



WCHC
COMMUNITY
HEALTH CENTRE

UPDATE FALL 2024

SERVING WOOLWICH WELLESLEY & WILMOT

*"growing toward a
healthier tomorrow"*

Introducing Benjamin Hesch

**CHIEF EXECUTIVE OFFICER OF
WOOLWICH COMMUNITY HEALTH CENTRE**



Ben is excited to be back at WCHC, but this time in a different role.

He started his journey with WCHC in 2011 as a student intern working alongside the community team to develop programming and deliver psychotherapy. He then took a contract role with WCHC, but when that contract ended, his journey took him to explore work in other health and community support agencies.

Ben was born and raised in Wilmot Township and is one of five children in his immediate family. Ben enjoys time with his partner Megan, his two children (Hannah & Quinn), and his dog, Winston. Ben attended Waterloo-Oxford D.S.S., the University of Waterloo, and Wilfrid Laurier University. He has a Master of Social Work degree, with special focus on community, policy, planning, and organizational management. He also has a post-graduate Certificate in Management and Leadership. He has worked in the health and community sector for his entire career and has experience working in provincial politics and in teaching post secondary and professional students.

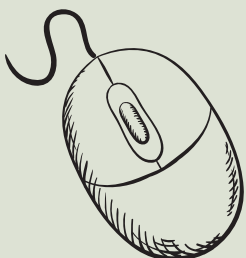
Ben returned to WCHC in June of 2023, taking on the role of Director, Primary Care. He worked closely with Rosslyn Bentley in her capacity as CEO of WCHC, and he is grateful for the mentorship he received. When Rosslyn announced her retirement to the Board in October 2023, Ben was excited to be considered as an applicant to fill the role of CEO. Ben shares that since his first experience with WCHC, he has wanted to return; he is thrilled to take on the role of a lifetime as the CEO and lead WCHC in the evolving healthcare sector in Ontario. Along with the Board of Directors, Ben is looking at opportunities for WCHC to expand its reach in the community, partner with the strong agencies already completing amazing work in the rural landscape, and modernize operations to better serve patients.

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IMPORTANT NOTICE:

Commencing October 1, 2024, our new Wellesley location will be able to process fee-for-service payments for our Non-OHIP insured clients. Payments can be made by cash or cheque. Please inquire at the Wellesley location front desk or call 519-656-9025 for more details.



**To subscribe to our newsletter and
receive electronically visit our website**

www.wchc.on.ca

EXCITING NEWS AT WCHC

We are excited about the opportunities to expand our services to the community. After moving to the new Wellesley Recreation Complex (1401 Queens Bush Road, Wellesley), we are expanding our services:

- We have started accepting new clients who do not have a Primary care provider. If you or your family do not have a Primary care provider, **call 519-656-9025** and ask the Medical Office Administrative staff to be on the list.
- We will accept clients who are looking for a Primary Care Provider and live outside of Wellesley. We are happy to add you to our new **Nurse Practitioner Open Access Clinic** – just let the Medical Office Administrative staff know your situation. The Open Access Clinics run on Tuesdays and Wednesdays in Wellesley.
- There is also good news in Linwood – although we are not able to roster new clients immediately to the regular Linwood Nurse Practitioner Clinic, we are expanding our hours for the Linwood Health Clinic on Thursdays from 9 am to 3 pm and Tuesday mornings. The **Linwood Health Clinic** is also a **Nurse Practitioner Open Access Clinic** and is specifically for our Old Order, Amish and Low German Mennonite populations that have a barrier to access primary health care and/or barriers, such as transportation. The phone number of Linwood Health Clinic is **226-338-4132**.
- We also have opened an Ontario Dental Seniors Program at our Wellesley site. These dental services are available for seniors who qualify for the program. For more information, please contact Public Health Region of Waterloo.

If you need one or more of the above services and supports, **call 519-656-9025** and ask for the service you are interested in or leave a message for the specific staff member and they will connect with you to book an appointment.

Also, as part of our expansion of services accessing other health services will be available to:

- **Mental Health** – a Registered Psychotherapist and Music Therapist is available for therapy or counselling for all ages.
- **Nutrition Counselling** – our Registered Dietitians help clients to improve their health through good nutrition and healthy eating.
- **A Social Navigator** – Courtney Bauman, a Registered Social Service Worker is available across all three sites in-person, or by phone to assist anyone in need of support. There are many community resources and supports available that can help with your unique needs, which Courtney can help you learn about and connect with.

To learn more about these services **call 519-664-3794** extension 237. Please leave a detailed non-urgent message. We will connect with you about accessing the right support.

NEW PROJECT AT WCHC IMMUNIZATION FOR ALL AGES

Immunization is one of the most effective preventive health measures. Research shows that the number of cases of most vaccine preventable illnesses declined by >90 percent after routine childhood immunizations were introduced. It is necessary to understand the importance of immunizations not only for one's own health but also for the well being of the entire community. By getting vaccinated, not only are individuals protecting themselves from serious illnesses, but they are also contributing to the greater good by helping to establish community immunity.



Efforts must be made to address the barriers that exist in rural communities to ensure that everyone has access to timely immunizations. This can involve providing education about the benefits of immunizations, setting up mobile vaccine clinics, and addressing barriers such as transportation and distance to clinics.

For rural communities time, distance, and lack of vaccination clinics closer to home are the major barriers to immunization. In order to improve our vaccination rate in Woolwich and Wellesley Townships, WCHC has launched a two-year immunization project. The purpose of this project is to improve immunization rates through education, and improved accessibility at our sites in St. Jacobs, Linwood, Wellesley, and other central locations. The immunization project funded by the Public Health Agency of Canada (PHAC) will provide routine immunization for children and adults. By working together to improve immunizations rates, we can help create a safer and healthier community for all.

If you need more information about the project and immunization, call **Esther at (519) 588-3717** or email **ejanzen@wchc.on.ca**

PROJECT FUNDED BY



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Health and Wellness Programs

During the Fall of 2024, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person and hybrid group sessions. Groups meeting in-person will have the location indicated in the session description. **All health and mental health education events are FREE.**

Registration is required. To register for the health and wellness sessions, email/call or visit our website www.wchc.on.ca and click on the Register Online tab.

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>DREISINGER FUNERAL HOME</p> <p>Dreisinger Funeral Home, a local Elmira family business since 1905, will visit us to talk about funeral prearrangement. They will be talking to us about planning ahead and being prepared. Let us celebrate life, one family at a time. Light refreshments will be provided.</p> <p>Facilitated by: Dreisinger Funeral Home & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, Sept. 19th, 2024</p> <p>2:00 – 3:00 PM</p>	<p>In-person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>GREENBROOK ARNOLD HEARING CENTRES</p> <p>Hearing health, focussing on various themes such as signs of hearing loss, tinnitus, and ear wax removals. Also, if you attend in-person Natalie can perform an ear check if you've wondered if you have wax buildup in your ear!</p> <p>Facilitated by: Greenbrook Arnold Hearing Centres & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Wednesday, September 25th, 2024</p> <p>9:00 - 10:30 AM</p>	<p>In-person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>HIGH BLOOD PRESSURE: A DOCTOR'S PERSPECTIVE</p> <p>Why does your clinician care so much about this? Why do you feel no different when starting a medication? Why is compliance so important to your long-term health? These are some of the many questions when it comes to high blood pressure. Join us as we have Dr. Naik join us again to talk about high blood pressure and what it all means.</p> <p>Facilitated by: Dr. Neil Naik & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, September 26th, 2024</p> <p>1:00 - 2:30 PM</p>	<p>In-person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>SERVICE CANADA – UKRAINIAN NEWCOMER INFORMATION</p> <p>Service Canada overview for newcomers, employment insurance (including maternity/parental benefits, Canada Pension Plan (CPP) and Old Age Security (OAS), including supplemental benefits (Guaranteed Income Supplement, Allowance, etc.), and Social Insurance Numbers (Presentation in English, Russian/ Ukrainian translator will be present). Open to all Ukrainians or anybody who is interested.</p> <p>Facilitated by: Service Canada & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Friday, September 27th, 2024</p> <p>2:00 - 4:00 PM</p>	<p>In-person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>

Health and Wellness Programs *(continued from Page 3)*

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>KIWANIS TRANSIT INFORMATION SESSION</p> <p>This session will review the products and services that Kiwanis Transit offers to the residents of Woolwich, Wellesley, and Wilmot Townships, who is eligible for these services, and how to apply for and book specialized transit rides with Kiwanis. We will also provide advice on how to best utilize our services in conjunction with Grand River Transit and the Elmira Community Bus. A question-and-answer period will follow our presentation.</p> <p>Facilitated by: Kiwanis Transit & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, October 3rd, 2024</p> <p>2:00 - 3:00 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>OSTEOPOROSIS 101</p> <p>Unlock the secrets to bone health in our upcoming Osteoporosis 101! Join us for an informative session designed to empower you with essential knowledge about osteoporosis and its prevention. Facilitated by Liz, fitness instructor and Osteoporosis Canada volunteer.</p> <p>Facilitated by: Osteoporosis Canada Volunteer & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Monday, October 7th, 2024</p> <p>1:00 - 3:00 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>RESILIENT RETIREMENT</p> <p>Are you retired or about to retire? How do we transition and experience retirement to the fullest? How do we navigate changes, loss, stress, joys, and challenges in this phase of life? In this workshop, we'll explore current evidence on what helps people thrive during retirement and live a resilient life. We'll also look inside to reflect on what each of us needs in our unique journey to experience retirement in a rich and fulfilling way. With retired physician, Dr. Fred Tudiver and Registered Psychotherapist Jannah Tudiver</p> <p>Facilitated by: Dr. Fred Tudiver, retired Physician & Jannah Tudiver, Registered Psychotherapist</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Tuesday, October 8, 2024</p> <p>11:00 AM - 12:00 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>LANARK VILLAGE RETIREMENT RESIDENCE IN KITCHENER</p> <p>Join Margaret Smith, RPN (Director of Care) and Michael Kramer (Marketing Director) to learn more about the continuum of care offered at Lanark Village retirement residence – a community that has been supporting seniors to age in place for over 35 years. Learn and ask questions about Respite Stays, Independent Living, Assisted Living and Enhanced Care. Leave the workshop with a tote bag filled with goodies!</p> <p>Facilitated by: Lanark Village Retirement Residence & Tariq Abdulhadi</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, October 10th, 2024</p> <p>2:00 - 3:00 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>CANADIAN DENTAL CARE PLAN (CDCP) INFORMATION SESSION</p> <p>Did you know our Wellesley site has a dental team now? Join us at the Woolwich Community Health Centre as we discuss the different programs available for assisting with the cost of dental care, who is eligible, and how to apply.</p> <p>Facilitated by: Oral Health Peer worker</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, October 17, 2024</p> <p>2:00 - 4:00 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>

Health and Wellness Programs

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>HEALTHY EATING: A DOCTOR'S PERSPECTIVE With all the different diets out there, what are the once with the most medical evidence? Why is intermittent fasting now considered unsafe? Who is it safe for? Come learn with Dr. Naik about healthy eating, from a doctor's perspective!</p> <p>Facilitated by: Dr. Neil Naik & Tariq Abdulhadi Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, October 31st, 2024</p> <p>1:00 - 2:30 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>CANCER SCREENING Join us for a brief yet impactful workshop led by Dr. Neil Naik from the KW4 Ontario Health Team. Discover the importance of regular cancer screening, demystify the process, and empower yourself with knowledge that can make a life-saving difference.</p> <p>Facilitated by: Dr. Neil Naik & Tariq Abdulhadi Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, November 7th, 2024</p> <p>1:00 - 2:30 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>WATCH YOUR STEP! (FALL PREVENTION MONTH) As we age, the risk of falling increases. However, there are proactive steps you can take to protect yourself. Join us for two informative sessions where we will explore various strategies to enhance your safety and well-being with our physiotherapy team!</p> <p>Session 1: Understanding Your Risk Learn how to conduct a self-assessment to identify potential risks.</p> <p>Session 2: Community Resources and Support Explore available resources within the community. Engage in interactive discussions to enhance your understanding and preparedness.</p> <p>Facilitated by: Bernadette Vanspall, Kenrick Walsh Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Wednesday, November 6th and 13th, 2024</p> <p>2:00 - 3:30 PM</p>	<p>In-person 10 Parkside Drive St. Jacobs</p>
<p>A MEMORABLE EVENT: NEW DIRECTIONS AND OPTIONS FOR FUNERALS Dreisinger Funeral Home visits us again to talk about options for a funeral. Join us to learn more about their services and options available to you and your loved ones.</p> <p>Facilitated by: Dreisinger Funeral Homes & Tariq Abdulhadi Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, November 14th, 2024</p> <p>2:00 - 3:00 PM</p>	<p>In-person 10 Parkside Drive St. Jacobs</p>
<p>TIPS FOR LIVING WITH ARTHRITIS Kristin Dillon, Occupational Therapist from Arthritis Society Canada, will be offering a one-hour interactive educational session entitled "Tips for Living with Arthritis". Learn about the condition of osteoarthritis, the role of physical activity, pain management strategies, healthy eating for arthritis, and assistive devices. Kristin is part of The Arthritis Society Canada's Arthritis Rehabilitation and Education Program (AREP) which provides service free of charge to Ontario residents with a valid health card. Their team of specially trained physiotherapists, occupational therapists and social work professionals help people manage their arthritis and live well through care, strategies, guidance, and education.</p> <p>Facilitated by: Arthritis Society Canada Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / call 519-664-3794 ext. 222</p>	<p>Thursday, November 21st, 2024</p> <p>1:00 - 2:00 PM</p>	<p>In-person & Zoom 10 Parkside Drive St. Jacobs</p>

PARENTING SUPPORT GROUP *(for parents of children ages 6-12)*

Parenting can be the best of times – and the worst of times! Join us as a group of parents and caregivers of children ages 6-12 years old. We'll explore our strengths, challenges, and areas for growth together. Each session we'll learn some parenting strategies including ways to connect with our kids, set healthy limits, and create a more resilient family. We'll also take time each session to explore our current unique challenges as parents and work together on ways to address these and move forward in a positive way.

Date: Bi-weekly, Tuesdays – Oct. 1st, 15th, 29th • Nov. 12th, 2024
Time: 6:00 - 7:30 PM
Location: Wellesley Youth Centre (1401 Queen's Bush Drive Wellesley)

Facilitated by: Jannah Tudiver, Registered Psychotherapist, Dave Pederson, retired Psychologist in Attachment Research, & Deanne Pederson, retired Attachment Educator

Contact for registration: Tariq Abdulhadi / tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222

Children and Youth Programs

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>AFTERSCHOOL DROP-IN PROGRAM Starting September 11th, our Afterschool Drop-In Program for youth in Grades 1-6 takes place every Wednesday from 3:45 PM to 4:45 PM at the Youth Centre. Join us for an hour of fun and learning with a variety of creative activities, STEM projects, and more. It's a perfect opportunity for young minds to explore, create, and make new friends in a supportive and stimulating environment. Don't miss out on the excitement – come drop in and discover something new each week!</p> <p>Facilitated by: Caley Klaassen Contact for registration: Caley Klaassen – cklaassen@wchc.on.ca</p>	Weekly on Wednesdays, starting September 11 3:45 - 4:45 PM	Wellesley Youth Centre 1401 Queen's Bush Rd., Wellesley
<p>WELLESLEY YOUTH CENTRE DROP-IN Starting September 10th, the Youth Centre Drop-In Program welcomes youth every Tuesday from 3 PM to 6 PM.</p> <p>Drop by the Youth Centre to enjoy a variety of activities and resources, including craft supplies, technology, and cozy spaces designed for relaxation and connection. Whether you're looking to get creative, catch up on schoolwork, or simply unwind, our drop-in program offers a supportive and engaging environment for all. Come join us and make the Youth Centre your go-to spot.</p> <p>Facilitated by: Caley Klaassen Contact for registration: Caley Klaassen – cklaassen@wchc.on.ca</p>	Weekly on Tuesdays 3 - 6 PM	Wellesley Youth Centre 1401 Queen's Bush Rd., Wellesley
<p>HEADS UP: YOUTH WELLNESS DISCUSSIONS Join us for Heads Up: Youth Wellness Discussions, a dynamic 6-session program designed for high school teens to explore and discuss vital topics related to mental wellness. Starting September 12th, sessions will be held every Thursday from 3 PM to 5 PM, running through October 24th. This is an excellent opportunity for teens to gain insights, share experiences, and develop strategies for maintaining their mental health in a supportive and engaging environment. Don't miss out on this chance to prioritize your well-being and connect with peers!</p> <p>Facilitated by: Caley Klaassen & Amelia Ballak, Registered Psychotherapist and Certified Music Therapist Contact for registration: Caley Klaassen – cklaassen@wchc.on.ca</p>	Every Thursday, Starting September 12th 3 - 5 PM	Wellesley Youth Centre 1401 Queen's Bush Rd., Wellesley

Mental Health Series (In-person & Zoom)

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>SAD LIGHTS DAY As Winter shortens daylight, a lack of sunlight can affect your mood and energy. Visit us to learn about our mental health support programs, counselling services, and check out our light therapy lamps! We will have information and SAD light displays in the waiting room, come say hi!</p> <p>Facilitated by: Amelia Ballak, Registered Psychotherapist and Certified Music Therapist</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Wednesday, October 23rd (Wellesley), 10:00 - 11:30 AM</p> <p>Tuesday, October 29th (St. Jacobs) 10:00 - 11:30 AM</p>	<p>In-person 1401 Queen's Bush Rd., Wellesley and 10 Parkside Drive St. Jacobs</p>
<p>ACCEPTANCE AND COMMITMENT THERAPY (ACT) Acceptance and Commitment Therapy (ACT) promotes acceptance of thoughts and feelings, using mindfulness and values-based action to foster flexibility and resilience. It helps individuals lead richer, more meaningful lives by embracing challenges and committing to personal growth. If you are looking for an alternative approach from CBT or are looking to enhance your mental wellness, this could be the approach for you. Join us for our 4-part series to learn ACT principles and tools</p> <p>Facilitated by: Amelia Ballak, Registered Psychotherapist and Certified Music Therapist</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>September 18th, 25th,</p> <p>October 2nd, 9th, 2024</p> <p>11:00 - 11:50 AM</p>	<p>In-person & Zoom</p> <p>10 Parkside Drive St. Jacobs</p>
<p>WELLESLEY ROCKS COMMUNITY JAM SESSIONS Join us Monday evenings for community jam nights. Whether you are an experienced musician or inspiring musician, you can bring your own instruments or use what is available; bring songs you would like to share or to learn. No musical experience is required. All are welcome (12+).</p> <p>Facilitated by: Amelia Ballak, Registered Psychotherapist and Certified Music Therapist</p> <p>Contact for registration: Amelia Ballak aballak@wchc.on.ca / register online / 519-656-9025</p>	<p>Monday evenings from September 23 to November 11</p> <p>6:00 - 7:30 PM</p>	<p>In-person 1401 Queen's Bush Rd. Wellesley</p>
<p>COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA (CBTI) Join our program on Cognitive Behavioural Therapy for Insomnia (CBTI) and work toward restructuring your sleep routine, looking at your thought patterns about sleep, sleep tips and relaxation strategies, and more. We will work towards helping you develop healthier sleep habits and wake up feeling refreshed. Don't let sleepless nights hold you back! Register early, as there is a pre-assessment that we will send you before the sessions begin.</p> <p>Facilitated by: Penny Bedford, Therapist</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / call 519-664-3794 ext. 222</p>	<p>Weekly on Tuesdays from January 14th – March 4th, 2025</p> <p>10:00 - 11:30 AM</p>	<p>In-person 10 Parkside Drive St. Jacob</p>
<p>BELL LET'S TALK Join us to reduce stigma and build awareness about mental health. We'll have activities, resources, and free prizes to give away at both our Wellesley and St. Jacobs WCHC sites. Stop by and start the conversation about mental health with one of our counsellors! More details to come, register to stay updated!</p> <p>Facilitated by: Jannah Tudiver, Therapist</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>January 2025 register to stay updated!</p>	

TECH HELP AT WCHC

Do you need help with your technology? Whether it is a cell phone, tablet, or computer, we can help! Book an appointment with Tariq and bring your device in to get one-on-one support with whatever you need help with. We can help with basic functions like how to navigate your device and make it easier to use or get support with more advanced features. The help is available in our St. Jacobs and Wellesley site by appointment

Contact for registration: Tariq Abdulhadi

tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222



WALK & TALK

Do you enjoy going for a stroll and looking for a group to walk with? Join our walking group! We meet up bi-weekly on Tuesday mornings at local trails around our community to enjoy a nice brisk walk and socialize together. Register to be part of our walking group to receive updates!

Date: Bi-weekly on Tuesdays, resuming in September

Facilitated by: Tariq Abdulhadi

Contact for registration: Tariq Abdulhadi

tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222

HEALTH PROMOTION AND MENTAL WELLNESS SESSIONS ARE ADDED MONTHLY!

Please email tabdulhadi@wchc.on.ca to be added on the Health & Wellness Events email list to receive information about events added.

THE COMMON COLD IS A VERY COMMON THING IN THE FALL

LET US FIGHT THE BUG!

- Make sure you wash your hand regularly

WHAT IS THE COMMON COLD?

- An illness caused by a virus infection in the nose
- Colds can also involve the sinuses, ears and bronchial tubes
- Colds last from one to two weeks
- Symptoms include sneezing, runny nose, plugged nose, sore or scratchy throat, cough, hoarseness and mild symptoms like headache, chills, feeling feverish or generally unwell

HOW IS A COLD SPREAD?

- Through coughing and sneezing
- Through close contact with an infected person
- By touching objects that an infected person has touched

HOW CAN THE SPREAD OF A COLD BE DECREASED?

- Regular hand-washing
- Cover the mouth and nose when sneezing and coughing
- Avoid touching your eyes and nose with your fingers

HOW DO YOU TREAT A COLD?

- Get plenty of rest
- Drink lots of fluids like water and juice
- Gargle with warm salt water
- Add moisture to the air with a cool mist humidifier
- Take acetaminophen or ibuprofen for fever and discomfort
- Medicine will not cure a cold but can help with the symptoms
- Antibiotics will have no effect on the viruses that cause colds



WHEN SHOULD YOU SEE YOUR HEALTH CARE PROVIDER?

- You're symptoms are getting worse instead of better
- You develop a new or higher fever
- Shortness of breath
- Increasing headache, face or throat pain

Fitness Classes

A mix of in-person and virtual fitness classes are available to you! All in-person fitness classes will take place at the Woolwich Community Health Centre at 10 Parkside Dr. in St. Jacobs. Online classes will be on Zoom, which you will receive a link for upon registration. **Fitness classes are currently scheduled for September – December 2024.** Please contact Tariq at tabdulhadi@wchc.on.ca to receive fitness program updates for Winter/Spring 2024

To register for a fitness class, please visit our website at www.wchc.on.ca. If you are having difficulty registering online or have any questions, please email Tariq at tabdulhadi@wchc.on.ca or call 519-664-3794 ext. 222. If you wish to pay via cash/cheque, please address the cheque to Woolwich Community Health Centre and include, with the payment, a letter to indicate your full name, which class you'd like to register for, and your contact information (for example: "John Doe, [johndoe@abc.com](mailto: johndoe@abc.com), 123-456-7890, \$45.00 enclosed for Friday Body Fit, September – December 2024"). Please note that all registrations are non-refundable.

FUNDAMENTAL EXPRESS CARDIO (ZOOM)		Instructor: Lynne
Start your day off right with a 45-minute interval-style online class. Get your heart pumping with cardio-based low-impact movements. No equipment needed.		
Mondays (8:15 - 9:00 AM)	September 9th - December 16th	15 classes for \$75
Thursdays (8:15 - 9:00 AM)	September 12th - December 19th	15 classes for \$75
FUNDAMENTAL FITNESS (ZOOM)		Instructor: Christina
Weight focused movements with some cardiovascular elements to keep us healthy and happy in day-to-day life. Hand weights, a chair and running shoes are all the equipment needed. Lots of variations available!		
Tuesdays (9:00 - 10:00 AM)	September 10th - December 17th	15 classes for \$75
BUILDING STRENGTH & BALANCE (IN-PERSON)		Instructor: Liz
For those wanting to improve balance and strength. Great for those with mild neurological conditions.		
Tuesdays (9:30 - 10:30 AM)	September 10th - December 10	13 classes for \$65
STRENGTH TRAINING (IN-PERSON)		Instructor: Melanie
As we age, we naturally lose muscle mass, so it is important to practice strength training to maintain, if not increase, muscle mass. Strength/resistance training helps to build bone density, protect joints from injury, contributes to better balance and ability to do daily activities, not to mention burning calories and keeping our bodies lean. This class will teach basic foundational strength exercises with a focus on repetition, proper form, and encouragement to gradually lift heavier weights than you may be used to.		
Wednesdays (9:30 - 10:15 AM)	September 11th - December 18th	14 classes for \$70
PILATES BASED STRENGTH AND STRETCH (IN-PERSON)		Instructor: Melanie
This 45 minute class will combine strengthening exercises with a focus on core and control, with stretching and mobility built in to provide a full body workout that is gentle on the joints while still challenging the muscles and mind..		
Wednesdays (10:30 - 11:15 AM)	September 11th - December 18	14 classes for \$70
YOGA (ZOOM)		Instructor: Rasha
Practice of being with whatever arises moment to moment, coordinating breath, movement, and concentration. A multilevel yoga practice that incorporates flow sequence, focusing on alignment, balance, flexibility, and breathing. This class is suitable for everyone as many variations are modifications are provided		
Wednesdays (7:00 - 8:00)	September 11th - December 18th	15 classes for \$120
YOGA (IN-PERSON)		Instructor: Rasha
Practice of being with whatever arises moment to moment, coordinating breath, movement, and concentration. A multilevel yoga practice that incorporates flow sequence, focusing on alignment, balance, flexibility, and breathing. This class is suitable for everyone as many variations are modifications are provided		
Thursdays (6:45 - 7:45 PM)	September 26th - December 19th	13 classes for \$104
BETTER BONES (IN-PERSON)		Instructor: Liz
For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment, weights or alternative, exercise band, small ball.		
Fridays (9:30 - 10:30 AM)	September 13th - December 6th	12 classes for \$60
FUNDAMENTAL EXPRESS STRENGTH (ZOOM)		Instructor: Lynne
Start your day off right with a 45-minute interval-style online class. Get your heart pumping with cardio based low-impact movements. No equipment needed.		
Fridays (8:15 - 9:00 AM)	September 13th - December 20th	15 classes for \$75

Creative Art at WCHC

"Create what makes your heart dance and your soul sing!"



Join Iris Huang, art class instructor for fun and engaging Creative Art Classes suitable for all skill levels! Whether you're a beginner or an experienced artist, our classes are designed to inspire creativity and provide a welcoming environment for artistic exploration. Registrations for all classes are done online through the provided link. Each month features a unique art project participants will create and take home. Classes will be held in two locations this fall: our St. Jacobs and the newly opened Youth Hub in Wellesley.

SEPTEMBER: WATERCOLOR FLOWER BOOKMARKS

Dive into the world of watercolor painting with our September class, where you'll learn to create beautiful flower-themed bookmarks. This class is perfect for anyone who loves the delicate and fluid nature of watercolors. By the end of the class, you'll have your handmade bookmarks to use or gift.

OCTOBER: 3D FELTING

Get into the Fall spirit with our October 3D Felting class! In this class, you'll learn the art of needle felting to create adorable owl and pumpkin decorations. This hands-on class is perfect for those who enjoy crafting and want to try something new. There will be step-by-step instructions on shaping and detailing your felt creations, making it easy for participants of all skill levels to follow along and achieve fantastic results.

NOVEMBER: SWIRL PAINTING ON CANVAS

Unleash your inner artist in our November Swirl Painting on Canvas class. This class focuses on the exciting technique of swirl painting, where you'll create mesmerizing patterns and designs on canvas. Perfect for artists of all levels. By the end of the class, you'll have a vibrant and unique piece of art ready to display.

ST. JACOBS (10 PARKSIDE DRIVE) TUESDAY 4:30 - 6:30 PM	WELLESLEY (1401 QUEEN'S BUSH ROAD) WEDNESDAY 1:00 - 3:00 PM
September 10th	September 11th
October 8th	October 9th
November 5th	November 6th

Contact for registration: Iris Huang, wchc.cap@gmail.com

Registration link: <https://forms.gle/X6wf2SomTiyKNAQ7>

YOUNG AT HEART (ADULT BOARD GAME NIGHT)

Join us for an evening of fun! Different games every month, with many participants bringing their own games to teach the group. Opportunities for specialized guest presenters to teach about health topics based on the groups interest, and snacks included at every event. A great night to socialize, meet new friends, learn new games, and enjoy time with others!

Date: 4th Thursday of every month - starting September 26, 2024

Time: 5:30 pm – 8:00 pm

Location: Bill Gies Recreation Complex (1401 Queen's Bush Road, Wellesley)

Contact for registration: Tariq Abdulhadi

tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222



Farm Column

(BY PAULA BALLAK, RPN, RURAL COMMUNITY HEALTH WORKER)

PROTECTING OUR PHYSICAL BODIES WHILE WORKING ON THE FARM

“Farmers and farm workers face some of the highest risks of work-related musculoskeletal injury and disease in the world. However, the problem is little recognized within or without agriculture and is not currently given high prevention and research priority by most farm safety groups or organizations”.

(Larry Chapman and James Meyers)

Farming is a physically arduous occupation, and this places farmers/agricultural workers at potential risk of injury to our physical bodies. Farmers and Agricultural workers face constant exposure to loud noises from the clanging of machinery to the whirring of power tools, and the constant noise pollution of driving in farm vehicles such as skid steers, tractors and large trucks, leaving them at a heightened risk for Noise Induced Hearing Loss (NIHL). Fortunately NIHL is preventable.

Wearing hearing PPE (ear plugs, muffs or headphones) is essential to protect our hearing. In Ontario, Hearing Life Advantage will also help with customized ear protection for farmers and agricultural workers. Similarly affecting our ears, grinding or cutting metal, cement or wood, building, demolishing or repairing structures, working on farm vehicles and machinery, using torches/welding equipment, as well as being in a dusty atmosphere are all situations where our eye health and vision safety can also be compromised. Wearing safety glasses or goggles can prevent injuries resulting from small particles or objects striking or scraping the eye. Safety glasses provide protection when there is risk of particles flying directly into the eye. Safety glasses with tint can also be beneficial while working outside or driving in the fields, to help reduce sun damage to the eyes.

I'm sure we've all heard someone say, “look at your farmer's tan” and for many, that is arms and neck/head. Farmers and agricultural workers spend many hours in the mid-day sun, which is a major risk factor for all skin cancers, including the most serious, melanoma. Farmers receive more ultraviolet radiation (UV) exposure than the general public for many reasons, including long workdays spent outside in the sun, especially from May-October. Wide brim hats, sun aprons and long sleeve shirts help to reduce the UV exposure.

Farmers and agriculture workers suffer more musculoskeletal disorders than any other type of injury or illness. Musculoskeletal disorders can also disable individuals at rates near or above those of traumatic injury, respiratory injury, pesticide intoxication, dermatological injury, hearing or vision injuries and illnesses. Examples of MSK injuries are: Osteoarthritis (OA) of the hip and knee, low back pain (LBP), neck and upper limb complaints, and hand-arm vibration syndrome (HAVS).

Efforts to prevent musculoskeletal injuries must recognize that agricultural work is diverse and so agricultural ergonomics must bridge many specific problems with a flexible, generic approach. The rewards for careful attention to ergonomics include a more efficient production process, lower labor costs, reduced injury absences and turnover, and reduced expenditures for medical care and worker compensation as well as a reduced toll attributable to musculoskeletal injuries. With sufficient attention to the larger goals of whatever work is underway, investments in ergonomics can often pay for themselves many times over.

The good news is that once Farmers and Agricultural Workers gain awareness and understanding of these issues, and start practicing these safety methods, especially with a shift in our thinking, we can and WILL reduce injury and illness and maintain good physical health for longer!

There are many resources available for local Farmers and Agricultural workers – not only for your physical health, but also if your mental or emotional health is affected by your concerns of or actual physical health issues there are some places you can reach out to:

- Woolwich Community Health Centre – Courtney Bauman (Social Navigator) 519-664-3794 ext. 237
- Ontario Federation of Agriculture – Toll Free – 1-800-668-3276
- Farmer's Business Network – Toll Free – 1-844-200-3276
- Farmer Helpline (Farmer Wellness Initiative) 1-866-267-6255
- Farmer Mental Health (Christian Farmers Federation of Ontario) 1-833-456-4566

Above all else, stay safe out there, and thank you for all you do!

WELLESLEY YOUTH CENTRE

After moving to the new Wellesley Recreation Complex, we are able to expand our services using the community spaces in the new Recreational Centre. In partnership with the Township of Wellesley, we have now opened a Youth Centre. Thanks to the Wellesley Youth Advisory Council (WYAC), a group of high school youth who have been advocating for such a space for a long time.

The Wellesley Youth Centre is a place where youth from Wellesley can meet and participate in a variety of social, educational, and recreational activities. It is designed to provide structured, and non-structured programming for young people. It is also a safe place for youth to gather and be themselves.

The Youth Centre is designed to provide safe, structured, and non-structured programs for children and youth. The Youth Centre will accommodate unstructured social interaction among different age groups and provide the space to offer after-school activities. We are excited for such a place that will be home to our current children and youth programs and the many other programs we will develop in the future. Stay Tuned for New Programs! We are constantly developing exciting new programs at the Youth Centre throughout the year. To stay updated on the latest offerings, keep an eye on your emails, our website, and social media channels. Do not miss out on any of the fun and enriching activities we have in store – stay connected and informed for all the latest news and updates!

You can easily register on our website under the registration tab. If you have any questions or need assistance, feel free to reach out at cklaassen@wchc.on.ca. We are here to help you get started and make the most of your Youth Centre experience!

Follow Us on Instagram! Stay connected and informed with everything happening at the Youth Centre by following us on **Instagram @wchc_youth**. Our page is your go-to source for updates on programs, events, and educational resources. Whether you are looking for details on upcoming activities, tips for your well-being, or just want to stay in the loop, our Instagram has it all. Join our online community and never miss the latest from the Youth Centre!



SMUDGING AVAILABLE TO INDIGENOUS CLIENTS AND STAFF AT WCHC

WCHC supports the practice of smudging to Indigenous communities. When you come to WCHC for an appointment or to participate in our programs and want to do smudging ask staff at the front desk and staff will guide you to a private space for smudging. Indigenous clients and staff are welcome to practice smudging at WCHC!

WOOLWICH COMMUNITY HEALTH CENTRE

PO Box 370, 10 Parkside Dr.
St. Jacobs, ON N0B 2N0

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

ST. JACOBS HOURS OF OPERATION

Monday	9:00 am - 8:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:00 pm

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

WELLESLEY TOWNSHIP COMMUNITY HEALTH CENTRE

1401 Queen's Bush Rd.
Wellesley, ON N0B 2T0

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

*Watch for news of our move to our new
location in the spring!*

WTCHC HOURS OF OPERATION

Monday	9:00 am - 8:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 5:00 pm
Thursday	9:00 am - 8:00 pm
Friday	9:00 am - 5:00 pm

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

LINWOOD NURSE PRACTITIONER OFFICE

Open at select times by appointment only.

Please call the Wellesley office at
519-656-9025 to book an appointment.

ADDITIONAL SERVICES 9 and 10 Parkside Dr.

St. Jacobs Dental Care

**ACCEPTING NEW PATIENTS
AND EMERGENCIES**

Dr. Mira Nusaputra, D.D.S.
Tel: 519-664-2434
www.stjacobsdentalcare.ca

Martin's Guardian Pharmacy

Alan Martin, Pharmacist
Tel: 519-664-3785
Fax: 519-664-2170
www.martinspharmacy.ca

St. Jacobs Midwives

Andrea Horst, Administrator
Tel: 519-664-2542
Fax: 519-664-1815
www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.
Jennifer Kadlec, Osteopathic Candidate
Tel: 519-664-1050
www.stjacobsnaturopathic.com

WE ARE ON THE WEB!



www.wchc.on.ca



twitter.com/woolwichchc



[@woolwichchc](https://www.instagram.com/woolwichchc)



Woolwich Community Health Centre

