

West Carleton Family Health Team Clinic and Community Newsletter

January 2018 Issue

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NEW SERVICE COMING TO WCFHT IN 2018

The West Carleton Family Health Team is developing a new program to improve treatment for patients with high blood pressure. Hypertension (persistently high blood pressure) is a common condition affecting roughly 7.5 million Canadians and is a major risk factor for heart disease, stroke, and kidney disease, amongst other serious conditions. Hypertension usually does not cause symptoms.

Our new program is the first of its kind and will focus on identifying who may be at risk for hypertension by encouraging patients to monitor their blood pressure from home (more information to come). Our team will then work with clients to change lifestyle behaviours to help lower risk and improve overall health. Stay tuned!

STAY CONNECTED WITH YOUR NEIGHBOURS, ACTIVITIES & SERVICES

This year, make a new years resolution to help your neighbours! Let's work together to make West Carleton great for everyone. Western Ottawa Community Resource Centre has new volunteer opportunities for you to connect directly with older adults in your community. If you feel alone, there are neighbours who want to help with groceries, home maintenance, or just go for coffee.

Call or email Megan Richards at 613-591-3686 ext. 324 or richards@wocrc.ca to learn how you can help.

REMINDER: PLEASE BRING INDOOR SHOES TO YOUR APPOINTMENTS

Winter has arrived in West Carleton and there is no shortage of snow! A reminder to all clinic visitors to please bring INDOOR SHOES with you to help keep our facilities clean and ensure you do not need to walk around the office in your socks!



Portal Feature: Health Plans

In 2018, resolve to 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 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/>

DO YOU WANT TO LEARN MORE ABOUT SUPPORTING SENIORS IN YOUR COMMUNITY?

In collaboration with St. Isidore's Roman Catholic Church, Western Ottawa Community Resource Centre (WOCRC) is offering their Community Helpers training program. The Community Helpers training program was developed in partnership with Algonquin College as a way to reach out to isolated seniors in our communities. This is a comprehensive training program that builds on your knowledge and unique skills. Over the course of the training, you will develop a deeper understanding of the specific challenges that seniors face each day, including: ageism, mental/physical/social/spiritual health, elder abuse, loss and grief, and diversity. The training will also include discussion and collaboration to reach out to isolated and vulnerable seniors in your community. Everyone is welcome to attend! Talk to the Program Coordinator to discover how becoming a Community Helper can change your life and those of others around you.

Training will be held on:

Thursdays, February 1, 8, 15 & 22 6:30 – 9:00 pm
St. Isidore's Roman Catholic Church (1135 March Road, Kanata)

For more information or to register, contact Megan Richards, Program Coordinator (613) 591-3686 ext. 324 or richards@wocrc.ca

OASIS IN KANATA INFORMATION SESSION – ONTARIO DISABILITY SUPPORT PROGRAM

The Oasis in Kanata is holding a free information session on the topic of *"Is the ODSP for you?"* Representatives from the Ontario Disability Support Program will explain employment supports available for people with disabilities who can and wish to work; the various benefits available for individuals and their families, like prescription drugs and vision care; and the eligibility requirements and application processes. All are welcome.

Monday, January 15 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/>

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, January 17, 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



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 and returning participants can now register for the next session. Program runs from January 8 to March 9, 2018 at various locations.

To register or for more information, please call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656).

<http://www.ottawapublichealth.ca/en/public-health-topics/better-strength--better-balance--exercise-program.aspx>

DO I NEED TO BE SEEN TODAY? – NEW PAMPHLETS

We have added new content to our website! Our doctors have worked to create information sheets to inform you about common health conditions we see at the clinic on a regular basis. They provide tips on how to manage your symptoms from home or identify when it may be important to call us and make an appointment. If you have symptoms of a cold or flu, pink eye, sinus infection, vomiting, or diarrhea, visit our website before booking your appointment! Many of these conditions can be managed from home, meaning patients may not benefit from an office visit.

Check back regularly as we continue to add new topics to the page. Look for the green stethoscope on our website homepage! www.wcfht.ca



UPDATE: WELL WATER SAMPLE DROP-OFF LOCATIONS IN WEST CARLETON

Last month, we notified clients of extended hours and locations to drop-off well water samples. Please note: samples can only be dropped off on **Tuesdays**.

Ottawa Public Health provides a well water testing service for free for those living with residential well water systems. Residents can drop off their water samples and pick up new sample bottles for future testing.

Samples can be dropped off on **Tuesdays** at the following locations and times:

Carp Library (3911 Carp Rd) – 10 am to 8:30 pm

Darvesh Grocery - Kinburn (3084 Kinburn Side Rd) - 7 am to 8 pm

Dunrobin Meat and Grocery (2808 Dunrobin Rd) – 7 am to 8 pm

Lighthouse Restaurant - Constance Bay (655 Bayview Dr) - 7 am to 9:30 pm

Kinburn Client Service Centre (5670 Carp Rd) – 8:30 am to 4:30pm

King's Independent Grocer - Richmond (5911 Perth St) – 8 am to 10 pm

<http://www.ottawapublichealth.ca/en/public-health-services/free-well-water-testing.aspx#West>

EATRRIGHT ONTARIO – SPEAK WITH A DIETITIAN

EatRight Ontario is a free service available to all residents of Ontario. Registered Dietitians are available to answer your nutrition and healthy eating questions. Visit their website to browse a list of topics <https://www.eatrightontario.ca/en/>, email your question, or call 1-877-510-5102 to speak to a Registered Dietitian. Whether you are looking for healthy recipes, tips to deal with picky eaters, or advice on what to eat to prevent and manage your diabetes, EatRight Ontario has you covered.

If you're looking for additional support, talk to your provider about meeting with WCFHT's Registered Dietitian!

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.



January's book is: *Sometimes Brilliant*, by Larry Brilliant

Looking ahead to February: *Ape House*, by Sarce Gruen

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

Thank you for reading the January 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.

