

West Carleton

Family Health Team

Welcome to the WCFHT May email update where we'll share with you upcoming clinic and community news and events that promote health and well-being. For the latest on virtual care, weekend urgent care, and our ongoing response to the COVID-19 pandemic, [visit our website](#). Please note, despite the lifting of mask mandates in certain settings, we still require that patients wear a mask when visiting the medical centre.

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COVID-19 Questions on Testing and Isolation

Have you been in contact with someone who has symptoms or has tested positive for COVID-19?

Ottawa Public Health has created a tool to help individuals determine whether they need to self-isolate. To use the tool, [click here](#).

For additional information about self-isolation, testing, vaccination, and when to call your doctor, visit <https://dfcm.utoronto.ca/confused-about-covid>. The website is updated daily with new guidance from the government to ensure that Ontarians are able to access the

with new guidance from the government to ensure that Ontarians are able to access the most up to date information.

Vaccination

Everyone aged five years or older (on the day of their appointment) are eligible for a COVID-19 vaccination. All individuals ages 12 and older are now eligible to receive a third (booster) dose of the COVID-19 vaccine. For adults 18 and older, at least 84 days (three months) must have passed since the second dose, and for youth 12 and older, at least 168 days (six months) must have passed since the second dose. Select high-risk individuals are also eligible to receive a fourth dose, including residents of long-term care and retirement homes, and certain immunocompromised individuals.

To schedule an appointment, visit: <https://covid-19.ontario.ca/book-vaccine/>

ExerFarm and Deep Roots Food Hub - Call for Volunteers

Imagine... being offered an outdoor exercise and nutrition program that also provides you with produce, a chance to socialize (or to socially distance, if you like), and to help reverse climate change. It's free for patients, family and friends of the West Carleton Medical-Dental Center! Here's what it entails:

"ExerFarm" is a program of the Family Health Team that is about to enter its fifth year. Financially supported and led by the physicians, volunteers plan, plant, tend, harvest and consume vegetables grown on a number of sites, two in West Carleton, and a third at 230 Davidson Side Road in Nepean (beside the Deep Roots Food Hub root cellar*). In total, that's about 43,000 square feet, up from 2000 square feet in 2018. The "Three Sisters Garden" (corn, beans and squash) will be greatly expanded. This method has been used for hundreds of years by our Indigenous brothers and sisters who are also especially welcomed. We're also proud to count the guidance department and students from Earl of March Secondary School among our supporters, volunteers and co-conspirators!

As it matters to both our health and the climate, "Regenerative Agriculture" forms the basis of our approach – the avoidance of tilling, inorganic fertilizers, insecticides, herbicides, GMO seeds, and bare soil. This approach is based on new knowledge about the interactions of sub-soil biology with plants. The science is fairly new, so we feel like we have been experimenting, and learning so much, over the past year.

*[Deep Roots Food Hub \(DRFH\)](#) also has its "roots" in the medical center in Carp, which supported participation in its predecessor, the "Rural Healthy Living Coalition."

Supporting its mandate to create a secure local food system, DRFH has constructed a uniquely designed, off-grid, high-tech above-ground root cellar capable of storing over 50,000 pounds of root vegetables. Finishing its 3rd year of testing, it has attracted the attention of post-graduate engineering departments at both the University of Ottawa and l'Ecole Polytechnique (Paris, France).

DRFH is still a totally volunteer organization, but would very much like more help in whatever form you prefer, from board membership (growers, lawyers, accountants, business and marketing etc.) to building, growing, or donating.

To find out more or to sign up for either organization, email 1team4health@gmail.com

We look forward to hearing from you!

Dr. Barry Bruce

Safelisting Emails from WCFHT

In addition to this newsletter, we send patients email reminders for upcoming appointments or to alert of a new Patient Portal message. To ensure patients receive these messages, we ask that you add emails from @wcfht.ca to your email safelist. This will ensure they go to your inbox and are not marked as spam or junk. For more information on how to do this, [click here](#).

New Youth Mental Health E-Learning Hub

In partnership with Ottawa Public Health, CHEO's YouthNet has officially launched the new Youth Mental Health E-Learning Hub. This creative bilingual website was designed by Ottawa youth for youth ages 13 to 24 to participate in a self-guided learning journey about mental health, explore community resources available to them and connect with each other. Teachers and educators can also benefit from this e-learning hub for their lesson plans and to facilitate important conversations with their students about mental health.

[Learn More](#)

West Carleton Community Conversation

[The Western Ottawa Community Resource Centre](#) has scheduled their next Community Conversation to be held: May 25, 7:00 - 8:30 pm. These meetings provide the opportunity for West Carleton-March residents and stakeholders to come together virtually to discuss some practical solutions and ways to collaborate to support groups including youth and seniors on various topics such as mental health or how we can better provide outreach to rural communities. The meeting will be held online over Zoom.

To confirm attendance, email lorusso@wocrc.ca

Family Dialogue about Communication Workshop

[Psychiatric Survivors of Ottawa \(PSO\)](#) is offering a free eight-week workshop: Family Dialogue about Communication - starting May 25. This virtual workshop will run on Wednesdays from 6:00 to 8:30 pm and is designed for family members and friends who support people with mental health and/or substance use challenges. Sessions will focus on practicing various communication strategies in interactive, scenario-focused ways.

WOCRC Community Spring Event Calendars Released

The **EarlyON Child and Family Centre** schedule has been released up to June 2022. Weekly offerings include: Playgroup (for newborns to 6 years old with an adult), Baby & Me (for non-walking babies), Baby & Me Mindful Movement (for pre-crawling babies with an adult), Storytime (newborn to 6 years old with an adult) along with weekly outdoor adventures and stroller walks.

The calendar also includes the following workshops:

- [Toddler and Me Dance](#) (4 sessions) - Mondays, May 9, 16, 30, June 6
- [Parenting and You](#) - Tuesday, May 10
- [Tenacious Toddlers](#) - Tuesday, May 17
- [Story Stretches](#) (4 sessions) - Wednesdays, May 18 - June 8

For the full calendar, [click here](#).

The **Community Support Services Social Programs** calendar has also been released for May 2022 with telephone, virtual, and in-person offerings!

For the full schedule, [click here](#).

UPTick - Virtual Town Hall

uOttawa researchers conducting the UPTick project on ticks and Lyme disease in parts of Kanata North & South, Stittsville and Carp will host a virtual town hall meeting for the public on May 26, 6:00 to 7:00 pm.

To register, [click here](#).

For more information and FAQ about the UPTick project visit www.uptickproject.ca

For more information about what to do if you are bitten by a tick, [visit our website](#).

Upcoming Groups at the Royal

Visit the Royal Ottawa Mental Health Centre's website ([The Royal](#)) for a list of upcoming Information and Support Groups. Check back regularly to see additional groups. Group events will have closed captioning. At this time, they are offered in English only. Most groups will be accompanied with a Family Voice Bulletin which will include the French translation. These events are free and open to the public, however registration is required.

- [It's NOT a habit: Helping those with a Nicotine Addiction](#) - May 17, 2022
- [Managing Distress and Crises: Approaches to Communicate, Collaborate, and](#)

[Cope](#) - May 31, 2022

- [Learn about the Royal's youth mental health program](#): June 7 2022
 - [Encouraging family caregivers toward a balanced lifestyle](#) - June 21, 2022
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Mental Health Week

Canadian Mental Health Week is May 2-8.

Test “I can relate.”

It's a familiar expression and one you've likely used countless times throughout the pandemic. When someone has been sick or stressed, felt lonely or lost their job. You say it without having to think: “I get it. I've been there. I can relate.”

But did you know that, hiding in these very simple sentences, is a sophisticated skill you may not even realize you have? Psychologists and researchers call it empathy. And it's not just for therapists or counsellors. Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation. It's a simple concept, but it may be the very thing we humans need most.

As human beings, we share an ability to imagine what life is like for someone else. To see the world as others see it. To look through someone else's eyes. To climb inside and walk around in their skin.

When someone is struggling, they don't always need someone to swoop in and fix things for them. First, they need someone to understand where they're coming from.

During his time as president, Barack Obama suggested the biggest deficit in the world was an empathy deficit. He defined it as the ability to see the world through the eyes of those who are different from us.

But maybe that's shifted these past two years, as our world has faced a common problem: we've lived together through a long and grueling pandemic. The virus came for all of us. No exception. And while it left its mark on some more than others, it is clearer now that we're as much the same as we are different. Empathy might, in fact, be the silver lining to all of this: whatever our circumstances, it's clear that we all need to feel seen and heard.

If empathy doesn't come easily to you, the good news is that it can be learned and practiced. Empathy can help us know ourselves and our own feelings. It can help us lead, help us communicate and help us support and connect with others. At home. At work and at school.

For Mental Health Week this year – May 2-8, 2022 – #GetReal about how to help. We may be different, but that doesn't make us rivals. Let's stop polarizing and start empathizing. Be there for each other when times are hard and be ready to listen. You don't have to agree to understand, and you don't have to fix it to help.

#GetReal. Before you weigh in, tune in.

- *Canadian Mental Health Association*

For more information on the event or the Canadian Mental Health Association's Toolkit, information, and articles, [click here](#).

Other Resources

Other Resources

Ottawa Public Library is hosting programming to support discussions on mental health. Topics such as Stress Reduction for Adults will be explored online. [Click here](#) to learn more.

Being active with Depression and Anxiety - both aerobic and strength training can help to manage depression and anxiety alone or alongside other treatments. Even a little bit of lower-intensity activity can help. [Click here](#) to learn more.

We've also compiled a list of local community and peer support resources [on our website](#). Browse this list to find a resource that suits your needs or reach out to your healthcare provider if you need support.

Thank you for reading this 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

Connect with us on **Facebook** and **Twitter** for updates on clinic and community programs and events as well as up to date information on local health advisories.



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