

WEST CARLETON FAMILY HEALTH TEAM CLINIC AND COMMUNITY NEWSLETTER

April 2018 Issue

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

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3. Big White Wall – Resource for Individuals with Moderate Depression and Anxiety
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COMMUNITY SPOTLIGHT: CARP HEALTH ACCESS

In this issue we are featuring Carp Health Access, a local charitable organization. Last month I had the pleasure of meeting with their passionate board of directors to learn more about the organization and hear about upcoming events and initiatives they have planned for our community.

Q: Tell me about Carp Health Access? What is the main goal?

Carp Health Access (formerly known as West Carleton Health Access Foundation) is a non-profit charitable organization. It fundraises for worthy causes that improve both the health and quality of life of residents of Carp and adjacent communities. Simply put, our goal is to *keep health care access local!*

Q: What's in store for Carp Health Access in the near future? Any upcoming events?

For the past year, Carp Health Access has held a series of Community Education Sessions. **Our next session takes place on April 21st from 9:30 am to 11:30 am at the West Carleton Amateur Sports Club.** We'll learn about the Ottawa Regional Cancer Foundation's Cancer Coaching Program from Patricia Barrett-Robillard, a Registered Nurse from the Foundation. Patricia will speak about the benefits of cancer coaching and how to access it. Attendees will also have an opportunity to connect with others who are experiencing similar challenges. More information and registration is available at <https://www.eventbrite.ca/e/cancer-coaching-helping-you-take-control-of-cancer-registration-44371693931>.

CHA is about to embark on a fundraising campaign for the Carp Fitness Park (<https://www.facebook.com/CarpFitnessPark/>). This project will see the installation of stationary, outdoor fitness equipment that can be utilized by all ages in Langstaff Park. Our fundraising goal is \$38K, with the City of Ottawa matching these funds in order to build and install the park.

Portal Feature: Lab Results

Did you know... WCFHT patients can view the majority* of their lab results ONLINE via the Patient Health Portal? Check the box next to the result you want to view. You'll see results in a table or chart (this allows you to track results over time). Look for this feature on the **Health Factors** Tab

* Some lab results are omitted from the list, including specialized tests or cases where results may be difficult to interpret.



TIP: Hover your cursor over the lab results in the left panel to view a description.

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/>

CHA Upcoming Events Continued...

Lastly, CHA is bringing the Heart & Stroke's [Big Bike](#) to the Village on Friday, September 14th! We'll be looking for approximately 85 individuals to participate as riders/fundraisers, pedaling a fun 20-minute route through the community to celebrate our fundraising accomplishments! Stay tuned to our events page for more details on how you can get involved.

Information on all of our current and past campaigns and events can be found at <http://www.carphealthaccess.ca/campaigns-and-events.php>.

Q: How can people get involved/provide their support?

We always welcome new ideas on how we can support our mandate and would love to hear from the community. Also, anyone interested in joining the board is welcome to apply. Email us at postmaster@carphealthaccess.ca. And of course, we always appreciate donations! If you'd like to donate, they can be made online at <http://www.carphealthaccess.ca/support-us.php>

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, May 2, 2018, 10:00 – 11:30 a.m.
West Carleton FHT, 119 Langstaff Drive, Carp, ON

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 Talia, 613-839-3271 x179 or email taliai@wcfht.ca



BIG WHITE WALL - RESOURCE FOR INDIVIDUALS WITH MODERATE DEPRESSION AND ANXIETY

Big White Wall is a guided self-help peer community that supports the recovery of individuals with moderate depression and/or anxiety. The resource utilizes highly trained guides who help moderate your experience and has demonstrated improvements for patients who have used this resource. Its members help each other and share what's troubling them in a safe, anonymous environment. The site is available 24/7, 365 days a year. This resource is immediately available to anyone with an Ontario postal code simply by signing up. To access this resource, visit: <https://www.bigwhitewall.com/v2/Home.aspx>

THE ROYAL – SCHIZOPHRENIA FAMILY EDUCATION SERIES

The Royal is holding upcoming family information sessions and support groups for family and caregivers of people with Schizophrenia. Everyone is welcome (no need to pre-register). Attend one or both.



The Royal, 1145 Carling Avenue, Ottawa
Conference room 1425

Thursday, April 12, 2018, 6:00 pm – 8:00 pm

Questions about Medications and Treatment?
A member of the Schizophrenia and Recovery Program Team will describe various treatment approaches including medications and rationales.

Thursday, April 19, 2018 , 6:00 pm – 8:00 pm

A client's perspective on recovery. Always a popular session! Join us to learn from a client's lived experience of mental illness and journey through recovery.

For further information please contact one of the social workers at 613.722.6521:

Sheri Leroux, MSW, RSW ext 6781
Sean O'Keefe, MSW, RSW ext 7055
Jenn Robbins, MSW, RSW ext 6861
Juliet Haynes, MSW, RSW ext 7573

CARP RURAL WALKING CLUB

Join the library's Carp Rural Walking Club for group walks! This is a free program where the group meets weekly to walk 2-5 km (weather permitting). All walking levels are welcome!



Every Monday, 1:30 - 2:30 p.m.
Carp Branch of the Ottawa Public Library, 3911 Carp Road (next door to Diefenbunker).

For information: drop in, call 613-580-2940 or visit:
<https://bibliooottawalibrary.ca/en/program?text=rural+walking&=Apply>

WCFHT WEBSITE – HEALTH RESOURCES

Looking for local programs or reputable sites to get information on Chronic Pain? Diabetes? Early Childhood Health? Visit our website: www.wcfht.ca!



Under the *Health Resources* Menu you'll find information and local resources relating to: Caregiver Support, Chronic Pain, Mental Health, Nutrition, Prenatal and Early Childhood Health and more! This list has been compiled and reviewed by our team of clinicians to offer reliable information and resources that are useful to our patients. 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

OASIS IN KANATA INFORMATION SESSION – MAINTAINING HEALTHY RELATIONSHIPS

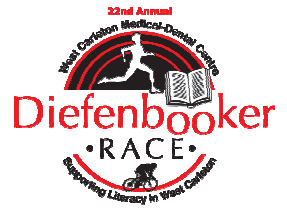
The Oasis in Kanata invites the community to their next free information session, "*Maintaining Healthy Relationships*." Join Psychologists Dr. Robyn Marquis and Dr. Joanne Bihari of the Ottawa Couple and Family Institute (www.ocfi.ca) will discuss techniques to nurture and maintain healthy relationships within a family in which one of its members is suffering from a mental illness. All are welcome.

Monday, April 16 at 7pm
Glen Cairn United Church, 140 Abbeyhill Drive
For information on this session and other Oasis in Kanata events, visit their website:
<https://theoasiskanata.ca/events-calendar-2/>

DIEFENBOOKER – SCHOOL COMPETITION

Calling all walkers, runners, and cyclists - the 22nd annual Diefenbooker Race will be held on May 5th, 2018. Registration is open!

<http://diefenbooker.ca/Diefenbooker2018/online.html>



This year, for the first time, race organizers are inviting schools of West Carleton to compete in a participation challenge. A trophy and cash prize of \$2000 will be awarded to the school with the largest percentage of its population involved in the races, either as a volunteer or a race participant. More info at:
<http://diefenbooker.ca/Diefenbooker2018/competition.html>

LIBRARY BOOK CLUB – CBBCA ADULTS 55+

The Constance Bay Library Book Club is open to everyone. It is run as an Ottawa Public Library programme. The branch obtains the required number of books at the beginning of the month so you can always get a copy with lots of time to read it. Share the enjoyment of good books in a relaxed atmosphere.



<https://bibliooottawalibrary.ca/en/event/book-chat-4>

April's book is: *The Beautiful Mystery*, by Louise Penny

Looking ahead to May: *Furiously Happy*, by Jenny Lawson

Registration is requested. Meetings are on the last Monday of the month at the community centre (262 Len Purcell), 7:00 – 8:00 pm. For more information e-mail Jason Byers at jcbyers@wollamshram.ca

Thank you for reading the April 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.

