

West Carleton Family Health Team Clinic and Community Newsletter December 2018

Welcome to the WCFHT December email update where we'll share with you upcoming clinic and community events that promote health and well-being. As 2018 comes to a close, all of us here at the West Carleton FHT would like to take the opportunity to wish you a fantastic holiday season with family and friends. Have a happy and healthy holiday and a wonderful start to your new year.

Here is what is included in this month's update:

1. WCFHT Workshop – Surviving Holiday Food Temptations
2. Office Closures – Holiday Season
3. Men's Ministry Home Maintenance Program
4. Ottawa Paramedic Services – 5th Annual Steel Toe Boot Drive
5. WCFHT Workshop - Feeding Your Baby Solid Foods
6. WCFHT Website – Health Resources
7. Snow Removal Support – Western Ottawa Community Resource Centre
8. Reminder: Please Bring Indoor Shoes to Your Appointments
9. Annual Flu Shot – Help us update your record
10. Youth Programs with the Constance Bay and Buckhams Bay Community Association

Please note, this e-newsletter is written in plain text to be compatible on any device you may be using to read it. The full version, with images, is available on our [website](#).

1. WCFHT Workshop - Surviving Holiday Food Temptations

Food is often a focal point of many holiday celebrations. With a little planning it is possible to fully enjoy the holiday season without completely losing track of your healthy living goals. Please join our registered dietitian for this FREE upcoming workshop as she shares 10 healthy eating tips to help you enjoy the holidays in a balanced way.

**Wednesday, December 12, 2018, 6:00 – 7:00 p.m.
West Carleton FHT, 119 Langstaff Drive, Carp, ON**

Space is limited. For more information or to register, contact Courtney, 613-839-3271 x109 or email courtney@wcfht.ca

2. Office Closures – Holiday Season

The clinic hours will be modified for the holiday season.

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| Monday, December 24 th : | Open from 8 am – 12 pm |
| Tuesday, December 25 th : | Clinic is closed (no urgent care) |
| Wednesday, December 26 th : | Clinic is closed (no urgent care) |
| Thursday, December 27 th : | Regular clinic hours (8 am to 8 pm) |
| Friday, December 28 th : | Regular clinic hours (8 am to 4 pm) |
| Monday, December 31 st : | Open from 8 am – 12 pm |
| Tuesday, January 1 st : | Clinic is closed (no urgent care) |

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

Saturday, December 22: 10 am – 1 pm

Sunday, December 23: 10 am – 1pm

Saturday, December 29: 10 am – 1 pm

Sunday, December 30: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205 (WCFHT patients only)

3. Men's Ministry Home Maintenance Program

The *Men's Ministry* Home Maintenance Program offers clients a helping hand with the occasional, seasonal and one-time tasks. The *Men's Ministry* provides caring volunteers who have helped clients with a wide variety of minor household repairs, yard clean-up, and referral to licensed tradesmen.

The program is available to older adults (55+) and adults with physical disabilities who live in West Carleton with postal codes K0A, K7S and K2K. The program is intended to help clients who are unable to complete household tasks on their own and for those clients hoping to stay in their homes longer.

To register for this service, call 613-591-3686 ext. 327 or 299.

If you or someone you know could benefit from this service, please feel free to contact us at anytime about this program. Our staff and volunteers are eager to make a difference in our community.

4. Ottawa Paramedic Services – 5th Annual Steel Toe Boot Drive

After four successful campaigns, the Ottawa Paramedic Service is set to launch their fifth annual Steel Toe Boot drive in support of the Ottawa Mission. On a daily basis, the Ottawa Mission shelter receives several requests from clients in need of steel toe boots for work placement purposes.

Between December 1st, 2018 and January 20th, 2019, men's and women's new/used steel toe boots and shoes can be dropped off in the front lobby (main entrance) of the medical centre. Boots of any condition and size will be accepted (well used is ok!)

This year we will also be accepting toques, gloves/mittens, and socks, as the Ottawa Mission has advised us that their stock of these items is currently extremely low.

Your donation is greatly appreciated!

Sincerely,

Tracey Izzard (Community Paramedic with the WCFHT) and Nicole Lowden (Ottawa Paramedic)

5. 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.

**Thursday, December 6, 2018, 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 courtney@wcfht.ca

6. WCFHT Website – Health Resources

Looking for local programs or reputable sites to get information on Chronic Pain? Diabetes? Early Childhood Health? Visit our website: www.wcfht.ca

Under the *Health Resources* Menu you’ll find information and local resources relating to: Caregiver Support, Chronic Pain, Mental Health, Nutrition, Prenatal and Early Childhood Health and more! This list has been compiled and reviewed by our team of clinicians to offer reliable information and resources that are useful to our patients.

We hope you enjoy the fresh look of our site and find the information easy to access as we wish to establish our site as a helpful source of information for all those who visit it.

Have any questions or comments? Feel free to send me an email: taliai@wcfht.ca

7. Snow Removal Support – Western Ottawa Community Resource Centre

The City of Ottawa has [two programs](#) to help low income seniors or persons with a disability. The two programs are as follows:

The **Snow Go Program** provides a matching service for seniors and people with disabilities looking to hire an individual or contractor to clear snow from private driveways and walkways. Residents who participate in this program are responsible for paying the individual or contractor removing the snow.

The **Snow Go Assist Program** provides financial assistance to eligible low-income seniors or persons with disabilities looking to hire an individual or contractor to clear snow from private driveways and walkways. Approved participants may be reimbursed for 50% of the cost of snow clearing per event, up to a seasonal maximum of \$250. Rural applicants who have excessively high cost of snow removal, as defined by staff, are eligible up to 50% of the cost of snow clearing for their private driveways and walkways per event, up to a maximum of \$450 per term.

For more information, contact: Dee Machum at machum@wocrc.ca or 613-591-3686 ext. 315

8. REMINDER: Please Bring Indoor Shoes to Your Appointments

Winter has arrived in West Carleton and there is no shortage of snow! A reminder to all clinic visitors to please bring INDOOR SHOES with you to help keep our facilities clean and ensure you do not need to walk around the office in your socks!

9. Annual Flu Shot – Help us update your record!

If you have had the flu shot at a location other than the West Carleton FHT (eg. a pharmacy or flu shot clinic at school or work), please help us update your record by calling the office (613-839-3271) and leave a message on ext. 117. State your name, phone number, the location you had the flu shot and the approximate date of immunization.

If you are registered on the Patient Health Portal, you may send us a message with the above information.

For more information about the flu shot and to learn other tips to avoid getting and spreading the flu, visit: <https://www.ontario.ca/page/flu-facts>

10. Youth Programs with the Constance Bay and Buckhams Bay Community Association

This year the CBBCA has launched the following social and academic opportunities for youth. All programs take place in the Northwind Wireless Fibe Centre at 262 Len Purcell Drive, Woodlawn.

Youth Writing Centre: Presented by Acorn to Oak Literacy. Students in grades 9 to 12 can bring in assignments, essays, projects or other written work for help writing and editing. Bring your work for support in a casual learning environment. This is a free drop-in program, no appointments necessary.

Thursdays, 7:00 - 8:00 pm in the PharmaChoice Studio

Tutor Drop In: Students in grades 10 to 12 can get occasional help with math or science. The tutor can help students clear up the mystery of a particular problem or get a helping hand getting back on track. This is a free drop-in program, no appointments necessary.

Wednesdays, 6:00 - 8:00 pm in the PharmaChoice Studio

Youth Lounge: A popular spot for youth in grades 9 to 12 to hangout, play a game of cards or pool, watch some YouTube with friends, or finish up some homework. Keegan, the Youth Program Leader, makes sure it a safe and healthy environment. Food and drinks for purchase. Coming soon - theme nights, game tournaments, and whatever else gets traction. Open to anyone with a Grade 9 to 12 Student ID.

Wednesdays, 4:30 - 9:00 pm

For more information on any of the youth programs, please contact the CBBCA youth director at youth@cbbca.ca

Thank you for reading the December 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** ([@West CarletonFHT](#)) and **Twitter** ([@WestCarletonFHT](#)) for updates on clinic and community programs and events as well as up to date information on local health advisories.

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