

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

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West Carleton Family Health Team Clinic and Community Newsletter

July 2019 Issue

IMPORTANT HEALTH PORTAL ANNOUNCEMENT

In order to maintain patient confidentiality, the Health Portal messaging feature should only be used to ask questions specific to the account holder (ie. a parent should not use their account to ask questions about a spouse or child).



Spouses should each have separate Health Portal accounts and only pose questions specific to their own health.

Parents with young children may create separate accounts for each child. Questions would then be asked using these accounts. The parent may use their email address during the registration process for the purpose of receiving notification emails. You may use the account to track your child's upcoming and past appointments, view immunization records, or ask questions on the child's behalf.

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/>

OFFICE CLOSURE – CANADA DAY

Please note changes in clinic hours on Canada Day long weekend.

Saturday, June 29 & Sunday, June 30:
Urgent care clinic 10 am – 1 pm (WCFHT patients only)

Monday, July 1: Clinic is CLOSED (No urgent care)

We will be back to our regular hours on Tuesday, July 2nd at 8:00 am.

9-1-1 for emergencies | Telehealth 1-866-553-7205

Appointment Confirmations

Please be advised, 3 days before you have a scheduled appointment with us, we will send you a reminder via email. **Please follow the link in these messages to confirm your appointment.** We ask that you notify us as early as possible if you need to cancel/reschedule. Appointments cancelled within 24 hours will be considered a no-show and applicable administrative fees will apply.

If you are not receiving confirmation emails from us, please check your spam folder. You may add us to your mailing list to ensure our emails do not get sent to your junk folder. Confirmation emails are delivered using noreply@wcfht.ca and do-not-reply@wcfht.ca

THE ZONE – YOUTH AND YOUNG ADULT DROP-IN



The Zone is a free program run by the Western Ottawa Community Resource Centre (WOCRC). It is a unique space where youth and young adults can meet new people, try new activities and learn new things. Participants can get

connected to community resources and services and can access short term counselling, along with information about food security and employment. There is a meal program at every drop-in where participants help plan and prepare their meals and eat together as a group. Activities include special guest speakers, workshops, and outings. The space is located at the Dick Brule Community Centre, 170 Castlefrank Road, Kanata.

The Zone Youth Drop-In (youth ages 12-18)
Mondays from 4:00 – 8:00 pm

The Zone-Plus Drop-In (young adults ages 18-26)
Wednesdays from 3:00 – 5:00 pm

The Queerios LGBTQ+ Youth Drop-In (LGBTQ+ youth ages 12-18)
Thursdays from 6:00 – 9:00 pm

For more information about the programs, contact 613-591-3686 or visit: <https://www.wocrc.ca/youth-12-18-years/zone-youth-drop>

SUMMER FAMILY PROGRAMMING AT THE OTTAWA PUBLIC LIBRARY

Throughout July and August, many branches of the Ottawa Public Library are offering free summer programs (some indoor activities, some outdoor). The majority of programs are for families with young children, though many branches offer book clubs, creative writing groups and other programs and workshops for teens and adults.

To browse a list of available programs by branch (Eg. Carp, Constance Bay, Stittsville), visit:

<https://bibliottawalibrary.ca/en/program>

WCFHT WORKSHOP – INTRODUCING SOLIDS

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 learn how to easily make homemade food for your baby.

Tuesday, July 16, 10:00 – 11:30 a.m.
West Carleton FHT, 119 Langstaff Drive, Carp, ON

Following workshop:
Tuesday, August 27, 10:00 – 11:30 a.m.

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 cfowler@wcfht.ca



PRIME TIME IN KANATA – CONFIDENTIAL LIFE COACHING FOR SENIORS

Prime Time in Kanata is an initiative of the Glen Cairn United Church offering free and confidential one-on-one life coaching for people ages 65+. Coaches engage directly with seniors and/or their caregivers to help them navigate available information and resources to assist the senior and monitor their success.

Know a senior that could benefit from the support of a life coach?

You can complete the registration on someone else's behalf, as long as they consent to receiving service from Prime Time. An intake worker will follow-up with the individual to schedule an appointment.

For more information or to request coaching, visit their website: <https://www.primetimekanata.ca/> or call 613-219-2494

TICK BITES AND LYME DISEASE

If you have been bitten by a tick, there are certain recommendations to reduce your risk of contracting Lyme disease. While tick bites are becoming more common, if acted on as below, the risk of Lyme disease is very low. If you find a tick on your skin:

1. First of all, do not panic. Having a tick bite does not mean you will develop Lyme disease.
2. Remove the tick as soon as possible in the recommended manner using tweezers or a tick key. See link below on instructions for tick removal.
3. Once you have removed the tick, a small black area may remain in the skin (head or stinger). These parts *do not* need to be removed. As long as the abdomen is removed, the Lyme bacteria will not be transmitted. Your body will expel the rest like a splinter.
4. NOTE! A medical appointment is not always needed as only certain tick bites require preventive antibiotics. If the tick has been removed within 24 hours and is not engorged with blood, preventive antibiotics are not needed.
5. If you believe the tick has been attached to you for 24 hours or more, or you are unsure how long the tick has been attached to you, please call us to be assessed by a triage nurse.

Please review Ottawa Public Health recommendations which include strategies to help minimize exposure to ticks, instructions for tick removal, and signs and symptoms to bring to our attention.

<http://www.ottawapublichealth.ca/en/public-health-topics/lyme-disease.aspx>

BETTER STRENGTH, BETTER BALANCE – REGISTRATION OPENS

Better Strength, Better Balance is a fall prevention exercise and education program for people aged 65+. It is a beginner level program for those wishing to improve their strength and balance. Strong muscles, strong bones and better balance will make you more mobile and less likely to fall. First time participants can register by calling Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656). The next program begins in September, though spaces fill up quickly.

http://www.ottawapublichealth.ca/en/public-health-topics/better-strength-better-balance-exercise-program.aspx?_mid_=29308



Thank you for reading the July 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 Ignacy at taliai@wcfht.ca

Follow 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.