



Woolwich Community HEALTH CENTRE & Wellesley Township COMMUNITY HEALTH CENTRE

WINTER 2023

UPDATE

*"growing toward a
healthier tomorrow"*



The new Wellesley Township Health Clinic, as part of the Recreational Centre development in progress.

Message from Rosslyn Bentley, Executive Director

As I reflect on 2022 and **look forward to 2023 I am very grateful** for the support of the community and our amazing dedicated team to celebrate a very successful year and more to come!

Firstly we helped to keep our community safe by achieving high rates of COVID vaccination and education across our rural community. Please consider your neighbours and vaccinate, wear a mask, wash your hands and keep at a safe distance so we can keep flu and other respiratory diseases to manageable levels and not just COVID.

Secondly we are delighted to let you know we have achieved full accreditation status for another 4 years with the Canadian Centre for Accreditation. Accreditation provides an external review of an organization's operations in relation to accepted standards of good practice and risk management. Standards address all aspects of the organization, including governance, management, programs and services. It is also a system to promote learning, improvement, excellence and innovation.

Thirdly, we are continuing to watch with great anticipation the construction of the new Wellesley Township Health Clinic ("the Jones Family Wellness Centre") as part of the Recreational Centre development. The foundations have been poured and we hope to be moving in by the end of 2023 to double the amount of space so increasing exam rooms to enable us to see people more efficiently and safely in person as well as using the community spaces in

the Recreational Centre so we can expand our community services and programs running locally.

Finally we have a very big THANK YOU for the generosity and support of our incredible community for the Ukrainian newcomers' guesthouse in St Jacobs. Seven families have already come through the house and gone on to jobs and housing elsewhere in the region. Even more than the generous funds raised to support the operations of the house, we have been overwhelmed by the incredible generosity of spirit among neighbours and volunteers who have continued to provide gifts of time, food, clothing, furniture and household goods, friendship and support to the families both as they arrive and transition on to settled lives in the region. Your kindness is truly appreciated and really shows what a special community we live and work in. I wish you a healthy and prosperous 2023.

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Health and Wellness Session

During the winter/spring, Woolwich Community Health Centre is offering a combination of virtual (on zoom) and in-person programs/groups. Groups meeting in-person will have the location indicated in the session description. **All health and mental health education events are FREE.**

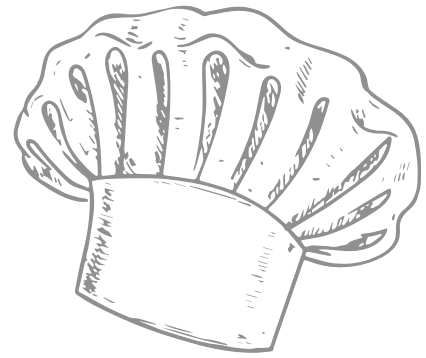
Registration is required. To register for the health and wellness sessions, email Tariq at tabdulhadi@wchc.on.ca or visit our website www.wchc.on.ca and click on the Register Online tab, or call 519-664-3794 or 519-656-9025.

Once you have registered, you will receive your invitation to participate closer to the date of the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

SESSION DESCRIPTION	DATE AND TIME
<p>Diabetes Management 101</p> <p>This session will focus on the daily balance of managing diabetes. The importance of weight control, physical activity, stress management, medications and glucose monitoring will be emphasized.</p> <p><i>Facilitated by Donna Ferguson, NP and Diabetes Educator</i> <i>Contact for registration tabdulhadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • Thursday March 2, 2023 • 10:00 am - 11:00 am • on Zoom
<p>Eat Well, Save Money: Tips for Grocery Shopping on a Budget</p> <p>The rising cost of food and other necessities are putting pressure on many household budgets. Natalee Miller, RD will discuss ways to save money on food, while continuing to fill your cart with healthy, nourishing foods.</p> <p><i>Facilitated by Natalee Miller, Registered Dietitian</i> <i>Contact for registration tabdulhadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • Wednesday, March 29, 2023 • 1:00 - 2:00 pm • on Zoom
<p>The Importance of Foot Care for Diabetics</p> <p>This session will cover the importance of foot care for diabetics – mainly how to maintain healthy feet and prevent serious foot problems. Our chiropodist, Krista, will promote the awareness of diabetic complications affecting the feet, the importance of proper foot care and footwear, and when to seek professional help.</p> <p><i>Facilitated by Krista Steinmann, Foot Care Specialist</i> <i>Contact for registration tabdulhadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • Thursday, April 13, 2023 • 10:00 - 11:00 am • on Zoom
<p>Spring Cleaning with the KW Professional Organizers</p> <p>Did you know that having a clutter-free and organized environment contributes to your overall wellbeing? Well, Spring cleaning is upon us! Back by popular demand, the KW Professional Organizers are here to give you tips and strategies to your Spring cleaning errands. Live a clutter free life to ease your mind.</p> <p><i>Facilitated by Tariq Abdulhadi & KW Professional Organizers</i> <i>Contact for registration: tabdulhadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • April 20, 2023 • 12:00 – 1:30 pm • on Zoom
<p>Spring into Action</p> <p>In this session, you will learn ways to prevent injuries by being aware of your posture, and by using your joints and muscles effectively. You will also learn ways to get your body ready for spring outdoor activities, such as gardening, planting, potting, digging, and yard work.</p> <p><i>Facilitated by Bernadette Vanspall, Physiotherapist</i> <i>Contact for registration tabdulhadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • May 17, 2023 • 1:30 – 3:00 pm • In-person (10 Parkside Dr., St. Jacobs)
<p>Care Partner Support Group</p> <p>In partnership with the Alzheimer Society Waterloo Wellington, Woolwich Township Community Health Centre will be hosting a Care Partner Support group for individuals with dementia. Join us (either virtually or in person) the 4th Wednesday of every month for group support and discussions. Locations to be determined - please contact one of the members below for more details.</p> <p>PLEASE CALL/EMAIL TO REGISTER:</p> <ul style="list-style-type: none"> - Lauren Kells at lkells@wchc.on.ca or 519-656-9025 ext. 224 - Colleen Martin at cmartin@alzheimerww.ca or 226-314-0949 ext. 2015 - Rachel Estok at restok@alzheimerww.ca 	<ul style="list-style-type: none"> • 4th Wednesday of every month, beginning March 22, 2023 • 1:30 - 3:00 pm • Hybrid – max. 15 participants in person, OTN unlimited

Virtual Cooking Class of 2023

As we all know, homemade food is healthier, but cooking at home is a little challenging and takes much of your time. This cooking class will introduce some great recipes to help you save time for cooking and eating healthier, and also encourage you to try some new food and new recipes. Recipes and ingredients will be sent out prior to the class so that you can prepare beforehand. Each month, we will try a different theme (Meal for One, Eat without Meat, Eat Healthier with Low Carbs, Gluten-Free, and a Taste of Asia). Join us!



- **Meal For One – February 13, 2023 (2:00 - 3:00 pm)**

We may still be in the thick of winter but there are plenty of delicious ingredients at their seasonal best to see you through the cold days. If you're having the winter blues, eating a creative way through healthy food products might help you over the hump. We've got the perfect recipes for February and for you.

- **Eat Without Meat – March 13, 2023 (2:00 - 3:00 pm)**

Spring is getting closer to us. You may want to prepare yourself with a youthful spirit and body to welcome and embrace spring. A list of all the fruits and vegetables that are now in season as well as recipe ideas that will inspire you to eat fresh and seasonal throughout the month of March. The recipes this month will help you to wake up your body, promote your digestion and boost your immunity. Yay!

- **Eat Healthier With Low Carbs Meal – April 10, 2023 (2:00 - 3:00 pm)**

April is all about spring vegetables. Asparagus and artichokes are at their peak, snap peas, beans and young carrots with their fern-like tops begin to make an appearance. Spring garlic and spring onions, radishes, leeks and fennel are all.

Marked by longer days and the fields bursting into life, April is a great month for cooking with the new season's produce.

- **Gluten-Free Food – May 8, 2023 (2:00 - 3:00 pm)**

Gluten-free: What does that mean? And what is a gluten-free diet? Who should eat a gluten-free diet? What to look for on food labels? Can you go gluten-free to lose weight? These questions are newer and a little confusing.

Come and join our class to have a discussion to get a better understanding.

These gluten-free recipes that we are going to introduce are shared by one of my closest friends who is a wonderful cook and has been doing gluten-free meals for years.

- **Taste of Asia – June 5, 2023 (2:00 - 3:00 pm)**

Asia is home to some of the best food in the world and a diverse range of cuisines. When we're craving Asian food, our first thought is take-out because making Asian food at home has never been simple. Join us for an introduction of some simple and easy to follow Asian dishes.

Contact for registration: tabdulhadi@wchc.on.ca



Check out our website
www.wchc.on.ca

Mental Health Support For You and Your Family

SESSION DESCRIPTION	DATE AND TIME
<p>MUSIC AND MINDFULNESS</p> <p>This one hour session is run by our certified music therapist, Amelia Ballak. The session includes a brief explanation of the impact music has on our thinking, emotions, and bodies. From there, Amelia will lead the group in stretching, mindfulness exercises with music, and some singing or song discussion. The aim of this session is to heighten your awareness and bring a sense of calm or peace as you head into the weekend.</p> <p><i>Facilitated by Amelia Ballak, Music Therapist, WCHC</i> <i>Contact for registration: tabdulahadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • Friday, February 17, 2023 • 12:00 - 1:00 pm • on Zoom
<p>NEVER TOO OLD TO TAP YOUR TOES</p> <p>Join our music therapy group for seniors every Monday from 1-2 pm from February 27 - April 3. This group, run by music therapist, Amelia Ballak, offers a space for musical and social engagement for those 60+. Every Monday we will focus on musical engagement to support memory, movement, and brain health. Activities include movement to music, singing, song writing, and discussion. No musical experience required!</p> <p><i>Facilitated by Amelia Ballak, Music Therapist</i> <i>Contact for registration: tabdulahadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • February 27, March 6, 13, 27, April 3 2023 • 1:00 - 2:00 pm • on Zoom
<p>WELLESLEY ROCKS!</p> <p>Are you a musician looking for others to jam with, or maybe you already have a group you make music with but want to learn new repertoire or meet new people? Starting in mid-March, our music therapist, Amelia, will be hosting weekly jam sessions and rehearsals on Mondays in preparation to do a concert in Wellesley on Saturday May, 6th. Consistent attendance and May 6 availability for the concert is required. For more information, email Amelia at aballak@wchc.on.ca</p> <p>Ages: 13+</p> <p><i>Facilitated by Amelia Ballak, Music therapist, WCHC</i> <i>Contact for registration aballak@wchc.on.ca</i></p>	
<p>POSITIVE PARENTING STRATEGIES</p> <p>Being a parent or caregiver can be so amazing - and also so challenging! Spring can be a great time to refresh & re-boot. Join us as we explore strategies & ideas for positive ways to navigate life with kids ages 5-12. We'll discuss ways to connect with our children and support their emotional needs. We'll also look at ways to manage difficult behaviors & communicate effectively.</p> <p><i>Facilitated by Jannah Tudiver, Psychotherapist, WCHC</i> <i>Contact for registration: tabdulahadi@wchc.on.ca</i></p>	<ul style="list-style-type: none"> • Tuesday, May 30 • 12:00 - 1:00 pm • on Zoom

HEALTH PROMOTION AND MENTAL WELLNESS SESSIONS ARE ADDED MONTHLY!

Please email tabdulahadi@wchc.on.ca
to be added on the Health & Wellness Events email list
to receive information about events added.



Sharing is Caring

This group is for individuals who are caregivers.

Caregiver burden/burnout/stress is a real issue and we want to work together to help each other through our situations. This caregiver group meets once

monthly in St. Jacobs and once monthly in Wellesley.

Our goal is to:

- Facilitate discussions and share stories
- Building relationship and support networks for and with one another
- Share resources and supports available, helping caregivers navigate the system for those supports.

Coffee, tea and water will be provided, along with a light snack.

- In St Jacobs we meet the **1st Wednesday of every month starting February 1, from 1:30 - 3:00 pm**

For more information or to confirm your attendance, please call Paula Ballak at 519 664-3794 ext. 237 or email at pballak@wchc.on.ca

- In Wellesley we meet the **1st Tuesday of every month starting February 7, from 1:30 - 3:00 pm**

For more information, contact Paula Ballak at pballak@wchc.on.ca or call Paula Ballak at 519-656-9025 ext. 233



Among Friends

An informal group for women who have experienced the death of their partner/spouse, child or parent. Supports and friendships will be developed over coffee, tea and dessert.

This group meets once monthly in St. Jacobs and once monthly in Wellesley.

- In St. Jacobs, 10 Parkside Drive, St. Jacobs on the **3rd Tuesday each month starting February 21, 2023, from 1:30 - 3:00 pm**

For more information or to confirm your attendance, please call Paula Ballak at 519 664-3794 ext. 237 or email at pballak@wchc.on.ca

- In Wellesley at 1180 Queen's Bush Road, Wellesley on the **3rd Thursday each month starting February 22, 2023, from 1:30 - 3:00 pm**

For more information or to confirm your attendance, please call Paula Ballak at 519-656-9025 ext. 233 or email Paula at pballak@wchc.on.ca



Community Garden for Wellness at Woolwich Community Health Centre

WCHC started the Community Garden for Wellness program in spring 2021. This began with a generous fund from the Government of Canada and the Community Foundations of Canada. The seed funding allowed us to start the community garden at 10 Parkside Dr. in St. Jacobs.

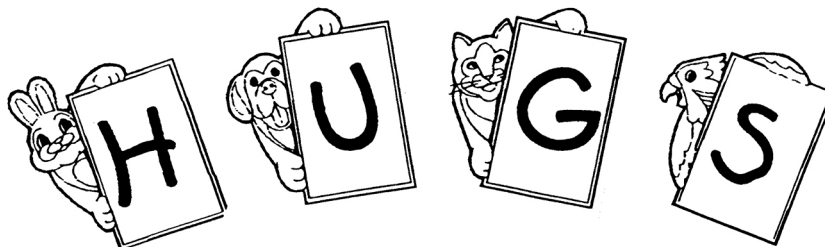
Gardening involves exercise. Watering plants, walking round the garden and bending over to plant seeds are all good exercise for seniors. Research being done on community gardening have demonstrated many health benefits to seniors. For example, plant care can be therapeutic for the body, mind, and soul of seniors as well as increase your vegetable consumption habits.

The purpose of WCHC's community garden is to bring together community members in Woolwich and Wellesley to:

- Learn new skills in gardening and healthy eating topics through practical experience in the garden and workshops on different topics.
- Increase physical activity through participation in the gardening tasks.
- Increase social interaction for individuals and families, and between generations and cultures, all participating in the same place.
- Improve mental health and well-being through having a place to relax and be in nature.

We hope that you will join us this spring to connect with others, participate in our gardening activities and workshops related to gardening activities.

If you have a passion for gardening and want to volunteer and/or be on our gardening advisory group, email Tariq at tabdulhadi@wchc.on.ca



Health

Understanding

Growth

Sharing

WHAT:

Are you a parent of a **baby, toddler or pre-schooler**? Come meet with other parents to discuss parenting and child health issues. You can also weigh and measure your infant. Resource people include a Nurse Practitioner and a Community Health Worker

WHEN:

3rd Tuesday of the month January 24, February 21, March 21, April 18, May 16 and June 2

WHO:

Limited to parents and children (0 – 5 years) living in Woolwich Township, Wellesley Township and part of Wilmot Township.

Parents are welcome even if their children are attending pre-school. Registration is not required.

WHERE:

10 Parkside Drive, St Jacobs (for more info call or email Paula 519-664-3794 ext. 237 or pballak@wchc.on.ca) **ONE location option only.

WE ARE BACK!!

**IN PERSON GROUP SESSIONS!!! JOIN US FROM 9:30 - 11:00 am
WE ARE EXCITED TO SEE YOU!!**

January 24: Music and our Children – Amelia Ballak, Music Therapist
an interactive morning learning about the power of music

February 21: Pelvic Floor Health – Beth Halford, Pelvic Health Physiotherapist

March 21: Nutrition for your Children – Natalee Miller, Dietician

April 18: American Sign Language – Penny Wilson
an interactive morning learning this communication tool

May 16: Peri-partum Mood – Laura Jakobs, NP
May is Mental Health and Awareness month

June 2: PICNIC in the PARK! Join us for a fun time as we celebrate HUGS program and all we've learned and accomplished! Then, we'll be back in September!

**Child Care for Toddlers and Preschoolers available.
No Charge. Snacks provided**

Children and Youth Programs

SESSION DESCRIPTION	DATE AND TIME
<p>I AM This program creates opportunities for participants to examine the messages and stereotypes portrayed both in our everyday lives and through social media messages. I AM provides tools to build healthy relationships with ourselves and those around us. The 8 week session is fun and interactive, with learning and conversations facilitated through games, music, Tik Tok videos and popular shows.</p> <p><i>Facilitated by Lauren Kells (Woolwich Community Health Centre), and Angela Stahlbaum (Women's Crisis Services of Waterloo Region)</i></p> <p><i>Please Call/Email to Register:</i> - Lauren Kells lkells@wchc.on.ca or 519-656-9025 ext. 224 - Angela Stahlbaum angela.stahlbaum@wscswr.org or Cell: 519-897-0394 or Office: 519-741-9184 ext. 2005</p>	<ul style="list-style-type: none"> • Every Thursday – Starting January 19 - March 16, 2023 • 3:45 - 5:00 pm • 1180 Queen's Bush Rd., Wellesley
<p>VIRTUAL CHEFS! A virtual (ZOOM) cooking class for youth in Grades 4-8. This program will include basic cooking skills, teach healthy breakfast and lunch options, and will practice basic table manners. Please note that there is no registration fee for this program, but families will be required to purchase the few ingredients needed for each cooking class.</p> <p><i>Please Call/Email to Register:</i> - Lauren Kells at lkells@wchc.on.ca or 519-656-9025 ext. 224</p>	<ul style="list-style-type: none"> • Tuesdays – Beginning March 28, 2023 • 4:00 - 5:00 pm • on Zoom
<p>WELLESLEY YOUTH ADVISORY COUNCIL The Wellesley Youth Advisory Council is a group of youth (Grades 9-12) from Woolwich Township who collaborate and work together to plan fun, entertaining, and educational events for local communities. This youth group is inspired to be leaders in their community, and they volunteer time to make a difference. Participants earn high school volunteer hours and have a chance to participate in leadership opportunities. Join our team today!</p> <p><i>Please Call/Email to Register:</i> - Lauren Kells at lkells@wchc.on.ca or 519-656-9025 ext. 224</p>	<ul style="list-style-type: none"> • Bi-weekly on Mondays, beginning January 16, 2023 • 3:30 - 5:00 pm • 1180 Queen's Bush Rd., Wellesley
<p>AFTERSCHOOL DROP-IN (GRADES 1-6) Join us every Wednesday from 3:30 - 4:30 at the Wellesley Township Community Health Centre for socialization with friends, snacks, arts and crafts, and educational activities for youth in Grades 1-6. Registration is required.</p> <p><i>Please Call/Email to Register:</i> - Lauren Kells at lkells@wchc.on.ca or 519-656-9025 ext. 224</p>	<ul style="list-style-type: none"> • Wednesdays starting January 18, 2023 • 3:30 - 4:30 pm • 1180 Queen's Bush Rd., Wellesley



Young at Heart (Adult Game Night)

Join us for an evening of fun! Different adult themed games every month, including, but not limited to BINGO, Euchre, and Chess. Opportunities for specialized guest presenters to teach about health topics based on the groups interest, and snacks included at every event.

- 4th Thursday of every month, beginning January 26, 2023
- 5:30 pm - 7:00 pm

Please Call/Email to Register:

- Lauren Kells at lkells@wchc.on.ca or 519-656-9025 ext. 224
- Tariq Abdulhadi at tabdulhadi@wchc.on.ca

January 26 – Linwood Community Centre

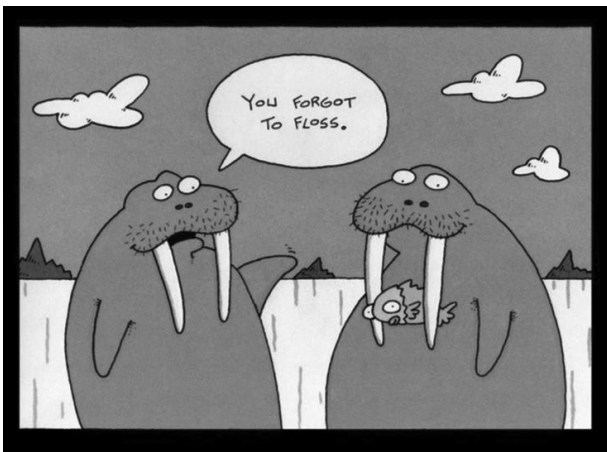
February 23 – Hawkesville Community Centre

March 2 – Wellesley Community Centre

April 27 – St. Clements Community Centre

May 25 – Wellesley Community Centre

June 22 – Linwood Community Centre



Ontario Senior Dental Care Program

Cavity causing bacteria grows between your teeth as well as on the surface of your teeth.

If you find flossing difficult there are many other products available to clean those spaces that your toothbrush can't reach. Ask your dentist or dental hygienist what alternative might work best for you. Everyone's teeth are different but they all collect bacteria and they all need to be cleaned properly every day. And remember, a healthy smile is a happy smile. 😊

You may be eligible to receive free dental care through the OSDCP. If you are a resident of Ontario aged 65 years or

older, have an annual net income of \$22,200 or less (single) or \$33,100 or less (couple) and have no other form of dental insurance, you can apply for the Ontario Senior Dental Care Program.

Applications are available online at ontario.ca/SeniorsDental or give us a call and we will gladly mail you an application form and answer any questions you may have.

You can reach us at 519-664-3794 ext. 223

Mobile Phone and Tablet Lending Library Program at Woolwich Community Health Centre

If you live in Woolwich or Wellesley Townships, contact us and

- Borrow a mobile phone with data
- Participate in virtual health services, community programs and services
- Connect with family & friends
- Learn to use technology
- Free one-on-one support can be provided on our device

For more information call:

Woolwich: 519-664-3794 or Wellesley: 519-656-9025

Email: Tariq at tabdulhadi@wchc.on.ca



Creative Art at WCHC

YOU CAN NEVER HAVE TOO MUCH HAPPY, SO LET'S HAVE SOME FUN!!

The Woolwich Community Health Centre's Creative Art Program is offering free adult art classes for residents in our community. No experience needed! All classes will be held in person at the WCHC. Come out, join the fun and try something new!


PLEASE READ THE REGISTRATION INFORMATION CAREFULLY.

We want as many people as possible to enjoy these classes but each class will be limited in size to accommodate comfort and social distancing.

- * There is no charge for the classes and supplies are included.
- * Please note that these classes are for adults (or older teenagers)
- * At this time MASKS will be required and VACCINATION against Covid 19 is strongly encouraged.
- * COVID regulations may change and classes may be cancelled or postponed at any time at our discretion.

1. Registration begins on **Monday, February 13, 2023**
No requests will be accepted before this date.
2. Choose 1 class, include the name of class, the date and time that you prefer.
3. Include any other classes you would like to join and we will put your name on the waiting list for those classes.
4. Email your registration information to wchc.artprogram@gmail.com (preferred method)
If you do not have computer access you may call 519-664-3794 ext. #403 and leave a message to register.
5. When registering please provide the following information:
 - Your first choice class, (name of class, date and time)
 - Name, date & time of classes you are willing to go on the waiting list for
 - Your full name
 - Your mailing address
 - Your phone number
 - Your email address

**If you are registering yourself and another person, please include this information for both of you.*


 We will contact you to confirm your registration and send you a reminder a few days before the class.

LIST OF CLASSES:

See our website for project photos: wchc.on.ca

under the headings: Community Programs – Healthy Minds – Creative Art Sessions.

1. FRIDA KAHLO INSPIRED COLLAGE ON CANVAS

Come out and learn about this amazing artist and then create your own fun collage on a canvas using a variety of colourful papers and art supplies. 

TUESDAY, FEBRUARY 28, from 1-3 pm or THURSDAY, MARCH. 2, from 6-8 pm.


2. MANDALA DOT PAINTED BUTTERFLY

Paint a beautiful spring butterfly using the mandala dot technique on an 8" x 8" canvas.

This project is very easy and relaxing to do. You will surprise yourself 

TUESDAY, MARCH 21, from 1-3 pm or THURSDAY, MARCH 23, from 6-8pm


3. ORIGAMI PAPER LANTERNS & STARS

Celebrate spring with the ancient art of paper folding. We will create delicate origami lanterns and stars that are sure to brighten up your evenings. 

TUESDAY, APRIL 18, from 1-3 pm or THURSDAY, April 20, from 6-8 pm

4. BOTANICAL ECO-PRINTED TOTE BAG

Using a pounding technique, we will print flowers and leaves onto a 14"x16" cotton tote bag.

Learn about using the natural dyes in plants to create beautiful designs on fabric and paper. 

TUESDAY, May 16, from 1-3 pm or THURSDAY, May 18, from 6-8 pm

Virtual Fitness Classes

As we continue to take physical distancing measures, Woolwich Community Health Centre is excited to offer fitness classes at a distance using the virtual communication platform, Zoom.

To register, please visit our website www.wchc.on.ca If you are unable to register online or have any questions please email Tariq at tabdulhadi@wchc.on.ca or call 519-656-9025 ext. 227. If you would like to pay via cheque, cheques can be made out to Woolwich Community Health Centre and dropped off at WCHC to Tariq's attention and include your full name and specifically which class you'd like to register for (e.g., John Doe, \$50.00 enclosed for Monday Body Fit for April - June, 2023).

Body Fit: Cardiovascular, muscular strength & endurance, plus flexibility and core work.		
Mondays 9:00 – 10:00 am	February 27 – April 3, 2023 April 17 – June 26, 2023	6 classes for \$30.00 10 classes for \$50.00
Wednesdays 9:00 – 10:00 am	March 1 – April 12, 2023 April 19 – June 28, 2023	7 classes for \$35.00 11 classes for \$35.00
Fridays 9:00 – 10:00 am	March 3 – April 14, 2023 April 19 – June 28, 2023	6 classes for \$30.00 11 classes for \$55.00
FUNDamental Fitness: All-around fitness for active adults. Suggested equipment: hand weights or alternative, exercise mat, small ball.		
Tuesdays 9:00 – 10:00 am	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$35.00 11 classes for \$55.00
Thursdays 9:00 – 10:00 am	March 2 – April 13, 2023 April 20 – June 29, 2023	7 classes for \$35.00 11 classes for \$55.00
Yogalates: Combining Yoga and Pilates, we'll aim to lengthen muscles, increase strength, relax and connect to the inner self.		
Tuesdays 5:45 – 6:45 pm	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$56 11 classes for \$88
Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment, weights or alternative, exercise band, small ball.		
Mondays 10:15 – 11:15 am	February 27 – April 3, 2023 April 17 – June 26, 2023	6 classes for \$24.00 10 classes for \$40.00
Wednesdays 10:15 – 11:15 am	March 1 – April 12, 2023 April 19 – June 28, 2023	7 classes for \$35.00 11 classes for \$55.00
Fridays 9:00 – 10:00 am	March 3 – April 14, 2023 April 21 – June 30, 2023	6 classes for \$30.00 11 classes for \$55.00
Mobility Activation Core: In this class we'll work to improve range of motion and stabilize the core to add more power to daily activities. The goal is to prevent injuries and correct imbalances. Suitable for beginner to advanced participants and for anyone looking to improve vitality.		
Mondays 12:45 – 130 pm	February 27 – April 3, 2023 April 17 – June 26, 2023	6 classes for \$42 10 classes for \$70.00
Core Class: We'll mix standing and floor exercises to work on strengthening and supporting the core. This class is great for supporting the pelvic floor and will use therabands, balls and foam rollers.		
Tuesdays 11:30 am – 12:15 pm	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$35 11 classes for \$55

(continued on page 11)

Virtual Fitness Classes *(continued from page 10)*

Building Strength & Balance: For those with neurological conditions or those wanting to improve balance and strength. Suggested equipment: sturdy chair without wheels, weights or alternative, exercise band, and a small ball.		
Tuesdays (Intermediate level) 10:15 – 11:15 am	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$28 11 classes for \$44
Thursdays (Beginner level, no lying down) 10:30 – 11:30 am	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$35 11 classes for \$44
Phone-based Building Strength & Balance: Participate using your telephone. You'll need a hands-free speaker option. Information will be mailed to you to help guide you through the exercises. Social time to follow. Suggested equipment: sturdy chair without wheels & exercise band.		
Tuesdays 9:00 – 10:00 am	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$28 11 classes for \$44
Mindfulness Yoga: Practice of being with whatever arises moment to moment, coordinating breath, movement and concentration.		
Tuesdays 7:00 – 8:00 pm	February 28 – April 11, 2023 April 18 – June 27, 2023	7 classes for \$56 11 classes for \$88

Farm Column: NEW TO THE JOB?

(by Paula Ballak, Rural Health Worker)

Learning a new skill or starting a new job can be stressful and confusing, regardless of the age of the person. Yet as we become more comfortable with the task at hand people get more relaxed and may start taking shortcuts.

When a new worker comes onto the farm or workplace it can be easy to forget that this person is not as aware of the requirements for a specific job. During the first month of a new job, a worker can be five to seven times more likely to be injured than an experienced worker.

The new employee needs proper training and orientation to be safe and successful. This is true regardless of the workplace, be it a machine shop, a warehouse or a farming industry. All workers face possible hazards that may injure or disable them permanently and it is up to the employer to make sure these are identified. An injured employee can waste valuable time and money for a worksite.

1. Take a look at the job itself, what hazards will the worker be exposed to?
2. Provide effective health and safety orientation and training. What personal protective equipment is necessary for the job? Who can they turn to for advice? What should they do if the work situation is unsafe?
3. No worker is to perform a task until they are properly trained. Don't assume that they understood, make sure that they did! Take the time to show them the steps involved.
4. Ensure that a supervisor is accessible in case of a question or an emergency. Make certain that the

worker knows the emergency procedures, where the first aid kits are located, and realizes that they have the right to refuse unsafe work.

5. Supervisors should monitor the new employee until he learns how to do the job safely and efficiently. This may take a few days, because everyone learns at a different pace.
6. After a few days evaluate the worker's performance, answer questions to clarify concerns, review safety procedures.

An employer must be a good role model for his employees. This also is the case for a family run business where the employees are often the children or relatives of the employer. Experience can only be gained through time, but unsafe health and safety practices are difficult to "unlearn".

Taking shortcuts leads to people getting injured on the job! For more information about farm workplace safety, check the website of Workplace Safety and Prevention Services (formerly known as the Farm Safety Association) www.wsps.ca/farmsafety.

If there are any topics concerning rural community health and wellbeing that you would like to see addressed, please contact Paula Ballak at 519-664-3794 ext. 237.





Join the Woolwich Community Health Centre (WCHC) Board Committees

Are you interested in the future health of our rural community? Do you have knowledge or skills that you would like to contribute to building a healthier Woolwich, Wellesley and north Wilmot Townships? If so, then consider joining a Board committee of the Woolwich Community Health Centre! **Applications are due by Friday, March 24, 2023.**

WCHC's Nominating Committee is recruiting skilled residents from the community that WCHC serves to join as community representatives on our Board Committees. Selection criteria of note:

- Preferred candidates will have work or volunteer experience in areas such as health and community services, business, farming, financial management, or facilities management.
- To achieve an optimal diversity of skillsets, this year, we are especially interested in candidates with a knowledge of finance and business operations.
- Committee members do not have to be clients of the health centre.
- Individuals must have strong interpersonal skills and agree with the health centre's values.
- Time commitment: Board committees meet for one and a half to two hours four times a year. After serving on a committee we would hope you would have interest in applying to be a Board Director when vacancies arise in the future.

To receive an information application package please contact Rosslyn Bentley, Executive Director, at 519-664-3534, ext. 225 or by email at rbentley@wchc.on.ca

WOOLWICH COMMUNITY HEALTH CENTRE

PO Box 370, 10 Parkside Dr.
St. Jacobs, ON N0B 2N0
Tel: (519) 664-3794
Fax: (519) 664-2182

WCHC HOURS OF OPERATION

Monday	9:00 am - 8:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:00 pm

*Lab Services (for registered patients only)
by appointment only.*

WELLESLEY TOWNSHIP COMMUNITY HEALTH CENTRE

PO Box 187, 1180 Queen's Bush Rd.
Wellesley, ON N0B 2T0
Tel: (519) 656-9025
Fax: (519) 656-9027

WTCHC HOURS OF OPERATION

Monday	9:00 am - 8:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:00 pm

*Lab Services (for registered patients only)
by appointment only.*

LINWOOD NURSE PRACTITIONER OFFICE

Open at select times by appointment only.

Please call the Wellesley office at
519-656-9025 to book an appointment.

ADDITIONAL SERVICES 9 and 10 Parkside Dr.

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St. Jacobs Midwives

Andrea Horst, Administrator
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Fax: 519-664-1815
www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.
Jennifer Kadlec, Osteopathic Candidate
Tel: 519-664-1050
www.stjacobsnaturopathic.com

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www.wchc.on.ca