

# WEST CARLETON FAMILY HEALTH TEAM CLINIC AND COMMUNITY NEWSLETTER

April 2019 Issue

## HERE IS WHAT'S INCLUDED IN THIS MONTH'S UPDATE:

1. Staff News – Spring Training
2. Important Information Regarding Immunizations for Children
3. *Thank you* from the Ottawa Paramedic Service and the Ottawa Mission Shelter
4. WCFHT Workshop – Chronic Pain Management
5. Free Fitness Classes in Kinburn – Adults 55+
6. Call for Volunteers – Diefenbooker Race
7. Oasis in Kanata Information Session – Understanding the Teenage Brain
8. Youth Lounge Night, Hang Out and Homework Help
9. WCFHT Workshop – Introducing Solids

## STAFF NEWS: SPRING TRAINING

It's officially spring and a great time to get outside, take advantage of warming temperatures, and set yourself a new physical activity goal. Throughout the spring, there are a host of footraces including walking events, themed fun-runs and timed road or trail runs that cater to all ages and abilities. Running is a great way to improve cardiorespiratory fitness, motivation and creativity while boosting mood, improving sleep and alleviating stress. Signing up for an event can help encourage you to become more active and maintain a fitness routine, while training for your race.

Staff at the WCFHT have embraced the challenge. This past weekend, Dr. Lisa Rosenkrantz and Health Promoter, Talia Ignacy both participated in Around the Bay, a 30 km road race in Hamilton, Ontario. When asked why she started running (24 years ago), Dr. Rosenkrantz said, "I run for the same reason lots of people start running...to get in shape, feel better, and have a break from my three young sons! My reason for continuing to run is a little more complicated and has changed over the years. When I wake up feeling sluggish or overwhelmed by the day ahead, running always helps to improve my mood. When I wake up feeling good, I feel great by the end of the run. It helps to get me out of the door, day after day."



Health Promoter, Talia Ignacy (left) and Family Physician, Dr. Lisa Rosenkrantz (right) at Around the Bay, Hamilton, ON. March 31, 2019

For people new to walking/running or for those looking for an extra boost of motivation, consider signing up for a group training program. Many retail stores that sell running attire offer learn to run/walk training programs that help you build your fitness level over a set period of time to help you complete a specific race. You'll learn proper technique to prevent injury and improve your time while gaining other tips to help you get to race day. Check with your physician/nurse practitioner if you have any concerns about starting a new activity program.

Stay tuned for photos of WCFHT staff in the upcoming Diefenbooker Classic, and share your race day/training photos with us on facebook and twitter @WestCarletonFHT! Happy running!

## Office Closures – Easter Weekend

The clinic will be CLOSED on Friday, April 19<sup>th</sup> (no urgent care clinic). We will be back to our regular hours on Monday, April 22<sup>nd</sup> (8 am – 8 pm).

The urgent care clinic (WCFHT patients only) will be open as follows:

**Saturday, April 20:** 10 am – 1 pm

**Sunday, April 21:** 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205



## IMMUNIZATIONS FOR CHILDREN

Vaccines are an important part of healthy growth and development. Think of them the same way you would healthy eating, physical activity, or proper sleep. They are a proven and safe way to prevent serious infections that in previous generations have caused illness, disability, or death. In Canada, vaccines are a routine part of healthcare and support maintenance of overall health.

**Please note!** Parents/Legal Guardians are responsible for updating Ottawa Public Health (OPH) every time their child receives immunization from their doctor. Healthcare providers and schools are not mandated to report your child's immunization to OPH.

### Accessing Your Immunization Record:

The easiest way to access a list of immunizations that are upcoming or past due is through the Patient Health Portal.



To view your immunization record in the **Patient Health Portal** and **PRINT\*** a copy for your records, visit: <https://portal.wcfht.ca/>

\*You will find this feature under the *Plans* menu. Select the printer icon to print a copy.

To report immunizations to **Ottawa Public Health** and tips on reducing pain during vaccination, visit: [www.parentinginottawa.ca](http://www.parentinginottawa.ca)

*More questions?*

To speak with a Public Health Nurse, call Ottawa Public Health at 613-PARENTS [613-727-3687] (TTY: 613-580-9656) or email [ParentinginOttawa@ottawa.ca](mailto:ParentinginOttawa@ottawa.ca)

## THANK YOU! FROM THE OTTAWA PARAMEDIC SERVICE AND THE OTTAWA MISSION SHELTER

The Ottawa Paramedic Service and the Ottawa Mission Shelter would like to extend a huge thank you to all WCFHT patients, staff and families for their generosity and help in making this year's steel toe boot drive a success. Well over 100 pairs of steel-toed boots were collected along with over 200 winter items (mitts, hats, scarves, socks, boots, etc.). The shelter was very grateful to receive the donation as their stock was almost completely depleted.

We look forward to another successful drive next year!



## LIVING A HEALTHY LIFE WITH CHRONIC PAIN WORKSHOP

Join our upcoming 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, motor vehicle accident etc.

The program is designed to enhance regular treatment, and does not conflict with existing programs or treatment. Participants will receive a textbook and workbook, "Living a Healthy Life with Chronic Pain," and a program CD with exercises that can be done at home.

**Tuesdays 2:30 – 5 pm: Apr 30, May 7, 14, 21, 28 & Jun 4**  
**West Carleton FHT, Conference Room (lower level), 119**  
**Langstaff Drive, Carp, ON.**

For more info or to register, contact Talia at 613-839-3271 x179 or email [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

## FITNESS CLASSES IN KINBURN – ADULTS 55+

Take advantage of FREE fitness classes for adults 55+ in Kinburn; a program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.



Join this drop-in program that runs until the end of May. Classes are one hour in length and include a mix of cardiovascular exercise, stretching and strength training. The qualified and experienced instructor emphasizes correct technique, posture and balance. Classes accommodate all fitness levels, but are geared towards adults who are somewhat active (ie. this is not a chair exercise program).

**Classes Mondays and Thursdays, 10:00 – 11:00 am**  
**Kinburn Community Centre, 3045 Kinburn Side**  
**Road, Kinburn.**

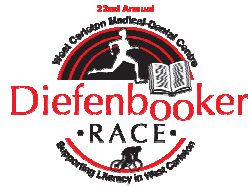
For more information or a listing of all exercise classes, call 613-310-2222 or visit:

<http://www.champlainhealthline.ca/libraryContent.aspx?id=20516>

## CALL FOR VOLUNTEERS – DIEFENBOOKER RACE

The 23rd annual Carp Diefenbooker Race will be held on Saturday, May 4th, 2019. Registration is now open! Funds raised support organizations in West Carleton that promote literacy and encourage physical activity and personal wellness.

<http://diefenbooker.ca/Diefenbooker2019/index.html>



**Volunteers Needed!** For those not participating in an event, organizers are seeking volunteers to assist with tasks that include: set-up; safety drivers; route marshals; and clean-up and take down after the event. High school students will receive four hours towards their community service hours.

To volunteer: contact Jody Heath at [diefenbookervolunteers@gmail.com](mailto:diefenbookervolunteers@gmail.com)

## OASIS IN KANATA INFORMATION SESSION – UNDERSTANDING THE TEENAGE BRAIN

The Oasis in Kanata is a community outreach program of Glen Cairn United Church that offers information, education, and support for caregivers of people with mental illness living in Kanata and the surrounding area. The topic of the next information session is: ***Understanding the Teenage Brain***. Parents of children who develop mental illness often tend to notice the first symptoms that “something is not quite right” as their children enter their teenage years. Join guest speaker Dr. Gretchen Conrad of the The Royal Ottawa Mental Health Centre in this session that will explore how parents and caregivers can best help their children through this critical transitional phase while maintaining *their own* mental health. This session is free and open to all.

**Monday, April 15, 7:00 p.m.**  
**Glen Cairn United Church, 140 Abbeyhill Dr, Kanata**

For more information, visit:  
<https://theoasiskanata.ca/events-calendar-2/>

## YOUTH LOUNGE NIGHT, HANG OUT, AND HOMEWORK HELP

The Constance and Buckham's Bay Community Association (CBBCA) invites youth to join their Thursday lounge night. This is an opportunity for students in grades 7 and 8 to get together and work on school work or relax in a casual setting with peers. The drop-in starts March 21 and will continue the pilot for 6 weeks.

**Thursdays from 7:00 – 8:30 p.m.**  
**The Lounge at the Northwind Centre (262 Len Purcell Drive, Woodlawn)**

For more information about the Lounge Night and other CBBCA programs, visit: <http://cbbca.ca/cms/>

## WCFHT WORKSHOP – INTRODUCING SOLIDS



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 Courtney Fowler, RD.

**Tuesday, April 16, 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 Courtney, 613-839-3271 x109 or email [cfowler@wcfht.ca](mailto:cfowler@wcfht.ca)

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Thank you for reading the April 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](mailto:taliai@wcfht.ca)

Follow us on **Facebook** ([@WestCarletonFHT](https://www.facebook.com/WestCarletonFHT)) and **Twitter** ([@WestCarletonFHT](https://twitter.com/WestCarletonFHT)) for updates on clinic and community programs and events as well as up to date information on local health advisories.

