



Woolwich Community HEALTH CENTRE

and Wellesley Township COMMUNITY HEALTH CENTRE

UPDATE

"growing toward a healthier tomorrow"

## WTCHC on the Move to the New Location in late 2023

Following support from the Ministry of Health-Ontario West, Woolwich Community Health Centre signed an agreement with the Wellesley Township in May 2022. This agreement will allow us to move our clinic at 1180 Queen's Bush Road to the new Wellesley Recreation Centre and expand our services to Wellesley Township. The project completion is anticipated for November 2023. The groundbreaking ceremony took place on May 2nd.

We especially want to recognize and thank the Jones Family from Linwood who have made a donation of \$500,000 specifically for the Health Centre. In exchange for this donation the building will be named Jones Family Health and Wellness Place. The ongoing appeal for support of the construction of the centre [www.something4everyone.ca](http://www.something4everyone.ca) aims to raise \$2.5M towards the funding of the project. We want to acknowledge Director Chris Martin for his leadership in this important development for our rural community helping tie health and wellness together in one well designed and constructed



## Greetings from the Board of Directors

On behalf of the Board of the Woolwich Community Health Centre (WCHC), I would like to thank recently retired Chair Greg Smith and Directors: Graham Strong, Tricia Weber and Nazia Khan for their many contributions to the governance of our health centre. In addition I would also like to extend a warm welcome to our newest Directors – Jean Healey-Martin, Kathryn Feltz, Hanriett Cosma and Laurean Larocca. Jean is a retired local teacher and farmer from West Montrose, Kathryn works in service and planning coordination for developmental services and lives in Elmira, Laurean is a Physiotherapist and lives in Wellesley and Hanriett is an accountant living in Kitchener who has already served as a community rep on the Finance committee for the past 4 years. Our 2022-23 Board of Directors represents a diverse cross-section of rural townships that our health

Mike Hribar (Chair), Andrew Swatridge (Vice Chair), Mike Shipley (Treasurer), Jean Healey-Martin ( Director), Laurean Larocca (Director), Connie Wightman (Secretary), Kathryn Feltz ( Director), Hanriett Cosma (Director), Chris Martin (Director), Taposhi Batabyal (Director), Gurminder Singh (Director - not in photo), Kan Chhatwal, (Director - not in photo)

centre serves, and brings together a strong mix of skills, experience and perspectives to the governance of WCHC which we know will be needed during this post pandemic period.

Mike Hribar, Chair

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# Health and wellness

During the fall, Woolwich Community Health Centre is offering a combination of virtual (on zoom) and in-person programs/groups. Groups meeting in-person will have the location indicated in the session description. All health education events are **FREE**.

Registration is required. To register for the health and wellness sessions, email Tariq at [tabdulhadi@wchc.on.ca](mailto:tabdulhadi@wchc.on.ca) or visit our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab, or call 519-664-3794 or 519-656-9025.

Once you have registered, you will receive your invitation to participate closer to the date of the presentation. If you do not have internet access, no worries, you can attend the program using your telephone.

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## Session Description

### Brain Health and Aging

In this session, we will explore some of the changes we may experience in our brain health as we age, as well as some strategies and resources available to promote brain health as we get older.

Facilitated by Jill Simpson, Seniors' Fitness and Healthy Aging Specialist

### Caring for the Caregiver

Have you ever heard 'you can't pour from an empty cup'? Caregivers do so much, and play a number of very important roles in the lives of those who they provide care for. It is important to look after the caregiver as well. In this session, we will explore useful ways in which caregivers themselves can find support tailored to their needs, and will discuss local resources available to support caregivers who do so much for others in their lives.

Facilitated by Linda Flemming, Client and Caregiver Engagement Specialist, Community Support Connections

### Practicing Functional Mobility through Daily Life Tasks

As your body takes you through many different motions throughout your day, it is important to practice functional movement and to be mindful of the ways you complete regular tasks. Join us as we explore the importance of and ways to enhance functional mobility, through activities of daily living and the often repetitive motions we may complete throughout the day.

Facilitated by Bernadette Vanspall, Physiotherapist

### Downsizing and Decluttering

Over time, it is easy to accumulate many different items in our homes. Some of these may be things we simply no longer need, things we thought we might use more often than we really do, or sentimental items we have collected and have a hard time parting with. Join us in this session to learn ways to downsize and declutter your space effectively.

Facilitated by: Samantha Kristoferson, KW Professional Organizers

## Date & Time

Monday, September 26, 2022  
6:30 - 8:00 pm on Zoom

Tuesday, September 20, 2022  
6:30 - 8:00 pm on Zoom

Wednesday, Oct 26, 2022  
1:30 - 3:00 pm In-person  
(10 Parkside Dr., St. Jacobs)

Wednesday, December 7, 2022  
1:30 - 3:00 pm on Zoom

# Mental Wellness Support

## For you and your Family

### Virtual Spa: Stress-Busting Lunch 'N Learns

Stressed? Difficult to unwind or on the edge of burnout? Learn to more fully harness your mind and body's wisdom to deepen a sense of daily calm. Each lunch "break" we'll explore strategies to help calm our nervous systems, improve habits, and recharge.

Join us for one, several, or all sessions. On Zoom. Sessions run 12:00pm-12:45pm

Led by Jannah Tudiver, WCHC Registered Psychotherapist, & special guest Bernadette Vanspall, WCHC Physiotherapist, on October 4.

#### Topics:

1. Tuesday, September 20 - Ease Body Tension & Calm with Breathing: learn strategies to ease physical tension and harness the power of the breath to calm the nervous system

2. Tuesday, October 4 – Activities to Find Your Chill-Zone: explore what unique activities calm and energize you including with evidence-based ways to complete your stress cycle. Bernadette Vanspall, WCHC physiotherapist, will be co-leading this session.

3. Tuesday, October 18 - "Mind Spa": become more familiar with your thinking patterns and learn ways to "make stress your friend" and respond more skillfully to unhelpful and negative beliefs

4. Tuesday, November 1 - Soothe with Self-Compassion & Visualization: explore ways to enhance a greater sense of care and nurturing for yourself plus try strategies that draw upon imagery

**Registration is required.** To register email Tariq at [tabdulahadi@wchc.on.ca](mailto:tabdulahadi@wchc.on.ca) or visit our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the "Register Online" tab. This event is **FREE!**

### Youth & Teens Wellness Series

Being a teen today can be hard! Social media, drugs and addiction, varying beliefs, mental health and feeling pulled in different directions are just some of the things we face. There are a lot of things going on in teenage life, but you may not always have a place to talk about them. If you or a friend knows what this is like, this 4 week series is perfect for you!

**Registration is required.** To register, email Lauren [lkells@wchc.on.ca](mailto:lkells@wchc.on.ca) or Amelia [aballak@wchc.on.ca](mailto:aballak@wchc.on.ca) or our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab, or call **519-664-3794** or **519-656-9025**.

#### Facilitated by:

Amelia Ballak, Certified Music Therapist & Registered Psychotherapist  
Lauren Kells, Community Health Worker

#### Session Dates:

Tuesday, October 4th.  
Tuesday, October 18th.  
Tuesday, November 1st,  
Tuesday, November 15th  
Time: 3:00-4:00pm  
Location: WCHC (10 Parkside Dr., St. Jacobs)

### Creative Kids

Are you in Grades 1-5 and looking for something to keep you busy after school? Come join us at the Wellesley Township Community Health Centre for a variety of arts and crafts, games, science experiments, and fun with friends! Email Lauren at [lkells@wchc.on.ca](mailto:lkells@wchc.on.ca) for more details.

Wednesday afternoons for 6 weeks. Starting September 21, 2022 (Sept. 21st, Sept. 28th, Oct. 5th, Oct. 12th, Oct. 19th, Oct 26th) - 3:00 pm to 4:00pm  
1180 Queen's Bush Rd (WCHC Buggy works Room).

Facilitated by: Lauren Kells  
Registration is required. To register, email Lauren at [lkells@wchc.on.ca](mailto:lkells@wchc.on.ca)

# Mental Wellness Support

## For you and your family continued...

### Winter Blues and Depression Series

Join us in the darker months of the year as we seek light and hope. We'll focus on depression and the winter 'blues' and 'blahs', as we explore ways to spark our energy, learn how to respond skillfully to negative beliefs (like winter is 'awful') and difficult feelings, and create and sustain a plan for change.

Join us for one, several, or all 4 sessions in this series, offered Wednesdays on January 11, January 25, February 8 and February 22, 2023, from 12:00 -1:00pm via zoom .

**Session 1:** January 11, 2023: Join us as we explore signs & symptoms of common types of depression and the winter blues. We'll also look at lifestyle factors that can have a big impact on our moods. We will also talk about treatment options for the signs and symptoms including the ones covered in the following sessions.

**Session 2:** January 25, 2023: Find your spark & jump into action. In this session, we'll explore the relationship between activity & mood, types of activities to increase a sense of joy & purpose, and practice goal-setting.

**Session 3:** February 8, 2023: Low moods typically involve negative beliefs & affect our sense of self-worth & hope. In this session, we'll look at common patterns of negative self-talk and strategies to respond more skillfully to experience a shift.

**Session 4:** February 22, 2023: In this session, we'll explore ways to increase a sense of self-compassion & care for ourselves. You will also have the opportunity to create a unique & practical plan for change or to sustain changes made.

Facilitated by Penny Bedford, Registered Social Worker & Psychotherapist & Jannah Tudiver, Registered Psychotherapist

**Registration is required.** To register, email Tariq at [tabdulahadi@wchc.on.ca](mailto:tabdulahadi@wchc.on.ca) or visit our website [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab. This event is FREE!

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### Do you want to quit smoking?

Tobacco use is the leading preventable cause of disease and death in Ontario. To support our patients in making healthy lifestyle choices, WCHC offers The Ottawa Model for Smoking Cessation (OMSC) program. This program is a simple, systematic approach for addressing tobacco use with smokers and for supporting successful quitting by using the best available evidence-based treatments. Many of our staff have completed training as smoking cessation counsellors and are knowledgeable in the latest effective treatments to address tobacco use and support quitting with clients. Most smokers do want to quit and have made quit attempts. If you are a rostered client you can access this comprehensive smoking cessation program by calling in and booking an appointment with one of our smoking cessation counsellors

If you are not a rostered client at the WCHC and want to quit smoking, have made quit attempts and/or are interested in learning about the quitting smoking, WCHC is happy to offer free sessions to assist you with your goals.

Tuesday October 18 from 7-9 pm in St Jacobs (in the Gord Hunsburger Room)

Wednesday November 19 to November 16, from 7-9 pm in Wellesley (in the Buggy Works Room)

January 16-20, 2023 is National Non-Smoking week and we will be available January 17th, 7-9 pm in Wellesley (BWR) and January 18th in St Jacobs (GHR)

**Registration is required.** To register, email Paula at [pballak@wchc.on.ca](mailto:pballak@wchc.on.ca) or call at 519-664-3794 ext. 237.



# Virtual Fitness Classes

## for Fall session 2022

We feel that our fitness classes are not only physically beneficial but, also play an important role in your mental wellbeing.

If you have never joined our fitness classes, now is the time to try! We offer a range of classes suited to different needs. If you are a senior who does little to no physical activity, you might want to try the Building Strength and Balance, or Better Bones. FUNdamental Fitness classes are perfect for the active adult, and Body

Fit classes are high endurance. We also offer Mindfulness Yoga and Yogalates, a combination of Yoga and Pilates. To our long time participants, THANK YOU for your support over the years. All classes require registration. To register, visit [www.wchc.on.ca](http://www.wchc.on.ca) and click on the Register Online tab. If you are unable to register online or have any questions please call 519-664-3794. Financial assistance is available.

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

#### Mondays 9:00am

**September 12 - Oct 31, 2022**

7 classes for \$35.00

**November 14 - December 19, 2022**

6 classes for \$30.00

**January 9 - February 13, 2023**

6 classes for \$30.00

**February 27- April 3, 2023**

6 classes for \$30.00

#### Wednesdays 9:00am

**September 14—November 2, 2022**

8 classes for \$40.00

**November 16—December 21, 2022**

6 classes for \$30.00

**January 4—February 15, 2023**

7 classes for \$35.00

**March 1– April 12, 2023**

7 classes for \$35.00

#### Fridays 9:00am

**September 16—November 4, 2022**

8 classes for \$40.00

**November 18—December 23, 2022**

6 classes for \$30.00

**January 6—February 17, 2023**

7 classes for \$35.00

**March 3– April 14, 2023**

6 weeks for \$30.00

### FUNdamental Fitness: All-around fitness for active adults.

Suggested equipment: hand weights or alternative, exercise mat, small ball.

#### Tuesdays 9:00am

**September 13—November 1, 2022**

8 classes for \$40.00

**November 15—December 20, 2022**

6 classes for \$30.00

**January 3—February 14, 2023**

7 classes for \$35.00

**February 28— April 11, 2023**

7 classes for \$35.00

**Yogalates: Combining Yoga and Pilates, we'll aim to lengthen muscles, increase strength, relax and connect to the inner self.**

#### Tuesdays 5:45pm

**September 13– November 1, 2022**

8 classes for \$64.00

**November 15—December 20, 2022**

6 classes for \$48.00

**January 3—February 14, 2023**

7 classes for \$56.00

**February 28—April 11, 2023**

7 classes for \$56.00

**Mindfulness Yoga: Practice of being with whatever arises moment to moment, coordinating breath, movement, concentration.**

#### Tuesdays 7:00 pm

**September 13—November 1, 2022**

8 classes for \$64.00

**November 15—December 20, 2022**

6 classes for \$48.00

**January 3—February 14, 2023**

7 classes for \$56.00

**February 28– April 11, 2023**

7 classes for \$56.00

# Fitness continued...

**Building Strength and Balance:** For those with neurological conditions or those wanting to improve balance and strength. Suggested equipment: sturdy chair without wheels, weights or alternative, exercise band, small ball.

## Tuesday (Intermediate Level) 10:15

September 13—November 1, 2022  
8 classes for \$32.00

November 15—December 20, 2022  
6 classes for \$24.00

January 3—February 14, 2023  
7 classes for \$28.00

February 28—April 11, 2023  
7 classes for \$28.00

## Thursday (Beginner Level) 10:30 am (no lying down)

September 15—November 3, 2022  
8 classes for \$32.00

November 17—December 22, 2022  
6 classes for \$24.00

January 5—February 16, 2023  
7 classes for \$28.00

March 2—April 13, 2023  
7 classes for \$28.00

**Phone-based Building Strength and Balance:** Participate using your telephone. You'll need hands free speaker option. Information will be mailed to you to help guide you through the exercises. Social time to follow. Suggested equipment: sturdy chair without wheels, exercise band.

## Thursdays 1:30 pm

September 15—November 3, 2022  
8 classes for \$32.00

November 17—December 22, 2022  
6 classes for \$24.00

January 5—February 16, 2023  
7 classes for \$28.00

March 2—April 13, 2023  
7 classes for \$28.00

**Better Bones:** For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment: weights or alternative, exercise band, small ball.

## Monday 10:15 am

September 12—October 31, 2022  
7 classes for \$28.00

November 14—December 19, 2022  
6 classes for \$24.00

January 9—February 13, 2023  
6 classes for \$24.00

February 27—April 3, 2023  
6 classes for \$24.00

## Wednesday 10:15 am

September 14—November 2, 2022  
8 classes for \$32.00

November 16—December 21, 2022  
6 classes for \$24.00

January 4—February 15, 2023  
7 classes for \$28.00

March 1—April 12, 2023  
7 classes for \$28.00

## Friday 10:15 am

September 16—November 4, 2022  
8 classes for \$32.00

November 18—December 23, 2022  
6 classes for \$24.00

January 6—February 17, 2023  
7 classes for \$28.00

March 3—April 14, 2023  
6 classes for \$24.00

## Friday (WTCHC) 9:00 am

September 16—November 4, 2022  
8 classes for \$32.00

November 18—December 23, 2022  
6 classes for \$24.00

January 6—February 17, 2023  
7 classes for \$28.00

March 3—April 14, 2023  
6 classes for \$24.00

**Mobility Activation Core:** In this class we'll work to improve range of motion and stabilize the core to add more power to daily activities. The goal is to prevent injuries and correct imbalances. Suitable for beginner to advanced participants and for anyone looking to improve vitality.

## Mondays 12:45-1:30pm

September 12- October 31, 2022  
7 classes for \$49

November 14- December 19, 2022  
6 classes for \$42

January 9- February 13, 2023  
6 classes for \$42

February 27- April 3, 2023  
6 classes for \$42

**NEW!**

# Fitness continued...

**Recovery Mobility Class: Work to improve function, movement patterns and range of motion, Reducing risk of injury. Suitable for beginner to advanced participants able to get down onto an exercise mat.**

**Wednesdays 12:00-12:45pm**

**September 14 – November 2, 2022**  
8 classes for \$48  
**November 16- December 21, 2022**  
6 classes for \$36

**January 4- February 15, 2023**  
7 classes for \$42  
**March 1- April 12, 2023**  
7 classes for \$42

**NEW!**

**Core Class: We'll mix standing and floor exercises to work on strengthening and supporting the core. This class is great for supporting the pelvic floor and will use therabands, balls and foam rollers.**

**Tuesdays 11:30am-12:15pm**

**September 13, November 1, 2022**  
8 classes for \$40  
**November 15 - December 20, 2022**  
6 classes for \$30

**January 3, February 14, 2023**  
7 classes for \$35  
**February 28 - April 11, 2023**  
7 classes for \$35

**NEW!**

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## Wellbeing Waterloo Community Survey

Watch out in your mail box, on social media and at public events this fall for an opportunity to contribute to the Waterloo Region Community Wellbeing survey. This is a follow up to the survey that was carried out in 2018 when 40,000 people's views were solicited but only 17,000 people replied (only 2% were from the Townships). Speaking up for the rural voice is very important as this survey becomes the basis of much planning and resource development choices. Make our rural experiences count!

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## HUGS IS BACK In-Person (H – Health U – Understanding G – Growth S – 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 Nurse Practitioner and a Community Health Worker.

For parents and children (0-5 years) living in the catchment area of Woolwich & Wellesley Township Community Health Centres. Free childcare provided. No pre-registration required. Snacks provided.

**For more information, call Paula at 519-664-3794 ext. 237. Registration is not required.**

Facilitated by: Nurse Practitioner, Rural Community Health Worker and other professionals

**TOPICS:**

**September** – Common childhood illnesses  
**October** - Oral and Dental Health  
**November** - Happy Feet  
**December** - Christmas Celebration! Decorating cookies and a visit from Santa  
**January** - Music and our Children  
**February** - Pelvic Floor Health  
**March** - Nutrition for your Children  
**April** - American Sign Language  
**May** - Mental Health Awareness Month: Peri-partum mood  
**June** - Midwifery – Pregnancy, Delivery, Post-partum

**St Jacobs Community Health Centre (Parkside Drive, St. Jacobs)**  
Tuesday's (3rd Tuesday of every month 9:30 am - 11:00 am) Sept 20, October 18, November 22, December 20, January 24, February 21, March 21, April 18, May 16 and June 2

**Wellesley Community Centre (1000 Maple Leaf Drive, Wellesley)**  
Thursday's (2nd Thursday every month 9:30 am - 11:00 am) Sept 8, October 13, November 10, December 8, January 12, February 9, March 9, April 13, May 14 and June 8

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## Volunteer Opportunities

To provide childcare at St. Jacobs Community Health Centre and at the Wellesley Community Centre during the H.U.G.S. program. If you want to volunteer, The H.U.G.S. program runs in Wellesley on the 2nd Thursday every month and in St Jacobs on the 3rd Tuesday of every month in the morning. For more information, please call Paula at 519-664-3794, ext. 237.

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## Wellesley Youth Advisory Council

Are you a youth in Grades 9-12 that is passionate about community development, engagement and socializing with friends? Join our Wellesley Youth Advisory Council! Email [lkells@wchc.on.ca](mailto:lkells@wchc.on.ca) for more details.

3rd Thursday of Every Month, starting September 15th 2:30 pm - 4:00 pm's Bush Rd (WTCHC Buggy works Room).

1180 Queen's Bush Rd (WTCHC Buggy works Room).

Facilitated by: Lauren Kells

**Registration is required.** To register, email Lauren at [lkells@wchc.on.ca](mailto:lkells@wchc.on.ca)

# Creative Art Classes

The Creative Art Program is pleased to be offering free adult art classes again this year. Taking time out from our hectic lifestyles to join others and be creative does wonders for our souls. Come out, join the fun and try something new!

Please read the registration information carefully. We want as many people as possible to enjoy these classes but each class will be limited in size to accommodate social distancing.

**\*MASKS will be required and VACCINATION against COVID 19 is strongly encouraged.**

**\*COVID regulations may change and classes may be cancelled or postponed at any time at our discretion.**

**Registration begins on Monday, September 19th, 2022. No requests will be accepted before this date.**

Choose 1 class, include the name of class, the date and time that you prefer. If you would like to join any

other classes we will put your name on the waiting list for those classes.

Email your registration information to **wchc.artprogram@gmail.com** If you do not have email access you may call **519-664-3794 ext. #403** and leave a message to register.

When registering please provide the following information:

- Your first choice class, (name of class, date and time )
- Name, date & time of classes you are willing to go on the waiting list for
- Your full name
- Your mailing address
- Your Phone number
- Your email address

We will contact you to confirm your registration and send you a reminder a few days before the class

## Class Description

## Date & Time

### Macramed Lantern Hanger

What's old is new again! Learn or relearn some basic macrame knots to create this pretty hanger holding a glass mason jar. Add a tea light for a lovely hanging lantern

Tuesday, Oct 4th 1:00-3:00 pm or  
Thursday, Oct 6th 6:00-8:00 pm

### Acrylic Free Pour Painting

Rather messy but lots of fun! Paint a 12" x 12" canvas by pouring paint mixed with silicone to create a very unique and beautiful piece of art. No two pieces will ever be the same. We will be using autumn colours to celebrate fall.

Tuesday, Oct 25th 1:00-3:00 pm or  
Thursday, Oct 27th 6:00 -8:00 pm

### Felted Woodland Santa

Learn the art of needle felting to create this rustic banner with Santa walking in the winter woods. It is much easier than it looks!  
(Approximately 8"x10")

Tuesday, Nov 8th 1:00-3:00 pm or  
Thursday, Nov 10th 6:00-8:00 pm

### Painted Holiday Ornaments

We will paint 3 fun ornaments in this class. They are all easy to paint and make great gift toppers for family and friends.

1. Santa face on a natural wood round using texture paint for his beard and hat.
2. Happy wooden Star with curly wire hanger
3. Snowman made from Jenga blocks with a little fleece hat and scarf.

Tuesday, Nov 22nd 1:00-3:00 pm. or  
Thursday, Nov 24th 6:00 -8:00 pm

### Christmas Table Arrangement

We will use live pine branches, ribbons, pine cones, and a variety of holiday decorations to create a festive centerpiece for your holiday table or mantle.

Tuesday Dec 6th 1:00-3:00 pm or  
Thursday Dec 8th 6:00-8:00 pm

### Creative Art Journal

This will be a 3 week class. You will receive an art journal and together we will create a new page each week using various art techniques.

Watercolours, markers, stencils, writing, drawing, collages, etc. Experiment with different techniques and let your imagination flow. The rest of the journal is for you to play with as you desire. A great way to enjoy those "stuck-in-the-house" winter days!

Thursday evenings 6:00-8:00 pm,  
January 12th, 19th and 26th, 2023

# Farm Column

## The most important safety tool you need is...your brain!

It can be easy to get discouraged and worried with all the situations and concerns we face in rural living, but what I'm learning about living a "worried about the future" life is that it steals the "happy in the present" life.

Many factors that influence the viability of our farms, manufacturing, home businesses and livelihoods are out of our control and often those things are what cause us the most stress. The weather, long working hours, large debt loads, uncertain crop yield and forage production, breakdowns, livestock losses, erratic markets, disagreements with others, source chain supply issues, increased government regulations and complicated paperwork, illness in the family, injury, or death: all stressors that take a toll on our ability to live with joy for the present. These stressors often preoccupy our thoughts and minds causing us to lose focus, allowing our minds to wander. This wandering mind can lead us to a danger zone - a mindset that lacks focus and clarity. When we are driving a tractor, operating machinery, working with large animals, and interacting with those around us, we must be focused on the present. We must be focused and clear. Otherwise, a seemingly routine task or job can turn into a dangerous incident and things can go from bad to worse.

## The Ultimate Goal: Control

Whatever you do, there is no way to completely eliminate stress. Instead, your goal should be to limit the amount of stressors around you while keeping the negative effects at bay. This is control and it requires a definite amount of personal commitment, whose rewards lie in a life with less stress and finding more joy in the present.

Now that you are aware of these things – if you, or someone you know is in need of help, be as honest and objective as possible – reach out for the assistance needed to deal with, control, and handle the stresses faced in rural agricultural living! Give yourself credit for the tough times that you have survived. Acknowledge the feelings and care about yourself more than caring about what others think. YOU ARE WORTH IT!!

## Balance is the key to effectively dealing with stress. We all need to find our own BALANCE.

Distress occurs when we suffer from increased amounts of stress over a long period of time. Distress can threaten our physical and mental health. Experiencing ongoing distress for months or years leaves our bodies and minds stressed, foggy, unclear. High levels of adrenaline and other stress chemicals, meant to be used as a short term response to challenges, are harmful when they persist with no relief. The results can be damaging to our physical bodies, mental health, relationships, operational decisions, and possibly lead to incidents and accidents. It is important to identify and deal with stress so it doesn't turn into distress.

Everyone views stressful situations differently and has different coping skills. Understanding ourselves and our reactions to stress allows us to learn how to handle stress more effectively. Ultimately, the goal is to be present - as being present allows us to go about our lives and jobs safely.

## In a world of uncontrollable situations, the one thing you can control is how you treat yourself!

The daily exercise of "being present in the moment" and mindfully choosing to stay focused while performing our daily tasks and staying safe at home, on the road, on the farm and in the shop is so important. This isn't about avoiding distraction - it's about maintaining focus in a way that keeps you present, mindful and safe. If you are unable to stop these thoughts and keep your focus, reach out! You are important! You are irreplaceable!

There are a few options for assistance in Ontario – Farmer Wellness Initiative – 1-866-267-6255

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

ConnexOntario - 1-866-531-2600

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

Here 24/7 - [www.here247.ca](http://www.here247.ca) - 1-844-437-3247

Your family doctor, health unit, or local hospital – Dial 911 if you or someone you are with is in crisis.

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

# A Guide To Community Resources in Woolwich and Surrounding Areas

In Woolwich Township and the Region of Waterloo there are a large number of community resources that are set out to support communities in the region. Most of the resources are free. Unfortunately, many of these resources are not heavily advertised and our community members may not yet know about these resources. This community guide can help organizations, community groups and members of the Woolwich community identify opportunities and help connect individuals/families to supports and social activities.

This guide is compiled by our summer student, Ben Fretz and is intended for the organizations and people that support community members in

Woolwich, Wellesley and Surrounding Areas. The guide covers topics in 20 categories) that are among the most important for individuals, families, and community members to find their way to accessing resources in our area. The information you find here will not answer all of your questions, but we hope that it will help you discover where you can go in Woolwich and the Region of Waterloo for more information. This guide has been prepared in electronic format and available through our website [www.wchc.on.ca](http://www.wchc.on.ca)

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## Rural Family Outreach

The Family Outreach Program is a neighbourhood based program funded by the Region of Waterloo that works with families who have children 17 years old and under to prevent and reduce the effects of poverty. Family Outreach Workers work with families to help meet basic needs by problem-solving solutions together, connecting them with services in their community and providing direct support when necessary. Believing that we are stronger together, Family Outreach Workers work with other community partners to find innovative solutions to support families living on low income. If you have children 17 and under, are living on a low income and would like to get connected to our Family Outreach Worker serving Woolwich, Wellesley, and Wilmot please contact Natasha at **226-929-9086** or [natashao@houseoffriendship.org](mailto:natashao@houseoffriendship.org).

If you live outside of these areas and would like to connect with a Family Outreach Worker in your community please email [info@familyoutreach.ca](mailto:info@familyoutreach.ca) or call 519-742-8327 x 240.

## Welcoming Ukraine Refugees to Woolwich Township

Woolwich Healthy Communities and Woolwich Community Health Centre in partnership with local organizations and community members have showed solidarity with refugees from Ukraine. Thanks to the owner of the former Jakobstettel County Inn (a bed and breakfast in St. Jacobs), we are able to create a temporary accommodation for newly arrived refugees from Ukraine. The house has been cleaned and renovated supported by volunteers to make it safe and welcoming for the first two or three months after arrival. Community members and businesses in Woolwich provided financial donations, furniture, household items, clothing, etc. *If you would like to donate to Woolwich Guest House for Ukrainian Refugees in Transition, you can use the link below. For more information, please contact Rosslyn Bentley at [rbentley@wchc.on.ca](mailto:rbentley@wchc.on.ca)*

<https://www.canadahelps.org/en/charities/woolwich-community-health-centre/campaign/woolwich-guest-house-for-ukrainian-refugees-in-transition/>

# Let's stop the ABUSE



We know it's been a tough few years. The pandemic has stretched everyone to their limits and beyond. As healthcare workers, we likely understand this more than most.

We want to take a moment to remind everyone that it is important to be kind. To your family, friends, servers, retail workers, administrators, healthcare workers, managers to everyone. Including yourself.

All of our professionals have the right to be treated with dignity and respect at all times.

Verbal or physical abuse, aggression, intimidation, offensive or disrespectful behavior will **NOT** be tolerated at our organization.

All of our staff are here to help you, not to be hurt. Whether it's on the phone or in person, our team works hard to provide excellent care.

Let's spread kindness, we hear it is also contagious!

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## Removing the Stigma: 'It's ok to not be ok!'

(by Lindsay)

I just can't get out of bed.  
Everyone is judging me.  
I don't feel like doing anything.  
Why does the world feel so heavy?

The world can feel overwhelming when you struggle with anxiety and depression and many struggle in silence, unaware of how to make the feelings stop. Many are afraid to confide in family and friends for fear of seen as weak, or less than.

I struggled with this for years, unaware. It started in my teens, I withdrew from activities. Spent my time alone in my room. "Teenage angst, she'll get over it," my mother would say with an eye roll.

I stopped going out altogether. I wore the same clothes days in a row. I slept late into the morning. I was irritable. I overate.

"Just get your act together, grow up!," Mom would say daily. It was the 80's and early 90's and awareness of mental health didn't exist. The thought that a child or a teen or even an adult could be debilitated by their own mind was not in the mainstream.

'Psych wards' were full of 'crazy people'.

Depression and anxiety manifest in many ways. Smiles can mask inner turmoil. Not everyone who is depressed is sad. There are good days, bad days, and better days

Anxiety can manifest as racing thoughts, irritability. It can present with physical symptoms like increased heart rate, shaking, and sweating or it can be silent and unobservable.

That friend you call 'flakey' could be struggling with anxiety. That uncle who is always late could have spent an hour just trying to get out of bed. Be patient. Everyone has a battle they are fighting. We are so lucky that the world has changed for the better, but our mindsets have been slower to update.

So, many people sit alone, struggling in darkness. They don't reach out for fear of judgement and services are stretched thin and some of our rural and remote communities are isolated from the help they need. Asking for help isn't weakness. Strength comes from facing the darkness. Check in with your children, your family, and your neighbours.

Don't be afraid to ask if they are struggling. Don't be afraid to acknowledge when you are struggling. Talk about the hard days. If you are struggling reach out.

# Seniors Dental Care Program

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

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

Margret Gohl, Oral Health Peer Worker,  
Woolwich Community Health Centre  
519-664-3794, ext. 223

## HOW DO I APPLY?

There are several options available for applying to OSDCP:

1. Apply online at [ontario.ca/SeniorsDental](http://ontario.ca/SeniorsDental) or
2. Print, fill out and mail a paper application to: OSDCP, Station P, PO Box 159, Toronto, Ontario, M5S 2S7
3. Phone us at the Woolwich Community Health Centre at 10 Parkside Dr. in St Jacobs and arrange to pick up an application form and/or get support with completing your form.



## Additional Services

9 and 10 Parkside Dr.  
St. Jacobs Dental Care

### St. Jacobs Dental Care

**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  
[www.martinspharmacy.ca](http://www.martinspharmacy.ca)

St. Jacobs Midwives (9 Parkside Dr.)  
**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.  
**Jennifer Kadlec**, Osteopathic  
Candidate  
Tel: 519-664-1050  
[www.stjacobsnaturopathic.com](http://www.stjacobsnaturopathic.com)

## Woolwich Township 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.

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

## 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. - 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.

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.

[www.wchc.on.ca](http://www.wchc.on.ca)