



**Woolwich Community  
HEALTH CENTRE**

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

**UPDATE**

*"growing toward a  
healthier tomorrow"*

## Woolwich Community Health Centre: COVID-19 Update

Woolwich Community Health Centre's mission is "Enhancing health and well-being in our diverse and evolving communities in Woolwich, Wellesley and Wilmot".

Health care continues to evolve as we make our way through the COVID-19 pandemic. WCHC offers primary health care to clients through physician and nurse practitioner services. We also provide physiotherapy, counselling, chiropody, registered dietitian consultations, fitness classes, as well as community educational programs and health promotion programs.

For registered clients of WCHC to book appointments, call either the Wellesley or St. Jacobs office depending on where you receive your health care. The Linwood office remains closed at this time due to concerns about maintaining a physical distance while at the office. If you would normally see a nurse practitioner at the Linwood Nurse Practitioner Office, please call the Wellesley location to book an appointment. When you call, the receptionist will determine with you whether the appointment could be managed over the phone, through a video call, or if an in-office appointment is needed. The following are examples of appointments and what type of appointment may be booked:

### Phone Appointment:

- Prescription renewal for an ongoing medication – no changes to health status
- Follow up on an on-going health issue – regular follow up

### Video Appointment:

- Mental Health check in
- Skin lesion assessment

In-office – Full COVID-19 screening will be completed prior to each in-office visit:

- Immunization – children and adult
- Dressing change
- Well baby/well child



Services available to registered clients:

Physiotherapy - phone or in person depending on the required treatment. A referral is needed and extended benefits should be exhausted.

Counselling services - are being offered either by a phone appointment or by a video appointment. WCHC has welcomed back Jannah Tudiver to our counselling team. Jannah has worked with WCHC in the past and we are very pleased to welcome her back! Both Sid Bater and Cairine Domzella continue their work with WCHC.

Chiropody is health care from the ankle down. A referral from your primary care provider is needed. Full cleaning and disinfection of the foot clinic area has reduced the number of appointments that can be scheduled each day.

Services available to our rural community:

Services to help manage diet and nutrition can be accessed by calling the health centre for an appointment. The appointments are offered over the phone as our Registered Dietitians continue to work off site. No referral needed and open to all in Wellesley or Woolwich Townships.

Health promotion and education are key elements that make a Community Health Centre unique in the field of health care. Having onsite education allows for a holistic approach. Knowledge increases the ability to remain healthier longer! Being a partner in your mental and physical health and well-being is invaluable. Plan to take part in the many seminars, groups or classes that have been scheduled for this Fall! Most are being offered virtually through phone or by video.

WCHC has the health and safety of the community in mind as we use technology to assist us in offering care to our clients and the community. Read the Update newsletter to find out what is happening this Fall!

If you have any questions about the services or programs available at WCHC, Wellesley or St. Jacobs locations, please call!



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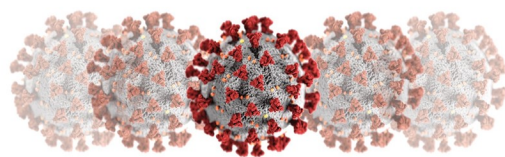
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# Health and Wellness

As we continue to take physical distancing measures, Woolwich Community Health Centre is committed to offer health education at a distance using the virtual communication platform, Zoom.


All sessions are FREE. Registration is required. Once you have registered, you will receive your invitation a day before the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

| Class Description  | Date/Time  | Registration   |
|--|--|--|
| <b>Practical Skills to Live Well as We Age</b> <ul style="list-style-type: none"> <li>How to move through the day in ways which build bone and muscle strength.</li> <li>Learn ways to prevent and/or manage aches, pains and muscle stiffness.</li> <li>Share tips to enhance posture, breath and body awareness, nutrition, and memory.</li> <li>Build/harness resilience in the face of life's changes.</li> <li>Learn about community supports and resources.</li> </ul> <p>A 6-week course facilitated by Bernadette Vanspall, Physiotherapist, and Michelle Smith, RPN, Well Adult Nurse.</p>  | <p>Thursdays,<br/>September 24, October 1, 8, 15, 22 &amp; 29, 2020</p> <p>9:30 am—11:30 am</p>  | <p>Registration is required.</p> <p><b>To register</b> call, 519-664-0597, please leave a voice mail message with your name and phone number</p> |
| <b>Hospice/Palliative Care:</b><br><b>How to Better understand Hospice Services in Woolwich, Wellesley and Waterloo Region</b> <p>Join us to learn more about Hospice/Palliative Care services and supports in our area.</p> <ul style="list-style-type: none"> <li>How to access Hospice.</li> <li>When to introduce Hospice services.</li> <li>What services are offered in our community.</li> <li>Information about the new residential Hospice close to Woolwich and other services offered by Hospice Waterloo.</li> </ul> <p>Facilitated by Julie Schelter, Hospice Coordinator, Woolwich Community Health Centre.</p>  | <p>Thursday,<br/>October 8, 2020</p> <p>1:30 pm—3:00 pm</p>  | <p>Registration is required.</p> <p><b>To register</b> email Gebre at gberihun@wchc.on.ca or call, 519-664-3794 or 519-656-9025</p>              |
| <b>Heart Health</b> <p>Today, heart disease and stroke take one life every seven minutes. Research shows that 90% of Canadians have at least one risk factor. Join us to learn more about the following topics and many other similar concerns you may have.</p> <ul style="list-style-type: none"> <li>The function of the human heart.</li> <li>Risk factors for heart attack and stroke.</li> <li>How to reduce your risk for heart attack or stroke.</li> <li>Ways to prevent and reduce disability and/or death through healthy lifestyle.</li> </ul> <p>Facilitated by Heart and Stroke Foundation of Ontario.</p>  | <p>Thursday,<br/>October 29, 2020</p> <p>6:30 pm—8:00 pm</p>   | <p>Registration is required.</p> <p><b>To register</b> email Gebre at gberihun@wchc.on.ca or call, 519-664-3794 or 519-656-9025</p>              |



## Slow the spread of COVID-19

Stay home if you can! It's the best way to protect yourself and our most vulnerable citizens.

| Class Description   | Date/Time  | Registration   |
|---|--|--|
| <b>Medical Cannabis</b><br><p>The purpose of this session is to create awareness of all aspects of medical cannabis. In this session you will learn:</p> <ul style="list-style-type: none"> <li>• What is it and what you need to know</li> <li>• Medical cannabis vs. recreational cannabis</li> <li>• How to know whether or not cannabis is the right choice</li> <li>• What are the health effects</li> <li>• Cannabis legislation, usage and responsibility</li> <li>• Where to get help</li> </ul> <p>Facilitated by Dr. Michael Beazely, Professor, University of Waterloo.</p>  | <p>Tuesday,<br/>November 10, 2020</p> <p>6:30 pm—8:00 pm</p>   | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |
| <b>Gut Health</b><br><p>The gut matters in our mental and physical wellbeing, much more than we ever knew. It plays a major role in inflammation, and likely plays a role in most chronic diseases that previously seemed unrelated. Join Annemarie Mantler, Nutritionist to learn about:</p> <ul style="list-style-type: none"> <li>• The key functional role of the gut</li> <li>• The root causes of dysfunction of the gut</li> <li>• The roots of disease—inflammation, gut health and stress</li> <li>• Addressing gut dysfunction and optimizing your gut health</li> </ul> <p>Facilitated by Annemarie Mantler, Nutritionist.</p> | <p>Tuesday,<br/>November 24, 2020</p> <p>6:30 pm—8:00 pm</p>   | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |
| <b>Menopause:<br/>Pre and Post Solutions (natural and other ways)</b><br><p>Join us to learn about menopause from multiple perspectives. You will have the opportunity to ask questions and talk about any concerns you may have.</p> <p>Facilitated by Dr. Anita Kieswetter, Doctor of Naturopathy and Maria Boehm, Nurse Practitioner, Woolwich Community Health Centre.</p>  | <p>Wednesday,<br/>December 9, 2020</p> <p>2:00 pm—3:30 pm</p>  | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |
| <b>Detoxification for General Health:<br/>Naturopathic approaches to cleansing by fasting,<br/>nutritional and herbal supplementation.</b><br><p>Facilitated by Dr. Raza Shah, Doctor of Naturopathic Medicine, St. Jacobs Naturopathic Clinic.</p>   | <p>Thursday,<br/>January 28, 2021</p> <p>1:30 pm—3:00 pm</p>   | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |



Through a partnership with Waterloo Wellington Self Management Program we have offered a range of programs such as Better Sleep, Craving Change, Chronic Pain, Chronic Disease, Cancer: Thriving and Surviving, and Mindfulness Awareness Stabilization Training (M.A.S.T.).


Due to COVID-19 they are offering some of these excellent workshops virtually. For more information and to learn about upcoming programs visit their website, [www.wwselfmanagement.ca](http://www.wwselfmanagement.ca).

# Mental Wellness: Support for You and Your Family


As we continue to take physical distancing measures, Woolwich Community Health Centre is committed to offer health education at a distance using the virtual communication platform, Zoom.



All sessions are FREE. Registration is required. Once you have registered, you will receive your invitation a day before the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

| Class Description  | Date/Time   | Registration   |
|--|---|--|
| <b>Managing Fear and Anxiety during COVID</b><br><p>COVID-19 has had a profound impact on our mental health. Fear of the unknown and increased anxiety is experienced by many of us as we move through the phases of this pandemic. In this session you will learn:</p> <ul style="list-style-type: none"> <li>• Factors contributing to our fear and anxiety during the changing stages of COVID-19</li> <li>• Signs and symptoms of anxiety</li> <li>• Coping strategies</li> <li>• Supporting a loved one experiencing COVID-19 related anxiety</li> <li>• Online and community resources</li> </ul> <p>Facilitated by Laura McShane, Canadian Mental Health Association.</p>   | <p>Tuesday,<br/>September 29, 2020</p> <p>7:00 pm—8:00 pm</p>  | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |
| <b>Self-Care and Setting Healthy Boundaries</b><br><p>In this workshop you will learn about:</p> <ul style="list-style-type: none"> <li>• Tips on how you can take care of your needs</li> <li>• Create a self-care plan (physical, social, emotional and spiritual)</li> <li>• Give attention to your self during difficult situations</li> <li>• Learn strategies to set boundaries and say “no” if you need to</li> </ul> <p>Facilitated by Jannah Tudiver, MA, RP, CCC, Psychotherapist at WCHC.</p>   | <p>Tuesday,<br/>October 20, 2020</p> <p>6:30 pm—8:00 pm</p>   | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |
| <b>Managing Relationships during COVID-19</b><br><p>COVID-19 is changing our lives, including our relationships with other people in the community, our families, homes, workplaces, etc. Many of us have lost our normal ways of seeing others. On the other hand, we are spending far more time than we were used to with those we share our homes. Both losing normal contacts with others and spending far more time together may create uneasiness. In this session you will learn:</p> <ul style="list-style-type: none"> <li>• The impact of COVID-19 on our relationships with others</li> <li>• Ways to manage relationships during COVID-19</li> <li>• Ways to nurture healthy relationships</li> </ul> <p>Facilitated by Sid Bater, Social Worker &amp; Psychotherapist at WCHC and Jannah Tudiver, MA, RP, CCC, Psychotherapist at WCHC.</p> | <p>Tuesday,<br/>October 27, 2020</p> <p>6:30 pm—8:00 pm</p>   | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |
| <b>Signs of Caregiver Burnout:<br/>How to prevent and get support</b><br><p>Giving care for a loved one is satisfying and challenging. In this session caregivers will gain insight into:</p> <ul style="list-style-type: none"> <li>• Coping strategies</li> <li>• How to introduce services</li> <li>• Tools to help the person they are supporting maintain their independence</li> <li>• Preventing burnout and seeking additional help</li> </ul> <p>Facilitated by Julie Schelter, Hospice Coordinator, WCHC.</p>  | <p>Thursday,<br/>November 5, 2020</p> <p>6:30 pm—8:00 pm</p>  | <p>Registration is required.</p> <p><b>To register</b> email Gebre at <a href="mailto:gberihun@wchc.on.ca">gberihun@wchc.on.ca</a> or call, 519-664-3794 or 519-656-9025</p> |



| Class Description  | Date/Time   | Registration   |
|--|---|--|
| <b>Seasonal Affective Disorder (SAD)</b><br>During the change of seasons, many people experience Seasonal Affective Disorder (SAD). 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.<br>Facilitated by Laura McShane, Canadian Mental Health Association. | Tuesday,<br>December 8, 2020<br><br>6:30 pm—8:00 pm<br><br> | Registration is required.<br><br><b>To register</b> email Gebre at gberihun@wchc.on.ca or call, 519-664-3794 or 519-656-9025 |
| <b>Understanding what is behind “acting out” in children and reframing how we respond</b><br>Join us to learn the reasons behind “acting out” in children and the ways to effectively and positively respond to “acting out” situations.<br>Facilitated by Sid Bater, Social Worker & Psychotherapist at WCHC.   | Tuesday,<br>January 26, 2021<br><br>6:30 pm—8:00 pm   | Registration is required.<br><br><b>To register</b> email Gebre at gberihun@wchc.on.ca or call, 519-664-3794 or 519-656-9025 |

## When chilling out feels more like a heat wave! A 4-week group for Youth Dealing with Stress and Anxiety

Feeling stressed out? Perhaps more since the global pandemic hit us about 5 months ago, completely turning our world upside down? Suddenly, schools closed (for some, maybe not such a terrible thing!), we were unable to see our friends except through screens (a bit more of a terrible thing!), and our extra-curricular activities came to a grinding halt.

Literally, overnight we found ourselves unable to leave our homes, trying to navigate home, social, school and work lives all from one place – talk about stress! For some, it has been even more challenging as they have personally experienced the effects of the virus in those they care about. These circumstances have been thrust upon us all, we have each been affected in some significant way ... indeed, our lives are no longer what they were in January. To say these past five months constitute ‘stressful times’ is a bit of an understatement, to be sure.

But for many youth, stress and anxiety are not merely products of the pandemic. In fact, they have been rather constant companions. You may have tried many things to deal with anxiety symptoms and to decrease your stress, but at times you may feel like you are fighting a losing battle. You may not even be noticing the symptoms that have been lingering. Loss of sleep has perhaps become more normal for you. Waking up

with worrying thoughts that occupy mental thinking space, wondering what exactly the ‘new normal’ we keep hearing about really entails, and questioning if things will ever return to the old normal.

Much of our stress is caused by things we cannot control but seem unable to stop worrying about. It is often the unknown that causes us to feel anxious, worried, and at times ‘stuck’ in thought patterns and a sense of helplessness. It can get to the point where it is difficult even to enjoy something good that

happens because we cannot allow ourselves to let our ‘worry guard’ down lest we miss the cue to tackle an unanticipated disaster lurking around the corner.

The fact is, all of us will feel stressed out and anxious at times – that is simply part of our amazing protective system! However, when

we cannot manage these feelings by eating healthy, exercising, and remaining connected with those who give meaning in our lives, then the joy of living can seem more like an unrealistic goal. You deserve to be happy, and we want to support you on your journey to wellness.

The good news is that we can learn skills to help us deal with stress. Join the upcoming group program to help you learn the skills needed.


**NEVER GIVE UP**  
*You are stronger than you think*

This October, one of our psychotherapists, Sid Bater, will be offering a FREE 4-week group program through Microsoft Teams (much like Zoom) for youth between the ages of 15 and 23 to explore where our particular stress comes from & practical ways we can deal with it. These skills will not only help you deal with your present stress & anxiety, but will also provide an excellent foundation for dealing with future stresses and enable you to help friends & family members as well. **The program will run on Wednesday evenings (October 7, 14, 21, 28) 7:00 pm to 9:00 pm.**

If you are interested in participating in this group or have questions about the group, please email Sid at Sidney@sgbpsychotherapy.com with “stressed out registration” in the subject line. Space is limited (maximum 10) and a pre-registration meeting is required to ensure this is the right program for you. Please email your registration by September 20<sup>th</sup> to ensure your spot!



# Ongoing Programs AVAILABLE TO ALL Rural Residents

If you live in Waterloo Region you can access the Community Diabetes Program.



Our Community Diabetes Team are available to help people with **type 2 diabetes or pre-diabetes**, and their support people.

You can be referred by your doctor or you can self-refer by calling 519-653-1470 ext 372.

- Individual appointments are available with a nurse, dietitian, and foot specialist.
- Learn how to check, manage and control blood sugar levels.
- Educational workshops—Pre-Diabetes, Type 2 Diabetes, Carb Counting and Heart Healthy Eating. Please call Heather at 519-664-3794 ext. 239 for information.
- Diabetes exercise classes, Fridays at 11:45 am starting October 2, 2020.



**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.**

## Remembering to Distance and Connect: COVID/Quarantine Fatigue and Social Circles

It can feel hard to wear a mask and continue physical distancing right now. It might feel like we've been in quarantine for too long and that there's no urgent danger anymore. However, this is not the case. COVID-19 is still just as dangerous as it was a couple of months ago.

COVID/Quarantine fatigue has caused surges of cases within some Canadian cities. As people grow tired of following precautions, they break a few rules and unknowingly spread the virus. However, this is not the time to become relaxed about following health guidelines. We should be more cautious, especially as we head into later stages of re-opening businesses. When you get groceries or run errands, you won't know if the other people in line who are wearing their masks incorrectly are from COVID-19 hotspots. Maybe they are tourists, visiting friends, or just passing by. When you walk by someone without a mask on in the street, you won't know if they just visited other people from COVID-19 hotspots during a weekend at the cottage. Within a two-week span of asymptomatic COVID-19 spread, one person is all it takes to start the spread locally. We wear masks to protect ourselves, but masks are even better at protecting other people if we are asymptomatic carriers. Another way to protect ourselves and stay connected is to create a social circle of 10 (or less) people. Social circles are a safe way to increase the number of people you come into contact with. You don't need to physically distance with people in your circle.

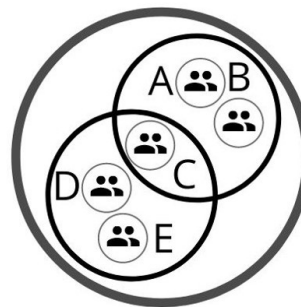
Who's in your social circle? It starts with the people in your household and other people that you come into regular contact with (for example, a caregiver). One important rule about social circles is that you can only be a part of one social circle. This means that a friend in your social circle can't have another social circle with 9 different people in it.

Does someone in your social circle have 2 roommates? That now means you, your friend, and their 2 roommates are all in the

same social circle together. Even if you never meet your friend's roommates in person, they are still in your circle.

When building your social circle, make sure that everyone is in agreement of the 10 people that will be in your social circle. Encourage everyone in your circle to take health and safety precautions and to follow public health guidelines. This way, we can all stay connected and protect each other in these uncertain times. For more information on social circles, visit the Government of Ontario website.

<http://www.ontario.ca/page/create-social-circle-during-covid-19>



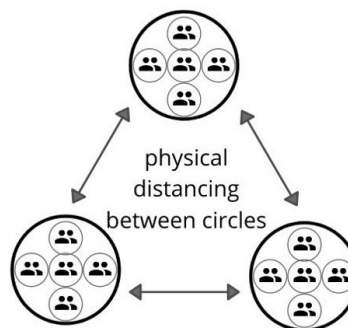
### An example of a full social circle of 10

Even if couples A&B do not know/meet couples D&E, couples A,B,C, and D,E are still all in the same **one** (full) social circle.



### Social Circles

Each person should only be in **one** social circle of 10 or less people.



by Alice Wang, Youth Community Worker (summer student)


## Find the Hidden Winner

Congratulations to Michael from Millbank. Michael is the lucky winner of our “Find the Hidden Sunshine” contest. Thank you to everyone who participated.

## CONTEST—Find the Hidden



We had such a great response to the “Find the Hidden Sunshine” contest we thought we would do another contest.

Throughout the newsletter we have hidden many . Some are bigger and some are smaller.

Let us know how many you find by phoning 519-664-3794 ext. 403, be sure to leave your name and phone number or email your answer to [wchc.community@gmail.com](mailto:wchc.community@gmail.com). Your entry will be entered into a draw.

Thank you to Home Hardware for sponsoring this contest. The prize will be a gift package from Home Hardware. Contest closes on September 30, 2020.



## Cloth Masks

### Protect each other.

### Wear a face covering.

Nose, mouth and chin must be covered.



Show kindness to those who are unable to wear a face covering.

### Why Are Masks An Essential Part Of Slowing The Spread Of COVID-19?

COVID-19 is a respiratory disease that is spread through liquid droplets containing the virus. These droplets exit an infected person's body through coughing, sneezing, or even simply talking. While physical distancing is the best way to avoid contact with these droplets, it is not always possible to maintain a safe 2 meter (6 feet) distance from other people.

Masks have been proven to be an effective way of preventing these droplets from reaching another person. Masks are what is letting life start to get back to normal. Without them, things like community centres, schools, and workplaces could not safely reopen as physical distancing would be a challenge.

While medical masks as well as N95 masks should be preserved for healthcare workers and people infected with COVID-19, cloth masks can easily be made from household items. When used correctly, cloth masks can minimize the spread of the virus.

### How Do I Properly Wear A Mask?

It is essential to optimize the effectiveness of face coverings to slow the spread of virus which can be done through proper use of cloth masks.

### How to Wear a Cloth Mask:

- Thoroughly wash hands with soap and water or hand sanitizer if soap and water is not available.
- Place the mask on your face by holding the ear loops, and securing it behind ears.
- Pinch the mask where it meets the bridge of your nose and use your other hand to pull down mask to cover your chin.
- Ensure that the mask is as snug to your face as possible.
- Wash hands again.

### How to Remove a Cloth Mask:

- Wash hands with soap and water or hand sanitizer.
- Remove the mask only by touching the ear loops and avoid touching the front of the mask.
- Fold outside corners together.
- Avoid touching face and wash hands again.

### Washing Instructions:

A key part of using cloth masks effectively is to ensure they are washed when soiled. This means any time the mask was worn in a public place, the front was accidentally touched while putting on/removing a mask, or if it physically becomes dirty. It is recommended to wash cloth masks after each use. Cloth masks can be washed along with regular laundry using a regular detergent and the warmest water that can be used with the fabric the mask is made out of. The mask can then be dried in a dryer on the highest setting of heat or left to air-dry in the sun.

### Who Shouldn't Wear A Cloth Mask?

- Children under the age of 2 years old
- People with respiratory conditions who will struggle to breathe with a mask
- Anyone who is not able to remove their mask themselves (unconscious)

by Rachel Regier, WCHC summer student, and local community member

# Virtual Fitness Classes

As we continue to take physical distancing measures, Woolwich Community Health Centre is excited to offer fitness classes at a distance using the virtual communication platform, Zoom.

We realize the importance of our fitness classes. Many of you attend as much for the social benefit as for the physical benefit. Therefore, we have planned the classes to start with a workout, followed by social time. The duration of classes will vary.

**IMPORTANT—Class sizes will be limited. To avoid disappointment, register early.**

Registration will begin on **September 4, 2020**. To register, please visit our website [www.wchc.on.ca](http://www.wchc.on.ca).

If you are unable to register online or have any questions please call 519-664-3794 ext. 239.

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

|                     |                                |                        |
|---------------------|--------------------------------|------------------------|
| Tuesday<br>7:00 pm  | September 29—December 15, 2020 | 12 classes for \$96.00 |
|                     | January 5—March 9, 2021        | 10 classes for \$80.00 |
| Thursday<br>5:45 pm | October 1—December 17, 2020    | 12 classes for \$96.00 |
|                     | January 7—March 11, 2021       | 10 classes for \$80.00 |



**Guided Mindfulness Meditation:** This guided mindfulness meditation practice introduces ways of being aware of the present moment. When we slow down and take notice of all there is here and now, we can release judgments of the past and present, new freedom can be found. Mindful meditation techniques are used to help explore and reach new depths of self-awareness.

|                     |                             |                        |
|---------------------|-----------------------------|------------------------|
| Thursday<br>7:00 pm | October 1—December 17, 2020 | 12 classes for \$96.00 |
|                     | January 7—March 11, 2021    | 10 classes for \$80.00 |

**Body Fit:** Cardiovascular, muscular strength & endurance, plus flexibility and core work.

|                                       |                                |                         |
|---------------------------------------|--------------------------------|-------------------------|
| Monday, Wednesday & Friday<br>9:00 am | September 28—December 18, 2020 | 35 classes for \$175.00 |
|                                       | January 4—March 12, 2021       | 29 classes for \$145.00 |

**FUNDamental Fitness:** An all-around fitness class for active adults. Suggested equipment: hand weights or alternative, exercise mat.

|                                 |                                |                         |
|---------------------------------|--------------------------------|-------------------------|
| Tuesday and Thursday<br>9:00 am | September 29—December 17, 2020 | 24 classes for \$120.00 |
|                                 | January 5—March 11, 2021       | 20 classes for \$100.00 |

**Building Strength and Balance:** For those with neurological conditions or those wanting to improve balance and strength. Suggested equipment: sturdy chair without wheels, exercise band.

|  |                                |                        |
|--|--------------------------------|------------------------|
| Tuesday (Intermediate Level)<br>10:15 am                 | September 29—December 15, 2020 | 12 classes for \$48.00 |
|  | January 5—March 9, 2021        | 10 classes for \$40.00 |
| Thursday (Beginner Level)<br>10:15 am<br>(No lying down) | October 1—December 17, 2021    | 12 classes for \$48.00 |
|  | January 7—March 11, 2021       | 10 classes for \$40.00 |

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

|                   |                                |                        |
|-------------------|--------------------------------|------------------------|
| Monday<br>5:45 pm | September 28—December 14, 2020 | 11 classes for \$44.00 |
|                   | January 4—March 8, 2021        | 9 classes for \$36.00  |

## Fitness is Fun







**Phone based Building Strength and Balance:** Don't have a computer or device to take a virtual class? Why not join Laurie using your phone. Information will be mailed to you to help guide you through the exercises. Social time to follow. Suggested equipment: sturdy chair without wheels, exercise band.

Friday  
1:30 pm

October 2—December 18, 2020

12 classes for \$48.00

January 8—March 12, 2021

10 classes for \$40.00

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

Tuesday  
11:30 am

September 29—December 15, 2020

12 classes for \$48.00

January 5—March 9, 2021

10 classes for \$40.00

**Better Bones:** For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment: exercise band.

Monday  
10:30 am

September 28—December 14, 2020

11 classes for \$44.00

January 4—March 8, 2021

9 classes for \$36.00

Wednesday  
10:30 am

September 30—December 16, 2020

12 classes for \$48.00

January 6—March 10, 2021

10 classes for \$40.00

Friday (WTCHC)  
9:00 am

October 2—December 18, 2020

12 classes for \$48.00

January 8—March 12, 2021

10 classes for \$40.00

Friday  
10:15 am

October 2—December 18, 2020

12 classes for \$48.00

January 8—March 12, 2021

10 classes for \$40.00

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

Monday Evening  
7:00 pm

September 28—December 14, 2020

11 classes for \$55.00

January 4—March 8, 2021

9 classes for \$45.00

**Yogalates:** 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 pm

September 29—December 15, 2020

12 classes for \$96.00

January 5—March 9, 2021

10 classes for \$80.00

## Can people wear masks while exercising?

People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably.



16 June 2020

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms.

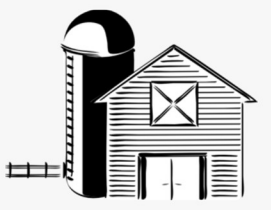
The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

#Coronavirus

#COVID19



## THE FARM COLUMN



### Who is a Canadian Farmer?



Would you recognize a farmer if you saw them on the street? Is it the man in the overalls with some mud on his boots and bits of straw in his pocket? Or is it the woman wearing a kerchief

to cover her hair and calloused hands with some dirt under her fingernails?

The number of farmers in Canada has been steadily declining. As of the last census there are only 271,935 left in the country and 70,470 farms in Ontario. However, the food production industry employs 93.4 million people across Canada according to the 2016 census, and feeds the rest of the population.

In Canada 98% of the farms are family owned, many being multi-generational, some as corporations. These farmers produce everything from dairy, beef, pork, chicken, sheep, and grains to a variety of vegetables. As our population gets more diverse, the farmer tries to accommodate ethnic requests with new and varied produce.

Canadian farmers have a deep sense of purpose and they believe that their industry is important in their quest to produce healthy food. They are dedicated to the health of their families, their employees, the rural communities where they live and the health of their animals and soil.

Many farms have been operated by the same family for many decades. The people there have a strong sense of commitment to the place where they live and work and strive to leave it in better condition for the next generation to take over.

The farmer of today is also well educated. Most have received post-secondary school education and are well informed with the

world they work and live in. They have a wide variety of technical skills specific to the type of farm they have. Many are a "jack of all trades" and can solve problems as they arise. This can be invaluable since many farms are isolated and remote and help can be quite a distance away.

This isolation also keeps them separate from the urban population and the potential consumers of their products. This disconnect opens them up to suspicion about what happens on their farms. Consumers expect more of the farmer, higher yields on less land, more humane animal treatment, less methane gas produced by cows and yet when changes are made there is still some disapproval. The idealistic picture of the red barn with cows grazing in the fields is not reality and may be hard to accept for the urban population.

The farmer faces many challenges, some which are out of his control. The weather, market prices and demand, disease and blight on his crops and a global pandemic! The work and money invested in the business remains the same, but the returns on this investment can vary greatly.

The farmer you meet in town may be wearing overalls, but he can also be well dressed and groomed. Although many women are active farmers, they can be manicured and stylish just the same.

The work they do is important and they deserve the support of the people that depend on the food that they produce. Their numbers decrease yet a safe and secure food supply is of utmost importance to our increasing population.



by Heidi Wagner, Community Health Worker.

## Woolwich Wellesley Hospice Caregiver Support



This month's groups caregiver kit

Caregiver support has continued through COVID either online, by phone or more recently in the park, where caregivers could reconnect at a safe distance.

Our group is for anyone caring for a loved one with illness. Please join us for our monthly connection.

To register please contact Julie Schelter at 519-664-3794 ext 229 or email [jschelter@wchc.on.ca](mailto:jschelter@wchc.on.ca)

### Benefits of Joining a Support Group

Caregiving is a rewarding but sometimes difficult task. It can help to know you are not alone. Our caregiver group provides you with the opportunity to talk to others who understand your circumstances and to gain support.

What you will receive:

- Caregiver tips
- Caring support
- Listening and understanding
- Empathy and concern
- Links to additional supports
- Reduced isolation
- Healthy Coping Strategies
- Ideas for self care

For additional resources about caregiving please go to <https://ontariocaregiver.ca/>

# Welcome to the WCHC Board of Directors

The WCHC Board has been busy this past year developing a new strategic plan and revised By-laws, both of which were approved at our Annual General Meeting on June 23<sup>rd</sup> 2020. We were also pleased to welcome two new and two returning Board members to fill four vacant positions.



We welcome back Kan Chhatwal for another three year term. Kan is a retired optometrist living in Elmira. He has already served one three year term on the Board. Kan is a member of the Executive and the Quality committees. Kan has been an active volunteer and community builder all his life, as were his parents. Kan currently, among many activities, volunteers with Woolwich Healthy Communities and he is keen to see investments in downtown revitalization and stimulating community connectedness.

Returning to the Board after a three year absence is Mike Shipley, also from Elmira. Mike has extensive work and volunteer experience in supply chain, transportation and financial matters. He is a Conestoga College alumni and Kiwanis club volunteer and has volunteered with the Age Friendly Initiative.

New to our Board for a three year term is Nazia Khan from Wellesley. Nazia has a degree in Economics and College certificate in Nutrition and Food Management. She has been a busy volunteer with the Wellesley school breakfast program and Wellesley Public Library. She has volunteered conducting face to face patient questionnaires with a CHC in Brampton in the past and has great insight into providing support to diverse populations.

Tricia Weber rounds out our new Directors. Tricia is also from Wellesley. Tricia has been active in local volunteering for many years, at the Public School Parent Council and with other health and social charities locally. Tricia trained as a dental hygienist and she has been active as an auditor for the profession and with the insurance industry.

Thank you too to Val Healy for taking over the Treasurer role and to Nathan Lee taking over Val's role as Board Secretary. Mike Hribar remains as Vice Chair and Taposhi Batabyal as the Alliance for Healthy Communities Liaison. We thank retiring Board members Karen Doerner, Lisa Wiltz and Sue Wideman for their service to our Board.

Happily, Greg Smith agreed to continue as Board Chair for another year. Greg, a resident of Wellesley has been busy transitioning to virtual working in his role as Director, Departmental and Campus Applications at the University of Waterloo. Juggling caring for three young people and two busy professional jobs is going to keep the Smith family busy!

We are very grateful for the time and support of our Board members recruited in the early spring each year. We are currently looking for community representatives to join our Quality Committee. Please go to our website at [www.wchc.on.ca](http://www.wchc.on.ca) to learn more about serving as a volunteer in this way. Community representation on our Board and committees is vitally important both to us as an organization but also because it is an intrinsic part of what makes the Community Health Centres model special and centered on the particular needs of the local community.

## 2020—2021 Board of Directors

|                  |                  |
|------------------|------------------|
| Taposhi Batabyal | Director         |
| Kan Chhatwal     | Officer at Large |
| Valerie Healy    | Treasurer        |
| Mike Hribar      | Vice Chair       |
| Nazia Khan       | Director         |
| Nathan Lee       | Secretary        |
| Chris Martin     | Director         |
| Mike Shipley     | Director         |
| Greg Smith       | Chair            |
| Graham Strong    | Director         |
| Tricia Weber     | Director         |
| Connie Wightman  | Director         |
| Hanriett Cosma   | Com Rep Finance  |
| Kevin McKenna    | Com Rep Finance  |





## Update on HUGS!

Due to the social and physical distancing requirements of COVID-19, we will not be offering the HUGS programs at the Woolwich Community Health Centre and the Wellesley Township Community Centre this fall.

We realize that parents will have questions and concerns regarding their child's development. Chris Tofflemire, Paediatric Nurse Practitioner, will be available to answer some of your non emergency questions about nutrition, child development, mental health and common illnesses via telephone.

Chris will be available every Tuesday morning from 10:00 to 11:00 to speak with you. Please call the reception desk at the health centre 519-664-3794 and leave your telephone number. Chris will call you back.

Heidi Wagner, Community Health Worker and HUGS co-ordinator, can also be reached in this manner.

We look forward to hopefully resuming our regular HUGS programs in the New Year, dependant upon COVID restrictions at that time.

## The Healthy Communities Show Must Go On!



Everyone's life has been changed by the COVID pandemic and Healthy Communities groups have also adapted to fulfill their mandates safely. Like so many other activities, our spring activities had to be cancelled. No tree plantings, no spring hikes, community activities in the planning put on hold.

On the positive side, we saw that so many more people are discovering the joys of the trails in our area and the pleasure of cycling. May those healthy activities become regular habits!

In order to give people a voice, and some diversion, during the early and stressful times of the pandemic, Healthy Communities sponsored the Many Voices One Woolwich feature in the Woolwich

Observer. Readers could tell their story about how the pandemic affected them. Check out the archives of the Observer to look back at some of those unique perspectives. <https://observerextra.com/product-category/2020-archives/>

With some time to reflect on the new reality, we have figured out how to get important things done and keep everyone safe.

Volunteer pruning and tree inventory are now underway. Watch for our volunteers in your neighbourhood ensuring the health and survival of street trees.



### **Trees—Help Southpark Woods Grow Up!**

The spring saw the end of the tree cutting and wood removal from Southpark Woods in Elmira. Almost 1000 dead and dying ash trees were removed. The logger did a very careful job to minimize damage and the regional forester is very impressed with how the woods are rebounding. Last fall the Stewards of Southpark, a volunteer group, replanted 200 trees. This spring, under the leadership of Audrey Gleeson, they diligently pulled out garlic mustard, an invasive plant, which was flourishing, in part, due to the increased sunlight. On **September 26<sup>th</sup>** at 9 am there will be another planting in

Southpark Woods. Please come and help! Registration at [treesforwoolwich@gmail.com](mailto:treesforwoolwich@gmail.com) is strongly encouraged in order to ensure planning for physical distancing. Please bring your own shovel if possible.

Another planting is happening on **October 3**, at 9 am in the park in **Bloomingdale**. All welcome, same rules.

### **Watch our Video—33,000 Trees and Counting**

Our new video featuring the work of The Township of Woolwich Environmental Enhancement Committee (TWEEC) and Trees for Woolwich is out! Check out on YouTube what is happening in Woolwich and why we do it.

<https://www.youtube.com/watch?v=POfMcS3-wqw>

For other activities and info check out <http://www.healthywoolwich.org/>





# Got the Pandemic Blues?

My 8-year old son and I get to talking sometimes about what we call the “corona blues.” This is the sad, frustrated, or low moods we sometimes find ourselves in during the COVID-19 pandemic. This sneaks up on us in all kinds of moments lately – like agonizingly trying to teach him grade 2 math, attending our umpteenth Zoom event, or missing loved ones and favorite activities. Others have dubbed this the “pandemic blues” or the “locked-down blues”.

So much has changed in recent months. Many of us are experiencing grief and loss – such as loss of health, work, school, finances, special events, support, or relationships. Or the loss of our everyday “normal” lives we had before the pandemic. Not to mention the fear, anxiety, and unknown of this time. Some experts argue the next “wave” of the pandemic will be a “mental health wave” with many peoples’ mental health plummeting as a response to the pandemic. Some studies are exploring the possibility of increased post-traumatic stress in heavily affected areas. Plus social isolation is already known to worsen moods and mental health. Perhaps you’ve been going through your own version of the “corona blues” lately. Or perhaps someone you know or love has.

What helps you get through tough times? What have you done before that you could lean into at this time? Here’s a “hit list” of ten favorite strategies people are using during this time:

1. “Name it to tame it.” Name and allow feelings like anger or sadness. For example, in our family when we talk about how sad we are that we can’t see friends or go to fun events this can shift the experience.
2. Create routines. Kids and adults alike can thrive on daily structure. Especially when there is so much uncertainty, routines can help us feel more secure. For example, we do what my son calls “cleaner beaners” and clean the kitchen each morning and “pizza and movie night” on Fridays.
3. Connection. At a time like this it’s more important to be in contact with friends and relatives and recognize how dear they are to us. This may mean virtual options or physically distanced versions of “normal” activities – we’ve even tried throwing a virtual birthday party and safe playdates outside.
4. “Mastery” activities are ones that give a sense of purpose or help you feel productive. These activities are known to help improve moods and outlook. For example, pay a bill, organize a drawer, or my son neatens his Lego area.
5. Doing activities you enjoy and having things to look forward to is essential right now. Lately, we’ve been planning safe family adventures like bike rides and contactless ice cream runs.
6. Negative thoughts and worries could be at an all-time peak right now. Acknowledge these thoughts and experiences but try not to let them take over. Try to take yourself out of the thinking by doing something physical or a relaxation strategy eg. go for a walk, do deep breathing, or dance with your kids.
7. Aim for a healthy lifestyle such as healthy-ish food and good sleep. But also set realistic expectations. For example, today our baby missed his nap but at least we all ate broccoli.
8. Be loving to yourself and others. Many of us are being more critical or controlling now as there is so much we can’t control. How can we encourage love and kindness at this difficult time? It’s easy to take things out on someone when we’re frustrated and there is nowhere to go (literally!). That’s when we need to find ways to be more generous and caring including with ourselves. It’s also a good time to practice healthy boundaries and asking for what we need.
9. Exercise and move your body. I’m sure you’ve heard it a 1,000 times – but the hardest part is usually doing it! Exercise is shown to help improve moods, lower stress, and increase energy. Swim, walk, lift weights – or the baby! – anything to keep grounded right now.
10. Aim for healthy coping. Alcohol and substance use are likely on the rise as ways to cope during the pandemic. Many of us are falling into unhelpful patterns of all kinds right now – such as binge eating or watching too much TV. Ask yourself: is this helpful or unhelpful? What would work better for you?

I also encourage you to contact your health care provider or a mental health professional if you’d benefit from support or treatment, if your moods are worsening, or if you’re having difficulty coping.

Here are some other resource ideas:

- Phone apps such as: Mind Shift CBT, Calm, Headspace, CBT-I Coach, PTSD Coach
- Self-help and workbooks including: “Mind Over Mood” by D. Greenberger and C. Padesky or “The Mindful Way Workbook” by J. Teasdale, M. Williams, & Z. Segel

Local programs and services such as:

- Here24Seven which includes crisis services 519-821-3582; <https://here247.ca/>
- Canadian Mental Health Association <https://cmhaww.ca/> plus their peer programs <https://cmhawwselfhelp.ca/>
- Bounce Back self-help program 1-866-345-0224; <https://bouncebackontario.ca/>
- Waterloo Region Integrated Drugs Strategy including local addictions programs <https://www.waterlooregiondrugstrategy.ca/en/index.aspx>

Counselling and psychotherapy services :

- If you have private insurance or an EAP program you can contact them for details
- Other options include (sliding scale and low cost available): Woolwich Counselling Centre 519-669-8651, Carizon 519-743-6333, and KW Counselling 519-884-0000
- If you are a client of WCHC you can ask to see someone on our counselling team

by Jannah Tudiver, MA, RP, CCC, Psychotherapist

# Dental Corner provided by



## CHEW CHEW!

Go ahead, have a piece of (sugarless) gum and make your dentist happy

**Chewing gum is thought to** be the world's oldest candy — we've been chomping down on it for more than 5,000 years! But what do dentists think of all that chewing? While the people who care for our teeth aren't usually fans of candy, when it comes to sugarless gum, most dentists give it the nod.

"Chewing sugarless gum is a great way to help stimulate saliva flow in patients with dry mouth," says Dr. Deborah Saunders, *Your Oral Health.ca's* Editor-in-Chief. That salivary stimulation also helps protect your teeth from decay-causing bacteria, so if you aren't able to brush your teeth after eating, chewing sugarless gum can help.

Dr. Rick Caldwell, ODA President (2013-14), agrees. "Chewing sugarless gum can help freshen breath in the short term; although gum doesn't bleach the teeth, it can help remove some surface stains."

### Who shouldn't chew gum?

"Patients with temporomandibular joint disorders (TMJD) shouldn't chew gum as this may make their condition worse," says Dr. Saunders, Medical Director of the Dental Oncology Program at Northeast Cancer Centre in Sudbury, ON. (See *TM-what?* For more on TMJD.)

Adds Dr. Caldwell, a general practitioner in New Liskeard, ON, "With TMJD problems, the joint requires rest, not extra use. Also, people with facial muscles spasms shouldn't chew gum, and, for those with sensitive teeth, depending on the source of their sensitivity, chewing gum can be quite uncomfortable."

One last point: If you've had orthodontic work done, such as implants, or if you wear a denture, you may want to talk to your dentist before opting to chew gum, since some gum will stick to orthodontic and acrylic work.

### Xylitol 101

Xylitol is a naturally occurring sweetener used in many foods, including chewing gum. Unlike sugar and other sweeteners, say Dr. Saunders, xylitol cannot be digested by the plaque-causing bacteria in our mouths, which, in turn, reduces the amount of plaque on your teeth. For best results, she recommends looking for gum that contains at least one gram of xylitol per piece. But, Dr. Saunders also has a few warnings:












- **Xylitol can be toxic to dogs**, so keep your chewing gum away from Fido.
- When starting to chew xylitol, meeting the recommended five to 10 grams per day should be done gradually over a period of several weeks, to allow the gastrointestinal system time to adjust. Since it can cause diarrhea and intestinal gas, people with inflammatory bowel diseases, such as irritable bowel syndrome or Crohn's disease, should avoid xylitol.

This article has been provided by the ODA as a patient education resource.



## What St. Jacobs Dental Care are doing to keep you and our staff safe?

Some of you might be wondering what are we doing to keep you and our staff safe during a visit to our dental office. Here are the measures we are taking to create a safe environment for you:

-  The waiting room will not be open for everyone. Chairs will be spaced two metres apart.
-  We no longer have magazines, children toys or a water dispenser in the waiting room since these items are difficult to fully disinfect.
-  Appointments will be spaced out to allow physical distancing between patients. That means less flexibility for scheduling your appointment but it will also reduce the number of patients in the reception area at any one time.
-  We have installed plexiglas barriers in the reception area.
-  We are disinfecting door handles and other highly touched contact surfaces after each use.
-  We have installed a floor-to-ceiling barrier to enclose each operatory.
-  We are waiting for our hospital grade air purifier to be delivered for each operatory.
-  Everyone is required to wear a mask while in the office except when you are being treated.
-  Everyone will be screened and have their temperatures taken before entering the office.
-  Bathrooms will likely be closed to patient use. If you do have to use the bathroom, please notify our staff.
-  Lastly, we might look different with all the protective gear we have to wear but it is still the same smiling faces underneath!

If you have any concerns prior to your appointment, reach out to us and we will be able to discuss your concerns.

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

#### Our Team

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

## Additional Services

10 Parkside Dr.

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

Dr. Mira Nusaputra, D.D.S.  
Dr. Anu Seoni, B.D.S., D.D.S.  
Tel: 519-664-2434

[www.stjacobsdentalcare.ca](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)

Public Health wants to ensure that you are healthy and safe from the spread of COVID-19. We want to remind our residents that you may still be at risk of getting COVID-19 by being around someone who has the virus through work, church and other gatherings where physical distancing is not easy.



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

There are actions you can take to stay safe:

- Cover your coughs and sneezes,
- Keep two metres apart from people who are not part of your social circle,
- Wear a face covering when in public,
- Stay home when you are sick,
- Get tested for COVID-19 if you develop symptoms or come in close contact with someone who has tested positive.

Some of the signs of COVID-19 are: a fever, cough, sore throat, runny nose, or difficulty breathing.

If you have signs of illness or have been in contact with someone who has the virus, you will be asked to:

- Self-isolate. Details about how to self-isolate can be found on our website. We have included a guide for self-isolation that is translated into Low German.  
[www.regionofwaterloo.ca/COVID19LowGerman](http://www.regionofwaterloo.ca/COVID19LowGerman)
- Get tested. Testing is free and safe. You are encouraged to be tested if you are experiencing symptoms of COVID-19 or have been in contact with someone who has the virus.
- Monitor for symptoms of COVID 19.

Spread of the virus in close-knit communities can be concerning. It is up to all of us to stop the spread of the virus and to protect our families, friends, and coworkers from illness.

For more information, please call 519-575-4400 or visit the Public Health website  
[www.regionofwaterloo.ca/covid19](http://www.regionofwaterloo.ca/covid19) for testing centres hours and details.

## Did you know that WCHC has a NEW Wellness Blog?

It includes dozens of posts with great information from some of the Health Centre's staff.

Topics include: Ways to stay healthy and fit at home; Mental wellness information; Helpful nutrition information in today's times; Outdoor and farm safety tips; Many experiments and crafts for you and your kids to try at home; And much, much more.

You can easily access the blog by clicking on the "Wellness Blog" tab on our website or head straight on over to: <https://wchcvirtualhealth.wixsite.com/mysite>. Come check it out and feel free to send us a message at the bottom of the page to let us know what you think!

### 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. - 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. |

Lab Services (for registered patients only) by appointment only.



**Linwood Nurse Practitioner Office**  
**is Temporarily Closed.**

Please contact our Wellesley office.

FSC Logo

### 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. |

Lab Services (for registered patients only) by appointment only.

**Physiotherapy, 9 Parkside Dr., St. Jacobs, ON Tel: 519-664-0597 Fax: 519-664-0598 is OPEN by appointment ONLY.** Please call ahead.

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.