

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

1. Office Closures – Thanksgiving Weekend
2. Food Drive for Tornado Victims in West Carleton
3. HPV Prevention Week
4. Cervical Cancer Awareness Week
5. WCFHT Workshop – Living a Healthy Life with Chronic Pain
6. Fitzroy Harbour Walking Club
7. WCFHT Workshop – Feeding Your Baby from 6-12 months
8. Carp Rural Walking Club
9. Healthy Minds App
10. Savvy Seconds Pop-Up Shop – Constance Bay

West Carleton Family Health Team Clinic and Community Newsletter

October 2018 Issue

OFFICE CLOSURES – THANKSGIVING WEEKEND

The clinic will be CLOSED on Monday, October 8th (no urgent care clinic). We will be back to our regular hours on Tuesday, October 9th (8 am – 8 pm).

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

Saturday, October 6: 10:00 am – 1:00 pm

Sunday, October 7: 10:00 am – 1:00 pm

9-1-1 for emergencies

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

Have a happy and healthy long weekend!

FOOD DRIVE FOR TORNADO VICTIMS IN WEST CARLETON

West Physio in partnership with the West Carleton Family Health Team and Carp Health Access is holding a food drive to support tornado victims in West Carleton. Non-perishable food items can be dropped off in the front lobby (main entrance) of the medical center. Items will be delivered to the West Carleton Food Access Centre and distributed to those in need.



The West Carleton Food Access Centre is located at 5670 Carp Road in the lower level of the Kinburn Client Service Centre. To reach them, call: 613-839-5685 or email: WCfoodaid@gmail.com

Portal Feature: Online Booking

Did you know...You can book a number of routine appointments online, using the Patient Health Portal? Appointments including immunizations and allergy shots, diabetes management, minor obstetrics appointments, travel medicine, staple or suture removal can now be booked online. Check back as we continue to add other appointment types. Look for the Online Booking Feature on the Appointments tab.



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/>

HPV PREVENTION WEEK

October 1-7 is HPV Prevention Week.



Human papilloma virus (HPV) is a group of more than 100 different types of viruses, with some types that pose an increased risk for genital warts and certain types of cancer. Approximately 75% of sexually active Canadians will have at least one HPV infection in their lifetime. Both men and women can be infected by HPV. Infections from the most common cancer-causing types of HPV can be prevented with the HPV vaccine.

For more information about HPV and why it's important to get vaccinated, check out the links provided below.

HPV and Vaccination: The Basics

http://www.wcfht.ca/wp-content/uploads/2018/01/HPV_and_Vaccination.pdf

From the experts:

<http://hpvinfo.ca/>

About the vaccine:

http://www.merck.com/product/usa/pi_circulars/g/gardasil_9/gardasil_9_ppi.pdf

For teens:

http://www.caringforkids.cps.ca/handouts/hpv_vaccine_teens

About the immunization program in schools:

<http://health.gov.on.ca/en/ms/hpv/default.aspx>

CERVICAL CANCER AWARENESS WEEK

October 15-19 is Cervical Cancer Awareness Week. In women, HPV has been linked to cancer of the cervix, amongst other types. If you are a woman between the ages of 21-69 and have ever been sexually active, it is recommended that you have regular Pap tests. A Pap test will detect abnormal cells in the cervix that could lead to cervical cancer later in life.

If you're unsure when you are due for your next Pap test, check your **Health Maintenance Plan** (Plans tab) in our health portal. Not a portal user? Register today at <https://portal.wcfht.ca/>

WCFHT WORKSHOP – LIVING A HEALTHY LIFE WITH CHRONIC PAIN



The WCFHT is pleased to once again offer patients a free workshop, "Living a Healthy Life with Chronic Pain." It is a series of 6 sessions, led by two facilitators trained by Bruyère Continuing Care. Topics include: incorporating fitness into daily routines, managing depression and fatigue, communicating effectively with the health care team, setting goals, problem solving and taking action to live a healthy life.

It is aimed at adults of any age, living with chronic pain, as well as their family, friends, and caregivers. The chronic pain could stem from any type of pain - arthritis, fibromyalgia, etc.

The program is designed to enhance regular treatment, and does not conflict with existing programs or treatment. Participants will also receive a textbook and workbook, "Living a Healthy Life with Chronic Pain," and a program CD with exercises that can be done at home.

The workshop will be offered on the following dates:

Session dates: Tuesday afternoons, Oct. 23, Oct. 30, Nov. 6, Nov. 13, Nov. 20, and Nov. 27

Time: 2:00 – 4:30 p.m.

Location: West Carleton FHT, Conference Room (lower level), 119 Langstaff Drive, Carp, ON.

Space is limited and spots will be filled on a first-come, first-served basis.

For more info or to register, contact Talia Ignacy at 613-839-3271 x179 or email taliai@wcfht.ca

FITZROY HARBOUR WALKING CLUB

Join in as residents get outside for some exercise and great company for a walk around the neighbourhood. Light refreshments will be served.



Wednesday Oct. 3, 10, 17, 24, 31, 11:00-12:00
Fitzroy Harbour Community Service Centre (184 Jack Loughheed Way)

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, October 24, 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 at 613-839-3271 x109 or by email Courtney@wcfht.ca

CARP RURAL WALKING CLUB

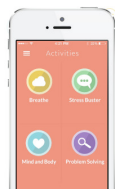
Join the library's Carp Rural Walking Club for a weekly, group walking program. This program is offered free of charge. No registration is required. Just arrive at the library with comfortable walking shoes and a water bottle. The group walks 2-5 km (weather permitting). All walking levels are welcome!

**Every Monday (until summer 2019), 1:30 – 2:30 pm
Carp Branch of the Ottawa Public Library,
3911 Carp Road (next door to the Diefenbunker)**

For information drop in, call: 613-580-2940 or visit: https://bibliooottawalibrary.ca/en/event/carp-rural-walking-club-2?utm_medium=events&utm_source=chatterblock

HEALTHY MINDS APP

Are you a student? Life as a student can be stressful – assignments, part-time jobs, sports, clubs, relationships, family responsibilities. During the student years, you may face some of the most intense pressures of any point in your life. Stress can take a toll on the mind, weighing people down and even making them ill, so it is important to take action to stay healthy. **HealthyMinds** is a problem-solving tool to help deal with emotions and cope with the stresses



encountered both on and off campus. The goal: Keeping your mind healthy! The app was developed by The Royal along with a donation from D.I.F.D.

To learn more visit: <http://www.healthymindsapp.ca/>

SAVVY SECONDS POP-UP SHOP IN CONSTANCE BAY

Savvy Seconds-West Carleton is a free clothing service that serves the West Carleton community. They provide gently used clothing, shoes, purses, accessories (belts), jewelry, outerwear, and work wear (including office wear and scrubs). In partnership with the Western Ottawa Community Resource Centre, Savvy Seconds will be holding a series of pop-up shops in Constance Bay! Gently used clothing is available free of charge to any shopper. There will be a variety of clothing options for families with children and older adults.



**October 22nd and October 25th, 9:00 am – 12:00 pm
262 Len Purcell Drive, Woodlawn**

Savvy Seconds is also available at the Kinburn Client Service Centre at 5670 Carp Road, next door to the West Carleton Food Access Centre. Hours at the shop are Mondays: 2:00 – 7:00 pm, Wednesdays: 2:00 – 4:00 pm, Fridays: 2:00 – 4:00 pm, and by private appointment.

To reach Vera, you can contact her through the "Friends of Savvy Seconds – West Carleton" Facebook page, reach her by phone (no voicemail) at 613-240-8644 or by email at vljones@ymail.com

Thank you for reading the October 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** ([@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.

