

## West Carleton

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## Family Health Team

Welcome to the WCFHT November 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, to protect patients and staff, we continue to require that all employees, patients, and visitors wear a mask when visiting the medical centre.

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# COVID-19 Information and Resource Round-up

## **Bivalent Booster Doses**

The [bivalent COVID-19](#) vaccine is an updated version of the COVID-19 vaccine that targets the original COVID-19 virus and the Omicron variant, which is currently the dominant variant in circulation in Ontario. Bivalent vaccines are now being administered.

**Due to rising transmission of COVID-19 in our communities, it is recommended that all patients be up to date on their COVID-19 vaccines and other routine immunizations. [See statement from Dr. Vera Etches.](#)**

For more information on who can receive the bivalent booster dose, [click here](#).

## **COVID-19 Vaccine Clinic in Kinburn**

The West Carleton Community Complex (5670 Carp Rd.) will host a COVID vaccination clinic on Saturday, Nov. 19 from 9:45 a.m. to 4:10 p.m. Appointments are available for all ages (6 months and up). To book an appointment, call 1-833-943-3900 or visit

<https://covid-19.ontario.ca/book-vaccine/>

## **Antiviral treatment (Paxlovid) for higher-risk individuals with COVID-19**

This is a reminder that treatment is available to help prevent serious illness from COVID-19 *if taken within 5 days of the start of symptoms*. Your risk of serious illness is based on your health, age, vaccination status and assessment from a healthcare provider. You might be at higher risk if you are: immunocompromised, 70 or older, unvaccinated or not up to date with boosters, or have a health condition such as diabetes, obesity, heart disease, hypertension, pregnancy, amongst others. If you are high risk and suspect you have COVID-19, visit a [clinical assessment centre](#) or talk to your doctor about Paxlovid *as soon as symptoms present*. [Paxlovid info sheet](#).

## **Current guidance on testing, isolation, and when to seek medical attention:**

<https://dfcm.utoronto.ca/confused-about-covid>

## **Vaccination in children ages 6 months to 11 years:**

<https://www.oacas.org/publications-and-campaigns/maxthevax/>

**SickKids COVID-19 Vaccine Consult Service:** a free, confidential phone appointment with a Registered Nurse for any questions about the vaccine or support in helping you decide whether to vaccinate (lots of same day and next day appointments!):

<https://www.sickkids.ca/vaccineconsult>

**Booking a COVID-19 vaccination appointment:** <https://covid-19.ontario.ca/book-vaccine/> or call the Provincial Vaccine Contact Centre at 1-833-943-3900.

**COVID-19 West End Clinic:** The West Ottawa COVID-19 Clinical Assessment Centre is now open with full services. For more information or to book an appointment, visit:

<https://www.qch.on.ca/COVIDCareClinic>

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# Flu Season is Approaching

According to Ottawa Public Health, cases of influenza and influenza outbreaks are now being reported in our community, earlier than is typically seen. To protect yourself and others, practice all the hygiene advice we've been hearing in recent years to help stop the spread of illness (wash your hands often, especially after being in contact with others or being in a public space, cover your cough, wear a mask when out in public, and stay home when you are sick). You can also help protect yourself against influenza by getting the flu vaccine. The flu vaccine is available free of charge to anyone who lives, works, or goes to school in Ontario.

**A note regarding COVID-19 vaccine boosters and influenza vaccines:** The experts on the [National Advisory Committee on Immunization \(NACI\)](#) have determined that individuals aged five years and older can receive a COVID-19 vaccine at the same time as, or at any time before or after any other vaccines, including the flu shot. Children between six months and under five years of age are recommended to wait 14 days before or after the administration of another vaccine before getting their COVID-19 vaccine.

## Where to get your flu shot

**PHARMACY:** Ontario residents ages 2 years and older can get their flu shot from a participating pharmacy. Both the high dose (recommended for patients 65 years and older) and the standard flu vaccine (for patients 6 months and older) are available at the pharmacy, though it is recommended that you call ahead to ensure vaccine availability.

**OTTAWA PUBLIC HEALTH CLINICS:** will be offering flu vaccine clinics for individuals ages 6 months - 2 years and their household members. Newcomers and individuals without OHIP who are unable to access a flu vaccine through a primary care provider or pharmacy can also book an appointment in OPH clinics. Individuals in these groups are encouraged to [book an appointment](#). OPH clinics will be operating from Tuesday to Saturday at various locations across the city on a rotating basis.

**ARNPRIOR:** The Arnprior and District Family Health Team (ADFHT), in partnership with Renfrew County and District Health Unit (RCDHU) and Renfrew County Paramedics, are holding flu and COVID-19 vaccine clinics in November at the Old Grove in Arnprior (275 Ida St. North). Both the COVID-19 and flu vaccines are available at the clinics, and individuals can choose to have one or both vaccines. The clinics are walk-in only and will be held on Nov. 15 and Nov. 29 at the following times: 1 to 3 p.m. – Flu vaccine only; 3 to 6 p.m. – Both vaccines available (choose to get one or both). The Flu and COVID Vaccine Clinics will have COVID-19 vaccine options for five years and older. The clinics are walk-in only and individuals must bring their valid OHIP card.

*Patients with upcoming appointments can also receive their flu shot in our office at the*

*time of their appointment, as vaccine availability permits. We will inform patients by email of any upcoming flu shot clinics we are able to schedule.*

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## **Credit Counselling Society of Canada**

Let's face it – many of us are feeling the pressure of increasing prices on groceries, gas, and other consumer goods and rising interest rates. Whether you're having difficulty making ends meet or looking to better prepare for the future, the Credit Counselling Society can help.

The Credit Counselling Society is an accredited non-profit charity that helps Canadians solve their money problems through free credit counselling, low-cost debt solutions, and education to help you manage your money better.

They offer confidential credit counselling free of charge, through appointments in person or by phone. Call toll free at 1-888-916-9342 or [visit their website](#).

They also offer free financial education through workshops, webinars, online courses and practical guides.

### **Upcoming webinars include:**

- *Food and Finance*: November 8, 12:00 - 1:00 pm
- *75 Ways to Save on Household Expenses*: November 8, 1:00 - 2:00 pm
- *The Truth About Credit: Info on Canadian Credit Reports, Ratings & Scores*: November 15, 2:00 - 3:00 pm
- *10 Steps to Retire Without Debt*: November 19, 11:00 am - 12:00 pm
- *Making Cent\$ of Money - Budgeting 101*: November 23, 3:00 - 4:00 pm

For more info or to register for any of their webinars, visit their website. Please note: times on their website are listed in Pacific Time.

[More Info/Register](#)

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## **Grow a Garden with Deep Roots Food Hub**

The cost, quality, and environmental impact of food is high on many people's list of concerns. Deep Roots Food Hub (DRFH) is creating a "Community Garden Pilot Project" to help address this. They are inviting 30 families from Carp and the surrounding area to participate in creating or expanding a vegetable garden in their yard.

Participating in the project will include education on soil health and local growing conditions. Root vegetable seeds will be provided for free and excess root vegetables grown by project participants can be stored in the DRFH root cellar for the winter. We

will offer advice and support for families in the project to grow a productive vegetable garden that will help feed their family and community. There will be opportunities to share whatever is grown with others in the project and also, to donate surplus produce to community members whose access to nutritious food is limited.

If you wish to participate, please send an email to [1team4health@gmail.com](mailto:1team4health@gmail.com) with your name, whether you are new to gardening or looking to expand, and a few sentences explaining why you are interested in joining this pilot project. Responses must be received no later than Friday, November 25. We look forward to working with you!

Deep Roots Food Hub Board of Directors

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## **Speak with a Registered Dietitian through Health Connect Ontario**

Did you know...Health Connect Ontario (formerly Telehealth) provides free nutrition information and advice over the phone with a registered dietitian? Service is available Monday - Friday 9:00 am - 5:00 pm, and on Tuesdays and Thursdays, 9:00 am - 9:00 pm. Ontario residents can call toll-free at 1-866-797-0000, or dial 811. You can also use the blue chat feature on the [website](#) to request a call back.

What to expect: call 811 to speak with a service navigator and ask to connect with the dietitian. They will get your contact information and preferred call back time (morning, afternoon or evening). A registered dietitian will return your call to provide information and support you in making health changes. For follow-up, you may call back as often as you'd like.

[More Info](#)

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## **Webinar: Understanding Physical Activity**

November 16th, Online: 12:00 - 1:00 pm

Join Living Healthy Champlain for a webinar presented by Registered Kinesiologist Anna Morin. The webinar will focus on understanding the different types of physical activity, how much activity is recommended, how to get started and address common barriers. Exercise safety and considerations for chronic pain and chronic conditions will be discussed.

This webinar is free to join. You can connect from any PC, mobile or wireless device provided you have an internet connection. You will have a chance to interact with the guest speaker and ask questions.

## Webinar: Potential Financial Benefits and Credits for Caregivers

November 16th, Online: 12:00 - 1:30 pm

The Ontario Caregiver Organization (OCO) will host a free webinar entitled Potential Financial Benefits and Credits for Caregivers.

“Are you a family caregiver looking to learn more about government benefits and tax credits, who is eligible to use them, and how? In this session, Service Canada and the Canada Revenue Agency (CRA) come together to share financial benefits, taxation information, and digital tools which may be helpful to caregivers.”

For difficulty registering or other questions, contact OCO at [info@ontariocaregiver.ca](mailto:info@ontariocaregiver.ca) or call 1-888-877-1626, Ext. 1011.

More Info/Register

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## Webinar: My Teen with ADHD Lacks All Motivation! How to Build Executive Function Skills and Drive

Wednesday, November 9th, Online: 1:00 pm

Join [ADDitude magazine](#) in this free webinar titled: My Teen with ADHD Lacks All Motivation! How to Build Executive Function Skills and Drive.

With deficits in the areas of executive functioning and motivation, many teens become checked out and stressed out, frustrated by the constant struggle to keep up in class.

These students appear unmotivated, and unwilling, to do class assignments and homework. Their refrain: “Why bother?”

Registrants, including those unable to take part in the live session, will receive the free Webinar replay link following the presentation.

Also see, *Fact: Multitasking Is Counterproductive*. This article describes how individuals who have been diagnosed with ADHD can learn to focus on one thing at a time to improve their time management and accomplish what they need to do. [Click here](#).

And: *Is ADHD Even Real? How to Respond to Hatere and Newscoverage*. “What is ADHD?”

And: *Is ADHD Even Real? How to Respond to Haters and Naysayers.* What is ADHD? Is it a real diagnosis? What does medication do? Can adults have ADD? Learn to clear up common misperceptions about ADHD with authority and silence ADHD naysayers." [Click here.](#)

[More Info/Register](#)

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## The Royal Ottawa - Upcoming Family Information and Support Groups

**Understanding the impact of trauma:** November 15, 2022 / 6-7:30 p.m.

Presenter: Sara Stewart, social worker

Info/Register: [Register now](#)

**Understanding the impact of dementia and mental health issues in seniors:**

November 22, 2022 / 6-7:30 p.m.

Presenter: Rachida Bouabdillah, outreach nurse

Info/Register: [Register now](#)

**The impact & importance of peer support:** November 29, 2022 / 6-7:30 p.m.

Presenter: Michele Langlois, project manager for the Client & Family Resource Hub, and Glenda O'Hara, chair of the Client Advisory Council

Info/Register: [Register now](#)

**Hey, can we talk? How to engage loved ones with substance use disorder:**

December 6, 2022 / 6-7:30 p.m.

Presenter: Chris Curry, registered psychotherapist

Info/Register: [Register now](#)

**Put your oxygen mask on first: an act of self care:** December 20, 2022 / 6-7:30 p.m.

Presenter: Ashley Nelson, social worker

Info/Register: [Register now](#)

For more information about the Royal Ottawa and its Family Information and Support Groups Program, visit their website.

[More Info](#)

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# A Note of Thanks from St. Paul's United Church and Matthew House

Many thanks to everyone in Carp and surrounding areas who brought household donations to the church parking lot in October to benefit [Matthew House](#), in Kanata. The donation drive organizers noted, “we had a 10-foot U-Haul truck filled to the brim, along with a packed car and pick-up truck! The volunteers at Matthew House were very appreciative! They indicated that their goal this year is to fully furnish 900 homes and provide a bed, food, and settlement support for 60+ refugee claimants in their first months in Canada. In 2021, Matthew House furnished 721 homes and provided a bed, food and settlement support to 46 refugee claimants. We are blessed to have this organization in our community!”

## Upcoming Event in Support of the Canada-Ukraine Foundation

Join in for an afternoon of music, fellowship and refreshment at St Paul’s United Church, on Sunday, November 27th, 2022, at 2:00 pm to benefit the [Canada-Ukraine Foundation](#). The well-known Ottawa area group – “Grateful We’re Not Dead”! Will be performing free of charge, to support this important cause.

St. Paul’s United Church, 3760 Carp Road, Carp. ON.

Freewill financial donations of those in attendance will benefit the Canada-Ukraine Foundation, to support the area of greatest need.

For additional information, please contact the church office at 613-839-2155

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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 at [taliai@wcfht.ca](mailto: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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