



**Woolwich Community
HEALTH CENTRE**

and **Wellesley Township
COMMUNITY HEALTH CENTRE**

UPDATE

*"growing toward a
healthier tomorrow"*

Rural Child Wellbeing Project—improved services for rural children aged 6 to 12

Calling all families and children aged 6 to 12 years – have we got news for you! Woolwich Community Health Centre is excited to announce funding for two years from the Lyle S. Hallman Foundation to start a new project focused on improving the wellbeing of children ages 6 to 12 years. In partnership with Woolwich Community Services, Wilmot Family Resource Centre and Langs, we will work together to build on connections and expand current offerings to support children and parents living in the rural townships who may experience barriers to accessing typical social and recreational programming.

Why rural? Local and international research shows rural families face many challenges including stigma, transportation, isolation, poverty, and lack of service offerings. Rural children and youth are often only able to access organized sports and very few other services. Limited resources and opportunities at these early stages in life, means rural children and youth face challenges to their development, often achieving poorer health outcomes than their urban peers.



Why now? The Rural Youth and Young Adult Assessment describes the four rural townships of Waterloo Region as growing faster than the urban cities. The population growth shows an increased number of children aged 0-14 in the 2016 census data. The Region of Waterloo population of children 0-14 years is 17.8%, Wellesley Township has 26.6% and Woolwich 21.1%. Community agencies report it is hard to maintain services to match the growth and as competition for public resources increases there is pressure to offer programs in areas of higher population density where program uptake is easier.

Why is this needed? The Rural Youth and Young Adult Assessment identifies that youth self-reported poorer mental health than the Ontario comparator

and 14.1% of rural youth reported having seriously thought about suicide. Contributing factors that youth identified include difficulty accessing services, not reaching out for help due to stigma, and transportation. Earlier interventions, targeted programming and offering support to parents as well as children are all factors that can change opportunities and outcomes.

What can you do? As we develop the project, we will recruit outreach workers to complete a picture of what's offered now and what other partners can work together to offer, such as social and recreational programming after school, on PD Days, holidays and educational events. We will also be looking for youth volunteers to help develop and then support running programs which cultivate leadership skills that can foster potential career options for older youth, opportunities also lacking in rural areas.

Let us know if you have any ideas of activities, partners, or programs you like and wish were offered locally by going on our web site at www.wchc.on.ca or emailing us at ruralchildwellbeing@wchc.on.ca. Stay tuned for more updates as we begin this thrilling work in 2019!

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FSC Logo



Vol. 33 Spring 2019



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
Heart Healthy Eating Do you have diabetes, high blood pressure, or high cholesterol? Learn ways to improve your overall health and reduce your risk of heart disease. Facilitated by Registered Dietitian and Certified Diabetes Educator, Karen Reitzel.	4 sessions are being offered. February 14, 1:00—3:00, April 23, 1:30—3:30, June 19, 9:30—11:30, August 15, 5:30—7:30	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794, ext. 239
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 	Thursday evenings, February 21, 28, March 7 & 21, 2019 6:00 pm—8:00 pm	Heidelberg Community Centre 2915 Lobsinger Line Heidelberg For information or to register call, 1-866-337-3318 or visit www.wellselfmanagement.ca
Seeing Changes in an Older Adult Could it be medication side effects, early signs of dementia, delirium, stress or depression? Facilitated by Dr. Aleem Adatia, MD at WCHC.	Tuesday, February 26, 2019 1:30 pm to 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”. 	2 sessions are being offered. Monday, March 4, 2019 or Monday, June 3, 2019 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
Wondering what to do about your Low Back Pain? This 2-week workshop looks at pain management strategies and how to do things without hurting so much. Presented by Minto Mapleton Family Health Team using Ontario Telemedicine Network (OTN).	Thursdays, March 21 and 28, 2019 1:30 pm to 3:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Back and Neck Sparing In this 4 week interactive class you will have the opportunity to: <ul style="list-style-type: none"> Develop skills to increase your body and breath awareness. Identify activities that increase or decrease your discomfort. Reduce strain on your spine while doing your daily activities. Pace and modify activities/movements to minimize pain. Explore the complexity of pain. Facilitated by Bernadette, Physiotherapist and Joy, Health Promoter.	Fridays, March 22, 29, April 5, 12, 2019 10:00 am—12:00 noon	WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Space is limited!
Pelvic Health and Bladder Changes with Aging Facilitated by Beth Albert Halford, Physiotherapist, KW Pelvic Health.	Tuesday, March 26, 2019 1:30 pm to 2:30 pm	WCHC 10 Parkside Dr., St. Jacobs No registration required
Hearing Aid Information Session A free two-hour session on: <ul style="list-style-type: none"> Understanding hearing health & communication. What to expect from a hearing test. Hearing aid technology. Hearing screening. Communication devices. 	Monday, April 1, 2019 2:00 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Seating is limited

Class Description	Date/Time	Location
Hearing Help Class This 4 week Canadian Hearing Society workshop provides information on <i>hearing loss, speech reading, communication strategies, coping with difficult listening situations, communication devices</i> . Hearing help classes can improve communication with family and friends and help you stay involved in your favourite activities. Participants are encouraged to attend with a family member.	Mondays April 8, 15, 29 & May 6, 2019 2:00 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Medical and Recreational Cannabis Exploring the health effects, risk reduction and legislation. Presented by Karen Haughey, Public Health Nurse, Region of Waterloo Public Health and Bethany Heintz, RPN at WCHC.	Tuesday, April 9, 2019 1:30 pm to 2:30 pm	WCHC 10 Parkside Dr., St. Jacobs. No registration required
The Mindful Way through Stress, Anxiety and Depression Mindfulness has been found to enhance wellbeing, stability of attention, emotional regulation, resiliency and bring many physical health benefits. This 8-week course is an opportunity for you to explore your unique physical, cognitive and emotional response to stress, anxiety and low mood; drawing insight from the neurobiology of mindfulness and the psychology of shifting habitual reactions and patterns. Learn mindfulness practices including: <ul style="list-style-type: none"> Breath awareness Body awareness Meditation Mindfulness in daily life  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, and Sue Arai, Psychotherapist, Dipl TIRP, PhD.	Orientation— Thurs., April 11, 2019 1:30 pm—3:00 pm Course runs on Thursdays, April 18 to June 6, 2019 1:30 pm—4:00 pm <i>Retreat: Saturday, May 25, 2019 9:30 am—3:30 pm (The retreat is open to past participants. To register for the retreat, call Joy by May 17th.)</i>	WCHC 10 Parkside Dr., St. Jacobs To register , call Joy Finney at 519-664-3534 ext. 230 by March 21, 2019. 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.
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. Meant for people living with Alzheimer's disease and other dementias, and their care partners; also open to the general public. No charge for registration—donations to Alzheimer Society appreciated.	Monday, April 15, 2019 10:00 am—12:00 pm	WCHC 10 Parkside Dr., St. Jacobs Registration required by April 8, 2019. To register , call the Alzheimer Society at 519-742-1422
Spring into Action! Join Katie, Physio Aide & Bernadette, Physiotherapist to explore ways you can get your body ready for spring: <i>Gardening, Potting, Planting, Digging & Yard Work!</i> Learn ways to prevent injuries by being aware of your posture, using your joints & muscles well, & trying various joint friendly tools.	Thursday, April 18, 2019 1:00 pm —3:00 pm	WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
The Aging Eye What's Normal, What's Not? Facilitated by Dr. Kan Chhatwal, Retired Optometrist.	Tuesday, April 23, 2019 1:30 pm to 2:30 pm	WCHC 10 Parkside Dr., St. Jacobs. No registration required
Practical Skills to Live Well as We Age <ul style="list-style-type: none"> How to move through the day building bone & muscle strength. Learn ways to prevent/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, Physiotherapist, and Joy Finney, Health Promoter.	Fridays, April 26, May 3, 10, 17, 24 & 31, 2019 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

Health and Wellness cont'd

Class Description	Date/Time	Location
Men's Cooking Classes Learn how to cook simple dishes that you can make at home. Socialize with other men in the community as you learn how to follow recipes, learn cooking skills and gain confidence in the kitchen. Food will be prepared and sampled by the group at each session.	You are welcome to attend one or both sessions. Fridays, April 26, May 10, 2019 1:00 pm—3:30 pm	WCHC 10 Parkside Dr., St. Jacobs Registration required 1 week prior , call 519-664-3794 or 519-656-9025
Chronic Pain Do you live with ongoing Neck or Back Pain? Other Chronic Pain? This 6-week self management program includes: <ul style="list-style-type: none"> Exercises for maintaining and improving strength and flexibility. Techniques to deal with stress, tension, anger, and depression. Use of pain medications and treatments. 	Thursdays, May 9 to June 13, 2019 1:00 pm—3:30 pm	Heidelberg Community Centre 2915 Lobsinger Line Heidelberg For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Dizziness and Balance Issues as We Age Facilitated by Gaetan Agerholm, Physiotherapist, VOR Vestibular and Orthopaedic Rehabilitation.	Tuesday, May 28, 2019 1:30 pm to 2:30 pm	WCHC 10 Parkside Dr., St. Jacobs No registration required

Mental Wellbeing: Support for You and Your Family

The following sessions are held at Woolwich Community Health Centre, 10 Parkside Dr., St. Jacobs.
To register, call 519-664-3794 or 519-656-9025. **Registration appreciated but not required.**



Class Description	Date/Time
Deepening Relationships through Compassionate Listening If you attended the Compassionate Listening workshops in April or November 2018, this workshop offers you the opportunity to practice your listening skills in a safe setting, learn to listen for another person's meaning, and check your coping stances in response to the meaning. Facilitated by Janelle Glick, Masters Student in Spiritual Care and Psychotherapy.	Tuesday, February 5, 2019 6:30 pm—8:30 pm
How to have a Conversation with a Loved One about Depression Sometimes we just don't know what to say or do. Join us for an evening focusing on how to start a conversation and be supportive when a family member or friend is struggling. Facilitated by Laura McShane, Coordinator—Mental Health Promotion and Education, CMHA—Waterloo Wellington.	Thursday, February 28, 2019 6:30 pm—8:30 pm
Seeing Changes in an Older Adult Could it be medication side effects, early signs of dementia, delirium, stress or depression? Presented by Dr. Aleem Adatia, MD at WCHC.	Tuesday, March 5, 2019 6:30 pm—7:30 pm
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. Facilitated by Cairine Domzella, Counsellor, WCHC.	Tuesday, March 19, 2019 6:30 pm—9:30 pm <div>Donation of \$10 for workbook</div>
Learning Compassion for Ourselves Self compassion is the practice of valuing our one life and the opportunities we are given as well as learning to accept our human limitations. Join us to learn how self compassion opens up the experience of shared love and peace in community. Facilitated by Janelle Glick, Masters Student in Spiritual Care and Psychotherapy.	Tuesday, April 16, 2019 6:30 pm—8:30 pm
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.	Monday, April 29, 2019 6:30 pm—8:30 pm
Start the Conversation about Cannabis with your Children Explore why they try it & continue to use it, the health impacts, signs of addiction, legislation & where to turn for help. Facilitated by Ruth Cordukes, Public Health Nurse, Region of Waterloo Public Health and Bethany Heintz, RPN at WCHC.	Tuesday, May 7, 2019 6:30 pm—8:30 pm

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

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 cmhawselfhelp.ca/events or call Brenda at 519-570-4595 ext. 4061.

Depression, Anxiety & Hope Peer Support Group meets on Tuesday evenings, 7:00—8:30 pm
Supporting the Supporter Group meets alternating Wednesday evenings, 7:00—8:30 pm



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: WCHC, St. Jacobs—Registration forms can be picked up in the waiting room. Completed forms and payments can be dropped in the mailbox under the television in the main waiting room.

Please register up to 2 weeks before each session starts.

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	March 19—May 7, 2019	8 classes for \$64.00
	May 14—June 25, 2019	7 classes for \$56.00
Thursday 5:45—6:45 pm	March 21—May 9, 2019	8 classes for \$64.00
	May 16—June 27, 2019	7 classes for \$56.00
	July 4—July 25, 2019	4 classes for \$32.00

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/week	March 18—May 10, 2019	23 classes for \$115.00 based on 3 classes / wk
	May 13 — June 28, 2019	20 classes for \$100.00 based on 3 classes / wk
	July 3—July 31, 2019	13 classes for \$65.00 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 gluteus and will make you feel uplifted.

Thursday 7:00—8:00 pm	March 21—May 9, 2019	8 classes for \$40.00
	May 16—June 27, 2019	7 classes for \$35.00
	July 4—July 25, 2019	4 classes for \$20.00

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

Tuesday and Thursday 9:00—10:00 am	March 19—May 9, 2019	16 classes for \$80.00
	May 14—June 27, 2019	14 classes for \$70.00
	July 2—July 30, 2019	9 classes for \$45.00

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	March 19—May 7, 2019	8 classes for \$32.00
	May 14—June 25, 2019	7 classes for \$28.00
	July 2—July 30, 2019	5 classes for \$20.00
Thursday (Beginner Level) 10:15—11:15 am (No lying down)	March 21—May 9, 2019	8 classes for \$32.00
	May 16—June 27, 2019	7 classes for \$28.00
	July 4—July 25, 2019	4 classes for \$16.00

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

Monday 5:45—6:45 pm	March 18—May 6, 2019	8 classes for \$32.00
	May 13— June 24, 2019	6 classes for \$24.00

Fitness Classes continued

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

Tuesday 11:30 am —12:30 pm	March 19—May 7, 2019	8 classes for \$32.00
	May 14—June 25, 2019	7 classes for \$28.00

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

Monday 12:10—12:50 pm	March 18—May 6, 2019	8 classes for \$40.00
	May 13—June 24, 2019	6 classes for \$30.00

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

Thursday 12:10—12:50 pm	March 21—May 9, 2019	8 classes for \$40.00
	May 16—June 27, 2019	7 classes for \$35.00

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

Monday Morning 10:30—11:30 am	March 18—May 6, 2019	8 classes for \$32.00
	May 13—June 24, 2019	6 classes for \$24.00
	July 8—July 29, 2019	4 classes for \$16.00

Wednesday Morning 10:30—11:30 am	March 20—May 8, 2019	8 classes for \$32.00
	May 15—June 26, 2019	7 classes for \$28.00
	July 3—July 31, 2019	5 classes for \$20.00

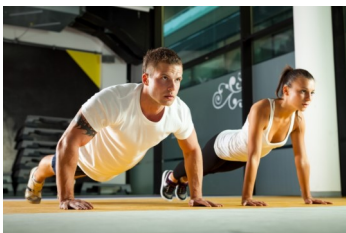
Friday Morning 10:15—11:15 am	March 22—May 10, 2019	7 classes for \$28.00
	May 17—June 28, 2019	7 classes for \$28.00
	July 5—July 26, 2019	4 classes for \$16.00

New Time

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

Tuesday (Beginner Level) 5:30—6:30 pm	March 19—May 7, 2019	8 classes for \$64.00
	May 14—June 25, 2019	7 classes for \$56.00

Thursday (Intermediate Level) 1:00—2:00 pm	March 21—May 9, 2019	8 classes for \$64.00
	May 16—June 27, 2019	7 classes for \$56.00



NEW Program—FIT (Full-body Interval Training)

A full body interval training class designed to build total-body strength, improve cardio conditioning and tighten the core. This one hour class is made up of four sections: Cardio, Lower Body, Upper Body and Core. The class is boot camp-style, meaning the music will be playing but exercises are timed rather than to the beat, so you are encouraged to move at your own pace. This is a higher intensity class, but all exercises can be easily modified for different fitness levels.

Monday 7:00—8:00 pm	March 18—May 6, 2019	8 classes for \$40.00
	May 13—June 24, 2019	6 classes for \$30.00
	July 8—July 29, 2019	4 classes for \$20.00

Fitness Classes at Wellesley Township Community Health Centre

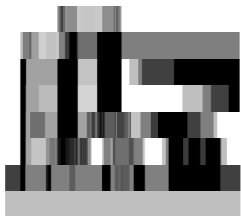
Please see page 11 for dates and fees.

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.

THE FARM COLUMN

Vitamin or Painkiller?



Which one would you identify with?

A vitamin is taken daily over a long period of time with the expectation and hope that it will make us healthier and prolong our life. The effect is not readily noticed and this practice must continue indefinitely to have any long-term effect. It is hard to measure the success of this commitment.

Would you have been this healthy even without taking the vitamin on a daily basis? This would be considered a pro-active approach to good health!

A painkiller is necessary when an injury or illness is acute or becomes chronic. We hope that the result is instant because no one wants to suffer any longer than necessary before there is relief! A cure is often not possible because the injury may be too great. This would be a reactive approach to coping with pain or loss of health.

On the farm we can compare the vitamin to the Personal Protective Equipment that should be worn when doing certain jobs. If this practice is diligently adhered to, the result would be no injuries and a long healthy work life! Guards and shields need to be replaced, constant maintenance should be done and safety rules need to be followed. Safe work practices are a proactive approach to avoiding unnecessary injuries and fatalities. The effect is not immediately visible, but the result is long term good health, both mentally and physically.

If safe farming practices are not implemented the result may be chronic pain, disabilities, time consuming injuries and loss of revenue. Medications are needed to relieve pain, modifications must be made to equipment and lifestyle and the quality of life is changed forever!

Teaching children and workers about farm safety and insisting on safe practices in the home and on the farm we can hopefully identify with the “vitamin” scenario. Although the outcome and success are not instantly measurable the effect will be a long healthy life without injuries or chronic pain.

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.

CAUTION
THIS IS A
WORKING FARM
PLEASE USE COMMON SENSE

JOIN THE WCHC BOARD OF DIRECTORS

Are you interested in the health of our rural community? Do you have knowledge or skills that you would like to contribute to building a healthier Woolwich, Wellesley and north Wilmot Townships? If so, then consider joining the Board of the Woolwich Community Health Centre! Our skills-based Board of Directors plays a critical role in decision-making that impacts the current and future health of our rural community.

WCHC's Nominating Committee is recruiting Board nominees for 2019-20. Board members reflect the community that WCHC serves:

- Residents from across the WCHC catchment area: All of Woolwich Township and Wellesley Township, north part of Wilmot Township, and small areas of Perth County.
- Catchment-area residents with work or volunteer experiences in areas such as health and community services, business, farming, financial management, facilities management, organization and board development, patient safety, or quality of healthcare.
- Catchment-area residents who are representative of, or work with, the priority populations that WCHC serves at its St. Jacobs, Wellesley and Linwood sites: Families with young children (0-6), Rural and farming families, Seniors (60+) and their caregivers, and Youth (14-19 years of age).

Board members do not have to be clients of the health centre. All Board members must be able to attend regular Board meetings on the 4th Monday evening of every month from September to June, and take part in one other Board committee (e.g., Finance, Nominating or Quality Committee). Please call Heather at 519-664-3534, ext. 239 to receive a Board application package. **Applications are due by Friday, March 22, 2019. All interested applicants will be required to attend an orientation session which will be set for early April.** For further information, please contact Rosslyn Bentley, Executive Director, at 519-664-3794.

Woolwich Healthy Communities

Find local information, get involved, build a better community ...

It can all start online.



Find Local Events. Discover Local Projects. Meet Local People.



Introducing our new website:
www.healthywoolwich.org

🎵 The Local Vocals are back! 🎵

Fun-filled evenings of community-building and song!

Join Tony Domzella & Nancy Stayzer at Trinity United Church, Elmira for 8 rehearsals starting Mar 19, 7-8:30 pm with a performance on May 10 at 7 pm. Call Nancy by Mar. 5 at 519-241-4926 to sign up.

Tree Planting

Leave a green legacy!

April 27 & 30, May 1 & 4

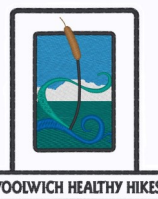


Community Clean Up Day

April 20

8:30 am-noon

Every LITTER bit helps!



Hikes

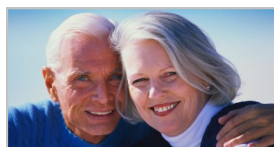
Stay tuned to our website for the 2019 schedule of hikes. Join the Healthy Hikes 100 or 200 km challenge!

Other Ways to Get Involved: There are many ways to be part of Woolwich Healthy Communities all year long. These groups are always looking for participants.

- Clean Waterways Group
- Township of Woolwich Environmental Enhancement Committee (TWECC)
- Woolwich Healthy Communities Coordinating Committee
- Trees for Woolwich
- Woolwich Trails Group
- Woolwich On-road Cycling Group

For more information call Joy at 519-664-3534, ext. 230.

Join Us!



Aging Well in Woolwich Information & Active Living Fair

When: Wednesday, February 13, 2019
9:00 am - 1:30 pm

Where: Calvary United Church,
48 Hawkesville Rd., St. Jacobs

You must register for this event by February 1, 2019
Please call:
519-664-1900 or
toll free 1-855-664-1900

- Speakers
- Information Displays
- Lunch and Snacks
- Door Prizes

This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ontario Seniors' Secretariat.



Check out our website www.wchc.on.ca



Health Understanding Growth Sharing

Are you a parent of a **baby, toddler or preschooler?**

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

February 12, 2019	PARENTING CAN BE "TAXING" , Colleen will help you understand what can be claimed
February 26, 2019	WHEN TO SEE YOUR HEALTH CARE PROVIDER , Nurse Practitioner, Chris
March 12, 2019	TEACHING BABY SIGN LANGUAGE , teaching babies to communicate before they can speak, Penny Wilson
March 26, 2019	BENEFITS OF MUSIC FOR CHILDREN , Wanda from Early-On
April 9, 2019	CAR SEAT SAFETY , what parents need to know
April 23, 2019	PICKLING AND CANNING YOUR PRODUCE , Bethany Heintz, RPN at WCHC
May 14, 2019	FOOD FOR THOUGHT , Dietetic Intern to present
May 28, 2019	BASIC FIRST AID FOR PARENTS , Alan from St. John Ambulance, will demonstrate CPR, choking, burn treatment, etc.
June 11, 2019	WHAT IS OSTEOPATHY? , Inga Bender
June 25, 2019	BEST PLACES TO CHECK OUT THIS SUMMER FOR CHILDREN'S ACTIVITIES
July 9, 2019	PARK DAY , Bolender Park in Elmira—NO CHILDCARE AVAILABLE
July 23, 2019	PARK DAY , St. Jacobs Park—NO CHILDCARE AVAILABLE
August 13, 2019	PARK DAY , Gibson Park in Elmira—NO CHILDCARE AVAILABLE
August 27, 2019	KISSING BRIDGE TRAIL WALK , park in Observer parking lot

Alzheimer Society

WATERLOO WELLINGTON

Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. Participants are asked to bring a filled refillable water bottle to each session.

The 2-hour program runs once a week, for 8 weeks and offers:

- Gentle and easy-to-follow physical activities led by a certified fitness instructor.
- Fun social activities focused on building personal skills.

Pre-registration is required. Please contact the Alzheimer Society by calling 519-742-1422. Suggested donation: \$60.00.

Woolwich Location:

St. Jacobs Evangelical Luther Church
1407 King St. North, St. Jacobs

Dates:

Tuesdays, March 19—May 7, 2019
10:00 am—12:00 pm



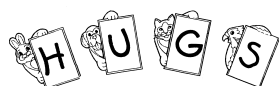
Give your mind and body a boost!

Wellesley Location:

Wilmot Recreation Complex
1291 Nafziger Road, Baden

Dates:

Wednesdays, Mar. 27—May 15, 2019
1:00 pm—3:00 pm



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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

February 27, 2019	SIGN LANGUAGE FOR YOUR CHILDREN , teaching babies to communicate before they can speak, Penny Wilson
March 27, 2019	SELF CARE, TAKE TIME TO REPAIR , Sid Bater, Social Worker at WCHC
April 24, 2019	MYTHS ABOUT AGRICULTURE , Anne will explain some of the terminology used and clarify what it means
May 22, 2019	FIRST AID FOR PARENTS , Alan from St. John Ambulance, will demonstrate CPR, choking, burn treatment, etc.
June 26, 2019	BREASTFEEDING YOUR BABY , trials and triumphs, Bethany Heintz, RPN

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.

	March 22—May 10, 2019	7 classes for \$28.00
Fridays	May 17—June 28, 2019	7 classes for \$28.00
9:15—10:15 am	July 5—July 26, 2019	4 classes for \$16.00

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

	March 22—May 10, 2019	7 classes for \$28.00
Fridays	May 17—June 28, 2019	7 classes for \$28.00
1:00—2:00 pm	July 5—July 26, 2019	4 classes for \$16.00

Volunteers Needed!

Give your gift of time to help adults in your community improve their reading, writing, math or other skills needed for work, learning and life.

Share your talents with adults across **all of Waterloo Region.**

Free Training Provided.

Contact marilena@theliteracygroup.com or call 519-621-7993, ext. 322.



THE LITERACY GROUP

MORE THAN READING

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

Planning for Your Health Care Future



What is advanced care planning?

Your health or personal care situation can change quickly and without warning – no one knows what tomorrow can bring. We cannot always predict if, or when, we may need to rely on others to make health or personal care decisions or when we might be called on to make decisions for someone.

Advanced care planning is about preparing you and your future decision maker(s) for a time when you are not able to make your own health or personal decisions because of your lack of capacity.

In Ontario, advanced care planning involves two steps:

Step 1: Confirming your substitute decision maker (SDM) – either your automatic SDM(s) from the hierarchy or choosing someone to act as your Power of Attorney for Personal Care (a legal document).

Step 2: Having conversations with your SDM(s) and others to share information about what's important to you, your wishes, values and beliefs, and anything else that you think will help your SDM(s) understand how you would like to be cared for. These conversations help to guide your SDM(s) to make healthcare decisions that are based on what you would want for your healthcare when you are not capable of making decisions.

Speak up Ontario is a partnership between Hospice Palliative Care Ontario (HPCO) and the Canadian Hospice Palliative Care Association (CHPCA) which began in 2012. The partnership provides education and Ontario specific tools and resources intended for everyone at any age that may be ready to start advance care planning conversations.

Wondering how to get started?

- Check out our resources for workbooks, videos and other tools at <https://www.speakupontario.ca/>
- Attend a community education session offered at the WCHC. Check our website for session dates in the new year.



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.