

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

1. WCFHT Workshop – Stress Management
2. Carp Health Access Event – Caring for the Caregiver
3. Cancer Coaching – Ottawa Regional Cancer Foundation
4. WCFHT Workshop – Feeding Your Baby from 6-12 months
5. Kanata Parkrun – Walk or Run
6. Dietitian Services at WCFHT
7. Seniors' Centre Without Walls
8. Better Strength, Better Balance Registration Open

# West Carleton Family Health Team Clinic and Community Newsletter

November 2018 Issue

## 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

**Wednesdays, November 7, 14, 21, 28, December 5, 6:00 – 7:30 p.m.  
West Carleton FHT, Conference Room, 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 offers 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 (613) 839-3271 ext. 179 or email [taliai@wcfht.ca](mailto: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.

## Patient Health Portal: Diabetes Management Appointments

Patients with Diabetes need to be assessed in the office at least three times per year. This is part of the disease management protocol. The clinician will perform and record a number of tests. Patients can now book these appointments ONLINE using the Patient Health Portal. Look for the yellow "Book Appointment" button on the Appointments tab.



Registering on the portal is easy. You just need to enter your Ontario Health Card number and date of birth. To login or begin this simple registration process, visit: <https://portal.wcfht.ca/>



## CARP HEALTH ACCESS COMMUNITY EVENT – CARING FOR THE CAREGIVER

Carp Health Access would like to invite the community to a panel discussion on how to balance the care of a loved one with the needs of the caregiver, including practical tips for preventing burnout and available resources. Refreshments and an opportunity to network will follow the panel discussion. The line-up of experts includes:

Dr. Pam Grassau - Carleton University, University of Ottawa, Bruyere Research Institute  
Joyce Drouin - Western Ottawa Community Resource Centre

**Saturday, November 10<sup>th</sup>, 9:30 – 11:30 am**  
**Mess Hall, 2240 Craig Side Road, Carp**

For information or to register, visit:  
<https://www.eventbrite.ca/e/caring-for-the-caregiver-tickets-51375201611?aff=efbeventix>

## CANCER COACHING – OTTAWA REGIONAL CANCER FOUNDATION

Cancer Coaching is a complimentary service developed by the Ottawa Regional Cancer Foundation for people in our community who are facing cancer as well as their loved ones. There is no medical referral required. Patients and caregivers are eligible for up to 5 hours of one-on-one coaching with regulated health professionals who have a background in oncology. They provide education, support, and practical skills development to help clients meet their physical, emotional, informational, and spiritual needs. Clients use the service for a variety of reasons including: dealing with stress; caregiver support; learning about community resources; managing post-treatment transitions; managing and improving fatigue; grief and bereavement support. The main goal of Cancer Coaching is to help the person with cancer as well as their loved ones meet the challenges of cancer, achieve their health and wellness goals, and have improved quality of life.

For more information or to register, go to [www.ottawacancer.ca](http://www.ottawacancer.ca) or call 613-247-3527. Coaching is available in Kanata, Vanier, Rockland as well as the Maplesoft Centre at 1500 Alta Vista.

## 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.

**Thursday, December 6, 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](mailto:Courtney@wcfht.ca)

## KANATA PARKRUN – RUN OR WALK



Parkrun is a free, timed, 5k run (or walk) that takes place weekly with events happening all over the world! Kanata has joined this worldwide community, offering the run every Saturday at 9:00 am at the Beaver Pond Trail. The event is free, but participants must register before their first run in order to be timed. It's just you against the clock, so come join whatever your pace! For more information, visit: <http://www.parkrun.ca/>

## DIETITIAN SERVICES AT WCFHT

West Carleton FHT offers counseling in nutrition by a registered dietitian. Dietitians promote health and wellbeing through good nutrition and healthy eating habits. They work collaboratively with clients to establish a plan for healthy eating and tailor advice to meet the client's personal needs and challenges. If you have a question about food and healthy eating or need some help with meal preparation and planning, ask for a referral!

This service is offered free of charge to all registered patients of the West Carleton FHT. For more information, visit:  
<http://www.wcfht.ca/services/dietitian/>



## SENIORS' CENTRE WITHOUT WALLS

Seniors' Centre Without Walls is a free telephone program that offers brain-stimulating activities, health and wellness seminars, educational series, live musical entertainment and general conversations – all from the comforts of home!



It is available for seniors 55+ and adults with physical disabilities who find it difficult to access programs in person or who may not be able to leave home for extended periods of time. You can register as a client over the phone with the program coordinator. Once you are a client you may register for as many programs as you wish.

For more information or to register contact: The Good Companions at 613-236-0428 ext. 2323  
Email: [scww@thegoodcompanions.ca](mailto:scww@thegoodcompanions.ca)  
Website: <http://thegoodcompanions.ca/programs-services/seniors-centre-without-walls/>

## BETTER STRENGTH, BETTER BALANCE REGISTRATION OPEN

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 participants can now register. Programs start in January.

To register, call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656) or visit: <http://www.ottawapublichealth.ca/en/public-health-topics/better-strength-better-balance-exercise-program.aspx>



---

Thank you for reading the November 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)

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.

