

West Carleton

Family Health Team

Welcome to the WCFHT October 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

NEW! As of September 26, 2022, all Ontarians aged 18 years and older are eligible for the bivalent COVID-19 booster dose. 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 as booster doses to eligible individuals.

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

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, answers to frequently asked questions from children and their caregivers: <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>

Care for the Caregiver - Virtual Support Group

Are you caring for an older adult? Are you feeling tired? Overwhelmed? Would you like to meet other caregivers? Western Ottawa Community Resource Centre hosts a caregiver support group that meets on a weekly basis to discuss topics that may assist you in your well-being. The group meets on Wednesday mornings from 10:00 - 11:00 am via Zoom.

For more information or to register, call Erin at 613-591-3686 ext. 299 or Heidi at 613-591-3686 ext. 327.

WOCRC Caregiver Support

The ZONE Youth Drop-in

Join The Youth Zone! It's a unique safe space to meet and connect with new people ages 12-18 with a focus on social activities, skill-building, and connecting youth to resources in their community.

The Zone – Mondays 5-8 pm @ Lion Dick Brûle Community Centre (170 Castlefrank Rd.)

Rural Zone – Tuesdays 5-8 pm @ Constance Bay Community Centre (CBBCA) (262 Len Purcell Drive)

For information or to join the group, please register by contacting youth@wocrc.ca

More Info/Register

Ontario Health Promotion Workshops

The following workshops are hosted online, meaning you can participate from home. The workshops are highly interactive and free to join - without a referral.

Living a Healthy Life with Chronic Conditions *Next group starts October 18*

A six week workshop for anyone with a chronic health condition as well as their family members and/or caregivers. This could include diabetes, heart disease, arthritis, lung disease, and other chronic health issues.

Living a Healthy Life with Chronic Pain *Next group starts October 18*

A six week workshop for anyone suffering from pain which could include but is not limited to: low back pain, pain from motor vehicle accidents, arthritis, and fibromyalgia.

[More Info/Register](#)

Free Program to Help Youth Quit Smoking and Vaping

Quash is a judgement-free app to help you quit smoking or vaping - the way you want! It's an evidence-based program for youth who want to quit smoking or vaping in a customized way. It includes a mobile app, website and online tools and training. In the app, you can set goals, track cravings, monitor progress, learn about support options, and learn to create healthy habits.

[Quash App](#)

St. Paul's United Church Donation Drive for Matthew House

It's Time to Clean Out and Reach Out!

Do you have things in your home that haven't been used for a while? Small appliances, dishes or other household items that haven't seen the light of day for quite some time? There are many in our city in need of these very things.

On October 14th and 15th, you are invited to bring items from the list below to St. Paul's United Church in Carp. The folks from St. Paul's will take them to Matthew House, where they will be given away at no charge to new refugees and Ottawa's marginalized population. In sharing what we have, we can help others with the creation of their new home in Canada.

Please bring items to: St. Paul's United Church, 3760 Carp Road, in the back parking lot. Someone will be there between 11am and 1pm on October 14 and 15 to accept your donations.

PLEASE NOTE: If you need assistance to bring items to the church, please call 613-

839-2155 and leave a message for minister Rev. Debbie Roi.

Here is the list of items that will be accepted:

- Bedroom: bed frames (not King size); freshly cleaned bedding, linens, night tables,
- Kitchen: kitchen chairs; small appliances that are clean and in good working order; complete sets (minimum 4 each) of plates, cups, saucers, bowls; serving dishes/bowls; forks, knives, spoons; kitchen utensils; pots and pans, new Tupperware; tablecloths & placemats; curtains & rods (5 years or newer);
- Bathroom: towels, facecloths, bath mats; new or well-cleaned shower curtains & hooks;
- General: Televisions (newer flat screens, all sizes - sorry, no older tube models); lamps; clean area rugs; working vacuum cleaners. Small coffee tables

Please ensure all items are clean and in good condition.

[More Info on Matthew House](#)

Flu Shots - No Vaccine Yet!

We have not yet received the annual flu vaccine. Once the flu vaccine is available, we will be contacting patients, beginning with individuals at high risk and posting a notice to our website reminding patients to book an appointment. Anyone aged six months and older who lives, works or attends school in Ontario is eligible to receive the publicly funded flu vaccine.

You can get your flu vaccine from your local pharmacist or community flu shot clinics, along with your family doctor.

Please contact your local pharmacy for more information about when the vaccine will be available.

[More Info](#)

Local Farmers Markets

The Constance Bay Community Market's season continues at the NorthWind Community Centre in Constance Bay (262 Len Purcell Drive) on Oct. 8, Nov. 5 and Dec. 3, 9:00 - 1:00 pm. Visit marketinthebay.com for details.

The Carp Farmers Market continues at the Carp Fairgrounds (3790 Carp Rd.) on Saturdays between 8:00 - 1:00 pm from May until the end of October, in addition to special Christmas Markets on December 2nd and 3rd. Visit <https://carpfarmersmarket.ca/> for details.

Snow Go Assist

Snow Go Assist is a subsidy program for low-income seniors (60+) and individuals with a disability who require financial assistance with their snow removal costs. Approved clients may be reimbursed for up to 50% of the cost of snow and ice clearing, up to a seasonal maximum. Applicants must complete an application form and provide proof of income.

Applications for the Snow Go Assist Subsidy program will be available in early October with a deadline of December 2, 2022. Please contact a Service Coordinator at 613-591-3686 ext. 3 for assistance and to receive an application.

[More Info](#)

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

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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