



Woolwich Community
HEALTH CENTRE

and Wellesley Township
COMMUNITY HEALTH CENTRE

UPDATE

*"growing toward a
healthier tomorrow"*

Breaking the STIGMA of Mental Illness

Did you know that one in five people in Canada will experience a mental health problem or illness in any given year? Among those, 60% won't seek help for fear of being labeled. (Mental Commission of Canada)

Even though mental illness is so widespread, it is a topic that is still uncomfortable for some to discuss. Those who suffer with mental illness are our family, friends, co-workers and community members. Those with mental illness often report feeling like they are a lesser person or that somehow they are responsible for their mental illness. The 2014 WCHC Community Wellbeing Assessment found that although respondents found that there has been an improvement in the stigma around mental illness, it still exists and is seen as a significant barrier to accessing support.

A recent study on mental health and farmers conducted by Andria Jones-Bitton at the University of Guelph highlights why support is especially significant in a rural, farming community. The study found:

- *Farmers are among the most vulnerable when it comes to mental health.*
- *Stress, anxiety, depression, emotional exhaustion and burnout are all higher among farmers than among other groups.*
- *Canadian farmers are more stressed than those living and working elsewhere.*



This is concerning knowing that many with mental illness are suffering in silence and afraid to reach out for help. The stigma around mental illness has a profound effect in our communities. The stigma around mental illness is an invisible way that we separate people in our community. Many with mental illness feel this stigma in their community connections, friends, access to services such as housing, and employment. We invite you to think about how you might reach out to support someone with a mental illness and to reflect on how our community can be inclusive. Researchers have noted that social connections and belonging are key factors that keep us mentally well. We need to shift our approach to mental illness from exclusion to inclusion and

connection. We are fortunate to live in a community that has a high level of connection and sense of belonging. Together we have a role to play to break down the stigma! This support can be our openness to talk about mental health and including individuals or family members who are struggling with mental illness. The following are actions we can take to break down the stigma.

1. Know the facts

Educate yourself about substance use and mental health problems—what can bring them on; who is more likely to develop problems; and how to prevent or reduce the severity of problems.

Learn the facts instead of the myths.

2. Be aware of your attitudes and behaviour

We've all grown up with prejudices and judgmental thinking, which are passed on by society and reinforced by family, friends and the media. **YOU can change the way you think—and see people as unique human beings, not as labels or stereotypes.**

3. Choose your words carefully

The way we speak can affect the way other people think and speak. Use accurate and sensitive words when talking about people with mental health and substance use problems. For example, speak about "a person with schizophrenia" rather than "a schizophrenic."

4. Educate others

Find opportunities to pass on facts and positive attitudes about people with substance use and mental health problems. If people or the media present information that is not true, challenge their myths and stereotypes. Let them know how their negative words and incorrect descriptions affect people with substance use and mental health problems, and keep alive the false ideas.

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FSC Logo


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Health and Wellness

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

To register for any of the programs listed, call WCHC at 519-664-3794 or WTCHC at 519-656-9025.

Class Description	Date/Time	Location
Concussion Prevention, Diagnosis and Treatment Join Dr. Mallory Fox, Pediatric Resident, Dr. Peter Scheuring, Chiropractor and Chris Tofflemire, Nurse Practitioner for a discussion on what is a concussion, how do they happen, the diagnosis and treatment options as well as how to protect yourself and your children.	Wednesday, September 20, 2017 6:30 pm—8:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Asthma Education Event Prevent the September spike. Learn how to be in good control of your asthma. Presented by Minto Mapleton FHT through the (OTN) Ontario Telemedicine Network.	Wednesday, September 20, 2017 1:15 pm—3:15 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
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 	 Monday, September 25, 2017 2:00 pm—4:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Seating is limited
Making Baby Food: 6 months to 1 year <ul style="list-style-type: none"> Learn how to make and store your own baby food 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" 	2 sessions are being offered. Monday, September 25, or Monday, December 11, 1:00 pm—2:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register for either class, call 519-664-3794 or 519-656-9025
PEP Talk: Take Charge of Your Diabetes! Diabetes, Healthy Feet and You educational workshop. You would benefit from attending this workshop if you: <ul style="list-style-type: none"> Have diabetes Have tingling or numbness in your feet Have noticed the shape of your feet changing Have sores or blisters on your feet 	2 sessions are being offered. Tuesday, September 26, or Tuesday, November 28, 1:00 pm—3:30 pm	WCHC 10 Parkside Dr., St. Jacobs. For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Craving Change A 4-week "how to" workshop for changing your relationship with food <ul style="list-style-type: none"> Understand why you eat the way you do Comfort yourself without food Change your thinking, change your eating 	Tuesdays, September 26, October 3, 10, 17, 2017 9:30 am—12:00 pm	WCHC 10 Parkside Dr., St. Jacobs. For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Support Group—Helping your Child Living with Anxiety If you find yourself feeling stressed, at your wits' end, and feeling fairly certain no one truly understands what it is like to care for your child living with anxiety, this group is for you! This 6-week support and educational group will include topics related to understanding the message of anxiety, practical management strategies, and self-care; resources will be shared, discussion and support will be offered from the facilitator, Sid Bater, and more importantly, from one another.	Thursdays, October 5, 12, 19, 26, November 2, 9, 2017 7:00 pm—9:00 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Space is limited

Class Description	Date/Time	Location
Getting a Good Night's Sleep Presented by Raza Shah, Doctor of Naturopathy St. Jacobs Naturopathic Clinic	Friday October 6, 2017 10:15 am—11:15 am	WCHC 10 Parkside Dr., St. Jacobs No registration required
Heart Healthy Eating Registered Dietitian, Karen Reitzel, will help you discover easy ways to improve your cholesterol level. 	Monday, October 16, 2017 1:30 pm—3:30 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
The Mindful Way through Stress, Anxiety and Depression This 8-week course is an opportunity for you to explore your unique physical and emotional response to stress and how automatic thought patterns contribute to anxiety, depression, physical pain and illness. Learn mindfulness approaches to respond to stress using: <ul style="list-style-type: none"> Breath awareness Body awareness Meditation  This is a Mindfulness-Based Cognitive Therapy course, adapted from the Mindfulness-Based Stress Reduction course created by Jon Kabat-Zinn. Facilitated by Joy Finney, MPhil in Social Work, and Sue Arai, Psychotherapist.	Orientation—Tuesday October 17, 2017 10:00 am—11:30 am Course runs on Tuesdays, October 24 to December 12, 2017 9:30 am—12:00 pm <i>Retreat: Saturday, December 2, 2017 9:30 am—3:30 pm (the retreat is open to past participants. To register for the retreat, call Joy by Nov 16th)</i>	WCHC 10 Parkside Dr., St. Jacobs To register , call Joy Finney at 519-664-3534 ext 230 by October 3, 2017. Space is limited! Pre-course interviews will be scheduled. You will be asked to commit to 45 minutes of home practice, online or CD, at least 5 days a week during the course.
Men's Cooking Classes Learn how to cook simple dishes that you can make at home. Socialize with other men in the community as you learn how to follow recipes, learn cooking skills and gain confidence in the kitchen. Meals will be prepared and enjoyed by the group at each session. Join Karen Reitzel, Registered Dietitian, and Julie Schelter, Hospice Coordinator.	You are welcome to attend one or both sessions. Friday, October 20, and/or Friday, November 3, 11:00 am—1:00 pm	WCHC 10 Parkside Dr., St. Jacobs Registration required 1 week prior , call 519-664-3794 or 519-656-9025
Bladder and Bowel Control as We Age Presented by Nimmy Thomas, Registered Physiotherapist, focused practice on pelvic health. SOS Physiotherapy, Elmira	Friday, October 20, 2017 10:15 am—11:15 am	WCHC 10 Parkside Dr., St. Jacobs No registration required
Learn to Manage your Fibromyalgia This FREE 6-week workshop is presented through the (OTN) Ontario Telemedicine Network. Special guest speakers include: Susan McAuslan, Physiotherapist; Kathy Penner-Dyck, Social Worker; Robin Brown, Clinical Pharmacist; Paula Siefried, Registered Dietitian, and Sandy Turner, Registered Kinesiologist.	Wednesdays, October 25, November 1, 8, 15, 22, 29, 2017 1:15 pm—3:15 pm	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025
Practical Skills to Live Well as We Age How can we move through the day in ways which build bone and muscle strength? Learn ways to prevent and/or manage: aches, pain and muscle stiffness, improve posture, breath awareness, nutrition, memory, and resilience in the face of life's changes. A 6-week course facilitated by Bernadette Vanspall, Physiotherapist, and Joy Finney, Health Promoter	Fridays, October 27, November 3, 10, 17, 24 and December 1, 2017 10:00 am—12:00 noon 	WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Space is limited
Eating Strategies for a Healthy Weight & Strong Bones Presented by Tiffany Krahn, Registered Dietitian, WCHC	Friday, November 3, 2017 10:15 am—11:15 am	WCHC 10 Parkside Dr., St. Jacobs No registration required

Class Description	Date/Time	Location
Also coming through the (OTN) Ontario Telemedicine Network: Safe Medication Tips—A Basic Guide for Patients and Dial it Down—Anxiety	Dates & times to be announced. Watch our website or Facebook for info.	WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025

**New
Program**

For Smokers Who Want to Quit—the Ottawa Model for Smoking Cessation

Tobacco use is the leading preventable cause of disease and death in Ontario. In Waterloo Region, approximately one third of all deaths are attributed to smoking. Although advances have been made in lowering the number of smokers, the decline in the overall smoking rate has stalled.

At the Woolwich Community Health Centre, we are always looking for innovative ways to support our patients in making healthy lifestyle choices. The Ottawa Model for Smoking Cessation (OMSC) is an initiative that fits perfectly with this goal. Smoking cessation interventions have always been offered to our clients but now we have the opportunity to offer a comprehensive best practice program at all of our three sites. The OMSC is a simple, systematic approach for addressing tobacco use with smokers and for supporting successful quitting using the best available evidence-based treatments. Some of our staff have completed training as smoking cessation counsellors and are knowledgeable in the latest effective treatments to address tobacco use and support patients in quitting. Most smokers do want to quit and have made attempts to quit smoking. Offering an easy-to-access, comprehensive smoking cessation program is essential to support those who smoke to set their quit date.

Mental Health: Support for You and Your Family

Everyone welcome. No charge.

Registration recommended but not required. To register call 519-664-3794 (WCHC) or 519-656-9025 (WCHC)

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



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

Building Resiliency: Dealing with Life's Challenges Join us to learn various coping strategies that can give us a break from mental and emotional distress and when to use them. Explore how mindfulness differs from and/or complements other approaches to riding the waves of life.	Tuesday, October 3, 2017 7:00 pm–9:00 pm	Presented by Keehan Koorn, Reg Psychotherapist, Canadian Mental Health Association Waterloo Wellington and Joy Finney, MPhil in Social Work, WCHC
Faith-Fullness: Spirituality and Mental Health Stigma around mental health issues persist in our society. Unfortunately, those who have been raised in, or value their own faith tradition, often face additional challenges understanding mental health. Struggles emerge in reconciling messages from society with personal understanding, experience, and expression of faith. This interactive presentation seeks to explore the connection, dispel some myths, and learn an integrated approach to faith and mental health.	Tuesday, October 24, 2017 7:00 pm–9:00 pm	Presented by Cairine Domzella, MA Theology: Spiritual Care and Psychotherapy, WCHC and Sid Bater, MSW Counsellor at WCHC
Calming the Anxious Mind Anxiety is one of the most common <i>and most distressing</i> mental challenges today, it can be particularly troubling when our children struggle with it. In March we explored some of the causes of anxiety in children, now we will explore how anxiety is often a 'family affair', how family fit into the picture, and discuss some basic strategies to effectively manage the anxiety relationship in the household.	Thursday, November 16, 2017 7:00 pm–9:00 pm	Presented by Sid Bater, MSW Counsellor at WCHC

Be a part of Wellbeing Waterloo Region!

There are some exciting things happening with the Wellbeing Waterloo Region Initiative. This collaborative effort brings together citizens, decision-makers, agencies and community groups to address collective priorities for improving wellbeing in Waterloo Region. Find out more at the website: wellbeingwr.ca and be a part of improving wellbeing in our community.

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 to refer you to WCHC for an appointment with the Respiratory Therapist.**

If you live in Waterloo Region you can access the:



Free program & services for people with **type 2 diabetes or prediabetes**, their family members, caregivers and support people.

- Individual appointments are available with a Nurse, Dietitian, and Foot Specialist.
- Learn how to check, manage and control blood sugar levels.
- Educational workshops.
- Diabetes exercise classes available.

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

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

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

When: 2nd Tuesday of every month
Time: 6:00 pm—7:00 pm
Where: WCHC, 10 Parkside Dr.,
St. Jacobs



No need to register, just drop in!
For more information,
call Tiffany at 519-664-3794 ext. 241.

Registered Dietitians work with individuals to promote health through providing nutrition education and guidance.

Dietitians work with individuals of all ages to maximize their nutrition but also have specialized training to work with those who have chronic conditions such as: heart disease, cancer, allergies, and weight management.

All residents of the WCHC and WTCHC catchment area are welcome to book an appointment with our dietitians.

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.

Woolwich Wellesley Hospice



Caregiver Coffee Hour

The Caregiver Coffee Hour support group is offered by WCHC in conjunction with the Alzheimer Society Waterloo-Wellington at Woolwich Community Services

5 Memorial Dr., Elmira.

1st Tuesday of the month 10:00—11:30 am.

Counselling Support

We offer counselling for rural residents who are dealing with a life-threatening illness or the loss of a loved one.

Irena Razanas, MSW RSW has many years of experience as a grief counsellor working with children, teens and adults.

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.

Among Friends Support Group

Among Friends is an informal group for women who have experienced the death of their partner or spouse. Support and friendship will be developed over coffee and dessert.

Woolwich—WCHC, 10 Parkside Dr., St. Jacobs every 3rd Tuesday of the month 10:00 am—11:30 am

Wellesley—WTCHC Buggy Works Room, 1180 Queens Bush Rd., Wellesley every 1st Wednesday of the month at 2:00 pm

If you are interested in registering or would like more information about these Hospice services please contact Julie 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

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 Penny at 519-664-3534 ext. 403 for more information. **Financial assistance is available.**

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

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.

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

A Physical Activity Readiness/Emergency Information Form 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.

Thursday 5:45—6:45 pm	September 14—November 2, 2017	8 classes for \$64.00
	November 9—December 21, 2017	7 classes for \$56.00
	January 11—March 8, 2018	9 classes for \$72.00

Body Fit: 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 11—November 3, 2017	20 classes for \$100.00
	November 6 — December 20, 2017	17 classes for \$85.00
	January 8—March 7, 2018	21 classes for \$105.00

Tuesday and Thursday 7:00—8:00 pm	September 12—November 2, 2017	16 classes for \$80.00
	November 7—December 21, 2017	14 classes for \$70.00
	January 9—March 8, 2018	18 classes for \$90.00

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

Tuesday and Thursday 9:00—10:00 am	September 12—November 2, 2017	16 classes for \$80.00
	November 7—December 21, 2017	14 classes for \$70.00
	January 9—March 8, 2018	18 classes for \$90.00

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

Tuesday 10:15—11:15 am	September 12—October 31, 2017	8 classes for \$32.00
	November 7—December 19, 2017	7 classes for \$28.00
	January 9—March 6, 2018	9 classes for \$36.00

Thursday 10:15—11:15 am	September 14—November 2, 2017	8 classes for \$32.00
	November 9—December 21, 2017	7 classes for \$28.00
	January 11—March 8 2018	9 classes for \$36.00

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

Monday 5:45—6:45 pm	September 11—October 30, 2017	7 classes for \$28.00
	November 6— December 18, 2017	7 classes for \$28.00
	January 8—March 5, 2018	8 classes for \$32.00

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

Tuesday 11:30 am—12:30 pm	September 12—October 31, 2017	8 classes for \$32.00
	November 7—December 19, 2017	7 classes for \$28.00
	January 9—March 6, 2018	9 classes for \$36.00

Fitness Classes continued

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

Monday 12:10—12:50 pm	September 11—October 30, 2017	7 classes for \$35.00
	November 6—December 18, 2017	7 classes for \$35.00
	January 8—March 5, 2018	8 classes for \$40.00

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

Thursday 12:10—12:50 pm	September 14—November 2, 2017	8 classes for \$40.00
	November 9—December 21, 2017	7 classes for \$35.00
	January 11—March 8, 2018	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 11—October 30, 2017	7 classes for \$28.00
	November 6—December 18, 2017	7 classes for \$28.00
	January 8—March 5, 2018	8 classes for \$32.00

Monday Evening 7:00—8:00 pm	September 11—October 30, 2017	7 classes for \$28.00
	November 6—December 18, 2017	7 classes for \$28.00
	January 8—March 5, 2018	8 classes for \$32.00

Wednesday Morning 10:30—11:30 am	September 13—November 1, 2017	8 classes for \$32.00
	November 8—December 20, 2017	7 classes for \$28.00
	January 10—March 7, 2018	9 classes for \$36.00

Friday Afternoon 2:45—3:45 pm	September 15—November 3, 2017	8 classes for \$32.00
	November 10—December 22, 2017	7 classes for \$28.00
	January 12—March 9, 2018	9 classes for \$36.00

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

Tuesday (Beginner Level) 5:45—6:45 pm	September 12—October 31, 2017	8 classes for \$64.00
	November 7—December 19, 2017	7 classes for \$56.00
	January 9—March 6, 2018	9 classes for \$72.00

Thursday (Intermediate Level) 1:00—2:00 pm	September 14—November 2, 2017	8 classes for \$64.00
	November 9—December 21, 2017	7 classes for \$56.00
	January 11—March 8, 2018	9 classes for \$72.00

Fitness Classes at Wellesley Township Community Health Centre

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

Fridays 9:15—10:15 am	September 15—November 3, 2017	8 classes for \$32.00
	November 10—December 22, 2017	7 classes for \$28.00
	January 12—March 9, 2018	9 classes for \$36.00

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

Fridays 1:00—2:00 pm	September 15—November 3, 2017	8 classes for \$32.00
	November 10—December 22, 2017	7 classes for \$28.00
	January 12—March 9, 2018	9 classes for \$36.00

THE FARM COLUMN

Safety for the Next Generation



There is always plenty of work to do on the farm to keep everyone in the family busy! Sometimes it is almost overwhelming and every available person is called into action.

However, we must remember that some jobs are not meant to be done by children because they do not have the physical or mental capabilities to complete them safely.

Too often we learn of injuries or fatalities that happen when children are in the "wrong place at the wrong time" or are engaged in a task that they were not properly equipped to do. There are five factors that are often lacking or are not fully developed in youth: strength, size, experience, awareness and co-ordination.

Toddlers and pre-school aged children often find their way to the work area because they are curious. Adults at work are unaware of their presence and the result may be tragic! We hear of small children falling from heights, ingesting poisons, being kicked by animals or run over by tractors or drowning. Small children need a safe play area away from the work site where they can be supervised.

School-aged children often have chores that they must complete on a regular basis. This teaches them responsibility and satisfaction in helping on the farm. However, these jobs need to correspond to the

capabilities of the individual child. It is best to use caution when assigning tasks that may be somewhat risky.

WCHC has partnered with the Progressive Ag Safety Association to conduct farm safety days at some of the parochial schools in the area. Parents, older and younger siblings and community members are invited to join the event as everyone learns about some of the hazards on the farm and how best to avoid any injuries. With this multi-generational approach everyone hears the same message and can help to reinforce the safety precautions that are important to work safely at the tasks on the farm.

It is important to include the next generation in the work on the farm. We need to cultivate the future farmer to carry on the food production that is essential to our society. However, at the same time

we hope to instill in them the need to include precautions and safety in their daily tasks to avoid long-term injuries or fatalities.

There is enough work for everyone!
Let's do it with safety in mind!



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.



WCHC Achieves Highest Standards in Infant Feeding

We are happy to announce that in April 2017, WCHC earned the prestigious Baby-Friendly Initiative (BFI) designation. This designation is the culmination of more than five years of focused effort by our staff and external reviews by a team of assessors. This BFI designation recognizes our excellent practices to provide families with the very best infant feeding, health teaching and support. Among the many positive comments reflected in their final report, the external assessors noted:

"We congratulate you on having achieved this recognition of the standard of care provided to mothers and babies you serve which is embodied in the "Baby-Friendly" designation. The work of your team serves as an inspiration to others working in community health services across Canada."

The Baby-Friendly Initiative (BFI) is a worldwide program of the World Health Organization and UNICEF. Its aim is to ensure all families receive skilled support and accurate information to safely feed their infants and growing children. BFI objectives are Best Practices to protect, promote and support breastfeeding, and to support all families regardless of their infant feeding decision. To achieve this designation, all health centre staff, as well as many volunteers, were engaged in education and training over the years and months leading up to the three-day site review by the external assessors.

Much appreciation is extended to the staff of our enthusiastic BFI steering committee – Chris, Wendy, Laura, Jan, Beth, Sarah, and Debbie – guided with passion and tenacity by Robin, for their leadership in this multi-year journey!

To more formally recognize WCHC's achievement of this designation, community members, including moms and babies, will be invited to a celebration event this fall. Please watch our Facebook page and local media for further details!

Greetings from the Board

On behalf of the Board of the Woolwich Community Health Centre (WCHC), I would like to thank recently retired Directors Paul Snyder and Myra VanKatwijk, for their many contributions to the governance of our health centre. I would also like to extend a warm welcome to our newest Directors, Kan Chhatwal and Karen Doerner. Our 2017-18 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 2016-17 included:

- Championing the Waterloo Wellington Advance Care Planning (ACP) Initiative by piloting an approach to support the integration of ACP into routine primary health care delivery, starting with client education and documentation about substitute decision-making.
- Joining a province-wide, nationally recognized quality improvement program for addressing tobacco use, sponsored by the University of Ottawa Heart Institute.
- Significant expansion of partnerships and programs related to mental health and addictions, including on-site service delivery for any resident of our catchment area by the Canadian Mental Health Association, Front Door (Lutherwood and Carizon), and Woolwich Counselling Centre.

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

Looking forward to the 2017-18 fiscal year, a key focus for the health centre's work will be collaboration with local partners in implementing the Patients First Act and planning related to primary health care.

Our Board looks forward to continued support and input from the community served by WCHC, to ensure that our planning, programs and services remain responsive, comprehensive and relevant to local needs.

Richard Gerson
Board Chair

Introducing the 2017-18 WCHC BOARD OF DIRECTORS

Taposhi Batabyal - Officer at Large	Richard Gerson - Chair	Samantha Meyer – Director
Gail Martin – Director	Mary Lynn McPherson – Past Chair	Karen Doerner – Director
Greg Smith – Vice Chair	Kan Chhatwal – Director	Sue Wideman – Secretary
Ashley Raspopovic – Director	Chris Martin – Director	Lisa Wilz – Treasurer

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 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.

For the 2017-18 year, the Board is looking for 1-2 community members to join its Finance Committee, and 1-2 community members to join its Nominating Committee.

The **Finance Committee** 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.

The **Nominating Committee** is responsible for recruiting and recommending nominees to fill vacancies on the Board of Directors of WCHC as part of the annual meeting process and as otherwise required. This Committee typically meets 2-3 times per year, between January and May.

For further information about joining the Finance and Nominating Committees, please contact Denise Squire, Executive Director, at (519) 664-3794.



Fitness Classes at Wellesley Township Community Health Centre

Please see page 7 for fitness programs and dates.

Health and Wellness

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

Class Description	Date/Time	Location
Oww, my Head! Do you struggle with headaches and wonder why? Not sure when to start worrying about your headaches? Join Dr. Kathleen Luscott and Lindsay Bast, Naturopathic Doctor to explore why headaches occur and what to do about them!	Tuesday, September 19, 2017 6:00 pm—7:30 pm	WTCHC 1180 Queens Bush Rd., Wellesley No registration required
Chronic Pain Self-Management Program Do you live with on-going neck, shoulder or back pain? Repetitive strain? Other chronic pain? In this 6-week program you will learn techniques to deal with problems such as stress, tension, anger, frustration, depression, fatigue and isolation. Learn exercises for maintaining and improving strength, flexibility and endurance!	Thursdays, October 5 to November 9, 2017 9:30 am—12:00 pm	WTCHC 1180 Queens Bush Rd., Wellesley For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca
Got Back Pain? Would you like to become more aware of your posture, increase your awareness of how daily tasks may be contributing to your back and neck pain, and learn ways to modify your activities and movements to reduce strain? Join Bernadette Vanspall, Physiotherapist and Lindsay Bast, Naturopathic Doctor to learn new techniques.	Thursday, October 19, 2017 6:00 pm—7:30 pm	WTCHC 1180 Queens Bush Rd., Wellesley No registration required
How to Manage the Holiday Season and Still Allow for Grief For those of us who are struggling with grief after the death of a loved one, the holiday season can seem like a burden. It can be a time of overwhelming emotions, new challenges and expectations from family and friends. In this workshop we will discuss traditions and different approaches to celebrating the holidays after experiencing loss. Join Julie Schelter, Hospice Coordinator and Irena Razanas, MSW RSW to chat about grief in and around the holiday season.	Thursday, December 7, 2017 6:00 pm—7:30 pm	WTCHC 1180 Queens Bush Rd., Wellesley No registration required

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 decision-making?

We are currently recruiting for the youth council in Wellesley Township. This is an exciting opportunity where you can meet regularly with a group of your peers to get involved and make a positive impact in your community!

If you are interested, we'd love to hear from you! For more information please contact Lisa Parker at 519-656-9025 ext. 224.

YOUTH
engagement

Seniors Autumn Social—FREE LUNCH



The Wellesley Youth Advisory Council (W.Y.A.C) is offering a **FREE lunch** for Wellesley Township Seniors on Friday, September 22nd from 12:00—2:00 pm. Located at the Crosshill Mennonite Church.
 Lunch will be served including appetizers, sandwiches, desserts and beverages.

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

Please RSVP to Lisa Parker at 519-656-9025 ext: 224 by Friday September 8, 2017.

Breaking the STIGMA of Mental Illness (cont'd)

5. Focus on the positive

People with mental health and substance use problems make valuable contributions to society. Their health problems are just one part of who they are. We've all heard the negative stories. Let's recognize and applaud the positive ones. For example, did you know that Ron Ellis was living with depression when he and the Toronto Maple Leafs won the Stanley Cup?

6. Support people

Treat people who have substance use and mental health problems with dignity and respect. Think about how you'd like others to act toward you if you were in the same situation. If you have family members, friends or co-workers with substance use or mental health problems, support their choices and encourage their efforts to get well.

7. Include everyone

In Canada, it is against the law for employers and people who provide services to discriminate against people with mental health and substance use problems. Denying people access to things such as jobs, housing and health care, which the rest of us take for granted, violates human rights.

People with mental health and substance use problems have a right to take an equal part in society. Let's make sure that happens.

(Centre for Addiction and Mental Health)



Are you a parent of a **baby, toddler or pre-schooler?**

Come meet with other parents to discuss parenting and child health issues. You can also weigh and measure your infant. Resource people include a Registered Dietitian, Nurse Practitioner and a Community Health Worker. For parents and children (0-5 yrs) living in the catchment area of Woolwich & Wellesley Township Community Health Centres. Free childcare provided. No pre-registration required. Snacks provided. For more information, call Heidi at 519-664-3794 ext. 237.

Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs

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

September 8, 2017	BACK TO BASICS Peter Scheruing, Chiropractor
September 22, 2017	LET'S DO LUNCH Creative ideas for school lunches—Tiffany Krahn, RD
October 13, 2017	BUILDING EMOTIONAL RESILIENCY THROUGH MINDFULNESS —Joy Finney
October 27, 2017	EARLY YEARS PRESENTS Helping children to learn
November 10, 2017	CHILDREN'S PROGRAMS AT THE LOCAL LIBRARIES Toy and book exchange, bring one—take one
November 24, 2017	SIGN LANGUAGE FOR CHILDREN Wee Hands
December 8, 2017	HO-HO-HO Visit with Santa, Christmas activities
December 22, 2017	WISHING YOUR FAMILY A MERRY CHRISTMAS NO HUGS TODAY
January 12, 2018	NATUROPATHIC APPROACHES TO COMMON CHILDHOOD CONCERNS
January 26, 2018	KIDS IN THE KITCHEN Cooking with kids—Tiffany Krahn, RD



Wellesley Township Community Health Centre and Early Years

Wellesley Community Centre

1000 Maple Leaf St., Wellesley



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

September 27, 2017	COMMON CHILDHOOD ILLNESSES; When to seek primary care—Chris Tofflemire, NP
October 25, 2017	HEALTHY EATING CHOICES BY DESIGN (not willpower or luck) - Tiffany Krahn, RD
November 22, 2017	SOMETHING TO SMILE ABOUT Children's oral health—Julie Wilson, Dental Hygienist
December 27, 2017	WISHING YOUR FAMILY A MERRY CHRISTMAS NO HUGS TODAY

Additional Services

10 Parkside Dr.

St. Jacobs Dental Care

Accepting New Patients and Emergencies

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

Dr. Mira Nusaputra, D.D.S.

Tel: 519-664-2434

www.stjacobsdentalcare.ca

Martin's Guardian Pharmacy

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

9 Parkside Dr.

St. Jacobs Midwives

Andrea Horst, Administrator

Tel: 519-664-2542

Fax: 519-664-1815

www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.

Tricia D. Brubacher RMT

Inge Bender, Student of Osteopathy

Tel: 519-664-1050

www.stjacobsnaturopathic.com

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

Please note: **NEW LAB HOURS** as of September 5, 2017

WCHC St. Jacobs Monday, Wednesday, Thursday, Friday 8:30 am—11:15 am

WTCHC Wellesley **Tuesday only** 8:30 am —11:45 am

PLANNING A TRIP? - Plan your immunizations!

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

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

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

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

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.



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 "On-Call" 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 On-Call number, you will speak with an operator who will ask you your name (or the client's name if you are not calling for yourself) and for a phone number that you can be reached at. The doctor or nurse practitioner will call you back as soon as possible.

Woolwich Community Health Centre

P.O. Box 370, 10 Parkside Dr.

St. Jacobs, ON N0B 2N0

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

WCHC Hours of Operation

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

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

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

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

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

Drop-In Lab Services (for registered patients only)

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



Linwood Nurse Practitioner Office

3777 Manser Road

Linwood, ON N0B 2A0

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

LNPO Hours of Operation

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

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

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

Wellesley Township Community Health Centre

P.O. Box 187, 1180 Queen's Bush Rd.

Wellesley, ON N0B 2T0

Tel: (519) 656-9025 Fax: (519) 656-9027

WTCHC Hours of Operation

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

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

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

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

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

Drop-In Lab Services (for registered patients only)

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

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

Woolwich Community Health Centre (WCHC) receives funding from the Waterloo Wellington Local Health Integration Network and the Government of Ontario. The views expressed in this newsletter are the views of WCHC and do not necessarily reflect those of the WWLHIN or the Government of Ontario.