

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

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3. Information Series – Understanding and Managing Diabetes
4. WCFHT Workshop – Introducing Solid Foods
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West Carleton Family Health Team Clinic and Community Newsletter

June 2018 Issue

INFO SESSION – SUPPORTING YOUR ANXIOUS TEEN

Join WCFHT's Registered Social Workers, Andrea and Kailey in this upcoming information session for parents. This session is for patients of the West Carleton FHT who have a teenage child (13-19 years) who experiences mild to moderate anxiety. The objectives of the session are to provide parents with: general information about anxiety, information to support them in understanding their teen's anxiety, tools and strategies to support their teen in managing anxiety, and resources for parents and teens.

Thursday, June 14, 2018, 5:30 – 7:30 pm
West Carleton FHT, Conference Room (lower level)
119 Langstaff Drive, Carp, ON.

Please note: Both/all parents are encouraged to attend, if possible. Space is limited and spots will be filled on a first-come, first-served basis. Attendance by registration only.

For more information or to register, contact: Talia at taliai@wcfht.ca

Please specify the names and email addresses of both/all parents attending, relationship to the child, and the child's age. Also indicate whether the parent(s) and/or teen are patients of the WCFHT.

DO I NEED TO BE SEEN TODAY? LOW BACK PAIN



We have added new content to our website! Our doctors have created info sheets to inform you about health conditions we see at the clinic on a regular basis. This month we have added information regarding **low back pain**. The pamphlet provides tips on how to manage your symptoms from home or identify when it may be important to call us and make an appointment.

You'll find this under the **Patient Information** menu www.wcfht.ca

Portal Feature: Health Plans

Take charge of your health by keeping up to date with 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, immunizations 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/>

INFORMATION SERIES – UNDERSTANDING AND MANAGING DIABETES

In collaboration with the Community Diabetes Education Program of Ottawa, we are offering patients a three-part information series on understanding and managing type-2 diabetes. Topics covered include: diabetes and prediabetes diagnoses and tests, risk factors, managing stress and emotions, physical activity and its impact on our health, principles of healthy eating to manage blood glucose, self-care behaviour and effective planning to help you live a long and healthy life with diabetes.

Thursday, June 14, 21 and 28: 9:00 – 11:30 am
West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON

For more information or to register, call 613-233-6655. **Request the Carp/West Carleton FHT site!**

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.

Wednesday, June 13, 2018, 10:00 – 11:30 a.m.
West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON

Summer workshop dates: August 1st, 10:00 – 11:30 a.m. and September 12th, 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 Fowler, 613-839-3271 x109 or email Courtney@wcfht.ca

CONSTANCE BAY COMMUNITY MARKET – OPENING DAY

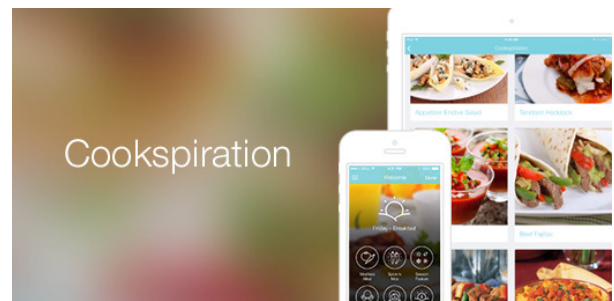
The Constance Bay Community Market (CBCM) was created to provide a venue for community to connect and for local farmers, gardeners, artisans and craftspeople to showcase and sell their products. The CBCM is a non-profit marketplace managed and operated by a volunteer board of directors, a group of support volunteers and a manager. Thanks to the generosity of St. Gabriel's Parish, the CBCM is fortunate enough to operate the market free of charge on its beautiful grounds located in the heart of the village of Constance Bay.

**Market Open Saturday, June 16th, July 21st,
August 18th, 9:00 am – 1:00 pm**
205 Bayview Drive

For more information or to apply to become a vendor or volunteer, visit: <https://marketinthebay.com/>

COOKSPIRATION – HEALTHY EATING APP

Looking for some healthy new recipes to try with fruits and vegetables purchased from the market? Dietitians of Canada has you covered. Browse their list of healthy and delicious recipes at <http://www.cookspiration.com/home.aspx>



KANATA PARKRUN – RUN OR WALK

Parkrun is a free, timed, 5k run or walk that takes place weekly with events happening all over the world! Kanata has joined this worldwide community, offering the run every Saturday at 9:00 am at the Beaver Pond Trail. The event is free, but participants must register before their first run in order to be timed. It's just you against the clock, so come join whatever your pace!



For more info, visit: <http://www.parkrun.ca/kanata/>

TICK BITE INFORMATION

Lyme disease is a health concern that is caused by the bite of a blacklegged tick carrying the disease. While tick bites are becoming more common, if acted on as below, the risk of Lyme disease is very low. Ottawa Public Health recommends practicing these steps to help minimize exposure to ticks:

- Apply a Health Canada approved mosquito repellent to exposed skin and clothing
- Wear long pants, a long sleeved shirt, shoes and socks to cover exposed skin
- Tuck your pants into your socks
- Wear light-coloured clothing to spot ticks more easily
- If possible, stay on the trails when hiking in the woods or walking in long grass
- Do a "full body" check on yourself, your children, and pets for ticks. Pay careful attention around your toes, knees, groin, armpits and scalp.

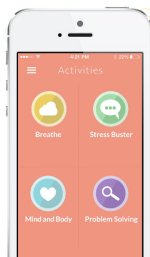
This information and more is available on our website, under **Patient Information**.
<http://www.wcfht.ca/patient-information/tick-bites/>

HEALTHYMINDS APP

Are you a student? Life as a student can be stressful – assignments, part-time jobs, sports, clubs, relationships, family responsibilities. During the student years, you may face some of the most intense pressures of any point in your life. Stress can take a toll on the mind, weighing people down and even making them ill, so it is important to take action to stay healthy.

HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses encountered both on and off campus. The goal: Keeping your mind healthy! The app was developed by The Royal along with a donation from D.I.F.D. To learn more visit:

<http://www.healthymindsapp.ca/>



To students and teachers finishing the semester this month, have a happy and healthy summer holiday!

CARP HEALTH ACCESS – FITNESS PARK

Carp Health Access has launched a fundraising campaign for the Carp Fitness Park and they need your help to bring this great idea to life! This project will see the installation of stationary, outdoor fitness equipment that can be utilized by all ages in Langstaff Park. The fundraising goal is \$38K, with the City of Ottawa matching these funds in order to build and install the park. If you or an organization you belong to would like to donate to the Fitness Park, you can do so online at <http://www.carphealthaccess.ca/support-us.php>



To learn more about the initiative, visit:
<https://mailchi.mp/8fe9752681de/carpfitnesspark>

Thank you for reading the June 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

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.

Saturday, June 2nd is *National Health and Fitness Day!* Set a goal for yourself to spend time outdoors doing something active, take advantage of your local farmer's market to pick up fresh produce or try a new recipe with the Cookspiration app! Show us how you're participating by sharing your health and fitness photos @WestCarletonFHT on Facebook and Twitter!