

# West Carleton Family Health Team Clinic and Community Newsletter

January 2019 Issue

## HERE IS WHAT'S INCLUDED IN THIS MONTH'S UPDATE:

1. A Brief Update
2. Caregiver Support Groups in Carp and Fitzroy Harbour
3. Free Fitness Classes in Kinburn – Adults 55+
4. WCFHT Website – Patient Information
5. Pens and Paint – Art, Expression and Discovery Program for Youth
6. EarlyON Child and Family Centre Events
7. Ottawa Paramedic Services – 5<sup>th</sup> Annual Steel Toe Boot Drive

## A BRIEF UPDATE FOR OUR VALUED PATIENTS

Happy New Year! Whether you are resolving to become more physically active, improve your diet, prioritize your mental health, or take action to quit smoking, support is available. We want to support you in taking charge of your health in 2019 by continuing to deliver the highest quality of primary and preventive health care for our patients by providing information and services that promote health, prevent disease, and encourage overall wellbeing. While our staff work to take good care of you while you are visiting the medical centre, you may not know we also work very hard to support your health while you are at home. After all, you are the most important part of your healthcare team and we are here to support you! I'd like to take a brief moment to tell you why we do what we do (hint: it's all for you)!

**Newsletter and Social Media** - Each month we send out this e-newsletter that features clinic and community news and events to highlight some of the great organizations in the community that support you in maintaining good health. There are many great programs, workshops, resources, and events happening in and around West Carleton that support your health, and we'd like you to know about them. You can also follow us on **Facebook** ([@WestCarletonFHT](#)) and **Twitter** ([@WestCarletonFHT](#)) for updates on clinic and community programs and events as well as up to date information on local health advisories. Join our growing online community!

**Patient Health Portal** - Our Health Portal was developed for you, our patient, to deliver health information. The portal is a user-friendly, innovative and secure communications platform that allows patients to: message their provider, get blood work results, view upcoming appointments, book certain appointments, check immunization records, and more. The Patient Health Portal is offered free of charge to all WCFHT patients. Register today! <https://portal.wcfht.ca/>

## Portal Feature: Health Plans

In 2019, resolve to take charge of your health by keeping up to date with immunizations and preventive screening. Our patient health portal allows you to keep track of appointments and see when you are due for screening such as the FOBT, Pap tests, flu shots etc.



The patient health portal is a free service available to all of our patients. Registering on the portal is easy. You just need your Ontario Health Card number and your date of birth. To login or begin this simple registration process, visit: <https://portal.wcfht.ca/>

**Workshops and Events** - We offer workshops at our clinic, some in partnership with community organizations, to further support your health and enhance the services you receive in clinic. In 2018 we offered a variety of workshops, including: *Chronic Pain Management*; *Craving Change* (to help clients explore their relationship with food to change the way you think and eat); *Stress Management*; *Introduction to Solid Foods for your 6-12 month old baby*; *Living with Anxiety Workshop for Women*; and *Rooted* (mental health promotion and outdoor education program for youth). Please continue to read our newsletter for updates on future workshops as we plan to offer new sessions and topics throughout the year.

We thank you for choosing us as your primary health care provider and for working with us to promote the maintenance of good health in our clinic and community.

Best Wishes,

*Your West Carleton Family Health Team*

For more information about the above partnering organizations:

Living Healthy Champlain:

<https://www.livinghealthy Champlain.ca/>

Ottawa Heart Institute: <https://www.ottawaheart.ca/>

Amethyst Women's Addiction Centre: <http://amethyst-ottawa.org/>

Western Ottawa Community Resource Centre (WOCRC): <https://www.wocrc.ca/>

Youthnet: <http://ynra.ca/>

## **CAREGIVER SUPPORT GROUPS IN CARP AND FITZROY HARBOUR**

If caregiving is leaving you feeling tired or overwhelmed or wanting to meet other caregivers, join Western Ottawa Community Resource Centre's caregiver support groups. They are now available in Carp on the 3<sup>rd</sup> Friday of each month (10 am – 12 pm; 3774 Carp Road) and in Fitzroy Harbour on the 1<sup>st</sup> Tuesday of each month (10 am – 12 pm; 184 Jack Lougheed Way). Respite care is available on-site at both locations. Refreshments and a light snack will be served.

For information or to register, call 613-591-3686 ext. 333 or email [css@wocrc.ca](mailto:css@wocrc.ca)

## **FREE FITNESS CLASSES IN KINBURN – ADULTS 55+**

Take advantage of FREE fitness classes for adults 55+ in Kinburn. This is a new program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.



Classes are one hour in length and include a mix of cardiovascular exercise, stretching and strength training. The qualified and experienced instructor emphasizes correct technique, posture and balance. Classes accommodate all fitness levels, but are geared towards adults who are somewhat active (ie. this is not a chair exercise program).

**Classes on Mondays & Thursdays, 10:00 – 11:00 am  
Kinburn Community Centre, 3045 Kinburn Side  
Road, Kinburn.**

For more information or a listing of all exercise classes, call 613-310-2222 or visit: <http://www.champlainhealthline.ca/libraryContent.aspx?id=20516>

## **WCFHT WEBSITE – PATIENT INFORMATION**

Want to make the most of your medical appointment? Visit our website to find a list of what to bring and other topics that help you prepare for your appointment. You'll find this and more under the *Patient Information* menu on our website: [www.wcfht.ca](http://www.wcfht.ca)

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](mailto:taliai@wcfht.ca)



## **PENS AND PAINT – ART, EXPRESSION, AND DISCOVERY PROGRAM FOR YOUTH**

Pens and Paint is a free program that helps youth (ages 13-18) cope with stress through visual arts and creative writing. Youth will learn about art journaling and have the opportunity to complete a number of projects, including painting and slam poetry. Through art expression and conversation about mental health, youth are encouraged to express themselves and connect with each other, discussing topics important to them, such as self-esteem, relationships, stigmatization etc.

**Wednesdays, February 6 – April 3, 6:00 – 8:00 pm**  
**The Zone, 170 Castlefrank Rd., Kanata**

For info or to register, contact:  
Taylor Robidoux at 613-591-3686 x279 or  
[robidoux@wocrc.ca](mailto:robidoux@wocrc.ca)

For information about the Zone:  
<https://www.wocrc.ca/youth-12-18-years/zone-youth-drop>

For information about Youthnet programs: <http://ynra.ca/>



## **EARLYON CHILD AND FAMILY CENTRE – UPCOMING EVENTS**

**Babies and Sleep**  
**Thursday, January 17, 1:00 to 3:00 pm (2 MacNeil Ct)**

Come learn why your baby wakes and leave confident that you can follow your instincts when it comes to your new baby, parenting them to sleep to set the stage for optimal brain development.

For info or to register:  
<https://www.eventbrite.ca/e/babies-and-sleep-le-sommeil-des-bebes-tickets-52417797042>

**Make and Take, Collaborate and Create (Kindness and Caring workshop)**  
**Tuesday, January 29, 7:00 to 9:00 pm (Katimavik Preschool Resource Centre – 180 Katimavik Rd)**

Join for an evening to discuss how adults can model being kind and caring in age appropriate ways for the children in our care. Create activities/props/learning moments for your children to help support their understanding of what this means. Take home resources to help support your own learning and the learning of the children in your care in this informative and hands on workshop.

For info or to register: call 613-591-6030 or email  
[katimavikresource@ocsb.ca](mailto:katimavikresource@ocsb.ca)

**Supporting your Anxious Child**  
**Wednesdays, January 30, February 6 & 13, 6:30 to 8:30 pm (2 MacNeil Court)**

Join local parent coach and educator for a 3 session workshop series on Support Your Anxious Child. Deepen your understanding of anxiety and how it manifests itself in young children. Explore and practice strategies to help both children and parents cope with anxiety and develop resiliency tools. Suitable for parents/caregivers of children aged 4 to 12 years.

For info or to register:  
<https://www.eventbrite.ca/e/supporting-your-anxious-child-appuyer-votre-enfant-anxieux-january-30-february-6-13-30-janvier-6-13-tickets-52963280598#tickets>

## **OTTAWA PARAMEDIC SERVICES – 5<sup>TH</sup> ANNUAL STEEL TOE BOOT DRIVE**

After four successful campaigns, the Ottawa Paramedic Service has launched 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.



Until January 20th, 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!

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

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Thank you for reading the January 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** ([@WestCarletonFHT](https://www.facebook.com/WestCarletonFHT)) and **Twitter** ([@WestCarletonFHT](https://twitter.com/WestCarletonFHT)) for updates on clinic and community programs and events as well as up to date information on local health advisories.

