



WCHC
COMMUNITY
HEALTH CENTRE

UPDATE WINTER 2025

SERVING WOOLWICH WELLESLEY & WILMOT

Staying Mentally and Physically Healthy during Winter

(BY PAULA BALLAK, RURAL COMMUNITY HEALTH WORKER/NURSE)

"growing toward a healthier tomorrow"

With less daylight and more dark and dreary weather, the winter months can take a toll on our physical and mental health. It is not uncommon to experience low energy levels, feel more irritable, or struggle with day-to-day routines. Here are some tips to help you support your overall well-being this winter.

GET OUTSIDE

Winter weather does not necessarily mean you are stuck inside – at least not every day. Spending time in daylight will benefit your mood so when the weather permits, bundle up and get outside for a walk, some fresh air, and some Vitamin D (which is important for both energy and mood). Whether that is a quick walk to the mailbox, or a trail walk with a pet – outside time is important and healthy.

MOVE YOUR BODY

We know physical activity is good for the body, but it also produces endorphins that help prevent feelings of anxiety and depression. So, whether it is snowshoeing, skiing, building a

snowman, going to the gym, or doing some type of 'work out' at home, a mere 15 minutes of moderate exercise 2-5 times a week can boost your energy, help you sleep better, and improve your mood.

MAINTAIN HEALTHY EATING AND SLEEPING HABITS

A healthy, balanced diet is a core component to protecting your body against many long-term chronic diseases and your mental health from worsening mood disorders such as depression. But the winter months can trigger unhealthy eating habits and overindulgence. To avoid overdoing it on comfort food or alcohol, stock up on healthy snacks and thoughtfully increase your water intake.

Getting a good night's sleep is also just as important for improving our mental and emotional resilience. To combat the disruptions winter can have on our circadian rhythms – our body's natural clock that helps regulate sleep cycles – try setting a consistent schedule for when you wake up and go to bed.

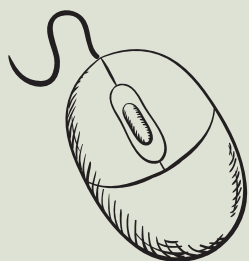
STAY CONNECTED

The pandemic reinforced that staying connected to others can greatly improve our mental well-being and reduce negative mental health symptoms. So, whether it is in-person get togethers, phone chats, or group game nights, social connection is a basic human need and plays an important role in supporting our mental health. If you are looking for other ways to connect with people, volunteering offers numerous mental health benefits including reduced stress, boosted confidence, and a sense of purpose. WCHC is always happy to offer volunteerism in many programs and services we provide. Reach out! We would love to hear from you!

(continued on Page 2)

INSIDE...

	PAGE
Health & Wellness Programs	2-4
Mental Health Workshops	5
Breastfeeding 101 – New Program for Families in Wellesley	6
Resilience and Mental Health	6
Children and Youth Programs	7
Fitness Classes – Winter/Spring 2025	8
Understanding the Role of Dieticians	9
Homelessness in the Rural Waterloo Region	9
Nutrition Workshops	10
Ontario Seniors Dental Care Program	11
Immunization	12



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(continued from Page 1)

RECOGNIZING THE DIFFERENCE BETWEEN "DOWN DAYS" AND SEASONAL AFFECTIVE DISORDER

It is normal to experience seasonal mood fluctuations throughout the winter months. But if your "down days" occur at the same time every year or persist for days at a time, you could be suffering from Seasonal Affective Disorder (SAD) – a type of depression that occurs during the same season each year. There are several different treatment options for SAD, so be sure to check in with your primary health care provider. WCHC has counsellors available to discuss the "winter blues" and offer help and support for those of

us experiencing these effects. Whether you are a rostered patient of the Health Centre or not, please reach out for assistance!! Feel free to connect with our Social Navigator Courtney Bauman and she will connect you to appropriate resources – cbauman@wchc.on.ca and 519-664-3794 extension 237.

The winter months do not have to have an adverse effect on our physical and mental health. Implementing these easy steps into your everyday life can help you stay healthy and happy, through winter and all year long. Please remember to prioritize your physical and mental health during the winter months!



Health and Wellness Programs

During the winter/spring 2025, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person and hybrid group sessions. Groups meeting in-person will have the location indicated in the session description. **All health and mental health education events are FREE.**

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

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>DYING IS NORMAL – THE BEST KEPT SECRET</p> <p>"The problem with not talking about death is that we often don't know what to say, do, or how to act when it inevitably touches our lives," says Katie Duncan, Nurse Practitioner. This session helps participants understand that dying is a normal part of life. It explains the dying process in gentle terms, dispels myths about symptom management, and offers strategies for providing comfort and support to those who are dying and their caregivers. Trigger warning: This session discusses the dying process and may not be suitable for the recently bereaved.</p> <p>Facilitated by: Hospice Waterloo</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	Thursday, February 6th, 2025 10:00 – 11:00 AM	In person & Zoom 10 Parkside Drive St. Jacobs
<p>PROMYSE HOME CARE: NURSING FOOTCARE WORKSHOP</p> <p>A session focused on maintaining healthy feet, a foundation for overall well-being. A certified footcare nurse will share practical tips and techniques to ensure optimal foot health.</p> <p>Facilitated by: Promyse Home Care, Foot Care Specialist</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	Thursday, February 13th, 2025 1:00 – 2:00 PM	In person 10 Parkside Drive St. Jacobs

Health and Wellness Programs

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>ONTARIO CAREGIVER ORGANIZATION Ontario Caregiver Organization (OCO) exists to improve the lives of Ontario caregivers regardless of age, diagnosis of the care recipient or where they live. The presentation will go into detail about the various programs and supports that OCO has to offer caregivers.</p> <p>Facilitated by: Ontario Caregiver Organization</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, February 20th, 2025 10:30 – 11:30 AM</p>	<p>In person 10 Parkside Drive St. Jacobs</p>
<p>VACCINE 101 Join us to learn the basics of what vaccines are, how they are made, and how they work in your body to protect you. We will also discuss the importance of catching up with your routine vaccinations that you might have missed during the pandemic! Facilitated by health promotion specialist and nurse practitioner.</p> <p>Facilitated by: Christine Tofflemire, Nurse Practitioner</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Monday, February 24th, 2025 1:00 – 2:00 PM</p>	<p>In person 10 Parkside Drive St. Jacobs</p>
<p>DISCOVER THE POWER OF MOVEMENT “Movement is medicine, and motion is lotion”- Find ways to move with ease, engaging your muscles while reducing stress on your joints as you go about your daily activities. Make every movement count!</p> <p>In our upcoming interactive sessions, we’ll explore how you can:</p> <ul style="list-style-type: none"> • Optimize movement for functional and recreational activities. • Build a better connection with your body—listen, gently challenge, and respond to its needs • Find freedom and joy in movement by tailoring it to your unique style. <p>Whether you’re exploring for fun or aiming to improve, this journey is all about you. Share your experiences and ideas as we learn together. Let’s celebrate the joy of movement—your way. Join us and rediscover the joy of moving!</p> <p>Facilitated by: Bernadette Vanspall (Physiotherapist) and Kenrick Walsh (Physiotherapist Assistant)</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Wednesday, March 12th, 2025 1:30 – 3:30 PM</p>	<p>In person only 10 Parkside Drive St. Jacobs</p>
<p>PROMYSE HOME CARE: FALLS PREVENTION WORKSHOP This workshop will equip residents with essential knowledge and exercises to reduce the risk of falls, promoting safety and confidence in their daily activities.</p> <p>Facilitated by: Promyse Home Care</p> <p>Contact for registration: Tariq Abdulhadi tabdulhadi@wchc.on.ca / register online / 519-664-3794 ext. 222</p>	<p>Thursday, March 13th, 2025 1:00 – 2:00 PM</p>	<p>In person 10 Parkside Drive St. Jacobs</p>

(continued on Page 4)

Health and Wellness Programs (continued from Page 3)

SESSION DESCRIPTION	DATE AND TIME	LOCATION
HEALTHY EATING, A DOCTORS PERSPECTIVE With all the different diets out there, what are the one's with the most medical evidence? Why is intermittent fasting now considered unsafe? Who is it safe for? Come learn with Dr. Naik about healthy eating, with a doctor's perspective! Facilitated by: Dr. Naik Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, March 20th, 2025 1:00 – 2:30 PM	In person 10 Parkside Drive St. Jacobs
GOVERNMENTAL SENIORS DENTAL PROGRAMS – INFORMATION SESSION An information session on the provincial and federal government funded dental programs. This short presentation will cover dental programs for children and seniors. Facilitated by: Zari Amiri, Peer Health Worker Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	March 31st, 2025 10:00 – 11:00 AM	In person 10 Parkside Drive St. Jacobs
PROMYSE HOME CARE: BRAIN HEALTH WORKSHOP: A dynamic workshop designed to stimulate mental agility, offering engaging activities and strategies to keep minds sharp and active. Facilitated by: Promyse Home Care Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, April 10th, 2025 1:00 PM – 2:00 PM	In person 10 Parkside Drive St. Jacobs
PROMYSE HOME CARE: CHOCOLATE MEDITATION An indulgent yet mindful experience, combining the pleasure of chocolate with relaxation techniques for a unique and uplifting session. Facilitated by: Promyse Home Care Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, May 8th, 2025 1:00 – 2:00 PM	In person 10 Parkside Drive St. Jacobs
YOUNG AT HEART – ADULT GAMES NIGHT Join us for an evening of fun! Lots of board games available and feel free to bring your own. Snacks included at each session. A great evening to socialize, meet new friends, learn new games, and enjoy time with others. Facilitated by: Caley Klaassen, Tariq Abdulhadi Contact for registration: Tariq Abdulhadi, 519-664-3794 ext.222, tabdulhadi@wchc.on.ca	4th Thursday monthly 5:30 – 8:30 PM	In person Wellesley Youth Centre 1401 Queen's Bush Rd.

Mental Health Workshops

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>SENIORS GAMBLING AWARENESS</p> <p>Join us to discuss gambling and how casinos are making themselves more appealing to older adults. We will discuss the different ways people gamble and ways to protect yourself from some of the harms that can be associated with gambling. This presentation is going to focus on a harm reduction lens, so that gambling can be fun with minimized risks.</p> <p>Facilitated by: Hailley Dias, Master of Social Work Intern</p> <p>Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca</p>	<p>Monday, March 3rd, 2025 10:30 – 11:30 AM</p>	<p>In person 10 Parkside Drive St. Jacobs</p>
<p>COGNITIVE BEHAVIORAL THERAPY FOR STRESS AND ANXIETY</p> <p>Cognitive Behavioral Therapy is an evidenced-based approach for a range of mental health & health issues. In this 6-part series, we'll introduce practical strategies for addressing stress, anxiety & worry. Feel free to attend one, any, or all sessions. Can attend in-person or by Zoom.</p> <p>Facilitated by: Jannah Tudiver, Registered Psychotherapist</p> <p>Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca</p>	<p>Wednesdays, March 26th, April 2nd, 9th, 16th, 23rd, 30th 11:30AM – 12:30PM</p>	<p>In person & Zoom 10 Parkside Drive St. Jacobs</p>
<p>ANXIETY & UNCERTAINTY, COPING WITH UNCERTAINTY</p> <p>Dealing with uncertainty is an unavoidable part of daily life. Because we can't see the future, we can never be certain about what exactly is going to happen day to day. Research has found that people vary in their ability to tolerate uncertainty. This workshop will talk about how to work with and overcome uncertainty.</p> <p>Facilitated by: Penny Bedford, Registered Social Worker/Psychotherapist</p> <p>Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca</p>	<p>Monday, May 5th, 2025 6:30 PM – 7:30 PM</p>	<p>In person 10 Parkside Drive St. Jacobs</p>
<p>SELF-COMPASSION SERIES</p> <p>Tired of judging yourself or hearing your inner self critic? Through mindfulness and journalling activities, we'll grow self-compassion and kindness towards ourselves. We'll address negative self-talk and nurture friendship with ourselves. Attend in-person or by Zoom. Come to one, any, or all sessions.</p> <p>Facilitated by: Jannah Tudiver, Registered Psychotherapist</p> <p>Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca</p>	<p>Tuesdays on May 13th, 20th, 27th, June 3rd, 2025 12:30 – 1:30 PM</p>	<p>In person 10 Parkside Drive St. Jacobs</p>

New Program for Families in Wellesley



Suitable for families expecting to welcome an infant in the next 6 weeks, this workshop is offered monthly and taught by a

Lactation Consultant. Learn what you need to know about feeding your baby to make those first days and weeks easier including tips to simplify pumping, increase milk supply, and get more sleep! (in person in Wellesley only)

Date: 4th Tuesday of the month, starting February 2025

Time: 6:00 – 8:00 PM

Location: Wellesley Youth Centre

Facilitated by: Hillary Macguire

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

Walk & Talk

Do you enjoy going for a brisk walk and are looking for a group to go with? Join us as we meet up bi-weekly at local trails around our community to enjoy a nice brisk walk and socialize together. Dates, times, and locations will be sent out on an ongoing basis. (Pauses during Winter and resumes in Spring)

Date: resuming Spring 2025 (Bi-weekly on Tuesdays)

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



Resilience and Mental Health

(BY HAILLEY DIAS, MASTER OF SOCIAL WORK INTERN)

Mental health is an important part of everyone's life and is something we all have. Mental health is the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity. Mental health also means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process... Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.

Everyone will experience poor mental health and wellbeing multiple times throughout their life, but an individual's mental health remains flexible and can change from one day to the next. Being in a good state of mental health increases our ability to think, feel, and act in ways that help us enjoy our lives and work through life's challenges.

An important part of our mental health is resilience. Resilience is the ability to cope with, or 'bounce back' from a stressful experience, a crisis or some other challenges. People who are resilient survive difficult experiences and as a result, can cope better with future challenges. Getting through difficult times increases resilience and increases our confidence to get through stressful situations as they arise. Resilience looks different for everyone, but it involves taking care of yourself, developing meaningful connections with others — like a friend, neighbour, family member, using and developing problem solving skills, access community supports and resources, and when possible remaining optimistic in the face of adversity.

To help keep ourselves resilient in the face of adversity, it is important to take care of our own mental wellbeing. There are many methods and strategies that can be used to help maintain mental wellbeing. An important first step to maintaining mental wellbeing is engaging in self-care. Self-care are acts or activities that someone engages in to promote the multiple aspects of health. Self-care will look different for everyone, but some common strategies include reading, gardening, listening to music, taking a bath, talking to a friend or loved one, mindfulness exercises, physical activity, etc. The important thing about self-care is that it makes you feel better and gives you the energy to remain resilient.

There are times where it may be challenging to maintain resiliency and self-care is not enough. It is okay and normal to have these moments. The important thing is to get some support during these challenging times. Support is available for issues including stress, depression, anxiety, relationship help, substance issues, etc. through free educational workshops and/or counselling and psychotherapy at Woolwich Community Health Centre. Please contact us to learn more about our health and mental wellness sessions, or counsellors. Whether you are a rostered patient of the Health Centre or not, please reach out for assistance!! Feel free to connect with our Social Navigator Courtney Bauman and she will connect you to appropriate resources — cbauman@wchc.on.ca and 519-664-3794 extension 237.

Children and Youth Programs

Opened in April as part of the new Bill Gies Recreation Complex, the WCHC Youth Centre is a space created with youth in mind. Whether you're looking for a place to hang out, get creative, explore STEM activities, or access technology and electronics, the Youth Centre has it all. Designed to inspire connection and innovation, it's a hub where youth can discover new interests, develop skills, and simply be themselves.

Best of all, every program and activity offered in the Youth Centre is completely **free of charge**.

DISCOVER OUR PROGRAMS AT THE WCHC YOUTH CENTRE!

The WCHC Youth Centre is proud to offer a variety of engaging programs tailored to meet the needs of youth in our community:

- **Youth Centre Drop-In:** A welcoming space for ages 8-18 to relax, connect, and explore creative and recreational opportunities.
- **Afterschool Drop-In:** Designed for Grades 1-6, this program provides a fun and safe environment to unwind after school.
- **Heads Up Youth Wellness:** A mental health-focused program for high school-aged youth, fostering open discussions and strategies for well-being.
- **Girls' Empowerment:** A program for ages 6-10 and 11-18 that promotes confidence, leadership, and self-expression in a supportive group setting.
- **Youth Advisory Panel:** A youth-led discussion-based program with WRPS to discuss concerns and issues among the community for Gr. 7-12.
- **PD Day Drop-In:** Offering a space to hang out with friends on PD Days throughout the year.
- **And more...**

We also occasionally host **multigenerational programs** for all ages, including adults, offering a unique way for families and the community to come together. All programs are free of charge—stop by and join the fun!



STAY CONNECTED WITH THE WCHC YOUTH CENTRE!

Want to stay up-to-date with all the exciting programs and events happening at the WCHC Youth Centre?

Follow us on **Facebook**, **Instagram**, and **TikTok** for the latest updates, program announcements, and more! If you have any questions, please do not hesitate to connect with our Youth Engagement Work, Caley Klaassen, via email: cklaassen@wchc.on.ca

Prefer something tangible? Stop by the Youth Centre to pick up our **monthly updated calendar** with all the details you need. Don't miss a moment—connect with us today!

Facebook: WCHC Youth Centre

Instagram: @wchcyouth

TikTok: @wchc.youth.centre

Tech Help at WCHC

Need 1-on-1 assistance with your devices? Our free Tech Help program provide personalized support to help you navigate your devices, troubleshoot issues, and improve your comfort with your technology. Our 'tech expert' can help you with just about anything! Book a time with Tariq.

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

WCHC Fitness Classes – Winter/ Spring 2025

WCHC has a mix of in person and virtual fitness classes available to you! All in-person fitness classes will take place at the Woolwich Community Health Centre at 10 Parkside Dr. in St. Jacobs. Online classes will be on Zoom, which you will receive a link for upon registration. **Fitness classes are currently scheduled for January – June 2025.** Please contact Tariq at tabdulhadi@wchc.on.ca if you have any questions.

To register for a fitness class, please visit our website at www.wchc.on.ca. If you are having difficulty registering online or have any questions, please email Tariq at tabdulhadi@wchc.on.ca or call 519-664-3794 ext. 222. If you wish to pay via cash/cheque, please address the cheque to Woolwich Community Health Centre and include, with the payment, a letter to indicate your full name, which class you'd like to register for, and your contact information (for example: "John Doe, john.doe@abc.com, 123-456-7890, \$100.00 enclosed for Tuesday Better Bones, January – June 2024"). Please note that all registrations are non-refundable.

FUNDAMENTAL FITNESS (ZOOM)		Instructor: Christina
Weight focused movements with some cardiovascular elements to keep us healthy and happy in day-to-day life. Hand weights, a chair and running shoes are all the equipment needed. Lots of variations available!		
Tuesdays 9:00 – 10:00 AM	January 7th – June 24th	25 classes for \$125

BETTER BONES (IN PERSON)		Instructor: Liz
For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment: weights or alternative, exercise band, small ball.		
Tuesdays 9:30 – 10:30 AM	January 7th – June 24th	25 classes for \$125
Fridays 9:30 – 10:30 AM	January 10th – June 27th	24 classes for \$120

YOGA (IN PERSON AND ZOOM)		Instructor: Rasha
Practice of being with whatever arises moment to moment, coordinating breath, movement, and concentration. A multilevel yoga practice that incorporates flow sequence, focusing on alignment, balance, flexibility, and breathing. This class is suitable for everyone as many variations are modifications are provided.		
Wednesdays (Zoom) 7:00 – 8:00 PM	January 8th – June 25th	25 classes for \$200
Thursdays (In person) 6:45 – 7:45 PM	January 9th – June 26th	25 classes for \$200

STRENGTH TRAINING (IN PERSON)		Instructor: Melanie
As we age, we naturally lose muscle mass, so it is important to practise strength training to maintain, if not increase, muscle mass. Strength/resistance training helps to build bone density, protect joints from injury, contributes to better balance and ability to do daily activities, not to mention burning calories and keeping our bodies lean. This class will teach basic foundational strength exercises with a focus on repetition, proper form, and encouragement to gradually lift heavier weights than you may be used to.		
No Classes on Feb 19, May 21, 28.		
Wednesdays 9:30 – 10:15 AM	January 8th – June 25th	22 classes for \$110

PILATES BASED STRENGTH & STRETCH		Instructor: Melanie
This 45-minute class will combine strengthening exercises with a focus on core and control, with stretching and mobility built in to provide a full body workout that is gentle on the joints while still challenging the muscles and mind.		
No Classes on Feb 19, May 21, 28.		
Wednesdays 10:30 – 11:15 AM	January 8th – June 25th	22 classes for \$110

FUNDAMENTALS: CARDIO & STRENGTH – ZOOM		Instructor: Lynne
Start your day off right with a 45-minute interval-style online class. Get your heart pumping with cardio-based low-impact movements. No equipment is needed.		
No classes on February 17, March 10, 13, April 21, 28, May 1, 19		
Mondays 8:15 – 9:00 AM	January 6th – June 23rd	20 classes for \$100
Thursdays 8:15 – 9:00 AM	January 9th – June 26th	23 classes for \$115

Understanding the Role of Dietitians: Your Guides to Healthy Eating

(BY BRITTANY TRUEMAN AND KATIE HORTOBAGYI, REGISTERED DIETITIANS)

In today's fast-paced world, making informed dietary choices can be overwhelming--nutrition information seems to be everywhere! This is where Dietitians come in. A Registered Dietitian (RD) is a healthcare professional who specializes in food and nutrition, helping individuals navigate their dietary needs to promote health and well-being. Here in Canada, we celebrate Nutrition Month in March, with the third Wednesday of the month recognized as Dietitian's Day.

Dietitians are different than nutritionists, as Dietitians are regulated health professionals. RDs possess a degree in dietetics and must complete supervised practice, along with passing a national examination to earn their credentials. This rigorous training equips them with the knowledge to assess and treat nutritional problems, ensuring that their recommendations are based on the latest scientific evidence.

The roles of Dietitians are diverse. They work in hospitals, the community, and in private practice. RDs develop tailored meal plans for patients dealing with chronic diseases, such as diabetes, heart disease, or obesity. They provide nutritional counseling, helping patients understand how their food choices affect their health and empowering them to make positive changes. Dietitians also lead workshops, create educational materials, and collaborate with other health professionals to enhance community wellness.

Additionally, Dietitians contribute to food industry sectors, ensuring that food products meet nutritional standards and labeling requirements. They may also be involved in research, working to uncover new insights into nutrition and its impact on health.

When providing nutrition guidance, RDs consider individual preferences, cultural backgrounds, access to food, and lifestyle factors, making nutrition advice practical and accessible. By fostering a supportive environment, Dietitians help individuals feel empowered to make healthier choices.

In summary, Dietitians are essential partners in the journey towards better health. Their extensive training and expertise enable them to provide personalized nutrition advice, advocate for public health, and contribute to the food industry. Whether you are looking to manage a health condition or simply enhance your overall well-being, consulting a Dietitian can be a transformative step in achieving your dietary goals. Go ahead, connect with us today!

What does Homelessness look like in the rural Waterloo Region?

Homelessness in the rural townships of the Waterloo region paints a different picture compared to urban areas. In the townships, some individuals are sleeping on friends' couches, while others are living in tents or their vehicles. Many of these individuals remain hidden from view. Some have full-time, low-wage jobs but still cannot afford the high rent in the township. There are no shelters available, and people often face the daunting decision of moving to a hotel or a shelter in the city, which becomes even more challenging after experiencing significant disruptions in their lives.

According to the most recent local Point in Time count, part of Canada's coordinated efforts to assess homelessness, a total of 1,790 surveys were conducted across the region. Preliminary results indicate that as of October 2024, 2,371 individuals in our region are experiencing homelessness.

Throughout the townships, we also have residents grappling with homelessness and struggling to make ends meet. As a result, the number of people using our local food banks has increased across the townships, with more people seeking assistance.

Our agencies serving the townships are dedicated to supporting our community. We collaborate as Engage Rural to ensure individuals know where to find support and services. The Wilmot Family Resource Centre and Woolwich Community Services serve as key locations for accessing food support and winter warming supplies. They have locations in Wilmot, Wellesley, and Woolwich, along with mobile support services that come to you. These organizations help people navigate these difficult times and help to ensure our community has local access to necessary resources.

We are incredibly grateful for our generous community, businesses, and volunteers, without whom we could not continue our work. If you need assistance or would like to contribute through donations or volunteering, please reach out to them for support.

Wilmot Family Resource Centre

1-175 Waterloo St., New Hamburg (519) 622-2731

Woolwich Community Services

5 Memorial Ave., Elmira (519) 669-5139

SERVING THE TOWNSHIPS



COMMUNITY
CARE
CONCEPTS

of Woolwich, Wellesley and Wilmot Interfaith Counselling Centre



North Dumfries
COMMUNITY HEALTH CENTRE



Nutrition Workshops

March is Nutrition Month. The month is celebrated throughout Canada to draw attention to the importance of making informed food choices and developing healthy eating habits. Join our workshops and learn more on the benefit of healthy eating habits for mental health and physical health.

SESSION DESCRIPTION	DATE AND TIME	LOCATION
NUTRITION FOR MENTAL HEALTH Has the cold weather got you thinking about the winter blues? Join our dietitians to learn how healthy eating strategies can positively impact your mental health this January. Facilitated by Brittany Trueman and Katie Hortobagyi, Registered Dietitians Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, January 23rd, 2025 2:30-4:00 pm	In person & Zoom 10 Parkside Drive St. Jacobs
NAVIGATING PICKY EATERS Calling all parents, caregivers, and picky eaters! Join two dietitians this March Break in cooking a kid-approved meal with other families, followed by a discussion on how to problem solve family feeding struggles. Kids of all ages welcome! Facilitated by Brittany Trueman and Katie Hortobagyi, Registered Dietitians Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, March 13th, 2024 2:30-4:00 pm	In person 10 Parkside Drive St. Jacobs
INFANT INTRODUCTION TO SOLIDS Whether it's your first or fifth child, we can always use a refresher on best practices for introducing solid foods to your baby. Learn from two dietitians when and how to provide complimentary foods, appropriate textures to serve, and first foods to offer. babies welcome! Facilitated by Brittany Trueman and Katie Hortobagyi, Registered Dietitians Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, March 27th, 2024 1:30-3:00 pm	In person & Zoom 10 Parkside Drive St. Jacobs
SENIOR'S HEALTH & NUTRITION Eat well to age well! Join our dietitians to discuss how to get the proper nutrients to support your health as you age gracefully. Facilitated by Brittany Trueman and Katie Hortobagyi, Registered Dietitians Contact for registration: Tariq Abdulhadi, 519-664-3794 ext. 222, tabdulhadi@wchc.on.ca	Thursday, June 19th, 2024 2:30-4:00 pm	In person & Zoom 10 Parkside Drive St. Jacobs

Ontario Seniors Dental Care Program (OSDCP) at Woolwich CHC

Benefits of Good Oral Health for Seniors

Taking care of your teeth and gums is important, especially as you get older. Good oral health helps you feel your best and supports your overall health in many ways, including easier eating, clearer speech, less toothache and gum disease, Lower Risk of infections that can spread to other parts of your body, lower risk of heart disease, diabetes, and other health problems.

The Ontario Seniors Dental Care Program (OSDCP) is a government program that helps seniors in Ontario get free dental care. It is for seniors who do not have dental insurance or enough money to pay for dental treatments. The program covers many dental services, such as:

- Check-ups (scaling, fluoride and polishing)
- Repairing broken teeth and cavities
- X-rays
- Removing teeth or abnormal tissue (oral surgery)
- Anaesthesia
- Treating infection and pain (endodontic services)
- Treating gum conditions and diseases (periodontal services)
- Partially covering dentures (speak with the public health unit for more information)

At Woolwich Community Health Centre (WCHC), we are proud to offer the OSDCP to eligible seniors. The program helps seniors access dental care they need to keep their teeth and gums healthy. If you are a senior, you can apply for the OSDCP at Woolwich CHC, and our team will guide you through the process.

ELIGIBILITY FOR THE OSDCP PROGRAM

To qualify for the Ontario Seniors Dental Care Program (OSDCP), seniors must meet these requirements:

- **Age:** You must be 65 years or older.
- **Income:** Your income must be \$25,000 or less for a single person, or \$41,500 or less if you are a couple.
- **No Dental Insurance:** The program is for seniors who do not have dental coverage from another source, such as private insurance, Ontario Works (OW), Ontario Disability Support Program (ODSP), or the Non-Insured Health Benefit (NIHB).

If you meet these criteria, you can apply for the program and get the dental care you need.

HOW TO APPLY FOR OSDCP AT WOOLWICH CHC

It is easy to apply for the Ontario Seniors Dental Care Program (OSDCP). Follow these steps:

1. **Visit Woolwich CHC:**
Come to the health centre and talk to a staff member. They can explain the program and help you get started.
2. **Bring the Right Documents:** You will need to show:
 - Proof of your age and address.
 - Your Social Insurance Number (SIN) or Temporary Taxation Number (TTN).
 - Proof that you filed your taxes last year.
3. **If You Have a Spouse:** If you are married or living common-law, your spouse must also provide their information on the form. This includes their SIN or Temporary Taxation Number, and they need to sign the form to give their consent, no matter their age.
4. **If You Do Not Have a SIN or Did Not File Taxes:** If you do not have a SIN or did not file taxes last year, you can still apply. In this case, you will need to fill out a special form called the **guarantor form**.

HOW TO COMPLETE THE APPLICATION FOR OSDCP:

1. **Get the Application Form:**
 - You can find the application online at www.ontario.ca/seniorsdental to download and print the form. Or you can pick up a form at Woolwich Community Health Centre.
2. **Fill Out and Sign the Form:** Complete the form and sign it.
3. **Mail the Application:** Send your completed form to:
Ministry of Health
Ontario Seniors Dental Care Program
Station P. P.O. Box 159
Toronto, ON M5S 2S7

Our staff can help you fill out the form and send it to the government for you.

4. **Wait for Confirmation:** After your application is processed, you will get a confirmation letter. If you qualify, you will receive a welcome package and a dental card showing you are part of the program.
5. **Schedule Your Appointment:** To get dental services at the community health centre, call the Region's central intake phone number at 226-807-0750. You can ask to book your dental appointment at Woolwich Community Health Centre.

Immunization For All Ages

WCHC has launched a new project to bring vaccination clinics closer to the rural townships. The purpose of this project is to improve immunization rates through education, and improved accessibility at our sites in St. Jacobs, Linwood, Wellesley, and other central locations. The immunization project is funded by the Public Health Agency of Canada (PHAC). We will provide routine immunization for children and adults. If you need more information about the project and immunization, call Esther at (519) 588-3717 or email ejanzen@wchc.on.ca

Impfen Fa Aule Ella

Woolwich Community Health Centre haben an niet project aunjefongt tom die impfen klinnikj dichtabie, butakaunt schtaut brinjen. Dit project es jemeent tom en bätren jelieeheit watch brinjen von impfen an tom daut leichtha moaken, bie aule dree klinnikj schtäden, St. Jacobs, Linwood, Wellesley an mea meddelja schtäden. Dit impfen project es betolt von die Public Health Agency of Canada (PHAC). Wie woaren aule jeweenele impfen aunbeeden fa kinja uk groote menschen. Wan jie mea informazion fält von dit impfen project, foon ooda email Esther bie (519) 588-3717 ejanzen@wchc.on.ca (translated by Anna Wall)

Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

WOOLWICH COMMUNITY HEALTH CENTRE

PO Box 370, 10 Parkside Dr.
St. Jacobs, ON N0B 2N0
Tel: 519-664-3794
Fax: 519-664-2182

ST. JACOBS HOURS OF OPERATION

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

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

WELLESLEY TOWNSHIP COMMUNITY HEALTH CENTRE

1401 Queen's Bush Rd.
Wellesley, ON N0B 2T0
Tel: 519-656-9025
Fax: 519-656-9027

WTCHC HOURS OF OPERATION

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

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

LINWOOD NURSE PRACTITIONER OFFICE

Open at select times by appointment only.
Please call the Wellesley office at
519-656-9025 to book an appointment.

WE ARE ON THE WEB!



www.wchc.on.ca



twitter.com/woolwichchc



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



Woolwich Community Health Centre



ADDITIONAL SERVICES 9 and 10 Parkside Dr.

St. Jacobs Dental Care

ACCEPTING NEW PATIENTS
AND EMERGENCIES

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

Martin's Guardian Pharmacy

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

St. Jacobs Midwives (9 Parkside Drive)

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