



**Woolwich Community
HEALTH CENTRE**

and **Wellesley Township
COMMUNITY HEALTH CENTRE**

UPDATE

*"growing toward a
healthier tomorrow"*

Reflections

Do you have a favourite word or phrase? Something that you say almost without thinking? There are statements, words or phrases that are typically associated with being Canadian. Sorry, thank-you, what about this heat...cold...rain...wind (you get the idea) or the famous "Eh!". I know I have a favourite word. "Hope". In my opinion, the best 4-letter word out there. It says so much!

Hope offers us something to hang on to. Hope for a sunny day, hope for gathering with friends and family, hope for good news. Hope fuels our ability to dream and plan for the future. The staff at WCHC have been dreaming and planning ways to continue to offer health care, programs that promote health awareness and education, fitness classes that offer practical ways to move to keep or improve physical health and ways to keep connected to each other in our community and beyond.

This newsletter is full of creative ideas, programs and information to support you in keeping healthy, or improving your or your family's health. At this time, all of the programs for health education remain online or virtual. This allows you to participate in programs from the comfort of your home!

Avoiding the possibility of poor driving conditions or travel concerns in general. If you do not have a computer and would still like to be part of the education programs, please reach out to Gebre Berihun, WCHC's Health Promoter, at 519-664-3794 ext. 230. Options for participating could be to join in by phone, or possibly mailing handouts or further information from the session.

Our primary care team of medical receptionists, nurses, nurse practitioners and doctors have also been working hard to continue providing optimal care to their clients. Many appointments have become virtual. Phone call and video appointments are available when appropriate, and of course, in-office visits are still being booked when a physical assessment is needed.

We all realize the changes that have become necessary can be difficult to navigate and stressful to the person needing services or family/friends who are assisting with care. The staff at WCHC understand the frustration that can come with the extra steps needed. We appreciate all the support and kindness that has been extended to health care providers in the community and specifically here at WCHC. We need the continued support of our clients and community as we all journey through the changes brought about by COVID-19. Please continue to be understanding on the phone, or in person with all of our staff. WCHC has a zero tolerance to abusive, threatening or disrespectful words or behaviours. It is important to our Board of Directors and Management Team that the staff at WCHC work in a safe supportive environment. We continue to consult with our staff and review incidents and work to resolve any issues or concerns. In these ongoing difficult times we all need to remind ourselves that every interaction we have has an impact on another person. We want to ensure that those impacts are as positive as possible. I remain hopeful that we treat others as we want and need to be treated.

We have hope that our world will return to working, and playing in the ways that we were used to but while we look to that day, remember all the agencies and services that remain here to support you. We have hope that some of the lessons we have learned will continue to be part of our lives. We hope that we can hug our friends and family and sit together to enjoy social time together. We have hope that we can continue to support each other in new and wonderful ways that we haven't even dreamed about yet. Let's all remain hopeful and offer kind words and actions to each other.

Spread the hope!

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Vol. 36 Spring 2021

Health and Wellness

The impacts of COVID-19 continues into our spring programming season. As we continue to take physical distancing measures, Woolwich Community Health Centre will continue to offer 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, visit our website 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 a day before the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

Internet Privacy and Safety

Due to the pandemic, we are spending more time online than before. In this session you will learn about:

- how to protect yourself from common internet fraud and scams
- cyber fraud and identity theft
- how to use the internet safely and cyber safe tips
- what to do if you are a victim of cyber fraud

Facilitated by: Constable David Cassidy, WRPS

Tuesday, February 16, 2021

6:30—8:00 pm

Enhancing your Immune System through Food

In this session you will learn about:

- how to eat healthy to keep your immune system strong
- grocery shopping tips to keep you safe and healthy
- how to use common pantry items to make nutritious meals

Facilitated by: Karen Reitzel, Registered Dietitian, WCHC

Wednesday, March 3, 2021

6:30—8:00 pm

Bone Health and Nutrition

Nutrition strongly affects bone health throughout our lives. In this session you will learn dietary strategies for improved bone health.

Facilitated by: Tiffany Krahn, Registered Dietitian, WCHC

Tuesday, March 16, 2021

6:30—8:00 pm

Our Eye and Digital Fatigue

How do digital devices cause eye fatigue?

As the pandemic continues, we are more screen dependent. This shift to online communication has left all of us in front of computer and other digital devices. In this session, Dr. Carole Wilkinson will talk about precautions you can take to reduce the symptoms associated with digital eye fatigue.

Facilitated by: Carole Wilkinson, Optometrist at Elmira Family Eye Health and Clinical Instructor at the Waterloo University Optometry Program

Thursday, March 25, 2021

6:30—8:00 pm

Healthy Eating to Keep Blood Sugars in Range

Healthy foods can help keep your blood sugar in check. In this session you will learn about:

- which foods turn to sugars in your blood stream and how to eat healthy to improve blood sugars
- other healthy lifestyle habits that can help manage blood sugars
- label reading tips to make healthy food choices when grocery shopping

Facilitated by: Karen Reitzel, Registered Dietitian, WCHC

Tuesday, March 30, 2021

6:30—8:00 pm

Bone Health and Exercise

Exercise is an important step towards protecting your bones. Join us to learn about Bone Health and Exercise:

- exercise for strong bones
- exercise to improve balance
- exercise to stand tall

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

Tuesday, April 6, 2021

6:30—8:00 pm

Spring into Action

Explore ways that you can get your body ready for spring gardening, potting, planting, digging and yard work! Learn ways to prevent injuries by being aware of your posture, using your joints and muscles effectively. Facilitated by: Bernadette Vanspall, Physiotherapist, WCHC

Wednesday, April 14, 2021
1:30—3:00 pm

Living Well: The Power Goal Setting

This workshop focuses on:

- exploring our internal/external drivers (what matters to us, values, events)
- setting SMART goals
- identifying common barriers we encounter
- finding creative ways to get around our “hijackers”

Facilitated by: Bernadette Vanspall, Physiotherapist, WCHC

Wednesday, April 21, 2021
6:30—8:00 pm

Physical Activity and Seniors

The new Canadian 24-hour movement guidelines for older adults.

Join us to learn about the *Canadian 24-Hour Movement Guidelines for adults aged 18-64 years* and *adults aged 65 years or older* released in October 2020. Rasha will be discussing how and why the guidelines were created, what the guidelines are, and how to apply the guidelines. Facilitated by: Rasha El-Kotob, University of Waterloo, Faculty of Applied Health Sciences, Department of Kinesiology

Wednesday, April 28, 2021
6:30—8:00 pm

Women’s Pelvic Health

In this session you will learn about:

- what is your pelvic floor and what does it do?
- signs of Pelvic Floor Dysfunction and the 3 most common pelvic conditions
- what is Pelvic Physiotherapy and how can it help YOU?

Facilitated by Jessica Clancy R. Physiotherapist & Pelvic Physiotherapist - SOS Northfield, Waterloo

Tuesday, May 18, 2021
6:30—8:00 pm

Postural Alignment: Does it Matter?

In this session you will learn about alignment effects on joints, muscles, our balance, strength and “freedom” to move.

Facilitated by: Bernadette Vanspall, Physiotherapist, WCHC

Wednesday, May 26, 2021
1:30—3:00 pm

Services for Seniors

Services that are available for seniors in Woolwich and Wellesley Townships

In this workshop you will learn about:

- the social and recreational services available for seniors
- services offered by Community Care Concepts
- dental services, and more

Speakers:

Nancy Lucier, Coordinator, Woolwich Seniors Association
Karla Rabidoux, Community Care Concepts
Margret Gohl, Dental Hygienist, WCHC

Tuesday, June 1, 2021
1:30—3:00 pm



Self Management Program  Ontario

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.wwselfmanagement.ca.

Mental Wellness: Support for You and Your Family



The impacts of COVID-19 continues into our spring programming season. As we continue to take physical distancing measures, Woolwich Community Health Centre will continue to offer 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 a day before the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

SafeTALK

A Suicide Alertness Workshop

SafeTALK is a suicide alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide alert helper. Most people with thoughts of suicide do not want to die, but are struggling with pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving interventions and resources.

Facilitated by: Cairine Domzella, Registered Psychotherapist, WCHC

Thursday, February 25, 2021

6:30—8:00 pm

Sorry—this program
is CANCELLED

Using Mindfulness to Tackle Stress

Mindfulness has been shown to help reduce stress and stress related conditions. In this session you will learn about:

- what is mindfulness
- current research on mindfulness
- mindfulness and stress
- some practical strategies that you can start using right away

Facilitated by:

Jannah Tudiver, MA, RP, CCC, Psychotherapist, WCHC

Monday, March 8, 2021

6:30—8:00 pm



Coping with Anxiety and Depression

Anxiety and depression can affect our thinking, our emotions, our behaviours and our physical health. In this session you will learn about:

- what is anxiety and depression
- mild versus severe signs and symptoms
- potential impacts of anxiety and depression on our day to day life
- treatment approaches and resources
- practical strategies to develop coping skills

Facilitated by:

Sid Bater, Social Worker and Psychotherapist, WCHC

Wednesday, May 5, 2021

6:30—8:00 pm

The Mental Health of Teens

Multiple factors, such as physical, emotional and social changes can make teens at risk for mental health issues and life challenges. Join us to learn about:

- the physical, emotional and social changes that could cause mental health issues for teens
- signs to watch for
- how to support your teens to cope with mental health issues and life stressors
- available mental health supports for teens in the community

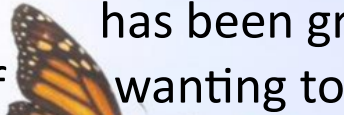
Facilitated by:

Sid Bater, Social Worker and Psychotherapist, WCHC

Wednesday, May 12, 2021

6:30—8:00 pm

Gratitude

Gratitude is a state of feeling appreciative for a kindness which  has been granted or given, and (very often) of wanting to give something in return.

The act of showing it is to be **grateful**—to show **gratitude** is to give thanks.

Benefits of Gratitude

- Transforms the brain—when we feel happiness the Central Nervous System (CNS) is affected – we feel more peaceful, less reactive, less resistance
- We feel better—want to exercise more, sleep better and feel more refreshed upon wake up
- Decreases anxiety and depression
- Feel more connected to others
- Reminds us to enjoy what we have, rather than desiring what we don't

How to Practice Gratitude

- Express your gratitude to yourself, write it down in a gratitude journal
- Notice the good things, savour them, absorb them
- Tell someone what you appreciate about them
- Think of something you have done well or something you like about yourself

Taken from the Seasonal Affective Disorder presentation—thanks to Laura McShane, CMHA

Find the Hidden Winner

Congratulations to Allie from Elmira. Allie is the lucky winner of our “Find the Hidden Leaf” contest. Thank you to everyone who participated.

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 Heather at 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 Healthy Smiles Ontario

Due to the impact of the COVID 19 pandemic on the OSDCP and HSO, the Ministry of Health is automatically renewing all benefits for enrolled clients for the benefit year to include August 2020 - July 31, 2021. Clients will be mailed a new dental card regardless of any changes to their income eligibility.

The logo for Healthy Smiles Ontario, featuring the text "Healthy smiles Ontario" in a green, rounded font inside a light green circle.

Healthy
smiles
Ontario

Healthy Smiles Ontario (HSO) is a government program available to provide free dental care to eligible youth and children aged 17 years and under living in Ontario.

More information can be found at <https://www.ontario.ca/document/dental-services-children-without-coverage>



Ontario Senior Dental Care Program (OSDCP) is a government program available to provide free dental care to eligible Ontario residents aged 65 or over with an annual net income of \$19,300 or less (\$32,300 or less for a couple) with no other dental benefits.

More information can be found at <https://www.ontario.ca/page/dental-care-low-income-seniors>

Non-emergency dental services are gradually restarting and you can continue to apply for the programs during this period although in person visits may still be limited.

Apply online or you can contact us for help with your application.

Anna Wall, (HSO, Low German, Oral Health Peer Worker), 519-496-9757 or email her at oralhealthworker@gmail.com

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

How Much is Too Much?

Sugar is a big part of our diet, too big in fact, and it is causing havoc with our health, teeth and waistlines! Sugar is a major cause of cavities in the teeth of both children and adults.

The World Health Organization (WHO) now states that your daily sugar intake should be only 5% of your total daily calorie intake to maintain a healthy lifestyle.

That means that an average adult should only consume about 25 grams of sugar daily, (about 6 teaspoons) and children even less.

Some healthy foods such as fruit and milk naturally contain sugar. These sugars don't seem to cause concern but the added sugar in our food and drinks is a big concern.

It is important to take the time to read the nutrition label on each product. The amount of sugar it contains is clearly stated.

To be better able to visualize the sugar content of a product be aware that every **4 grams of sugar equals 1 teaspoon**.

Did you know that a 355ml can of pop contains anywhere from 35 to 40 grams of sugar? That is **10 teaspoons of sugar!** That is already over our daily recommendation.

Here are a few other examples:

- 547ml bottle of Ice Tea contains over 10 teaspoons of sugar (41 gms)
- 1 tablespoon of ketchup contains 1 teaspoon of sugar (4 gms)
- Large "double double" coffee contains 6 teaspoons of sugar (24 gms)
- 300ml Chocolate milk contains almost 8 teaspoons of sugar (31 gms)
- 473ml can of Energy Drink contains 15 teaspoons of sugar (60 gms)
- 1 cup of baked beans contains 3 teaspoons of sugar (12 gms)

Here are some things we can do:

- Learn to curb the sugar addiction, read the nutrition label and make smart, low sugar choices.
- Be aware that sugar has many names including, fructose, sucrose, dextrose, syrup, cane juice.
- Downsize your serving size, there is a big sugar difference between a small and large drink.
- Drink water when you are thirsty, water is the best way to hydrate yourself.
- Have an occasional treat rather than making it a daily routine.
- Avoid sticky sweets, they tend to stay on your teeth for a longer time.
- Read the ingredients of snacks, sugar should never be near the top of the list.
- Remember, brush and floss your teeth 2 x daily to help remove sugar and plaque so you can enjoy a healthy, happy mouth!

Margret Gohl, RDH, Oral Health Peer Worker

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

COVID-19 Myth Busters



The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency.

While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.



#Coronavirus

#COVID19

FACT:
The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency



5 June 2020

Virtual Fitness Classes

Woolwich Community Health Centre offered fitness classes virtually for our fall and winter sessions. Although registration was low, the people who did attend have not only benefitted physically but also mentally. They were so happy to be able to workout and visit with instructors and people they know and had not seen for many months. We received many positive comments, a few of them have been included on page 9. We hope you will join us for the spring and summer sessions.

To register, visit our website www.wchc.on.ca and click on the Register Online tab.

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

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

Tuesday 7:00 pm	March 23—May 25, 2021	10 classes for \$80.00
	June 1—July 27, 2021	9 classes for \$72.00
Thursday 5:45 pm	March 25—May 27, 2021	10 classes for \$80.00
	June 3—July 29, 2021	8 classes for \$64.00

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

Monday 9:00 am	March 22—May 31, 2021	10 classes for \$50.00
	June 7—July 26, 2021	8 classes for \$40.00
Wednesday 9:00 am	March 24—May 26, 2021	10 classes for \$50.00
	June 2—July 28, 2021	9 classes for \$45.00
Friday 9:00 am	March 26—May 28, 2021	9 classes for \$45.00
	June 4—July 30, 2021	9 classes for \$45.00

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

Tuesday 9:00 am	March 23—May 25, 2021	10 classes for \$50.00
	June 1—July 27, 2021	9 classes for \$45.00
Thursday 9:00 am	March 25—May 27, 2021	10 classes for \$50.00
	June 3—July 29, 2021	8 classes for \$40.00

Yogalotes: A wonderful combination of both Yoga and Pilates. Yogalotes 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	March 23—May 25, 2021	10 classes for \$80.00
	June 1—July 27, 2021	9 classes for \$72.00

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	March 23—May 25, 2021	10 classes for \$40.00
	June 1—July 27, 2021	9 classes for \$36.00
Thursday (Beginner Level) 10:15 am (No lying down)	March 25—May 27, 2021	10 classes for \$40.00
	June 3—July 29, 2021	8 classes for \$32.00

Fitness Classes continued

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	March 26—May 28, 2021	9 classes for \$36.00
	June 4—July 30, 2021	9 classes for \$36.00

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	March 22—May 31, 2021	10 classes for \$40.00
	June 7—July 26, 2021	8 classes for \$32.00
Wednesday 10:30 am	March 24—May 26, 2021	10 classes for \$40.00
	June 2—July 28, 2021	9 classes for \$36.00
Friday (WTCHC) 9:00 am	March 26—May 28, 2021	9 classes for \$36.00
	June 4—July 30, 2021	9 classes for \$36.00
Friday 10:15 am	March 26—May 28, 2021	9 classes for \$36.00
	June 4—July 30, 2021	9 classes for \$36.00

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, sm. ball.

Monday NEW TIME 4:00 pm	March 22—May 31, 2021	10 classes for \$40.00
	June 7—July 26, 2021	8 classes for \$32.00

Testimonials from some of our many satisfied clients ...

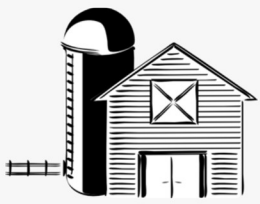
- Like being at home. Don't have to drive anywhere. Zoom is easy to connect to class. Easier to see how the exercise is done. Don't feel self-conscious in my living room. Really like the added meditation at the end of class.
- I like the social aspect as I don't see too many people these days. Also, the exercise makes me feel better about myself physically & mentally. The instructors are great!
- During this challenging time, it is great to have an instructor and class online. Although onsite classes are perfect, I am beyond grateful to have the online option during the pandemic as I do much better with the structure of a class as opposed to exercising on my own.
- Although of course it cannot be the same as when we participated in person, you have done a great job in bringing the classes into our homes and we can participate as best as is possible. It is great that the health centre has put forth the effort to bring the classes to us as best they can and have even provided some of the equipment needed.

say No to Social Distancing



say Yes to Physical Distancing

THE FARM COLUMN



Mental Health is as IMPORTANT as Physical Health

During this pandemic we have been hearing a lot about mental health and how to remain positive while coping with situations that we have never encountered before. Often who we see

on the outside to be a well-grounded person can be suffering with real mental illness and cannot find another way out. Suicide may seem like the only solution to get some peace and relief.

Everyone has mental health, just like we all have physical health. We all experience good and bad days physically and mentally as well, but it is the frequency of these “bad days” that can signal an underlying problem that needs to be addressed. A physical illness needs to have medical intervention and a mental illness should have professional help as well. This may be counselling, medication or therapy.

There is a definite link between mental health and farm safety. Men tend to avoid their feelings and emotions and push them away until an outburst or explosion could result in an injury or careless act. A farmer is perceived as a person that shouldn't show weakness and should have full control over themselves, others, and the environment they work in. This perception may make it harder for them to seek help because it may be seen as a sign of weakness.

Although men are not as apt to talk about feelings with other people, it is important to keep up conversations with other farmers with similar issues. Making a list of things that are bothersome will help to differentiate between what problems are within our control and influence others that are not. The

price of farm land, commodities, weather and urban encroachment may be issues that are of concern but worrying about them will not change them. A crisis cannot be controlled, all we have control over is our attitude toward it and how we respond while keeping a positive long-term outlook.

Self-care is important and tends to be pushed aside during a crisis. Taking a break from the every day routine and doing something that is fun and gives a relief from the stress can do wonders for mental health. Practicing gratitude, realizing that we all have so much to be thankful for, can change a negative mindset as well. Train the brain to look for bright spots in everyday life; a new calf, a blue jay in the garden or a hot cup of coffee by the fireplace, can all help to reset a dreary outlook!

Mental illness is a disease and should be treated as such. The brain is injured and fragile and the suicidal thoughts are close to the surface. Counselling is important not only for those suffering from such an illness, but also for the caregivers and people close to them. It is important not to judge them just as we wouldn't judge someone suffering from another illness. It is easy to see a cast on a broken arm or leg, but a broken brain is not as visible. We really don't know what is going on in another person's head!

There is help available. During the long dreary winter days as we cope with pandemics, snowstorms and isolation, it is more likely more people will experience depression. Talking to someone is better than keeping emotions inside until they become all consuming. There are better days ahead!

by Heidi Wagner, Rural Community Health Worker

COVID-19 Vaccine—why it's important to be vaccinated!

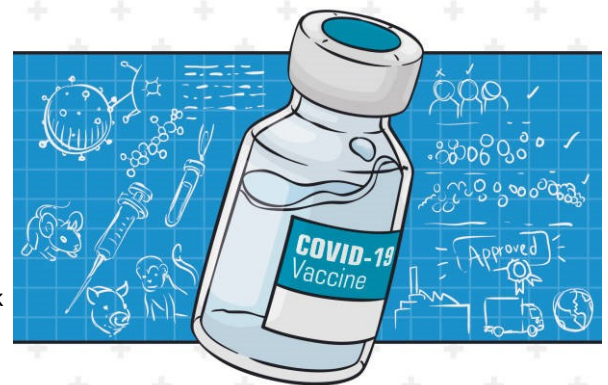
Safe and reliable vaccines can help protect you and your family from COVID-19. They will be an important tool to help stop the spread of the virus. The province is leading distribution of COVID-19 vaccines in Ontario. For more information, please visit <https://covid-19.ontario.ca/covid-19-vaccines-ontario>

On December 9, 2020 Health Canada authorized the first COVID-19 vaccine in Canada. Several other vaccines are currently at various stages of regulatory approval by Health Canada. Health Canada's independent evaluation of scientific and medical evidence for safety, efficacy and quality of COVID-19 vaccines has been maintained, and Health Canada will make publicly available any safety and efficacy information.

The first shipments of the COVID-19 vaccine were delivered to Waterloo Region in December 2020 and are being targeted for people who are at higher risk for COVID-19 and those working at high risk of exposure such as hospital and long term care home staff.

It is expected that vaccines will become available for more people in the winter and spring of 2021. You can be sure your team at the Health Centre will be helping to provide the vaccine as soon as it is available.

If you have any questions or concerns please educate yourself on-line or ask your health provider. It is important for as many people as possible to be vaccinated to help us be able to get together again.



WhatsApp with the Low German Mennonites?

How does a group of Mennonites skip altogether an entire era of a rotary dial communication and go straight to using smartphone technology?

After my great grandfather Reverend Johan P. Wall moved a large portion of his congregation in the early 1920s from Saskatchewan, Canada to the remote desert lands of Durango, Mexico, staying connected with family left behind was next to impossible. Phones were not allowed in the conservative Mennonite community.

As the years passed and the rest of the world evolved, more and more of us became illiterate. Living in a Spanish-speaking country, speaking Plautdiesch at home, also known as Low German and reading and speaking only High German at school and church, writing letters as a means to stay connected became more and more challenging, to say the least.

As more of us returned to Canada, the four languages have become a consistent passenger during our complex journey. Only the necessary basic parts of these languages make it onto our only verbal vocabulary list, just to get us by during our common journey back and forth between Canada and Mexico. Though Plautdiesch is the dominant language spoken we wouldn't necessarily know all information in the Plautdietsch language because we literally experience particular parts of our lives divided by languages. More often than not we seek medical treatments from either Spanish or English-speaking people, therefore, we do not necessarily know the context of that communication in our everyday language. We know one or both of the other languages better in terms of that specific context.

When leaving the gates of our tightly knit Mennonite community, we're often asked, "What's your nationality?" in a language, we may or may not understand well, the answer becomes messy very quickly, "I'm Mexican, holding a Canadian citizenship, I don't really speak Spanish or English, I speak Plautdietsch which is a non-written language, and the High German written language I was supposed to learn I didn't really learn. You can take back this pen and paper because it's useless to me." This is a brief glimpse of how the story unfolds more often than not. All we can do in moments like that is hope and pray the person next in line is generous enough to help us out.

Skip ahead a couple of years shy of a century, a large number of us have strayed and integrated somewhat into modern society, though still lacking much knowledge of worldly matters, the majority of us own a smartphone and most of us have downloaded an app called WhatsApp. The app has the ability to meet most, if not all our complex communication needs in whatever form of language our hearts desire. Not to mention,

we can use the app to communicate without needing to change plans or phones. It doesn't affect what country you are communicating from as the use of regular phone features would.

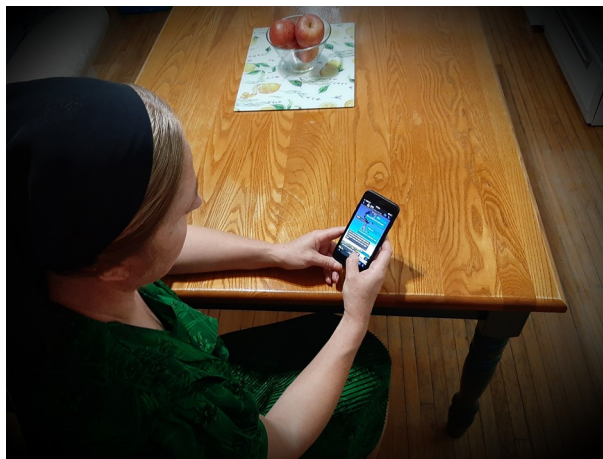
WhatsApp is a text and voice messaging app that launched in 2009. It's become increasingly popular in our community since then, thanks to its voice messaging features. The app has made my job as a Low German community health worker and interpreter much easier and faster to do. The app has made it not only possible for me to stay connected to my loved ones back in my colony but, I have also been able to reach the community far and wide with important updates regarding public health and safety during an ever-changing worldwide pandemic. The status-sharing feature of the app allows everyone on my contact list to have access to what I have shared and then share it with their contacts and so on. It has made it possible for me to do my job safely, and more effectively. It has made it possible to continue to run community health groups in collaboration with service providers that without the app would be much more difficult to achieve, especially during a pandemic.

Here is one example of how I have used the app to do my job remotely. I record voice messages in English, and then in Plautdietsch, which then can be played to the service provider communicating with the Plautdietsch speaking client and vice versa, making my physical presence not necessary, in not all, but a few cases. When the client is done with the appointment and has received written instructions, he or she will then take a picture of it to send it to me. I read it and record, verbally, the instruction in their language and send it back to the client.

One might ask if modern technology is the solution to all forms of communication even in a Mennonite community, why not take me, the human interpreter out of the equation altogether, and just use Google Translate? That would be possible, if it were any other language. Google Translate doesn't speak Plautdiesch because it's not an official written language. Even if it were, the unique way that we have adopted and become accustomed to

the use of multiple languages has basically made my job as an interpreter that much more important. Because it's not just a language that we use to communicate with each other it has become somewhat of a cultural code language unique only to this particular group.

Anna Wall, Community Health Worker



WhatsApp Youtube link
<https://www.youtube.com/watch?v=v3EdliJeTXk>

Health Card Expiry

If you have received an updated Ontario Health Card since March 2020 please contact your health care provider's office.

Your green health card ensures that you are able to receive timely health care when you need it. Test results or referrals to specialist offices may be delayed if your health card information is not current.

Finding Hope Movement



Finding and sharing our stories of hope, overcoming adversity and supporting one another during these past eight months can inspire us, reminding us that there is good in the world and that we are all connected, shining a light on the best of us.

Snap a picture, write about it, create a video, and then share it with us, with your organization, your community, your family. Find out more at <http://www.wellbeingwaterloo.ca/blog/finding-hope/>. Follow WWR on social media. Post your own stories using #findinghopewwr.

As part of the Finding Hope movement Wellbeing Waterloo Region is supporting a community quilt project of COVID-19

Stories call "From behind the Mask". A community quilt is being made based on the form of a mask! This is an opportunity to come together—while apart—and make something that will remain as a memorial, acknowledge inequality, and act as a starting point for healing. Quilt block kits are now available by mail to reduce in-person contact. To receive a free quilt kit (no sewing required), fill out a request form at this link: https://docs.google.com/forms/d/e/1FAIpQLSetLxoKj2OgEaAssQaQCidPg2i7sJNUY1tJAXN9uGJxo4RUiA/viewform?fbclid=IwAR3iMBgdA_ujY-rlcGdDwJDFFEFdew6GTYNHqG3lst0d97-74RvvcKmTqYY



Join the Woolwich Community Health Centre (WCHC) Board of Directors

Are you interested in the health of our changing rural community? Do you have knowledge or skills that you would like to contribute to building healthier Woolwich, Wellesley and Wilmot Townships? If so, then consider joining the Board of the Woolwich Community Health Centre. In 2021, we particularly welcome applications with experience in finance, and change management.

Ontario's health system is transitioning and so is governance of not for profits. As a significant local health agency, WCHC has a history of working with many multi-sector partners in shaping the future health and wellbeing of citizens, families and communities in rural Waterloo Region. Our dedicated, skills-based Board of Directors plays a critical role in decision-making that impacts the current and future health of our rural community. We strongly welcome diverse representation at our Board, particularly those with lived experience of barriers to healthcare.

Board members reflect the community that WCHC serves:

- Residents from across the WCHC catchment area:
- All of Woolwich Township and Wellesley Township
- Parts of Perth County: area bordered to the north by Perth Line 72, to the east by Perth Road 116, to the south by Perth Road 119, and to the west by Perth Road 121, and the area bordered to the north by Perth Line 56, to the east by Perth Road 103, to the south by Perth Line 43, and to the west by Perth Road 107
- Part of Wilmot Township: the area bordered to the north by Gerber Road (12), to the east by Wilmot Line, to the south by Snyder's Road/Christner Road, including all Baden and Petersburg addresses, and to the west by Wilmot-Easthope Road.
- Catchment-area residents with work or volunteer experiences in areas such as health and community services, farming, financial management, board development, patient safety.
- 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), Seniors (60+) and their caregivers, Rural and farming families, 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. Currently, due to COVID, all meetings are via Zoom.

Please call Heather at (519) 664-3534, ext. 239 to receive a Board application package. **Applications are due by Friday, March 19th, 2021. All interested applicants will be required to attend a pre-orientation session which will be set for early April.** For further information, please contact Rosslyn Bentley, Executive Director, at rbentley@wchc.on.ca or 519 664-3794 ext 225.

The Impact of COVID-19 on our Youth

It has been nearly a year since we have been living our regularly scheduled lives. A year of disruption for an adult can seem daunting enough, but for children and youth it can sometimes seem endless.

Although some studies have seen a decline in the initial COVID-19 anxiety, Kids Help Phone reports hundreds of teens are still calling and texting the service every day to talk about ongoing mental health struggles they are experiencing¹.

Youth anxiety may have started to subside as living with COVID-19 continues but the frustration, anger, grief, and hopelessness seems to be on the rise. 'Pandemic fatigue' is setting in heavy amongst our youth. The Centre for Addiction and Mental Health (CAMH) carried out a survey specifically focused on the pandemic. Their survey, with 600 youth and young adult participants, found that young people perceive their mental health to have deteriorated since the beginning of the COVID-19 pandemic².



Some other tips that might be of value, even just a little:

- Write it out! Sometimes thoughts and feelings can cycle in our brain endlessly. Writing your thoughts and emotions down on paper can sometimes help to make things more clear and more manageable.
- If you can, spend some time out in nature everyday. This might be as simple as a 5-minute walk around the block or sitting on your back deck breathing in the cool, fresh air. Being out in a natural environment tends to have a calming effect.
- While you're out on your back deck, close your eyes and take three deeeeeeeeeeeep breaths. In through your nose, out through your mouth.
- Take time to tune-out. The information about COVID-19 is constant and can be overwhelming. Feel free to take a break from the news or any information that is negatively impacting your mental health.
- If you are needing to get your daily dose of COVID-19 information, try to stick to reliable sources like Public Health Canada or the World Health Organization
- It's okay to be not okay! Give yourself permission to feel grief, loss, frustration, etc. if that is where you are at. It's a pandemic; nobody really has it all together.
- Please know that you're not alone. If you're struggling with your mental health and you feel like you need some extra help, please visit any or all of the great resources below.

* – <https://jack.org/covid>

* – <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

* – https://www.camh.ca/-/media/files/camh_covid19_infosheet-youth-coping-pdf.pdf?la=en&hash=E6FD4948D7F75F74DE9AF9B42BF438FA4C347848

* – <https://kidshelpphone.ca/>

References:

1 - <https://www.cbc.ca/news/canada/toronto/teen-mental-health-ontario-resilience-pandemic-1.5767373>

2 - <https://www.camh.ca/en/camh-news-and-stories/pandemic-impacting-the-mental-health-of-young-people-in-ontario>

Teens are social creatures. Although it may have appeared like teens were already glued to their phones before COVID-19, the novelty of doing everything online has faded for most. I hear it frequently from the local youth I work with in the community, they are tired of doing everything online! They miss spending time with one another. They miss hugging their friends, their school environment, and spending time with extended family.

For ten months teens have had to give up or change summer get togethers, team sports, birthday and graduation parties, vacations, and holiday gatherings. How they attend school and interact with their closest pals has changed. With nearly constant COVID-19 uncertainty as well as an unknown 'end date' to pandemic protocols, it's hard to not feel overwhelmed and frustrated.

If you are a teen dealing with feelings of anxiety, anger, or hopelessness about COVID-19, I'd like to share some resources and wisdom that might be helpful, starting with the fantastic information found on www.jack.org.



by Lisa Parker, Community Health Worker

Dental Corner provided by



Rescue your Smile with a Crown or Bridge:

The best teeth are your own teeth, but sometimes they suffer from wear and tear, injury, or significant decay. In those cases, dental crowns and bridges *come to the rescue!*

- A dental crown (or cap) helps you keep your natural tooth and root. We will create a customized crown that fits your personal smile profile.
- Dental crowns can also be the perfect cosmetic solution to crooked, misshapen, or heavily stained teeth. The result? A newer, brighter, shinier, natural-looking smile!
- A dental bridge is a solution to replace a lost tooth or to address an adult tooth that is congenitally missing. Bridges "bridge" the gap left by missing teeth – one or more replacement teeth are supported by crowns on one or both sides of the gap. The result? A newer, brighter, shinier, natural-looking ... *and gap-free smile!*



Whisper a Secret—Your breath can give you away!

When you have bad breath, you probably just worry about the smell and repel factor. Weirdly though, your bad breath could some day save your life!

The same organic chemical compounds that cause your bad breath may soon be used diagnostically. Sensors can capture the unique breath print of 17 different diseases including prostate, colorectal, lung, and ovarian cancers, diabetes, kidney failure, and Crohn's disease.

Meanwhile, we can help with the smelly part. If avoiding foods like onions and garlic, brushing, flossing, and rinsing regularly doesn't work, come see us and we'll investigate!

Get Inspired—Quit Tobacco!

There is no safe way to use tobacco. It will damage all your body's organs, including teeth and gums, and is a risk factor for cancers, including oral cancer.

We all know that tobacco is addictive and can be extremely tough to quit – but after only 20 minutes, your heart rate will return to normal and you'll begin to reduce your health risks.

Need support? Get information from your doctor's office, local health clinic, or online <https://www.ontario.ca/page/support-quit-smoking>. Then celebrate your efforts with a teeth cleaning or customized teeth whitening program!

Thank you for the generous donations (food & monetary) that benefited the Woolwich Community Services! Together we donated approximately 600lbs of food and products!

The following people won the raffle:

- 1st Prize: David & Lisa R.
- 2nd Prize: Judie W.
- 3rd Prize: Edi R.

We also would like to say thank you once again to some of our prize donors:

PIB Insurance, Home Hardware St Jacobs, Thatch & Fringe,
Scott Brueckman Massage Therapy, St, Jacobs Dog Spa,
Eco Café, and Tea, Earth & Sky.

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

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

The waiting room will not be open for everyone. Chairs will be spaced two metres apart.

We no longer have magazines, children toys or a water dispenser in the waiting room since these items are difficult to fully disinfect.

Appointments will be spaced out to allow physical distancing between patients. That means less flexibility for scheduling your appointment but it will also reduce the number of patients in the reception area at any one time.

We have installed plexiglas barriers in the reception area.

We are disinfecting door handles and other highly touched contact surfaces after each use.

We have installed a floor-to-ceiling barrier to enclose each operatory.

We are waiting for our hospital grade air purifier to be delivered for each operatory.

Everyone is required to wear a mask while in the office except when you are being treated.

Everyone will be screened and have their temperatures taken before entering the office.

Bathrooms will likely be closed to patient use. If you do have to use the bathroom, please notify our staff.

Lastly, we might look different with all the protective gear we have to wear but it is still the same smiling faces underneath!

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

office information

St. Jacobs Dental Care

10 Parkside Dr. BOX 240
St. Jacobs, ON, N0B 2N0

Contact Information

Phone:..... (519) 664-2434
Fax:..... (519) 664-3824
Email:..... info@stjacobsdentalcare.ca
Website:..... www.stjacobsdentalcare.ca

Connect with us on Facebook:

www.facebook.com/stjacobsdental

Office Hours:

Monday.....8:00 am – 5:00 pm
Tuesday.....8:00 am – 5:00 pm
Wednesday.....8:00 am – 5:00 pm
Thursday8:00 am – 5:00 pm
Friday.....8:00 am – 12:00 pm

Our Team

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

Additional Services

10 Parkside Dr.

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

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

www.stjacobsdentalcare.ca

Martin's Guardian **Pharmacy**

Alan Martin, Pharmacist
Tel: 519-664-3785
Fax: 519-664-2170

www.martinspharmacy.ca

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.
Jennifer Kadlec, Osteopathic
Candidate

Tel: 519-664-1050

www.stjacobsnaturopathic.com

Ways to Prepare for Possible COVID-19 Diagnosis

Being a caregiver to a child, adult or senior comes with extra responsibilities even during regular times but during the second wave of the COVID pandemic you'll probably want to think about what precautionary measures to take in case you become ill or need to self-quarantine.

Stock up on items you would need to allow yourself to self-isolate for 14 days. For example, over the counter and prescription medications, prepared meals, pet supplies, cleaning materials.

What level of care does the person need on a day-to-day basis so your backup team knows exactly what needs to be done e.g. provide contact information for the doctors, clinic, pharmacy, etc. and list the names and doses of medications they need.

Make a list of the tasks that are essential and the options to get them done. For example, is the person able to bathe and dress him or herself? Are they continent? Are they ambulatory or do they need assistance moving?

Could family, friends or neighbors provide the level of care needed? Someone who works outside the home is a higher risk provider. The caregiver, when possible, should not be someone who is at high risk for severe illness from COVID-19.

While limiting the number of people who have contact with the individual is important, it is also important to assess the number of people needed to provide adequate care. Is it possible to hire someone? This option comes with its own level of risk.

Explore how technology can be used to support someone you care for when you can't be in the same place – check out the tip sheet from the Ontario Caregiver Organization at <https://ontariocaregiver.ca/covid-19/>.

How can you keep a separate bedroom and bathroom for someone who is sick with COVID-19 or at least minimize exposure and ensure good air circulation?

Prevention is a key part of caregiving so prioritize your own physical health through physical distancing, self-isolation when necessary, hand-washing wearing a cloth face covering is a crucial step for preventing the spread of COVID-19. When both caregivers and the person being cared for wear masks, it reduces the risk of transmission.

Create your own routine to include self-care like using a meditation app, doing breathing exercises, taking a walk outdoors (while being sure to maintain physical distance from others) or working out when possible. Prioritize connecting with friends and loved ones, as well as a mental health care professional.

Remember you are not alone please contact the Ontario Caregiver Helpline at 1.833.416.2273 or www.caregiverexchange.ca or Waterloo Region www.regionofwaterloo.ca for local resources.

Woolwich Community Health Centre

P.O. Box 370, 10 Parkside Dr.

St. Jacobs, ON N0B 2N0

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

WCHC Hours of Operation

Monday	9:00 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 8:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 8:00 p.m.
Friday	9:00 a.m. - 5:00 p.m.

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



Linwood Nurse Practitioner Office
is Temporarily Closed.

Please contact our Wellesley office.

FSC Logo

Wellesley Township Community Health Centre

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

Wellesley, ON N0B 2T0

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

WTCHC Hours of Operation

Monday	9:00 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 8:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 8:00 p.m.
Friday	9:00 a.m. - 5:00 p.m.

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

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

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