

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

1. Health Maintenance Plans
2. WCFHT Workshop – Craving Change
3. Kanata ParkRun – Run or Walk
4. Constance Bay Community Market – Opening Day
5. Cookspiration – Healthy Eating App
6. WCFHT Workshop – Introducing Solid Foods
7. WOCRC Survey – Free Summer Programming for Children and Youth
8. Tick Bite Information
9. Storytime in Fitzroy Harbour
10. West Carleton Sustainability Plan – Community Discussion
11. Oasis in Kanata Information Session – Navigating the Healthcare System

West Carleton Family Health Team Clinic and Community Newsletter

June 2019 Issue

HEALTH MAINTENANCE PLANS

A Health Maintenance Plan (aka HMP or Health Plan) is a feature of our Electronic Medical Record that allows us to schedule reminders. These reminders generally repeat with a pre-determined frequency. For example, your provider may create a HMP for "Blood Pressure Reading" for patients who require regular monitoring. In some cases, you can take the appropriate action yourself (eg. home blood pressure reading), otherwise you may be required to schedule an appointment with one of our staff (eg. Pap appointment, immunization etc.).

Keep up to date with your Health Plans in the Patient Health Portal. Under the *Health Plans* tab, you will see a list of Health Plans that are upcoming or past due.

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/>



WCFHT WORKSHOP – CRAVING CHANGE

We are pleased to once again offer the 4-week workshop, *Craving Change*. This program is designed for people who struggle to maintain healthy eating habits, say they eat for comfort or in response to strong feelings, and want to be more skillful when they experience food cravings and temptations. You will explore reasons why you eat the way you do and uncover your personal eating triggers, learn strategies to make positive changes to the way you eat, and experiment with changing your eating behaviours over the long-term. It is *not* a weight loss class.

This course is facilitated by WCFHT's registered dietitian and health promoter.

**Thursday, June 13, 20, 27, July 4, 2:00 pm – 4:00 pm
WCFHT, Conference Room (lower level), 119 Langstaff Drive**

Please note: The Craving Change program may not be appropriate for you if you have been diagnosed with an eating disorder. Speak with your healthcare provider to help decide if this program is right for you.

Space is limited and spots will be filled on a first-come, first-served basis. Please note, there is a \$10 fee for the course workbook that is to be paid at the first session.

For more information or to register, contact Talia Ignacy, 613-839-3271 x179 or email taliai@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, a group of support volunteers and a manager. The CBCM's vision is to become a self-sustaining, regularly occurring, social destination that recognizes and meets the growing needs of the community.

Summer Market Dates:
Saturday, June 8th, July 13th, August 10th, September 14th, 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/>

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 watch a food demonstration on how to easily make homemade food for your baby.

**Tuesday, June 4, 10:00 – 11:30 a.m.
West Carleton FHT, 119 Langstaff Drive, Carp, ON**

Following summer dates:

**Tuesday, July 16, 10:00 – 11:30 a.m.
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



WOCRC SURVEY – FREE SUMMER PROGRAMMING FOR CHILDREN AND YOUTH

The Western Ottawa Community Resource Centre (WOCRC) wants your input as parents to inform their summer plans to offer FREE activities to children and youth ages 7-17 in July and August. This short survey will take no longer than 2-3 minutes to complete. This is your chance to vote on activities and share a little information with them to inform their plans for activities in West Carleton. Free programming they intend to offer includes: recreational activities, mental health, wellbeing and stress relief workshops, team building and leadership games.

Take survey:

<https://www.surveymonkey.com/r/Ward5Ottawastorm>

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 properly, 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;
- 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/>

STORYTIME IN FITZROY HARBOUR

Join staff of the Western Ottawa Community Resource Centre for storytime where the books come to life with songs and puppets. Be transported into a new adventure every week. Ideally suited for children ages 2-6 years (younger siblings welcome). This activity will take place in French and English.

Wednesdays, June 5, 12, 19, 26, 10:00 – 11:30 am
Fitzroy Harbour Community Centre, 184 Jack Lougheed Way

For more information, contact: Buchanan@wocrc.ca or 613-591-3686 x287

WEST CARLETON SUSTAINABILITY PLAN – COMMUNITY DISCUSSION

The Ottawa Biosphere Eco-City (OBEC) is developing a community sustainability plan for West Carleton. It will bring together ideas on 10 themes such as: food security, health, habitat, energy, waste, recreation, and transportation. The OBEC is inviting West Carleton residents to attend a community discussion on:

Tuesday, June 11, 7:00 – 8:30 p.m.
West Carleton CC, 5670 Carp Rd, Kinburn

For more information on the sustainability themes, or to register your attendance, visit: <http://obec-evbo.ca/west-carleton-community-sustainability-plan>

OASIS IN KANATA INFORMATION SESSION – NAVIGATING THE HEALTHCARE SYSTEM

The Oasis in Kanata is a community outreach program of Glen Cairn United Church that offers information, education, and support for caregivers of people with mental illness. For many caregivers, one of the ways they offer support is through navigating the mental health system to locate resources to help their loved ones. Navigating the system can be challenging and overwhelming at times. Sam Kabbara, a System Navigator with the Canadian Mental Health Association in Ottawa, will provide information on helpful approaches used by System Navigators and how caregivers can adopt these approaches.

Monday, June 17, 7:00 p.m.
Glen Cairn United Church, 140 Abbeyhill Dr, Kanata

For more information, visit:

<https://theoasiskanata.ca/events-calendar-2/>

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, feel free to contact Talia Ignacy at taliai@wcfht.ca



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.

Saturday, June 1st 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!