



**Woolwich Community
HEALTH CENTRE**

and **Wellesley Township
COMMUNITY HEALTH CENTRE**

UPDATE

*"growing toward a
healthier tomorrow"*

New Partnership with Canadian Mental Health Association

Woolwich Community Health Centre is working to increase access to mental health services through a new partnership with the Canadian Mental Health Association (CMHA). This partnership will provide additional mental health services at Woolwich Community Health Centre (WCHC) and Wellesley Township Community Health Centre (WTCHC). The partnership involves working closely with CMHA staff to increase access for WCHC and WTCHC clients through psychiatry, support for those with eating disorders, and access to counselling support for those with moderate to severe mental health and addiction issues.

WCHC's recent Community Wellbeing Assessment identified that access to mental health and addiction services were among the most difficult health services to access for our rural residents of Woolwich, Wellesley and Wilmot Townships. This information was collected through our written survey as well as through conducting focus groups as part of the community consultation. Focus group participants told us that rural residents are reluctant to reach out to more urban service providers and tend to be more self-sufficient, which could prevent them from getting the help they need. Additionally, many commented on not knowing where they would find services if they needed them but also noted other barriers such as transportation, language and literacy. We

know that there continues to be a stigma about mental health. However, through our assessment there were open and honest conversations about mental health among most age groups and locations

across the townships, allowing us to understand the experience of rural residents.

Woolwich Community Health Centre provides counselling and a range of programs and groups. The CMHA partnership will complement existing services and provide additional services for more complex needs closer to home. We believe that this partnership will reduce barriers for rural residents and improve access to appropriate services.

We welcome Maria Ferrazzi from CMHA who will be providing counselling at our sites one day per week. Maria is a registered psychotherapist and has a wide range of experience in the field including addictions. Lynda Kohler, Program Coordinator, stated "we are excited to have Maria work with our team to support those who have more serious mental health issues right here at our sites". Maria will begin working at WTCHC in late July and will expand her role to provide services at WCHC, St. Jacobs in August.



Please look to our Health and Wellness section for programs that offer mental health supports (page 2, 3, and 4).

If you or someone you know:

- Is unsure of where or how to get help
- Feels hopeless
- Withdraws from friends and family
- Talks about hurting or killing themselves or others
- Increases alcohol or drug use
- Engages in reckless behaviours
- Is in need of support for addictions or mental health
- Feels anxious, agitated or unable to sleep
- Feels rage or uncontrolled anger
- Feels trapped, like there is no way out
- Sees no reason for living
- Has dramatic mood changes

**Call Here 24/7 anytime
to access Addictions,
Mental Health & Crisis
Services**



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington-Dufferin

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What's Inside



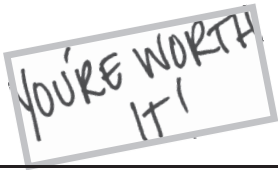

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FSC Logo

Check out our website www.wchc.on.ca

Health and Wellness

The following programs are held at 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). To register for any of the programs listed, please call WCHC at 519-664-3794 or WTCHC at 519-656-9025.

Class Description	Dates and Times	Location
Health Education Session Community Care Access Centre and Community Care Concepts: Who does what, where and when? Representatives from both CCAC and CCC will present an overview of the services they provide.	Friday, September 18, 2015 • 10:15-11:15 am	WCHC, 10 Parkside Drive, St. Jacobs. Everyone welcome! No registration required.
There's an App for That! Join Telemedicine Nurse, Jenn DeCosta, and learn how to use your tablet or smart phone to enhance your health. Jenn will help you download some great apps and show you how they can help you achieve your health goals!	Thursday, September 24, 2015 • 6:00-7:30 pm 	WCHC, 10 Parkside Dr., St. Jacobs. To register, call 519-664-3794 or 519-656-9025
Baby Food Basics: 6 months to 1 year • What foods are good for your baby's age and stage • How to choose, make and store baby food • Learn ways to avoid "picky eating" and nurture a "good eater"	Facilitated by Registered Dietitian, Robin Hicken. 2 sessions are being offered! • Monday, September 28, 2015, 2:00-3:30 pm • Monday, December 14, 2015, 2:00-3:30 pm 	WCHC, 10 Parkside Dr., St. Jacobs. To register, call 519-664-3794 or 519-656-9025 <i>Babies welcome!</i>
Holiday Eating and Recipe Makeover! Do you want to improve your holiday meal planning, cooking and baking skills? Do you want to learn how to optimize your "diabetes, heart and weight" during the festive season? Join the Registered Dietitians from Southlake Regional Health Centre for this telemedicine session and learn how to achieve diabetes, heart and waist-friendly appetizers, entrees and desserts.	Thursday, October 1, 2015, 1:00-3:00 pm or Thursday, December 10, 2015, 1:00-3:00 pm	WCHC, 10 Parkside Dr., St. Jacobs. To register, call 519-664-3794 or 519-656-9025
Steps to a Healthier You This 8-week course is facilitated by a registered dietitian, counselor, and physiotherapist. The course will support you in achieving and maintaining healthy lifestyle choices through exploring the mind-body connection, opportunities to set/review personal health goals and promote discussions on how food, weight, emotions and activity come together to impact our health.	Tuesdays, October 6 to November 24, 2015 • 9:30-12:00 noon 	Breslau Mennonite Church Library, 7 Menno St. Breslau. Thank-you to Breslau Mennonite Church for donating the use of this space!
Coping with Symptoms of Anxiety and Depression Are you sick and tired of being "sick and tired"? Are you finding you get easily stressed and overwhelmed by things? Are negative thoughts and feelings dominating your life? Join us for an 8-week program that provides an opportunity to learn and better understand what it is that anxiety and/or depression causes you to "think and do". This group will provide you with new coping strategies, including various relaxation techniques, to help decrease the symptoms of anxiety and depression.	Tuesdays, October 6 to November 24, 2015 • 1:45-3:45 pm 	Breslau Mennonite Church, 7 Menno St., Breslau To register, please call Marinela, (group facilitator) at 519-664-3534 ext. 235.

Class Description	Dates and Times	Location
Hearing Aid Information Session This session will provide information on: <ul style="list-style-type: none"> Hearing Aids Today's Technology Purchasing Hearing Aids Funding Resources and Costs Communication Devices 	Wednesday, October 7, 2015 • 9:30-11:30 am Presented by Joyce Haynes, Hearing Care Counsellor , Canadian Hearing Society	WCHC, 10 Parkside Dr., St. Jacobs. Register by calling 519-664-3794 or 519-656-9025. Limited seating
Coffee Time & More! Please come for some coffee, tea and cookies. Join us in discussing topics related to your every day life struggles. Let's share our stories and experiences. Let's learn from each other. Let's learn new coping skills together. Childcare provided. This group is facilitated by Marinela Braunstein, counselor, and Anna Wall, Low German health worker. For more information on this program, call Marinela at 519-664-3534 ext. 235.	October 23, 2015 November 6 and 27, 2015 December 11, 2015 January 15 and 29, 2016 • 9:45-11:30 am	Gale Presbyterian Church, 10 Barnswallow Dr., Elmira To register, please call 519-664-3794 or 519-656-9025
Health Education Session End of Life Choices: Who Will Speak for You? Presented by Jessica Hutchison, Community Engagement Director, Advance Care Planning Education Program and Tracey Cronin, Lawyer, Woods, Clemens, Fletcher & Cronin Law Office	Friday, October 30, 2015 • 10:15-11:15 am	WCHC, 10 Parkside Drive, St. Jacobs. Everyone welcome! No registration required
Chronic Pain Workshop: Join the Arthritis Society for a single two-hour class that focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others.	Thursday, November 12, 2015 • 1:00-3:00 pm 	WCHC, 10 Parkside Dr., St. Jacobs. Register by calling 519-664-3794
Health Education Session Pre-planning your funeral and estate: What would assist your loved ones at a challenging time? Presented by Grace Maher, Funeral Director, Dreisinger Funeral Home and Tracey Cronin, Lawyer, Woods, Clemens, Fletcher & Cronin Law Office	Friday, December 4, 2015 • 10:15-11:15 am	WCHC, 10 Parkside Drive, St. Jacobs. Everyone welcome! No registration required

Practical Skills to Live Well as We Age

A 6-week course facilitated by Bernadette Vanspall, Physiotherapist and Joy Finney, Health Promoter. Learn from one another and explore ways to:

- Protect joints and spine by small changes in the way we do our daily activities
- Get to know what resources community agencies can provide and how to reach them
- Move through the day in ways which build bone and muscle strength
- Prevent and/or manage aches, pain and muscle stiffness
- Become aware of our posture and breathing
- Maintain or improve brain power
- Respond to life's changes



When: Fridays, October 2 - 23 and November 6 and 13, 2015

Time: 10:00 am—12:00 noon

Where: WCHC, Physiotherapy, 9 Parkside Dr., St. Jacobs

Space is limited to 8 participants. Open to all residents of Wellesley and Woolwich Townships.

To register, call 519-656-9025 or 519-664-3794.

Check out our website www.wchc.on.ca

Alzheimer Society Presents: Family Learning Forum

Family Learning Series -For family and friends of people with Alzheimer's disease and other dementias. Please join us for this 3-week series which will cover: learning about dementia and changes to the brain; understanding communication and behaviour; and connecting with your family member and supports.

When: Tuesdays, October 20, 27 and November 3, 2015
Time: 10:00 am- 12:00 noon
Where: Woolwich Community Health Centre, 10 Parkside Drive, St. Jacobs



Registration is required.

For information and to register, please call the Dementia Support Counselor at Alzheimer Society Waterloo-Wellington at **519-742-1422**.

Stress and Anxiety Reduction through Mindfulness

This 8-week course explores your unique physical, emotional and spiritual response to stress. Automatic thought patterns can contribute to anxiety, depression, physical pain and illness.

Learn new ways to respond to stress and explore mindfulness approaches:

- Breath awareness
- Body awareness
- Meditation



This is a Mindfulness-Based Cognitive Therapy course, adapted from the Mindfulness-Based Stress Reduction of Jon Kabat-Zinn.

When: Wednesdays, October 21– December 9, 2015, 6:30-9:00 pm
Where: Woolwich Community Health Centre, 10 Parkside Drive, St. Jacobs
Retreat: Saturday, November 28, 2015, 9:30-3:30 pm
Cost: No charge

*(The retreat is open to past participants. To register for the **retreat**, call Joy by Nov. 13th, 2015)*

To Register for the Mindfulness Course: call Joy by at 519-664-3534 ext. 230 by September 23, 2015. Space is limited. Pre-course interviews will be scheduled.

Facilitated by: Joy Finney, MPhil in Social Work and Sue Arai, Psychotherapist.

Communication Skills 101—Boot camp for Patients

Do you have what it takes to be a “good” patient?

We all want the best health care possible, but we sometimes forget the important role that we play in our own health care journey. Becoming a more confident, empowered patient is especially important when we are coping with a chronic health condition.

Join us to discuss:

- Preparing for your upcoming health appointment(s)
- Communicating with your health care team, asking questions, and expressing concerns
- Participating actively in your own treatment planning and follow up

Where: Woolwich Community Health Centre, 10 Parkside Drive, St. Jacobs
When: Monday, October 26, 2015
Time: 1:00-3:00 pm

Who should attend? Anyone living with a chronic health condition. Family members, and caregivers are welcome!

This class is facilitated by Nancy Becker Hallford, Mentor for Self-Management Program for Health Care Providers, Region of Waterloo-Wellington

To register for this free session, call 1-866-337-3318 or visit www.wwselfmanagement.ca



Diabetes Connection!

Supporting each other in good health!

Diabetes Connection is a newly formed support group for individuals diagnosed with diabetes or pre-diabetes as well as their support people. Benefits of attending this support group are:

When: 2nd Tuesday of every month

Time: 6:00-7:00 pm

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



- Having your questions answered and connecting with healthcare professionals
- Keeping track of your diabetes and building your confidence in caring for yourself
- Getting food and exercise ideas
- Increasing your knowledge about diabetes
- Maintaining and improving your health, and much more!

No need to register—drop ins are welcome!

Bring walking shoes and join in a post meeting walk! Call Tiffany for more information at 519-665-3794 ext. 241.

Cholesterol Solutions



Do you have diabetes, high blood pressure or heart disease? Do you have a family history of a chronic illness? Looking for ways to improve your cholesterol level?

Attend Cholesterol Solutions and learn about ways to improve your cholesterol level and your overall health! Registered Dietitian and Certified Diabetes Educator, Karen Reitzel will help you find easy ways to modify your diet and help you to improve your cholesterol level. Reserve your seat today.

When: Tuesday, November 17, 2015 **Time:** 1:30-3:30 pm

Where: Woolwich Community Health Centre, 10 Parkside Drive, St. Jacobs.

Call 519-664-3794 or 519-656-9025 to register.

Preparing for Parenthood: Information and support before and during pregnancy.

Planning a pregnancy and being pregnant are both exciting times; a time of change, growth, discovery and often many questions. This free program offers information about having a healthy pregnancy and becoming a parent. Support people are welcome too! Share your questions, concerns and experiences with others.

When: Thursdays, October 15—November 19, 2015

Time: 6:30-8:00 pm

Where: Woolwich Community Services, 5 Memorial Ave., Elmira

Each week a healthy snack is provided and free Early Learning Programs are available for children up to age six.

Topics may include:

- Healthy eating during pregnancy
- Emotional changes
- Feeding your newborn
- Infant safety
- Healthy lifestyle
- Exercise during pregnancy
- Bonding and attachment
- Fathering



For more information, call Region of Waterloo Public Health, Child and Family Health Division
519-575-4400

The Baby Friendly Initiative Committee Needs You!



Do you have an interest in promoting and supporting breastfeeding in rural Waterloo Region?

In the coming months we will be forming a **Community Breastfeeding Advisory Group**. We see this group meeting twice per year to hear from community members about the infant feeding challenges and successes in our rural area. If you have insights and skills to share, please leave a message with Robin Hicken, R.D. at 519-664-3794 ext. 231 or at rhicken@wchc.on.ca.

Fitness for All

Fitness classes are held at WCHC, St. Jacobs, 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 Laurie at 519-664-3534 ext. 403 for more information. **Financial assistance is available.**

Registration: Registration forms can be picked up in the waiting room at WCHC, St. Jacobs. Completed forms and payments can be given to the Administrative Secretary Monday-Friday, 8:30am - 12:00 noon or dropped in the mailbox under the television in the main waiting room.

Registration forms can be submitted up to 1 week before each session starts. All registrants must also submit a Physical Activity Readiness/Emergency Information Form.

Mindfulness Yoga: Yoga is the practice of relaxing the body and calming the mind through the coordination of breath, movement, and concentration.

Thursday 5:45 - 6:45 pm	September 17—October 29, 2015	7 classes for \$56.00
	November 5—December 17, 2015	7 classes for \$56.00
	January 7—March 10, 2016	10 classes for \$80.00

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

Monday, Wednesday & 1st, 3rd & 5th Friday 9:00 - 10:00 am	September 14—October 30, 2015	17 classes for \$85.00
	November 2—December 18, 2015	18 classes for \$90.00
	January 4—March 9, 2016	24 classes for \$125.00
Tuesday and Thursday 7:00 - 8:00 pm	September 15—October 29, 2015	14 classes for \$70.00
	November 3—December 17, 2015	14 classes for \$70.00
	January 5—March 10, 2015	20 classes for \$100.00

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

Tuesday and Thursday 9:00 - 10:00 am	September 15—October 29, 2015	14 classes for \$70.00
	November 3—December 17, 2015	14 classes for \$70.00
	January 5—March 10, 2016	20 classes for \$100.00

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

Thursday 10:15 - 11:15 am	September 17—October 29, 2015	7 classes for \$28.00
	November 5—December 17, 2015	7 classes for \$28.00
	January 7—March 10, 2016	10 classes for 40.00

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

Monday 5:45-6:45 pm	September 14—October 26, 2015	6 classes for \$24.00
	November 2—Decem 14, 2015	7 classes for \$28.00
	January 4—March 7, 2016	9 classes for \$36.00

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

Tuesday 10:15-11:15 am	September 15—October 27, 2015	7 classes for \$28.00
	November 3—December 15, 2015	7 classes for \$28.00
	January 5—March 8, 2016	10 classes for \$40.00

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

Monday 12:10-12:50 pm	September 14—October 26, 2015	6 classes for \$30.00
	November 2—December 14, 2015	7 classes for \$35.00
	January 4—March 7, 2016	9 classes for \$45.00

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

Monday Morning 10:30 - 11:30 am	September 14—October 26, 2015	6 classes for \$24.00
	November 2—December 14, 2015	7 classes for \$28.00
	January 4—March 7, 2016	9 classes for \$36.00
Wednesday Morning 10:30 - 11:30 am	September 16—October 28, 2015	7 classes for \$28.00
	November 4—December 16, 2015	7 classes for \$28.00
	January 6—March 9, 2016	10 classes for \$40.00
Monday Evening 7:00 - 8:00 pm	September 14—October 26, 2015	6 classes for \$24.00
	November 2—December 14, 2015	7 classes for \$28.00
	January 4—March 7, 2016	9 classes for \$36.00

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

Thursday (Intermediate) 12:10-12:50 pm(40 minute class)	September 17—October 29, 2015	7 classes for \$56.00
	November 5—December 17, 2015	7 classes for \$56.00
	January 7—March 10, 2016	10 classes for \$80.00
Thursday (Intermediate) 1:00 - 2:00 pm	September 17—October 29, 2015	7 classes for \$56.00
	November 5—December 17, 2015	7 classes for \$56.00
	January 7—March 10, 2016	10 classes for \$80.00
Tuesday (Beginner) 5:45-6:45 pm	September 15—October 27, 2015	7 classes for \$56.00
	November 3—December 15, 2015	7 classes for \$56.00
	January 5—March 8, 2016	10 classes for \$80.00

Help Guide the Work of the Health Centre

Are you interested in the health of our rural community? Do you have knowledge or skills that you would like to contribute to strengthening our health centre? If so, then please consider joining one of the committees of our Board of Directors!

The health centre's Board of Directors has several standing committees that help guide its work and future planning. While each of these committees comprises several Board members, we also value the involvement of community members in each of these groups. We are particularly interested in having health centre clients join as community representatives.

The Board is currently looking for one more community member to join each of the following Board committees for 2015-16:

- Human Resources Committee, which advises the Board of Directors on matters pertaining to the organization's human resources policies. This group meets as needed.
- Finance Committee, which advises the Board of Directors on all matters pertaining to the organization's fiscal responsibilities, including budgeting, financial reporting and monitoring, and the annual audit. This committee typically meets five times throughout the year.
- Nominating Committee, which is responsible for recruiting and recommending nominees to fill vacancies on the Board of Directors of WCHC. This group typically meets 2-3 times per year, between December and May.
- Quality Committee, which is responsible for assisting the Board of Directors in overseeing the health centre's approach to quality, including clinical care, client safety, and administrative services. This committee performs the functions of a Quality Committee under the Excellent Care for All Act, 2010 ("ECFAA"), and typically meets five times throughout the year.

For further information about joining one of the health centre's Board committees, please contact Denise Squire, Executive Director, at (519) 664-3534, ext. 225.

Greetings from the Board

On behalf of the Board of the Woolwich Community Health Centre, I would like to thank recently retired Directors Colleen Laing, John Hume, and Heather Westmorland for their many contributions to the governance of our health centre. I would also like to extend a warm welcome to our newest Directors: Ashley Raspopovic, Lindsay Raspopovic, and Paul Samis. Our 2015-16 Board of Directors represents a diverse cross-section of the populations and rural townships that our health centre serves, and brings together a solid mix of skills, experience and perspectives to the governance of WCHC.

Significant work completed in 2014-15 included:

- A celebration of our 25 years as Woolwich Community Health Centre! In October, 2014 we invited the community and our partner organizations to join us for an Open House, milestone reflections, and, of course, some cake.
- Completion of our next Community Wellbeing Assessment, a joint effort with Community Care Concepts, and in collaboration with two social service agencies (Woolwich Community Services and Wilmot Family Resource Centre), using the Canadian Index of Wellbeing framework of domains and indicators.
- Our fifth consecutive, successful accreditation by the Canadian Centre for Accreditation.
- Vision, Mission, and Values review and strategic priority-setting based upon the Community Wellbeing Assessment.

Related to these accomplishments, our Board heartily extends special thanks to our management and staff who have maintained a quality focus while serving clients with care and empathy. In our last client survey, what stood out was the positive attitude staff have towards clients of our community health centre.

Looking forward to the 2015-16 fiscal year, we'll be continuing our strategic planning work by charting milestone markers that will help measure progress in each of the strategic priorities we have identified. Below are the five strategic priorities along with an ideal end state that we're working towards:

- Seniors Wellness – Our growing seniors population is supported in a way that allows them to be active and healthy in their community.
- Mental Health and Addictions (MH&A) – Culturally-sensitive MH&A services are provided in geographically accessible locations for a wide range of MH&A issues, by collaborating with other agencies.
- Youth – Youth in our community are empowered to contribute to decision-making for their health & wellbeing.
- Community Connectedness – Our communities are healthy and thriving, in part, because neighbours are connected and supportive to each other.
- Culture of Care – Our strong culture of care is perpetuated through supports and retention of quality staff.

Our Board looks forward to continued support and input from the community served by WCHC. Special thanks goes to the 1051 community members who took the time last summer/fall to either respond to the Community Wellbeing Assessment survey or attend one of the 19 focus groups held for the purpose of gathering insight into community needs.

Mary Lynn McPherson

Board Chair

2015-16 WCHC BOARD OF DIRECTORS

Sheri Brubacher (Director), Richard Gerson (Vice Chair), Mary Lynn McPherson (Chair), Bethany Pearce (Secretary), Ashley Raspopovic (Director), Lindsay Raspopovic (Director), Hermina Richter (Director), Paul Samis (Director), Greg Smith (Treasurer), Paul Snyder (Director), Myra Van Katwijk (Director), Sue Wideman (Director)

Caregivers Support

Join this informal group of caregivers who are acquainted with the struggles you experience.

When: first Thursday of the month
(Sept-June)

Time: 10:00-11:00 am

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

For more information, call Lorraine at 519-664-3794 ext. 229.



Caregiver Coffee Hour

The Caregiver Coffee Hour support group is offered by WCHC in conjunction with the Alzheimer Society Waterloo-Wellington.

When: first Tuesday of the month
(Sept. - June)

Time: 10:00-11:30 am

Where: at Chartwell, Elmira, 11 Herbert St., Elmira.

For more information, or to register, call Lorraine at 519-664-3794 ext 229.

Staff Updates

- We have recently hired two new relief Clinical Nurses, Kiirsten Barriage and Joanna Wu, to assist with clinical nursing coverage during the vacations and temporary absences of our permanent nurses. Welcome aboard, Kiirsten and Joanna!
- Wellesley Nurse Practitioner Laura Jakobs returned from her one-year leave in June. Welcome back, Laura!
- At the end of August, Dr. Al-Halimi will be leaving our St. Jacobs site to spend more time at her practice in Kitchener. We will miss you, Dr. Al-Halimi!
- We are pleased that Dr. Huyen ('Winn') Pham will be replacing Dr. Al-Halimi to join the provider team of Dr. Stephenson and nurse practitioner Sandra McDonald. Dr. Pham brings several years of experience working with Waterloo Region Public Health, and the Two Rivers Family Health Team. Welcome to our team, Dr. Pham!
- Family Physician Dr. Zuzanna Majewski will be retiring at the end of September after 25 years of practice at WCHC. Zuzanna, we will miss you so much and wish you all the best in your retirement!



THE FARM COLUMN **New to the Job!**

Learning a new skill or starting a new job can be stressful and confusing, regardless of the age of the person. Yet as we become more comfortable with the task at hand people get more relaxed and may start taking shortcuts.

When a new worker comes onto the farm or workplace it can be easy to forget that this person is not as aware of the requirements for a specific job. During the first month of a new job, a worker can be five to seven times more likely to be injured than an experienced worker. The new employee needs proper training and orientation to be safe and successful.

This is true regardless of the workplace, be it a machine shop, a warehouse or a farming industry. All workers face possible hazards that may injure or disable them permanently and it is up to the employer to make sure these are identified. An injured employee can waste valuable time and money for a worksite.

1. Take a look at the job itself, what hazards will the worker be exposed to?
2. Provide effective health and safety orientation and training. What personal protective equipment is necessary for the job? Who can they turn to for advice? What should they do if the work situation is unsafe?
3. No worker is to perform a task until they are properly trained. Don't assume that they understood, make sure that they did! Take the time to show them the steps involved.
4. Ensure that a supervisor is accessible in case of a question or an emergency. Make certain that the worker knows the emergency procedures, where the first aid kits are located, and realizes that they have the right to refuse unsafe work.
5. Supervisors should monitor the new employee until he learns how to do the job safely and efficiently. This may take a few days, because everyone learns at a different pace.
6. After a few days evaluate the worker's performance, answer questions to clarify concerns, review safety procedures.

An employer must be a good role model for his employees. This also is the case for a family run business where the employees are often the children or relatives of the employer. Experience can only be gained through time, but unsafe health and safety practices are difficult to "unlearn". Taking shortcuts leads to people getting injured on the job!

For more information about farm workplace safety, check the website of Workplace Safety and Prevention Services (formerly known as the Farm Safety Association) www.wsps.ca/farmsafety.

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.





Fitness Classes at Wellesley Township Community Health Centre

Registration forms for the Wellesley Township Community Health Centre fitness classes can be picked up at the health centre during regular office hours. Completed forms and payments can be dropped off at the reception desk. For more information, please call Laurie at 519-664-3794 ext. 403. Financial assistance is available on request. Open to all Wellesley and Woolwich residents.

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

Fridays 9:15 - 10:15 am	September 18—October 30, 2015	7 classes for 28.00
	November 6—December 18, 2015	7 classes for 28.00
	January 8—March 11, 2016	10 classes for \$40.00

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

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

Fridays 12:30-1:30 pm	September 18—October 30, 2015	7 classes for 28.00
	November 6—December 18, 2015	7 classes for 28.00
	January 8—March 11, 2016	10 classes for \$40.00

Wellesley Youth for Community Engagement

Are you a Wellesley township teenager between the ages of 13-18 who is interested in getting more involved in your community and local politics? We are currently recruiting for a new youth council in Wellesley Township. This is an exciting new opportunity where you can meet regularly with a group of your peers to get involved and make a positive change in your community!

YOUTH
engagement

For more information or if you're interested in joining, please contact Lisa Parker at (519) 656-9025 ext. 224

Seniors Autumn Social



Seniors Autumn Social

The Wellesley Youth Advisory Council (W.Y.A.C) is hosting a lunch for Wellesley Township Seniors on Saturday, September 19th, 2015.

There will be a lunch served of appetizers, sandwiches, desserts and beverages. Come out to learn some new things about the local youth council, socialize with your neighbours, and have a chance to win a gift basket!

Cost: Free!

When: Saturday, September 19, 2015

Time: 12:00-2:00pm

Where: Crosshill Mennonite Church, 2537 Hutchison Rd, Millbank

Please RSVP to Lisa Parker at (519) 656-9025 ext. 224 by Friday September 4th.

Among Friends Support Group

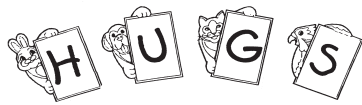
Among Friends is an informal group for women who have experienced the death of their partner. Support and friendship will be developed over coffee, tea and dessert. Lorraine Weber, Hospice Coordinator, will facilitate this group.

When: 1st Wednesday of every month at 2:00 pm

Where: Schmidtsville Restaurant, 3685 Nafziger Rd., Wellesley

For more information and to confirm your attendance, please call Lorraine at 519-664-3794 ext. 229.

It is true that the grief journey
is very lonely, but it is also
up to you to decide
just how lonely you will make it.
Elizabeth Berrien



Health Understanding Growth Sharing

Wellesley H.U.G.S. program: Are you a parent of a baby, toddler or pre-schooler? Come meet with other parents to discuss parenting and child health issues. You can also weigh and measure your infant.

Resource people include a Registered Dietitian, Nurse Practitioner, and a Community Health Worker.

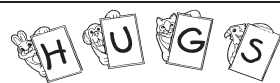
Who: For parents and children (0-5 years) living in the catchment area of the Woolwich and Wellesley Township Community Health Centre.

When: 3rd Thursday of the month—9:30-11:00 am.

Where: First St. Pauls Lutheran Church, 3620 Nafziger Rd., Wellesley.

For more information, call Heidi at 519-664-3794 ext. 237. Free childcare provided.

Sept. 17	Talking Clearly: KidsAbility will offer suggestions for parents regarding speech development
Oct. 15	Kindermusik: Introducing your child to music and rhythm
Nov. 19	Nutrition Tips from Abroad: a visiting dietitian from Holland will explore European perspectives on food
Dec. 17	Wee Hands Talking: sign language for toddlers
Jan. 15	Post-partum depression: how to deal with it



Health Understanding Growth Sharing

Breslau H.U.G.S. program: Are you a parent of a baby, toddler or pre-schooler? Come meet with other parents to discuss parenting and child health issues. You can also weigh and measure your infant. Free childcare.

New Day and Time!

Who: For parents and children (0-5 yrs) living in Woolwich Township

When: 2nd and 4th Thursday of the month; 9:30-11:00 am

Where: Breslau Community Centre, 100 Andover Dr., Breslau

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

Resource people include a Registered Dietitian, Nurse Practitioner, and a Community Health Worker.

Check our website for topic details! www.wchc.on.ca

Sept. 10	Kindermusik: Introducing your toddler to music and rhythm
Sept. 24	Letters and Numbers all Around Us: The Early Years Centre
Oct. 8	Eye Health for Your Child: Dr. Dipty Acharya, Optometrist
Oct. 22	Car Seat Safety and Installation: Alainna Smith
Nov. 12	Nutrition Tips from Abroad: visiting dietitian from Holland will explore European perspectives on food
Nov. 26	Back Health for Parents and Children: Dr. Peter Scheuring, Chiroprapist
Dec. 10	Infant and Child Development: Teresa Fisher from Region of Waterloo Public Health
Dec. 24	No H.U.G.S. Program. Merry Christmas!
Jan. 14	Post-Partum Depression: Debbie Wang from Region of Waterloo Public Health
Jan. 28	Talking Clearly: KidsAbility will have suggestions for parents regarding speech development
Feb. 11	What Parents can Claim on their Taxes: Colleen Coghlin

Additional Services

10 Parkside Dr.

St. Jacobs Dental Group

Accepting New Patients

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

Dr. Joon Mang, B.D.S., D.D.S.

Tel: 519-664-2434

Martin's Guardian Pharmacy

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

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.

Lisa Clements B.Sc., N.D.

Tricia D. Brubacher B.A., R.M.T.

Tel: 519-664-1050

www.stjacobsnaturopathic.com



Health

Understanding

Growth

Sharing

Are you a parent of a **baby, toddler or pre-schooler**? Come meet with other parents to discuss parenting and child health issues. You can also weigh and measure your infant. Resource people include a Registered Dietitian, Nurse Practitioner and a Community Health Worker.

Who: Parents and children (0-5 yrs) living in the catchment area of Woolwich & Wellesley Township Community Health Centre

When: 2nd & 4th Friday of the month, usually 9:15 to 11:15 am
Childcare available 9:30-11:00 am

Where: Woolwich Community Health Centre, 10 Parkside Dr., St. Jacobs
For more information, call Heidi @ 519-664-3794 ext. 237
Free childcare provided. No pre-registration required. Snacks provided.

Sept. 11	Car Seat Installation with Alainna Smith
Sept. 25	Meal Planning for Busy Families with Tiffany Krahn, R.D.
Oct. 9	Resource Sharing for Parents: Books, websites...Bring suggestions!
Oct. 23	Pros and Cons of Pets for Children: KW Humane Society
Nov. 13	Nutrition Tips from Abroad: Guest speaker from Holland
Nov. 27	Best and Worst Toys for Christmas. Also, Winter Activities for children
Dec. 11	Visit with Santa. Christmas activities for children
Dec. 25	No H.U.G.S. program today. Merry Christmas!
Jan. 8	Heart of the Matter: Tips for organizing your home + Clothing Exchange
Jan. 22	Registering for JK/SK: Will my child be ready?
Feb. 12	Topic to be determined.

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., 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)

Tues. and Wed. 8:30 a.m. - 11:45 a.m.

Physiotherapy, 9 Parkside Dr., St. Jacobs, ON N0B 2N0 Tel: 519-664-0597 Fax: 519-664-0598. Hours: Mon. 9:00 - 4:30, Tues. 1:00 - 8:00, Thurs. 9:00 - 4:30

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.

Check out our website www.wchc.on.ca