

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

1. Office Closures – Civic Holiday
2. Savvy Seconds Pop-Up Shop
3. Important Announcement – Appt Confirmations
4. Caregiver Support Groups in West Carleton
5. Additional Resources for Caregivers
6. WCFHT Workshop – Feeding Your Baby from 6-12 months
7. Better Strength, Better Balance – Registration Open
8. EarlyON Child and Family Centre – Story Time

# West Carleton Family Health Team Clinic and Community Newsletter

August 2018 Issue

## OFFICE CLOSURES – CIVIC HOLIDAY

Reminder: The clinic will be CLOSED on Monday, August 6<sup>th</sup> (no urgent care clinic). We will be back to our regular hours on Tuesday, August 7<sup>th</sup> (8 am – 8 pm).

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

**Saturday, August 4<sup>th</sup>:** 10:00 am – 1:00 pm

**Sunday, August 5<sup>th</sup>:** 10:00 am – 1:00 pm

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 happy and healthy long weekend!

## SAVVY SECONDS POP-UP SHOP

Savvy Seconds will be holding a pop-up shop in Constance Bay! Gently used clothing is available free of charge to any shopper. There will be a variety of clothing options for families with children and older adults.

**Shop will run: August 13<sup>th</sup> and August 16<sup>th</sup>, 9:00 am to noon  
Northwind Wireless Fibe Centre, 262 Len Purcell Drive, Woodlawn**

Savvy Seconds is also available at the Kinburn Client Service Centre at 5670 Carp Road, next door to the West Carleton Food Access Centre. Hours at the shop are Mondays: 2:00 – 7:00 pm, Wednesdays: 2:00 – 4:00 pm, Fridays: 2:00 – 4:00 pm, and by private appointment.

To learn more about Savvy Seconds, visit our October 2017 issue of the newsletter where we featured an interview with the shop's founder. [http://www.wcfht.ca/wp-content/uploads/2018/01/October2017\\_Newsletter.pdf](http://www.wcfht.ca/wp-content/uploads/2018/01/October2017_Newsletter.pdf)

## Obstetrical Care at WCFHT

Did you know... the West Carleton FHT has a great team of physicians who provide obstetrical care (care during your pregnancy and delivery)? We provide care to patients who already have a family physician in the community as well as those who do not.

For more info, visit: <http://www.wcfht.ca/services/obstetrics/>



## IMPORTANT ANNOUNCEMENT – APPOINTMENT CONFIRMATIONS



Please be advised, 4 days before you have a scheduled appointment with us, we will send you a reminder to the email address we have on file for you. Please **follow the link** in these messages to confirm your appointment.

If you are no longer able to make your scheduled appointment, you are able to cancel it through the patient health portal (<https://portal.wcfht.ca/>) or by calling our main office number. We ask that you please notify us as early as possible to reschedule. Appointments cancelled within 24 hours will be considered a no-show and applicable administrative fees will apply.

If you are not receiving confirmation emails from us, please check your spam folder. You may add us to your mailing list to ensure our emails do not get sent to your junk folder. All emails received from us are delivered using [\\_\\_\\_@wcfht.ca](mailto:___@wcfht.ca).

## CAREGIVER SUPPORT GROUPS IN WEST CARLETON

Western Ottawa Community Resource Centre will be offering monthly Caregiver Support Groups in both Carp and Fitzroy Harbour. Respite care will be available on-site at both locations for those who require it. Refreshments and a light snack will be served.

### Carp

3<sup>rd</sup> Friday of each month, 10:00 am – 12:00 pm  
St. James Anglican Church, 3774 Carp Road.

### Fitzroy Harbour

1<sup>st</sup> Tuesday of each month (starting August 7<sup>th</sup>),  
10:00 am – 12:00 pm  
Bethel St. Andrews United Church, 184 Jack  
Lougheed Way

Register in advance with CSS by calling 613-591-3686 ext. 333 or by emailing [css@wocrc.ca](mailto:css@wocrc.ca)



## ADDITIONAL RESOURCES FOR CAREGIVERS

Telehealth Ontario – After Hours Support for  
Dementia Caregivers: 1-866-797-0000

Ottawa Public Health –

Caregiver Guide: <http://www.ottawapublichealth.ca/en/public-health-topics/caregiver-guide.aspx>

Mental Health Caregiver Guide:  
[http://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental\\_health\\_caregiver\\_guide\\_en.pdf](http://www.ottawapublichealth.ca/en/public-health-topics/resources/Documents/mental_health_caregiver_guide_en.pdf)

Champlain Healthline – Resource list of local  
programs and services that support caregivers.  
<http://champlainhealthline.ca/listServices.aspx?id=10164>

Caregiver Exchange - The caregiver exchange has  
a wealth of information for caregivers including  
articles, tips, and popular resources.  
<http://caregiverexchange.ca/>

## 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 Courtney Fowler, RD.

**Wednesday, August 1<sup>st</sup>, 2018, 10:00 – 11:30 a.m.**

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

Next workshop: September 12<sup>th</sup>, 10:00 – 11:30 a.m.

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 Fowler, 613-839-3271 x109 or email [Courtney@wcfht.ca](mailto:Courtney@wcfht.ca)

## BETTER STRENGTH, BETTER BALANCE – REGISTRATION OPEN

Better Strength, Better Balance is a fall prevention exercise and education program for people aged 65+. It is a beginner level program for those wishing to improve their strength and balance. Strong muscles, strong bones and better balance will make you more mobile and less likely to fall.

First time participants can register by calling Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656)

[http://www.ottawapublichealth.ca/en/public-health-topics/better-strength--better-balance--exercise-program.aspx?utm\\_medium=Cludo](http://www.ottawapublichealth.ca/en/public-health-topics/better-strength--better-balance--exercise-program.aspx?utm_medium=Cludo) Quicklink



## EARLYON CHILD AND FAMILY CENTRE – STORY TIME

Join EarlyON and Western Ottawa Community Resource Centre for story time where the books come to life with songs, puppets, and exciting twists. Be transported into a new adventure every week! Snack time (bring your own) and crafts will follow story time. This activity is offered in English and French and is ideally suited for children 2-6 years (siblings welcome).



**Wednesday mornings, 10:00 to 11:30 am**  
**Northwind Wireless Fibe Centre (262 Len Purcell Dr.)**

For info, contact WOCRC: 613-591-3686 or [info@wocrc.ca](mailto:info@wocrc.ca)

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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, 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.