

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

1. Office Closures – Labour Day
2. Missed Appointment and Cancellation Policy
3. WCFHT Workshop – Craving Change
4. WCFHT Workshop – Feeding Your Baby from 6-12 months
5. Kinburn Fitness Classes – Adults 55+
6. Hospice Care Ottawa – Day Hospice Program
7. Toddlers and Sleep – EarlyON Child and Family Centre
8. Exercise Training Study for Patients with Atrial Fibrillation

West Carleton Family Health Team Clinic and Community Newsletter

September 2018 Issue

OFFICE CLOSURES – LABOUR DAY

The clinic will be CLOSED on Monday, September 3rd (no urgent care clinic). We will be back to our regular hours on Tuesday, September 4th (8 am – 8 pm).

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

Saturday, September 1: 10:00 am – 1:00 pm

Sunday, September 2: 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!

MISSED APPOINTMENT AND CANCELLATION POLICY

We understand that appointments sometimes need to be changed. If you are unable to keep a scheduled appointment, please give us at least 24 hours advance notice (613-839-3271). If less than 24 hours notice is given and we are unable to fill your time slot, you will be expected to pay for the appointment.

Please arrive at least 10 minutes before your scheduled appointment to allow time to complete necessary forms and procedures. Patients more than 15 minutes late will be considered a missed appointment, and applicable administration fees will apply.

You can keep track of upcoming and past appointments on our Health Portal. Find this feature and more at <https://portal.wcfht.ca/>

Portal Feature: Immunizations

This school year, stay ahead of your child's immunization schedule with the West Carleton Patient Health Portal. You can monitor your child's upcoming vaccination schedule, view a list of past immunizations and print a copy for your records. Look for this feature under the *Plans* 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/>

For all students and staff heading back to school this September, we wish you all a happy and healthy start to your school year!

WCFHT WORKSHOP – CRAVING CHANGE

We are pleased to offer a new 4-week workshop, *Craving Change*. This program is designed for patients who struggle to maintain healthy eating habits, 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 learn strategies to make positive changes to the way you eat over the long-term. It is *not* a weight loss class.



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

Friday, October 5; 12; 19; 26, 10:00 am – 12:00 pm
West Carleton FHT, Conference Room (lower level)
119 Langstaff Drive, Carp, ON

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

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, September 12, 10:00 – 11:30 a.m.
West Carleton FHT, Conference Room (lower level)
119 Langstaff Drive, Carp, ON

Next workshop: October 24th, 10:00 – 11:30 a.m.

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

KINBURN FITNESS CLASSES – ADULTS 55+

Starting up again on September 10th are FREE fitness classes for adults 55+.



This is a drop-in program (no registration required). Classes are one hour in length and include a mix of cardiovascular exercise, stretching and strength training. The qualified and experienced instructor is Heart Wise certified and emphasizes correct technique, posture and balance. Classes accommodate all fitness levels but are geared towards adults who are somewhat active (this is not a chair exercise program). Participants should bring their own yoga mat if they have one.

Classes Mondays & Thursdays, 10:00 – 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

The program is funded by Ontario Champlain Local Health Integration Network (LHIN) with acknowledgments from Champlain CCAC and the Family Physiotherapy Centre.

TODDLERS AND SLEEP – EARLYON CHILD AND FAMILY CENTRE

Are you experiencing sleep transitions with children ages 1 to 3? Are you looking for strategies to help make the transition a success? Join EarlyON and WOCRC in this free workshop to learn tips and tricks for sleep changes as you return to work and introduce your toddler to child care, as well as transitioning out of the crib to a bed. Focus will be on physical and emotional safety for children and responsive parenting.



Tuesday, September 18, 9:30 to 11:30 am
Western Ottawa Community Resource Centre
2 MacNeil Ct, Ottawa, K2L 4H7

For info or to register, visit:
<https://www.eventbrite.ca/e/toddlers-and-sleep-le-sommeil-des-bambins-registration-46443438575>

HOSPICE CARE OTTAWA – DAY HOSPICE PROGRAM

Hospice Care Ottawa is a community-based, non-profit organization that offers palliative and end-of-life care, at **no charge**, to individuals and their loved ones. Hospice Care Ottawa supports individuals and their caregivers during their entire illness, from the time of diagnosis through to death and bereavement. Their aim is to bring care, compassion and comfort to improve the quality of living and dying.

For caregivers of a spouse or parent suffering from a life-limiting illness, Hospice Care Ottawa's Day Hospice program may be of interest to you. Day Hospice provides a weekly day out in a comfortable friendly and home-like environment. Nurses and trained volunteers provide care and support. It's a day away for individuals living with a life-limiting illness and a break for their caregiver.

There is currently space in West End Day Hospice programs (Ruddy-Shenkman Hospice in Kanata and the Richmond Day Hospice at 67 Fowler Street). Programs run from 10am-2pm and volunteer drivers can be arranged to take the guests to and from the program. If you or someone you know could benefit from a 'day away,' call 613-680-0306.

EXERCISE TRAINING STUDY FOR PATIENTS WITH ATRIAL FIBRILLATION

The University of Ottawa Heart Institute is conducting an exercise training study for patients with persistent or permanent atrial fibrillation. If you have persistent or permanent atrial fibrillation, are at least 40 years of age, and are able to perform a symptom-limited exercise test, you may be eligible to participate in this important research.

To learn more, please contact the Research Coordinator: Anna Clarke at 613-696-7000 ext. 15944 or aclarke@ottawaheart.ca

Thank you for reading the September 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.

