



**Woolwich Community  
HEALTH CENTRE**

*and* **Wellesley Township  
COMMUNITY HEALTH CENTRE**

**UPDATE**

*"growing toward a  
healthier tomorrow"*

## Ontario Seniors Dental Care Program

The Ontario Seniors Dental Care Program (OSDCP) was launched in November 2019. This new provincially funded program provides dental services to low income seniors 65 years of age and older who meet program eligibility requirements.

Seniors may be eligible if they:

- Are 65 years or older
- Are a resident of Ontario
- Have an annual net income of \$19,300 or less for a single person, or a combined annual net income of \$32,300 or less for a couple
- Have no access to any other form of dental benefits including private insurance or through government programs such as Ontario Disability Support Program (ODSP), Ontario Works (OW), or the Non-Insured Health Benefit (NIHB).

How to apply:

1. Visit [www.ontario.ca/seniorsdental](http://www.ontario.ca/seniorsdental) to download the form and print it. Or, pick up an application form at the nearest Community Health Centre or Public Health Dental Clinic
  - ⇒ Woolwich Community Health Centre,  
10 Parkside Dr., St. Jacobs
  - ⇒ Wellesley Township Community Health Centre,  
1180 Queens Bush Rd., Wellesley
  - ⇒ Linwood Nurse Practitioner Office,  
3777 Manser Rd., Linwood
  - ⇒ Waterloo Region Public Health,  
99 Regina St. S., Waterloo
2. Complete and sign the application
3. Mail the application to:  
Ministry of Health, Ontario Seniors Dental Care Program,  
Station P, P.O. Box 159, Toronto, ON M5S 2S7

To complete the application, seniors will need:

- A piece of identification
- Their Social Insurance Number (SIN) or Temporary Taxation number
- If the senior has a spouse (married or common-law), their spouse must also include their information on the form, including SIN or Temporary Taxation number, and provide their signature for consent, regardless of their age

The OSDCP Program Administrator (Accerta) is responsible for reviewing applications and determining eligibility. Questions

regarding application turnaround time should be directed to the OSDCP's bilingual (English/French) contact centre, toll-free 1-833-207-4435 or TTY 1-800-855-0511.

Once the application has been approved, a welcome package and dental card will be mailed to the applicant. **To receive OSDCP services in Waterloo Region, the eligible senior must call one of the following Community Health Centres to book an appointment.** The dental card must be presented at the time of the appointment.

The following services are available at Kitchener Downtown Community Health Centre and at Lang's Community Health Centre:

- Check-ups including scaling, fluoride and polishing
- Repairing broken teeth and cavities
- X-rays
- Removing teeth or abnormal tissue (oral surgery)
- Anaesthesia
- Treating infection and pain (endodontic services)
- Treating gum conditions and diseases (periodontal services)
- Dental prosthetics (prosthodontic services), including dentures, will be partially covered

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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 Wellesley Township Community Health Centre (WCHC). We try to offer programs at various locations within the Townships so please ensure you check where the program is being offered.

Class Description	Date/Time	Location
<b>First Foods for Babies</b> Led by a Registered Dietitian, you will learn: <ul style="list-style-type: none"> <li>How to make and store your own baby food.</li> <li>How to introduce solids to your baby's diet.</li> <li>Which foods are best for your baby's age &amp; stage.</li> <li>How to avoid "picky eating" and nurture a "healthy eater".</li> </ul> <i>Babies Welcome!</i>	2 sessions are being offered. Friday, February 7, 2020 or Thursday, May 28, 2020 1:00 pm—2:30 pm	WCHC 10 Parkside Dr., St. Jacobs <b>To register</b> for either class, call 519-664-3794 or 519-656-9025
<b>Dial it Down—Relaxation and Stress Management</b> In these classes you will develop and practice strong skills in releasing body tension, calming and focusing the mind. Techniques are helpful in the self-regulation of headaches, muscle tension, insomnia, pain, anxiety, and panic attacks. Facilitated by Kathy Somers, R.Kin, BCB from the Stress Management and High Performance Clinic.	Mondays, February 24 to March 30, 2020 <i>No Class on March 16</i> 1:30 pm to 2:30 pm	WCHC 10 Parkside Dr., St. Jacobs. <b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wselfmanagement.ca">www.wselfmanagement.ca</a>
No time to attend the 5-week series of Dial it Down? Kathy facilitates a 2-hour version via Ontario Telemedicine Network (OTN).	Thursday, March 19, 2020 6:30 pm—8:30 pm	<b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794
<b>Loneliness:</b> The Impact on Health and Ways to Reach Out and Connect Research shows that reduced social contact, being alone, isolation, & feelings of loneliness have all been associated with a reduced quality of life in people of all ages. Loneliness has been associated with a number of negative outcomes such as poor health, decreased quality of life & life satisfaction. In this session, John Lord, will address the impact of loneliness on our health & the ways to reach out & connect with others to improve our health & quality of life.	Tuesday, February 25, 2020 1:30 pm—3:00 pm	WCHC 10 Parkside Dr., St. Jacobs. <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025
<b>Understanding Seniors Consumers Protection, Rights &amp; Scams</b> Join us to learn more about the following topics and many other similar concerns you may have. <ul style="list-style-type: none"> <li>Protect yourself from common scams and identity theft, and learn what to do if you are a victim.</li> <li>Payday loans, credit reports, debt collection and settlement, including garnishment of seniors' income.</li> <li>Door-to-door sales, and signing a contract.</li> <li>Tenant rights in a retirement home.</li> </ul> Facilitated by Kristen Thompson, Staff Lawyer, Waterloo Region Community Legal Services.	Tuesday, March 3, 2020 1:30 pm to 3:00 pm	WCHC 10 Parkside Dr., St. Jacobs <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025
<b>Chronic Pain</b> 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"> <li>Exercises for maintaining and improving strength and flexibility.</li> <li>Techniques to deal with stress, tension, anger, and depression.</li> <li>Use of pain medications and treatments.</li> </ul>	Fridays, March 20 to May 1, 2020 <i>No Class on April 10</i> 1:00 pm—3:30 pm	WCHC 10 Parkside Dr., St. Jacobs <b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wselfmanagement.ca">www.wselfmanagement.ca</a>
<b>Caring for a Loved One Experiencing Illness</b> Giving care for loved ones is satisfying and challenging. In this session caregivers will gain insight into: <ul style="list-style-type: none"> <li>Coping strategies</li> <li>How to introduce services</li> <li>Tools to help maintain your loved one's independence</li> </ul> Facilitated by Julie Schelter, Hospice Coordinator, WCHC	Thursday, March 26, 2020 6:30 pm to 8:00 pm	WCHC 10 Parkside Dr., St. Jacobs <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025

Class Description	Date/Time	Location
<b>Hearing Help Classes</b> This 4-week workshop provides information on: <ul style="list-style-type: none"> <li>• Hearing health</li> <li>• Communication with family and friends</li> <li>• Coping with difficult listening situations</li> <li>• Coping with the impact of hearing loss</li> </ul> Participants are encouraged to attend with a family member. Facilitated by Joyce Haynes, Canadian Hearing Society	Mondays, March 30 to April 20, 2020  2:00 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>To register</b> , email, gberihun@wchc.on.ca or call, 519-664-3794 or 519-656-9025
<b>Cancer: Thriving and Surviving</b> 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"> <li>• Frustration</li> <li>• Pain and Fatigue</li> <li>• Isolation</li> <li>• Poor Sleep</li> <li>• Relationships</li> <li>• Living with uncertainty</li> </ul>	Thursdays, April 2 to May 7, 2020  1:30 pm —4:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wwselfmanagement.ca">www.wwselfmanagement.ca</a>
<b>Craving Change</b> A 4-week “how to” workshop for changing your relationship with food. <ul style="list-style-type: none"> <li>• Understand why you eat the way you do</li> <li>• Comfort yourself without food</li> <li>• Change your thinking, change your eating</li> </ul>	Tuesdays, April 7—April 28, 2020  9:30 am—11:30 am	Wilmot Recreation Complex 1291 Nafziger Road, Baden  <b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wwselfmanagement.ca">www.wwselfmanagement.ca</a>
<b>Rethinking Aging</b> Where do our negative stereotypes of aging come from? Why do so many of us unquestionably buy into them? Rethinking Aging introduces you to recent scientific research that turns the tables on many of our aging myths and encourages you to examine your own beliefs and expectations about growing old. Listen, learn, and take part in some thought-provoking exercises that examine what it means to be a ‘senior’ in this culture. The workshop encourages you to take charge of your life and design your own unique positive aging plan to create a series of personal bests throughout your lifetime. Facilitated by Jill Simpson, Fitness and Aging Specialist.	Wednesday, April 15, 2020  6:30 pm—8:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>To register</b> , email, gberihun@wchc.on.ca or call, 519-664-3794 or 519-656-9025  
<b>Practical Skills to Live Well as We Age</b> <ul style="list-style-type: none"> <li>• How to move through the day building bone &amp; muscle strength.</li> <li>• Learn ways to prevent/manage aches, pain and muscle stiffness.</li> <li>• Share tips to enhance posture, breath and body awareness, nutrition, sleep and memory.</li> <li>• Build/harness resilience in the face of life’s changes.</li> <li>• Learn about community supports and resources.</li> </ul> A 6-week course facilitated by Bernadette Vanspall, Physiotherapist, and Michelle Smith, RPN, Well Adult Nurse.	Thursdays, April 16—May 21, 2020  10:00 am—12:00 noon  	WCHC—Physiotherapy Clinic 9 Parkside Dr., St. Jacobs  <b>To register</b> , call 519-664-3794 or 519-656-9025  <b>Register early Space is limited</b>
<b>Detoxification for General Health</b> Join us to learn about Naturopathic approaches to cleansing by fasting, nutritional and herbal supplementation. Facilitated by Dr. Raza Shah, Naturopathic Doctor, St. Jacobs Naturopathic Clinic.	Tuesday, April 21, 2020  1:30 pm —3:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>To register</b> , email, gberihun@wchc.on.ca or call, 519-664-3794

## Health and Wellness cont'd

Class Description	Date/Time	Location
<b>Better Sleep</b> Do you have difficulty falling asleep, have a hard time falling back to sleep, or wake up early and can't fall back to sleep? In this 4-week series you will learn the most effective cognitive/behavioural strategies that decrease insomnia. Facilitated by Kathy Somers, R.Kin, BCB from the Stress Management and High Performance Clinic.	Wednesdays, April 22—May 13, 2020  10:00 am—11:00 am	WCHC 10 Parkside Dr., St. Jacobs  <b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wchc.on.ca">www.wchc.on.ca</a>
<b>Spring into Action!</b> Join Laurie Buehler, Physio Assistant & Bernadette Vanspall, Physiotherapist to explore ways you can get your body ready for spring: <i>Gardening, Potting, Planting, Digging &amp; Yard Work!</i> Learn ways to prevent injuries by being aware of your posture, using your joints & muscles effectively, & trying various joint friendly tools.	Wednesday, April 22, 2020  1:00 pm—3:00 pm	WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs  <b>To register</b> , call 519-664-3794 or 519-656-9025
<b>Advance Care Planning: Making your End of Life Wishes Conversations Worth Having</b> —Regardless of a person's age or health status, serious accidents and sudden health changes can happen. Imagine you are unable to make your own healthcare decisions ... who would decide for YOU. Join Hospice of Waterloo Region as we look at health care decision making in Ontario and how Advance Care Planning conversations can help you and your loved ones. Advance Care Planning—the gift you give each other! Facilitated by Lynn Weimer, Hospice of Waterloo Region.	Thursday, April 30, 2020  6:30 pm—8:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025
<b>Hearing Aid Information Session</b> A free two-hour session on: <ul style="list-style-type: none"> <li>• Understanding hearing health &amp; communication</li> <li>• What to expect from a hearing test</li> <li>• Hearing aid technology</li> <li>• Hearing screening</li> <li>• Communication devices</li> </ul>  <b>CHS   SCO</b>   CANADIAN HEARING SOCIETY SOCIÉTÉ CANADIENNE DE L'OÛIE <small>Trusted since 1940   Partenaire de confiance depuis 1940</small>	Monday, May 11, 2020  2:00 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025
<b>Hospice/Palliative Care</b> Please join us to learn about Hospice/Palliative Care services and supports in our area. <ul style="list-style-type: none"> <li>• How to access Hospice</li> <li>• When to introduce Hospice services</li> <li>• What is offered in our community</li> <li>• Information about the new residential Hospice closer to Woolwich and other services offered by Hospice Waterloo.</li> </ul> Facilitated by Julie Schelter, Hospice Coordinator, WCHC	Thursday, May 14, 2020  6:30 pm—8:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025
<b>Men's Cooking Classes</b> 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. Facilitated by Karen Reitzel, Registered Dietitian.	You are welcome to attend one or all 3 sessions. Fridays, May 15, May 22, May 29, 2020  1:00 pm—3:30 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>Registration required 1 week prior</b> , call 519-664-3794 or 519-656-9025
<b>Dementia Overview</b> 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.	Tuesday, June 9, 2020  1:00 pm—3:00 pm	WCHC 10 Parkside Dr., St. Jacobs  <b>Registration required by June 2, 2020.</b>  <b>To register</b> , call the Alzheimer Society at 519-742-1422



# 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**, email, [gberihun@wchc.on.ca](mailto:gberihun@wchc.on.ca) or call 519-664-3794 or 519-656-9025.

Class Description	Date/Time
<b>Seasonal Affective Disorder (SAD)</b> Join us to learn signs and symptoms of Depression and Seasonal Affective Disorder during the winter season. We will discuss strategies for coping, and how to say “no” if you just aren’t up for socializing. We will be enjoying dinner and conversation prior to the presentation, therefore, <b>registration is required</b> . This event is funded through the Canadian Mental Health Association—Waterloo Wellington and the Family Initiatives Project funding. Facilitated by Laura McShane, Canadian Mental Health Association (CMHA). <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call 519-664-3794 or 519-656-9025	Tuesday, February 18, 2020 5:45 pm—8:30 pm <b>Register by February 11</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call 519-664-3794 or 519-656-9025
<b>Is there someone in your life who is struggling with Anxiety and Depression?</b> It can be hard in such relationships to know how to be supportive in meaningful ways. During this session we will discuss what is “going on” in anxiety and depression from both sides of the relationship, and to explore what support can look like. Facilitated by Cairine Domzella, Social Worker & Psychotherapist, WCHC. <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call 519-664-3794 or 519-656-9025	Thursday, February 20, 2020 6:30 pm—8:00 pm
<b>Understanding what is behind “acting out” in children &amp; reframing how we respond</b> Join us to learn the reasons behind “acting out” in children and the ways to effectively and positively respond to “acting out” situations. Facilitated by Sid Bater, Social Worker & Psychotherapist, WCHC. <b>To register</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call 519-664-3794 or 519-656-9025	Thursday, April 9, 2020 6:30 pm—8:00 pm
<b>Adverse Childhood Experience:</b> the health consequences of early trauma and building resiliency Trauma impacts us at a biological level—it changes us. We will review the impact of Early Childhood Trauma and other traumatic events on the brain and on our ability to cope. We will discuss strategies for wellness and provide resources for support. Facilitated by Laura McShane, Canadian Mental Health Association (CMHA).	Tuesday, May 26, 2020 6:30 pm—8:00 pm <b>Registration required</b> , email, <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call 519-664-3794 or 519-656-9025

For information about additional free Family Education Series by CMHAWW visit [www.cmhaww.ca](http://www.cmhaww.ca)

### 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](http://cmhawwselfhelp.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**



## Welcome Gebre Berihun to Woolwich Community Health Centre

We welcome Gebre Berihun as our new Health Promoter replacing Joy Finney who retired this Fall. Gebre comes to us after a 20+year stint with the Kitchener Downtown Community Health Centre as a community developer and health promoter. Originally from Ethiopia, Gebre is well established with his family in the Waterloo Region and he has been involved in many health promotion initiatives in revitalizing downtown from encouraging urban gardening, to newcomer pot luck lunches, to teaching as an Associate Professor in the department of Social Work at Wilfred Laurier University. Outside of work, Gebre is active in his faith life and is helping to establish a church in Breslau. Gebre has already been working closely with the Woolwich Healthy Communities in the follow up to the “Somebody Should Do Something” presentations in November and there will be several groups launching in the New Year to focus on the priorities that were identified during those discussions.

# 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 Thursdays 11:30 am—12:30 pm. No Charge.

**Additional Recommended Educational Workshops at Woolwich Community Health Centre**

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

**Living Well with Diabetes**—A Registered Dietitian and a Registered Nurse will discuss what diabetes is and its management, including understanding blood sugar values, self-monitoring of blood sugar and complications related to uncontrolled diabetes, including exercise and medication. Our dietitian will discuss healthy eating for good blood sugar control.

**Carb Counting**—Many people are able to experience better blood sugar control when they use this method to plan their meals. A Registered Dietitian will teach you how to count your carbohydrate intake at meals (including how to read nutrition labels).

**Heart Healthy Eating**—Learn ways to improve your cholesterol level and your overall health. Our Certified Diabetes Educator will help you find easy ways to modify your diet and help you to improve your cholesterol level.

**Healthy Feet and You**—This peer led workshop is run by people like you who have experienced diabetic foot complications. They have been trained by experts and can help you prevent diabetes foot ulcers that may lead to amputation. You will learn how to enjoy an active life, keep your feet healthy and prevent foot complications through good diabetic foot care practices.

**Pre-Diabetes Education**—A Registered Dietitian will explain Pre-diabetes; discuss risk factors for developing Type 2 diabetes, management of Pre-diabetes, healthy eating and meal planning.

**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.

### Volunteers Provide:

- Listening & emotional support
- Simple comfort measures
- Transportation
- Caregiver relief
- Meal prep
- Shopping
- Bereavement support

### 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.**

## Ontario Seniors Dental Care Program *cont'd from page 1*

An application has been submitted to offer the OSDCP at Woolwich Community Health Centre in St. Jacobs in the future.

Locations of service and contact information	Hours of Operation
<b>Langs Community Health Centre</b> 1145 Concession Rd, Cambridge, ON N3H 4L5 Phone: 519-653-1470 ext. 444 <a href="http://www.langs.org">www.langs.org</a>	Monday - Thursday: 8:30 a.m. - 8 p.m. Friday: 8:30 a.m. - 4:30 p.m.
<b>Kitchener Downtown Community Health Centre</b> 44 Francis St S, Kitchener, ON N2G 2A2 Phone: 519-745-4404 <a href="http://www.kdchc.org">www.kdchc.org</a>	Monday, Tuesday, Friday: 9 a.m. – 5 p.m. Wednesday: 9 a.m. – 8 p.m. Thursday 9 a.m. – 12 p.m. and 4 p.m. – 8 p.m. Doors are locked 30 minutes prior to closing

If you live in Woolwich, Wellesley or Wilmot and would like help in completing the OSDCP application, or have questions about the program and the services provided, you may call 519-664-3794 ext. 223 to leave a message for the Oral Health Peer Workers. Your call will be responded to within 1 week.

## Rural Townships Wellbeing Assessment

Nationally, the Community Health Centre model requires a commitment to health equity, health promotion and prevention. In order to support this commitment, every four years the Woolwich Community Health Centre examines the population we serve to see how things are changing and to ensure we are focusing on priorities that will improve the overall health of the community. In 2019 we partnered with other local providers: Community Care Concepts, North Dumfries Community Health Centre, Wilmot Family Resource Centre and Woolwich Community Services to conduct 17 focus groups with 105 participants exploring further matters that had been identified in the Wellbeing Waterloo survey carried out in 2018 based on the Canadian Index of Wellbeing.

According to the 2016 census the rural Townships have a population of 67,026 which is 12.5% the size of the Waterloo Region. What we learned is that like many parts of Waterloo Region, the rural Townships are growing, in fact faster than the regional, provincial and national average. The growth however is often among people who are more urban and less rooted in the community than before. In the Townships served by the Woolwich Community Health Centre there is an increasing gap between the most educated, well off home owners and those who are below the poverty line or who are working several jobs to make ends meet. There are lower proportions of immigrants and recent immigrants to this part of the Region yet, the Townships have a high prevalence of non-English language spoken at home - mainly German in Wellesley and Woolwich.

Living in the rural Townships brings many rewards and most people expressed satisfaction with their way of life and value living in a rural environment; people felt more in touch with their neighbours than in the urban core and know they can rely on each other for help when needed. Despite all the positives there is also a feeling of general insecurity – the rising cost of living, rising unaffordability of land and housing and other general societal shifts such as social media and feelings of isolation. A theme is rural people reflecting on how their way of life is being affected due to urban encroachment. There is a tension between farmers who need to operate in a commercially driven way, have close family ties to the land and a need to earn a living versus the ex-urban population who move to the country for fresh-air, space and a taste of country-living while returning to the nearby cities for recreational and economic activity.

We also learned that families with disabled children are often overwhelmed when trying to navigate the health and social system, relying on their professional providers to link them to appropriate resources. Seniors find as they age, transportation challenges and social isolation are significant barriers to effective care and aging in place. While there is still stigma around mental health and LGBTQ+, this is changing.

Thank you to all the people who participated in supporting this report. The full report can be accessed on the WCHC website <https://wchc.on.ca/wp-content/uploads/2019/11/Community-Wellbeing-Assessment-2019.pdf>

# 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.**

**Please register 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 dropped in the mailbox under the television in the main waiting room.

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

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

Tuesday 7:00—8:00 pm	March 24—May 12, 2020	8 classes for \$64.00
	May 19—June 30, 2020	7 classes for \$56.00
Thursday 5:45—6:45 pm	March 26—May 14, 2020	8 classes for \$64.00
	May 21—June 25, 2020	6 classes for \$48.00

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

Monday, Wednesday & Friday 9:00—10:00 am <b>Option</b> —sign up for 2 <u>or</u> 3 classes/week	March 23—May 15, 2020	23 classes for \$115.00 based on 3 classes / wk
	May 20 — June 26, 2020	17 classes for \$85.00 based on 3 classes / wk
	June 29—July 31, 2020	14 classes for \$70.00 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 26—May 14, 2020	8 classes for \$40.00
	May 21—June 25, 2020	6 classes for \$30.00

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

Tuesday and Thursday 9:00—10:00 am	March 24—May 14, 2020	16 classes for \$80.00
	May 19—June 25, 2020	12 classes for \$60.00
	June 30—July 30, 2020	10 classes for \$50.00

**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 24—May 12, 2020	8 classes for \$32.00
	May 19—June 30, 2020	7 classes for \$28.00
	July 7—July 28, 2020	4 classes for \$16.00
Thursday (Beginner Level) 10:15—11:15 am (No lying down)	March 26—May 14, 2020	8 classes for \$32.00
	May 21—June 25, 2020	6 classes for \$24.00
	July 2—July 30, 2020	5 classes for \$20.00

**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 23—May 11, 2020	8 classes for \$32.00
	May 25— June 29, 2020	6 classes for \$24.00
	July 6—July 27, 2020	4 classes for \$16.00



## Fitness Classes continued

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

Tuesday 11:30 am — 12:30 pm	March 24—May 12, 2020	8 classes for \$32.00
	May 19—June 30, 2020	7 classes for \$28.00

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

Monday 12:10—12:50 pm	March 23—May 11, 2020	8 classes for \$40.00
	May 25—June 29, 2020	6 classes for \$30.00

**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	March 23—May 11, 2020	8 classes for \$40.00
	May 25—June 29, 2020	6 classes for \$30.00

**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 23—May 11, 2020	8 classes for \$32.00
	May 25—June 29, 2020	6 classes for \$24.00
	July 6—July 27, 2020	4 classes for \$16.00

Wednesday Morning 10:30—11:30 am	March 25—May 13, 2020	8 classes for \$32.00
	May 20—June 24, 2020	6 classes for \$24.00
	July 8—July 29, 2020	4 classes for \$16.00

Friday Morning 10:15—11:15 am	March 27—May 15, 2020	7 classes for \$28.00
	May 22—June 26, 2020	6 classes for \$24.00
	July 3—July 31, 2020	5 classes for \$20.00

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

Thursday (Beginner Level) 12:00—12:50 pm	March 26—May 14, 2020	8 classes for \$64.00
	May 21—June 25, 2020	6 classes for \$48.00

Thursday (Intermediate Level) 1:00—2:00 pm	March 26—May 12, 2020	8 classes for \$64.00
	May 21—June 25, 2020	6 classes for \$48.00



**Yogalates:** is a wonderful combination of both Yoga and Pilates. Yogalates is meant to improve body strength as well as lengthening muscles for an overall health benefit and connection to the inner self.

The combination of the two practices makes for an overall body workout and helps with relaxation.

Tuesday 5:45—6:45 pm	March 24—May 12, 2020	8 classes for \$64.00
	May 19—June 30, 2020	7 classes for \$56.00

## Fitness Classes at Wellesley Township Community Health Centre

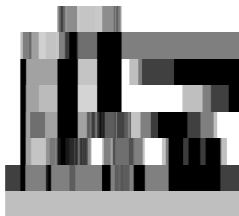
Please see page 11 for dates and fees.

**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

### Entering Private Property!



When someone comes on to your property uninvited and unwelcome it is considered trespassing! Having an intruder walk through your yard or close to your house can make anyone uneasy and suspicious. Yet, some people think nothing of it as they walk, ride their dirt bikes, ATVs or snowmobiles across a farmer's field! They assume that this area belongs to no one and is there for everyone's enjoyment.

Every winter we hear reports of snow machine incidents or fatalities where a rider crossed a field and was met by a fence or ditch, causing a mishap. Some fields have crops planted in them and running a vehicle across it will cause irreparable damage. Actual trails are marked and groomed by snowmobile clubs and are meant to be traveled upon. The landowner has given their permission to do so safely.

There have been reports of activists taking it upon themselves to enter buildings where animals are housed to protest the production of meat, milk or eggs. Activists have become more brazen in trespassing on farms and stopping livestock trucks, which has increased concern from farmers.

These actions have prompted the Ontario government to pass a new legislation called "Security from Trespass and Protecting Food Safety Act 2019" which will increase fines for trespassers and protect farmers from civil liability from people injured while trespassing. This legislation will define animal zones where the public is not allowed to cross.

Farm families live on the farms that they work on and having uninvited people on their property can be very frightening. The animals that are being targeted are exposed to stress and possible disease that can introduce dangerous contaminants into the larger food supply. Some barns have biosecurity measures in practice where even the farmers have to shower and decontaminate themselves before entering to avoid the spread of diseases that can devastate their livelihood.

According to this new legislation the fines for trespassing would increase to \$15,000 for a first offence and \$25,000 for subsequent offences.

It is always best to ask permission or wait for an invitation before coming on to someone's property, either for pleasure or curiosity. This is not only common courtesy but is also the law and can result in a trespassing conviction.



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.

### JOIN THE WCHC BOARD OF DIRECTORS

Are you interested in the health of our changing 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! In 2020, we welcome applications particularly from residents of North Wilmot and individuals with experience in governance, change management and finance. We strongly welcome diverse representation at our Board, particularly those with lived experience of barriers to healthcare.

WCHC's Nominating Committee is recruiting Board nominees for 2020-21. 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 4<sup>th</sup> 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 20, 2020. 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, ext 225.

# 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](http://www.healthywoolwich.org)

## “Somebody Should Do Something” Event a Success

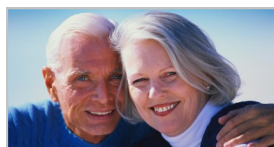
Woolwich Healthy Communities, in partnership with Woolwich Community Health Centre, Woolwich Community Services, Woolwich Township and Elmira District Secondary School hosted a community event: “Somebody Should Do Something” on November 14 and 15, 2019. Doug Griffiths, author of the “13 Ways to Kill Your Community” was the keynote speaker and facilitator of three events. The three events engaged 300 students from Elmira District Secondary School, more than 200 people at the public event and showcase by 20 organizations, and 70 people at the facilitated workshop.

Doug’s presentation on “13 Ways to Kill Your Community” gave us a fresh perspective and ideas that will help us to better engage our businesses, seniors, youth, families and the community at large to work towards positive changes that are beneficial to everyone living and working in Woolwich. People who participated in the event have indicated that it helped them to look back and look forward for positive changes in our community.

Through the facilitated workshop, community members also discussed **Housing** (affordable and diversified housing—for seniors, young families, singles, couples), **Downtown Revitalization**, **Community Events**, and **Positive Attitude**. All in all, the event has created a new synergy in our community. We are working on forming working groups to work on those issues identified at the event. We invite everyone who would like to be involved. If you are interested to join one of the working groups, contact Gebre at 519-664-3794, ext. 230 or [gberihun@wchc.on.ca](mailto:gberihun@wchc.on.ca).

### 15th Annual Woolwich Healthy Communities Month

Stay tuned for the schedule of the 2020 Woolwich Healthy Communities Month. Watch our website [www.healthywoolwich.org](http://www.healthywoolwich.org) and flyers in the New Year.



## Aging Well in Woolwich Information & Active Living Fair

**When:** Wednesday, March 11, 2020  
9:00 am - 1:30 pm

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

You must register for this event by  
February 26, 2020  
Please call to RSVP:  
519-664-1900 or  
toll free 1-855-664-1900

- Keynote Speaker
- 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.





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 Pediatric Nurse Practitioner and a Community Health Worker. 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

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

February 11, 2020	<b>NATUROPATHIC TREATMENTS FOR CHILDREN</b> , Dr. Raza Shah, Naturopathic Doctor, St. Jacobs Naturopathic Clinic
February 25, 2020	<b>HAPPY PARENTS HAVE HAPPY CHILDREN</b> , Sid Bater, Social Worker, WCHC
March 10, 2020	<b>TEETHING, TOILETING, TEMPER TANTRUMS</b> , Chris Tofflemire, Nurse Practitioner, WCHC
March 24, 2020	<b>COPING WITH POSTPARTUM DEPRESSION</b> , Debbie Wang, Region of Waterloo Public Health
April 14, 2020	<b>BENEFITS OF MUSIC FOR CHILDREN</b> , Wanda from Early ON
April 28, 2020	<b>LITERACY FOR TODDLERS</b> , Katie Jackman, Region of Waterloo Library
May 12, 2020	<b>SIGN LANGUAGE FOR CHILDREN</b> , Penny Wilson, WCHC
May 26, 2020	<b>NUTRITION FOR HEALTHY CHILDREN</b> , dietitian
June 9, 2020	<b>DENTAL HYGIENE AT AN EARLY AGE</b> , Margret, Oral Health Peer Worker
June 23, 2020	<b>BABY MASSAGE</b> , Erin Clark, Registered Massage Therapist

## The Rural Child Wellbeing Project

In December 2019 we provided our first interim report to the Lyle S. Hallman Foundation about this two year, four rural Waterloo Region Townships project. Offering a unique opportunity for Langs—North Dumfries Community Health Centre, Wilmot Family Resource Centre, Woolwich Community Services and the Woolwich Community Health Centre to work together and build on our existing community relationships and programs in providing services for kids ages 6 – 13 and their families. There have been new programs such as lunch drop in at the Linwood School, art programming in Wilmot, and expanded programs such as Saturday Club in Elmira and Breslau. In total 754 individuals have been helped and 3,422 visits recorded.

As a family from New Dundee reflected:

“My family wanted to extend a big Thank You for recently reaching out to New Dundee. The programming has been very high-quality and the staff team is amazing. Our children love the opportunity to take part in developmental activities right here in our Village, as we are not able to drive to New Hamburg. Please consider more outreach to New Dundee in the coming months and years.”

As well as the Outreach Worker supported programs, a group for parents of anxious children supported by a counsellor was held this winter. Families expressed a high degree of appreciation for the skills and deep attention to their child’s issues. One family’s learning resulted in adapting new behaviours that gave immediate results and helped support happier more effective parenting. Each rural community will provide some targeted mental health programming in the coming year.

We anticipate the program’s overall success will build in 2020 by extending the bridgehead for more regional partners making efforts to sustain programs rurally and we hope to apply for further funding beyond 2021. Let us know if you have ideas about programs you would like to see supported in our rural Townships by emailing [rbentley@wchc.on.ca](mailto:rbentley@wchc.on.ca) or calling 519-664-3794 ext 225.



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 Pediatric Nurse Practitioner & a Community Health Worker. For more information, call Heidi at 519-664-3794 ext. 237.

## Wellesley Township Community Health Centre and Early Years Wellesley Community Centre, 1000 Maple Leaf St., Wellesley

There is no charge for the HUGS program, no pre-registration required, and your children can play at the Wilmot Family Resource Centre's Early On Program in the room next door.



Wilmot Family  
Resource Centre

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

February 26, 2020	<b>PELVIC HEALTH</b> , what every woman should know. Carolyn Joseph, Pelvic Physiotherapist
March 25, 2020	<b>AGES AND STAGES OF YOUR CHILD</b> , Laura Jacobs, Nurse Practitioner will have milestones to watch for
April 22, 2020	<b>SPEECH AND LANGUAGE</b> , is my child on track? Kidsability
May 27, 2020	<b>NUTRITION TOPIC</b> , healthy eating for your family
June 24, 2020	<b>A GOOD NIGHT'S SLEEP FOR CHILDREN AND PARENTS</b> , Meaghan Strauss, Sleep Therapist

## 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	March 27—May 15, 2020	7 classes for \$28.00
	May 22—June 26, 2020	6 classes for \$24.00
	July 3—July 31, 2020	5 classes for \$20.00

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

Fridays 1:00—2:00 pm	March 27—May 15, 2020	7 classes for \$28.00
	May 22—June 26, 2020	6 classes for \$24.00
	July 3—July 31, 2020	5 classes for \$20.00

## Low German School update—Ontario Trillium Fund grant supported

The Woolwich Community Health Centre (WCHC) and community partners in the rural townships are working to improve school participation beyond grade eight and increase high school graduation rates for Low German Mennonite youth overall. Through a three year Ontario Trillium fund grant, outreach workers from the WCHC and staff from the school board along with other community partners and volunteers offer vocational and career support, after school homework and leadership development as well as English school for youth and adults.

The addition of extracurricular activities like the social and leadership clubs allow for the education program to be enhanced. The **extracurricular activities** provide a safe place where the youth can connect and develop their social skills. These groups also allow parents to get involved with the school and the staff, increasing trust and confidence. A higher number of High School graduates has been recorded in the past few years with 17 youth celebrating graduation this summer including one young man returning to school a few years later to enhance his employment prospects. Spring programming resumes after Easter.



## Dental Corner provided by



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](mailto:info@stjacobsdentalcare.ca)

Your Team at St. Jacobs Dental Care

## Somebody Bring Me Some Water

*Xerostomia (or dry mouth as it is commonly referred to) can leave your mouth feeling as parched as the Sahara*

If your mouth often feels dry and uncomfortable, you may have xerostomia. That's the clinical term for dry mouth — a common condition that occurs when the amount of saliva in your mouth, well, dries up. A reduced saliva flow may lead to all kinds of problems, including bad breath, cavities, oral trauma, gum disease, mouth infections and difficulty swallowing, eating or talking. Saliva has antibacterial, digestive, mineralizing and lubricating properties that keep the mouth healthy, and both the quantity and quality are important, says Dr. Deborah Saunders, Medical Director of the Dental Oncology Program at North East Cancer Centre in Sudbury, Ontario.

### Who gets dry mouth?

While anyone can develop dry mouth, it's most common in older patients who tend to be on more medications and are more likely to have had a recent change in health, says Dr.

Gillian Soskin, a fulltime dentist at London Health Sciences Centre in London, Ontario.

### What causes it?

Dry mouth can be caused by many factors, but medications are the biggest culprit, especially medications for anxiety, depression or hypertension, says Dr. Saunders. And taking multiple medications complicates matters, she adds. "One medication may cause a bit of dryness but when you add another one plus one plus one, you have four-fold dryness and that may have a huge impact." Medical conditions such as cancer, diabetes and Sjögren's syndrome are also associated with xerostomia. (Sjögren's is an auto-immune disorder that can cause dry, sandy eyes and a dry mouth (Note 1), says Dr. Saunders.)

Somebody Bring Me Some Water (cont'd)

“It’s important that people are aware of the medications they’re taking and the medical conditions that can have an effect on the environment in their mouth and talk to their dentist about it,” says Dr. Ian McConnachie, an Ottawa pediatric dentist and Past President of the Ontario Dental Association.

Ways to decrease and treat dry mouth symptoms

There are a number of dry mouth treatments that will help restore moisture to the mouth. But the first step is always to discuss your symptoms and possible treatment with your dentist. Says Dr. Saunders: “The best defense against dry mouth is moisturizing the mouth to relieve dryness. As plaque is difficult to control in a dry mouth, sugar-free foods are recommended.

Saliva also serves to wash away food debris and this helps to control plaque as well.”

“Your dentist can help you come up with a plan to treat both the symptoms and the side-effects, such as decay,” says Dr. Soskin. Your dentist may suggest one or more of the following:

- **H2O.** While there are many salivary substitutes on the market, some people don’t like the texture,” says Dr. Soskin. “A lot of my patients prefer to take frequent sips of water instead.”  
**Bland mouth rinse.** Dr. Saunders recommends a standard bland rinse from Cancer Care Ontario for anyone experiencing dry mouth. Mix 1/2 teaspoon of baking soda and 1/2 teaspoon of salt in two cups (500 mL) of water and rinse whenever your mouth is feeling dry. (Do not refrigerate.) (Note 2) “If you have a dry mouth, your oral environment tends to be

acidic and the sodium bicarbonate in baking soda helps neutralize that acidity,” says Dr. Soskin.

- **Xylitol lozenges.** These can be purchased at the drugstore or through your dental office to help stimulate saliva and keep your mouth free of plaque, advises Dr. Saunders.
- Your dentist may also recommend topical fluoride application trays (to be used in the dental office under your dentist’s supervision). “These are a major part of treatment since the biggest problem for patients with dry mouth is rampant decay,” says Dr. Soskin.

Note 1 Mayo Clinic website: [www.mayoclinic.com/health/sjogrens-syndrome/DS00147](http://www.mayoclinic.com/health/sjogrens-syndrome/DS00147)  
Note 2 Cancer Care Ontario website: [www.cco.ca](http://www.cco.ca)



Article provided by the ODA and used with permission.

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](https://www.facebook.com/stjacobsdental)

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

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

## Additional Services

10 Parkside Dr.

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

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

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

Tel: 519-664-2434

[www.stjacobsdentalcare.ca](http://www.stjacobsdentalcare.ca)

### Martin's Guardian Pharmacy

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

[www.martinspharmacy.ca](http://www.martinspharmacy.ca)

9 Parkside Dr.

### St. Jacobs Midwives

Andrea Horst, Administrator

Tel: 519-664-2542

Fax: 519-664-1815

[www.stjacobsmidwives.on.ca](http://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](http://www.stjacobsnaturopathic.com)

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

### PLANNING A TRIP? - Plan your immunizations!

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

[regionofwaterloo.ca/en/health-and-wellness/travel-vaccines.aspx](http://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](http://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](http://wwwnc.cdc.gov/travel) - For health information for international travel such as current yellow fever and malaria areas, preventive malaria medications, other travel risks.

### Prescription Renewals

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

Please remember:

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

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

### After Hours Service

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



#### Woolwich Community Health Centre

P.O. Box 370, 10 Parkside Dr.

St. Jacobs, ON N0B 2N0

Tel: (519) 664-3794 Fax: (519) 664-2182

#### WCHC Hours of Operation

Monday 9:00 a.m. - 8:00 p.m.

Tuesday 9:00 a.m. - 8:00 p.m.

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

Thursday 9:00 a.m. - 8:00 p.m.

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

Drop-In Lab Services (for registered patients only)

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



#### Linwood Nurse Practitioner Office

3777 Manser Road

Linwood, ON N0B 2A0

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

#### LNPO Hours of Operation

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

Wednesday 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.