

**WCFHT Clinic and Community Newsletter**  
**December 2021 Issue**

Welcome to the WCFHT December email update where we'll share with you upcoming clinic and community news and events that promote health and well-being. As our last newsletter of the year, we'd like to take the opportunity to wish you all a wonderful holiday season and a happy and healthy start to the new year.

For the latest on virtual care, weekend urgent care, and our ongoing response to the COVID-19 pandemic, please [visit our website](#).

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## Dr. Lisa Rosenkrantz honoured with OCFP Award of Merit

We are pleased to announce that Dr. Alicia Rosenkrantz has been recognized with an [Award of Merit by the Ontario College of Family Physicians \(OCFP\)](#) for her four decades of leadership in providing full-scope family medicine and obstetrics care.

Dr. Alicia Rosenkrantz's childhood dream was to become a doctor and she did just that in 1981 when she joined a husband-and-wife team practice in Carp. Today, she is lead physician at the West Carleton Family Health Team, with a practice that includes delivering babies, coaching healthy choices, overseeing chronic disease management, and providing palliative and end-of-life care. From the start, she has been part of a 24/7 on-call system for community patients, her obstetrical practice, and Queensway-Carleton Hospital, while teaching students and family medicine residents.

Dr. Rosenkrantz's passion for obstetrics started in her first month at McMaster University, after seeing a baby being born. Today, she estimates she has delivered well over 4,000 babies. She helped establish the obstetrical unit at Queensway-Carleton, where she was previously the head of the Department of Family Medicine. Dr. Rosenkrantz says she is humbled by delivering babies of the babies she has delivered, and watching them grow up – being able to celebrate with their parents, who are still her patients, really puts the “family” in family medicine.

Dr. Rosenkrantz is one of three female Mohels in Canada, a role she sees as a way to combine her spiritual and medical lives. For two decades, she has practised safe, efficient circumcisions in Ottawa, Kingston, and Montreal – also travelling to the Maritimes and to Iqaluit, when needed.

A dynamic member of the Carp community, she has run many marathons – she qualified for the Boston Marathon in 2015 – and has participated in triathlons, sometimes alongside her own patients. Dr. Rosenkrantz is also the drummer for the Draggin' Docs, a team of 26 women physicians who paddle a dragon boat to raise money for the Ottawa community for the past 10 years.

“Dr. Rosenkrantz is a supportive mentor, an excellent physician and an example of leadership,” said Dr. Karen Ferguson and Dr. Kathryn McBride, West Carleton Family Health Team. “She is a compassionate and wise colleague, and we feel fortunate to work with and learn from her.”

Many congratulations to Dr. Rosenkrantz!

## Health Card Renewals - Deadline Approaching

The Ontario government is reinstating renewal requirements for Ontario health cards (along with driver's licences and plate stickers) that were extended during the pandemic. Those who have deferred renewing their documents are encouraged to plan ahead and ensure their documents are up to date.

Effective February 28, 2022 extensions will no longer be granted and expired cards will not be valid. Those needing to renew their provincial documents are encouraged to use ServiceOntario's online option.

When you have renewed your healthcard, please call us with the updated expiry date and version code (two letters at the end of the number) so we can update your file.

[Renew Online](#)

## WCFHT Patient Portal

The WCFHT Patient Portal is an innovative and secure online tool that we have developed to help you receive and review your health information. The portal allows you to: renew medications, track information such as blood pressure, check immunization records, view lab results, view upcoming and past appointments, and message your health care team with non-urgent issues.

We are continually making refinements to improve the patient experience while ensuring we can continue to prioritize safe and timely care to our patients.

We want to thank patients for using the Patient Portal for keeping up to date with health screening and information.

[Login/Register](#)

## Office Hours - Holiday Season

Please take note of modified clinic hours during the holiday season.

**Friday, December 24th:** Open 8 am – 12 pm

**Saturday, December 25th:** Clinic is closed

**Sunday, December 26th:** Clinic is closed

**Monday, December 27th:** [Urgent Care Clinic: 10 am - 1 pm](#)

**Tuesday, December 28th:** Clinic is closed

**Wednesday, December 29th:** Open 8 am – 8 pm

**Thursday, December 30th:** Open 8 am - 8 pm

**Friday, December 31st:** [Urgent Care Clinic: 10 am - 1 pm](#)

**Saturday, January 1:** Clinic is closed

**Sunday, January 2:** [Urgent Care Clinic: 10 am - 1 pm](#)

911 for emergencies | Telehealth: 1-866-553-7205

## Distress Centre of Ottawa and Region

The Distress Centre of Ottawa and Region is available 24/7 to answer calls from those reaching out for help. Regardless of the issue, individuals are welcome to call the confidential, non-judgmental and open-minded telephone lines to talk about what they're facing in their lives. Call anytime at 613-238-3311

[More Info](#)

# COVID-19 Vaccination in Children 5-11

As of November 23, parents can now book their kids' COVID-19 vaccination appointments through the provincial booking system.

Any child who is turning five years-old this year (or older) is considered to be eligible.

The [schedule is now available](#) for after-school COVID-19 vaccination clinics. From Thursday, December 2 to Thursday, December 23, 73 schools across the city will host vaccination clinics on a rotating schedule. Up to 10,000 appointments for children ages five to 11 will be available each week through these clinics. After-school clinics are open to anyone born in 2016 or earlier who lives in a neighbourhood and does not need to be a student at that school. Parent or guardian consent is required for children ages five-11.

For after-school clinic locations and hours please visit:

[OttawaPublicHealth.ca/AfterSchoolClinics](https://ottawapublichealth.ca/AfterSchoolClinics).

Other vaccination clinic options for five- to 11-year-olds:

- One of [Ottawa Public Health's seven community clinics](#)
- Pharmacies – over 100 locations across the city are starting to offer vaccines to this age group. [Find the nearest participating pharmacy](#) for appointment hours and locations
- CHEO – the hospital offers vaccinations to children with [medically complex needs](#)
- [First Nations, Inuit and Métis community members](#) - Wabano Centre for Aboriginal Health will host a clinic at the Richelieu-Vanier Community Centre in partnership with Ottawa Public Health
- [Inuit community members](#) – Akausivik Inuit Family Health Team is providing vaccinations for Inuit youth; call 613-740-0999 for more information or to book an appointment
- Mobile teams – Ottawa Public Health is working with operators of congregate care facilities to administer vaccines on site
- [Neighbourhood vaccination hubs](#) – Ottawa Public Health operates 10 neighbourhood vaccination hubs across the city

Ottawa Public Health is working to make vaccination for younger residents and their families as easy and comfortable as possible, with new child-friendly signage and fun stickers to take home. Read Ottawa Public Health's [tips on how to prepare for your](#)

[child's appointment](#), including giving children a snack beforehand and bringing a comforting toy or music to listen to.

## COVID-19 Third Doses

The province has begun offering third doses (booster doses) of the COVID-19 vaccine to the following populations if at least six months have passed since their last dose:

- Individuals aged 70 and over (born in 1951 or earlier);
- [Health care workers](#);
- Designated essential caregivers in congregate settings (including long-term care home and retirement home staff and designated caregivers);
- Individuals who received a complete series of a viral vector vaccine (two doses of the AstraZeneca vaccine or one dose of the Janssen vaccine); and
- First Nation, Inuit and Métis adults (16+) and their non-Indigenous household members.

Residents who meet the criteria listed will be able to book an appointment for their third dose through the [provincial COVID-19 vaccination portal](#) or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900.

## Announcing OHT Name

Our Ontario Health Team has officially landed on our name. Based on your input and input from the other communities we will serve, we're pleased to introduce the Ottawa West Four Rivers Ontario Health Team.

Thank you for your involvement! We wanted to ensure our name represents our communities and our geography, and your help was an important part in that.

[More Info](#)

## 2021-22 Flu Shots - Help us Update Your Record

If you have received your annual flu vaccine at a location outside of the West Carleton FHT (eg. a pharmacy or public health clinic), please help us update your record by reporting your flu vaccine to us in the [Patient Portal](#). Once logged in, you'll see a link to report your flu vaccine (above the photo tiles).

Still need to get your annual flu shot? Visit Ottawa Public Health for locations:

[Ottawa Public Health](#)

## Introduction to Solid Foods Group

Join WCFHT's registered dietitian in this online workshop that helps parents learn when, what and how to start feeding your baby solid foods. It is ideal to attend the workshop when your baby is 4 - 9 months, but other ages are welcome. Workshop if facilitated by Courtney Fowler, RD.

The next workshop is scheduled for: Monday, December 20, 2021, 11:00 am - 12:15 pm - Online

For info or to register, email: [cfowler@wcfht.ca](mailto:cfowler@wcfht.ca)

[More Info](#)

## 8th Annual Steel Toe Boot Drive

The Ottawa Paramedic Service is set to launch their eighth 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. Until January 31st, men's and women's new/used steel toe boots and shoes can be dropped off in the front lobby of the medical centre. Boots of any condition and size will be accepted. Your donation is greatly appreciated!

Sincerely, Tracey Izzard (Community Paramedic with the WCFHT) & Nicole Lowden (Ottawa Paramedic)

## The Royal Family Information and Support Groups

The Royal Ottawa Mental Health Centre ([The Royal](#)) has announced its list of Information and Support Groups for 2021-2022. All upcoming groups will be listed on The Royal Website as registrations open. Check back regularly to see additional groups. All groups run on Tuesdays from 6 to 7:30 PM. 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.

- December 07: Relationships and Substance Use Disorder
- December 14: Grief
- January 4: LEAP: Part 1 of 2 part course
- January 11: LEAP: Part 2 of 2 part course
- February 22: An overview of shelters and services offered for individuals at risk of homelessness

[More Info/Register](#)

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](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.