

**West Carleton Family Health Team
Clinic and Community Newsletter
May 2018**

Welcome to the WCFHT May 2018 email update where we'll share with you upcoming clinic and community events that promote health and well-being. Take advantage of the rising temperatures and ease into activity in the great outdoors! Happy Spring!

Here is what is included in this month's update:

1. Office Closures – Victoria Day
2. WCFHT Workshop – Living with Anxiety Workshop for Women
3. WCFHT Workshop – Feeding your baby from 6-12 months
4. WCFHT Workshop – Stress Management
5. Information Series – Understanding and Managing Diabetes
6. New Resources for Individuals with Moderate Depression and/or Anxiety
7. Free Fitness Classes in Kinburn – Adults 55+
8. WCFHT Website – Patient Information
9. Diefenbaker Race – Race Day Information
10. WOCRC – EarlyON Child and Family Centre Upcoming Events
11. Portal Feature – Messages

Please note, this e-newsletter is written in plain text to be compatible on any device you may be using to read it. The full version, with images, is available on our [website](#).

1. Office Closures – Victoria Day

Reminder: The clinic will be CLOSED on Monday, May 21st (no urgent care clinic). We will be back to our regular hours on Tuesday, May 22nd (8 am – 8 pm).

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

Saturday, May 19: 10 am – 1 pm

Sunday, May 20: 10 am – 1pm

9-1-1 for emergencies

Telehealth Advisory Service: 1-866-553-7205 (WCFHT patients only)

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

Have a great long weekend!

2. WCFHT Workshop – Living with Anxiety Workshop for Women

Amethyst Women's Addiction Centre, in partnership with Western Ottawa Community Resource Centre and the West Carleton Family Health Team invite you to join our free 8-week program for women to learn tools for coping and living with anxiety. You'll learn about anxiety and healthy coping techniques, discover the connection between body and mind when we are anxious, explore foods and lifestyle as a way to enhance our health, and look at setting goals and priorities.

Fridays between May 4 and June 22, 2018: 10:00 am - 12:00 pm
Western Ottawa Community Resource Centre
2 MacNeil Court, 2nd Floor Meeting Room

For more information or to register, contact Talia at 613-839-3271 ext. 179 or taliai@wcfht.ca

3. 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, Conference Room (lower level), 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 Courtney Fowler, 613-839-3271 x109 or email Courtney@wcfht.ca

4. WCFHT Workshop - Stress Management

We are pleased to once again offer our patients a 5-week workshop on stress management. The program is facilitated by two of WCFHT's staff: our Social Worker, Andrea, and Registered Nurse, Kate. This skills-oriented, interactive course will teach a variety of techniques to better manage stress and reduce its impact on your health.

- Session 1: Breathing and muscle relaxation techniques
- Session 2: Improving assertive communication
- Session 3: Uncovering negative automatic thoughts
- Session 4: Changing negative automatic thoughts and thinking errors
- Session 5: Sleep

Session dates / time: Friday, May 25, June 1, June 8, June 15, June 22, 10:00 – 11:30 a.m.
West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON

Please note: This is a University of Ottawa Heart Institute course that the WCFHT is implementing. As per the Heart Institute's course specifications, family members are not permitted to attend the same session together, but can be referred to a future stress management session. The WCFHT plans to offer this workshop on a regular basis.

This course is suitable for anyone with a health condition affected by stress or who is concerned about better managing their stress to improve their overall wellbeing.

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

A brief telephone interview is required prior to registration. Please indicate a time of day that we would be able to reach you by phone.

5. 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!**

6. New Resources for Patients 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 (ages 16+). 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 hours a day, 7 days a week, 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: www.bigwhitewall.ca

Bounce Back is a free skill-building intervention designed for youth and adults (ages 15+) to help manage symptoms of mild to moderate depression and anxiety. You’ll learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. This program is available through a referral by your healthcare provider (family doctor or nurse practitioner). Once your referral is received, you will receive telephone coaching sessions supported by workbooks developed for your specific goals. Your telephone coach will set up a schedule of sessions and will communicate with your healthcare provider to ensure the intervention is complementary to other treatment you may be receiving.

Talk to your provider about receiving a referral for Bounce Back coaching.

For more information or to access videos, visit: <http://ontario.cmha.ca/bounce-back-ontario/>

7. Free Fitness Classes in Kinburn – Adults 55+

This is the last month to take advantage of FREE fitness classes for adults 55+ in Kinburn. This is a new program funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.

Join this drop-in program that runs until the end of the month. 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 available Mondays and Thursdays, 10:00 am – 11:00 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>

8. WCFHT Website – Patient Information

Want to make the most of your medical appointment? Visit our website to find a list of what to bring and other topics that help you prepare for your appointment. You'll find this information and more under the [Patient Information](#) menu!

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

9. Diefenbooker Race – Race Day Information

Calling all walkers, runners, and cyclists - the 22nd annual Diefenbooker Race will be held on May 5th, 2018. Did you know you can register right up until race day?
<http://diefenbooker.ca/Diefenbooker2018/inperson.html>

Race Day Information

Events get underway at the Carp Fairgrounds on race day as follows:

- Registration on site – 7:30 to 8:30 am
- Race kit pickup – 8 to 9 am (after registration on site)
- Warmup exercises – 9:10 am
- Cycle 5km 18km, 33km – 9:15 am
- Run 5km, 5km team, 10km – 9:30 am
- Walk 5km – 9:30 am
- Youth Run Loonie Loop (2-6 yrs) – 10:20 am
- Youth Run 1km (12 yrs and under) – 10:40 am
- Awards Ceremony – 10:50 am

Note: race kits can also be picked up ahead of time on Thursday, May 3 from 5 to 8 pm at the Seniors Building, Carp Fair grounds.

For those interested in volunteering for the event, please contact Jody at:
diefenbookervolunteers@gmail.com

Good luck to all those participating in the events!

10. WOCRC – EarlyON Child and Family Centre Upcoming Events

The EarlyON Child and Family Centre is holding upcoming workshops and events in Kanata. Register for one, two or ALL three!

Have Fun with Stories

Friday, May 4 & 11, 10:00 to 11:30 am (434 Donald B. Munro Drive – Carp Memorial Hall, basement)

Participate with your 3-5 year old turning story books into fun activities. A new story each week, followed by crafts, rhymes & songs, games, and science.

For info or to register: <https://www.eventbrite.ca/e/have-fun-with-stories-samuser-avec-des-histoires-register-once-for-both-sessions-may-4-11-registration-44683128440>

Emotional and Social Skills for Adapting to the Classroom

Wednesday, May 16, 6:30 to 8:30 pm (2 MacNeil Court)

Adapting to the classroom means more than children knowing letters and numbers. When children can deal with strong emotions and get along with others, they are more open to learning. In this workshop, you will discover age-appropriate ways to build your child's skills through play.

For info or to register: <https://www.eventbrite.ca/e/emotional-and-social-skills-for-adapting-to-the-classroom-des-habiletés-emotionnelles-et-sociales-registration-44683353112>

Adventure in the Woods

Thursday, May 17, 10:00 to 11:00 am – Sarsaparilla Trail, Old Richmond Rd. North of Hunt Club

Come and discover your local nature trails. A scavenger hunt will help us learn about what's hiding in the forest. Birdseed provided. All ages welcome.

For info or to register: <https://www.eventbrite.ca/e/adventure-in-the-woods-une-aventure-en-nature-sarsaparilla-trail-tickets-44684518598>

11. Portal Feature – Messages

Did you know... WCFHT patients can send questions or concerns about a medication or medical issue to our clinic via the Patient Health Portal? A doctor or nurse will respond to your message within about three business days. (Select the Message tab in the home menu to ask a new question. You'll find this feature and more on the WCFHT Patient Health Portal.

Note: Please do not use the messaging system for urgent medical issues.

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/>

Thank you for reading the May 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

Connect with us on **Facebook** ([@West CarletonFHT](#)) and **Twitter** ([@WestCarletonFHT](#)) for updates on clinic and community programs and events as well as up to date information on local health advisories.