

NOVEMBER 2019

# WEST CARLETON FAMILY HEALTH TEAM

Monthly Clinic and Community Newsletter

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## Online Medication Renewals and Medication Lists

We are pleased to announce that all patients can now request medication renewals ONLINE in the Patient Portal. Before you're down to a few – It's time to renew!

Steps for renewing online:

1. Ask your pharmacy for a list of medications you need renewed.
2. Login to your health portal account: <https://portal.wcfht.ca/>
3. Complete a medication review to ensure the medication list we have on file is up-to-date.
4. Check that My Pharmacy displays the correct pharmacy that you want your prescription sent to.
5. Check off ALL the medication you will need renewed in the next 3 months. Select "Renew selected medications"

### ***What happens next?***

You will receive a Health Portal message when the prescription has been sent to your pharmacy. Please allow a few business days to process your request.

While renewing online is more convenient and efficient than other methods of renewing your medication, it is not necessarily faster. Please ensure you renew your medications several days before running out.

### ***Not yet on the Patient Portal?***

Registering is easy. All you need is your Ontario Health Card number and your date of birth. To login or register, visit: <https://portal.wcfht.ca/>



## Flu Shot Clinics

OTTAWA PUBLIC HEALTH

Please note: We will be contacting patients once we receive more of the flu vaccine and schedule flu shot clinics at the WCFHT. In the meantime...

Anyone aged 5 years and older can get the flu vaccine from your local pharmacist or Ottawa Public Health flu clinics. Anyone 6 months and older can attend the clinics below. The high dose vaccine (available to patients 65 and older) will be available at the following clinics:

**KANATA: A.Y. Jackson Secondary School, 150 Abbeyhill Dr - Saturday, November 2, 9am – 2pm**

**NEPEAN: Mother Teresa Catholic High School, 440 Longfields Drive, Nepean - Tuesday, November 5, 4:00 – 8:00 pm**

**NEPEAN: Queensway Carleton Hospital, 2045 Baseline Road - Wednesday, November 6, 4:00 – 8:00 pm**

**DUNROBIN: West Carleton Secondary School, 3088 Dunrobin Road - Wednesday, November 13, 3:30 – 7:30 pm**

**STITTSVILLE: Sacred Heart Catholic High School, 5870 Abbott Street East - Monday, November 18, 3:30 – 7:30 pm**

**OTTAWA: Ottawa City Hall, 110 Laurier Ave. West Wednesday, November 20, 9:00 am – 4:00 pm**

For a list of all Ottawa Public Health flu clinics and participating pharmacies, visit:

<http://www.ottawapublichealth.ca/en/public-health-topics/flu-clinics.aspx>

## West Carleton Transportation Services

Ever find yourself in need of a ride? Are you an older adult or an adult with a physical disability? You are not alone. Western Ottawa Community Resource Centre (WOCRC) provides low-cost transportation to residents of West Carleton. To demonstrate the impact of the service, we're pleased to introduce rider, Anne.

Anne is an older adult that lives in West Carleton. Even though she has a car, Anne's health recently changed and she found herself in need of a ride. WOCRC transportation service was able to assist her in getting to medical appointments and to continue attending social events in her community. Talking to Anne, she told us the transportation service helped her "stay independent" and gave her peace of mind knowing that she could get to all her appointments worry-free. Having the transportation service available also meant she could "stay socially connected in the community and not be housebound". Anne said the service was "efficient and excellent" and the drivers were "courteous and helpful".

The WOCRC transportation service can be used for appointments, shopping and social events. WOCRC has both paid drivers and volunteer drivers from West Carleton communities to help keep costs low. While free parking is available at several locations, clients are asked to pay for parking where there is a cost.

### Transportation Fees:

**0-30km - \$10 (return trip)**

**31+km - \$18 (return trip)**

**Grocery Shopping - \$10 (return trip)**

**Is this service right for you?  
Call WOCRC and ask. We would be  
happy to speak with you - 613-591-3686 ext 3.**



## Snow Removal Support - WOCRC

Snow Go Assist is a subsidy program to help low income seniors or persons with a disability that require financial assistance with their snow removal costs. Approved participants may be reimbursed up to 50% of the cost of snow and ice clearing up to a maximum of \$250. Eligible patients are asked to apply before November 15.

For more info or to apply, call Western Ottawa Community Resource Centre: 613-591-3686 ext. 3



## Workshop: Introducing Solid Foods

WEST CARLETON FAMILY HEALTH TEAM

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 learn how to easily make homemade food for your baby. Workshop is facilitated by Courtney Fowler, RD.

**Tuesday, November 19, 10:00 – 11:15 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 information or to register, contact Courtney 613-839-3271 x109 or email [Courtney@wcfht.ca](mailto:Courtney@wcfht.ca)

## Workshop: Craving Change

WEST CARLETON FAMILY HEALTH TEAM

We are pleased to once again offer patients a 4-week workshop, Craving Change - the final group of 2019. This program is designed for patients who struggle to maintain healthy eating habits, say they eat for comfort or in response to strong feelings, and want to be more skillful when they experience food cravings and temptations. You will explore reasons why you eat the way you do and uncover your personal eating triggers, learn strategies to make positive changes to the way you eat, and experiment with changing your eating behaviours over the long-term. It is not a weight loss class.

This course is facilitated by WCFHT's registered dietitian and health promoter.

**Thursday, November 7, 14, 21, 28, 2:00 – 4:00 pm**  
**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. Please note: there is a \$10 fee for the course workbook that is to be paid at the first session.

For more information or to register, contact Talia 613-839-3271 x179 or email [taliai@wcfht.ca](mailto:taliai@wcfht.ca)





## Heart Wise Exercise in Constance Bay

The Constance & Buckham's Bay Community Association (CBBCA) is very happy to announce that the Fitness Centre resident trainers Katrin Bachmann and Victoria Lefebre of TreePose Yoga & Wellness, have received Heart Wise Exercise (HWE) certification from the Ottawa Heart Institute. In addition to their regular classes and drop-in packages, they have added the following "Anytime VIP" Heart Wise Classes:

- Yoga with Victoria:** Thurs 7:30 pm & Sat 10:00 am
- Fitness Class with Katrin:** Saturdays 9:00 am
- Mixed Gym with Katrin:**  
Mon & Wed 6:30 am and Tues & Thurs 6:30 pm
- Walking & More with Katrin:** Wednesdays 8:30 am
- Circuit Training with Katrin:** Tuesdays 1:30 pm

CBBCA strives to make high quality services accessible and affordable and are proud that Northwind will host over 130 hours of activities, programs, and services each week.

To learn more about the Heart Wise Classes at CBBCA, visit: <http://cbbca.ca/cms/anytime-vip/>



## Help with Your Health - Online Workshops

The Help with Your Health Online self-management program is a five week, interactive, web based series of workshops for those who are looking for support to optimally manage their health. Each week, participants will make a plan that supports healthy changes that are important to them. The workshops are designed to be practical, non-judgmental and accessible to a wide range of participants. The group will be sharing experiences and learning together.

The program can be accessed from any device with an internet connection and is designed to accommodate all levels of computer skills. The program is FREE to individuals across Ontario who are living with one or more chronic conditions, such as diabetes, chronic pain, high blood pressure, stroke, cancer, heart or kidney conditions, as well as their caregivers.

To learn more call toll free at 1-844-301-6389 or visit the link below. Space in each series is limited. Register today!

<https://www.selfmanagementontario.ca/en/helpwithyourhealthonline>

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, feel free to contact Talia at [taliai@wcfht.ca](mailto:taliai@wcfht.ca)

Follow us on Facebook and Twitter (@WestCarletonFHT) for updates on clinic and community programs and events as well as up to date information on local health advisories.

