



**Woolwich Community  
HEALTH CENTRE**

*and* **Wellesley Township  
COMMUNITY HEALTH CENTRE**

**UPDATE**

*"growing toward a  
healthier tomorrow"*

## What we learned about Rural Youth and Young Adult Wellbeing

It is important to understand how to support young people so that they can reach their potential growing up in the townships. Our recent Community Wellbeing Assessment focused on understanding the capacities and needs of youth and young adults living in the rural townships of Waterloo Region. Together with our rural partner agencies we conducted a youth and young adult wellbeing assessment which involved an on-line survey and speaking to many groups of youth and young adults ages 14-29 in the spring/summer of 2017.

We are not alone in wanting to understand the needs and to support these groups. The Children and Youth Planning Table of Waterloo Region and Wellbeing Waterloo Region also worked with us so that we can use the information locally and regionally. We found that there are some similarities but also differences in the needs expressed by rural youth and young adults compared to regional and provincial comparisons.

Our discussions provided an insight into the experiences of youth and young adults. We found that there was a high level of connectedness and sense of belonging with many reporting knowing their neighbours, attending the many events and festivals where people can interact, and enjoying the welcoming atmosphere of living in a small town. Youth report being well-connected and are volunteering more than urban youth. Most youth and young adults report having a strong support system and knowing neighbours who could help if needed. All of these supports are important for healthy development.

Most youth or young adults discussed having a positive experience living in the rural townships, but for a few who had recently moved into the townships, there were difficulties integrating into a community where people knew each other well. They also discussed the lack of privacy in smaller villages, and while it can be a supportive environment, there was some caution about how fast "word gets around".

An area of concern was the high level of stress experienced and lower self reported rates of mental health. Among youth 14% reported seriously thinking about suicide or taking their own life, which is a higher rate compared to Waterloo Region. Among youth and young adults, 45% rate their mental health as very good or excellent, and both age groups report high levels of stress. There were a variety of factors identified in our discussions that were felt to contribute, such as bullying, financial stress, expectations of society, and social media. Respondents reported having an average of 8 close family or friends they could talk to about what is on their mind. This level of connection is supportive of mental health.

Living in a rural community can present additional challenges for youth and young adults. Access to services was also identified as an issue. Sexual health education, employment services and mental health counselling were identified as the most difficult to access. Most discussed the transportation issues and the lack of privacy as the greatest barriers. A majority of youth had a positive outlook for the future and 42% aspire to go to university, 27% to college and 22% hope to complete a post-graduate degree. In conclusion youth were generally optimistic about their future.

Here are some highlights of our assessment:

Sense of belonging	73% rated their belonging as strong or very strong.
Volunteerism	81% reported volunteering in the past 12 months.
Connectedness	Youth and young adults reported having 15 people who they knew well enough to ask for a favour.
Having basic needs met	36% of respondents reported that their family struggled to pay bills in the past year.
Physical exercise	75% of youth reported having 15 minutes of physical activity each day.
Nutrition	29% of youth reported consuming 5 or more fruits and vegetables per day.
Psychological distress	Slightly higher rate of those who reported elevated psychological distress compared to provincial rates.
Self rated mental health	45% reported their mental health as very good or excellent. 55% reported their mental health as good, fair or poor.
Life long learners	16% of rural youth/young adults age 15-24 completed post secondary education.
Employment	Varying rates of youth unemployment from 3.8% in Woolwich to 17.2% in North Dumfries compared to 18% in Waterloo Region.

FSC Logo

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# 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><b>Fireside Hangout (no parents allowed)</b> For those aged 16 to 21. Anxiety and depression are real and those living with either or both can feel lonely and isolated. Things you once did easily can now seem difficult and sometimes impossible. Even just meeting with friends or going to school can be daunting. <b>You are not alone!</b> More people than you think live with similar feelings. Some hide it well—perhaps that’s you. This can be exhausting! This group will provide support in an open and accepting environment to discover your strengths and how to move forward in your life. The hangout will be an informal, relaxing place to meet with others who struggle with similar issues while enjoying snacks in a living room type atmosphere. Sid Bater, Youth Therapist will lead our time together. Come join us to relax and enjoy the company of others!</p>	<p>4 drop in sessions are being offered.</p> <p>Thursdays, February 22, March 8, March 22 and April 5, 2018</p> <p>6:00 pm—8:00 pm</p>	<p><b>Drop In</b></p> <p><b>No registration required</b></p> <p>WCHC 10 Parkside Dr., St. Jacobs</p>
<p><b>Hearing Aid Information Session</b> This session will provide information on:</p> <ul style="list-style-type: none"> <li>• Hearing aids</li> <li>• Today’s technology</li> <li>• Purchasing hearing aids</li> <li>• Funding resources and costs</li> <li>• Communication devices</li> </ul> 	<p>2 sessions are being offered.</p> <p>Monday, February 26, or Monday, March 26, 2018</p> <p>2:00 pm—4:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register, call 519-664-3794 or 519-656-9025</b></p> <p><b>Register early</b> <b>Seating is limited</b></p>
<p><b>Managing Your Finances in Retirement</b></p> <p>Presented by John Mathers, CPA, CGA</p>	<p>Friday, February 16, 2018</p> <p>10:15 am—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p><b>No registration required</b></p>
<p><b>Better Sleep</b></p> <p>Learn to fall asleep or back to sleep more easily, clear your mind and more. Presented by Kathy Somers, East Wellington Family Health Team using Ontario Telemedicine Network (OTN).</p>	<p>Wednesday, February 28, 2018</p> <p>6:30 pm —8:30 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register, call 519-664-3794 or 519-656-9025</b></p>
<p><b>Preventing and Managing Knee and Shoulder Pain and Injuries</b></p> <p>Presented by Bernadette Vanspall, Physiotherapist</p>	<p>Friday, March 2, 2018</p> <p>10:15 am—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p><b>No registration required</b></p>
<p><b>Making Baby Food: 6 months to 1 year</b></p> <ul style="list-style-type: none"> <li>• Learn how to make and store your own baby food</li> <li>• What foods are good for your baby’s age and stage</li> <li>• How to choose, make and store baby food</li> <li>• Learn ways to avoid “picky eating” and nurture a “good eater”</li> </ul> <p><i>Babies Welcome!</i> </p>	<p>2 sessions are being offered.</p> <p>Monday, March 19, 2018, 1:00 pm—2:30 pm or Monday, June 25, 2018, 1:00 pm—2:30 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register, call 519-664-3794 or 519-656-9025</b></p>
<p><b>Managing Low Back Pain</b></p> <p>This 2-week workshop looks at pain management strategies and how to do things without hurting so much. Presented by Minto Mapleton Family Health Team using Ontario Telemedicine Network (OTN).</p>	<p>Mondays March 19 and 26, 2018</p> <p>10:00 am—12:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p><b>To register, call 519-664-3794 or 519-656-9025</b></p>

Class Description	Date/Time	Location
<p><b>Craving Change</b> A 4-week “how to” workshop for changing your relationship with food</p> <ul style="list-style-type: none"> <li>• Understand why you eat the way you do</li> <li>• Comfort yourself without food</li> <li>• Change your thinking, change your eating</li> </ul>	<p>Tuesday <u>evenings</u>, March 20, 27, April 3 and 10, 2018</p> <p>6:00 pm—8:30 pm</p>	<p>Wilmot Recreation Centre 1291 Nafziger Rd., Baden.</p> <p><b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wwselfmanagement.ca">www.wwselfmanagement.ca</a></p>
<p><b>Back and Neck Sparing</b> In this 4 week interactive class in you will have the opportunity to:</p> <ul style="list-style-type: none"> <li>• Develop skills to increase your body and breath awareness while you perform your daily activities</li> <li>• Identify your current movements and activities that increase or decrease your discomfort</li> <li>• Learn ways to reduce strain on your spine while you do your daily activities</li> <li>• Share ways to pace and modify activities/movements to minimize pain</li> <li>• Explore the complexity of pain and changes that occur in the nervous system when pain persists</li> </ul> <p>Facilitated by Bernadette Vanspall, Physiotherapist and Joy Finney, Health Promoter</p>	<p>Thursday <u>evenings</u>, March 22, 29, April 5 and 12, 2018</p> <p>6:30 pm—8:30 pm</p>	<p>WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p> <p><b>Space is limited!</b></p>
<p><b>Anxiety—Dial it Down</b> Drug free tips to decrease anxiety. Presented by Kathy Somers, East Wellington Family Health Team using Ontario Telemedicine Network (OTN).</p>	<p>Thursday, March 22, 2018</p> <p>6:30 pm—8:30 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p>
<p><b>Minimizing Chronic Disease through Optimizing Gut Health: A Functional Medicine Approach</b> Presented by Dr. Hannah Snider, MD with a certification in Functional Medicine.</p>	<p>Friday, April 6, 2018</p> <p>10:15 am—11:15 am</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p><b>No registration required</b></p>
<p><b>Hearing Help Class</b> This 4 week workshop provides information on:</p> <ul style="list-style-type: none"> <li>• Hearing loss</li> <li>• Speech reading</li> <li>• Communication strategies</li> <li>• Coping with difficult listening situations</li> <li>• Communication devices</li> </ul> <p>Hearing help classes can improve communication with family and friends and help you stay involved in your favourite activities. Participants are encouraged to attend with a family member.</p>	<p>Mondays April 9—April 30, 2018</p> <p>2:00 pm—4:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>Registration required by March 29, 2018.</b></p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p> <p><b>Register early Seating is limited</b></p>
<p><b>Learning to Manage Osteoarthritis</b> This 3-week workshop is presented by Minto Mapleton Family Health Team using Ontario Telemedicine Network (OTN).</p>	<p>Mondays April 9, 16 &amp; 23, 2018</p> <p>10:00 am—12:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p>
<p><b>Chronic Pain</b> Do you live with ongoing Neck or Back Pain? Other Chronic Pain? This 6-week self management program includes:</p> <ul style="list-style-type: none"> <li>• Exercises for maintaining and improving strength, flexibility</li> <li>• Techniques to deal with stress, tension, anger, depression</li> <li>• Use of pain medications and treatments</li> </ul>	<p>Thursdays, April 12—May 17, 2018</p> <p>9:30 am—12:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs.</p> <p><b>For information or to register</b> call, 1-866-337-3318 or visit <a href="http://www.wwselfmanagement.ca">www.wwselfmanagement.ca</a></p>

## Health and Wellness cont'd

Class Description	Date/Time	Location
<p><b>The Mindful Way through Stress, Anxiety and Depression</b></p> <p>This 8-week course is an opportunity for you to explore your unique physical and emotional response to stress and how automatic thought patterns contribute to anxiety, depression, physical pain and illness. Learn mindfulness approaches to respond to stress using:</p> <ul style="list-style-type: none"> <li>• Breath awareness</li> <li>• Body awareness</li> <li>• Meditation</li> </ul> <p>This is a Mindfulness-Based Cognitive Therapy course, adapted from the Mindfulness-Based Stress Reduction course created by Jon Kabat-Zinn. Facilitated by Joy Finney, MPhil in Social Work, and Sue Arai, Psychotherapist.</p> 	<p>Orientation—Thursday Apr. 12, 3:00—4:30 pm</p> <p>Course runs on Thursdays, from April 19—June 7, 2018 2:00 pm —4:30 pm</p> <p><i>Retreat: Saturday, May 26, 2018 9:30 am - 3:30 pm (The retreat is open to past participants. To register for the retreat, call Joy by May 10th)</i></p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call Joy Finney at 519-664-3534 ext 230 by March 29, 2018.</p> <p><b>Space is limited!</b></p> <p>Pre-course interviews will be scheduled.</p>
<p><b>Practical Skills to Live Well as We Age</b></p> <p>How can we move through the day in ways which build bone and muscle strength? Learn ways to prevent and/or manage aches, pain and muscle stiffness. Share tips to enhance posture, breath and body awareness, nutrition, and memory. Build / harness resilience in the face of life's changes. Learn about community supports and resources.</p> <p>A 6-week course facilitated by Bernadette Vanspall, Physiotherapist, and Joy Finney, Health Promoter</p>	<p>Fridays, April 20, 27, May 4, 11, 25 and June 8, 2018</p> <p>10:00 am—12:00 noon</p> 	<p>WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p> <p><b>Space is limited!</b></p>
<p><b>Spring into Action!</b></p> <p>Join Physiotherapy Aide, Laurie , and Physiotherapist, Bernadette to explore ways you can get your body ready for spring: <i>Gardening, Potting, Planting, Digging and Yard Work!</i></p> <p>Learn ways to prevent injuries by being aware of your posture, using your joints and muscles well, and trying various joint friendly tools.</p>	<p>Thursday, April 26, 2018</p> <p>1:00 pm —3:00 pm</p>	<p>WCHC—Physiotherapy 9 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p> <p><b>Register early</b> <b>Space is limited</b></p>
<p><b>Men's Cooking Classes</b></p> <p>Learn how to cook simple dishes that you can make at home. Socialize with other men in the community as you learn how to follow recipes, learn cooking skills and gain confidence in the kitchen. Meals will be prepared and enjoyed by the group at each session. Join Karen Reitzel, Registered Dietitian, and Julie Schelter, Hospice Coordinator.</p>	<p><i>You are welcome to attend one or both sessions.</i></p> <p>Friday, April 27, and/or Friday, May 11, 2018</p> <p>11:00 am—1:00 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>Registration required 1 week prior</b>, call 519-664-3794 or 519-656-9025</p>
<p><b>Heart Healthy Eating</b></p> <p>Registered Dietitian, Karen Reitzel, will help you discover easy ways to improve your cholesterol level.</p> 	<p>Thursday, May 10, 2018</p> <p>5:30 pm —7:30 pm</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p>
<p><b>Osteoarthritis of the Spine &amp; Neck</b></p> <p>Presented by St. Joseph's Health Centre in Guelph using Ontario Telemedicine Network (OTN).</p>	<p>Monday, May 28, 2018</p> <p>Time to be determined</p>	<p>WCHC 10 Parkside Dr., St. Jacobs</p> <p><b>To register</b>, call 519-664-3794 or 519-656-9025</p>
<p><b>Dementia Overview</b></p> <p>Please join us for this session which will cover learning about dementia, adapting to changes in the brain, and living well with dementia. For people living with Alzheimer's disease and other dementias, and their care partners; also open to general public if requested.</p>	<p>Tuesday, May 29, 2018</p> <p>10:00 am —12:00 pm</p>	<p><b>Registration required by May 24, 2018.</b></p> <p><b>To register</b>, call the Alzheimer Society at 519-742-1422 No charge for registration—donations appreciated.</p>

# Mental Wellbeing: Support for You and Your Family



Everyone welcome. No charge.

For information about additional free Family Education Series by Canadian Mental Health Association of Waterloo Wellington (CMHAWW) visit [www.cmhaww.ca](http://www.cmhaww.ca)

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

<p><b>Mental Health Resources and Information</b> Join us for this drop in program where you will learn about helpful resources to support you, your family and/or friends. Keehan Koorn, Therapist with CMHA will lead us through a range of topics such as types of mental health professionals, types of therapy, and community supports.</p>	<p>Every third Tuesday of the month beginning with February 20, 2018  10:00 am—11:00 am</p>	<p><b>Drop In</b>  <b>No registration required</b></p>
<p><b>safeTALK</b> safeTALK is a 3 1/2 hour, evidence-based suicide-alertness workshop. Most people with thoughts of suicide invite help to stay safe. This training prepares people 15 years of age and older to identify persons with thoughts of suicide, recognize invitations, and take action by connecting a person at risk with life-saving intervention resources. safeTALK participants will learn to:</p> <ul style="list-style-type: none"> <li>• Move beyond common tendencies to miss, dismiss or avoid suicide</li> <li>• Identify people who have thoughts of suicide</li> <li>• Apply the TALK steps (<i>Tell, Ask, Listen and KeepSafe</i>) to connect a person with suicidal thoughts to suicide first aid, intervention caregivers</li> </ul>	<p>Wednesday, March 7, 2018  5:30 pm – 9:00 pm  Light dinner provided.  <i>This free training is for family members or friends supporting someone with a mental health issue and is funded by the Family Initiatives Project.</i></p>	<p><b>Registration required by March 2, 2018.</b> <b>To register</b>, call 519-664-3794 or 519-656-9025  <b>Priority will be given to Woolwich, Wellesley and Wilmot residents.</b>  Presented by Laura McShane, Coordinator Mental Health Promotion and Education, CMHAWW.</p>
<p><b>Maximizing your Physical and Mental Wellbeing when Living with Chronic Pain</b> Join Blair Jaworski, Paramedic living with chronic pain, Bernadette Vanspall, Physiotherapist and Dr. Will Van Heiningen, MD.</p>	<p>Thursday, March 29, 2018  1:00 pm—3:00 pm</p>	<p><b>To register</b>, call 519-664-3794 or 519-656-9025 by March 26, 2018. Registration appreciated but not required.</p>
<p><b>Compassionate Listening: Being present for others and for ourselves during difficult times.</b> Presented by Janelle Glick, Masters Student in Spiritual Care and Psychotherapy.</p>	<p>Tuesday, April 17, 2018  6:30 pm – 8:30 pm</p>	<p><b>To register</b>, call 519-664-3794 or 519-656-9025 by April 16, 2018. Registration appreciated but not required.</p>
<p><b>An introduction to a variety of approaches to counselling/therapy. What's the best fit for you?</b> Presented by Keehan Koorn, Registered Psychotherapist, CMHAWW</p>	<p>Monday, May 7, 2018  6:30 pm – 8:30 pm</p>	<p><b>To register</b>, call 519-664-3794 or 519-656-9025 by May 4, 2018. Registration appreciated but not required.</p>

## Increased mental health and addictions support is now available in Elmira!



The Canadian Mental Health Association Waterloo Wellington's Self Help & Peer Support is now offering the following three peer support groups at Woolwich Community Services, 5 Memorial Ave. in Elmira.

**There is no charge for these drop-in groups.**

For more info on dates check website [cmhawwselfhelp.ca/events](http://cmhawwselfhelp.ca/events) or call Meghan at 519-570-4595 ext 4095.

### **Depression & Anxiety Group (meets weekly on Tuesday evenings, 7:00—8:30 pm)**

Facilitated by peers, the Depression & Anxiety Group is for people who have experienced depression and/or anxiety. Participants share experiences, information, and provide mutual support to promote and maintain optimal health.

### **Addictions Group (meets alternating Wednesday evening, 7:00—8:30 pm—alternates with Supporting the Supporter Group)**

The Addictions Group is for people struggling to break the cycle of addiction and/or those who have a difficult time recognizing triggers. The group involves peer-led discussions on how to create safe and healthy changes – not a 12-Step program. Suitable for all addictions. Educational materials provided.

### **Supporting the Supporter Group (meets alternating Wednesday evening, 7:00—8:30 pm—alternates with Addictions Group)**

This group is for people who are supporting a family member or friend living with mental health or addiction issues. Peer-led discussions about mental health issues, how best to be supportive while considering personal boundaries, community resources, and self-care.

Educational materials provided.



Check out our website [www.wchc.on.ca](http://www.wchc.on.ca)

## ***Fitness Classes at Woolwich Community Health Centre***

Fitness classes are held at WCHC in St. Jacobs and WTCHC in Wellesley and are open to ALL residents of Woolwich and Wellesley Townships plus the areas of Perth and Wilmot Townships that are served by WTCHC. Call Linda at 519-664-3534 ext. 297 for more information. **Financial assistance is available.**

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

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

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

***Please register up to 1 week before each session starts.***

**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	March 22—May 10, 2018	8 classes for \$64.00
	May 17—June 28, 2018	7 classes for \$56.00
	July 5—July 26, 2018	4 classes for \$32.00

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

Monday, Wednesday & 1st, 3rd & 5th Friday 9:00—10:00 am	March 19—May 9, 2018	19 classes for \$95.00
	May 14—June 27, 2018	16 classes for \$80.00
Tuesday and Thursday 7:00—8:00 pm	March 20—May 10, 2018	16 classes for \$80.00
	May 15—June 28, 2018	14 classes for \$70.00

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

Tuesday and Thursday 9:00—10:00 am	March 20—May 10, 2018	16 classes for \$80.00
	May 15—June 28, 2018	14 classes for \$70.00
	July 3—July 31, 2018	9 classes for \$45.00

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

Tuesday 10:15—11:15 am	March 20—May 8, 2018	8 classes for \$32.00
	May 15—June 26, 2018	7 classes for \$28.00
	July 3—July 31, 2018	5 classes for \$20.00
Thursday 10:15—11:15 am	March 22—May 10, 2018	8 classes for \$32.00
	May 17—June 28, 2018	7 classes for \$28.00
	July 5—July 26, 2018	4 classes for \$16.00

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

Monday 5:45—6:45 pm	March 19—May 7, 2018	8 classes for \$32.00
	May 14—June 25, 2018	6 classes for \$24.00
	July 9—July 30, 2018	4 classes for \$16.00

## ***Fitness Classes continued***

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

Tuesday 11:30 am—12:30 pm	March 20—May 8, 2018	8 classes for \$32.00
	May 15—June 26, 2018	7 classes for \$28.00

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

Monday 12:10—12:50 pm	March 19—May 7, 2018	8 classes for \$40.00
	May 14—June 25, 2018	6 classes for \$30.00
	July 9—July 30, 2018	4 classes for \$20.00

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

Thursday 12:10—12:50 pm	March 22—May 10, 2018	8 classes for \$40.00
	May 17—June 28, 2018	7 classes for \$35.00

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

Monday Morning 10:30—11:30 am	March 19—May 7, 2018	8 classes for \$32.00
	May 14—June 25, 2018	6 classes for \$24.00
	July 9—July 30, 2018	4 classes for \$16.00

Wednesday Morning 10:30—11:30 am	March 21—May 9, 2018	8 classes for \$32.00
	May 16—June 27, 2018	7 classes for \$28.00
	July 4—July 25, 2018	4 classes for \$16.00

Monday Evening 7:00—8:00 pm	March 19—May 7, 2018	8 classes for \$32.00
	May 14—June 25, 2018	6 classes for \$24.00
	July 9—July 30, 2018	4 classes for \$16.00

Friday Afternoon 2:45—3:45 pm	March 23—May 11, 2018	7 classes for \$28.00
	May 18—June 29, 2018	7 classes for \$28.00
	July 6—July 27, 2018	4 classes for \$16.00

**Pilates:** Exercise focused on the core postural muscles providing support for the spine. (STOTT Pilates®)

Tuesday (Beginner Level) 5:45—6:45 pm	March 20—May 8, 2018	8 classes for \$64.00
	May 15—June 26, 2018	7 classes for \$56.00

Thursday (Intermediate Level) 1:00—2:00 pm	March 22—May 10, 2018	8 classes for \$64.00
	May 17—June 28, 2018	7 classes for \$56.00

## ***Fitness Classes at Wellesley Township Community Health Centre***

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

	March 23—May 11, 2018	7 classes for \$28.00
Fridays 9:15—10:15 am	May 18—June 29, 2018	7 classes for \$28.00
	July 6—July 27, 2018	4 classes for \$16.00

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

	March 23—May 11, 2018	7 classes for \$28.00
Fridays 1:00—2:00 pm	May 18—June 29, 2018	7 classes for \$28.00
	July 6—July 27, 2018	4 classes for \$16.00

## THE FARM COLUMN



### Rural Road Courtesy

Driving on country roads can be a very relaxing and enjoyable experience. The scenery and fewer vehicles can make this a relatively safe and uneventful commute.

However, all of a sudden the daydream is interrupted by an animal crossing the road and a quick reaction response is required by the car driver! Add to this experience a slippery road, a recent snowfall or whiteout conditions caused by a blizzard! The result is often a collision with a tree or fence post and a slide into the ditch.

As we drive on rural roads we become aware of farm machinery traveling at a much slower speed, taking up more than their share of space and heading into an uncertain laneway. Motorists become impatient, anxious to pass and opt to take risks that can cause injury to them and damage to their vehicle. Was it so important to get ahead?

Sharing our roads we also come upon cyclists who may or may not be riding in single file. As a car crests a hill the driver is unaware of what lies ahead and a collision may occur as they swerve to avoid a bicycle.

During the winter months the roads are constantly being cleared by snowplows, blades lowered and spreading salt and sand to make the drive safer for commuters. They also drive at a slower pace and motorists need to be patient and avoid the temptation to pass them. Safety is important and taking a risk can prove fatal.

We also need to take into consideration the horse and buggy driving on the shoulder of the rural road. Their speed is much slower than that of a motorized vehicle, the horse is an unpredictable animal and the occupants are not as comfortable or secure in their buggy. As a snowplow approaches the buggy the horse may become startled by the rumbling of the blade and could bolt into the direction of the road or into the ditch. It is recommended that plough operators lift their blade slightly, slow down and wait for the buggy to pull into the next laneway or road before proceeding on their way. It is unsafe for the plough operator to pass the buggy thereby throwing snow toward the horse and causing a sudden reaction.

It is important to remember to use courtesy and common sense as we travel along the rural roads of our region. We enjoy a diverse community and landscape and need to proceed with caution, reduce speed and stay alert for any unforeseen obstacles that may arise over the crest of the next hill.

Exercising safe driving habits benefits everyone using our rural roadways!

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



## JOIN THE WCHC BOARD OF DIRECTORS

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

WCHC's Nominating Committee is recruiting Board nominees for 2018-19. Board members reflect the community that WCHC serves:

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

Board members do not have to be clients of the health centre. All Board members must be able to attend regular Board meetings on the 4<sup>th</sup> Monday evening of every month from September to June, and take part in one other Board committee (e.g., Finance, Nominating or Quality Committee). Please call Heather at 519-664-3534, ext. 239 to receive a Board application package. **Applications are due by Friday, March 23, 2018. All interested applicants will be required to attend an orientation session which will be set for early April.** For further information, please contact Denise Squire, Executive Director, at 519-664-3794.



# Join Woolwich Healthy Communities this Spring

April - June 2018

## Community Clean Up Day



April 21  
8:30 am-noon  
Every LITTER  
bit helps!

## Tree Planting

Leave a green legacy!  
April 24, 25, 28, May 5



# Join Us!

## A Taste of Woolwich

Saturday, June 23  
8 am to 1 pm

Children's activities, live animals, workshops. Come check us out at the Elmira Farmers' Market, 24 Church St. W., Elmira



## Hiking and Biking

Thursday, May 24 at 9 am.  
Join us for our Regional Forest Series Hike at Drynen Tract Forest in Cambridge.

Stay tuned to our website for the 2018 schedule of hikes and bike rides.  
Join the Healthy Hikes 100 or 200 km challenge!



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

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



Watch the website for updates: [www.healthywoolwich.org](http://www.healthywoolwich.org) or email us at [admin@healthywoolwich.org](mailto:admin@healthywoolwich.org)

## Bereavement Walking Group



In the spring of 2018 Woolwich Wellesley Hospice will be starting a Bereavement Walking Group. A Bereavement Walking Group is a form of bereavement support for individuals (both men and women). It is an opportunity for people who have experienced the death of a loved one to walk in nature with others in similar circumstances and to receive the support of volunteers and fellow walkers.

Watch for more information.

If you are interested in joining or feel you need support before the group begins, please contact Julie Schelter at 519-664-3794 ext 229.

## Ongoing Programs AVAILABLE TO ALL Rural Residents

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

**Community Airways Clinic** in partnership with St. Mary's General Hospital



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

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

If you live in Waterloo Region you can access the:



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

- Individual appointments are available with a nurse, dietitian, and foot specialist.
- Learn how to check, manage and control blood sugar levels.
- Educational workshops.
- Diabetes exercise classes available.

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

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

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

**When:** 2nd Tuesday of every month

**Time:** 6:00 pm—7:00 pm

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



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

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

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



### Woolwich Wellesley Hospice

Providing compassionate help for those with life-limiting illnesses and their loved ones.



#### Volunteer Visiting

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

#### Caregiver Coffee Hour

The Caregiver Coffee Hour support group is offered by WCHC in conjunction with the Alzheimer Society Waterloo-Wellington at WCHC, 10 Parkside Dr., St. Jacobs  
1st Tuesday of the month  
10:00 —11:30 am.

#### Caregivers Support Group

Provides support to caregivers who are supporting someone who is seriously ill. It is an opportunity to meet with others who share similar feelings and situations.  
WCHC, 10 Parkside Dr., St. Jacobs  
1st Thursday of the month  
10:00—11:00 am.

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

### Hospice Volunteer Training

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 the Spring. (dates and times to be announced)

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

To register for this free training to become a Hospice Volunteer please contact: Julie Schelter 519-664-3794 ext.229



Health Understanding Growth Sharing

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

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

## Woolwich Community Health Centre

10 Parkside Dr. St. Jacobs

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

February 9, 2018	<b>PARENTING CAN BE "TAXING"</b> - What can be claimed
February 23, 2018	<b>KINDERGARTEN READINESS</b> - What children should know
March 9, 2018	<b>QUIET NIGHT</b> - Tips from sleep consultant, Meaghan Straus
March 23, 2018	<b>HOME DAY CARE OR ORGANIZED CHILDCARE</b> - What questions to ask
April 13, 2018	<b>BOTTOMS UP</b> - Diaper Rash, Diarrhea, Constipation, Potty training
April 27, 2018	<b>MYTHS ABOUT AGRICULTURE</b> - Understanding the food we eat
May 11, 2018	<b>QUICK AND HEALTHY MEAL IDEAS FOR BUSY PARENTS</b>
May 25, 2018	<b>GARDENING WITH CHILDREN</b>
June 8, 2018	<b>VACATIONING WITH CHILDREN</b> - Local activities, travelling
June 22, 2018	<b>TEACHING CHILDREN ABOUT MONEY, RESP'S</b> - Rob & Mike Laurin
July 13, 2018	<b>PARK DAY</b> - Bolender Park in Elmira—NO CHILDCARE
July 27, 2018	<b>PARK DAY</b> - St. Jacobs Park—NO CHILDCARE
August 10, 2018	<b>PARK DAY</b> - Gibson Park in Elmira—NO CHILDCARE
August 24, 2018	<b>GROWTH AND DEVELOPMENT MILESTONES</b> - Services to access

## Wellesley Township Community Health Centre and Early Years Wellesley Community Centre

1000 Maple Leaf St., Wellesley



There is no charge for the HUGS program, no pre-registration required, and your children can play at the Early Years Program in the room next door.

Join us every 4th Wednesday 9:30 to 11:00 am

January 24, 2018	<b>BABY MASSAGE</b> - Erin Clarke, massage therapist
February 28, 2018	<b>NATUROPATHIC APPROACHES TO COMMON CHILDHOOD CONCERNS</b> - Dr. Raza Shah, St. Jacobs Naturopathic Clinic
March 28, 2018	<b>PERI-NATAL MENTAL HEALTH</b> - Coping with postpartum depression- Debbie Wang, Waterloo Public Health
April 25, 2018	<b>QUIET NIGHT</b> - Sleep training with Meaghan Straus, sleep consultant
May 23, 2018	<b>DEVELOPMENTAL MILESTONES FOR CHILDREN</b> - Local services to access if needed
June 27, 2018	<b>SIGN LANGUAGE FOR CHILDREN</b> - Teaching babies to communicate before they can speak

## Additional Services

10 Parkside Dr.

### St. Jacobs Dental Group

#### **Accepting New Patients and Emergencies**

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

Dr. Mira Nusaputra, D.D.S

Tel: 519-664-2434

[www.stjacobsdentalcare.ca](http://www.stjacobsdentalcare.ca)

### 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](http://www.stjacobsmidwives.on.ca)

### St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.

Tricia D. Brubacher RMT

Tel: 519-664-1050

[www.stjacobsnaturopathic.com](http://www.stjacobsnaturopathic.com)

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

### Smoking Cessation—We can help smokers who want to quit.

At Woolwich Community Health Centre, we are always looking for innovative ways to support our clients in making healthy lifestyle choices. The Ottawa Model for Smoking Cessation (OMSC) is an initiative that fits perfectly with this goal. Smoking cessation interventions have always been offered to our clients but now we have the opportunity to offer a comprehensive best practice program at all of our three sites. The OMSC is a simple, systematic approach for addressing tobacco use with smokers and for supporting successful quitting using the best available evidence-based treatments. Some of our staff have completed training as smoking cessation counsellors and are knowledgeable in the latest effective treatments to address tobacco use and support patients in quitting. Most smokers do want to quit and have made attempts to quit smoking. Offering an easy-to-access, comprehensive smoking cessation program is essential to support those who smoke to set their quit date.

### Prescription Renewals

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

Please remember:

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

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

### After Hours Service



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 After Hours 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 After Hours 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., Wed., 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 8:30 a.m. - 4:30 p.m.

Friday 8:30 a.m. - 4:30 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)

Tuesday only 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.



Check out our website [www.wchc.on.ca](http://www.wchc.on.ca)