



Woolwich Community
HEALTH CENTRE

and Wellesley Township
COMMUNITY HEALTH CENTRE

UPDATE

*"growing toward a
healthier tomorrow"*

CONVERSATIONS WORTH HAVING

Samantha was just 17 years old when she had to make the heart wrenching decision to remove her Mom, Karen, from life support. Karen was diagnosed with an aggressive form of brain cancer and rapidly declined. Samantha was her mom's automatic **Substitute Decision Maker** (SDM) as Karen was divorced and had not completed a Power of Attorney for Personal Care prior to becoming incapable of making her own health care decisions. Samantha was an only child and was over the required age of 16. Samantha bravely accepted this role.

Throughout her brief illness Karen had many conversations with Samantha about her health care and end of life wishes. Karen spoke repeatedly to Samantha about her wish to not live on life support if there was no possibility of recovery.

When the time came Samantha made the decision to remove her mother from life support. The doctor had explained to Samantha that her mother would likely not regain consciousness, and if she did, she would likely not be in the same condition as she was before. Since Karen had told Samantha, on many occasions that she did not want to "live like that", Samantha felt confident that it was "what her mom would have decided".

While at first glance this seems like a horrific burden to place on a 17-year-old, Samantha does not regret having acted as her mother's SDM. She is devastated that she has lost her mom at such a young age, but, because her mom had so many conversations with her about her end of life wishes, Samantha knew how to make decisions on behalf of her mother. Although the decision was difficult, Samantha does not feel guilty about taking her mom off of life support as she knows that was what her mom would have chosen. Now, Samantha is able to grieve

the loss of her mother without the doubt and second-guessing that many SDMs often face.

Karen gave Samantha the best gift she could have given her - she gave her peace of mind.



Thankfully for Samantha, Karen engaged in **Advance Care Planning** (ACP). In Ontario, ACP involves two main steps: 1) identifying who will make health care decisions for you in the event that you are mentally incapable of making decisions for yourself and 2) having conversations with them, other loved ones and your doctor about your wishes, values and beliefs. As Denise Squire, Executive Director of the Woolwich Community Health Centre (WCHC) said, "**WHEN should ACP happen?** Now, yesterday, and all the time! Advance Care Planning should be an ongoing conversation."

tions with them, other loved ones and your doctor about your wishes, values and beliefs. As Denise Squire, Executive Director of the Woolwich Community Health Centre (WCHC) said, "**WHEN should ACP happen?** Now, yesterday, and all the time! Advance Care Planning should be an ongoing conversation."

Do you know who your SDM is? What do they need to know about you in order to make health care decisions the way you would? Would they feel as confident about making health care decisions for you as Samantha did for her mom?

Hospice Waterloo Region (HWR) is host to a program called *Conversations Worth Having* which is specifically dedicated to helping people understand ACP in Ontario. We are working closely with WCHC to support their clients to get started with their ACP conversations. We encourage you to identify your SDM and have conversations with them about what's important to you so they can step into your shoes and make health care decisions confidently, if needed.

WCHC has also recently partnered with HWR to provide expanded hospice services. See page 5 for more details.

For more information about ACP please visit www.acpww.ca or call 519-743-4114.

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FSC Logo

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Check out our website www.wchc.on.ca

Health and Wellness

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

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

Class Description	Date/Time	Location
<p>Back and Neck Sparing</p> <p>Join Physiotherapist, Bernadette Vanspall, and Joy Finney, Health Promoter for this interactive class. During this class you will learn ways to:</p> <ul style="list-style-type: none"> • Increase your awareness of how your current daily tasks may be contributing to your discomfort • Be more aware of your posture during your daily activities • Be able to identify activities and movements that aggravate your back and neck pain • Learn ways to modify your activities and movements to reduce strain 	<p>Thursdays, September 15, 22, 29 & October 13, 2016</p> <p>10:00 am —12:00 noon</p>	<p>WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs</p> <p>To register, call 519-664-3794 or 519-656-9025</p> <p>Register early! Space is limited!</p>
<p>Health Education: Strategies for Healthy Eating</p> <p>Presented by Tiffany Krahn, Registered Dietitian, WCHC</p>	<p>Friday, September 16, 2016</p> <p>10:15—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>No registration required</p>
<p>Hearing Aid Information Session</p> <p>This session will provide information on:</p> <ul style="list-style-type: none"> • Hearing aids • Today's technology • Purchasing hearing aids • Funding resources and costs • Communication devices 	 <p>Monday, September 19, 2016</p> <p>1:45—3:45 pm</p> <p>CANADIAN HEARING SOCIETY SOCIÉTÉ CANADIENNE DE L'OUÏE</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>To register, call 519-664-3794 or 519-656-9025</p> <p>Register early! Seating is limited!</p>
<p>Coping with Symptoms of Anxiety and Depression</p> <p>This 8-week group will provide you with an opportunity to learn:</p> <ul style="list-style-type: none"> • How to better understand what it is that anxiety and / or depression gets you to “think” and “do” • New coping, strategies, including various relaxation techniques to help you decrease the symptoms of anxiety and depression 	<p>Wednesdays, September 21st to November 9th, 2016</p> <p>1:30—3:30 pm</p>	<p>Woolwich Community Services 5 Memorial Ave., Elmira</p> <p>To register, call 519-664-3794 or 519-656-9025</p>
<p>Baby Food Basics: 6 months to 1 year</p> <ul style="list-style-type: none"> • Learn how to make and store your own baby food • What foods are good for your baby's age and stage • How to choose, make and store baby food • Learn ways to avoid “picky eating” and nurture a “good eater” 	<p>2 sessions are being offered.</p> <p>Monday, September 26, 2016, 2:00—3:30 pm or Monday, December 19, 2016, 2:00—3:30 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>To register for either class, call 519-664-3794 or 519-656-9025</p>
<p>Go With Your Gut</p> <p>Move over, yogurt ... Join Bethany Heintz, clinical nurse, as we explore feeding your gut with simple and easy homemade probiotics.</p>	<p>Wednesday, September 28, 2016</p> <p>6:30—8:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>To register, call 519-664-3794 or 519-656-9025</p>

Class Description	Date/Time	Location
<p>Craving Change</p> <p>This 4-week “how to” workshop will help you to discover:</p> <ul style="list-style-type: none"> • Why you eat the way you do • Why you find it difficult to change your eating habits • What can you do to change those habits 	<p>Tuesdays, October 4, 11, 18 & 25, 2016</p> <p>9:30 am -12:00 noon</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p>For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca</p>
<p>Practical Skills to Live Well as We Age</p> <p>A 6-week course facilitated by Physiotherapist, Bernadette Vanspall, and Joy Finney, Health Promoter.</p> <p>Learn from one another and explore ways to:</p> <ul style="list-style-type: none"> • Protect your joints and spine by making small changes • Get to know what resources are available in the community and how to reach them • Build bone and muscle strength • Prevent and/or manage aches, pain and muscle stiffness • Become aware of posture and breathing • Maintain or improve brain power • Improve nutrition 	<p>Fridays, October 14, 21, 28, November 11, 18, and 25, 2016</p> <p>10:00 am - 12:00 noon</p> 	<p>WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs</p> <p>To register, call 519-664-3794 or 519-656-9025</p> <p>Register early! Space is limited!</p>
<p>Stress and Anxiety Reduction through Mindfulness</p> <p>This 8-week course explores your unique physical, emotional and spiritual response to stress. Automatic thought patterns can contribute to anxiety, depression, physical pain and illness. Learn ways to respond to stress and explore mindfulness approaches using:</p> <ul style="list-style-type: none"> • Breath awareness • Body awareness • Meditation <p>This Mindfulness-Based Cognitive Therapy course has been adapted from the Mindfulness-Based Stress Reduction developed by Jon Kabat-Zinn.</p> <p>Facilitated by Joy Finney, MPhil in Social Work, and Sue Arai, Psychotherapist.</p>	<p>Wednesdays, October 19 to December 7, 2016</p> <p>6:15—8:45 pm</p> <p><i>Retreat: Saturday, November 19, 2016 9:30 am - 3:30 pm (the retreat is open to past participants of this program. To regis- ter for the retreat, call Joy by November 3, 2016)</i></p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>To register, call Joy Finney at 519-664-3534 ext 230 by September 21, 2016.</p> <p>Space is limited!</p> <p>Pre-course interviews will be scheduled.</p> 
<p>Cholesterol Solutions</p> <p>Registered Dietitian, Karen Reitzel, will help you discover easy ways to improve your cholesterol level.</p> 	<p>Thursday, October 20, 2016</p> <p>5:30—7:30 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>To register, call 519-664-3794 or 519-656-9025</p>
<p>Health Education: Getting Enough Sleep and the Role of Medication</p> <p>Presented by Jen Bruce, Pharmacist, Martin’s Pharmacy</p>	<p>Friday, October 21, 2016</p> <p>10:15—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>No registration required</p>
<p>Health Education: Bladder and Bowel Control as We Age</p> <p>Presented by Beth Albert, Physiotherapist, KW Pelvic Health, Elmira</p>	<p>Friday, November 4, 2016</p> <p>10:15—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p>No registration required</p>

Health and Wellness cont'd

Class Description	Date/Time	Location
<p>Don't Slide Through Winter! Join Physiotherapy Aide, Laurie Buehler, and Physiotherapist, Bernadette Vanspall, and explore ways that you can get your body ready for winter activities such as shoveling and ways to keep active through winter. Learn ways to prevent injuries by being aware of your posture, using your joints and muscles effectively and trying various joint friendly tools.</p>	<p>Thursday, November 24, 2016 1:00—3:00 pm</p>	<p>WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs To register, call 519-664-3794 or 519-656-9025 Register early! Space is limited!</p>
<p>Health Education: Preventing Low Back Pain & Managing the Flares Presented by Bernadette Vanspall, Physiotherapist, WCHC</p>	<p>Friday, January 20, 2017 10:15—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs No registration required</p>

Ontario Telemedicine Network (OTN) Health Education

WCHC is happy to present the following interactive health education workshops via our OTN technology.
NO REGISTRATION REQUIRED—All workshops are at WCHC, 10 Parkside Dr., St. Jacobs

<p>Thanksgiving Ready—Holiday Eating Recipe Makeover and Dining Out Presented by: Southlake Dietitians and Diabetic Educators</p>	<p>Thursday, September 29, 2016 1:00—3:00 pm</p>
<p>Dial it Down—Anxiety Presented by: Kathy Somers, East Wellington Family Health Team</p>	<p>Tuesday, October 11, 2016 6:30—8:30 pm</p>
<p>Nutritional Supplements Presented by: Southlake Dietitians and Diabetic Educators</p>	<p>Monday, October 24, 2016 10:00—12:00 noon</p>
<p>Stay Active—Knee and Hip Osteoarthritis Presented by: Susan MacQueen, Physiotherapist, The Arthritis Society</p>	<p>Thursday, October 27, 2016 1:00—4:00 pm</p>
<p>Better Sleep Presented by: Kathy Somers, East Wellington Family Health Team</p>	<p>Tuesday, November 15, 2016 6:30—8:30 pm</p>
<p>Christmas Ready—Holiday Eating Recipe Makeover and Dining Out Presented by: Southlake Dietitians and Diabetic Educators</p>	<p>Tuesday, December 6, 2016 10:00—12:00 noon</p>

LIVE LIFE to the fullest with your ongoing **CHRONIC PAIN**

Do you live with ongoing **Neck, Shoulder or Back Pain? Repetitive Strain? Other Chronic Pain?**

This **FREE** 6-week **Chronic Pain Self Management Program** includes:

- ◆ techniques to deal with problems such as stress, tension, anger, frustration, depression, fatigue and isolation
- ◆ appropriate exercises for maintaining and improving strength, flexibility and endurance
- ◆ use of pain medications and treatments
- ◆ communicating effectively with family, friends and health professionals
- ◆ nutrition
- ◆ pacing activity and rest

When: **Fridays, September 9th—October 14th** from **1:30—4:00 pm**

Where: Woolwich Community Health Centre, 10 Parkside Dr., St. Jacobs

Registration is required.

For information and to register, please call Waterloo-Wellington Self Management, 1-866-337-3318
or visit www.wselfmanagement.ca

Caregivers Support

Join this informal group of caregivers who are acquainted with the struggles you experience.

When: first Thursday of the month (September—June)

Time: 10:00-11:00 am

Where: WCHC, 10 Parkside Dr., St. Jacobs

For more information, call Julie at 519-664-3794 ext. 229.



Caregiver Coffee Hour

The Caregiver Coffee Hour support group is offered by WCHC in conjunction with the Alzheimer Society Waterloo-Wellington.

When: first Tuesday of the month (September—June)

Time: 10:00-11:30 am

Where: at Chartwell Elmira, 11 Herbert St., Elmira.

For more information, or to register, call Julie at 519-664-3794 ext 229.

**Hospice
Volunteer Training
"Preparing for Caring"**

woolwich



wellesley

hospice

Woolwich Hospice is looking for caring individuals who can share some of their time with people in their community who are dealing with a life threatening illness. If you are interested in providing support we will be offering our volunteer training in October 2016.

"Since joining Hospice I have met wonderful, caring people." Hospice Volunteer

"Hospice volunteering is a wonderful experience, always getting back more than I give." Hospice Volunteer

If you are interested in registering or would like more information about Hospice services please contact:

Julie Schelter 519-664-3794 ext.229

**Coming Soon
in Elmira!**

Among Friends Support Group

Among Friends is an informal group for women who have experienced the death of their partner. Support and friendship will be developed over coffee, tea and dessert. For more information and to register, please call Julie Schelter at 519-664-3794 ext. 229.



GRIEF COUNSELLING

NOW AVAILABLE to all residents in WCHC / WTCHC catchment area

Through a partnership with Hospice Waterloo Region we are able to offer counseling for rural residents who are dealing with a life threatening illness or the loss of a loved one.

Irena Razanas, MSW RSW has many years of experience as a grief counselor working with children, teens and adults.

There is NO CHARGE for this service.

To book an appointment call 519-664-3794 (WCHC) or 519-656-9025 (WTCHC)

Fitness for All

Fitness classes are held at WCHC, St. Jacobs, and are open to ALL residents of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by WTCHC. Call Laurie at 519-664-3534 ext. 403 for more information. **Financial assistance is available.**

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

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

All registrants must complete a Physical Activity Readiness/Emergency Information Form.

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

Thursday 5:45 - 6:45 pm	September 15—October 27, 2016	7 classes for \$56.00
	November 3—December 22, 2016	8 classes for \$64.00
	January 12—March 9, 2017	9 classes for \$72.00

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

Monday, Wednesday & 1st, 3rd & 5th Friday 9:00 - 10:00 am	September 12—October 26, 2016	17 classes for \$85.00
	October 31 — December 21, 2016	20 classes for \$100.00
	January 9—March 8, 2017	21 classes for \$105.00
Tuesday and Thursday 7:00 - 8:00 pm	September 13—October 27, 2016	14 classes for \$70.00
	November 1—December 22, 2016	16 classes for \$80.00
	January 10—March 9, 2017	18 classes for \$90.00

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

Tuesday and Thursday 9:00 - 10:00 am	September 13—October 27, 2016	14 classes for \$70.00
	November 1—December 22, 2016	16 classes for \$80.00
	January 10—March 9, 2017	18 classes for \$90.00

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

Tuesday 10:15 - 11:15 am	September 13—October 25, 2016	7 classes for \$28.00
	November 1—December 20, 2016	8 classes for \$32.00
	January 10—March 7, 2017	9 classes for \$36.00
Thursday 10:15 - 11:15 am	September 15—October 27, 2016	7 classes for \$28.00
	November 3—December 22, 2016	8 classes for \$32.00
	January 12—March 9, 2017	9 classes for \$36.00

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

Monday 5:45 - 6:45 pm	September 12—October 31, 2016	7 classes for \$28.00
	November 7— December 19, 2016	7 classes for \$28.00
	January 9—March 6, 2017	8 classes for \$32.00

Fitness for All continued

Gentle Step Toward Fitness: A gentle fitness class for those 55+.

Tuesday 11:30 am - 12:30 pm	September 13—October 25, 2016	7 classes for \$28.00
	November 1—December 20, 2016	8 classes for \$32.00
	January 10—March 7, 2017	9 classes for \$36.00

40 Minute Fit: A lunch hour aerobic/strengthening class filled with fun!

Monday 12:10 - 12:50 pm	September 12—October 31, 2016	7 classes for \$35.00
	November 7—December 19, 2016	7 classes for \$35.00
	January 9—March 6, 2017	8 classes for \$40.00

Functional Core Strength: Work the body through everyday movements, incorporating squats, lunges, weights and other fitness tools.

Thursday 12:10—12:50 pm	September 15—October 27, 2016	7 classes for \$35.00
	November 3—December 22, 2016	8 classes for \$40.00
	January 12—March 9, 2017	9 classes for \$45.00

New!

Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis.

Monday Morning 10:30 - 11:30 am	September 12—October 31, 2016	7 classes for \$28.00
	November 7—December 19, 2016	7 classes for \$28.00
	January 9—March 6, 2017	8 classes for \$32.00
Wednesday Morning 10:30 - 11:30 am	September 14, 2016—October 26, 2016	7 classes for \$28.00
	November 2—December 21, 2016	8 classes for \$32.00
	January 11—March 8, 2017	9 classes for \$36.00
Monday Evening 7:00 - 8:00 pm	September 12—October 31, 2016	7 classes for \$28.00
	November 7—December 19, 2016	7 classes for \$28.00
	January 9—March 6, 2017	8 classes for \$32.00
Friday Afternoon 2:15 - 3:15 pm	September 16—October 28, 2016	7 classes for \$28.00
	November 4—December 16, 2016	7 classes for \$28.00
	January 13—March 10, 2017	9 classes for \$36.00

Pilates: Exercise focused on the core postural muscles providing support for the spine.

Tuesday (Beginner Level) 5:45 - 6:45 pm	September 13—October 25, 2016	7 classes for \$56.00
	November 1—December 20, 2016	8 classes for \$64.00
	January 10—March 7, 2017	9 classes for \$72.00
Thursday (Intermediate Level) 1:00 - 2:00 pm	September 15—October 27, 2016	7 classes for \$56.00
	November 3—December 22, 2016	8 classes for \$64.00
	January 12—March 9, 2017	9 classes for \$72.00

Diabetes Connection!

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

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



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

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

THE FARM COLUMN

STOP, THINK, ACT!



STOP: *What could go wrong? How bad could it be? Has anything changed?*

THINK: *Do I understand the task? Am I physically and mentally ready and have the right tools?*

ACT: *Make it safe, reduce risks.*

These three steps can be reviewed before you undertake any task, no matter how big or small. If you can take a moment to stop and check what dangers or hazards exist, question your abilities and tools before proceeding with the job at hand, **you can eliminate many injuries.**

How many times have you experienced a “near miss” when sheer luck saved you from experiencing a serious injury? Most people like to take short cuts in order to get jobs finished more quickly and move to another task. Sometimes the consequences of this time saving action can result in a life altering injury and lead to the realization that taking a few moments at the start can have a significant difference at the outcome.

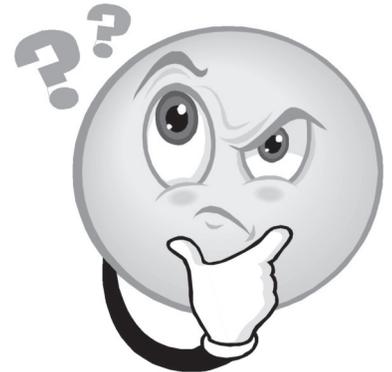
It is much quicker to step over the PTO shaft than walking around the equipment. Minutes can be saved, but the consequences of a misstep can be felt for a lifetime or can even end a life. Wouldn't it be better to take a moment to review the STOP, THINK and ACT scenario and take the time to walk around?

Before undertaking a simple task like changing a light bulb take a moment to review the Stop, Think, Act scenario. Could a hot bulb burn your hand? Is the chair a safe option to stand on or should you get a ladder? If you fell and broke a bone, how long would recovery be and who would take over your daily chores? Are you the right person for the job or should someone else be assigned to do it? Acting with safety in mind will result in a successful completion of the task with no injuries or lost work time.

Once a worker is injured on the job someone else has to step up to fill the gap. This puts more pressure on other employees and may add to cost if another worker has to be hired. One injury creates a ripple effect in workplaces and families with many others having to “pick up the slack”. A fatality can have a devastating result both personally and professionally on a family or an employer.

Take some time to **STOP, THINK** before you **ACT** to avoid unnecessary injuries. It is best to work safely, not relying only on luck!

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



NOW AVAILABLE to all residents in WCHC / WTCHC catchment area

Respiratory Education Community Services

Canadian Lung Health Test

Asthma and Chronic Obstructive Pulmonary Disease (COPD) are common breathing conditions. Early diagnosis, education and treatment will help you manage these conditions so you can live a normal, active life.

This new program provides respiratory assessment, education and management for rural residents with lung conditions. Spirometry, a simple breathing test, can be used to diagnose different types of lung diseases.

Who should have spirometry testing?

- People with asthma
- Smokers, former smokers, or people who live, or have lived with smokers
- People with COPD
- People who use inhalers

Spirometry is the most reliable way to diagnose asthma and COPD. It is a simple breathing test which measures the speed and amount of air you are able to blow out of your lungs.



If you are over 40 and smoke or used to smoke, you may already have COPD.

Take this quick test to screen for symptoms of COPD:

- ◇ Do you cough regularly?
- ◇ Do you cough up phlegm regularly?
- ◇ Do even simple chores make you short of breath?
- ◇ Do you wheeze when you exert yourself (exercise, go upstairs)?
- ◇ Do you get many colds and do your colds usually last longer than other people's colds?

If you answer yes to any of the above questions or experience regular cough, wheeze, chest tightness and difficulty breathing, ask your doctor to refer you to WCHC for an appointment with the Respiratory Therapist.

Did you know? 9 out of 10 people do not use their inhalers properly.
Our certified respiratory educator will review your inhalers with you and ensure you are using them correctly.

Greetings from the Board

On behalf of the Board of the Woolwich Community Health Centre (WCHC), I would like to thank recently retired Directors Sheri Brubacher, Bethany Pearce, Hermina Richter, and Paul Samis for their many contributions to the governance of our health centre. In particular, I would like to thank our retiring Board Chair, Mary Lynn McPherson, who has completed six years on the Board, the past two as Board Chair, and who will continue her involvement with WCHC as our Past Chair. I would also like to extend a warm welcome to our newest Directors, Taposhi Batabyal, Chris Martin, Gail Martin, Samantha Meyer, and Lisa Wilz. Our 2016-17 Board of Directors represents a diverse cross-section of the populations and rural townships that our health centre serves, and brings together a solid mix of skills, experience and perspectives to the governance of WCHC.

Significant work completed in 2015-16 included:

- New partnerships with Hospice Waterloo Region for grief and bereavement services and supports in the rural townships.
- Back-office integration with Community Care Concepts of Woolwich, Wellesley and Wilmot for the provision of seniors' exercise programming.
- Taking on the lead agency role for Respiratory Educator Community Services, funded by the Waterloo Wellington Local Health Integration Network, in collaboration with three other Community Health Centres and St. Mary's General Hospital.
- Board Retreats to develop new Strategic Priorities for the next 3-5 years, based on our most recent Community Wellbeing Assessment and additional input from staff.

Our Board extends special thanks to our staff and many volunteers who have maintained a quality focus while serving clients with care and empathy.

Looking forward to the 2016-17 fiscal year, a key focus for the Board's work will be continued involvement in 'Health Links' planning for Kitchener-Waterloo and Woolwich, Wellesley and Wilmot Townships, particularly in light of anticipated health system changes stemming from provincial "Patients First" legislation and related reforms.

Our Board looks forward to continued support and input from the community served by WCHC, to ensure that our planning, programs and services remain responsive, comprehensive and relevant to local needs.

Richard Gerson
Board Chair

Introducing the 2016-17 WCHC BOARD OF DIRECTORS

Taposhi Batabyal - Director	Richard Gerson - Chair	Chris Martin – Director
Gail Martin – Director	Mary Lynn McPherson – Past Chair	Samantha Meyer – Director
Greg Smith – Vice Chair	Paul Snyder – Director	Myra Van Katwijk – Director
Ashley Raspopovic – Director	Lindsay Raspopovic – Director	Sue Wideman – Secretary
Lisa Wilz – Treasurer		

HELP GUIDE THE WORK OF THE HEALTH CENTRE

Are you interested in the health of our rural community? Do you have knowledge or skills that you would like to contribute to strengthening our health centre? If so, then consider joining one of the committees of our Board of Directors!

The health centre's Board of Directors has several standing committees that help guide its work and future planning. While each of these committees comprises several Board members, we also value the involvement of community members in each of these groups.

For the 2016-17 year, the Board is looking for 1-2 community members to join its Finance Committee. The Finance Committee advises the Board of Directors on all matters pertaining to the organization's fiscal responsibilities, including budgeting, financial reporting and monitoring, and the annual audit. This committee typically meets five times throughout the year.

For further information about joining the Finance Committee, please contact Denise Squire, Executive Director, at 519-664-3794.



Health and Wellness

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

Class Description	Date/Time	Location
<p>Take Control—Take Charge! Self Management Program FREE 6-week workshop for people who live with <u>any</u> ongoing health condition. We will help you find ways to:</p> <ul style="list-style-type: none"> ◇ manage stress ◇ make healthier food choices ◇ add exercise to your day ◇ get the results that you want 	<p>Wednesdays, November 2— December 7, 2016</p> <p>1:30 - 4:00 pm</p>	<p>WTCHC 1180 Queens Bush Rd., Wellesley</p> <p>For information or to register call, 1-866-337-3318 or visit www.wselfmanagement.ca</p>

Fitness Classes at Wellesley Township Community Health Centre

Registration forms for the Wellesley Township Community Health Centre fitness classes can be picked up at the health centre during regular office hours. Completed forms and payments can be dropped off at the reception desk.

For more information, please call Laurie at 519-664-3794 ext. 403. **Financial assistance is available on request.**

Open to all Wellesley and Woolwich residents.

Better Bones: For those who have osteoporosis or would like to reduce the risk of developing osteoporosis.

Fridays 9:15 - 10:15 am	September 16—October 28, 2016	7 classes for \$28.00
	November 4—December 16, 2016	7 classes for \$28.00
	January 13—March 10, 2017	9 classes for \$36.00

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

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

Fridays 12:30-1:30 pm	September 16—October 28, 2016	7 classes for \$28.00
	November 4—December 16, 2016	7 classes for \$28.00
	January 13—March 10, 2017	9 classes for \$36.00



Wellesley Youth for Community Engagement

Are you a Wellesley township teenager between the ages of 13-18 who is interested in getting more involved in your community and local decision-making?

YOUTH
engagement

We are currently recruiting for the youth council in Wellesley Township. This is an exciting opportunity where you can meet regularly with a group of your peers to get involved and make a positive change in your community!

If you are interested, we'd love to hear from you! For more information please contact Lisa Parker at 519-656-9025 ext. 224.

Seniors Autumn Social—FREE LUNCH



The Wellesley Youth Advisory Council (W.Y.A.C) is offering a **FREE lunch** for Wellesley Township Seniors on Saturday October 1st from 12:00—2:00. Located at the Crosshill Mennonite Church.
 Lunch will be served including appetizers, sandwiches, desserts and beverages.

Come out to learn some new things about the local youth council and have a chance to win a gift basket!

Please RSVP to Lisa Parker at 519-656-9025 ext: 224 by Friday September 9th.

Among Friends Support Group

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

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

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

For more information and to confirm your attendance, please call Julie at 519-664-3794 ext. 229.



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

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

Woolwich Community Health Centre

10 Parkside Dr. St. Jacobs

Join us every 2nd & 4th Friday 9:15 to 11:15 am	
September 9	IN A PICKLE! Learn about fermenting, canning and preserving food
September 23	NATURE CONNECT Outdoor education
October 14	ARE YOU READY? Home and emergency preparedness
October 28	HANDS ON Baby and toddler massage
November 11	"HUGS" TOY GUIDE Best and worst toys for Christmas
November 25	SILENT NIGHT Tips from baby sleep consultant, Meaghan Straus
December 9	HO—HO—HO Visit with Santa, Christmas activities
December 23	SURVIVAL TIPS FOR THE HOLIDAYS Cookie exchange
January 13	KINDERMUSIK Introduce your child to music and rhythm
January 27	REDUCE, REUSE, RECYCLE Establishing new family habits for upcoming changes in garbage collection

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

3620 Nafziger Rd. Wellesley

Join us every 3rd Thursday 9:30 to 11:00 am	
September 15	IN A PICKLE! Learn about fermenting, canning and preserving food
October 20	IMPORTANCE OF INFANT / PARENT BONDING
November 17	REDUCE, REUSE, RECYCLE Establishing new family habits for upcoming changes in garbage collection
December 15	SILENT NIGHT Tips from baby sleep consultant, Meaghan Straus
January 19	EMERGENCY PREPAREDNESS Having the necessary supplies on hand; Wellesley Fire Department

Additional Services

10 Parkside Dr.

St. Jacobs Dental Group

Accepting New Patients and Emergencies

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

Dr. Manning Chiang, D.D.S

Dr. Miyeon Kwek, D.D.S.

Dr. Laura Tan, D.D.S.

Tel: 519-664-2434

www.communitydentalgroups.com

Martin's Guardian Pharmacy

Alan Martin, Pharmacist

Tel: 519-664-3785

Fax: 519-664-2170

9 Parkside Dr.

St. Jacobs Midwives

Andrea Horst, Administrator

Tel: 519-664-2542

Fax: 519-664-1815

www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.

Tricia D. Brubacher RMT

Steph Forte BA, B.Ed, RMT, RHN

Tel: 519-664-1050

www.stjacobsnaturopathic.com

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

Woolwich Community Health Centre Client Information Update Project

WCHC is one of 75+ health centres funded by the Ontario Ministry of Health. The Ministry of Health evaluates all of the agencies that it funds to see if those agencies are serving their clients and communities as expected. Evaluation data helps the Ministry decide on funding, and helps community health centres plan for future services. WCHC is required by the Ministry of Health to collect social and demographic information that describes our clients. We use a registration form to collect that information. We are required by the Ministry of Health to ask you for this information.

When you come in for your next appointment, the reception team will give you 1 form for each of your family members who receive primary medical care at WCHC, WTCHC or Linwood Nurse Practitioner Office. If possible, please complete the form(s) while you are at the health centre for your appointment. If you need to take the form(s) home with you to complete, please return them as soon as possible.

Thank-you for helping us gather this important registration data

Prescription renewals are NOT done over the phone – an appointment is required!

This health centre policy ensures the safety and quality of care provided to you, our client, through sound medical practice. As a registered primary health care patient, **you play an essential role in your own health care.** It is important to keep track of your prescriptions and plan well in advance for renewals. When you are on your last repeat of a medication, call for an appointment well in advance and at least ten days before using all your medication. Please remember to bring your medication bottle(s) with you to that appointment. Your provider will give you as many 'repeats' on a prescription that are appropriate.



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

Woolwich Community Health Centre

P.O. Box 370, 10 Parkside Dr.

St. Jacobs, ON N0B 2N0

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

WCHC Hours of Operation

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

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

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

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

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

Drop-In Lab Services (for registered patients only)

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



Linwood Nurse Practitioner Office

3777 Manser Road

Linwood, ON N0B 2A0

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

LNPO Hours of Operation

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

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

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

Wellesley Township Community Health Centre

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

Wellesley, ON N0B 2T0

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

WTCHC Hours of Operation

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

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

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

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

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

Drop-In Lab Services (for registered patients only)

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

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

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