



Woolwich Community
HEALTH CENTRE

and Wellesley Township
COMMUNITY HEALTH CENTRE

UPDATE

*"growing toward a
healthier tomorrow"*

COVID-19 Special Edition Newsletter



Congratulations!

We are so proud of you, our community and our staff, for the way you have worked together during this challenging time.

- ☀️ Keep washing your hands.
- ☀️ Stay physically distant and isolate when needed.

Thank you for all your efforts, because of you, we have been very successful!

This special newsletter aims to connect with our WCHC community, particularly people that don't have access to technology or newspapers. We hope as your trusted provider of healthcare information we can share helpful advice, stories and reflections about this emergency. Our staff have been incredibly creative and we have so many exciting new things to share with you. Our Board of Director's work continues; we held our Annual General meeting virtually on June 22nd and have launched a new five year strategic plan - the business of being dynamic, connected leaders continues.

Yes, COVID-19 is real!

We are sad to have lost members of the community to this disease. Our success has meant we have not seen a lot of infections in our community compared to urban areas.

WCHC clinics in St. Jacobs and Wellesley have remained open, mostly shifting to phone and computer based care except for visits that are essential. We will continue to be very careful about how we care for people in person. We have tried to minimize time in the office, limiting visits to one person at a time, even offering "drive by" vaccinations in the parking lot!

We have reached out to many patients to check on how they are doing, setting up appointments, monitoring them by phone or computer and inviting them to virtual health education sessions.

Many challenges and changes have come about because of COVID-19. While we are still discovering the considerable impact this virus can have on physical health, there is as much to learn about its impact on mental health—both in the short term as well as in the months and years to come. Being alone at home, juggling work and caregiving, economic and social pressures can cause increased stress. Dr. Georges Sabongui, Psychologist from St. Laurent, Quebec has developed a tool (outlined below) to help you look for warning lights in your physical, mental and emotional wellbeing and strategies for self care. We encourage you to visit his website <https://www.fcc-fac.ca/fcc/knowledge/wellness/mh-dashboard-e.pdf> and view it in full and to take the opportunity to do your own "pulse check".

Vol. 36 COVID Special Edition 2020

My dashboard

By Dr. Georges Sabongui © 2018

Balance is extremely important when dealing with stress. When you look at your internal dashboard, do you see all green lights? Are there any red lights tipping you toward overload and stress? Let's all take care of ourselves so we can continue to do what we enjoy most.

Green
Healthy | Optimal

Yellow
Reacting | Stress

Orange
Injured | Burnout

Red
Illness | Depression | Mental illness

Be kind to yourself, and allow us to support you to maintain your health. Take care and be prepared for a second wave, this is not over yet but we will go on and we can thrive.

Health and Wellness

In the past our Health and Wellness section would have between 20 to 30 health education sessions. We are working hard to bring you some of these workshops virtually using the virtual communication platform called Zoom.

Over the past several months we have virtually offered:

- Advance Care Planning: Making Your End of Life Wishes (presented by Hospice of Waterloo Region)
- Loneliness: The Impact on Health and Ways to Reach Out and Connect (presented by John Lord)
- Nutrition during COVID (presented by WCHC's Dietetic Intern, Christina Wood)
- Managing Difficult Emotions during COVID-19 (presented by Penny Bedford)



We have recorded the Loneliness, Nutrition during COVID, and Managing Difficult Emotions during COVID-19 sessions and have posted them on our Wellness Blog. You can view them by going to our website, www.wchc.on.ca and clicking on the Wellness Blog tab (top right hand side).



While on the website look for any future Health and Wellness sessions. On the home page we always have the next 3 upcoming programs featured or you can click on the Program Calendar link (found under the featured events) or you can click on the Community Programs tab at the top.

If you would like to receive an email regarding any upcoming virtual workshops or, if you have any suggestions for topics you would like to see offered, please email Gebre, our Health Promoter, at gberihun@wchc.on.ca.

CONTEST—Find the Hidden



Throughout the newsletter we have hidden many
Some are bigger and some are smaller.



Let us know how many you find by phoning 519-664-3794 ext. 403, be sure to leave your name and phone number or email your answer to wchc.community@gmail.com.

Your entry will be entered into a draw and the winner will receive a \$50.00 Food Basics gift card. Draw will be made on July 28, 2020. The winner will be notified and the gift card will be mailed.

Woolwich Community Health Centre Needs Your HELP!

As we continue to take physical distancing measures, it has become apparent that many of the tasks that we used to do in person has now become challenging. Over the years, many of you have helped us with one of our yearly funding requirements, our Client Experience Survey.

Whether you are a client of the health centre or have participated in health education programs, fitness classes or visited with a dietitian or used any of our other services, we are asking you to complete our online survey.

Visit our website www.wchc.on.ca, on the home page see the green slide titled Client Experience Survey. Click on the links. Thank you, we appreciate your help!



Self Management Program  Ontario

Through a partnership with Waterloo Wellington Self Management Program we have offered a range of programs such as Craving Change, Chronic Pain, Chronic Disease, Cancer: Thriving and Surviving, and Mindfulness Awareness Stabilization Training (M.A.S.T.). Due to COVID-19 they are offering some of these excellent workshops virtually. For more information and to learn about upcoming programs visit their website, www.wselfmanagement.ca.

Fitness Classes at Woolwich Community Health Centre

For over 25 years we have been running our very popular fitness classes. Our fitness room is usually filled with chatter, laughter, hugs, sometimes tears and, oh yeah, music, workout instructions, moans, groans and sweat. Unfortunately since March our fitness room has been eerily quiet.

I truly miss seeing the friendly smiles, the friendships that have developed over the years, and the overall fun people have when they come to the health centre for FITNESS. ☀️

I wish I could tell you that classes will resume in September; I wish I could tell you that everything will be business as normal; BUT I can't. I just don't know when this will happen or what the new normal will look like. Will face coverings be part of your fitness attire? Will we have to ensure 6 feet distancing between participants? Will we attempt virtual fitness classes? I just don't know.

Laurie Buehler (one of our seniors' fitness instructors) has been writing a weekly blog with suggestions on how to stay active. You can check it out by going to our website, www.wchc.on.ca and clicking on the Wellness Blog tab (top right-hand side).

While on the website, take a tour and check out any upcoming virtual Health & Wellness sessions. Once we know when (and how) fitness classes will resume it will be posted on the website.

If you have any suggestions or comments, I welcome you to email me at wchc.community@gmail.com.

Take care and I hope you stay active and remain safe and healthy.
Linda Girard, Fitness Coordinator



Introducing ... WCHC Wellness Blog

While the world has been put on hold, the weather has not and it's looking to be a beautiful summer! Here at Woolwich Community Health Centre, we are striving to continue offering programming to our families despite not being able to be there with you in person. We miss you and want to keep connecting with you! One of the ways we are looking to do this is through our new Wellness Corner! The Wellness Corner is a blog that has several staff contributing fresh content every week! We hope to bring you new information, fun activities, and so much more to the members of our community, without having to leave the comforts of your own home. It's easy to access too! Go to the WCHC website and look for the Wellness Blog tab at the top of the page to get started.

wellness

P	P	S	H	E	D	O	O	W	N	I	L	D	O
O	R	L	I	O	I	N	N	O	L	L	N	O	H
D	A	D	R	D	S	G	E	O	T	A	U	C	P
I	C	S	Y	I	R	P	T	O	W	B	R	T	T
A	T	D	S	P	O	T	I	R	O	T	S	O	A
T	I	I	D	R	L	E	R	C	M	E	E	R	L
R	T	E	N	O	E	C	E	S	E	C	S	S	K
I	I	T	A	T	S	H	C	B	T	H	O	I	W
S	O	I	H	E	N	N	E	O	E	N	S	N	H
T	N	T	H	I	U	O	P	C	R	I	T	D	T
S	E	I	S	N	O	L	T	A	S	C	I	O	L
A	R	A	A	S	C	O	I	J	N	I	U	O	A
A	S	N	W	O	R	G	O	T	N	A	R	R	E
E	N	E	R	G	Y	Y	N	S	A	N	F	S	H

PODIATRISTS
HEALTH
NURSES
COUNSELOR
PROTEINS
HOSPICE
LAB TECHNICIAN
ST JACOBS
PRACTITIONERS
WASH HANDS
DIETITIAN
TECHNOLOGY
INDOORS
LINWOOD
TALK
DOCTORS
ENERGY
TWO METERS
RECEPTION
FRUITS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1202605/>

Kids Summer Club 2020

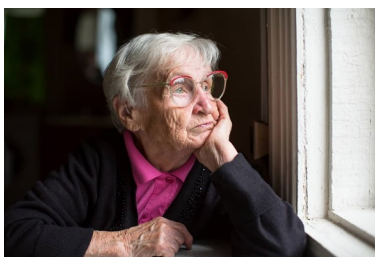


It seems to me that this summer isn't going to be the same as past summers, but that doesn't mean we can't still have fun! The Woolwich Community Health Centre is dedicated to its community and is looking to move forward with its Kids Summer Club! I know what you're thinking: how can we run the program while under quarantine and social distancing? Here's your answer: a blended model of Kids Summer Club! We'll be using technology to our advantage and still be with your kids, virtually doing crafts, games and other summer club activities. We plan to design weekly craft and activity kits and each week you can use the kit 'at your own pace' or participate with us online to have the kids tune in and do the craft with us.

Keep your eyes peeled on our Wellness Blog as more information will be available in the upcoming weeks!

Tackling the Social Isolation of Seniors during COVID-19

Social and family relationships are core elements in the quality of life for seniors; in fact, these relationships are the most important area of their lives. Although social isolation and loneliness are not new concepts, COVID-19 has brought these issues to the forefront. For example, the 2019 Community Wellbeing Waterloo Region survey report indicated that 15.5% of Woolwich residents felt a lack of companionship in their lives. It is believed COVID has changed our feeling of social isolation and loneliness which affects seniors more than those in any other age group. Aging brings many changes that can contribute to a more solitary life and COVID has exacerbated these changes. Some of us are managing our loneliness by communicating with family, friends and others using a variety of digital tools. However, despite advances in communications technology and the increasing connectedness it brings, research indicates that many of our seniors lack the skills to easily use digital technology and are, therefore, lonelier than any other age group during this challenging time.



One of the biggest issues for seniors is that their social circles begin to shrink as the years go by. On one hand, while retirement grants older adults more free time for hobbies and relaxation, it also puts an end to meaningful interactions with colleagues on a regular basis. Friends, significant others and family members may move away or pass away. Age-related conditions, such as hearing loss and eye diseases, can also make it so difficult to communicate that it no longer seems worth the effort. Many older adults living with chronic medical conditions not only face logistical challenges when it comes to leaving the house, but they may also feel insecure about these “obvious” signs of aging.

It is not new that the challenges that come with aging and the dwindled extended family relationships (such as, those between grandparents and grandchildren) have increased the social isolation and loneliness of our seniors. The current pandemic is an added barrier for families trying to provide emotional and practical support or to visiting their parents or extended family members who are seniors. Even those who still live close by may find it difficult to meet in person due to the distancing requirement we are currently following. As we have all been “in solitary” for more than ten weeks, the current pandemic is an opportunity to critically reflect on our society’s understanding of how COVID-19 has complicated our seniors’ social lives. Social isolation and loneliness affect our mental, emotional and physical health. Sadly, many seniors may experience a decline in the quantity and quality of their relationships during COVID due to forces beyond their control.

Below are a few self-assessment questions to help us understand the level of our connectedness with families, friends and the broader community. If you think that you are not connected with your families, friends, neighbours, etc. it is time to start an action plan for yourself. Do not wait for others to take steps to help you. They may not understand your situation or interests and are unable to offer practical help. To reduce social isolation, start by identifying a family member, friend, neighbour, or other that you want to connect with by phone or by another means of communication. If you are not comfortable with the technology, ask your children, grandchildren, or a friend to teach you how to use it. We all are learning different ways to use technology effectively so that we can communicate with others and survive in these challenging times.

Article by Gebre Berihun, Health Promoter

Look at the following statements and/or questions and check or circle the reply that comes closest to how you have been feeling recently during COVID-19.

I feel lonely and isolated from others	Not at all	Not usually	Much of the time	Almost all the time	
Since COVID-19, I talk on the phone or other virtual platforms to family members, friend(s), neighbor(s)	None	Family only	Friend only	Neighbours	All listed
I belong to a church, temple, or other religious group? If no, skip the next question. If yes, answer the next question	No	Yes			
I talk with 1, 2, 3, 4 or more members of my church, temple or religious group at least once a week	1	2	3	4	More than 5
There is a special person who is always there when I need someone	Strongly disagree	Mildly disagree	Mildly agree	Agree	Strongly agree

Tips to create a meaningful and sustainable connection with our seniors:

- Engage seniors in a story telling exercise for children and grandchildren. This can be done by phone or other virtual communication tools.
- Engage seniors to tutor children remotely.
- Organize an informal virtual social or support group.
- Communicate regularly by phone, mail, email, Skype or other social media.
- Communicate with a newcomer to help him/her practice language skills.

As some of our seniors may need training on how to use social media, connect them with young people (e.g. grandchildren) to provide hands-on training and guidance on social media use.




COVID-19 Myth Busters

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19.

The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.


FACT:
Adding pepper to your soup or other meals **DOES NOT** prevent or cure COVID-19.



World Health Organization #Coronavirus #COVID19 27 April 2020

FACT:
Drinking alcohol does not protect you against COVID-19 and can be dangerous.

The harmful use of alcohol increases your risk of health problems.



World Health Organization #Coronavirus #COVID19 27 May 2020

New Program for
Seniors in
Woolwich, Wellesley
& Wilmot

Rural Connections: Seniors Centre Without Walls

We all agree that COVID-19 has created a new normal and making it difficult for human connection. What do we need to do to make sure our connections with others are as strong today as they were at the beginning of 2020? It may take a while until the old normal comes back. Until then we have to depend on virtual connections, thanks to the many virtual platforms available.

However, those virtual platforms are not accessible to everyone. For those who have no access to a computer and want to connect with others for social, emotional, informational and other supports, we have an old platform (the phone) in a new way. It is called **"Mercury Teleconference."**

The Mercury Teleconference allows seniors to connect with others by telephone to have fun, engage in conversations, activities, social time, information sharing, learning new skills, and creating new connections with other seniors in the community.



Community Care Concepts of Woolwich, Wellesley and Wilmot, Woolwich Seniors Association, Woolwich Township and Woolwich Community Health Centre are starting a new group program for seniors—**"Rural Connections: Seniors Centre Without Walls"**. This free program will consist of a small group of seniors (between 10—15 people) having a conversation on a specific informational topic, recreational activities, other topics of their choice using the old school technology—a telephone.

How it works:

- To participate in the scheduled "Rural Connections: Seniors Centre Without Walls" phone based group program, please register by calling **519-664-1900**.
- Once you have registered, the leaders of the program will call you 5 minutes before the scheduled conversation time with the topic of the day.
- The program offers a 30-minute interactive telephone conference using a toll free number.
- We may invite guest speakers to offer educational sessions.
- No special equipment is needed. Just your phone.
- In order to maintain privacy, your phone number will not be shared with others.



The New Age of Health Care Appointments

Many people have questions about how virtual health care appointments work, what they are, and what can be managed without an on-site visit.



Woolwich Community Health Centre had been investigating how we could offer virtual health care appointments to clients prior to the outbreak of COVID-19. The past few months have resulted in us moving forward a little more quickly than anticipated with virtual appointments.

Virtual health care is any type of health care that is not in person. Virtual Care could mean an appointment by telephone, or by video via a secure computer program.

Telephone appointments are often the most comfortable for people. It is a trusted form of communication that we have experience and comfort using. It is valuable for sharing information such as test results, checking in on how a new medication is working, or sharing an update on your health. The drawbacks are that the provider can't see the client and can only assess what is being shared verbally.

Video appointments are managed very simply using a program that is part of the healthcare providers' electronic

medical records system. The client and the provider can see each other and communicate using a camera and a microphone. This is most often accessed using a laptop computer or a smartphone. In order to schedule this type of appointment the client must share their email address with the provider/health centre. A video appointment allows a provider to do a visual assessment of a client's health and can provide a more fulsome health review.

If a hands on assessment or examination needs to be completed, an in-office visit is still required. In some cases both a virtual visit and an in-person visit will be needed. If the provider calls or has a video appointment but needs to delve deeper into the health concern, or provide a treatment or immunization, you may still need to come into the office after your virtual appointment.

If you have need of health care you can expect to be offered a telephone, video or in-person appointment depending on the concern.

In these changing times, healthcare is changing too. Keeping safe and healthy while providing continued medical care is our goal. If you have a health care need, question, or concern, please continue to call your health care provider's office.

We are open and here to provide ongoing primary health care.

World Health Organization

How to put on, use, take off and dispose of a mask

1

Before putting on a mask, wash hands with alcohol-based hand rub or soap and water

2

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

3

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

4

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

COVID-19 in Children

COVID-19 is an illness caused by a coronavirus. As we continue to learn about this virus, it seems there are far fewer cases in children and this virus causes a milder infection in children when compared to adults. In fact, less than 5% of confirmed cases are under the age of 19. It also seems that children are less likely to transmit the virus.

Children may experience symptoms such as fever, sore throat, shortness of breath, diarrhea and myalgia or they may be asymptomatic. Most children improve with just supportive care at home. "COVID Toes" has been in the news a lot lately. This is a phenomena in a small subset of cases where post infection, children experience what looks like frost bite on their feet and sometimes hands. It typically does not cause any pain but may be itchy. The cause is unclear but it seems the symptoms resolve without any interventions.

There have been a very small number of cases worldwide where kids have experienced more serious inflammatory symptoms several weeks after being infected/exposed to the virus. These symptoms include fever, rash, diarrhea, vomiting and swollen hands and feet.

How to Talk to Your Child about COVID-19

A disease outbreak can be difficult for children and teens to cope with and understand. How your child responds will depend upon their age, temperament, and development level. Here are a few things you can do and say to build your child's resilience:

- Reassure your child that doctors and nurses and scientists around the world are working hard to keep everyone safe and healthy.
- Children are observant and pick up on our expressions and emotions. Help them understand, verbalize, and organize their feelings around the pandemic.
- Find out what they know and help to correct any misinformation. Be honest and offer the facts but be positive. Reinforce that they are unlikely to get sick but that it is still important that they do their part to protect themselves and their family.
- Encourage and strengthen existing connections with family, friends and neighbours in creative ways while maintaining physical distancing.

Importance of Maintaining Routine Immunizations during the Pandemic

We must maintain routine immunization schedules for infants, children and youth throughout the COVID-19 pandemic. A delay or omission in scheduled vaccines puts children at risk for common childhood infections such as pneumococcal disease, measles, and pertussis. The last thing we want is to come out of a pandemic and into a community outbreak of preventable diseases.

To minimize risks to families we have implemented enhanced infection control protocols, reserved specific times for immunizations visits, pre-screening measures by phone and eliminated the waiting room when possible.

Article by Chris Tofflemire, RN(EC)
Pediatric Nurse Practitioner



Resources for Families

Kids Help Phone 1-800-668-6868
<https://kidshelpphone.ca/>

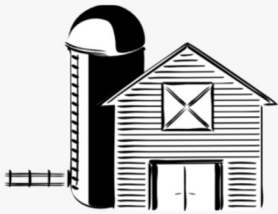
COVID-19 resources for youth and students
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-youth-students.html>

Canada Youth Network
<https://canadianyouth.net/>

The Friendly Voice program is a general wellbeing check-in to enhance social connections and reduce loneliness in our community. To register for the program, please call 519-743-6333 and ask reception how to get started.

Free over the phone
support for anyone in the
Waterloo Region feeling
isolated or lonely.





THE FARM COLUMN

by Heidi Wagner, Rural Health Worker

Can the COVID 19 pandemic have an effect on farming?

Since mid March our lives have changed dramatically, not just here where we live but literally all around the world. Schools closed, businesses shut down, restaurants not open to the public and everyone except for non-essential workers asked to STAY HOME!

Yet for the farmer it has, for the most part, been business as usual. The cows need to be milked twice a day, the animals fed and the fields prepared for this year's crops. Yet, upon closer inspection, we realize that even the everyday efforts from the farming community has come under restraints and difficulties.

The local farm markets have had to close and even the Elmira Maple Syrup festival was cancelled. Now where are producers going to sell their produce? With spring and summer gardens coming into full production it will be difficult to get the produce to the consumers.

Some of the meat processing plants are having difficulty keeping production going because some of their workers tested positive for the virus. This reduced capacity put a strain on the sale of hogs and beef that were ready for market. Farmers were forced to keep their animals longer awaiting the reopening of the processors or were forced to euthanize them. This meant a backlog of animals on the farm, yet the grocery stores were reporting a shortage of fresh meat for sale.

Dairy farmers were overproducing milk that was not being shipped because of a number of reasons. Since the schools were not open, there was no milk program for the children. Restaurants were not needing any milk, butter, cheese or ice cream for their meals. All of a sudden, the balance of supply and demand was tipping and milk was being dumped.

Since there were less cars on the road and the gas prices were very low there was little need to produce ethanol for fuel. This, along with global grain trade disputes, has reduced the price of corn and other grain commodities.

As vegetable and fruit producers were beginning to start the growing season the need to import migrant workers from Mexico and the islands became apparent. These people were to be quarantined for fourteen days after entering the country to ensure that they were free of the virus. However, the living and working conditions of the workers didn't allow much physical distancing and infections became apparent. Now there is a

shortage of workers to complete the necessary tasks in the production of fruits and vegetables needed to feed the consumers.

The farmer is classified as an essential worker and is busy everyday in the food production industry. Often, farms are operated by a family member plus a few employees. What happens when they get infected and have to recover from COVID-19? Who is going to take their place doing the chores that need to be done on a daily basis? Is there an emergency plan in place?

Along with the usual stressors of farming like weather, increasing fuel and seed prices, diseases, global markets and animal health that producers have little control over, farmers now have to deal with the difficulties that the COVID-19 pandemic have placed upon them.

The fear of food shortages has been apparent during the past months. Consumers are realizing the importance of the farmer in producing food to feed our society.

If you ate today, Thank a Farmer!



Kale Chips

We know that kale is nutritious: full of vitamins A, C, K, iron and folate. Here's a kid-friendly way to make kale fun. You can also try a variety of seasonings for a different flavour.

Makes 2 cups

Prep time: 10 minutes Cook time: 9 minutes

2 cups torn kale leaves, washed and very dry (minus stems)

1-2 tablespoons olive oil

Sea salt

Ground black pepper

Preheat the oven to 350 degrees Fahrenheit



Photo property of Jugglingwithjulia.com

Using your fingers or a pastry brush, coat the inside of a large mixing bowl with 1 tablespoon olive oil. Add the kale leaves and swirl around the bowl until all leaves are lightly coated with oil. Rub more olive oil into the sides if necessary. Spread the kale out on a cookie sheet (you may line it with parchment if you like). The leaves should lay flat and separate from each other. Roast for 8-10 minutes. The kale will first turn bright green, then begin to darken slightly. Check the leaves around 8 minutes. If they are crispy and dark green, they are done. They may have some darkened edges; some may have more of an olive green color. Avoid letting them brown.

Remove from oven and sprinkle with sea salt and ground black pepper. Once cooled, store in airtight container.

Recipe from: <https://www.jugglingwithjulia.com/2013/06/26/kale-chips-salt-pepper>

Healthy Eating during COVID-19

The past few months have led to an increased concern over how to keep yourselves and your families healthy. A healthy diet is important for the maintenance of a strong immune system. While there is no single food, supplement or natural health product that will prevent you from contracting COVID-19, a healthy diet pattern can help keep your immune system strong.

Remember that your overall nutrition is based on the foods that you are eating *most* of the time. One cookie does not make your diet unhealthy the same way that one salad does not make your diet healthy. There are many nutrients that support the immune system, so it is important to regularly eat a variety of nutrient-rich foods.

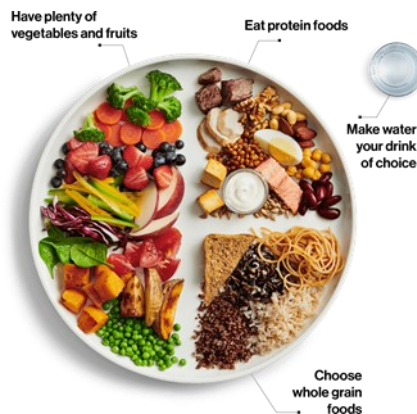
The first step is to look at your usual intake. Eating a wide range of colourful fruits and vegetables (think of a rainbow of colours) will provide you with a variety of antioxidants such as vitamin C, selenium and carotenoids, which are important for immune system function. Summer is a great time to include more seasonal fruits and vegetables like cabbage and eggplant (purple), tomatoes and strawberries (red) and kale and zucchini (green).

Include whole grain foods like whole grain pasta, brown or wild rice, oats, whole grain bread, whole grain tortillas, quinoa and barley for fibre and nutrients like iron, zinc and B vitamins like folic acid. Most grains are inexpensive and easy to keep in the pantry. Try adding quinoa or brown rice with mixed beans or chickpeas, chopped vegetables and an oil-based dressing for a quick nutrient-dense salad.

Choose a variety of lean proteins like legumes (dried beans, peas and lentils), nuts and seeds, eggs, lower fat dairy products, fish, chicken and lean meats. If you are grocery shopping less often, try keeping low salt versions of pantry staples such as tuna, salmon and lentils for easy-to-prepare meals. Proteins provide a variety of nutrients including iron, zinc, calcium, vitamin D and B vitamins.

Staying hydrated with water and lower fat dairy or fortified dairy alternatives will also help keep you healthy. Dairy and fortified dairy alternatives have vitamin D added, which is one of the only sources in the diet.

When planning meals, aim to cover half of your plate with fruits and vegetables, $\frac{1}{4}$ of your plate with lean proteins and $\frac{1}{4}$ of your plate with whole grains.



To keep your whole body healthy, don't forget to wash your hands for 20 seconds with soap and water before and after eating, try to get enough sleep (7-8 hours per night), stay physically active, and manage your stress levels. If you are interested in healthy recipes or more suggestions, check out unlockfood.ca.

Article by Larissa Adatia, Registered Dietitian



COVID-19 Myth Busters

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes.

Bleach and disinfectant should be used carefully to disinfect surfaces only.

Remember to keep chlorine (bleach) and other disinfectants out of the reach of children.



#COVID19 #coronavirus

FACT:
Spraying or introducing bleach or another disinfectant into your body **WILL NOT** protect you against COVID-19 and can be dangerous



27 April 2020

Managing Diabetes During the COVID-19 Pandemic

Karen Reitzel, Registered Dietitian, Certified Diabetes Educator

How does COVID-19 impact those living with diabetes?

According to Diabetes Canada, COVID-19 can cause more severe symptoms and complications in some people living with diabetes, as well as, in older people and those with other chronic conditions such as heart disease and lung disease.

<https://www.diabetes.ca/resources/tools---resources/faq-about-covid-19-and-diabetes>

Are the risks the same for everyone with diabetes?

No. The risk of developing severe symptoms and complications from a COVID-19 infection depends on various factors, such as age, type of diabetes, the treatment used, other pre-existing medical conditions, etc. In all cases, having high blood glucose levels increases the risk. Your doctor is the best person to assess your risk level.

<https://www.diabete.qc.ca/en/newscast/news/covid-19-the-risks-for-people-with-diabetes/>

Why are people with diabetes more vulnerable to becoming severely ill?

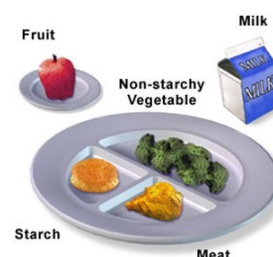
Viral infections may be more difficult to treat due to blood sugars fluctuations and complications related to diabetes. According to the International Diabetes Federation there are two possible reasons for this:

- People with diabetes have a weakened immune system making it harder to fight the virus.
- The virus likely grows more easily in an environment where blood sugars are high.

<https://www.diabete.qc.ca/en/newscast/news/covid-19-the-risks-for-people-with-diabetes/>

What are some nutrition tips to stay healthy while staying home?

⇒ For a stronger immune system follow a healthy diet rich in fruits and vegetables, whole grains and lean protein foods. Plan meals according to the balanced plate model to help keep sugars in good control. (see picture)



<https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19>

⇒ Keep a food diary either on paper or using an App. Studies have shown that people who track their food intake are more successful at weight loss. <https://lesliebeck.com/articles/2017/06/26/7-tips-for-a-successful-food-diary>

⇒ Use the additional time you have at home to cook foods from scratch and try new recipes. Diabetes Canada's website has wonderful recipes for you to try.

⇒ Limit your alcohol intake. Alcohol can contribute to low blood sugars in people taking insulin or certain diabetes medications. Alcohol contributes empty calories which can increase weight. According to Dr. Susan Pederson, Endocrinologist, alcohol impairs viral and bacterial immunity. Alcohol abuse is associated with a higher risk of Acute Respiratory Distress Syndrome (ARDS). One feature of severe COVID infection is ARDS.

[https://www.diabetes.ca/campaigns/covid-19-\(coronavirus\)-and-diabetes](https://www.diabetes.ca/campaigns/covid-19-(coronavirus)-and-diabetes) Diabetes Canada Ask The Expert

If You Have Diabetes and Think You May be Infected

Diabetes Canada recommends that you continue taking your medications and contact your primary care provider or local Public Health Authority. If you usually check your blood sugars, continue to do this more often and practice sick day management, which can include:

- Maintaining communication with your primary care provider and diabetes team and following their advice regarding medication usage.
- Being aware of the signs and symptoms of hypoglycemia and hyperglycemia because when you are sick blood glucose management can be challenging.
- Staying hydrated by consuming plenty of fluids with minimal sugar.
- If you have difficulty eating regular meals eat smaller portions more often.

<https://www.diabetes.ca/resources/tools---resources/faq-about-covid-19-and-diabetes>

The Diabetes Program at the Woolwich Community Health Centre is open. Please call Heather at 519-664-3794 ext. 239 to book your appointment. We are here to help you with any questions or concerns you may have regarding your diabetes management.



Food & Nutrition Questions

A collection of reputable answers rounded up by Tiffany Krahn, Registered Dietitian



Dear Tiffany



If foods happen to have COVID-19 virus on it, will freezing the food kill the virus?

Freezing is unlikely to kill the COVID-19 virus. In fact, freezing is often a method used to preserve viruses in a study setting. However, there is currently no evidence that food or food packaging is associated with transmission of COVID-19. If you follow the general principles of food safety, there is no known risk to freezing your food or using frozen foods. This includes washing your hands after returning home, before preparing food and before consuming food.

Source: <https://instituteforfoodsafety.cornell.edu/coronavirus-covid-19/food-industry-resources/food-industry-faqs/>

If foods happen to have COVID-19 virus on it, will cooking the food kill it?

Yes, coronaviruses are killed by normal cooking temperatures.

Source: <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/covid19.html>

How long can the COVID-19 virus live on food surfaces?

Recent research suggests that COVID-19 can survive for up to 72 hours on plastic and stainless steel and up to 24 hours on cardboard. It is important to note that this research was done under very specific laboratory conditions, and these timings may differ in real life.

Although it is possible that respiratory droplets from an infected person could land on objects, it is highly unlikely that people could contract COVID-19 from food or food packaging. COVID-19 is a respiratory illness. The main way to contract COVID-19 is by person-to-person contact and through direct contact with respiratory droplets from when an infected person coughs or sneezes. There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging. Coronaviruses cannot multiply in food - they need an animal or human host to multiply. To protect against the unlikely risk of COVID-19, follow general safe food handling principles and wash your hands often (particularly after coming home from the grocery store, before preparing foods and before eating foods).

Source: <https://apps.who.int/iris/rest/bitstreams/1274400/retrieve>

Are there any vitamins or minerals that can be used to prevent or treat COVID-19?

There is currently no evidence that supplements or specific foods protect people from COVID-19. At this time, Health Canada has not approved **any** product or supplement to prevent, treat or cure COVID-19.

Sources:

<https://www.pennutrition.com/KnowledgePathway.aspx?kpid=28198&trid=28210&trcatid=38>

<https://ffhc.ca/covid-19-nutrition-myths-and-facts/>

Registered Dietitians work with individuals to promote health through providing nutrition education and guidance.

Dietitians work with individuals of all ages to maximize their nutrition but also have specialized training to work with those who have chronic conditions such as: heart disease, cancer, allergies, and weight management. **All residents of the WCHC and WTCHC catchment area are welcome to book an appointment by calling 519-664-3794 or 519-656-9025.**

How we treat people matters - Be Kind!



Arthritis and Delayed Joint Replacement Surgeries

Article by Laurie Buehler, Physio Assistant & Bernadette Vanspall, Physiotherapist

Arthritis affects millions of Canadians and there is no cure. COVID-19 has caused thousands of joint replacement surgeries to be postponed. Those impacted can be dealing with pain, decreased quality of life, restricted mobility and anxiety.

Good news, surgeries are slowly starting to be scheduled. Bad news, there will be a backlog.

So what can you do while you wait? There are many ways to manage arthritis symptoms and you can do most of it from home. Some ways include medication, heat/ice, diet, joint sparing strategies and exercise. This article will focus on the last two mentioned.

Joint sparing strategies can include using assistive devices such as: raised seats, reachers, long handle shoe horn and sock aids just to name a few. They can make tasks easier to do which puts less stress through your joints.

Another strategy is pacing yourself. Spread activities throughout the whole day, take breaks, set a timer, rotate tasks and ask for help.

Using proper body mechanics can also protect your joints. Bend your knees and avoid bending your back when lifting. Keep objects close to you. Use the largest muscles in your body versus the smaller ones. Hinge at your hips. Beware of your posture, think tall while you stand, walk and sit.

The word exercise can be intimidating for people especially for those who are in pain from arthritis but it can be your best friend. Exercise is a very broad word. Let's use the term range of motion - the range through which a joint can be moved.

You may have heard the saying "motion is lotion" just like our vehicles need oil to keep the engine running we need lubrication as well; in a slightly different form. Moving our joints through their range provides us with increased flexibility, which allows us to move more freely. Doing range of motion exercises daily can help reduce stiffness and pain. The exercises should be done slowly and not hurt. If you feel sharp or severe pain, stop. Some muscle achiness or discomfort is normal, especially when you are just starting but don't push into pain.



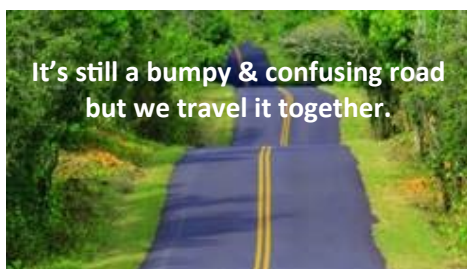
Here are a few examples of range of motion exercises:

- Spell out the alphabet with your ankle.
- Make circles in each direction with your wrists and/or ankles.
- Slide your leg up and down the bed before getting up. Sit, straighten and bend your knee a few times before getting up.

Other exercises that are good for people who have arthritis are walking, swimming, stretching, tai chi, yoga and bicycling.

Strengthening your muscles around your joints helps reduce the pressure on your joints. Practicing sitting to standing and slowly sitting down again, do this keeping your knees apart, hinging at your hips and using your leg muscles. Repeating this a few times will help strengthen your leg muscles.

Movement is medicine. You can find more information on arthritis on the Arthritis Society website. www.arthritis.ca



© Thaneya McArdle, www.thaneya.com. From Live a Colorful Life © Design Originals, www.D-Originals.com

Caregiver Corner

Caregiving can be challenging and rewarding.
Self care when caregiving is always important but even more so during a pandemic.

Ask yourself these Self Care questions during this time of COVID-19/Social Isolation:

1. What is the one kind thing I am going to do for myself today?
2. Who am I going to connect with today?
3. When am I going outside today for fresh air?
4. How am I going to keep my worry in check today?
5. What am I grateful for today?



Woolwich Wellesley Hospice remains a support for people impacted by life limiting illness. During COVID-19 those supports have shifted from in home visits to phone support for everyone's safety.

We provide support to caregivers and patients and families.

If you know of a caregiver or their loved one requiring support, or someone who has experienced bereavement through this time please reach out to the Hospice program at 519-664-3794, ext. 209.

During this time we are all finding unique ways to stay in touch by phone, social media or safe distance driveway or window sill conversations.

Here are a few visiting tips from Hospice to help enrich connections:

- Ask open ended questions
- Ask what the other person wants to talk about today
- Create shared experiences—what do they see out their window today, how has it changed?

Additional ideas:

Where is one place you want to go? What is one ambition of yours? Where is the favourite place you have traveled? What is your favourite thing in the room you're in? What book or movie have you enjoyed lately and why?

Stay safe but stay connected!

Dental Care in Different Times



With the shut down of dental offices during the pandemic many of us are behind in our regular check up and hygiene appointments.

Taking care of ourselves at home is more important now than ever. Brushing and flossing our teeth 2 times every day is the best way to keep our mouth clean and healthy by removing the bacteria and food that accumulates in there. Bacteria is so small it gathers in the tiniest of spaces on, around, and between our teeth and gums and continues to grow and multiply if left alone.

Remember back in science class when we learned that 1 cell splits and becomes 2, then 2 become 4 and 4 become 8 and 8 become 8 million in no time? In your mouth this quickly becomes a rampant bacteria party that causes cavities, bad breath, gingivitis (infected gums) and periodontitis (bone loss around your teeth that leads to future tooth loss).

So be sure to take the time to care for your teeth and be vigilant about reminding the kids too. Being out of our regular routine can make remembering everyday things more difficult.

OTHER DENTAL NEWS

The new **Ontario Senior Dental Care Program (OSDCP)** is still available. Applications and more information is available online at ontario.ca/SeniorsDental or by calling the Woolwich Community Health Centre.

Healthy Smiles is a government program that provides free dental care to children under the age of 18 in lower income families. Please contact us if your child needs this service and we can make the arrangements to get you into the program.

Remember **Brush! Brush! Brush! and Floss! EVERYDAY!** and at least 2 times a day.



Dental Corner provided by

ST. JACOBS
DENTAL *care*



Important Information about Our Office

We are excited to announce that the provincial government and Royal College of Dental Surgeons Ontario have allowed dental offices to re-open and resume most treatments!

We started scheduling patients on June 15, 2020. All existing appointments will regretfully be cancelled and rescheduled to allow more time between patients for enhanced disinfection. We truly appreciate your patience! We want nothing more than to get each and everyone of you taken care of as efficiently as possible! You may call us for an appointment and if you are on our "call back list", you will be hearing from us very soon. We will be prioritizing urgent care in the first week and we will not be accepting any walk-in or in person appointments at this time.

How can you help keep us safe?

1. If you or someone in the household are sick or have been exposed to anyone with COVID-19 in the last two weeks, let us know and we will reschedule your appointment.
2. Due to the high demand for appointments, 48 hours notice is required to change an appointment in order to avoid a charge.
3. You will be asked some screening questions when scheduling and you'll be asked those same questions again on the day of your appointment.
4. Only the patient or one parent can bring the patient to the dental appointment unless siblings also have an appointment.
5. We will be emailing you important information regarding your appointment. Please review and remember to do your 24-hour pre-screening. *Check your junk email and notify us if you did not receive your instructions.*

Stay tuned for more updates on what we have done in the office to keep you safe?

Thank you from all of us at St. Jacobs Dental Care. We are thankful for our patients for choosing us as your dental home. We will continue to provide outstanding service and making our patients and team safety as our top priority during these challenging times.

We look forward to welcoming you back!

Sincerely,
The Team at St. Jacobs Dental Care

What are we doing to keep you and our staff safe?

These measures have been taken to create a safe environment for you:

- The waiting room will not be open for everyone. Chairs will be spaced two metres apart.
- We no longer have magazines, children toys or a water dispenser in the waiting room since these items are difficult to fully disinfect.
- Appointments will be spaced out to allow physical distancing between patients. That means less flexibility for scheduling your appointment but it will also reduce the number of patients in the reception area at any one time.
- We have installed plexiglass barriers in the reception area.
- We are disinfecting door handles and other highly touched contact surfaces after each use.
- We have installed a floor-to-ceiling barrier to enclose each operatory.
- We are waiting for our hospital grade air purifier to be delivered for each operatory.
- Everyone is required to wear a mask while in the office except when you are being treated.
- Everyone will be screened and have their temperatures taken before entering the office.
- Bathrooms will likely be closed to patient use. If you do have to use the bathroom, please notify our staff.
- Lastly, we might look different with all the protective gear we have to wear but it is still the same smiling face underneath!



office information

St. Jacobs Dental Care

10 Parkside Dr. BOX 240
St. Jacobs, ON, N0B 2N0

Contact Information

Phone:.....(519) 664-2434
Fax:.....(519) 664-3824
Email:.....info@stjacobsdentalcare.ca
Website:.....www.stjacobsdentalcare.ca

Connect with us on Facebook:

www.facebook.com/stjacobsdental

Office Hours:

Monday.....8:00am – 5:00pm
Tuesday.....8:00am – 5:00pm
Wednesday.....8:00am – 5:00pm
Thursday.....9:00am – 6:00pm
Friday.....8:00am – 12:00pm

Our Team

Dr. Mira Nusaputra.....Dentist
Dr. Anu Seoni.....Dentist
Jennifer, Karon, Kim.....Hygienists
Shelley, Brenda, Kaitlyn.....Dental Assistants
Ashley, Loren.....Admin Team

"Be Kind, Be Calm, Be Safe"

Article by Sid Bater, Counsellor

Additional Services

10 Parkside Dr.

St. Jacobs Dental Care

Accepting New Patients and Emergencies

Dr. Mira Nusaputra, B.Sc. D.D.S.

Dr. Anu Seoni, B.D.S., D.D.S.

Tel: 519-664-2434

www.stjacobsdentalcare.ca

Martin's Guardian Pharmacy

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

www.martinspharmacy.ca

9 Parkside Dr.

St. Jacobs Midwives

Andrea Horst, Administrator

Tel: 519-664-2542

Fax: 519-664-1815

www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.

Tricia D. Brubacher RMT

Tel: 519-664-1050

www.stjacobsnaturopathic.com

Over the past few months, our lives and routines have changed: from how and where we shop for groceries, meet and visit with family or friends, worship, play, plan for our future, to how we continue to work or study – in fact we have been fortunate enough to be able to do so.

For those who tend to be more introverted by nature, fewer demands to be out in public, associating with colleagues, friends, or acquaintances might feel like a bit of a break - an unexpected opportunity to stay home and rejuvenate without guilt or the expectation to be social. For others who may tend to be more extroverted, having to stay at home as much as possible and maintain physical distance in public might leave you feeling lonely, frustrated, disconnected, and at times hopeless. For many of us, living with the unknown (e.g. will I catch the virus, will I spread it to others without knowing it, how long will this go on, etc.) can lead to fear and the development or increase in anxiety or depression symptoms. Lack of motivation for normal tasks can also become a problem and increase a sense of helplessness and hopelessness. Even those who welcomed 2020 feeling good about our mental health might find ourselves struggling; the presence of COVID-19 has affected everyone.

Here are a few things we can do to maintain positive mental health:

- establish and keep a routine – especially sleep schedules and a healthy diet
- shower and get dressed as if you were going to school/work or out with friends
- keep moving, at least 30 minutes a day, walking outside if possible
- spend time with pets, look for creative ways to connect with others at least once a day
- nourish your spirit and if you belong to a faith community, find creative ways to maintain connection
- read/explore, challenge your mind
- breathe, and practice *really* being present
- be patient (with self and others) and practice gratitude

Isolation is not just physical, it is also a state of mind. Take care of one another, reach out to someone you know or suspect might not have family or friends, or who might be alone and unable to get outside. Caring for others helps us gain perspective and can calm our own fears and raise our spirits. If you find that you need more support or help or feel you are sinking into despair and are unable to help yourself, please reach out for help. At this time in particular, we need one another, we need our community. As we move forward, remember to slow down, reflect, be present, and appreciate one another.

In the words of Dr. Bonnie Henry, "Be kind, be calm, be safe."

Woolwich Community Health Centre

P.O. 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 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 5:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 5:00 p.m.
Friday	9:00 a.m. - 5:00 p.m.

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



**Linwood Nurse Practitioner Office
is Temporarily Closed.**

Please contact our Wellesley office.

Wellesley Township Community Health Centre

P.O. 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 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 8:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 8:00 p.m.
Friday	9:00 a.m. - 5:00 p.m.

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

Physiotherapy, 9 Parkside Dr., St. Jacobs, ON Tel: 519-664-0597 Fax: 519-664-0598 is CLOSED please leave a message; messages are being checked daily.

Woolwich Community Health Centre (WCHC) receives funding from the Waterloo Wellington Local Health Integration Network and the Government of Ontario. The views expressed in this newsletter are the views of WCHC and do not necessarily reflect those of the WWLHIN or the Government of Ontario.