such as in-home visits and day hospice, Residential Hospice Care, Bereavement Care and Caregiver Support. Services meet the highest care standards in a setting that reflects as closely as possible a comfortable home environment.

Hospice Care Ottawa is delighted to host an open house of their newly completed full-service hospice in Kanata, the first in Ottawa West. You're invited to join Hospice Care Ottawa on September 25 from 3:00 – 6:00 p.m. for the official opening of Hein House, the newly constructed residential wing of the Ruddy-Shenkman Hospice (110 McCurdy Drive, Kanata). Tours will be available for you to view the beautiful new facility and hear more about the services they provide. The ribbon cutting ceremony will be followed by their Annual General Meeting. For more information or to RSVP visit: <http://www.hospicecareottawa.ca/2017-agm.html>

6. Do you want to learn more about volunteering with seniors?

Western Ottawa Community Resource Centre (WOCRC) is seeking individuals to be trained as Community Helpers to help seniors in your neighbourhood. WOCRC is offering 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 specific challenges that seniors face each day, including: ageism, mental/physical/social/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.

Training will be held on:

Monday, September 25, October 2, October 16 and October 23 from 6:00 – 9:00 pm
St. James Parish (3774 Carp Rd.)

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

7. West Carleton Food Access Centre – Book Sale

The West Carleton Food Access Centre is holding a book sale on:

Friday, September 8, 2017: Noon-7:00 p.m.
Saturday, September 9, 2017: 8:00-2:00 p.m.
Agricultural Hall (Carp Fairgrounds) – 3790 Carp Road

If you have any books you'd like to donate for the sale, book donations can be left at:

The Huntley Parish Hall
Eli El-Chantiry's office, 5670 Carp Road, Kinburn
Carp Farmers' Market (Saturday mornings)
Donation Box – 3075 Carp Road
Or email fundraising.wcfac@gmail.com to arrange a pickup!

8. WOCRC - Ontario Early Years Centre – Parenting Workshops

The Ontario Early Years Centre is holding a Parenting Series: Encouraging Social and Emotional Wellness in Children. You can register for one, two or ALL three!

Workshop 1 - Building Self-Esteem: Feeling Lovable and Capable

Wednesday, Sept. 20, 7:00 to 9:00 p.m.

Learn ways to help your children to have a good self-image while you guide them through positive discipline.

Workshop 2 – Preparing Children to Meet Challenges

Wednesday, Sept. 27, 7:00 to 9:00 p.m.

In this workshop, you'll learn some fun activities to use that will help them meet challenges by developing their self-confidence, emotional awareness, flexibility, empathy and problem-solving abilities.

Workshop 3 – Before you correct...Connect!

Wednesday, Oct. 4, 7:00 to 9:00 p.m.

If you want to influence children's behaviour, we first need to build connections with them and their emotions. This workshop will show you ways to reach and connect with children's emotional brain so that you can help them make better choices.

All three workshops are held at: Katimavik Preschool Resource Centre (180 Katimavik Rd.)

To register, email: katimavikresource@ocsb.ca or call: 613-591-6030

Thanks for reading the September 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

For all those heading back to school this September, we wish you all a happy and healthy start to your school year!

Connect with us on **Facebook** ([@West CarletonFHT](#)) and **Twitter** ([@WestCarletonFHT](#)) for updates on clinic and community programs and events as well as up to date information on local health advisories.