



**Woolwich Community
HEALTH CENTRE**

and **Wellesley Township
COMMUNITY HEALTH CENTRE**

UPDATE

*"growing toward a
healthier tomorrow"*

COVID-19 Vaccine Outreach Project at WCHC

Community Health Centres have a special responsibility to provide health care to populations that experience barriers to receiving care. These barriers can exist for many reasons including language, culture, religious practices and beliefs, and in the attitudes and approaches of professionals and structures of care systems.

In the summer of 2021, Public Health Canada, in partnership with the Alliance for Healthier Communities, offered grants to support outreach to communities where vaccination rates were lower. WCHC started a vaccine outreach to the Mennonite communities and rural families. The purpose of the project is:

- To Increase awareness, knowledge, and dissemination of accurate vaccination information
- Develop culturally sensitive communication strategies with a focus on "why" a COVID- 19 vaccination is needed
- To increase the cultural humility among health services to find better ways to support future communication and care

WCHC hired two community outreach workers to work with the Mennonite communities and provide information and support in Woolwich and Wellesley Townships. Low German Speaking and the Old Order Mennonite communities were engaged through one-on-one conversation, Whats App, phone calls and workplace presentations. People were connected with COVID-19 vaccine clinics, and provided translation and interpretation services. Communication resources were developed Including: videos, print media ads in Low German language and radio ads. Local expert communicators Ellen Graf Martin, Marketing for Good, were engaged to develop a rural communication strategy which will lay the foundation to ensure that rural and Mennonite communities have access to the vaccine education and information they need and want, in ways that are culturally relevant and sensitive.

With the help of our outreach workers, WCHC is here to help the rural and Mennonite communities feel comfortable to get the COVID-19 vaccine if they have not already. We know people have heard so many different things about COVID-19 and about the vaccine. We also understand that people have deeply considered so many other questions like; what is a meaningful response to COVID-19 and how do I remain faithful in these uncertain times with so many different rules?

What we want people to know, is that it hurts us to see people suffer from the pandemic. That is one of the reasons that we at Woolwich Community Health Centre want to encourage those who are not vaccinated to keep talking with their families and their health care providers. Woolwich Community Health Centre is here to help when individuals and families are ready to talk about the vaccine and to provide care when you need it.

Action required to receive our newsletter electronically:

If you want to receive our newsletter by email, please subscribe at www.wchc.on.ca

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Vol. 37 Spring 2022

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 is committed to offer health education at a distance, using the virtual communication platform, Zoom. All health education events are FREE.

Registration is required. To register, email Halee at hraford@wchc.on.ca or 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 to participate closer to the date of the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

Managing your Finances in Retirement

This session focuses on helping people manage their finances in retirement. Topics include the importance of managing your retirement, the art of budgeting, sources of retirement income, stretching your retirement resources and common retirement strategies.

Please join us, as we explore these important topics to help you transition and live in retirement.

Facilitated by: Michael Banham, Chartered Professional Accountants of Canada

Wednesday, February 23, 2022
6:30—8:00 pm

Healthy Cooking for One

If you live alone, you are most likely cooking for one. In this session, you will learn some simple ways to cook for one person, including strategies for grocery shopping, storage, and cooking once to last multiple meals.

Facilitated by: Avery Zenker, Nutritionist

Tuesday, March 1, 2022
6:30—8:00 pm

Foot Care and Your Health

Feet are our body's foundation. Neglecting to care for your feet, or delaying seeking intervention, can lead to worsening symptoms and treatments that are more serious. This session focuses on helping people take care of their feet, how to give yourself a foot exam and how to access professional healthcare support.

Facilitated by: Krista Steinmann, Chiroprapist, Woolwich Community Health Centre

Wednesday, March 30, 2022
6:30—8:00 pm

How to Understand and Support LGBTQ+ Youth

The words "understand" and "support" are powerful for young people. The words mean someone who is on your side, accept you for who you are. For the "2SLGBTQIA+" youth, "understand" and "support" mean someone (e.g. a parent, extended family member, teacher, service provider) who may not be "2SLGBTQIA+" themselves, but who are willing to listen and support youth for who they are and speak up against "2SLGBTQIA+" discrimination.

In this session you will learn about the issues LGBTQ+ youth face and how to support youth who question their sexuality or identify as LGBTQ+.

Facilitated by David Da Silva, Community Engagement Lead, KW Counselling Services

Thursday, February 24, 2022
6:30—8:00 pm

Downsizing/De-cluttering and Hoarding *what to do with a lifetime of sentimental items*

Many of us like collecting household items. In some cases, collecting has taken over our life and becomes an issue. Do you feel that you need to unload your lifetime collections, but have difficulty making decisions? Join us to learn about ways to downsize and de-clutter your items before it becomes a hoarding disorder.

Facilitated by: Gael Gilbert, Executive Director, Supportive Housing of Waterloo

Tuesday, April 5, 2022
6:30—8:00 pm

Compression Fractures and Bone Health

In this session, you will learn about:

- Structure and functions of the spine
- What is a compression fracture and how is it diagnosed
- Compression fractures and Osteoporosis
- After the fracture—treatment and management
- How to maintain healthy bones and joints to prevent fractures

Facilitated by: Sarah D'Angelo, Regional Integration Lead,
Waterloo, Wellington, London & Windsor Ontario
Osteoporosis Strategy

Wednesday, April 13, 2022

6:30—8:00 pm

Spring into Action *get your body ready for spring*

In this session, you will learn:

- Ways to prevent injuries by being aware of your posture, using your joints and muscles effectively
- Ways to get your body ready for spring outdoor activities, such as gardening, planting, potting, digging and yard work

Facilitated by: Bernadette Vanspall, Physiotherapist,
Woolwich Community Health Centre

Wednesday, April 27, 2022

1:30—3:00 pm

Free Routine Dental Care Available for Eligible Seniors

Seniors are more prone to dental decay, gum disease and oral cancer than any other age group, so it is important to have regular dental check ups. Untreated dental issues often lead to more serious problems in the future, including chronic disease like diabetes, heart disease and stroke.

If you are unable to afford care, the Ontario Senior Dental Care Program (OSDCP) may be right for you.

WHO IS ELIGIBLE?

You may be eligible if you:

- Are 65 years of age or older
- Are a resident of Ontario
- Have an annual net income of \$22,200 or less for a single person
- Or have a combined income of \$37,100 or less for a couple
- Do not have access to any other form of dental benefits (E.g. Private insurance or other government programs)

WHAT SERVICES ARE COVERED?

- Examinations and assessments
- Preventive services (cleanings)
- Restorative services to repair broken teeth and cavities
- X-rays
- Oral surgery to remove teeth and abnormal tissues
- Endodontic services (root canals)
- Periodontal services to treat gum conditions and disease
- Partial coverage is available for dentures

WHERE IS THE DENTAL TREATMENT PROVIDED?

The 2 sites currently available in this area are:

- ⇒ Kitchener Downtown Community Health Centre (KDCHC),
44 Francis St. S., Kitchener, Ontario
- ⇒ Langs Community Health Centre, (LCHC)
11455 Concession Rd., Cambridge, Ontario

HOW DO I APPLY?

There are several options available for applying to OSDCP:

1. Apply online at ontario.ca/SeniorsDental or
2. Print, fill out and mail a paper application to: OSDCP, Station P, PO Box 159, Toronto, Ontario, M5S 2S7
3. Phone Woolwich Community Health Centre 519-664-3794 ext. 223 to arrange receiving an application form and/or get support with completing your form.

Once your application is approved you will be mailed a welcome package and a dental card as well as instructions on how to set up your first appointment.

Please call us if you have any questions and remember to keep smiling.



Margret Gohl, WCHC Oral Health Peer Worker

Health and Wellness cont'd

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 is committed to offer health education at a distance using the virtual communication platform, Zoom. **All mental wellness events are FREE.**

Registration is required. To register, email Halee at hraford@wchc.on.ca or 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 to participate closer to the date of the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

Living with Depression

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

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

Wednesday, May 4, 2022

6:30—8:00 pm

Building Resilience

Adapting to new realities during the pandemic have been challenging for many of us. In such difficult times, building resilience brings peace, hope and happiness into your life and can help you to better support yourself, your family and others. Join us to discover how to learn from and grow through adversity. This session will help you build a resilience plan and learn new skills to apply to your life when stressful situations arise.

Facilitated by Janessa Bauman, Project Coordinator, Woolwich Counselling Centre

Tuesday, May 10, 2022

6:30—8:00 pm

Mindfulness

Day to day life feels out of our control right now for many of us. The COVID-19 pandemic has thrown a curve ball into many of the plans we have made and has caused us to worry about what the future might look like. Practicing mindfulness can transform the brain and help us feel more peaceful and less reactive. This session will provide some practical tips on how to practice mindfulness for your mental wellbeing.

Facilitated by: Jannah Tudiver, Psychotherapist at Woolwich Community Health Centre

Monday, May 30, 2022

6:30—8:00 pm

Teen Drop-in

Being a teen today can be hard! Social media, drugs and addiction, varying beliefs, mental health and feeling pulled in different directions are just some of the things we face. There are a lot of things going on in teenage life, but you may not always have a place to talk about them. If you or a friend know what this is like, these conversations are just for you! You don't need to do anything to prepare for them, it's totally free, and you attend as many (4 in total) or as few as you like! All conversations are open to anyone between 14 and 19 years of age.

Topics:

1. Having Difficult Conversations (sometimes it's tough to talk about things like different beliefs, religion, who we are and what we think...) - **Thursday March 31, 2022 (6:30—7:30 pm)**
2. Keeping up with Social Media and Exposing Internet Trolls—**Thursday April 14, 2022 (6:30—7:30 pm)**
3. Talking Openly About Drugs & Addiction—**Thursday April 28, 2022 (6:30—7:30 pm)**
4. What IS Mental Health, Anyway? - Everyone has mental health just like physical health. Sometimes it's good, sometimes not so much. We are hearing a lot more about it lately, but what IS it? - **Thursday May 12, 2022 (6:30—7:30 pm)**

Registration is required. To register for the Teen Drop-in group, email Lisa at lparker@wchc.on.ca or visit our website www.wchc.on.ca and click on the Register Online tab. This event is FREE!

Facilitated by: Sid Bater, Psychotherapist and Lisa Parker, Child and Youth Worker, Woolwich Community Health Centre

Creative Art Program

“ART WASHES AWAY FROM THE SOUL, THE DUST OF EVERYDAY LIFE.”

Pablo Picasso

We are happy to announce that the Creative Art Program for adults will continue into the spring this year! The classes will be offered for free again, thanks to the grant WCHC received from the Lyle S. Hallman Foundation.

Please note a few **important changes** regarding the registration process. Due to the high number of people wanting to register last session, we will limit class choices to your order of preference. Please register your first choice as #1 class choice (class name and date), #2 class choice (class name and date), willing to go on waiting list (class name and date). We will do our best to get you into at least one of the classes of your choice and put you on the waiting list for any others.

COVID Protocol





- Classes may be **cancelled** due to COVID regulations. (You will be notified if your class is cancelled.)
- Class size will be limited to adhere to social distancing regulations.
- Proof of double vaccination against COVID-19 for at least 14 days is required.
- Masks must be worn at all times.

There are 2 ways to register:

1. Email wchc.artprogram@gmail.com
2. Phone 519-664-3794 ext. 403

When registering please provide us with the following information:

Name	Address	Phone number	Email address	#1 Class choice (class name & date)	#2 Class choice (class name & date)	Waiting List (class name & date)
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Class Description		Date/Time
Felted Sheep in the Meadow Join us for this beginner class in needle felting as we use wool and a felting needle to create this soft scene of sheep grazing in the countryside meadow. All Supplies will be provided. Finished project is approximately 5" x 7". Space is limited—please see registration instructions above		Tuesday, February 15, 2022 1:00 pm—3:00 pm OR Thursday, February 17, 2022 6:00 pm—8:00 pm
Springtime Wreath In this class you will make your own 12" grapevine wreath, paint an adorable wooden bunny and then put it all together with flowers and a ribbon to create a fun addition to your springtime décor. Space is limited—please see registration instructions above		Tuesday, March 22, 2022 1:00 pm—3:00 pm OR Thursday, March 24, 2022 6:00 pm—8:00 pm
Wish Painting Nothing says springtime like dandelions! Join us as we paint this simple and pretty design of dandelions gone to seed on a 10" x 10" canvas and then we will add just a little sparkle to make it magical. No painting experience is necessary. Space is limited—please see registration instructions above		Tuesday, April 19, 2022 1:00 pm—3:00 pm OR Thursday, April 21, 2022 6:00 pm—8:00 pm
Beach Glass Art In this class you will use smooth coloured beach glass to create your own translucent design that will be adhered to a framed 5" x 7" piece of glass. You can also paint the frame to your choice of colour. This piece is very beautiful hanging in a sunny window or sitting on a light coloured shelf. Space is limited—please see registration instructions above		Tuesday, May 17, 2022 1:00 pm—3:00 pm OR Thursday, May 19, 2022 6:00 pm—8:00 pm

Virtual Fitness Classes

As we feel it is important to keep our community safe and to practice physical distancing measures, Woolwich Community Health Centre will continue to offer our fitness classes virtually using the virtual communication platform, Zoom for the foreseeable future. We realize the importance of our fitness classes, many attend as much for the social benefit as for the physical benefit therefore, we will continue to offer some time to socialize with your fellow participants. 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. **Financial assistance is available.**

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

Tuesday	March 22—May 31, 2022	11 classes for \$88.00
7:00 pm	June 7—July 26, 2022	8 classes for \$64.00

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

Monday	March 21—May 30, 2022	10 classes for \$50.00
9:00 am	June 6—July 25, 2022	8 classes for \$40.00
Wednesday	March 23—May 25, 2022	10 classes for \$50.00
9:00 am	June 1—July 27, 2022	9 classes for \$45.00
Friday	March 25—May 27, 2022	9 classes for \$45.00
9:00 am	June 3—July 29, 2022	8 classes for \$40.00

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

Tuesday	March 22—May 31, 2022	11 classes for \$55.00
9:00 am	June 7—July 26, 2022	8 classes for \$40.00
Thursday	March 24—May 26, 2022	10 classes for \$50.00
9:00 am	June 2—July 28, 2022	9 classes for \$45.00

Yogalates: A wonderful combination of both Yoga and Pilates. Yogalates is meant to improve body strength as well as lengthening muscles for an overall health benefit and connection to the inner self. The combination of the two practices makes for an overall body workout and helps with relaxation.

Tuesday	March 22—May 31, 2022	11 classes for \$88.00
5:45 pm	June 7—July 26, 2022	8 classes for \$64.00

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)	March 22—May 31, 2022	11 classes for \$44.00
10:15 am	June 7—July 26, 2022	8 classes for \$32.00
Thursday (Beginner Level)	March 24—May 26, 2022	10 classes for \$40.00
10:15 am (No lying down)	June 2—July 28, 2022	9 classes for \$36.00

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 25—May 27, 2022	9 classes for \$36.00
	June 3—July 29, 2022	8 classes for \$32.00

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 21—May 30, 2022	10 classes for \$40.00
	June 6—July 25, 2022	8 classes for \$32.00

Wednesday 10:15 am	March 23—May 25, 2022	10 classes for \$40.00
	June 1—July 27, 2022	9 classes for \$36.00

Friday (WTCHC) 9:00 am	March 25—May 27, 2022	9 classes for \$36.00
	June 3—July 29, 2022	8 classes for \$32.00

Friday 10:15 am	March 25—May 27, 2022	9 classes for \$36.00
	June 3—July 29, 2022	8 classes for \$32.00

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

Monday 7:00 pm	March 21—May 30, 2022	10 classes for \$40.00
	June 6—July 25, 2022	8 classes for \$32.00



Fitness Helps to Maintain Optimal Health

Over the past 22 months I have attended every Health Education, Mental Wellness and Diabetes Education presentation Woolwich Community Health Centre has hosted and I have noticed that fitness has been the common denominator in most of the presentations. Fitness is an important treatment and is known to help with anxiety, depression, stress, self-care, arthritis, bone health, diabetes, heart health, fibromyalgia, osteoporosis, pelvic health, loneliness, just to name a few. WCHC offers a wide variety of fitness classes to assist you with obtaining and maintaining optimal health. Please note that financial assistance is available if needed by calling 519-664-3794 ext. 239.

Linda Girard, WCHC Fitness Coordinator



Ongoing Programs AVAILABLE TO ALL Rural Residents

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



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

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

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

Registered Dietitians work with individuals to promote health through providing nutrition education and guidance. Dietitians work with individuals of all ages to maximize their nutrition but also have specialized training to work with those who have chronic conditions such as: heart disease, cancer, allergies, and weight management. **All residents of the WCHC and WTCHC catchment area are welcome to book an appointment by calling 519-664-3794 or 519-656-9025.**

Guide for Local Resources

Woolwich Community Services is a local social service agency serving Woolwich and northern Wellesley Township. WCS offers eight core programs and a variety of associated partnerships. Programs include: the Community Information Centre (often the first contact for people requiring services and provides an information referral service, transportation program, mobility loan cupboard, income tax clinic, employment services), Community Support (short/long term individual support for people experiencing difficulties), Christmas Goodwill, Food Bank (Lunch Crunch Program), Thrift Shop, the Family Violence Prevention Program, the Low German Family Support, and the Youth Centre. For more information visit the website www.woolwichcommunityservices.org or call 519-669-5139.

Woolwich Seniors Association offers social, recreational and educational programs for older adults 55+. It is a membership-based organization with an annual fee of \$25.00. Located at the Woolwich Memorial Centre, enjoy a bright, spacious seniors community room complete with Pool Tables, Quilting Station, Library and Puzzle Swap, and Coffee Corner. For more information visit the website www.woolwichseniors.ca or call 519-669-5044.

Woolwich Counselling Centre provides mental health counselling for seniors, adults, youth and children. This local nonprofit agency also provides no-cost small group therapy and workshops in the 2021-2022 program year. They offer affordable, compassionate, and professional counselling services in Woolwich, Wellesley and surrounding areas to individuals, families, businesses and others in the community. Visit the website www.woolwichcounselling.org or call 519-669-8651.

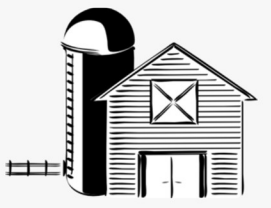
Kiwanis Transit is a specialized transit service providing reliable, safe and accessible transportation for eligible residents of Woolwich, Wellesley and Wilmot Townships. Transportation to medical visits, appointments, employment, shopping, visiting friends & family, social activities, and school can be provided for a small fare. For more information visit the website www.k-transit.com or call 519-669-4533 or toll free 1-800-461-1355.



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

Due to COVID-19 they are offering some of these excellent workshops virtually. For more information and to learn about upcoming programs visit their website, www.wselfmanagement.ca.

THE FARM COLUMN



Take Time to Make it Safe!

After almost twenty two years of working at WCHC and writing articles for this newsletter, I have come to the conclusion that it is time to retire. Since this is my last opportunity to communicate through this medium I would like to remind farmers and their families to take the time to be safe while doing the work that is required in this industry.

While the safety of machinery and equipment has improved, the fact that machines can do much more can make people complacent!

Everyone is in a hurry to get their work done and get on to another job. All of a sudden it is easier and quicker to take some shortcuts and hope for the best result, thereby saving some time. Or does it?

Workplace Safety and Prevention Services has been promoting the concept of applying STOP, THINK, ACT which can be applied to every aspect of our daily lives. Taking the time to realize what could happen and the severity of the consequence will hopefully direct the action that will be taken.

Taking a shortcut may give the anticipated quick result and everything works out as planned. However, it is that one time when stepping over the engaged PTO shaft that the pant leg gets caught and the result is life altering if not fatal. Was it worth it? Of course not, but we cannot turn back time and now the rest of family has to deal with the outcome.



STOP: What could go wrong? How bad could it be? Has anything changed? Answering these questions will help in the decision making process of how next to proceed.

THINK: Do I understand the job? Am I strong enough to do it? Do I have the right tools? Realizing that there may be a need to adjust the work procedure or enhance the job description can help a new or young worker do a job more safely.

ACT: Make it safe. Follow the instructions. Reduce the risks of getting hurt.

No one wants to get hurt. Everyone hopes to return home at night, safe and sound, without any injuries that will cause them to be hospitalized or bedridden.

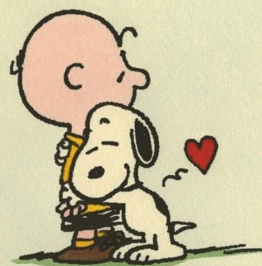
In some cases this whole process may only take a few moments and can be applied to farm and field work as well as home and housework. At other times there may need to be a follow up set of instructions, acquiring the proper safety equipment or getting another person to help with the task at hand. Young workers are eager to please their employer and often assume they know more than they actually do about how to finish a job. They require an extra reassurance that they can safely complete what is asked of them.

It should be habit forming and taught to our children so that they can use it throughout their lives.

It is easy to get distracted by the world around us and the thoughts in our head. Complacency can come too quickly and the hope that all will turn out as planned without giving too much thought to the matter at hand. Take the time to give it a second look before risking an injury. It is best to prepare and prevent rather than repair and repent!

Heidi Wagner, WCHC Rural Community Health Worker

Every day may not be good,



but there's something
good in every day.

Hospice Waterloo Region

For almost thirty years, WCHC provided a rural Hospice program serving Woolwich and Wellesley Townships, supported by wonderful caring and compassionate volunteers. As in many areas, the COVID pandemic has had devastating impacts on volunteer visiting but the need for hospice palliative care continues to grow. Fortunately, a new opportunity emerged in spring 2021 when Hospice Waterloo Region (HWR) opened its new home in the spectacular Gies Centre at 100 Solstice Way—very close to the Woolwich Township border. We started a conversation that resulted in December with us agreeing to transition our WCHC hospice volunteers to HWR. We are so very grateful for the legacy of our fantastic volunteers over the decades and we are thrilled to see some are now helping HWR to offer programs such as:

- Caregiver support group
- Bereavement walking group
- Volunteer visiting
- Residential beds
- Individual counselling

If you need more information, please call 519-744-4114. Transportation to programs is available through Hospice Waterloo. You can also visit the links below.

Caregiver Support Health Line

<https://www.whealthline.ca/search/SearchResult.aspx?q=caregiver%20support&start=0>

Caregiver Support at Hospice Waterloo Region

<https://www.hospicewaterloo.ca/are-you-a-caregiver/>

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 north Wilmot Townships? If so, then consider joining the Board of the Woolwich Community Health Centre.

Ontario's health system faces many challenges in recovering from COVID response and in meeting the diverse needs of our growing rural community. As a significant local health agency, WCHC has a solid 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 strong, dedicated, 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 2022-23. 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 Rd 116, to the south by Perth Rd 119, and to the west by Perth Rd 121, and the area bordered to the north by Perth Line 56, to the east by Perth Rd 103, to the south by Perth Line 43, and to the west by Perth Rd 107
- Part of Wilmot Township: the area bordered to the north by Gerber Rd (12), to the east by Wilmot Line, to the south by Snyder's Rd/Christner Rd, including all Baden and Petersburg addresses, and to the west by Wilmot-Easthope Rd.
- 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), Seniors (60+) and their caregivers, Rural and farming families, and Youth (14-19 years of age).

We welcome people who bring diverse backgrounds and experiences to help inform our focus on health equity. 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 at least 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 25, 2022. 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.

Living the 'New' Uncertainty?

I don't know about you, but over the past two years I have found myself growing weary of COVID-19. At the start of the pandemic simply hearing the word seemed enough to signal all systems ready for laser-sharp focus and undivided attention to the pandemic update news. I'm sure I wasn't the only one as our minds and bodies tend to go into full alert mode almost automatically when we are faced with a perceived unknown threat. COVID-19 did indeed fit that category!

In the early days, we received conflicting messages about the nature and gravity of the COVID-19 threat, its pervasiveness in our communities and beyond, who was most at risk and how best to mitigate it, public rules and guidelines and even enforcement that was deemed necessary for our collective safety. Our entire lives were upended, literally changing dramatically overnight. That upon which we came to depend was suddenly gone and things that once seemed predictable, safe and secure disintegrated in front of our eyes. Education was deconstructed in a matter of days leaving educators, students, and parents lost as a transition to at-home learning began to emerge. Workers lost jobs or had to scramble to figure out new ways to do old jobs. Rows of empty shelves appeared in grocery stores where staple products used to be, and restocking time frames sometimes took months.

As challenging as the above uncertainties were, I wonder if any of us truly realized just how deep the effects of social uncertainty would be. Not being able to see family and friends in person, to touch or hug them, to be with them if they are sick and in hospital, and for some of us, to be separated from our loved ones as they passed away. For a while it seemed we were glued to the television, radio or internet waiting for new guidelines or adjustments to current practices all of which were aimed at maintaining health and well-being, for the most part. Mental health, however, gradually became important in pandemic recovery as we began to realize that social isolation in itself caused increased anxiety, depression, and loneliness, all with very serious effects.

Interestingly, however, chronic uncertainty during the pandemic also afforded us time to reflect and to step back from simply

doing what we have always done, and in that was a gift. An opportunity to become more present, more aware of our values, of what really matters. While it is sometimes difficult for me to be patient, I learned to be much more patient with people and things (and even with myself, somewhat...) during the pandemic. We learned that feelings are neither right nor wrong, they simply are—and they are important, for they are ours. They relate to an experience and provide a deeper understanding than mere rationality can give. They offer a context, a reminder that people and relationships are important and we grieve when we lose those in-person connections. We learned that we can connect virtually with people and at least see facial expressions and gestures rather than just a voice on the telephone.

And uncertainty? Well, it actually didn't suddenly arrive in our lives because of the pandemic. In fact, we live in it without escape. It's just that we take for granted things will work out, that the illusion of control we live with and in actually works. And for the most part, that's ok; until it's not. But perhaps the key lesson is not to try to control for uncertainty, but rather to be fully present in it, to hang on to that which is most meaningful to us—our health, our relationships, caring for others, taking time to really see the people with whom we come in contact every day, instead of rushing through the moment and past the person whose path connected with yours. Perhaps it's about pulling back from the frustrating things in the moment, to see the larger picture, our connection to one another to the earth, to the divine in all things. I am working on that, and I invite you on the journey for you, too! Be gentle with yourself, be intentional in the moment, breathe, laugh, cry, connect with your deepest values, with one another. Kindness and compassion are in each of us, and this is how we navigate uncertainty, how we take care of one another, and how we not merely survive, but grow becoming more today than we were yesterday. I wish you adventure, peace, excitement, growth, and deep loving connection in 2022 as we continue to reframe uncertainty together.

Sidney Bater, WCHC Clinical Social Worker & Psychotherapist



Additional Services

10 Parkside Dr.

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

Dr. Mira Nusaputra, D.D.S.

Tel: 519-664-2434

www.stjacobsdentalcare.ca

Martin's Guardian **Pharmacy**

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

www.martinspharmacy.ca

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

Thank you to Woolwich Township

WCHC received \$11,000 from the Woolwich Township COVID-19 Relief Fund. We want to thank Woolwich Township for the financial support to develop and build virtual programs and service delivery. This includes:

- The creation of a virtual classroom to offer health and mental wellness sessions, fitness classes, and workshops.
- Purchase tablets to be loaned to the clients who otherwise do not have access to such equipment.
- The creation of a community technology resource area which clients can utilize for job searches, computer and media training, etc.

Using the funding, we are committed to taking concrete actions to advance digital equity by keeping our clients and program participants connected through digital technology.

Volunteers Needed for WCHC's Community Garden for Wellness

WCHC started the Community Garden for Wellness program in 2021. This began with a generous fund from the Government of Canada and the Community Foundations of Canada. The purpose of the community garden is to bring together community members to:

- Learn new skills in gardening and healthy eating topics through practical experience in the garden and workshops (e.g. making your own compost, planting perennials, vegetables, herbs and plants to attract pollinators in future, preparing your garden, planting in containers, or planting your seedlings, seed-saving, fruit growing, organic methods).
- Increase physical activity through participation in gardening tasks.
- Increase social interaction for individuals and families, and between cultures and generations, all participating in the same place.
- Improve mental health and well-being through having a place to relax and be in nature.

If you have a passion for gardening and want to volunteer and/or be on our gardening advisory group, email Gebre gberihun@wchc.on.ca



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

Open at select times by appointment only.

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

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

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