



**Woolwich Community
HEALTH CENTRE**

and **Wellesley Township
COMMUNITY HEALTH CENTRE**

UPDATE

*"growing toward a
healthier tomorrow"*

Low German English School's 10th Anniversary Celebrations

On Tuesday, June 11, 2019 the Low German English School celebrated the end of its 10th year and formally acknowledged the receipt of a 3-year \$240,600 Ontario Trillium Foundation Grow grant. The Ontario Trillium Foundation grant is a significant opportunity for the *Low German Collaborative* to grow to the next level by providing continuity of staff supports for programming and by seeking sustainable partnerships to build community support for the longer term.



Mike Hribar, Vice Chair—WCHC
Linda Fauteux, Constituency Manager
MP Harold Albrecht's office

The *Low German Collaborative's* literacy program, known as the *Linwood Family English School* or *LFES*, was designed to help Low German students and their families acquire English skills in a culturally supportive way to enable them to function more confidently at work and in life in Ontario.

The *Collaborative* includes the Woolwich Community Health Centre, Waterloo Region District School Board, Mennonite Central Committee, Kindred Credit Union and local Townships as well as being supported by many gracious donors and volunteers over the years. Locating the program in Linwood Public School has been wonderful. We are so grateful for the tremendous support from the school board and especially the staff at Linwood Public School for their dedicated support over the years.

The program has something for everyone in the family: children's literacy and activity programs that help make learning fun; an alternative high school program called ULearn; English classes for adults with childcare provided so parents can concentrate on learning!

The program is "unique" in having such a strong family focus, with program options for the entire family. This

resonates with the family-centred Low German community and helps build genuine trust.

The words of youth who have benefitted from the program were also shared in a very personal way what this opportunity has provided. Many of this year's 17 ULearn graduates are the first in their family's history to earn a high school diploma! We are all so very proud of what they have achieved and the opportunities they embody. We also want to thank our staff Phil Sauder, Sue Martin and Anna Wall and the many others who over the years have been such a vital part of sustaining the school.



Sue Martin—WCHC, Linda Fauteux, Constituency Manager from
MP Harold Albrecht's office, Anna Wall & Phil Sauder—WCHC

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FSC Logo

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Health and Wellness

The following programs are **open to all residents** of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by the Wellesley Township Community Health Centre (WTCHC). We try to offer programs at various locations within the townships so please ensure you check where the program is being offered under the **Location** column.

Class Description	Date/Time	Location
Mindful Awareness Stabilization Training (M.A.S.T.) This 4-week workshop introduces individuals to mindfulness practices that they can build upon over the four sessions. This program will help participants to gradually feel more balanced and present in their lives. Program Objectives: <ul style="list-style-type: none"> To ride the wave of emotions rather than get stuck in reactivity and survival mode Breathing skills to help to focus the mind and increase awareness of the body, creating an overall sense of calm How to build even more resilience by learning to sit with emotions Strategies to decrease stress and develop a self-care action plan 	Mondays, September 23 to October 21, 2019 (no class October 14) 6:00 pm—8:00 pm 	WCHC 10 Parkside Dr., St. Jacobs For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca
Internet Safety / Fraud Presented by a member of the Waterloo Regional Police.	Tuesday, September 24, 2019 1:30 pm—2:30 pm	WCHC 10 Parkside Dr., St. Jacobs No registration required
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 30 or Monday, December 2 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
The Great Brain Workout: Fitness for the Aging Brain Learn what science teaches about maintaining cognitive health for a lifetime, and take part in some fun, brain-stretching exercises. Presented by Jill Simpson, Seniors' Fitness & Aging Specialist.	Wednesday, October 2, 2019 6:30 pm—8:00 pm	WCHC 10 Parkside Dr., St. Jacobs No registration required
Take Charge—Chronic Pain Do you live with ongoing neck, shoulder or back pain or other chronic pain? This FREE 6-week self management workshop includes: <ul style="list-style-type: none"> Exercises for maintaining and improving strength, flexibility Techniques to deal with stress, tension, anger, depression Use of pain medications and treatments 	Thursdays, October 3 to November 7, 2019 12:30 pm—3:00 pm	Wilmot Recreation Complex 1291 Nafziger Road, Baden For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca
Craving Change A 4-week "how to" workshop for changing your relationship with food <ul style="list-style-type: none"> Understand why you eat the way you do Comfort yourself without food Change your thinking, change your eating!	Tuesdays, October 8 to 29, 2019 2:00 pm—4:00 pm	Heidelberg Community Centre 2915 Lobsinger Line, Heidelberg For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca

Class Description	Date/Time	Location
Learning to Manage Your Osteoarthritis This 3-week workshop will be facilitated by a Pharmacist, Registered Dietitian and Physiotherapist, Sue McAuslan from The Arthritis Society. Minto Mapleton Family Health Team will be hosting this workshop using Ontario Telemedicine Network (OTN).	Tuesdays, October 8, 15 & 22, 2019 10:00 am—12:00 pm	Wellesley Township CHC 1180 Queens Bush Road, Wellesley To register , call 519-664-3794 or 519-656-9025
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 21, 2019 10:00 am—12:00 pm	WCHC 10 Parkside Dr., St. Jacobs Registration required by October 15, 2019. To register , call the Alzheimer Society at 519-742-1422
The Gut / Mind Connection & Tips on Restoring Gut Health Facilitated by Dr. Raza Shah, Doctor of Naturopathic Medicine, St. Jacobs Naturopathic Clinic.	Tuesday, October 29, 2019 1:30 pm—2:30 pm	WCHC 10 Parkside Dr., St. Jacobs No registration required
Cancer: Thriving and Surviving This 6-week workshop has been developed to help individuals who are cancer survivors to better manage their health and daily lives. This program includes highly interactive sessions focusing on building skills, where mutual support and success build confidence to manage your health, and maintain an active and fulfilling life. Learn skills to deal with: <ul style="list-style-type: none"> • Frustration • Pain and Fatigue • Isolation • Poor Sleep • Relationships • Living with uncertainty 	Thursdays, October 31 to December 5, 2019 1:30 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs For information or to register call, 1-866-337-3318 or visit www.wellselfmanagement.ca
Managing the Ebb and Flow of Menopause: A Full Spectrum Approach A chance to learn about menopause from multiple perspectives and an opportunity to ask questions. Facilitated by Maria Boehm, Nurse Practitioner, WCHC and Anita Keiswetter, Doctor of Naturopathy, Waterloo Naturopathic Clinic.	Thursday, November 21, 2019 6:30 pm—7:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Vitamins & Minerals for the Young at Heart: Food Sources & When to Supplement Facilitated by Tiffany Krahn, Registered Dietitian, Woolwich Community Health Centre.	Tuesday, November 26, 2019 1:30 pm—2:30 pm	WCHC 10 Parkside Dr., St. Jacobs No registration required
A Life Outdoors: An Appalachian Trail Thru-Hike with John Mathers Join us to hear about John's 5-month journey and adventure along 2,190 miles (3,505 km) of the Appalachian Trail.	Tuesday, January 14, 2020 1:30 pm—3:00 pm	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	
Understanding Concussions Recognizing the signs, treatment options, pacing, coping with the emotions, and navigating care for yourself with friends, family, health practitioners and insurance companies when you look so “normal”. Facilitated by Dr. Peter Scheuring, Chiropractor, Conestogo Chiropractic Clinic and Sheri Martin Soosaar, Occupational Therapist, Creative Therapy Health Service.	Thursday, October 17, 2019 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.
Self Care and Self Respect: Tips on how to express your needs and feelings Healthy respect and care for ourselves involves communicating our needs and feelings congruently with others. Come and learn how to have open and non-reactive conversations in the area of needs and emotions. Facilitated by Janelle Glick, Masters Student in Spiritual Care and Psychotherapy.	Thursday, October 24, 2019 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.
Understanding Trauma—It’s more common than we think! We often think of trauma as the result of a critical event such as a particularly brutal assault, witnessing the atrocities of war, or something that only First Responders (EMS, firefighters, police officers) experience. While these events may indeed act as catalysts for symptoms of PTSD, many more ‘every day’ people live with the effects of trauma over time or ‘developmental trauma’. This type of trauma often builds up over time, is less easily identifiable (often not a single ‘major’ event) but can have significant consequences in the person’s life affecting relationships, work choices, even how we handle conflict. This session will provide an overview of the two types of trauma and an introduction to how we cope and move toward healing. Facilitated by Sid Bater, MSW, WCHC.	Tuesday, November 5, 2019 6:30 pm—8:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration appreciated but not required.
safeTALK safeTALK is a suicide alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST (Applied Suicide Intervention Skills Training). Facilitated by Cairine Domzella, Counsellor, WCHC.	Tuesday, November 19, 2019 6:30 pm—9:30 pm	To register , call 519-664-3794 or 519-656-9025. Registration required by November 1st. Space is limited. \$10 donation for take home workbook. (Don’t let money be a barrier to participating, we can waive the cost. Just ask.)

Mental health support available in Elmira!

The Canadian Mental Health Association Waterloo Wellington’s Self Help & Peer Support is now offering the following peer support groups at Woolwich Community Services, 5 Memorial Ave. 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 alternating Tuesday evenings,

7:00—8:30 pm

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



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.

Upcoming Educational Workshops at Woolwich Community Health Centre

Pre-registration is required—please call Heather at 519-664-3794 ext. 239.

Type 2 Diabetes Thursday, Sept 12, 2019—5:00 to 8:00 pm	Pre-Diabetes Tuesday, Sept 17, 2019—5:00 to 8:00 pm
Carb Counting Tuesday, Sept 24, 2019—6:00 to 7:00 pm	Type 2 Diabetes Tuesday, Oct 8, 2019—1:00 to 4:00 pm
Pre-Diabetes Tuesday, Oct 8, 2019—5:00 to 8:00 pm	Healthy Feet & Retinal Screen Oct 10, 2019—1:30 to 4:00 pm
Heart Healthy Eating Wed, Oct 16, 2019—1:30 to 3:30 pm	Pre-Diabetes Tuesday, Nov 5, 2019—1:00 to 4:00 pm
Type 2 Diabetes Thursday, Nov 7, 2019—5:00 to 8:00 pm	Carb Counting Tuesday, Nov 19, 2019—6:00 to 7:00 pm
Type 2 Diabetes Tuesday, Dec 3, 2019—9:00 am to 12:00 pm	Pre-Diabetes Friday, Dec 6, 2019—9:00 to 12:00 pm
Heart Healthy Eating Wed, Dec 11, 2019—9:30 to 11:30 am	Type 2 Diabetes Tuesday, Jan 7, 2020—1:00 to 4:00 pm
Pre-Diabetes Thursday, Jan 9, 2020—1:00 pm to 4:00 pm	Carb Counting Thursday, Jan 23, 2020—1:00 to 2:00 pm

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.



Community Justice Initiatives (CJI) comes to the Woolwich Community Health Centre with a Restorative Approach

The philosophy behind a community justice approach reaches back to our indigenous peoples and pioneer heritage and echoes the principles of community wellness that Community Health Centres promote. We are pleased to have Julie Schelter from CJI on site at our Health Centre. Julie is also our Hospice Coordinator. The following is the history and services of the current CJI locally.

CJI envisions connected, peaceful communities where all conflict is resolved in a restorative way. We dare to believe that restorative justice should be the first response when responding to individual, community, family and institutional conflict. By applying restorative justice responses, we can address root causes of conflict and harm in our community, creating a lasting, positive impact as people move forward with their lives and relationships.

CJI is a charitable organization known world-wide for starting the first modern restorative justice program to provide an alternative to the criminal justice system. The case that started CJI took place in Elmira ON. In 1974, two intoxicated teenagers embarked on a destructive rampage damaging numerous properties in the quiet town of Elmira, Ontario. Ordinarily, the prospect of prison lay ahead. But a pair of young probation officers had other ideas. They asked the presiding judge, that rather than prison, what if the youths actually met their victims face to face? This, they suggested, would allow the youths to apologize directly to the victims and pay for damages. The judge agreed, the subsequent meetings profoundly impacted both the teenagers and their victims, and Victim Offender Reconciliation Program (VORP) was born.

CJI believes the only limit to the power of restorative justice is the capacity of the human heart to change and grow. Community Justice Initiatives guided by restorative justice principles. CJI addresses conflict and crime by engaging people who cause harm, people affected by the harm, and the community.

CJI's mission is to inspire safe, healthy and peaceful communities, one resolution at a time.

Available Services:

- Mediation and Conflict Resolution**—neighbourhood, workplace or family dialogues to address conflict or have difficult conversations with each other
- Support for People Impacted by Sexual Trauma**—peer support groups and facilitated dialogue for survivors, people who have offended and partners and family
- Integration Circles**—new Canadian youth, support for people in prison or returning to community
- Family and Youth Services**—conflict coaching, mediation and elder care conflict

For more information contact Julie Schelter at 519-744-6549, ext. 209 or email at julies@cjiwr.com

WCHC currently has two volunteer opportunities available

Provide childcare at WCHC St. Jacobs site during the H.U.G.S. program.

- The H.U.G.S. program runs on the 2nd & 4th Tuesday of every month in the morning.

For more information, please call Heidi at 519-664-3794, ext. 237.



Data entry and reception support.

- Flexible hours providing data entry and clerical support to the reception team at the St. Jacobs site.

For more information, please call Debbie at 519-664-3794, ext. 291.

Recent Staff Changes ...

Lynda Kohler, Community Health Program Coordinator accepted a position with Thresholds Homes & Supports as the ACT Team Manager in April. We miss you, Lynda.

Gloria Johnston, Receptionist at Linwood NP office retired in April. Congratulations, Gloria we hope you enjoy your retirement.

A Fond Farewell

After 28 years at Woolwich Community Health Centre it is time to retire! It has been a blessing to have had the opportunity to work here and within this community. So many of you have reached out to volunteer on numerous initiatives over the years through your involvement in Woolwich Healthy Communities, organizing our mental wellbeing and health education sessions, Health Fairs, our library, fitness classes and senior's initiatives. I have had the privilege to witness the depth of your commitment to the wellbeing of this community and the time and energy you have invested. I will miss this remarkably caring community and the depth of collegiality, kindness and good will. Thanks for all of your support over the years.

With deep gratitude and best wishes,

Joy Finney, Health Promoter

"Somebody
should do
something."



A Community Keynote
with **Doug Griffiths**

Author of *13 Ways to Kill Your Community*

I am
somebody.



Woolwich
**Healthy
Communities**

Please join us on for this **FREE** event:

Thursday, November 14, 2019

at Elmira District Secondary School at 6:30pm - 9pm

**to start the conversation about
creating a thriving, connected community
in Woolwich Township.**

Why **YOU** need to be here.

- Keynote: Doug Griffiths
- Community Group Booths
- Community Assessment
- Q&A Discussion
- Community Input
- Refreshments

Complete information available online:

www.healthywoolwich.org

Our Partners: Woolwich Community Health Centre,
Woolwich Community Services, Elmira District
Secondary School and Parent Council, Woolwich Township

We gratefully acknowledge our Funding Partners:



The Woolwich
Community Fund



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: www.regionofwaterloo.ca/en/health-and-wellness/travel-vaccines.aspx

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.

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 2 weeks before each session starts.

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

Completed forms and payments can be left 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	September 10—October 29, 2019	8 classes for \$64.00
	November 5—December 17, 2019	7 classes for \$56.00
	January 7—March 10, 2020	10 classes for \$80.00
Thursday 5:45—6:45 pm	September 12—October 31, 2019	8 classes for \$64.00
	November 7—December 19, 2019	7 classes for \$56.00
	January 9—March 12, 2020	10 classes for \$80.00

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 9—November 1, 2019	23 classes for \$115.00 based on 3 classes / wk
	November 4 — December 20, 2019	21 classes for \$105.00 based on 3 classes / wk
	January 6—March 13, 2020	29 classes for \$145.00 based on 3 classes / wk

Step & Tone: A high energy aerobic class combining the cardio effects of step aerobics with the toning effect of body conditioning. This full body cardio workout builds stamina, tones and shapes legs and glutes and will make you feel uplifted.

Thursday 7:00—8:00 pm	September 12—October 31, 2019	8 classes for \$40.00
	November 7—December 19, 2019	7 classes for \$35.00
	January 9—March 12, 2020	10 classes for \$50.00

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

Tuesday and Thursday 9:00—10:00 am	September 10—October 31, 2019	16 classes for \$80.00
	November 5—December 19, 2019	14 classes for \$70.00
	January 7—March 12, 2020	20 classes for \$100.00

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 10—October 29, 2019	8 classes for \$32.00
	November 5—December 17, 2019	7 classes for \$28.00
	January 7—March 10, 2020	10 classes for \$40.00
Thursday (Beginner Level) 10:15—11:15 am (No lying down)	September 12—October 31, 2019	8 classes for \$32.00
	November 7—December 19, 2019	7 classes for \$28.00
	January 9—March 12, 2020	10 classes for \$40.00

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

Monday 5:45—6:45 pm	September 9—October 28, 2019	7 classes for \$28.00
	November 4— December 16, 2019	7 classes for \$28.00
	January 6—March 9, 2020	9 classes for \$36.00

Fitness Classes continued

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

Monday 12:10—12:50 pm	September 9—October 28, 2019	7 classes for \$35.00
	November 4—December 16, 2019	7 classes for \$35.00
	January 6—March 9, 2020	9 classes for \$45.00

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

Tuesday 11:30 am—12:30 pm	September 10—October 29, 2019	8 classes for \$32.00
	November 5—December 17, 2019	7 classes for \$28.00
	January 7—March 10, 2020	10 classes for \$40.00

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 9—October 28, 2019	7 classes for \$28.00
	November 4—December 16, 2019	7 classes for \$28.00
	January 6—March 9, 2020	9 classes for \$36.00

Wednesday Morning 10:30—11:30 am	September 11—October 30, 2019	8 classes for \$32.00
	November 6—December 18, 2019	7 classes for \$28.00
	January 8—March 11, 2020	10 classes for \$40.00

Friday Morning 10:15—11:15 am	September 13—November 1, 2019	8 classes for \$32.00
	November 8—December 20, 2019	7 classes for \$28.00
	January 10—March 13, 2020	10 classes for \$40.00

FIT (Full-body Interval Training): Build total-body strength, improve cardio conditioning & tighten the core. The class is boot camp style. This is a higher intensity class.

Monday Evening 7:00—8:00 pm	September 9—October 28, 2019	7 classes for \$35.00
	November 4—December 16, 2019	7 classes for \$35.00
	January 6—March 9, 2020	9 classes for \$45.00

Pilates: Exercise focused on the core postural muscles providing support for the spine. (STOTT Pilates®)

Tuesday (Beginner Level ... progressing) 5:30—6:30 pm	September 10—October 29, 2019	8 classes for \$64.00
	November 5—December 17, 2019	7 classes for \$56.00
	January 7—March 10, 2020	10 classes for \$80.00

Thursday (Intermediate Level) 1:00—2:00 pm	September 12—October 31, 2019	8 classes for \$64.00
	November 7—December 19, 2019	7 classes for \$56.00
	January 9—March 12, 2020	10 classes for \$80.00



Essential Pilates Mat 1—Learn the 5 basic principles of STOTT Pilates®. This class is suitable for those who have been inactive, coming off an injury or just new to Pilates mat class. This series will help participants build core strength & stability along with flexibility & mind-body awareness.

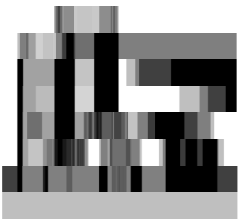
Thursday 12:00—12:50 pm	September 12—October 31, 2019	8 classes for \$64.00
	November 7—December 19, 2019	7 classes for \$56.00
	January 9—March 12, 2020	10 classes for \$80.00

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 13 for dates and fees.



Most people working at an “off farm job” can understand this concept. There needs to be some time given to personal relaxation, time to spend with family and friends, and time to just do something that is fun! However, on a working farm this is very difficult to do. There is always some work that needs to be done and farmers don’t work on a 9 to 5 time schedule with weekends and statutory holidays off!

“Most of us spend too much time on what is urgent and not enough time on what is important.” Stephen R. Covey

On a farm there is always something that is “urgent”. Calves are being born, cows need to be milked and fed, pigs need to be sorted and shipped to market, crops need to be planted and harvested and the hay needs to be baled before the next rain! How can there be enough time to do everything that is “urgent” and still have enough time and energy to do the “important” stuff?

As we age we begin to realize that time cannot be reversed. Those days when the children were young and wanted their parent’s attention will never come again! The memories that were not made because mom and dad were too busy cannot be done over.



Often we find that parents will take their children with them as they work on the farm. This gives them some time to spend together and teaches the younger generation the joy of living on a farm and the “circle of life” that constantly happens. However, this sometimes puts the child into a dangerous situation and unfortunate injuries occur that can devastate a family.

Creating a positive work / life balance takes some planning. Switching weekends off with a neighbour or family member can allow for some free time without chores to do. Certain times of the year are less busy, so taking some time off during those periods can also give the family something to look forward to. A

quiet hour or two under the shade of the tree in the backyard or on the front porch will help to reinvigorate a tired farmer. Bodies and minds need a break to avoid negative health issues, both physical and mental.

Decide what is “urgent” and what is most “important” to you and try to find the proper balance between both. At the end of the day you don’t only want to be remembered for all the work and achievements that were accomplished in a lifetime but also for the relationships and positive memories that were created.

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.

Important Client Information!

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.



Greetings from the Board

On behalf of the Board of the Woolwich Community Health Centre (WCHC), I would like to thank recently retired Past Chair Richard Gerson for his many contributions to the governance of our health centre and at the provincial level with our representative body the Alliance for Healthier Communities. We also said farewell to Samantha Meyer and thank her for her gracious service. In addition I would also like to extend a warm welcome to our newest Directors – Graham Strong and Connie Wightman. Our 2019-20 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 which we know will be needed during these changing times.

Significant work completed in 2018-19 included:

- Along with 15 partners, we supported Wellbeing Waterloo's regional wellness survey
- Securing several large grants to support Low German and disadvantaged Rural Youth, specifically a \$240,600 Ontario Trillium Foundation grant (2018-2021) and a \$340,000 Lyle S. Hallman grant 2019-2020 (along with 3 other rural partners)
- Transforming our website for a more modern look and improved usability
- Transitioning to a new Electronic Medical Record – PS Suites, improving our IT infrastructure to support this new system and exploring virtual ways to provide care to our clients
- Holding our first Amish/Old Order Mennonite Women's Health Day
- Supporting the development of the KW4 Ontario Health Team and responding to the governments' health transformation agenda

Our Board extends special thanks to our staff and many volunteers who continue to support our excellent programs and services and help us to keep a finger on the pulse of change, which encourages us to keep our services relevant and vibrant.

Our Board thanks the community served by WCHC for your continued support. We truly value your support and welcome your feedback. In the coming year we look forward to building on the work of Wellbeing Waterloo and our own local Rural Wellness survey as we embark on refreshing our strategic plan in 2020.

Greg Smith
Board Chair

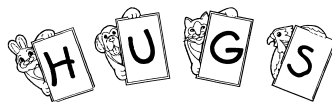
Introducing the 2019-2020 WCHC BOARD OF DIRECTORS		
Greg Smith—Chair	Mike Hribar—Vice Chair	Lisa Wilz—Treasurer
Valerie Healy—Secretary	Taposhi Batabyal—Director	Karen Doerner—Director
Nathan Lee—Director	Chris Martin—Director	Graham Strong—Director
Sue Wideman—Director	Connie Wightman—Director	Kan Chhatwal—Officer at Large

Thank you for the Warm Welcome

I have been so delighted by the warmth and generosity of support from staff, volunteers and the community as a whole since my arrival in August 2018. This is a special organization in a special community and I could not be more thrilled to be a part of such a welcoming place. We have a great track record of supporting the community and of growing when opportunities arise.

I hope as the Townships continue to grow we can take advantage of the governments' transformation agenda to further serve the rural communities, particularly during this time of change in many of the other sectors of government. Staying focused, flexible and supporting each other across sectors are great assets of rural community organizations. We will certainly continue to rely on these strengths.

Rosslyn Bentley
Executive Director



HHealth **U**nderstanding **G**rowth **S**haring

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 Pediatric 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. For more information, call Heidi at 519-664-3794 ext. 237.

Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs

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

September 10, 2019	NUTRITION , healthy lunches and snacks, Tiffany Krahn, Registered Dietitian
September 24, 2019	BABY MASSAGE , hands on demonstration, Erin Clark, Registered Massage Therapist
October 8, 2019	WHEN TO SEE YOUR HEALTH CARE PROVIDER , Chris Tofflemire, Nurse Practitioner
October 22, 2019	HOW PARENTS CAN MODEL POSITIVE MENTAL HEALTH , Sid Bater, Social Worker
November 12, 2019	SLEEP TRAINING FOR BABY AND PARENTS , Meaghan Strauss, Sleep Consultant
November 26, 2019	PELVIC HEALTH , June Williamson, Physiotherapist. (We will also have a clothing exchange)
December 10, 2019	VISIT WITH SANTA , individual time with each family
December 24, 2019	WISHING YOUR FAMILY A MERRY CHRISTMAS , no HUGS today
January 14, 2020	GETTING READY FOR KINDERGARTEN , information provided by a teacher
January 28, 2020	FIRST AID FOR PARENTS , Alan Hawes, St. John Ambulance

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 On Program in the room next door.



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

September 25, 2019	HEALTHY LUNCHES AND SNACKS FOR CHILDREN , Tiffany Krahn, Registered Dietitian
October 23, 2019	TEACHING YOUR CHILDREN PROPER DENTAL HYGIENE , Julie Wilson, Dental Hygienist
November 27, 2019	WHEN TO SEE YOUR HEALTH CARE PROVIDER , Chris Tofflemire, Nurse Practitioner
December 25, 2019	WISHING YOUR FAMILY A MERRY CHRISTMAS , no HUGS today
January 22, 2020	PROPER POSTURE AND BACK HEALTH , Bernadette Vanspall, Physiotherapist



Happy Retirement Dr. Luscott! Welcome Dr. Rudd

Dr. Kathleen Luscott will be retiring from the Wellesley Township Community Health Centre on August 15th, 2019 after over 13 years of providing inclusive & compassionate care to patients. Her integrity and commitment to doing what is best for her patients and staff alike will be missed by all. As she enters this phase in life, we wish her all the best!

The Woolwich Community Health Centre is very pleased to announce that Dr. Tim Rudd will be taking over the care of Dr. Luscott's patients. Dr. Rudd has previously worked at the Wellesley site first as a resident and then providing locum coverage. Welcome Dr. Rudd!

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.**

Please register up to 2 weeks 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 13—November 1, 2019	8 classes for \$32.00
	November 8—December 20, 2019	7 classes for \$28.00
	January 10—March 13, 2020	10 classes for \$40.00

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

Fridays 1:00—2:00 pm	September 13—November 1, 2019	8 classes for \$32.00
	November 8—December 20, 2019	7 classes for \$28.00
	January 10—March 13, 2020	10 classes for \$40.00

Seniors Autumn Social—FREE LUNCH

The Wellesley Youth Advisory Council (W.Y.A.C) is offering a **FREE lunch** for Wellesley Township Seniors on Saturday, September 14, 2019 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 September 6, 2019.



Jr. Wellesley Youth Advisory Council

Have you heard about the Wellesley Youth Advisory Council? Do you think you are too young to join in? Fortunately, a new Jr. Wellesley Youth Advisory Council is being formed and we are looking for those in grade 6-8! We will be looking to build leadership and social skills, strengthen an individual's resiliency, and promote positive mental and physical health. We will also help the Wellesley Youth Advisory Council run some of the events that they lead throughout the year! For more information please contact Drew Ballak at (519) 656-9025 ext. 222 or email: aballak@wchc.on.ca.

Wellesley Youth Advisory Council

Are you a Wellesley Township youth in Grade 9-12 who is interested in getting more involved in your community and local decision making? Would you like to get your high school volunteer hours? We are currently recruiting for the youth council in Wellesley Township. This is an exciting opportunity where you can meet regularly with a group of your peers to get involved, be a leader, and make a positive impact in your community! The best part? Free food! If you're interested, we'd love to hear from you! For more information please contact Lisa Parker at (519) 656-9025 ext. 224 or email: lparker@wchc.on.ca.

Dental Corner provided by



Dr. Anu Seoni and
Dr. Mira Nusaputra

Welcome to the Dental Corner! We are excited to provide you and your family with articles that are related to your oral health. Did you know that your oral health has a direct and indirect impact on your overall general health?

Neglected cavities can become painful toothaches and infection that can spread to the rest of your body. Unhealthy gums can cause bone loss and bad breath. When left untreated, moderate and advanced forms of gum disease (periodontitis) will cause tooth loss. Periodontitis is also linked to other health problems such as cardiovascular disease, respiratory diseases, type 2 diabetes, and pre-term birth / low birth weight. All in all, poor oral health can adversely affect your quality of life.

Our role as dental health care professionals is to ensure that your oral health is part of your overall health. Dental corner will provide you with up-to-date information from the Ontario Dental Association so that you and your family can be healthy and have a long-lasting smile!

We invite you to join us in our dental family's journey to a healthy smile. Reach us at 519-664-2434 or email us at info@stjacobsdentalcare.ca

Your Team at St. Jacobs Dental Care

Do you need to floss?

Yes! It helps to attain and maintain your oral health

What causes tooth decay?

Tooth decay happens when the bacteria in plaque feeds on the sugar in our diet to produce acid that can cause cavities. If food debris or plaque is left undisturbed for even a few hours, the tooth decay process will begin. Beneath the hard, outer enamel surface is where the breakdown of the tooth happens – and you can't see it.



What causes gum disease?

Gum disease affects the gums and supporting structures of your teeth and is the leading cause of tooth loss in adults. Plaque accumulates on your teeth but can be controlled by proper brushing and flossing. If not removed regularly, plaque can harden into tartar or calculus. The tartar coats and sticks to teeth and roots, allowing more plaque and bacteria to adhere to the teeth. If not treated, it can cause irreversible damage to the gums and bone surrounding the teeth.

Where do tooth decay and gum disease occur?

Tooth decay and gum disease occurs anywhere food debris and plaque accumulate. The ideal spot is between teeth since it is difficult for toothbrush bristles to remove any of the debris. That is why flossing or other interdental cleaners are the best ways to remove plaque and food debris.

What evidence is there to prove that flossing works?

Dentists see lower rates of tooth decay and healthier gum tissue in patients who use floss or other methods to remove food debris and plaque between teeth.

Have there been well conducted clinical trials to validate this?

Clinical trials to prove the efficacy of flossing are very difficult, lengthy and expensive to conduct. Trials comparing patients who floss to those who don't run the risk of exposing the control group to situations where they would get tooth decay and gum disease. We know from lab studies how tooth decay is created and how to prevent it. We only need to look at how effective each method is in removing plaque and food debris.

What do we recommend: brushing and cleaning between your teeth?

We will continue to recommend brushing your teeth twice a day (first thing in the morning, last thing at night) with fluoridated toothpaste for at least two minutes at a time. Remove food debris and plaque between teeth with floss, a dental pick prethreaded flosser, tiny brushes that reach between the teeth, water flosser or wooden plaque remover.

Footnote: Do you need to Floss? is an article produced by the Ontario Dental Association used with permission.

Dental Jokes

A guy goes to visit his grandmother and he brings his friend with him. While he's talking to his grandmother, his friend starts eating the peanuts on the coffee table, and finishes them off.

As they're leaving, his friend says to his grandmother, "Thanks for the peanuts." She says, "Yeah, since I lost my dentures I can only suck the chocolate off 'em."



A little boy was taken to the dentist where he was told that he had a cavity that would have to be filled. "Now, young man," asked the dentist, "What kind of filling would you like for that carious tooth?"

"Chocolate, please," replied the young kid.

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.....8:00am – 5:00pm
Friday.....8:00am – 12:00pm

Our Team

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

Additional Services

10 Parkside Dr.

St. Jacobs Dental Care **Accepting New Patients** **and Emergencies**

Dr. Mira Nusaputra, 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

Important Information for all Program Participants and Clients of Woolwich Community Health Centre and Wellesley Township Community Health Centre?

Why do we collect demographic information?

The Woolwich Community Health Centre's vision is to be part of an active, vital community whose residents enjoy optimal health and well-being in all aspects. We strive to offer our rural community culturally sensitive programs and services through primary health care, illness prevention and health promotion that is equitable to all.

In order to do that successfully, we need to know our community. We collect information from our clients and program participants so that we can identify inequities in health outcomes. Once demographic data is used to identify and report inequities, we can use that data to develop evidence-based programs and interventions to improve health outcomes.

What is health equity?

"Health equity is the ideal state in which all people are able to reach their full health potential and receive high quality care that is fair and appropriate from each person's perspective, no matter where they live, who they are, or what they have." (Health Quality Ontario, 2016)

Health equity research in Canada tells us that: "Equity-relevant variables such as income and race matter more than health behaviour in determining Canadians' health outcomes". Health equity is about meeting patient and client needs while minimizing any avoidable differential outcomes based on individual characteristics.

Ensuring health equity in health care means collecting patient and client-level demographic data. This first step will give WCHC a comprehensive picture of the community we serve and the characteristics of patients and clients. When done properly, demographic data will serve as "a fundamental building block" for identifying health inequities and gaps in quality of care.

When you are asked to complete the client demographic information form, please take the time to complete it and help us address special patient/client needs based on language, disability, and other factors, and develop programs to target populations disproportionately suffering from adverse health outcomes.

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	9:00 a.m. - 5:00 p.m.
Friday	9:00 a.m. - 5:00 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.