

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

1. Community Spotlight – The ZONE Youth Drop-In
2. Office Closures – Family Day
3. Kinburn Fitness Classes
4. New Paramedic Service
5. WCFHT Workshop – Feeding Your Baby Solids
6. Diefenbooker Race Registration – Now Open!
7. Walk or Run Training
8. Flu shots – Help us update your record
9. Library Book Club – CBBCA Adults 55+
10. Queen's University Study
11. Do we have your correct email on file?



For more information about their programs, contact WOCRC's Child and Youth Worker at 613-591-3686 or visit: [www.wocrc.ca](http://www.wocrc.ca)

## West Carleton Family Health Team Clinic and Community Newsletter

February 2018 Issue

### COMMUNITY SPOTLIGHT: THE ZONE – YOUTH DROP-IN

This month I had the pleasure of meeting with the Child and Youth Worker and Program Coordinator of the ZONE – a drop-in program for youth in Kanata and West Carleton.

#### Q: Tell me about the Zone

The Zone is a program run by the Western Ottawa Community Resource Centre (WOCRC) for all youth ages 12-18. It is a unique space where youth can meet new people, try new activities, and learn new things. Youth and their families can get connected to community resources and services, and access short-term counselling. There is no cost to participate in any of the programs or activities we run. Participants must register once per year, and permission forms must be submitted for all outings.

#### Q: What programs are offered?

We offer a meal program at every drop in. We encourage the participants to help plan and prepare their meals, then we eat together as a group. Most other activities happen in the format of special guest speakers, workshops, or outings. The Zone is located at the Lion Dick Brule Community Centre, 170 Castlefrank Rd., Kanata. There are two programs that operate at this centre (the Zone WOCRC Youth Drop-In and Queerios LGBTQ+ Youth Drop-In). A third program, Richmond Youth Centre is for slightly younger youth and operates at the Richmond Memorial Community Centre.

### Missed Appointment and Cancellation Policy

We understand that appointments sometimes need to be changed. However, if you are unable to keep a scheduled appointment, please give us at least 24 hours advance notice. If less than 24 hours notice is given and we are unable to fill your time slot, you will be expected to pay for the appointment.



Please arrive at least 10 minutes before your scheduled appointment to allow time to complete necessary forms and procedures. Patients more than 15 minutes late will be considered a missed appointment, and applicable administration fees will apply.

You can keep track of upcoming and past appointments on the Patient Health Portal. Find this feature and more at <https://portal.wcfht.ca/>

### *The Zone – WOCRC Youth Drop-In*

During our drop-in hours (Mondays 5:00 – 9:00 pm) we offer a supervised, unstructured space where youth ages 12-18 can 'hangout', do homework, play games, listen to music, get creative etc. Youth will always find supportive adults to talk to.

### *Queerios – LGBTQ+ Youth Drop-In*

On Thursday evenings (6:00 – 9:00 pm) we have a youth drop-in program, *Queerios* for LGBTQ+ youth and their allies (ages 12-18). This is a social group where youth can meet new people in a safe space, access resources and gain support from the staff.

### *Richmond Youth Centre*

Richmond Youth Centre is a youth drop-in program held every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month. Youth can meet new people and try new activities. The program is available from 6:30-8:30 pm for youth ages 8-11 and 8:00-10:00 pm for ages 12-16. The Richmond Youth Centre operates out of the Richmond Memorial Community Centre, 6095 Perth St., Richmond.

### **Q: What's in store for the Zone in the near future? Are there any upcoming events?**

At the moment we are working with our youth participants to plan outings and activities for the year ahead. We try to get out into the community as often as possible, and we're looking forward to visiting Winterlude and the Tulip Festival, to name a few.

### **OFFICE CLOSURES – FAMILY DAY**

Reminder: The clinic will be CLOSED on Monday, February 19<sup>th</sup> (no urgent care clinic). We will be back to our regular hours on Tuesday, February 20<sup>th</sup> (8 am – 8 pm).

The Urgent Care Clinic (WCFHT patients only) will be open as follows:

Saturday, February 17: 10 am – 1 pm

Sunday, February 18: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205

On-Call Physician: 613-769-1286 (WCFHT patients only - urgent medical conditions requiring a physician only)

Have a great long-weekend!

### **KINBURN FITNESS CLASSES ADULTS 55+**

Reach your 2018 fitness goals with FREE fitness classes for adults 55+. This is a new program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.



This is a drop-in program that runs until the end of May. 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: Mondays and Thursdays, 10 – 11 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>

### **NEW PARAMEDIC SERVICE FOR PEOPLE WITH FLU-LIKE SYMPTOMS**

With funding from the Champlain LHIN, Ottawa Paramedics are now making house calls as part of a new program to assist clients with Influenza (flu) and Gastro-like symptoms. Paramedics perform assessments, provide fluid/rehydration therapy, and symptom relief for influenza. This is a new service with the Community Paramedicine Program that is helping minimize the impact of influenza on our health care system.

For details or to request an assessment,  
**Call: 613-580-2418.**

**Hours of operation: between 8:00 am - 7:00 pm,  
7 days/week.**

## 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 Deidra Chipman, RD.

**Wednesday, February 28, 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!

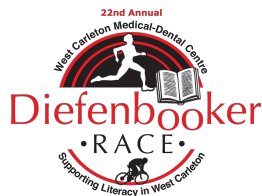
For more information or to register, contact Deidra, 613-839-3271 x109 or email [deidra@wcfht.ca](mailto:deidra@wcfht.ca)

## DIEFENBOOKER RACE REGISTRATION – NOW OPEN!

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

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

## WALK OR RUN TRAINING PROGRAMS – PREPARING FOR THE DIEFENBOOKER RACE



Get ready for the upcoming Diefenbooker Race with the Learn to Run or Walking Clinics. Programs are FREE with a 5km walk or run race registration. To register for the training, simply register for the 5km walking or running events!

**The Walking Clinic** is for those who wish to participate in the walking event. Your fitness will build and you'll be able to comfortably walk the 5km distance. This is a 10-week program for those who are somewhat active (gardening, housework, etc.) and without significant health issues. Join the group of walking enthusiasts who will provide ongoing encouragement to enable you to walk 5km in less than an hour, improve walking posture and form, and help you finish the Diefenbooker 5km run feeling energized!

The group will train together on Thursday evenings at 6:30, starting February 28. Meet in the lobby of the W.E. Johnston Arena (3832 Carp Road) wearing walking or running shoes.

**Have more questions? Attend the 30-minute information session: Monday, February 26, 7:00 pm; West Carleton Amateur Sports Club**

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**The Learn to Run Program** is for those who wish to participate in the running event. If you can walk 5km and run for 1 min, then this 10-week program is for you. Join the group of running enthusiasts who will provide ongoing encouragement to help you meet your goals.

The group will train together on Saturday mornings starting March 3<sup>rd</sup>. The group leaves at 9:00 am sharp! Meet in the lobby of the W.E. Johnston Arena (3832 Carp Road). Arrive at 8:45 on the first week with the completed waiver (see link below). Don't forget to wear proper running shoes!

Please print and sign the waiver and bring it to the first session on March 3<sup>rd</sup>:  
<http://www.wcfht.ca/pdfs/LearningToRunWaiver.pdf>

**Have more questions? Attend the 30-minute information session: Tuesday, February 27, 7:00 pm; Huntley Curling Club**

## FLU SHOT CLINICS – HELP US UPDATE YOUR RECORD

If you have had the flu immunization at another location (for instance, a pharmacy or flu shot clinic outside of the WCFHT), please help us update your record by calling the office (613-839-3271) and leaving a message on ext. 117. State your name, phone number, the location you had the flu shot, and the approximate date of your immunization. If you have a rotary telephone, wait on the line until you reach our reception, then ask to be transferred to extension 117.



Thank you for helping us keep our community healthy!

## 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.



February's book is: *Ape House*, by Sarce Gruen

Looking ahead to March: *The Girl Who Was Saturday Night*, by Heather O'Neill

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

## QUEEN'S UNIVERSITY – RECRUITING PARENTS FOR A PAID STUDY

If you are a parent of a 5-12 year old child and a permanent resident of Canada, you are eligible to join this study. Researchers at Queen's University are reviewing perceptions of the Canadian 24-hours Movement Guidelines for Children and Youth with the goal of helping youth stay active and lead healthier lifestyles. Each parent will receive \$15 for completing two online surveys. Note: You will not be required to provide your mailing address or any personal information about your child, however you will be required to provide your name and a valid email address.

For those interested, please send an email to: [a.lithopoulos@queensu.ca](mailto:a.lithopoulos@queensu.ca)

## DO WE HAVE YOUR CORRECT EMAIL ON FILE?

This is a reminder to please provide us with your **personal** email address. We often receive "away from the office" or error messages when our patients are on parental leave or change jobs. To ensure you are receiving appointment reminders, health portal message notifications, and invalid health card notifications, please provide us with your personal email address.

Portal users may update their email by using the health portal. All other patients can update their email address by notifying our reception:

[reception@wcfht.ca](mailto:reception@wcfht.ca)

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Thank you for reading the February 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)

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.

