

FEBRUARY 2020

WEST CARLETON FAMILY HEALTH TEAM

Monthly Clinic and Community Newsletter

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Do I need to be seen today?

WEST CARLETON FAMILY HEALTH TEAM

If you have symptoms of a cold or flu, pink eye, sinus infection, vomiting/diarrhea, or back pain – visit our website before booking your appointment. Many of these conditions can be managed from home, meaning patients may not benefit from an office visit.

Information on our website has been provided by our doctors to inform you about common health conditions we see at the clinic on a regular basis. They provide tips on how to manage your symptoms from home or identify when it may be important to call us and make an appointment.

<http://www.wcfht.ca/do-i-need-to-be-seen-today.html>

Diefenbooker Race Registration Now Open

DIEFENBOOKER RACE

Calling all walkers, runners, and cyclists – the 24th annual Diefenbooker Race will be held on May 2, 2020. Registration is now open! Funds raised support organizations in West Carleton that promote literacy and encourage physical activity and personal wellness.

<https://www.diefenbooker.ca/>



Carp Library Book Chat

OTTAWA PUBLIC LIBRARY - CARP BRANCH

Members of the library book chat meet monthly for an informal discussion and refreshments. The group meets on the first Tuesday of each month at 2:00 pm. The Carp Book Chat in March will be on *The Mother Tongue* by Bill Bryson. For information, visit: <https://bibliooottawalibrary.ca/en/program?text=carp+book+chat>



Walk or Run Training Programs

PREPARING FOR THE DIEFENBOOKER RACE

Get ready for the upcoming Diefenbooker Race with the Learn to Run or Walking Clinics. Programs are FREE with a 5km walk or run race registration. To register for the training, simply register for the 5km walking or running events!

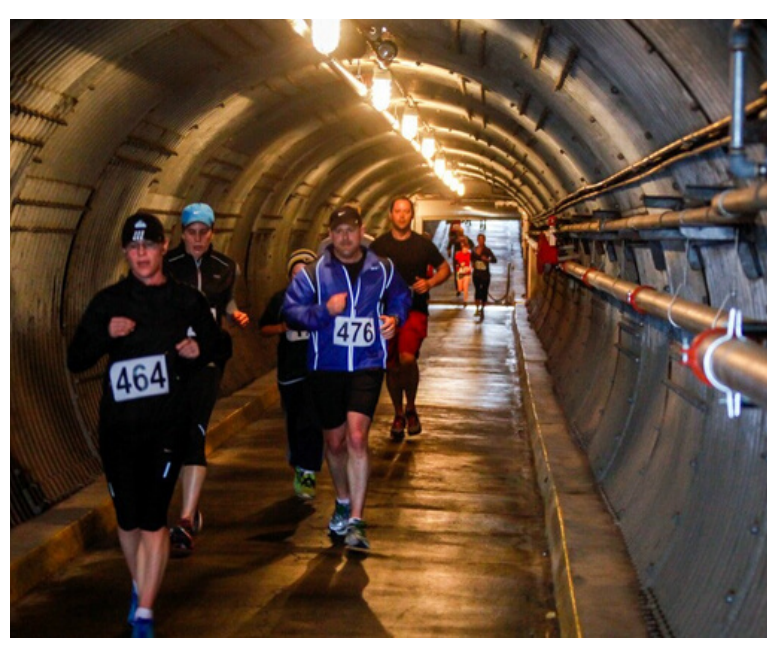
The **Learn to Run Program** is for those who wish to participate in the running event. Train to run a 5km 'from couch recline, to the finish line'. No previous running experience necessary, just a will to improve your fitness. While training is already underway (began mid January), interested participants can join at any time. The clinic will run together until March 31.

The group will train together on Tuesday evenings at 6:30 pm. Meet in the meeting room of the West Carleton Sports Club (3832 Carp Road). Don't forget to wear proper running shoes!

The Walking Clinic is for those who wish to participate in the walking event. Your fitness will build and you'll be able to comfortably walk the 5km distance. This is a 10-week program for those who are somewhat active (gardening, housework, etc.) and without significant health issues. Join the group of walking enthusiasts who will provide ongoing encouragement to enable you to walk 5km in less than an hour, improve walking posture and form, and help you finish the Diefenbooker 5km run feeling energized! It doesn't matter if you're new to walking for fitness or just need some help getting started, this group would love your company.

The group will train together on Wednesday evenings at 6:30, starting February 26. Meet in the meeting room of the West Carleton Sports Club (3832 Carp Road) wearing walking or running shoes.

Have more questions? Attend the info session: Monday, February 24, 7:00 pm West Carleton Amateur Sports Club





Wear Red Day for Women's Heart Health

CANADIAN WOMEN'S HEART HEALTH CENTRE

On February 13th, Wear Red to raise awareness about women's heart health in Canada. Heart disease is the #1 killer of women worldwide and affects women of all ages. Despite this, women are under-diagnosed, under-treated, and under-studied when it comes to heart disease.

Did you know...

1. Women don't always have the "Hollywood Heart Attack," with its characteristic chest-clutching pain? If you experience these signs, call 9-1-1 or your local emergency number immediately:

- chest discomfort
- sweating
- upper body discomfort
- nausea
- shortness of breath
- light-headedness

2. DYK...Some heart conditions put women at higher risk? Pregnancy, menopause and hormonal changes are risks specific to women's hearts

3. DYK...Heart disease is largely preventable? 80% of risk factors are within your control to change! Know your numbers for waist circumference, blood pressure, cholesterol and blood sugar. Reduce your risk by:

- exercising for at least 30 minutes a day
- maintaining a healthy diet
- watching your weight
- getting regular checkups if possible
- stopping smoking
- managing stress
- limiting alcohol intake

To find out more about women's heart health visit:
<https://cwhhc.ottawaheart.ca/education/what-makes-women-different>

Free Fitness Classes in Arnprior

CHAMPLAIN LHIN, CCAC, FAMILY PHYIO CENTRE

Take advantage of FREE fitness classes for adults 65+ in Arnprior. This is a program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre. This drop-in class includes cardiovascular activity, range of motion, and strength training. It is a sitting (chair exercise) and/or standing class.

Classes Tuesday & Thursday, 12:30 – 1:30 pm
Nick Smith Centre, 77 James St, Arnprior

For more information or a listing of all exercise classes, call 613-310-2222 or visit:

<http://www.champlainhealthline.ca/libraryContent.aspx?id=20516>



Vaccines - Get the Facts

ONTARIO MEDICAL ASSOCIATION

The Ontario Medical Association continues to speak out against vaccine hesitancy. They've launched a campaign to help answer common questions about vaccination and counter the spread of anti-vaccine myths. Visit the campaign webpage for more information:

https://www.askontariodoctors.ca/get_the_facts

If you have any questions about vaccines – ask your doctor – not the internet.



Programming for Youth: Constance Bay

CONSTANCE BAY COMMUNITY ASSOCIATION

The Youth Lounge is now open at the Constance & Buckham's Bay Community Association. Youth Lounge is a CBBCA program presented with the generous support of the Carp Ridge Learning Centre (CRLC). The Lounge is a safe, unstructured recreation & leisure space that we've equipped with consoles, four screens, pool, games, couches, beverages, pizza every night, and great staff to help members make the Lounge their own. Hannah Weston, the lead Youth Program Coordinator will be their facilitator for cooking experiences, out-trips, fitness programs, paint or spa nights, and beyond. There is no charge to become a member of the Lounge but proof of age and sign-in are required and, like all safe places, there are a few rules.

Grades 9-12: Thursdays from 5:30 – 9:00 pm

Grades 7-9: Fridays from 6:00 – 9:00 pm

The Lounge, 262 Len Purcell Dr., Woodlawn

For more information or to register, visit:

<http://cbbca.ca/cms/>

Office Closures - Family Day

WEST CARLETON FAMILY HEALTH TEAM

The clinic will be **CLOSED** on Monday, February 17th (no urgent care clinic). We will be back to our regular hours on Tuesday, February 18th (8 am – 8 pm).

The **Urgent Care Clinic** (WCFHT patients only) will be open as follows:

Saturday, February 15: 10 am – 1 pm

Sunday, February 16: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205



Thank you for reading the February update! If you have any questions or comments about clinic events or are organizing your own (free) community health promotions event, feel free to contact Talia at taliai@wcfht.ca

Follow us on Facebook and Twitter (@WestCarletonFHT) for updates on clinic and community programs and events as well as up to date information on local health advisories.

