



AUGUST 2019

## WEST CARLETON FAMILY HEALTH TEAM

Monthly Clinic and Community Newsletter

### This issue:

Women@Heart - Peer  
Support for Women with  
Heart Disease

Portal Feature: Lab Results

Low Back Pain

Office Closure - Civic Holiday

Free Rural Transportation  
for Youth in West Carleton

Arthritis Society Workshops  
- Managing Osteoarthritis

Caregiver Support Group

WCFHT Workshop -  
Introducing Solid Foods

Soup for Seniors

### Women@Heart - Peer Support Program

OTTAWA HEART INSTITUTE

The Women@Heart program is a peer support program led by women with heart disease, for women with heart disease that aims to create a caring environment for women to learn from and support one another on the road to recovery. The program provides women with heart disease, in every community, with access to emotional support, education support and a caring environment for a better recovery. Women@Heart consists of 12 two-hour sessions held bi-weekly. It is free and physician referral is not required. To be eligible, you must:

- Be a woman with heart disease (heart attack, angina, stent, bypass surgery, valve disorder, pacemaker)
- Have not been hospitalized or experienced significant cardiac symptoms within the last 6 weeks

For info and advantages of the program, visit:

<https://cwhhc.ottawaheart.ca/programs-and-services/womenheart-program>

Upcoming groups:

**Thursdays, September 12, 2019 – February 27, 2020: 1 – 3 pm**  
**John G Mlacak Community Centre, 2500 Campeau Drive, Kanata**

**Tuesdays, September 17, 2019 – February 11, 2020: 6 – 8 pm**  
**Nepean Arts Centre, 35 Stafford Road, Bells Corners**

To register, call the Prevention & Wellness Centre at 613-696-7071 or 1-866-399-4432 or [pwc@ottawaheart.ca](mailto:pwc@ottawaheart.ca)



## Portal Feature: Lab Results

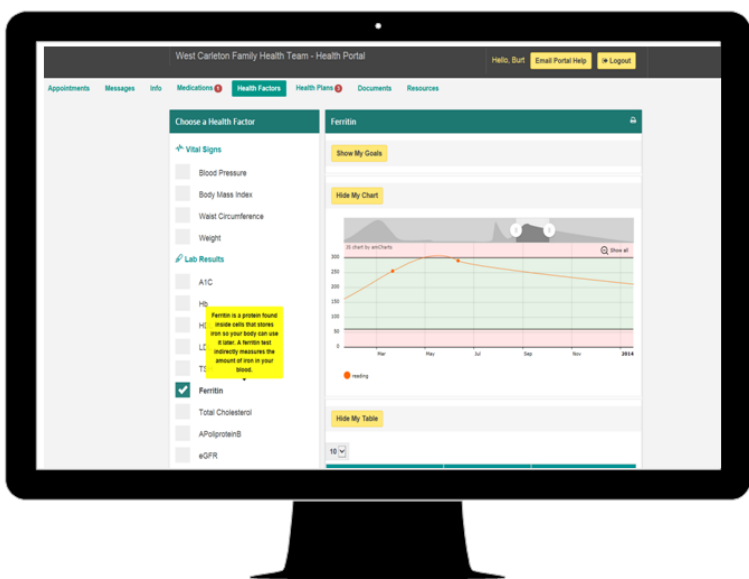
WEST CARLETON FAMILY HEALTH TEAM

Did you know... WCFHT patients can view the majority\* of their lab results ONLINE via the Patient Health Portal? Check the box next to the result you want to view. You'll see results in a table or chart (this allows you to track results over time). Look for this feature on the Health Results Tab.

\*Some lab results are omitted from the list, including specialized tests or cases where results may be difficult to interpret.

**Tip:** Hover your cursor over the lab results in the left panel to view a description.

The Patient Health Portal is a free service available to all of our patients. Registering on the portal is easy. You just need your Ontario Health Card number and your date of birth. To login or begin this simple registration process, visit: <https://portal.wcfht.ca/>



## Low Back Pain Resources

Back pain is one of the most common reasons for people to visit their doctor or miss work. You may be able to avoid back pain or prevent recurrence by staying active and practicing proper body mechanics. ISAEC (Inter-professional Spine Assessment and Education Clinic) has a great online resource with information and videos to guide you through some of these exercises. For tips, information, and exercise videos, visit: [www.isaec.org/exercise-videos.html](http://www.isaec.org/exercise-videos.html)



## Office Closure: Civic Holiday

Please note changes in clinic hours on the Civic Holiday weekend.

**Saturday, August 3rd & Sunday, August 4th:**  
**Urgent care 10 am – 1 pm (WCFHT patients only)**

**Monday, Aug 5th: Clinic is CLOSED (No urgent care)**

We will be back to our regular hours on Tuesday, August 6th at 8:00 am

9-1-1 for emergencies  
Telehealth 1-866-553-7205



## Rural Transportation for Youth

WESTERN OTTAWA COMMUNITY RESOURCE CENTRE

Western Ottawa Community Resource Centre is offering free drives for youth ages 12-18 years this summer between areas in West Carleton to Kanata. Pick-ups/drop-off available in Dunrobin, Carp, Fitzroy, and Constance Bay on Wednesdays and Fridays. For more details or to request a drive, please visit:

<https://wocrc.communitysupportservices.ca/>

## Managing Osteoarthritis Workshops

ARTHRITIS SOCIETY

The Arthritis Society offers free workshops to help you manage your osteoarthritis with two upcoming groups in Ottawa.

**Stay Active – Managing Hip & Knee Osteoarthritis**  
**Wednesday, September 4th, 1:00 – 4:00 pm**  
**300–885 Meadowlands Dr. East, Ottawa**

Learn strategies for living well with hip and knee osteoarthritis. The education session is led by an arthritis society physiotherapist. You will be interacting with others who share your condition and can truly understand what you are going through. Learn more about osteoarthritis, relieving pain and stiffness, activity and weight management and community resources.



**Osteoarthritis (OA) of the Hand**  
**Thursday, September 5th, 1:00 – 4:00 pm**  
**300–885 Meadowlands Dr. East, Ottawa**

This free workshop is led by an Arthritis Society occupational therapist. Learn about treatment options and how exercise can help reduce symptoms. In the hands on segment, you will have the opportunity to experiment with various devices designed to ease stress on your hand.

For information or to register for either of the above education sessions, please contact 1-800-321-1433 ext. 1584 or 613-723-1083 ext. 1584

Visit the arthritis society website for online learning about pain management, healthy eating, overcoming fatigue, and mental health and well-being. Visit: <https://arthritis.ca/support-education/online-learning>



## Caregiver Support Group

WESTERN OTTAWA COMMUNITY RESOURCE CENTRE

Are you caring for an older adult? Are you feeling tired? Overwhelmed? Would you like to meet other caregivers? The Western Ottawa Community Resource Centre offers a monthly caregiver support group to discuss topics that may assist you in your well-being.

**The last Tuesday of each month, from 1 – 3 pm**  
**Carp Commons, 458 Donald B. Munro Dr.**

For information about the support group, including how to join, please call: 613-591-3686 ext. 299 or email [bignell@wocrc.ca](mailto:bignell@wocrc.ca)





## Introducing Solids Workshop

WEST CARLETON FAMILY HEALTH TEAM

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 learn how to easily make homemade food for your baby.

**Tuesday, August 27, 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)

## Soup for Seniors

ANGLICAN PARISH OF FITZROY HARBOUR

Soup for Seniors is a project run by the Anglican Parish of Fitzroy Harbour in collaboration with the Western Ottawa Community Resource Centre. Soup is available free of charge for seniors and their caregivers in West Carleton (subject to availability). Four soup-making events are held each year. Volunteers welcome.

To request soup, contact:  
[stthomas.stgeorge@live.ca](mailto:stthomas.stgeorge@live.ca) or call 613-623-3882



Thank you for reading the August 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](mailto: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.

