



Woolwich Community  
**HEALTH CENTRE**

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

**UPDATE**

*"growing toward a  
healthier tomorrow"*

## Thank you to our Funders



LYLE S. HALLMAN  
FOUNDATION

### Post Pandemic Recovery Grant

Woolwich Community Health Centre received \$300,000 from the Lyle S. Hallman Foundation. We want to thank Lyle S. Hallman Foundation for this extraordinary support to build our capacity to respond to emerging community needs post-pandemic. The funding will allow us to implement special projects in 2021 and 2022 with a particular emphasis on services and programs that will support our rural Townships community-wide recovery from COVID-19.

These activities include mental health services, psycho-social wellness promoting activities such as art groups, stress management and addressing issues of digital equity that affect rural community members' ability to participate in many of the now virtual services from health care to social services and education. The Lyle S. Hallman Foundation provides grants to charitable organizations in Waterloo Region that support health, education and children's initiatives that inspire and grow individual and community potential.

### Community Garden for Wellness

The Community Garden for Wellness Project started with a generous fund from the Government of Canada and the Community Foundations of Canada. The seed funding allowed us to start the community garden at our St. Jacobs location, 10 Parkside Drive. We hope that it promotes activities that create a sense of belonging and connection with others, promotes mental health, increased physical activity, and opportunities for healthy eating habits.

Post pandemic, we will engage our clients and community members in healthy eating and cooking classes, workshops related to gardening activities, composting, seed-saving, fruit growing, organic methods, etc. In addition to promoting healthy eating, the gardening program will focus on improving people's mental and physical wellness through working with plants and nature-based activities. If you would like to be part of the community garden advisory group, or to volunteer email Gebre at [gberihun@wchc.on.ca](mailto:gberihun@wchc.on.ca)



### Mennonite Communities COVID-19 Vaccine Promotion

The Public Health Agency of Canada in partnership with Alliance for Healthier Communities provided a financial support of \$35,680. The purpose of the initiative is to use accurate information and an informed approach to understand vaccine hesitancy and to tailor public health information related to the benefit of COVID-19 vaccine to meet the Mennonite communities' social, cultural, linguistic, health literacy and technological needs. Outreach workers from the Low-German speaking and Old Order Mennonites will be reaching out and engaging the Mennonite communities for COVID-19 vaccine promotion, providing one-to-one support, including interpretation and accompanying individuals/families to vaccine clinics. We will also be running educational events and communicating via media channels that are accessed by the different Mennonite communities.

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# Health and Wellness

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

**Registration is required. To register, email Gebre at [gberihun@wchc.on.ca](mailto:gberihun@wchc.on.ca), visit our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab, or call, 519-664-3794 or 519-656-9025.**

Once you have registered, you will receive your invitation to participate closer to the date of the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

## How to Keep and Improve your Memory

Using a series of short films, we will consider common questions about memory, the difference between normal and abnormal memory loss, some tips on supporting your memory, and how to be proactive about brain health. There will be handouts and a copy of the slides at the end of the session.

Presented by: Robin Smart, Alzheimer Society of Waterloo Wellington

**Tuesday, September 28, 2021**

**6:30—8:00 pm**

## Healthy Eating: Plant-based Cooking

### including recipes

Learn about some of the appeal and benefits of plant-based eating, as well as how to cook more plant-based with some featured recipes. Leave the session feeling inspired and equipped with new skills and knowledge.

Presented by: Avery Zenker, Applied Human Nutritionist

**Tuesday, October 5, 2021**

**1:30—3:00 pm**

## Fibromyalgia

This session will help you:

- Understand fibromyalgia and recommended treatment choices.
- Learn evidence-based coping strategies.
- Take an active role in the management of fibromyalgia.
- Learn how to register for the Arthritis Society's free education sessions to learn more about fibromyalgia and arthritis.

Presented by: Kristin Dillon, Occupational Therapist, Arthritis Rehabilitation and Education Program, Arthritis Society

**Wednesday, October 20, 2021**

**6:30—8:00 pm**

## Ergonomics in the Office at Home and at Work

Whether you are working in your home (in the kitchen, dining room or spare bedroom, etc.) or in the office/workplace, learning about healthy postures and movements can help to reduce discomfort and/or pain.

In this session you will learn about:

- Ergonomics in the office, at work or home.
- Steps to follow for an ergonomic assessment.
- Injury prevention strategies.

Presented by: Bernadette Vanspall, Physiotherapist, WCHC

**Wednesday, October 27, 2021**

**6:30—8:00 pm**

## Rheumatoid Arthritis

In this session you will:

- Gain a basic understanding of Rheumatoid Arthritis and important warning signs.
- Learn evidence-based treatment strategies.
- Learn self-management strategies to deal with day to day symptoms of arthritis.
- Learn how to register for the Arthritis Society's free education sessions to learn more about rheumatoid arthritis.

Presented by: Sue MacQueen, Advanced Clinician Practitioner in Arthritis Care, Arthritis Society

**Wednesday, November 3, 2021**

**6:30—8:00 pm**

## Bone Health and Osteoporosis

In this session you will learn about how bones change throughout the lifespan, and about osteoporosis:

- What is it, what are the symptoms (hint: there are none until you break a bone).
- How to manage it and how to be proactive about bone health.

Also, there will be time at the end to ask your questions about bone health.

Presented by: Dr. Lora Giagregorio, Professor and Schlegel Research Chair in Mobility and Aging, Department of Kinesiology at University of Waterloo

**Tuesday, November 23, 2021**

**6:30—8:00 pm**

## Managing Grief

All of us experience losses in our lifetime but sometimes we struggle with what we can do to support others experiencing grief. Someone's grief is as unique as the relationship they had with the loved one they lost. In providing support we often struggle with what to say. COVID has complicated grief because rituals that have helped us to begin coping have been altered and we are seeking supports from a distance.

Join us for a presentation about grief where we will explore together what people may be experiencing, ways to reach out to someone who has been impacted by a loss and how to support them through their healing.

Presented by: Julie Schelter, Hospice, WCHC

**Tuesday, November 30, 2021**

**6:30—8:00 pm**

## Wills and Powers of Attorney

An information workshop that will focus on estate planning and the concepts of legal capacity as well as health care consent.

Presented by: Shannon Down, Waterloo Region Community Legal Services

**Tuesday, December 7, 2021**

**6:30—8:00 pm**

## Old Age Security, Social Assistance and Income Maintenance

This session focuses on:

- Information and instructions for filling out Old Age Security applications in Canada.
- Social Assistance/Income maintenance.
- Discussion about the rights and responsibilities of tenants, including how to address maintenance issues in a rental unit and eviction matters.

Presented by: Steven Caswell and Kristen Thompson, Waterloo Region Community Legal Services

**Tuesday, January 25, 2022**

**6:30—8:00 pm**



**Registration is required.**

To register, email Gebre at [gberihun@wchc.on.ca](mailto:gberihun@wchc.on.ca), visit our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab, or call, 519-664-3794 or 519-656-9025.



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, Healthy Feet and You, 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.wselfmanagement.ca](http://www.wselfmanagement.ca).

# Mental Wellness: Support for You and Your Family



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

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Once you have registered, you will receive your invitation to participate closer to the date of the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

### Signs and Symptoms of Eating Disorders

Eating disorders are caused by a complex combination of factors.

In this session you will learn about:

- Signs and symptoms of Eating Disorders.
- Ways to prevent them.
- And recovery from disordered eating.

Presented by: Shelley Restall, Registered Social Worker

**Tuesday, October 19, 2021**

**6:30—8:00 pm**

### Living with Depression

Join us for this one-hour webinar to learn about the signs and symptoms of depression. We will discuss how depression impacts the brain and look at a variety of strategies that can help improve mood and mental well-being.

Presented by: Laura McShane, Canadian Mental Health Association (CMHA)

**Monday, November 15, 2021**

**6:30—8:00 pm**

### Stress and Anxiety “Lunch and Learns”

Presented by: Jannah Tudiver, MA, RP, CCC, Psychotherapist, WCHC

Most of us experience stress daily. Maybe even hourly! What helps you manage this? Are there patterns or habits that may be perpetuating versus easing some of these challenges? Could your strategies benefit from an “upgrade”? Join us as we tackle stress and anxiety together. Each session will focus on different concepts and practical strategies to help you jump start some changes and get some relief. Each session we’ll also have a “spa” moment where we’ll learn a new relaxation strategy you can start using right away.

Attend one, some, or all sessions. All are welcome. Feel free to bring your lunch, favorite tea or coffee for this virtual experience. Registration is required. See above for details to register.



#### **The Stress Cycle and How to Complete It - Thursday, October 21 (12:00 pm – 1:00 pm)**

Stress is a natural process but often we don’t know how to complete it or calm ourselves down. Explore ways to identify and respond more effectively to stress in your daily life. We’ll also discuss 5 research-based ways to complete your stress cycle and strategies to experience greater relaxation and calm.

#### **‘Feel the Fear and Do it Anyways’ - Thursday, November 4 (12:00 pm – 1:00 pm)**

Many of us tend to avoid the things that scare us – and research shows this actually *increases* our anxiety over time. Learn about the anxiety-avoidance cycle, strategies to move towards versus away from our hopes and fears, and explore stretching a little bit outside your comfort zone at a pace that works for you.

#### **‘It’s the Thought that Counts’ - Thursday, November 18 (12:00 pm – 1:00 pm)**

Many of us have more negative thoughts than positive thoughts daily. Negative thoughts, overly high expectations, and worry tend to worsen our moods and become habitual over time. Learn to become familiar with your patterns of negative and anxious thinking. Practice ways to respond more skillfully and effectively to your thoughts and unhelpful beliefs.

#### **Boundaries and Saying “No” - Thursday, December 2 (12:00 pm – 1:00 pm)**

Often we feel compelled to agree to do things that don’t feel right for us or that go beyond what we feel able to do. Explore where there is a “yes” in your life for your own needs and things that help you thrive. We’ll also explore what boundaries might serve you and your values better and how to communicate these in a way that works for you.



## World Suicide Prevention Day—September 10, 2021



CREATING HOPE THROUGH ACTION

FRIDAY SEPTEMBER 10TH, 2021

VIRTUAL EVENT DETAILS AT [WRSPC.CA/EVENT/WSPO2021](http://WRSPC.CA/EVENT/WSPO2021)

FREE AT-HOME ACTIVITIES & VIRTUAL CEREMONY

LIVESTREAMED CEREMONY:  
SEPT 10 6-8PM ON [FACEBOOK.COM/WRSPC](https://www.facebook.com/wrspc)  
VISIT OUR WEBSITE FOR ADDITIONAL AT-HOME  
AND ONLINE ACTIVITY DETAILS.



Every year on September 10<sup>th</sup>, the world comes together to remember those lost to suicide and the survivors of suicide loss. World Suicide Prevention Day (WSPD) was first launched in 2003 on September 10th by the International Association for Suicide Prevention (IASP) with the endorsement of the World Health Organization (WHO). The 10th of September each year has been designated as a way of focusing attention on the problems of suicide worldwide. Over 700,000 people die by suicide in the world each year. That is one suicide death every 40 seconds. Four thousand of those lost to suicide live in Canada.

This year's theme for World Suicide Prevention Day is "Creating Hope Through Action." The Waterloo Region Suicide Prevention Council (WRSPC) is looking forward to gathering our community virtually by live streaming a World Suicide Prevention Day ceremony on September 10th at 6 pm. This ceremony will be live streamed on the WRSPC Facebook page. [www.facebook.com/wrspc](https://www.facebook.com/wrspc)

The WRSPC will also be preparing at-home activity kits allowing you to participate in various World Suicide Prevention Day activities from home. The kits will be available for pick up at Woolwich Community Health Centre after September 3<sup>rd</sup>, 2021. (Quantities are limited and will be distributed on a first come, first served basis.)

Community members might also choose to light a candle as an act of remembrance demonstrating support for suicide prevention, to remember a lost loved one, and for the survivors of suicide. Please join thousands of people from all over the world and light a candle at 8 pm on September 10th.

For more information on World Suicide Prevention Day, please visit [www.iasp.info/wspd2021](http://www.iasp.info/wspd2021), [www.who.int](http://www.who.int), or [www.wrspc.ca/event/wspd2021](http://www.wrspc.ca/event/wspd2021)

If you or someone you know is having thoughts of suicide, please call HERE24/7 at 1-844-437-3247. The Canada Suicide Prevention Service can be reached at 1-833-456-4566 (24/7, 365 days/year). In an emergency situation please call 911 or go to your nearest hospital emergency unit.

Article by Laura McShane, Canadian Mental Health Association, Waterloo Wellington (CMHAWW)



## COVID-19 Myth Busters



**Touching a communal bottle of alcohol-based sanitizer will not infect you**

Once you've sanitized your hands, **you have disinfected them from any germs that may have been on the bottle.** If everyone uses sanitizer in a public place such as a supermarket entrance, the risk of germs on communal items will be lower and will help keep everyone safe.



## Ongoing Programs AVAILABLE TO ALL Rural Residents

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



The Community Diabetes Team is available to help people with **type 2 diabetes or pre-diabetes**.

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 519-664-3794 ext. 239 for information.
- Diabetes exercise classes, Fridays at 11:45 am.

**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.**

## UPDATE

### Ontario Senior Dental Care Program

#### GOOD NEWS!

The income eligibility amount has been increased for the Ontario Senior Dental Care Program (OSDCP) effective August 1st, 2021.

If you are a resident of Ontario, 65 years of age or older and have a net annual income of **\$22,200** or less (single person) or **\$33,100** or less (combined for a couple) and have no other form of dental benefits or insurance, you may be eligible for free dental care.

Please go online at [www.ontario.ca/page/dental-care-low-income-seniors](http://www.ontario.ca/page/dental-care-low-income-seniors) or call us at the Woolwich Community Health Centre dental phone line, **519-664-3794 ext. 223** for more information and an application form.

Keep Smiling :)

Margret Gohl, RDH, (OSDCP, Oral Health Peer Worker), 226-750-3338 or email her at [margret.wchc@gmail.com](mailto:margret.wchc@gmail.com)



The Waterloo Wellington Neighbours Program is a free resource for anyone in the community who is worried about a senior in their community.

This program can provide you with information about how to connect a senior to supports available in your community by calling 'Here 24/7' at **1-844-437-3247** any time or day.

If you make a call, please let staff know you are calling as a part of the Waterloo Wellington Neighbours Program. They will ask you a bit about your circumstances to determine which resources to connect you with.

This phone line can help you connect with information about:

- Hearing and Vision Services
- Food access
- Dementia and Alzheimer's supports
- and more!

This is a free resource for all.



**Waterloo Wellington  
Neighbours**

Connecting Older Adults  
to Community Supports

# Something New Is Happening

We are excited to announce that thanks to the Lyle S. Hallman Foundation grant, we will now be offering  
**a free Creative Art Program at WCHC for adults!**

People do not have to be “artists” or even “good at art” to benefit from the physical act of creating art.

Art has been proven to encourage healing, motivation, expression of emotions and most importantly happiness, to people worldwide, regardless of their age, health, ability or environment. By offering a creative art program here at WCHC we can provide an outlet, a place to escape the stress of everyday life and just a fun time out for people in our community.

This will be an in-person program at Woolwich Community Health Centre, 10 Parkside Drive in St. Jacobs. Please note that classes will be limited in size in accordance with COVID guidelines, face masks must be worn and physical distancing will be adhered to. These classes are for adults.

**Registration is required. Note—registration closes 1 week prior to class.**

**To register, email Margret at [marg\\_0719@yahoo.com](mailto:marg_0719@yahoo.com) or call, 519-664-3794 or 519-656-9025.**

Class Description		Date/Time
<b>I Love Lavender!</b> Come learn about the history and many uses of this long timed treasured plant. We will use dried lavender and lavender essential oil to create a sachet and a linen/room spray that you can enjoy at home. You will learn how to grow, dry, strip, and use lavender for everyday happiness.		Tuesday, September 28, 2021 1:00 pm—3:00 pm OR Thursday, September 30, 2021 6:00 pm—8:00 pm <b>Space is limited—register early</b>
<b>Rustic Fall Painting on Wooden Board</b> We will paint 2 pumpkins and a crafty old crow under the bright harvest moon on a 12” x 12” wooden plank board with acrylic paints. This is a beginner class so no painting experience is needed.		Tuesday, October 12, 2021 1:00 pm—3:00 pm OR Thursday, October 14, 2021 6:00 pm—8:00 pm <b>Space is limited—register early</b>
<b>Felted Holiday Gnomes</b> This is a beginner class in the art of needle felting. Participants will learn how to felt using sheep and alpaca fibre (wool) and create 2 adorable gnomes that will be ready to brighten up your holiday decor. Each gnome is approximately 5 inches tall.		Tuesday, November 16, 2021 1:00 pm—3:00 pm OR Thursday, November 18, 2021 6:00 pm—8:00 pm <b>Space is limited—register early</b>
<b>Holiday Door Swag</b> Let your front door be ready to welcome guests this Christmas with a beautiful swag you will create from fresh evergreen branches, pine cones, jungle bells and ribbons! It’s easier than you may think! (Please bring your own needle nosed pliers and wire cutters if you have them.)		Tuesday, December 7, 2021 1:00 pm—3:00 pm OR Thursday, December 9, 2021 6:00 pm—8:00 pm <b>Space is limited—register early</b>
<b>Painted Mandala Stone</b> Mandalas have an ancient history of peace and meditation. Join us as we paint a beach stone with the relaxing technique of using only coloured dots to create a beautiful and “uniquely-yours” mandala stone.		Tuesday, January 18, 2022 1:00 pm—3:00 pm OR Thursday, January 20, 2022 6:00 pm—8:00 pm <b>Space is limited—register early</b>

# FREE Virtual Fitness Classes for Fall Session

Woolwich Community Health Centre has offered fitness classes virtually for the past year. Although registration has been low, the people who did attend were thrilled to workout and visit with instructors and people they know and had not seen for many months. Woolwich Community Health Centre has been the fortunate recipient of a grant from the Lyle S. Hallman Foundation to help support our community with COVID recovery measures. We feel that our fitness classes are not only physically beneficial but play an important part in your mental wellbeing. That is why we are offering our Fall fitness sessions to you for **FREE!**

If you have never joined our fitness classes now is the time to try one. We offer a range of intensity. If you are a senior who does little to no physical activity you might want to try the Building Strength and Balance, Better Bones or Gentle Moves class. The FUNDamental Fitness classes are perfect for the active adult and the Body Fit classes are high endurance. We also offer Mindfulness Yoga and Yogalates (a combination of Yoga and Pilates).

If you are a long time participant we want to offer the free session to you as a way to say **THANK YOU** for your support over the years.

**To register, visit our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab. Space is limited.**

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

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

Monday 9:00 am	September 13—October 25, 2021	6 classes for FREE
	November 1—December 13, 2021	7 classes for \$35.00
	January 10—March 7, 2022	8 classes for \$40.00
Wednesday 9:00 am	September 15—October 27, 2021	7 classes for FREE
	November 3—December 15, 2021	7 classes for \$35.00
	January 5—March 9, 2022	10 classes for \$50.00
Friday 9:00 am	September 17—October 29, 2021	7 classes for FREE
	November 5—December 17, 2021	7 classes for \$35.00
	January 7—March 11, 2022	10 classes for \$50.00

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

Tuesday 9:00 am	September 14—October 26, 2021	7 classes for FREE
	November 2—December 14, 2021	7 classes for \$35.00
	January 4—March 8, 2022	10 classes for \$50.00
Thursday 9:00 am	September 16—October 28, 2021	7 classes for FREE
	November 4—December 16, 2021	7 classes for \$35.00
	January 6—March 10, 2022	10 classes for \$50.00

**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 14—October 26, 2021	7 classes for FREE
	November 2—December 14, 2021	7 classes for \$56.00
	January 4—March 8, 2022	10 classes for \$80.00



## Fitness Classes continued

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

Tuesday 7:00 pm	September 14—October 26, 2021	7 classes for FREE
	November 2—December 14, 2021	7 classes for \$56.00
	January 4—March 8, 2022	10 classes for \$80.00

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

Tuesday (Intermediate Level) 10:15 am	September 14—October 26, 2021	7 classes for FREE
	November 2—December 14, 2021	7 classes for \$28.00
	January 4—March 8, 2022	10 classes for \$40.00

Thursday (Beginner Level) 10:15 am (No lying down)	September 16—October 28, 2021	7 classes for FREE
	November 4—December 16, 2021	7 classes for \$28.00
	January 6—March 10, 2022	10 classes for \$40.00

**Phone-based Building Strength and Balance:** Don't have a computer or device to take a virtual class? Why not join Laurie using your telephone. You will need a phone with a hands free speaker option. 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	September 17—October 29, 2021	7 classes for FREE
	November 5—December 17, 2021	7 classes for \$28.00
	January 7—March 11, 2022	10 classes for \$40.00

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

Monday 10:30 am	September 13—October 25, 2021	6 classes for FREE
	November 1—December 13, 2021	7 classes for \$28.00
	January 10—March 7, 2022	8 classes for \$32.00

Wednesday 10:15 am <b>NEW TIME</b>	September 15—October 27, 2021	7 classes for FREE
	November 3—December 15, 2021	7 classes for \$28.00
	January 5—March 9, 2022	10 classes for \$40.00

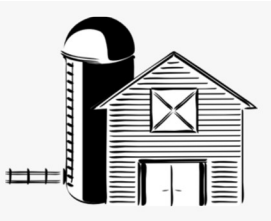
Friday (WTCHC) 9:00 am	September 17—October 29, 2021	7 classes for FREE
	November 5—December 17, 2021	7 classes for \$28.00
	January 7—March 11, 2022	10 classes for \$40.00

Friday 10:15 am	September 17—October 29, 2021	7 classes for FREE
	November 5—December 17, 2021	7 classes for \$28.00
	January 7—March 11, 2022	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: weights or alternative, exercise band, small ball.

Monday 4:00 pm	September 13—October 25, 2021	6 classes for FREE
	November 1—December 13, 2021	7 classes for \$28.00
	January 10—March 7, 2022	8 classes for \$32.00

## THE FARM COLUMN



### Get Help when Needed!

The past year has presented many challenges across the world as we cope with the COVID pandemic, vaccinations, variants and slowly getting back to a more relaxed “new normal”. This has produced many stressful situations as we endured lockdowns and isolation from our communities.

This pandemic hasn't left the farming community unharmed. There have been issues with outbreaks in food processing plants that have impacted livestock deliveries. Migrant workers have spent weeks in quarantine and unable to do the work that they came to Canada to do and when an outbreak happens in their living quarters, it only adds to the distress.

However, as farmers, we are used to facing difficult situations that are beyond our control. Weather is one of the most influential indicators of a successful season. Too much or too little rain, at the right time in the growing season, can make or break a good harvest. The timely rains on a corn or soybean field are of no help to the wheat field that is ready to harvest or the hay field waiting to be baled!

The western provinces are experiencing a severe drought this summer and are resolving to sell their livestock because there isn't enough water or feed to keep them any longer. Fires are burning forests and grasslands, potentially endangering houses, livestock and farm buildings. These situations only add to the already stressful conditions that farmers are facing as they battle for their livelihood.

Stress is a response to external causes which will create feelings of frustration and nervousness. This can be caused by weather conditions, forced marketing of livestock, the threat of fires or floods and the possibility of contracting COVID-19! Stress happens within your body and manifests itself as hypertension, lack of sleep, loss of appetite, headaches and tight muscles. Hopefully once the stressful situation passes, then life will resume back to “normal”.

Anxiety, however, is a reaction to stress and happens in the body as well as the mind! This reaction comes from a place of fear, dread and worry about what else might happen. Even after the stressors have been removed, the anxious person still experiences a sense of doom and worry and may be so overwhelmed to the point of being unable to work.

We don't have the ability to remove the stressors of weather, commodity prices and threat of fires, but we are able to help someone cope with the feelings of anxiety. There are helplines available for farmers where it is possible to talk to someone who can give some coping strategies to help deal with the feeling of worry and frustration. **Do More Agriculture Foundation** has a list of phone numbers to call to access counsellors who are willing to listen and help.



#### TALK MORE. ASK MORE. LISTEN MORE.

We envision a culture in Agriculture where all producers are encouraged, empowered and supported to take care of their mental well being.

Do More Ag is helping to realize this culture in agriculture by creating awareness about mental health and breaking the stigma that currently exists while building a community of support and resources for those impacted and affected. We will help all producers realize they are not alone and they have an entire industry behind them.

How can you Do More?

Sometimes it's as easy as being able to Talk More, Ask More and Listen More.

taken from Do More Agriculture Foundation website [www.domore.ag](http://www.domore.ag)

Mental health has been stressed more during the past year than ever before because of the experiences of the pandemic on society as a whole, yet the farming community has been at the mercy of outside elements since the beginning of time! We need to be grateful for the good things that happen to our industry and our families and with help, can work through the issues we cannot change before anxiety paralyzes us!

by Heidi Wagner, Rural Community Health Worker

## Welcome to the 2021—2022 WCHC Board of Directors

In 2020, WCHC adopted new By-laws that allowed for broader recruitment of Board Directors across the Waterloo Region as well as from the rural Townships. We are pleased to see this strategy has attracted an increase in diversity amongst applicants and we welcome two returning and two new Board members to the WCHC Board this year.

Taposhi Batabyal (Elmira/Woolwich Township) – for a third term of three years

Mike Hribar (St Clements/Wellesley Township) – for a second term of three years

Gurminder Singh (Kitchener/Region of Waterloo) – for a first term of three years

Andrew Swatridge (Waterloo/Region of Waterloo) – for a first term of three years

Gurminder Singh is a second generation Canadian and the son of immigrants. He is a lawyer from Kitchener with a young family. He has served the community as a volunteer in many ways including serving on the Board of Bridges to Belonging and he has a keen interest in matters of equity and diversity.

Andrew Swatridge is a young man from Waterloo with training in Human Resources now in progress studying his MBA with a focus on business and finance. Andrew has served on the board of the Waterloo Literacy Group which included a stint as Chair. He is particularly interested in matters of organizational performance measurement.

**We welcome community applicants to join the Finance Committee of the Board for the start of the new Board year this September.** Our committees are great places to learn more about serving a community not for profit organization and are often a training ground for future Board opportunities. We particularly welcome people reflective of our diverse and developing Rural Townships. Please contact Executive Director Rosslyn Bentley at [rbentley@wchc.on.ca](mailto:rbentley@wchc.on.ca) or by calling **519-664-3794 ext. 225** to discuss this opportunity.

### Introducing the 2021-2022 WCHC BOARD OF DIRECTORS

Taposhi Batabyal—Director	Kan Chhatwal—Officer at Large	Mike Hribar—Vice Chair
Nazia Khan—Director	Chris Martin—Director	Mike Shipley—Treasurer
Gurminder Singh—Director	Greg Smith—Chair	Andrew Swatridge—Director
Graham Strong—Director	Tricia Weber—Director	Connie Wightman—Secretary



## 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.  
Tel: 519-664-1050  
[www.stjacobsnaturopathic.com](http://www.stjacobsnaturopathic.com)



## COVID-19 Vaccine

### What you need to know

### **COVID-19 is still a serious risk to Waterloo Region**

Most people who get COVID-19 do not have the vaccine. Serious illness may result in hospitalization and death.

The vaccine protects you and your family. It also protects your neighbours. It will stop the spread of COVID-19 in your community. Two doses of vaccine, plus two weeks wait time gives your body time to build immunity.

You can safely gather with others two weeks after your second dose of the vaccine. Your family and neighbours need two doses of the vaccine too. Please follow public health precautions when gathering with others.

### **The vaccine has been proven to work by helping your body fight the virus**

The vaccine is safe and effective. All vaccines are carefully tested.

The vaccine does not give you COVID-19. It does not change your DNA. It does not cause problems getting pregnant. These are myths.

### **The vaccine is free for everyone 12 and older**

More than 3.93 billion doses of the vaccine have been given worldwide.

The vaccine is available at:

- Family doctors' offices (for patients)
- Local pharmacies
- Community clinics

You may need the vaccine if you travel outside of Canada.

Talk to your family doctor or pharmacist for more information.



Talk to a real person 24/7 in over 200 languages: 519-514-1499  
Deaf and hard of hearing (TTY): 519-575-4608  
[regionofwaterloo.ca/COVID19vaccine](http://regionofwaterloo.ca/COVID19vaccine)

#TeamVaccineWR



### **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.

**Physiotherapy is now located at 10 Parkside Dr., St. Jacobs, ON Tel: 519-664-3794 ext. 286 Fax: 519-664-2182. Please call to book an appointment.**

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



Check out our website [www.wchc.on.ca](http://www.wchc.on.ca)



### **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.