



**Woolwich Community
HEALTH CENTRE**

and **Wellesley Township
COMMUNITY HEALTH CENTRE**

UPDATE

*"growing toward a
healthier tomorrow"*

The CANADIAN INDEX of WELLBEING

Back in the Spring of 2014, we first wrote in this newsletter about the health centre's pioneering work with the Canadian Index of Wellbeing (CIW). The CIW is a framework for systematically defining and measuring the key aspects of life - or 'domains' - that contribute to the wellbeing of individuals, communities, provinces and the country. The CIW was originally developed as a tool to assess and report on quality of life at a national level, to tell us more about wellbeing than the traditional, single economic indicator of GDP (gross domestic product). Following the release of several reports that focused on a sub-set of domains of wellbeing, in 2012 the CIW project office, based at the University of Waterloo, released a national report "*How Are Canadians Really Doing?*" to provide a picture of the country's wellbeing following the 2008 recession.

The health centre started to use one of the first domains of wellbeing defined and reported on by the CIW office - the Community Vitality domain - in our 2010 Community Needs and Capacity Assessment. In 2014, the health centre completed another community assessment, this time in partnership with several other rural agencies - Community Care Concepts, Woolwich Community Services, and Wilmot Family Resource Centre. The resulting report, "*Community Wellbeing Assessment: Wilmot, Wellesley and Woolwich Townships (2014)*", used all 8 of the CIW domains to assess and understand our rural community in terms of:

- | | |
|----------------------------------|------------------------|
| 1. Community Vitality | 5. Leisure and Culture |
| 2. Healthy Populations | 6. Education |
| 3. Civic (Democratic) Engagement | 7. Living Standards |
| 4. Environment | 8. Time Use |



Using the CIW framework has been very helpful in providing the health centre Board and staff with broad, baseline knowledge about how rural residents live, the strengths within the rural townships, and what needs to be addressed to improve the wellbeing of individuals, families and the community at large. The health centre has used its 2014 *Community Wellbeing Assessment* findings to inform strategic priorities, which in turn help focus our planning for programs, services, community development work, and partnerships. You can find our report on our website: www.wchc.on.ca.

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FSC Logo

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But there are other benefits of the CIW, beyond providing a helpful framework for defining and measuring the domains of wellbeing that are most important to the communities our health centre serves. Because the CIW framework has been used to assess wellbeing at the Waterloo Region, Ontario and national levels, there is a common, shared approach to defining and measuring wellbeing, which allows for 'apples to apples' comparisons. Current research shows that in order to have the greatest 'collective' impact on complex social issues, like poverty or social isolation, it is crucial to collect data and measure results in the same way. And because complex problems require solutions that involve the collaboration of multi-sector partners, like government, non-profit agencies, business, and community groups, there needs to be a common way to define problems, plan solutions, and measure impact over time. The CIW framework, and its 8 domains of wellbeing, provides that common approach.



Interest in the CIW is growing rapidly in communities across Ontario, as well as across Canada. Large and small communities, as well as Community Foundations, are using the CIW to assess quality of life and guide planning and decision-making about community-building priorities. On November 22, 2016, the CIW released its third national wellbeing report, "*2016 CIW*"



(Continued on page 11)



Health and Wellness

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

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

| Class Description | Date/Time | Location |
|---|---|--|
| PEP Talk: Take Charge of Your Diabetes! Diabetes, Healthy Feet and You educational workshop. You would benefit from attending this workshop if you: <ul style="list-style-type: none"> • Have diabetes • Have tingling or numbness in your feet • Have noticed the shape of your feet changing • Have sores or blisters on your feet | 4 sessions are being offered. Tuesdays, January 24, March 28, May 23 or July 25, 2017 1:00 pm — 3:30 pm | WCHC 10 Parkside Dr., St. Jacobs. For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca |
| Communication Skills 101 Do you have what it takes to be a “good” patient? Becoming a more confident, empowered patient is especially important when you are coping with a chronic health condition. Join us for a free workshop to discuss: <ul style="list-style-type: none"> • Preparing for your upcoming health appointment • Communicating with your health care team, asking questions and expressing concerns • Participating in your own treatment, planning & follow up • Developing more confidence in managing your health condition | Thursday, January 26, 2017 1:30 pm — 3:30 pm | WCHC 10 Parkside Dr., St. Jacobs. For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca |
| Vitamin Supplements—What to take, what to skip. Presented by Raza Shah, Doctor of Naturopathy St. Jacobs Naturopathic Clinic | Friday, February 3, 2017 10:15 am — 11:15 am | WCHC 10 Parkside Dr., St. Jacobs No registration required |
| Hearing Aid Information Session This session will provide information on: <ul style="list-style-type: none"> • Hearing aids • Today’s technology • Purchasing hearing aids • Funding resources and costs • Communication devices |  2 sessions are being offered. Monday, February 6, or Monday, March 6, 2017 2:00 pm — 4:00 pm <small>CANADIAN HEARING SOCIETY SOCIÉTÉ CANADIENNE DE L'OUÏE</small> | WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Seating is limited |
| There’s an App for That! Join Bethany Heintz, Telemedicine Nurse, and learn how to use your computer, tablet or smart phone to enhance your health. Bethany will help you download some great apps and show you how they can help you live healthier. | Thursday, February 16, 2017 10:00 am — 12:30 pm | WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 |
| Craving Change A 4-week “how to” workshop for changing your relationship with food <ul style="list-style-type: none"> • Understand why you eat the way you do • Comfort yourself without food • Change your thinking, change your eating | Thursdays, February 23, March 2, March 9 and 23, 2017 6:00 pm — 8:30 pm | WCHC 10 Parkside Dr., St. Jacobs. For information or to register call, 1-866-337-3318 or visit www.wwselfmanagement.ca |
| Ambiguous Loss Support Group for Care Partners of Persons Living with Dementia This 4-week support group will focus on: <ul style="list-style-type: none"> • Understanding ambiguous loss and grief • How to maintain meaningful connections with the person living with dementia throughout the journey • Finding meaning amongst feelings of ambiguity and uncertainty | Thursdays, March 2—March 23, 2017 1:30 pm — 3:00 pm  | WCHC 10 Parkside Dr., St. Jacobs For information or to register call, the Alzheimer Society at 519-742-1422 |

| Class Description | Date/Time | Location |
|--|---|--|
| Functional Fitness —Building strength and protecting joints through your everyday activities. Presented by Bernadette Vanspall, Physiotherapist, WCHC | Friday, March 3, 2017 10:15 am —11:15 am | WCHC 10 Parkside Dr., St. Jacobs No registration required |
| Making Baby Food: 6 months to 1 year <ul style="list-style-type: none"> Learn how to make and store your own baby food What foods are good for your baby's age and stage How to choose, make and store baby food Learn ways to avoid "picky eating" and nurture a "good eater" <i>Babies Welcome!</i>  | 2 sessions are being offered. Monday, March 6, 2017, 1:00—2:30 pm or Monday, June 19, 2017, 1:00—2:30 pm | WCHC 10 Parkside Dr., St. Jacobs To register for either class, call 519-664-3794 or 519-656-9025 |
| Osteoporosis (OP) Education Workshop <div> <div>\$35 fee for Resource Workbook</div> <div> This 2-part workshop, with a Rheumatologist, Pharmacist, Dietician, Occupational Therapist and Kinesiologist, will help you: <ul style="list-style-type: none"> Understand bone health, exercise and prevent fractures Discuss medications, vitamins and minerals used to treat OP Healthy eating and how it relates to Osteoporosis </div> </div> | Wednesdays, Day 1—April 5, 2017 8:30 am —12:00 pm and Day 2—April 12, 2017 9:00 am —12:30 pm | This program is being offered through the (OTN) Ontario Telemedicine Network at: WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 |
| The Mindful Way through Stress, Anxiety and Depression This 8-week course is an opportunity for you to explore your unique physical and emotional response to stress and how automatic thought patterns contribute to anxiety, depression, physical pain and illness. Learn mindfulness approaches to respond to stress using: <ul style="list-style-type: none"> Breath awareness Body awareness Meditation  <p>This is a Mindfulness-Based Cognitive Therapy course, adapted from the Mindfulness-Based Stress Reduction course created by Jon Kabat-Zinn.</p> <p>Facilitated by Joy Finney, MPhil in Social Work, and Sue Arai, Psychotherapist.</p> | Orientation—Wed. April 5, 6:15—7:45 pm Course runs on Wednesdays, from April 19—June 7, 2017 6:15 pm —8:45 pm <i>Retreat: Saturday, May 27, 2017 9:30 am - 3:30 pm (the retreat is open to past participants. To register for the retreat, call Joy by May 8th)</i> | WCHC 10 Parkside Dr., St. Jacobs To register , call Joy Finney at 519-664-3534 ext 230 by March 20, 2017. Space is limited! Pre-course interviews will be scheduled. |
| Spring into Action! Join Laurie and Bernadette to explore ways you can get ready for spring: <i>Gardening, Potting, Planting, Digging and Yard Work!</i> Learn ways to prevent injuries by being aware of your posture, using your joints and muscles well, trying various joint friendly tools . | Thursday, April 20, 2017 1:00 pm —3:00 pm | WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Space is limited! |
| Rightsizing —Should you stay, should you move. Presented by Donna Schmidt and Rhonda Erb, Seniors' Move | Friday, April 21, 2017 10:15 am —11:15 am | WCHC 10 Parkside Dr., St. Jacobs No registration required |
| Men's Night Out —For men 30 +. Join Dr. Craig Peters, Family Physician, and Sid Bater, Counsellor, to discuss lifestyle management, stress and preventative health. | Tuesday, April 25, 2017 6:00 pm —7:30 pm | WCHC 10 Parkside Dr., St. Jacobs To register call 519-664-3794 or 519-656-9025 |
| Back and Neck Sparing How might your posture or daily tasks be contributing to your back or neck discomfort? Learn to identify and modify your movements to reduce strain. Bernadette Vanspall, Physiotherapist and Joy Finney, Health Promoter | Thursdays, April 27, May 4, 11 and 18, 2017 10:00 am —12:00 noon | WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Space is limited! |

| Class Description | Date/Time | Location |
|---|---|--|
| Practical Skills to Live Well as We Age How can we move through the day in ways which build bone and muscle strength? Learn ways to: prevent and/or manage aches, pain and muscle stiffness, improve posture, breath awareness, nutrition, memory, and resilience in the face of life's changes. A 6-week course facilitated by Bernadette Vanspall, Physiotherapist, and Joy Finney, Health Promoter | Fridays, April 28, May 5, 12, 26 June 2, and 9, 2017 10:00 am—12:00 noon  | WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 Register early Space is limited |
| Heart Healthy Eating  Registered Dietitian, Karen Reitzel, will help you discover easy ways to improve your cholesterol level. | Tuesday, May 2, 2017 9:30 am —11:30 am | WCHC 10 Parkside Dr., St. Jacobs To register , call 519-664-3794 or 519-656-9025 |
| Chronic Pain Do you live with ongoing Neck or Back Pain? Other Chronic Pain? This 6-week self management program includes: <ul style="list-style-type: none"> Exercises for maintaining and improving strength, flexibility Techniques to deal with stress, tension, anger, depression Use of pain medications and treatments | Thursdays, May 4—June 8, 2017 6:00 pm—8:30 pm | WCHC 10 Parkside Dr., St. Jacobs. For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca |

Mental Health: Support for You and Your Family



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Everyone welcome. No charge. Registration recommended but not required. Those registered will receive a call if the session is cancelled due to weather. Register by calling 519-664-3794 (WCHC) or 519-656-9025 (WTCHC).

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

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

| | | |
|--|---|--|
| Understanding Mental Health: Signs and symptoms, what helps, resources | Wed., February 22, 2017 6:30 pm – 8:30 pm | Presented by Laura McShane, Coordinator Mental Health Promotion and Education, CMHAWW |
| Supporting your Child Living with Anxiety and Depression | Thursday, March 30, 2017 6:30 pm – 8:30 pm | Presented by Sid Bater, MSW Counsellor at Woolwich Community Health Centre |
| Self Harm and Suicide Awareness | Thursday, April 27, 2017 6:30 pm – 8:30 pm | Presented by Laura McShane, Coordinator Mental Health Promotion and Education, CMHAWW |
| Caring for Yourself in the Midst of Caring for Others | Monday, May 15, 2017 6:30 pm – 8:30 pm | Presented by Laura McShane, Coordinator Mental Health Promotion and Education, CMHAWW |

Planning for Your Health Care Future

If you were in the hospital, too ill / hurt to speak for yourself, who would make health care decisions for you?
Do they know what kind of health care you would want or not want?

Join us for this FREE educational session to learn about: **Advance Care Planning**

Substitute Decision Making
Powers of Attorney
Health Care Consent

Please confirm your attendance by calling:
519-664-3794 (WCHC) or
519-656-9025 (WTCHC)

Wednesday, January 25, 2017, 1:30 pm —3:00 pm @ Wellesley Township Community Health Centre

Thursday, April 20, 2017, 6:00 pm —7:30 pm @ Woolwich Community Health Centre

Wednesday, July 26, 2017, 1:30 pm —3:00 pm @ Wellesley Township Community Health Centre

The session is brought to you by *Conversations Worth Having*, the Advance Care Planning program for Waterloo Wellington. More information can be found at www.acpww.ca.

Ongoing Programs AVAILABLE to our Rural Residents

If you live in Woolwich, Wellesley or Wilmot Township you can access the:



Respiratory Education Community Services in partnership with St. Mary's General Hospital

This program is offered at WCHC and WTCHC. It provides respiratory assessment, education and management for rural residents with lung conditions. Spirometry, a simple breathing test, which measures the speed and amount of air you are able to blow out of your lungs can be used to diagnose different types of lung diseases such as asthma and COPD.

Ask your doctor to refer you to WCHC for an appointment with the Respiratory Therapist.

If you live in Waterloo Region you can access the:



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

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

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

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

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

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



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

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

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

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

Volunteer Visiting

Volunteers provide compassionate help for people dealing with a life-limiting illness. Hospice volunteers are caring members of the community who have been specially trained to understand the specific needs of people with a serious illness.

Woolwich Wellesley Hospice



Caregiver Coffee Hour

The Caregiver Coffee Hour support group is offered by WCHC in conjunction with the Alzheimer Society Waterloo-Wellington at Chartwell Elmira, 11 Herbert St., Elmira.
1st Tuesday of the month (September—June)
10:00 am —11:30 am.

Counselling Support

We offer counselling for rural residents who are dealing with a life-threatening illness or the loss of a loved one.
Irena Razanas, MSW RSW has many years of experience as a grief counsellor working with children, teens and adults.

Caregivers Support Group

Provides support to caregivers who are supporting someone who is seriously ill. It is an opportunity to meet with others who share similar feelings and situations.
1st Thursday of the month (September—June)
10:00 am —11:00 am.

Among Friends Support Group

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

Elmira—Crossroads Restaurant, 384 Arthur St., Elmira every 3rd Tuesday of the month 10:00 am—11:30 am

Wellesley—Schmidtsville Restaurant, 3685 Nafziger Rd., Wellesley every 1st Wednesday of every month at 2:00 pm

If you are interested in registering or would like more information about these Hospice services please contact Julie at 519-664-3794 ext 229.

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

Fitness Classes at Woolwich Community Health Centre

Fitness classes are held at WCHC in St. Jacobs and WTCHC in Wellesley and are open to ALL residents of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by WTCHC.

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

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

WTCHC, Wellesley—Registration forms can be picked up at the health centre during regular office hours. Completed forms and payments can be dropped off at the reception desk.

A Physical Activity Readiness/Emergency Information Form must be completed by all registrants.

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

FOR CLASSES STARTING IN JANUARY SEE PREVIOUS NEWSLETTER OR OUR WEBSITE

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

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|----------------------------|----------------------|-----------------------|
| Thursday 5:45 - 6:45 pm | March 23—May 4, 2017 | 7 classes for \$56.00 |
| | May 11—June 29, 2017 | 8 classes for \$64.00 |
| | July 6—July 27, 2017 | 4 classes for \$32.00 |

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

| | | |
|--|----------------------|------------------------|
| Monday, Wednesday & 1st, 3rd & 5th Friday 9:00 - 10:00 am | March 20—May 5, 2017 | 18 classes for \$90.00 |
| | May 8—June 30, 2017 | 19 classes for \$95.00 |
| Tuesday and Thursday 7:00 - 8:00 pm | March 21—May 4, 2017 | 14 classes for \$70.00 |
| | May 9—June 29, 2017 | 16 classes for \$80.00 |

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

| | | |
|---|----------------------|------------------------|
| Tuesday and Thursday 9:00 - 10:00 am | March 21—May 4, 2017 | 14 classes for \$70.00 |
| | May 9—June 29, 2017 | 16 classes for \$80.00 |
| | July 4—July 27, 2017 | 8 classes for \$40.00 |

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

| | | |
|------------------------------|----------------------|-----------------------|
| Tuesday 10:15 - 11:15 am | March 21—May 2, 2017 | 7 classes for \$28.00 |
| | May 9—June 27, 2017 | 8 classes for \$32.00 |
| | July 4—July 25, 2017 | 4 classes for \$16.00 |
| Thursday 10:15 - 11:15 am | March 23—May 4, 2017 | 7 classes for \$28.00 |
| | May 11—June 29, 2017 | 8 classes for \$32.00 |
| | July 6—July 27, 2017 | 4 classes for \$16.00 |

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

| | | |
|--------------------------|-----------------------|-----------------------|
| Monday 5:45 - 6:45 pm | March 20—May 1, 2017 | 7 classes for \$28.00 |
| | May 8—June 26, 2017 | 7 classes for \$28.00 |
| | July 10—July 31, 2017 | 4 classes for \$16.00 |

Fitness Classes continued

| | | |
|---|-----------------------|-----------------------|
| Gentle Step Toward Fitness: A gentle fitness class for those 55+. | | |
| Tuesday 11:30 am - 12:30 pm | March 21—May 2, 2017 | 7 classes for \$28.00 |
| | May 9—June 27, 2017 | 8 classes for \$32.00 |
| 40 Minute Fit: A lunch hour aerobic/strengthening class filled with fun! | | |
| Monday 12:10 - 12:50 pm | March 20—May 1, 2017 | 7 classes for \$35.00 |
| | May 8—June 26, 2017 | 7 classes for \$35.00 |
| | July 10—July 31, 2017 | 4 classes for \$20.00 |
| Functional Core Strength: Work the body through everyday movements, incorporating squats, lunges, weights and other fitness tools. | | |
| Thursday 12:10—12:50 pm | March 23—May 4, 2017 | 7 classes for \$35.00 |
| | May 11—June 29, 2017 | 8 classes for \$40.00 |
| Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. | | |
| Monday Morning 10:30 - 11:30 am | March 20—May 1, 2017 | 7 classes for \$28.00 |
| | May 8—June 26, 2017 | 7 classes for \$28.00 |
| | July 10—July 31, 2017 | 4 classes for \$16.00 |
| Wednesday Morning 10:30 - 11:30 am | March 22—May 3, 2017 | 7 classes for \$28.00 |
| | May 10—June 28, 2017 | 8 classes for \$32.00 |
| | July 5—July 26, 2017 | 4 classes for \$16.00 |
| Monday Evening 7:00 - 8:00 pm | March 20—May 1, 2017 | 7 classes for \$28.00 |
| | May 8—June 26, 2017 | 7 classes for \$28.00 |
| | July 10—July 31, 2017 | 4 classes for \$16.00 |
| Friday Afternoon 2:45 - 3:45 pm New Time | March 24—May 5, 2017 | 6 classes for \$24.00 |
| | May 12—June 30, 2017 | 8 classes for \$32.00 |
| | July 7—July 28, 2017 | 4 classes for \$16.00 |
| Pilates: Exercise focused on the core postural muscles providing support for the spine. | | |
| Tuesday (Beginner Level) 5:45 - 6:45 pm | March 21—May 2, 2017 | 7 classes for \$56.00 |
| | May 9—June 27, 2017 | 8 classes for \$64.00 |
| Thursday (Intermediate Level) 1:00 - 2:00 pm | March 23—May 4, 2017 | 7 classes for \$56.00 |
| | May 11—June 29, 2017 | 8 classes for \$64.00 |

Fitness Classes at Wellesley Township Community Health Centre

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|--|----------------------|-----------------------|
| Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. | | |
| Fridays 9:15—10:15 am | March 24—May 5, 2017 | 6 classes for \$24.00 |
| | May 12—June 30, 2017 | 8 classes for \$32.00 |
| | July 7—July 28, 2017 | 4 classes for \$16.00 |
| Building Strength and Balance: For those with neurological conditions or those wanting to improve balance and strength. | | |
| Fridays 1:00—2:00 pm New Time | March 24—May 5, 2017 | 6 classes for \$24.00 |
| | May 12—June 30, 2017 | 8 classes for \$32.00 |
| | July 7—July 28, 2017 | 4 classes for \$16.00 |

THE FARM COLUMN



Keep Moving!

We can all agree that farming has changed greatly, even within the last generation. The machinery is becoming larger, more sophisticated, and computerized and requires a lot less physical exertion than in previous

times. Quads and ATVs have made checking fences and livestock in the pasture a lot less strenuous. These technical advances have taken a toll on the health of farmers and their fitness level.

The Public Health Agency of Canada recommends that adults should have 2.5 hours of moderate to vigorous physical activity each week and take 10,000 steps each day. The three areas of fitness include cardiovascular, strength and suppleness.

A survey was done of 3,000 farmers and the results indicate that more time and effort is spent in maintaining and servicing farm equipment than their own bodies. One third of those surveyed were overweight, had high cholesterol levels and complained of pain while working. Half of the farmers had high blood pressure and were at some risk of heart disease. When the sole operator of a farm is sick and has to take time off work to recover the daily chores still need to be done!



Keeping physically fit is an important part of business risk management. During the long winter months it is easier to become more sedentary. However, once the spring calving and lambing time comes, which require more strength and endurance, the farmer realizes that muscle strain and fatigue are overwhelming.

There is a myth that working hard is enough exercise and yet the type of work modern farmers engage in does not require as much physical exertion. A daily exercise routine can improve mental health as well as result in the long term benefit of more energy and greater productivity.

Small changes in the daily routine can have positive results. Take a fast paced walk down the lane or to the pasture instead of taking the ATV. Include some stretches in the daily work routine, dig the garden instead of using the rotor tiller. Engage in some recreational activities like hockey, skiing or biking.

An average farm has thousands of dollars invested in livestock, land, machinery, quota and buildings. Doesn't it make sense that the owner / operator of this enterprise invest some time and effort into staying healthy and fit?

If there are any topics concerning rural community health and wellbeing that you would like to see addressed, please contact Heidi Wagner at 519-664-3794 ext. 237.

JOIN THE WCHC BOARD OF DIRECTORS

Are you interested in the health of our rural community? Do you have knowledge or skills that you would like to contribute to building a healthier Woolwich, Wellesley and north Wilmot Townships? If so, then consider joining the Board of the Woolwich Community Health Centre! Our skills-based Board of Directors plays a critical role in decision-making that impacts the current and future health of our rural community.

WCHC's Nominating Committee is recruiting Board nominees for 2017-18. Board members reflect the community that WCHC serves:

- Residents from across the WCHC catchment area: All of Woolwich Township and Wellesley Township, north part of Wilmot Township, and small areas of Perth County.
- Catchment-area residents with work or volunteer experiences in areas such as health and community services, business, farming, financial management, facilities management, organization and board development, patient safety, or quality of healthcare.
- Catchment-area residents who are representative of, or work with, the priority populations that WCHC serves at its St. Jacobs, Wellesley and Linwood sites: Families with young children (0-6), Rural and farming families, Seniors (60+) and their caregivers, and Youth (14-19 years of age).

Board members do not have to be clients of the health centre. All Board members must be able to attend regular Board meetings on the 4th Monday evening of every month from September to June, and take part in one other Board committee. Please call Heather at (519) 664-3534, ext. 239 to receive a Board application package. **Applications are due by Friday, March 24, 2017. All interested applicants will be required to attend a pre-orientation session which will be set for early April.** For further information, please contact Denise Squire, Executive Director, at 519-664-3794.



Join Woolwich Healthy Communities this Spring

April - June 2017

Community Clean Up Day



April 22, 2017
Every LITTER
bit helps!

Tree Planting

Leave a green legacy!

April 24, 25, 29, May 6



Join Us!



Local Vocals



Join your local community choir for the fun of it! Rehearsals are held one night a week for 8—9 weeks with a performance in April.

A Taste of Woolwich

Saturday, June 17
9 am to 1 pm

New venue!

Children's activities,
workshops. Come
check us out at the
Elmira Farmers' Market!



Hiking and Biking

Stay tuned to our website
for the 2017 schedule of
hikes and bike rides.
Join the Healthy Hikes
100 or 200 km challenge!



Other Ways to Get Involved : There are many ways to be part of Woolwich Healthy Communities all year long. These groups are always looking for participants.

- Clean Waterways Group
- Township of Woolwich Environmental Enhancement Committee (TWECC)
- Woolwich Healthy Communities Coordinating Committee
- Trees for Woolwich
- Woolwich Trails Group
- Woolwich On-road Cycling Group



Watch the website for updates: www.healthywoolwich.org or email us at admin@healthywoolwich.org



Aging Well in Woolwich seniors Information & Active Living Fair

When: Tuesday, March 28, 2017
9:00 am - 1:30 pm

Where: Breslau Community Centre,
100 Andover Drive, Breslau

You must register for
this event by
March 14, 2017

Please call:
519-664-1900 or toll
free 1-855-664-1900

- Speakers
- Information Displays on Community Supports and Services for Seniors
- Lunch and Snacks
- Door Prizes



OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés



This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ontario Seniors' Secretariat.



Check out our website www.wchc.on.ca



Fitness Classes at Wellesley Township Community Health Centre

Please see page 7 for fitness programs and dates.

Health and Wellness

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

| Class Description | Date/Time | Location |
|---|---|--|
| Help to Quit Smoking —Has your New Year's Resolution gone Up in Smoke? Join Clinical Nurse, Paula Ballak, in chatting about why it's so hard to quit smoking and what to do about it! | Thursday, January 12, 2017 6:00 pm—7:30 pm | WTCHC 1180 Queens Bush Rd., Wellesley No registration required |
| Coping with Symptoms of Anxiety and Depression This 8-week group will provide you with an opportunity to learn: <ul style="list-style-type: none"> • How to better understand what it is that anxiety and / or depression gets you to "think" and "do" • New coping strategies, including various relaxation techniques to help you decrease the symptoms of anxiety and depression | Wednesdays, February 22 to April 12, 2017 9:30 —11:30 am | WTCHC 1180 Queens Bush Rd., Wellesley To register , call 519-656-9025 or 519-664-3794 |
| Creating a Healthy Eating Environment —The way you organize your cupboards, your kitchen, and your home can influence your eating patterns. Join Registered Dietitian, Tiffany Krahn, and learn new ways to modify your eating environment to support your nutrition goals. | Tuesday, February 28, 2017 6:00 pm—7:30 pm | WTCHC 1180 Queens Bush Rd., Wellesley No registration required |
| Take Control—Take Charge! Self Management Program FREE 6-week workshop for people who live with <u>any</u> ongoing health condition. We will help you find ways to: <ul style="list-style-type: none"> • Manage stress • Make healthier food choices • Add exercise to your day • Get the results that you want | Wednesdays, April 5 to May 10, 2017 6:00 pm—8:30 pm | WTCHC 1180 Queens Bush Rd., Wellesley For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca |
| Perimenopause and Menopause —What to do about those hot flashes? Join Nurse Practitioner, Susan Henderson, to talk about ways to embrace and enjoy this phase of your life. | Thursday, April 27, 2017 6:00 pm—7:30 pm | WTCHC 1180 Queens Bush Rd., Wellesley No registration required |
| Meal Planning Made Easy for Busy Families —Are you struggling to manage your family's busy schedule AND make healthy meals? Come out to learn how to simplify your meal planning. | Thursday, May 11, 2017 6:00 pm—7:30 pm | WTCHC 1180 Queens Bush Rd., Wellesley No registration required |

Wellesley Youth Advisory Council (WYAC)



WYAC is a hardworking, compassionate, engaged group of youth who are dedicated to making a difference in Wellesley Township. They meet at WTCHC on a regular basis to brainstorm ideas and plan events for groups within our community.

In October WYAC held their first Halloween Family Games night entertaining over 50 children and their families with pumpkin bowling, cookie decorating, face painting, apples on a string and Halloween themed crafts. Proceeds from the evening, including cash and a large box of non-perishable food items, were donated to the Wellesley Community Food Cupboard.

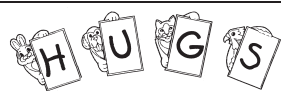
WYAC members are youth who exhibit diligence, compassion, and a drive to make their community a better place!

If you are a Wellesley Township teenager between the ages of 13-18 who is interested in getting involved in your community and local decision-making, we'd love to hear from you! For more information please contact Lisa Parker at 519-656-9025 ext. 224.

The CANADIAN INDEX of WELLBEING (cont'd)

National Index Report: How are Canadians Really Doing? which highlighted that Canadians' experiences in several of the 8 domains of wellbeing have worsened, particularly in the areas of living standards, leisure and culture, and time use. This most recent report shows that there is still a big difference between citizens' wellbeing, and the economic improvements suggested by an increasing GDP – and there is still much to do to improve quality of life for individuals, families and communities. You can find the CIW report on the website: www.ciw.ca.

However, there are some exciting things happening in Waterloo Region with the emerging Community Wellness/Wellbeing Initiative. This collaborative effort is starting to bring together citizens, decision-makers, agencies and community groups, to identify and tackle collective priorities for improving wellbeing in Waterloo Region. Find out more at the website: www.wellbeingwaterloo.ca/blog/ and think about how you can help improve wellbeing in our community!



Health Understanding Growth Sharing

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

Come meet with other parents to discuss parenting and child health issues. You can also weigh and measure your infant. Resource people include a Registered Dietitian, Nurse Practitioner and a Community Health Worker. For parents and children (0-5 yrs) living in the catchment area of Woolwich & Wellesley Township Community Health Centres. Free childcare provided at the St. Jacobs site. 9:30-11:00 am. No pre-registration required. Snacks provided. For more information, call Heidi at 519-664-3794 ext. 237.

Woolwich Community Health Centre

10 Parkside Dr. St. Jacobs

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

| | |
|-------------|--|
| February 10 | DEVELOPMENTAL MILESTONES How to encourage development at all ages |
| February 24 | MAXIMIZE YOUR REFUND Tax tips from Colleen, CPA, CA |
| March 10 | BUCKLE UP YOUR CHILD Car seat safety for your little ones |
| March 24 | YOUR PELVIC FLOOR "DEPENDS" ON YOU! |
| April 14 | HAPPY GOOD FRIDAY No HUGS today |
| April 28 | SEE THE SPECTRUM DIFFERENTLY Autism awareness |
| May 12 | NUTRITIONAL TOPIC CHOSEN BY PARENTS |
| May 25 | LET'S GET TALKING Speech therapy for children |
| June 9 | OSTEOPATHY What is it and how can it help you |
| June 23 | SOMETHING TO SMILE ABOUT Dental hygienist |
| July 14 | PARK DAY Bolender Park in Elmira—NO CHILDCARE |
| July 28 | PARK DAY St. Jacobs Park—stroller walk along the trail—NO CHILDCARE |
| August 11 | PARK DAY Gibson Park in Elmira—NO CHILDCARE |
| August 25 | STINGS, SPRAINS AND BURNS —WCHC's nurse practitioner, Chris, has tips |

Wellesley Township Community Health Centre at First St. Paul's Lutheran Church

3620 Nafziger Rd. Wellesley

Join us every 3rd Thursday 9:30 to 11:00 am (Are you available to help with childcare?)

| | |
|-------------|--|
| February 16 | BACK HEALTH Posture, bending and lifting WCHC's physiotherapist, Bernadette |
| March 16 | I NEED A BREAK BUT I FEEL GUILTY! WCHC's social worker, Sid |
| April 20 | STINGS, SPRAINS AND BURNS WCHC's nurse practitioner, Chris, has tips |
| May 18 | NUTRITION Parent's questions answered |

Additional Services

10 Parkside Dr.

St. Jacobs Dental Group

Accepting New Patients and Emergencies

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

Dr. Manning Chiang, D.D.S.

Dr. Miyeon Kwek, D.D.S.

Dr. Laura Tan, D.D.S.

Tel: 519-664-2434

www.communitydentalgroups.com

Martin's Guardian Pharmacy

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

9 Parkside Dr.

St. Jacobs Midwives

Andrea Horst, Administrator

Tel: 519-664-2542

Fax: 519-664-1815

www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.

Tricia D. Brubacher RMT

Inge Bender, Student of Osteopathy

Tel: 519-664-1050

www.stjacobsnaturopathic.com

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

PLANNING A TRIP? - Plan your immunizations!

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

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

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

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

As a registered primary health care patient at our St. Jacobs, Wellesley or Linwood sites, **you play an essential role in your own health care.** As the very busy flu season gets underway, it is important to keep track of your prescriptions and plan well in advance for renewals.

Please remember:

Prescription renewals are not done over the phone – an appointment is required.

This is a WCHC policy that ensures the safety and quality of care provided to our clients through sound medical practice. Your provider will give you as many 'repeats' on a prescription that are appropriate. When you are on your last repeat of a medication, call for an appointment well in advance and at least ten days before using up all your medication. Please remember to bring the medication bottle(s) with you to that appointment. Pharmacists can renew some medications for a few days in emergency situations, but a renewal by your provider is still required.



When we are closed on evenings, weekends and holidays, a doctor or nurse practitioner from the health centre is available to our **registered clients** through our "On Call" service to help with concerns that can't wait until the office opens. Call 1-866-933-0212 (or the office number) for instructions. When you call the On-Call number, you will speak with an operator who will ask you your name (or the client's name if you are not calling for yourself) and for a phone number that you can be reached at. The doctor or nurse practitioner will call you back as soon as possible.

Woolwich Community Health Centre

P.O. Box 370, 10 Parkside Dr.

St. Jacobs, ON N0B 2N0

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

WCHC Hours of Operation

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

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

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

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

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

Drop-In Lab Services (for registered patients only)

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



Linwood Nurse Practitioner Office

3777 Manser Road

Linwood, ON N0B 2A0

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

LNPO Hours of Operation

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

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

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

Wellesley Township Community Health Centre

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

Wellesley, ON N0B 2T0

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

WTCHC Hours of Operation

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

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

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

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

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

Drop-In Lab Services (for registered patients only)

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

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

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