

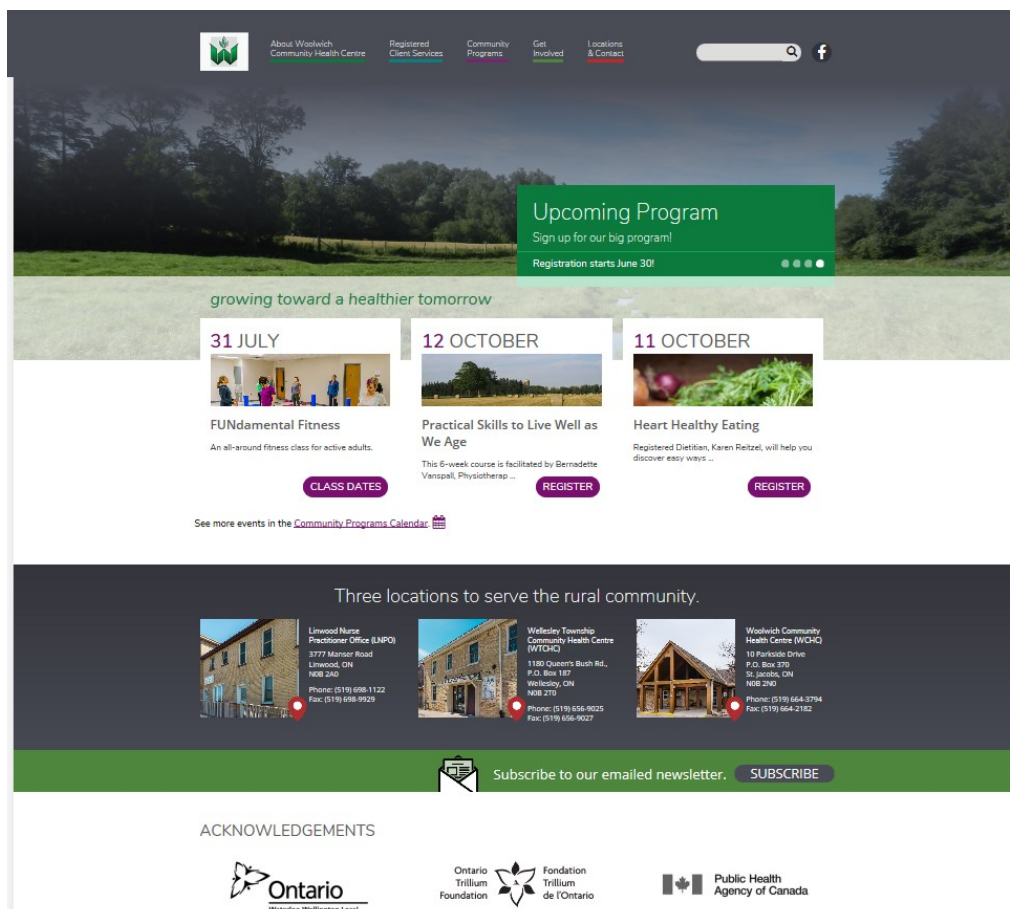


Woolwich Community HEALTH CENTRE *and* Wellesley Township COMMUNITY HEALTH CENTRE

UPDATE

*"growing toward a
healthier tomorrow"*

Our NEW Website is Live!



WCHC strives to use many forms of communication to keep our clients and community up-to-date on the programs and services we offer. We are always thrilled when we receive our client experience survey data and learn that clients experience their communication with the health centre to be excellent. Social media is a growing form of information and communication. We have totally rebuilt our WCHC website to provide easier ways of finding information with up-to-date details about our many programs and services. You will find this new website at the same address: www.wchc.on.ca. The colourful tabs at the top of the page will help you find the information you are searching for. Whether you are looking for information as a registered client of the health centre, information on programs and services or other links, we've made it easy to find. We have attached electronic copies of program brochures, and frequently used forms for easy access. Finally, our website has some additional resources such as an electronic copy of our semi-annual UPdate newsletter, program calendar, links to health resources, research reports and more!

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FSC Logo

Vol. 32 Fall 2018

Health and Wellness

The following programs are held at Woolwich Community Health Centre (WCHC) in St. Jacobs but are **open to all residents** of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by Wellesley Township Community Health Centre (WTCHC).

Class Description	Date/Time	Location
"Healthy Eating 4 A Healthy Life" - Weight Management Do you want to lose 5, 10, 15 or 50 pounds, lower your cholesterol, triglycerides & blood pressure, look better, or stay healthy as you age? Join this 7-part OTN workshop for the latest research findings & easy to implement tips to help you achieve and maintain a healthy weight. If possible, we would appreciate a \$25 contribution towards the "take home" Weight Management Program Booklet.	Tuesdays, September 4, 11, 18, 25, October 2, 9 & 16, 2018 1:00 pm—3:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
First Foods for Babies Led by a Registered Dietitian, you will learn: <ul style="list-style-type: none"> • How to make and store your own baby food. • How to introduce solids to your baby's diet. • Which foods are best for your baby's age & stage. • How to avoid "picky eating" and nurture a "healthy eater". <i>Babies Welcome!</i>	2 sessions are being offered. Monday, September 24, or Thursday, December 13, 1:00 pm—2:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register for either class, call 519-664-3794 or 519-656-9025
Getting the Most from Your Healthcare Appointments Learn how to ask the right questions of your health care provider so you understand and feel confident in taking an active role in your own healthcare.	Thursday, September 27, 2018 10:00 am—11:30 am	WCHC 10 Parkside Dr., St. Jacobs For information or to register call, 1-866-337-3318 or visit www.wellselfmanagement.ca
Child Sleep Tips—Healthy Sleep for Healthy Families Presented by Heather Young, MSW, RSW, Certified Child Sleep Consultant with Good Night Sleep Site Waterloo via Ontario Telemedicine Network (OTN).	Thursday, September 27, 2018 6:30 pm—7:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Simple and Effective Ways to Prevent Back Pain This health education session is presented by Dr. Peter Scheuring, Chiropractor, Conestogo Chiropractic.	Friday, October 5, 2018 10:15 am—11:15 am	WCHC 10 Parkside Dr., St. Jacobs. No registration required
The Mindful Way through Stress, Anxiety and Depression Mindfulness practices have been found to help enhance wellbeing, stability of attention, emotional regulation, resiliency and to have health benefits. This 8-week course is an opportunity for you to explore your unique physical and emotional response to stress, anxiety, low mood, and habitual thought patterns. Learn mindfulness approaches to respond to stress using: <ul style="list-style-type: none"> • Breath awareness • Body awareness • Meditation • Mindfulness in daily life • The neurobiology of mindfulness  This is a Mindfulness-Based Cognitive Therapy course, adapted from the Mindfulness-Based Stress Reduction course created by Jon Kabat-Zinn. Facilitated by Joy Finney, MPhil in Social Work, and Sue Arai, Psychotherapist, Dipl TIRP, PhD.	Orientation— Wednesday, October 10, 2018 6:15 pm—7:45 pm Course runs on Wednesdays, October 17 to December 5, 2018 6:15 pm—8:45 pm Retreat: Saturday, November 24, 2018 9:30 am—3:30 pm <i>(The retreat is open to past participants. To register for the retreat, call Joy by Nov 15th.)</i>	WCHC 10 Parkside Dr., St. Jacobs To register , call Joy Finney at 519-664-3534 ext 230 by September 18, 2018. Space is limited! Pre-course interviews will be scheduled. You will be asked to commit to 45 minutes of home practice, online or CD, at least 5 days a week during the course.

Class Description	Date/Time	Location
Stay Active: Living Well with Hip or Knee Osteoarthritis  Presented by Sue MacQueen, Physiotherapist, Advanced Clinician Practitioner in Arthritis Care.	Thursday, October 11, 2018 1:00 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call The Arthritis Society 519-743-4141 ext. 1101
Heart Healthy Eating Do you have diabetes, high blood pressure, heart disease, or a chronic illness? Learn ways to improve your cholesterol level & overall health. Facilitated by Registered Dietitian, Karen Reitzel.	Thursday, October 11, 2018 5:30 pm—7:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Practical Skills to Live Well as We Age <ul style="list-style-type: none"> • How can we move through the day in ways which build bone and muscle strength? • Learn ways to prevent and/or manage aches, pain and muscle stiffness. • Share tips to enhance posture, breath and body awareness, nutrition, sleep and memory. • Build/harness resilience in the face of life's changes. • Learn about community supports and resources. A 6-week course facilitated by Bernadette Vanspall, Physiotherapist, and Joy Finney, Health Promoter.	Fridays, October 12, 19, 26, November 2, 9, 16, 2018 10:00 am—12:00 noon 	WCHC—Physiotherapy Clinic 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Space is limited
Dial it Down—Relaxation and Stress Management In these classes you will develop and practice strong skills in releasing body tension, calming and focusing the mind. Techniques are helpful in the self-regulation of headaches, muscle tension, insomnia, pain, anxiety, and panic attacks. Facilitated by Kathy Somers, R.Kin, BCB from the Stress Management and High Performance Clinic.	Tuesdays, October 16 to November 13, 2018 7:30 pm—8:30 pm	WCHC 10 Parkside Dr., St. Jacobs For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Take Control, Take Charge—Chronic Disease FREE 6-week workshop for people who live with <u>any</u> ongoing health condition. We will help you find ways to: <ul style="list-style-type: none"> • Manage stress • Make healthier food choices • Add exercise to your day • Get the results that you want 	Thursdays, October 18 to November 22, 2018 9:30 am—12:00 pm	New Venue Heidelberg Community Centre 2915 Lobsinger Line Heidelberg For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Dementia Overview Please join us for this session which will cover learning about dementia, adapting to changes in the brain, and living well with dementia. For people living with Alzheimer's disease and other dementias, and their care partners; also open to general public. No charge for registration—donations appreciated	Monday, October 22, 2018 10:00 am—12:00 pm	WCHC 10 Parkside Dr., St. Jacobs Registration required by October 15, 2018. To register , call the Alzheimer Society at 519-742-1422
Better Sleep Do you have difficulty falling asleep, have a hard time falling back to sleep, or wake up early and can't fall back to sleep? Learn the most effective cognitive/behavioural strategies that decrease insomnia. Facilitated by Kathy Somers, R.Kin, BCB from the Stress Management and High Performance Clinic.	Mondays, November 5, 12, 19, 26, 2018 3:30 pm—4:30 pm	WCHC 10 Parkside Dr., St. Jacobs For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Osteoporosis Prevention & Management Join Kate Harvey (Osteoporosis Society) and Tiffany Krahn, RD (WCHC) for this 2 hour workshop as we explore bone health, fracture risk assessment, prevention and nutrition.	Thursday, November 15, 2018 1:30 pm—3:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025

Health and Wellness cont'd

Class Description	Date/Time	Location
Mediterranean Diet: Benefits and Preparation Tips Presented by Tiffany Krahn, Registered Dietitian, WCHC	Friday, November 23, 2018 10:15 am—11:15 am	WCHC 10 Parkside Dr., St. Jacobs No registration required
Prevention and Treatment of Insect Borne Diseases Presented by Dr. Raza Shah, Naturopath, St. Jacobs Naturopathic Clinic	Friday, January 25, 2019 10:15 am—11:15 am	WCHC 10 Parkside Dr., St. Jacobs No registration required

Mental Wellbeing: Support for You and Your Family

Everyone welcome. No charge.

For information about additional free Family Education Series by CMHAWW visit www.cmhaww.ca

The following sessions are held at Woolwich Community Health Centre, 10 Parkside Dr., St. Jacobs:



Class Description	Date/Time	Location
Practical Tips for Caring for Someone with Anxiety Learn in-the-moment tips, as well as longer term strategies, for caring for someone with anxiety, while also caring for yourself. Facilitated by Sid Bater, MSW, WCHC.	Wednesday, October 3, 2018 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.
Practical Tips for Caring for Someone with Depression Learn some helpful strategies, as well as pitfalls to avoid, when supporting someone who has depression. Facilitated by Keehan Koorn, M.Sc., Reg. Psychotherapist, CMHA.	Monday, October 15, 2018 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.
The Practice of Authentic and Compassionate Listening In caring for others, there are times when caregivers neglect to bring their fullest selves to the relationship. Strengthening our own congruence as caregivers enables more sustainable and life-giving communication for all involved. Facilitated by Janelle Glick, Masters Student in Spiritual Care and Psychotherapy.	Monday, November 5, 2018 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.
Communication and Conflict Resolution Learn tips for clarifying your goals in a dispute and how to generate win-win solutions, especially in situations in which mental health concerns may be involved. Facilitated by Daniel Bader, Ph.D., Registered Social Worker.	Monday, January 28, 2019 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.



Increased mental health and addictions support is now available in Elmira!

The Canadian Mental Health Association Waterloo Wellington's Self Help & Peer Support is now offering the following three peer support groups at Woolwich Community Services, 5 Memorial Ave. in Elmira.

There is no charge for these drop-in groups.

For more info on the following programs check CMHA's website cmhawwselfhelp.ca/events or call Brenda at 519-570-4595 ext 4061.

Depression, Anxiety & Hope Peer Support Group meets weekly on Tuesday evenings, 7:00—8:30 pm

Addictions Group meets alternating Wednesday evenings, 7:00—8:30 pm

Supporting the Supporter Group meets alternating Wednesday evenings, 7:00—8:30 pm



Check out our website www.wchc.on.ca

Ongoing Programs AVAILABLE TO ALL Rural Residents

If you live in Woolwich, Wellesley or Wilmot Township you can access the:

Community Airways Clinic in partnership with St. Mary's General Hospital.



This program is offered at WCHC and WTCHC. It provides respiratory assessment, education and management for rural residents with lung conditions. Spirometry, a simple breathing test, which measures the speed and amount of air you are able to blow out of your lungs, can be used to diagnose different types of lung diseases such as asthma and COPD.

Ask your doctor or nurse practitioner to refer you to WCHC for an appointment with the Respiratory Therapist.

If you live in Waterloo Region you can access the Community Diabetes Program.

You can be referred by your doctor or you can self-refer by calling 519-653-1470 Ext 372.



Free program for people with **type 2 diabetes or prediabetes**, and their support people.

- Individual appointments are available with a nurse, dietitian, and foot specialist.
- Learn how to check, manage and control blood sugar levels.
- Educational workshops.
- Diabetes exercise classes available.

If you live in Woolwich or Wellesley Township you can access the following programs:

Diabetes Connection is a support group for individuals diagnosed with diabetes or pre-diabetes as well as their support people.

- Have your questions answered; connect with healthcare professionals
- Keep track of your diabetes and build confidence in caring for yourself
- Get food and exercise ideas
- Increase your knowledge about diabetes
- Maintain and improve your health, and much more!



When: 2nd Tuesday of every month

Time: 6:00 pm—7:00 pm

Where: WCHC, 10 Parkside Dr., St. Jacobs

No need to register, just drop in!

For more information,
call Tiffany at 519-664-3794 ext. 241.

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.**



Woolwich Wellesley Hospice

Providing compassionate help for those with life-limiting illnesses
and their loved ones.



Volunteer Visiting

Volunteers provide compassionate help for people dealing with a life-limiting illness. Hospice volunteers are caring members of the community who have been specially trained to understand the specific needs of people with a serious illness.

Caregiver Coffee Hour

The Caregiver Coffee Hour support group is offered by WCHC in conjunction with the Alzheimer Society Waterloo-Wellington at WCHC, 10 Parkside Dr., St. Jacobs
2nd Friday of the month
10:00 —11:30 am.

Caregivers Support Group

Provides support to caregivers who are supporting someone who is seriously ill. It is an opportunity to meet with others who share similar feelings and situations.
WCHC, 10 Parkside Dr., St. Jacobs
1st Thursday of the month
10:00—11:00 am.

If you are interested in registering or would like more information about these Hospice services please contact Julie at 519-664-3794 ext 229.

"free" COMMUNITY BUS in ELMIRA

Starting Tuesday, September 4th 2018, Kiwanis Transit will be operating a **free "Community Bus" in the town of Elmira**, for a 6 month pilot project. This service is available to ALL residents and is also accessible. It will travel a fixed route with various stops around Elmira and connection to GRT's Route 21. Service will operate Monday to Saturday. For service schedule and information please visit www.k-transit.com or contact Kiwanis Transit at 519-669-4533.

Kiwanis Transit, 13 Industrial Drive Unit C Elmira email : kiwanistransit@k-transit.com

Fitness Classes at Woolwich Community Health Centre

Fitness classes are held at WCHC in St. Jacobs and WTCHC in Wellesley and are open to ALL residents of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by WTCHC.

Call Linda at 519-664-3534 ext. 297 for more information. **Financial assistance is available.**

Registration can be submitted up to 1 week before each session starts.

Registration: WCHC, St. Jacobs—Registration forms can be picked up in the waiting room.

Completed forms and payments can be given to the Administrative Secretary Monday-Friday 8:30 am—3:00 pm, or dropped in the mailbox under the television in the main waiting room.

A Physical Activity Readiness/Emergency Information Form (PAR-Q) must be completed by all registrants.

Mindfulness Yoga: Practice of being with whatever arises moment to moment through the coordination of breath, movement and concentration.

Tuesday 7:00—8:00 pm	New!	September 11—October 30, 2018	8 classes for \$64.00
		November 6—December 18, 2018	7 classes for \$56.00
		January 8—March 5, 2019	9 classes for \$72.00
Thursday 5:45—6:45 pm		September 13—November 1, 2018	8 classes for \$64.00
		November 8—December 20, 2018	7 classes for \$56.00
		January 10—March 7, 2019	9 classes for \$72.00

Body Fit: Cardiovascular, muscular strength & endurance, plus flexibility and core work, using steps, balls, weights, etc.

Monday, Wednesday & NOW Every Friday 9:00—10:00 am Option —sign up for 2 <u>or</u> 3 classes per week	September 10—November 2, 2018	23 classes for \$115.00 based on 3 classes / wk
	November 5 — December 21, 2018	21 classes for \$105.00 based on 3 classes / wk
	January 7—March 8, 2019	26 classes for \$130.00 based on 3 classes / wk
Thursday 7:00—8:00 pm	September 13—November 1, 2018	8 classes for \$40.00
	November 8—December 20, 2018	7 classes for \$35.00
	January 10—March 7, 2019	9 classes for \$45.00

FUNDamental Fitness: An all-around fitness class for active adults.

Tuesday and Thursday 9:00—10:00 am	September 11—November 1, 2018	16 classes for \$80.00
	November 6—December 20, 2018	14 classes for \$70.00
	January 8—March 7, 2019	18 classes for \$90.00

Building Strength and Balance: For those with neurological conditions or those wanting to improve balance and strength.

Tuesday (Intermediate Level) 10:15—11:15 am	September 11—October 30, 2018	8 classes for \$32.00
	November 6—December 18, 2018	7 classes for \$28.00
	January 8—March 5, 2019	9 classes for \$36.00
Thursday (Beginner Level) 10:15—11:15 am (No lying down)	September 13—November 1, 2018	8 classes for \$32.00
	November 8—December 20, 2018	7 classes for \$28.00
	January 10—March 7, 2019	9 classes for \$36.00

Gentle Moves: A gentle approach to becoming active **or** for those with arthritis, chronic pain, fibromyalgia, and chronic fatigue syndrome, etc. (No lying down).

Monday 5:45—6:45 pm	September 10—October 29, 2018	7 classes for \$28.00
	November 5— December 17, 2018	7 classes for \$28.00
	January 7—March 4, 2019	8 classes for \$32.00

Fitness Classes continued

Gentle Step Toward Fitness: A gentle fitness class for those 55+.

Tuesday 11:30 am—12:30 pm	September 11—October 30, 2018	8 classes for \$32.00
	November 6—December 18, 2018	7 classes for \$28.00
	January 8—March 5, 2019	9 classes for \$36.00

40 Minute Fit: A lunch hour aerobic/strengthening class filled with fun!

Monday 12:10—12:50 pm	September 10—October 29, 2018	7 classes for \$35.00
	November 5—December 17, 2018	7 classes for \$35.00
	January 7—March 4, 2019	8 classes for \$40.00

Functional Core Strength: Work the body through everyday movements, incorporating squats, lunges, weights and other fitness tools.

Thursday 12:10—12:50 pm	September 13—November 1, 2018	8 classes for \$40.00
	November 8—December 20, 2018	7 classes for \$35.00
	January 10—March 7, 2019	9 classes for \$45.00

Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis.

Monday Morning 10:30—11:30 am	September 10—October 29, 2018	7 classes for \$28.00
	November 5—December 17, 2018	7 classes for \$28.00
	January 7—March 4, 2019	8 classes for \$32.00

Monday Evening 7:00—8:00 pm	September 10—October 29, 2018	7 classes for \$28.00
	November 5—December 17, 2018	7 classes for \$28.00
	January 7—March 4, 2019	8 classes for \$32.00

Wednesday Morning 10:30—11:30 am	September 12—October 31, 2018	8 classes for \$32.00
	November 7—December 19, 2018	7 classes for \$28.00
	January 9—March 6, 2019	9 classes for \$36.00

Friday Afternoon 2:45—3:45 pm	September 14—November 2, 2018	8 classes for \$32.00
	November 9—December 21, 2018	7 classes for \$28.00
	January 11—March 8, 2019	9 classes for \$36.00

Pilates: Exercise focused on the core postural muscles providing support for the spine.

Tuesday (Beginner Level) 5:30—6:30 pm	September 11—October 30, 2018	8 classes for \$64.00
	November 6—December 18, 2018	7 classes for \$56.00
	January 8—March 5, 2019	9 classes for \$72.00

New Time

Thursday (Intermediate Level) 1:00—2:00 pm	September 13—November 1, 2018	8 classes for \$64.00
	November 8—December 20, 2018	7 classes for \$56.00
	January 10—March 7, 2019	9 classes for \$72.00

Fitness Classes at Wellesley Township Community Health Centre

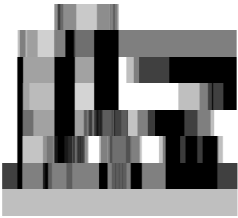
Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis.

Building Strength and Balance: For those with neurological conditions or those wanting to improve balance and strength.

Please see page 11 for dates and fees.

THE FARM COLUMN

The Courage to Change!



"God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."

We have all heard the 'Serenity Prayer' before, but for farm families this resonates on a daily basis. There are so many factors out of our control; weather, diseases, prices and global politics, to name a few. Most of these issues are inflicted upon us by nature, fate and government policies.

Some individuals and farm organizations have been proactive; they have taken up the cause and are advocating for some changes to happen regarding trade agreements, global marketing and supply management. These threats to our farm families have resulted in some unique methods to spread the word to non-farming people in an attempt to educate them about the "how and why" this system works well for Canadians. It has taken a lot of courage to stand up for the way of life that the Canadian farmer has enjoyed over the past decades.

However, there are some things that we do have more influence over. The safety of our families and workers on the farm while going about the daily business of farming is within our control. Our mental health and that of the people around us can be improved by taking regular breaks from daily routines, and to allow ourselves to enjoy the fruits of our labour. A positive outlook and the recognition that tomorrow may be a brighter day will help to get us through the darker times.

It is difficult to determine the difference between what we can and cannot change and know where to apply our efforts. Being angry and frustrated is not helpful to the individual or the family members around them. This can result in health and medical conditions as well as mental illnesses. All the worrying will not change some factors and acceptance is the only route to take to preserve one's sanity and health.

It is important to support one another in this business of farming. Although the farming community consists of many entities—beef, dairy, sheep, poultry, crops and horticulture—this industry supports 1 in 8 Canadian jobs and must remain viable for families to remain on the farm. Farmers need the wisdom to know where to initiate change and when to "let it go" and enjoy the life that they have chosen to lead.

What can YOU do to help? Buying Canadian-produced milk and food will support the local farmers in our area. Sending a letter or calling your MP and MPP asking them to advocate for the family farm in government legislation will reinforce the importance of the farmer in our society. We need a stable and safe food supply to ensure a healthy community in the future.

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

Healthy smiles Ontario

Ontario children and youth 17 and under are now eligible for free dental care as part of the **Healthy Smiles Ontario** program.

Healthy Smiles Ontario is a government-funded dental program that provides free preventive, routine, and emergency dental services for children and youth 17 years old and under from low-income households.

The program includes regular visits to a licensed dental provider and covers the costs of treatment including:

- Check-Ups
- Cleaning
- Fillings
- X-rays
- Scaling
- Urgent or emergency dental care

Cosmetic dentistry, including teeth whitening and braces, are not covered by the program.

Children and youth 17 and under may be eligible if:

- They are residents of Ontario; and
- They are members of a household that meets the income eligibility requirements.

NOTE: Children and youth 17 and under are automatically eligible and automatically enrolled in Healthy Smiles Ontario when they or their family receive: Ontario Works, Temporary Care Assistance, the Ontario Disability Support Program, or Assistance for Children with Severe Disabilities. Children and youth with other dental insurance coverage are no longer automatically excluded.

Need more information, including how to apply?

Go to <http://www.ontario.ca/healthysmiles> or visit your local Public Health Unit.
ServiceOntario INFOLine 1-844-296-6306
Region of Waterloo Public Health 519-575-4400 ext. 5010

Greetings from the Board

On behalf of the Board of the Woolwich Community Health Centre (WCHC), I would like to thank recently retired Director Gail Martin for her many contributions to the governance of our health centre. In addition, I would like to thank Mary Lynn McPherson for her support to the Board as Past Chair, and to Richard Gerson for his leadership as our Board Chair over the past two years. I would also like to extend a warm welcome to our newest Directors – Valerie Healy, Mike Hribar, and Nathan Lee. Our 2018-19 Board of Directors represents a diverse cross-section of the populations and rural townships that our health centre serves, and brings together a strong mix of skills, experience and perspectives to the governance of WCHC.

Significant work completed in 2017-18 included:

- Designation of WCHC as a Baby-Friendly Organization, meeting the highest standards of practice set out by the World Health Organization and UNICEF for breastfeeding and infant feeding.
- Leadership and completion of a Rural Youth and Young Adult Wellbeing study, in partnership with other agencies serving rural populations.
- Preparation for and achievement of our sixth successful accreditation by the Canadian Centre for Accreditation.

Our Board extends special thanks to our staff and many volunteers who continue to maintain a quality focus while serving clients with care and empathy.

The Board would like to extend its sincere appreciation and thanks to departing Executive Director, Denise Squire, for her guidance and leadership over the past 18 years. During her tenure, Denise's contributions have included expanding comprehensive primary health care and health promotion supports at the original St. Jacobs site, as well as extending them to Wellesley and Wilmot Townships with additional satellite offices in Linwood and the village of Wellesley. Denise has guided our organization through six successful accreditation reviews over the past 18 years, and has led the way to developing a positive service culture and work environment at WCHC - with strong client satisfaction, high staff retention, and an extensive network of partnerships with other community services organizations.

After a thorough search process, the Board is very pleased to welcome our new Executive Director, Rosslyn Bentley, effective August 20, 2018. Rosslyn has held an extensive range of leadership roles in the health sector throughout her career, most recently in community-based primary health care. Her philosophy of quality service, community involvement and staff development are aligned with the vision and values of WCHC. We are excited to work with Rosslyn and the leadership excellence that she brings to our health centre.

Our Board thanks the community served by WCHC for your continued support. We truly value your input to ensure that our planning, programs and services remain responsive, comprehensive and relevant to local needs.

Gregory Smith
Board Chair

Introducing the 2018-19 WCHC BOARD OF DIRECTORS

Taposhi Batabyal—Vice Chair	Kan Chhatwal—Officer at Large	Karen Doerner—Director
Richard Gerson—Past Chair	Valerie Healy—Director	Mike Hribar—Director
Greg Smith—Chair	Nathan Lee—Director	Chris Martin—Director
Samantha Meyer—Director	Sue Wideman—Secretary	Lisa Wilz—Treasurer

A Fond Farewell

It has been an extraordinary privilege to be Executive Director of WCHC for the past 18 years. I have had the honour of working with dedicated volunteers who step forward every year to govern WCHC as our Board of Directors. Community volunteers have given their time and skills to our programs and services through a wide array of roles. WCHC's exceptional staff have consistently served as the eyes, ears, brains, hands and compassionate heart of this organization. I look forward to hearing about the amazing contributions that WCHC will continue to make to its clients, partners and communities in the years to come.

With gratitude,
Denise Squire



Health Understanding Growth Sharing

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 Registered Dietitian, Nurse Practitioner and a Community Health Worker. For parents and children (0-5 yrs) living in the catchment area of Woolwich & Wellesley Township Community Health Centres. Free childcare provided. No pre-registration required. Snacks provided. For more information, call Heidi at 519-664-3794 ext. 237.

Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs

Note: NEW DAY—Join us every 2nd & 4th **Tuesday** 9:30 to 11:00 am (childcare available)

September 11, 2018	OUT AND ABOUT , introducing your child to nature.
September 25, 2018	ORGANIZING 101 , Rhonda from Heart of the Matter
October 9, 2018	YOU'RE WORTH IT , your pelvic floor depends on you—Renee Quiring
October 23, 2018	TENDER TOUCH , baby massage with Erin Clarke
November 13, 2018	CHEW ON THIS , dental hygienist, Brenda
November 27, 2018	CONNECT, LEARN AND FIND SUPPORT , website for parents
December 11, 2018	MANAGING THE EMOTIONS OF MOTHERHOOD , Libby Barrie
December 25, 2018	WISHING YOUR FAMILY A MERRY CHRISTMAS , no HUGS today
January 8, 2019	TRASH TALK , recycling successfully, (clothing exchange also)
January 22, 2019	SWEET DREAMS , sleep consultant, Angie Strauss

New Programs

The Ottawa Model for Smoking Cessation—a new program for smokers who want to quit!

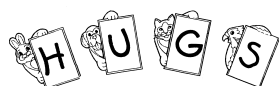
Tobacco use is the leading preventable cause of disease and death in Ontario. To support our patients in making healthy lifestyle choices, WCHC offers The Ottawa Model for Smoking Cessation (OMSC) program. This program is a simple, systematic approach for addressing tobacco use with smokers and for supporting successful quitting by using the best available evidence-based treatments. Some of our staff have completed training as smoking cessation counsellors and are knowledgeable in the latest effective treatments to address tobacco use and support quitting with patients.

Most smokers do want to quit and have made quit attempts. If you are a rostered patient you can access this comprehensive smoking cessation program by booking an appointment with one of our smoking cessation counsellors.

Coffee with a Cop

Coffee with a Cop allows for members of the public to interact with a police officer in an environment that is less imposing than a police station. This is an opportunity for you to ask questions and get the help, advice or guidance you may need.

WCHC, 10 Parkside Dr. St., Jacobs	WTCHC, 1180 Queens Bush Rd., Wellesley
Thursday, September 6 10 am—12	Thursday, September 20 10 am—12
Thursday, October 4 10 am—12	Thursday, October 18 10 am—12
Thursday, November 1 10 am—12	Thursday, November 15 10 am—12
Thursday, December 6 10 am—12	Thursday, December 20 10 am—12



Health Understanding Growth Sharing

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 Registered Dietitian, Nurse Practitioner and a Community Health Worker. For parents and children (0-5 yrs) living in the catchment area of Woolwich & Wellesley Township CHC. For more information, call Heidi at 519-664-3794 ext. 237.

Wellesley Township Community Health Centre and Early Years

Wellesley Community Centre, 1000 Maple Leaf St., Wellesley

There is no charge for the HUGS program, no pre-registration required, and your children can play at the Early Years Program in the room next door.



Wilmot Family
Resource Centre

Join us every 4th Wednesday 9:30 to 11:00 am

September 26, 2018	WHAT'S NEW AT THE LOCAL LIBRARY , library staff present about books & programs for children
October 24, 2018	HEART OF THE MATTER , Rhonda & Donna will have lots of tips on better organizing your home
November 28, 2018	STRONG BACK, HEALTH POSTURE , Bernadette Vanspall, physiotherapist at WCHC
December 26, 2018	WISHING YOUR FAMILY A MERRY CHRISTMAS , no HUGS today
January 23, 2019	SEE THE SPECTRUM DIFFERENTLY , autism awareness, Erin Sutherland, family resource coach at WRFN

Fitness Classes at Wellesley Township Community Health Centre

Fitness classes are held at WTCHC in Wellesley and are open to ALL residents of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by WTCHC. Call Linda at 519-664-3534 ext. 297 for more information. **Financial assistance is available.**

Registration can be submitted up to 1 week before each session starts.

Registration: WTCHC, Wellesley—Registration forms can be picked up at the health centre during regular office hours. Completed forms and payments can be dropped off at the reception desk.

A Physical Activity Readiness/Emergency Information Form (PAR-Q) must be completed by all registrants.

Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis.

Fridays 9:15—10:15 am	September 14—November 2, 2018	8 classes for \$32.00
	November 9—December 21, 2018	7 classes for \$28.00
	January 11—March 8, 2019	9 classes for \$36.00

Building Strength and Balance: For those with neurological conditions or those wanting to improve balance and strength.

Fridays 1:00—2:00 pm	September 14—November 2, 2018	8 classes for \$32.00
	November 9—December 21, 2018	7 classes for \$28.00
	January 11—March 8, 2019	9 classes for \$36.00

Seniors Autumn Social—FREE LUNCH



The Wellesley Youth Advisory Council (W.Y.A.C) is offering a **FREE lunch** for Wellesley Township Seniors on Friday, October 26, 2018 from 12:00—2:00 pm. Located at the Crosshill Mennonite Church.

Lunch will be served including appetizers, sandwiches, desserts and beverages.

Come out to learn some new things about the local youth council and have a chance to win a gift basket!

Please RSVP to Lisa Parker at 519-656-9025 ext 224 by Friday October 12, 2018.

Additional Services

10 Parkside Dr.

St. Jacobs Dental Care

Accepting New Patients and Emergencies

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

Dr. Mira Nusaputra, 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

Are you a client at Woolwich Community Health Centre or Wellesley Township Community Health Centre? Important Client Information!

PLANNING A TRIP? - Plan your immunizations!

If you are planning a trip outside of Canada you may require immunizations to protect you during your travels. Travel immunizations are not covered by OHIP. Due to the specialized nature of travel immunizations and advice, **WCHC cannot provide these services.** If you require advice, it is strongly suggested that you book an appointment at a travel clinic. For a complete list of local clinics visit the Region of Waterloo Public Health website:

region.waterloo.on.ca/en/clinicsclassesfairs/travel.asp

For current recommendations and disease outbreaks, please refer to the following websites:

- **Public Health Agency of Canada** - www.phac-aspc.gc.ca/tmp-pmv - For outbreak advisories, guidelines for disease prevention while travelling (listed by disease), link to a list of travel clinics across Canada
- **Centres for Disease Control** - wwwnc.cdc.gov/travel - For health information for international travel such as current yellow fever and malaria areas, preventive malaria medications, other travel risks.

Prescription Renewals

As a registered primary health care patient at our St. Jacobs, Wellesley or Linwood sites, **you play an essential role in your own health care.** It is important to keep track of your prescriptions and plan well in advance for renewals.

Please remember:

Prescription renewals are not done over the phone – an appointment is required.

This is a WCHC policy that ensures the safety and quality of care provided to our clients through sound medical practice. Your provider will give you as many 'repeats' on a prescription that are appropriate. When you are on your last repeat of a medication, call for an appointment well in advance and at least ten days before using up all your medication. Please remember to bring the medication bottle(s) with you to that appointment. Pharmacists can renew some medications for a few days in emergency situations, but a renewal by your provider is still required.



After Hours Service

When we are closed on evenings, weekends and holidays, a doctor or nurse practitioner from the health centre is available to our **registered clients** through our After Hours service to help with concerns that can't wait until the office opens. Call 1-866-933-0212 (or the office number) for instructions. When you call the After Hours number, you will speak with an operator who will ask you your name (or the client's name if you are not calling for yourself) and for a phone number that you can be reached at. The doctor or nurse practitioner will call you back as soon as possible.

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. - 8:00 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.

Drop-In Lab Services (for registered patients only)

Mon., Wed., Thurs. and Fri. 8:30 a.m. - 11:15 a.m.



Linwood Nurse Practitioner Office

3777 Manser Road

Linwood, ON N0B 2A0

Tel: (519) 698-1122 Fax: (519) 698-9929

LNPO Hours of Operation

Tuesday 12:00 p.m. - 8:00 p.m.

Wednesday 8:30 a.m. - 4:30 p.m.

Friday 8:30 a.m. - 4:30 p.m.

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.

Drop-In Lab Services (for registered patients only)

Tuesday only 8:30 a.m. - 11:45 a.m.

Physiotherapy, 9 Parkside Dr., St. Jacobs, ON Tel: 519-664-0597 Fax: 519-664-0598 Mon. 8:00—4:00, Tues. 12:00—8:00, Wed. 8:00—4:00, Thurs. 1:00—4:00

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.