



WCHC

COMMUNITY
HEALTH CENTRE

UPDATE

WINTER 2024

SERVING WOOLWICH WELLESLEY & WILMOT

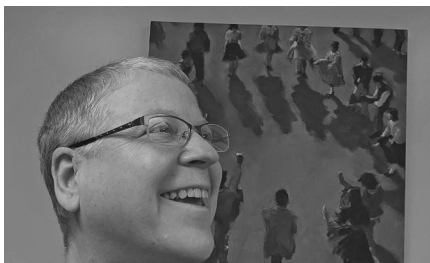
WTCHC IS MOVING TO THE NEW LOCATION Wellesley Township Recreation Complex in Spring 2024

*"growing toward a
healthier tomorrow"*

WCHC opened its satellite health centre in Wellesley in 2005. After 20 years at 1180 Queen's Bush Road, we are moving to the new Wellesley Township Recreation Complex located at 1401 Queens Bush (corner of Queens Bush and Hutchison Road). This move to the new location and partnership with the Wellesley Township will allow us to expand our community programs and services to Wellesley Township in the years to come. A chance to tour the clinic before the official opening date will be offered in March.



Announcement of WCHC Chief Executive Officer Retirement



The Woolwich Community Health Centre (WCHC) Board announces the retirement of Chief Executive Officer, Rosslyn Bentley who has been with the organization since August 2018. Ben Hesch current Director of Primary Care will take over the position shortly before Rosslyn's departure in April 2024.

Rosslyn, who is originally from the UK, has had a 38-year career in healthcare management on both sides of the Atlantic.

Looking back on such a long career
Rosslyn is very grateful to be in such a

welcoming and caring place as she steps into retirement. "I love rural communities, I see a tending of the land, and close connection to each other that helps me feel very positive about the future. I think the recognition of the importance of reconciliation and indigenous ways of being and learning will provide an essential approach for healing the earth and bring people to work and live in ways that are more connected, nurturing, and thoughtful."

Rosslyn is very proud of the services offered by WCHC and the wonderful team of staff and volunteers. "I continue to be in awe of the passion and commitment of the care providers and community leaders who strive to make this community as healthy and cared for as possible. I am especially proud of the commitment to equity and the welcome offered to people of all faiths, ethnicities, and genders, I hope it continues to deepen and serve as a beacon and inspiration to all."

When looking to the future Rosslyn is delighted to see the healthy signs of growth. "Despite all the tough times of recent years, the team here are very capable,

(continued to Page 11)

INSIDE...

Health & Wellness	PAGES 2-4
Mental Wellness	PAGE 4
Wellness Garden	PAGE 5
Fitness Classes	PAGE 6
Children & Youth Programs	PAGE 7
Creative Art Classes	PAGE 8
My Summer Student Job Experience at WCHC	PAGE 9
Farm Column	PAGES 10-11

IMPORTANT NOTICE:

Commencing October 1st, 2023,
rates for our NON-OHIP insured clients
will be increasing slightly. Please inquire
at the St. Jacobs location front desk or
call (519) 664-3794 for more details.

Health and Wellness Session

During the fall/winter, Woolwich Community Health Centre is offering a combination of virtual (on zoom), in-person programs/groups and hybrid sessions. Groups meeting in-person will be at 10 Parkside Drive, St. Jacobs. **All health and mental health education events are FREE.**

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

PROGRAM	DESCRIPTION	DATE	FORMAT
Service Canada – Newcomer Information for Ukrainians	Service Canada overview for newcomers. Employment insurance (including maternity/parental benefits, Canada Pension Plan (CPP) and Old Age Security (OAS), including supplemental benefits (Guaranteed Income Supplement, Allowance, etc.), and Social Insurance Numbers (Presentation is in English and a Russian/Ukrainian translator will be present). Open to all Ukrainians or anybody who is interested.	Wednesday, January 31st 12:00 - 2:00 PM	In person & Zoom
Osteoporosis 101	Unlock the secrets to bone health in our upcoming program, “Osteoporosis 101”! Join us for an informative session designed to empower you with essential knowledge about osteoporosis and its prevention. Facilitated by Liz, Fitness Instructor and Osteoporosis Canada volunteer.	Monday, February 5th 1:00 - 3:00 PM	In person & Zoom
Fire Safety Talk with Woolwich Fire Department	A fire prevention officer from the Woolwich Fire Department will be coming out to discuss fire safety and ensure your home is safe. The Fire Prevention Officer will also be taking appointments to visit your home to ensure that your home is prepared in case of a fire emergency, which includes checking that your fire detector and carbon monoxide detectors are functioning properly. Join us to learn about fire safety and to book an appointment for Woolwich Fire to visit your home to improve your homes fire safety.	Tuesday, February 6th 2:00 - 4:00 PM	In person & Zoom
Getting the Most Out of your Health Care Appointments	Health care appointments can be stressful for any patient. Becoming a more confident, empowered patient is especially important when we are coping with a chronic health condition. Join us for a free 1-hour, interactive workshop, focusing on what to do before, during and after an appointment. A mix of learning methods is used during the workshop including videos, information sharing and a guide to take home to help you use new communication skills at your next healthcare appointment.	Tuesday, February 13th 12:00 - 1:00 PM	In person & Zoom
Advanced Care Planning (ACP) & MAID	ACP: Imagine you are unable to make your own healthcare decisions... who would decide for YOU? Join us as we look at health care decision making in Ontario and how Advance Care Planning conversations can help you and your loved ones. This session is all about how the law in Ontario sets up Substitute Decision Making, and what you need to know about choosing your Substitute Decision Maker (SDM). This is essential information you need to know about Advance Care Planning in Ontario. MAID: Learn about the history of MAID (Medical Assistance In Dying) in Canada and review the eligibility and criteria one must meet. This discussion will include the referral and assessment process, including specifics and some information about the actual procedure of MAID.	Thursday, February 29th 2:00 - 4:00 PM	In person & Zoom
Combating Elder Abuse	Join us for a crucial workshop with Cambridge Older Adult Services on combating elder abuse, where knowledge transforms into power! Our upcoming session aims to shed light on the signs, prevention strategies, and support systems necessary to protect our seniors from abuse and neglect.	Thursday, March 7th 12:00 - 1:00 PM	In person & Zoom

PROGRAM	DESCRIPTION	DATE	FORMAT
Vision Loss Rehabilitation Canada	Do you have vision loss? Are you curious if there is any help available for everyday tasks? Join us for an information session where you can ask questions, try out some devices, and even receive lessons on how to do everyday things like eating, pouring, reading, getting from one place to another, taking part in activities at home, using your phone/tablet/computer, and much more.	Thursday, March 14th 12:00 - 1:30 PM	In person & Zoom
Estate Planning Essentials	Nizar from CIBC joins us again, after popular demand, to talk about estate planning! Secure your legacy and pave the way for a stress-free future with our upcoming workshop on Estate Planning Essentials. This informative session is designed to guide you through the intricacies of estate planning, ensuring that your assets are protected, and your wishes are honoured.	Wednesday, March 20th 12:00 - 2:00 PM	In person & Zoom
GRT Travel Planning	GRT's Travel training is a free program designed to teach people with disabilities, older adults, and local people new to GRT services how to travel confidently and safely on transit. They will explain safety and accessibility features, fare payment options, how to plan trips, and so much more!	Thursday, March 28th 12:00 - 1:30 PM	In person & Zoom
SPECTRUM Rainbow Diversity Training	Do you want to learn more about the 2SLGBTQIA+ community? Join us for an enlightening and inclusive workshop that delves into the rich tapestry of 2SLGBTQIA+ identities and experiences. Diversity training is designed to foster understanding, respect, and allyship by exploring fundamental concepts, sharing personal narratives, and providing a safe space for reflection and conversation.	Wednesday, April 10th 12:00 - 1:00 PM	In person & Zoom
DNR 101 (Do not resuscitate)	Join us for a vital workshop facilitated by Paramedic Services, focused on understanding Do Not Resuscitate (DNR) orders. In this concise session, gain insights into the importance, implications, and respectful considerations surrounding DNR decisions. Equip yourself with important knowledge for when it matters most.	Thursday, April 11th 10:00 AM - 12:00 PM	In person & Zoom
Hospice 101	For the past 3 decades, Hospice Waterloo Region has been supporting people and their loved ones through life-limiting illness, death, and bereavement. In the past 3 years Hospice has expanded their support to include many community programs and a 10 bed hospice residence. However, most people don't know what hospice palliative care is or about the caring support offered to someone who is dying and to their loved ones. Join us to learn all about Hospice.	Thursday, April 18th 12:00 - 1:30 PM	In person & Zoom
Advanced Care Planning 201 - Conversations Worth Having	If you've taken Advance Care Planning 101 in February, you understand the law around Substitute Decision Making. Now, it's time to consider how to have those tender conversations with loved ones. Have you decided who will make health care decisions for you if you cannot? Join us in this interactive session as we work through these important conversations - who to talk to, what to talk about and how to start these conversations.	Thursday, May 2nd 12:00 - 1:00 PM	In person & Zoom
The Importance of Cancer Screening	Join us for a brief yet impactful workshop led by a Primary Care Doctor from the KW4 Ontario Health Team. Discover the importance of regular cancer screening, demystify the process, and empower yourself with knowledge that can make a life-saving difference. Focussing on colon, colorectal, breast, lung, and genetics.	Thursday, May 16th 12:15 - 1:30 PM	In person & Zoom
Technology Help	Do you need assistance in keeping up with the fast-paced technology world? Book an appointment with Tariq to get one-on-one hands on help on how to use your device. Tariq can help you with things like how to set up your device and use it, use email, browse the internet, or whatever you need help with!	Ongoing	In person & Zoom

(continued to Page 4)

Health and Wellness Session *(continued from Page 3)*

PROGRAM	DESCRIPTION	DATE	FORMAT
Walk & Talk!	Do you enjoy going for a stroll? Are you looking for a group to walk with? Join us, as we meet up at local trails around our community to enjoy a nice brisk walk and socialize together. This group typically goes on a walk bi-weekly at various dates, times, and locations in the area. Register to be sent updates on upcoming walks! Note: the walking group is on pause during the Winter months and will resume sometime in the Spring. Sign up to receive updates!	Resumes Spring 2024	In person

Mental Health Series (In person & Zoom)

PROGRAM	DESCRIPTION	DATE	FORMAT
Understanding Trauma	What is trauma? How and why does it affect us in different ways? Join us as we seek to understand trauma and its impact across the lifespan. We'll explore our perceptions about trauma and how to see behaviours and coping through a "trauma lens." We'll also discuss how to support friends and loved ones who have experienced trauma and learn about paths to treatment and healing.	Monday, February 26th 2:00 - 3:15 PM	In person & Zoom
Finessing Problem-Solving Skills	Do you, or someone you know, struggle when dealing with a problem? Learn how to manage problems by using problem-solving exercises. The use of strategizing and brainstorming options in a group helps to view the possible solutions. Learn new techniques to help.	Wednesday, March 6th 3:00 PM - 4:30 PM	In person & Zoom
Mindfulness Drop-In Sessions: More Presence, Less Stress	Wanting to try some mindfulness strategies for the first time? Or perhaps you are already familiar with mindfulness but want to re-energize your practice? Let's take some time to slow down and focus on our own well-being during the winter months. Each week we will do a mindfulness strategy or two, then discuss what the experience was like. We'll also share some resources and explore ways to keep practicing on our own. People with either no experience or previous experience are all welcome. Join any or all sessions.	Tuesdays from January 23rd – March 26th 4:00 – 4:45 PM	Zoom
DBT - Distress and Crisis Skills Group	Do you struggle with the pressure of your desires, urges and intense emotions? If so, consider coming to this Dialectical Behavioral Therapy (DBT) skills group. This skills group will give you an opportunity to learn and practice how to tolerate and accept distress as well as handle crisis situations without making them worse!	Wednesdays, from April 10th – May 15th 11:00 AM – 12:00 PM	In person & Zoom
Cognitive Behavioral Therapy for Stress and Anxiety	Cognitive Behavioral Therapy (CBT) is a widely practiced and evidenced-based approach to addressing a range of mental health and health issues. In this 6-part series we'll introduce a range of practical strategies to address stress and anxiety that you can start using in everyday life. We'll uncover patterns of negative thinking and worry and how these impact us. We'll also explore ways to skillfully manage thoughts, emotions, and move towards more helpful behaviors. Strategies covered will include thought logs, worry breaks, overcoming the anxiety-avoidance cycle, and techniques for social anxiety. Feel free to attend one, any, or all sessions.	Wednesdays from May 22nd – June 26th 11:00 AM – 12:00 PM	In person & Zoom

Sessions are added regularly! Follow us on social media or check out our website to stay updated about upcoming sessions. You can also join our Health Promotion mailing list to receive email updates about upcoming and newly added programs! Email Tariq at tabdulhadi@wchc.on.ca to be added.

YOUNG AT HEART (Adult Board Game Night)

Join us for an evening of fun! Different games every month, with many participants bringing their own games to teach the group. Opportunities for specialized guest presenters to teach about health topics based on the groups interest, and snacks included at every event. A great night to socialize, meet new friends, learn new games, and enjoy time with others!

- 4th Thursday of every month
- Starting January 25, 2024
- 5:30-8:30 PM
- Wellesley Community Centre
(1000 Maple Leaf Street, Wellesley)

To register please email:

– Tariq Abdulhadi:
tabdulhadi@wchc.on.ca

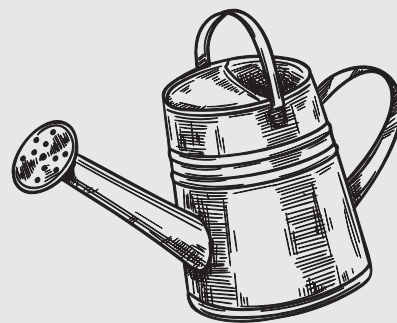
OR

– Caley Klaassen:
cklaassen@wchc.on.ca



WELLNESS GARDENS at the Woolwich Community Health Centre

Gardening is good for the soul, good for the soil, good exercise and a great way to make new friends and help provide much needed food for our community food banks.



We have a small but very productive vegetable garden and a beautiful native plant pollinator garden at our St. Jacobs location, and we are excited to get started on our next garden at our new Wellesley location this spring.

We are always looking for volunteers to help make this happen. If you enjoy gardening and are able to share a little of your time, we would love to have you join us in the gardens.

Please contact Tariq or Margret for more information.

- Tariq Abdulhadi: tabdulhadi@wchc.on.ca
- Margret Gohl: mgohl@wchc.on.ca

ONTARIO SENIOR DENTAL CARE PROGRAM

They say the first thing people notice about you is your smile. A smile means kindness and we all can use a little more of that. Make sure your smile is a healthy one by taking good care of your teeth and gums.

If cost is an issue stopping you from dental care, there are several government assistance programs that may be able to help.

Healthy Smiles Ontario: ontario.ca/healthysmiles

Canada Dental Benefit: Canada.ca/dental

Ontario Seniors Dental Care Plan: ontario.ca/SeniorsDental

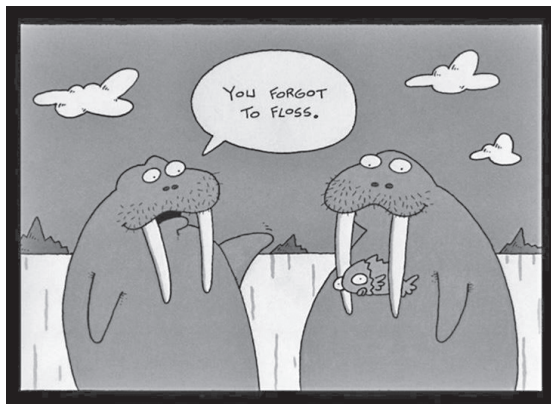
As an oral health peer worker my job is to provide education and assistance to anyone or any local group that wants to learn more about their oral health. Please contact me if you want more information or are interested in an oral health presentation designed specifically to your group. There is no cost for these services.

Have a Happy Winter and Keep Smiling 😊

Margret Gohl
Oral Health Peer Worker
519-664-3794 ext. 223 or by email at margret.wchc@gmail.com

GOOD NEWS

We are pleased to announce a part time dentist, dental hygienist and full-time dental assistant will be based at the new Wellesley Clinic to deliver the **Low Income Seniors Dental Program** to eligible clients.



Fitness Classes

A mix of in person and virtual fitness classes are available to you! All in-person fitness classes will take place at the Woolwich Community Health Centre at 10 Parkside Dr. in St. Jacobs. Online classes will be on Zoom, which you will receive a link for upon registration. **Fitness classes are currently scheduled for January – March 2024 (March Break) and will continue from March 18th – the end of June 2024.** Please contact Tariq at tabdulhadi@wchc.on.ca to receive fitness program updates for Spring 2024 (March – June).

To register for a fitness class, please visit our website at www.wchc.on.ca. If you are having difficulty registering online or have any questions, please email Tariq at tabdulhadi@wchc.on.ca or call 519-664-3794 ext. 222. If you wish to pay via cash/cheque, please address the cheque to Woolwich Community Health Centre and include, with the payment, a letter to indicate your full name, which class you'd like to register for, and your contact information (for example: "John Doe, [johndoe@abc.com](mailto: johndoe@abc.com), 123-456-7890, \$45.00 enclosed for Friday Body Fit, January – March 2024"). Please note that all registrations are non-refundable.

FUNDAMENTAL FITNESS (ZOOM)		Instructor: Christina
Weight focused movements with some cardiovascular elements to keep us healthy and happy in day-to-day life. Hand weights, a chair and running shoes are all the equipment needed. Lots of variations available!		
Tuesday 9:00 - 10:00 AM	January 9th - March 5th March 19th - June 25th	9 classes for \$45 15 classes for \$75
BETTER BONES (IN PERSON)		Instructor: Liz
For those who have osteoporosis or would like to reduce the risk of developing osteoporosis. Suggested equipment, weights or alternative, exercise band, small ball.		
Tuesdays 9:00 - 10:00 AM	January 9th - March 5th March 19th - June 25th	9 classes for \$45 15 classes for \$75
Fridays 10:15 - 11:15 AM	January 12th - March 8th March 22nd - June 28th	9 classes for \$45 14 classes for \$70
BUILDING STRENGTH & BALANCE (IN PERSON)		Instructor: Liz
For those wanting to improve balance and strength. Great for those with mild neurological conditions.		
Tuesdays 10:15-11:15 AM	January 9th - March 5th March 19th - June 25th	9 classes for \$45 15 classes for \$75
YOGA (IN PERSON & ZOOM)		Instructor: Rasha
Practice of being with whatever arises moment to moment, coordinating breath, movement, and concentration. A multilevel yoga practice that incorporates flow sequence, focusing on alignment, balance, flexibility, and breathing. This class is suitable for everyone as many variations are modifications are provided		
Tuesdays 7:00 - 8:00 AM (Zoom)	January 9th - March 5th March 19th - June 25th	9 classes for \$72 15 classes for \$120
Thursdays 6:45 - 7:45 PM (In person)	January 11th - March 7th March 21st - June 27th	9 classes for \$72 14 classes for \$120
STRENGTH TRAINING (IN PERSON)		Instructor: Melanie
As we age, we naturally lose muscle mass, so it is important to practise strength training to maintain, if not increase, muscle mass. Strength/resistance training helps to build bone density, protect joints from injury, contributes to better balance and ability to do daily activities, not to mention burning calories and keeping our bodies lean. This class will teach basic foundational strength exercises with a focus on repetition, proper form, and encouragement to gradually lift heavier weights than you may be used to.		
Wednesdays 9:30 - 10:30 AM	January 10th - March 6th March 20th - June 26th	9 classes for \$45 15 classes for \$75
BODY FIT (IN PERSON)		Instructor: Liz
Cardiovascular, muscular strength & endurance, plus flexibility and core work.		
Fridays 9:00 - 10:00 AM	January 12th - March 8th March 22nd - June 28th	9 classes for \$45 14 classes for \$70
FUNDAMENTAL EXPRESS (ZOOM)		Instructor: Lynne
Start your day off right with a 45-minute interval-style online class. Get your heart pumping with cardio based low-impact movements. No equipment needed.		
Thursdays 8:00 - 8:45 AM	January 11th - March 6th	9 classes for \$45

Children and Youth Programs

SESSION DESCRIPTION	DATE AND TIME	LOCATION
<p>WELLESLEY YOUTH ADVISORY COUNCIL</p> <p>The Wellesley Youth Advisory Council is a group of youth (Ages 13 - 19) who collaborate and work together to plan fun, entertaining, and educational events for local communities. This youth group is inspired to be leaders in their community who volunteer time to make a difference. Participants earn high school volunteer hours and have a chance to participate in leadership opportunities. Join our dynamic team any time!</p> <p>Please Call/Email to Register: Caley Klaassen at cklaassen@wchc.on.ca or 519-656-9025 ext. 224</p>	<p>Bi-weekly on Mondays starting January 15th, 2024</p> <p>3:30 pm - 5:00pm</p>	<p>1180 Queen's Bush Rd., Wellesley</p>
<p>AFTERSCHOOL DROP-IN (GRADES 1-6)</p> <p>Join us bi-weekly on Wednesday from 3:30 - 4:30 at the Wellesley Township Community Health Centre for socialization with friends, free snacks, arts and crafts, and educational activities for youth in Grades 1-6. Space is limited, and registration is required.</p> <p>Please Call/Email to Register: Caley Klaassen at cklaassen@wchc.on.ca or 519-656-9025 ext. 224</p>	<p>Bi-weekly on Wednesdays starting January 10, 2024</p> <p>3:30 – 4:30 PM</p>	<p>1180 Queen's Bush Rd., Wellesley</p>
<p>ALZHEIMER'S CARE PARTNER SUPPORT GROUP</p> <p>In partnership with the Alzheimer Society Waterloo Wellington, Woolwich Township Community Health Centre is hosting a Care Partner Support group for individuals supporting someone living with Alzheimers/Dementia. Join us in person on the 4th Wednesday of every month for educational advice, group support, building connections, and meaningful discussions. Space is limited, and registration is required for this program.</p> <p>Please Call/Email to Register: Caley Klaassen at cklaassen@wchc.on.ca or 519-656-9025 ext. 224</p>	<p>4th Wednesday of every month, beginning January 24th, 2024</p> <p>1:30 pm - 3:00 pm</p>	<p>10 Parkside Drive, St. Jacobs</p> <p>The GH room</p>

New Program at WCHC – Social Prescribing

Social prescribing is a way for clients to gain information on and get connected with community resources that can help address their non-clinical needs. It allows clients to take charge of their health and well-being by considering each individuals needs and goals while creating a personalized plan that works best for them.

Social prescribing is a new program being offered at WCHC. This program connects WCHC clients with community and social supports to address non-clinical needs they may have. This can include things such as facing social isolation, transportation difficulties, food insecurity and much more. Social prescribing allows our health centre to address both medical and non-medical needs our clients have, to work towards health and wellness. Social prescribing takes a personalized approach for each client and will look different depending on your interests and needs. You will meet with the Social Navigator to discuss the areas of support you're looking to connect with, as well as hobbies, strengths, and goals. The Social Navigator will then gather information about the local supports and resources that will help you achieve those goals. Social prescribing allows the social navigator to not only inform clients of supports but can help directly connect you with community resources, by making the phone calls, assisting with sign-up, and even accompanying clients to a support if requested.

If you are a client at WCHC and would like to connect with the Social Navigator to learn more about the supports and resources your community has to offer, talk to your WCHC provider, or contact Courtney Bauman at 226-927-1798 or by email at cbauman@wchc.on.ca

Creative Art at WCHC

"Create what makes your heart dance and your soul sing!"



Join a creative journey with our Creative Art Program at the Woolwich Community Health Centre for adult residents in our community! All classes will be held in person at the WCHC. Each class promises a distinctive and enriching experience that caters to various interests and skill levels.

PLEASE CAREFULLY READ THE REGISTRATION INFORMATION.

- To allow more people to join, please choose just one class and time to attend. Put your name on the waiting list for any additional classes you'd like. These classes are for adults or older teenagers. All classes are free, and materials are provided.
- Register directly online by clicking the link <https://forms.gle/Ydj5UVDGc3hDLrrd9>. It will take you to the registration form. Fill out the form entirely and click 'send.' For any additional questions, feel free to email WCHC.CAP@gmail.com.
- Registration begins on **Monday, January 29th, 2024. No requests will be accepted before this date.**
- If registering for yourself and someone else, include complete information for both. We'll confirm your registration and send a reminder a few days before your class. We appreciate your participation and look forward to an enjoyable experience together.

CLASS LIST:

Photos of these projects can be seen on our website at wchc.on.ca under the headings:
community programs - healthy minds - creative art sessions

1. PIPE CLEANER FLOWERS:

- **February 12th (Monday) at 1-3 pm or 6-8 pm**

Join us for an imaginative session where we craft beautiful roses from pipe cleaners. Learn the art of shaping and combining pipe cleaners to create everlasting floral masterpieces that add a touch of nature to your artistic repertoire.

2. TOTE BAG PAINTING:

- **March 4 (Monday) at 1-3 pm or 6-8 pm**

Revitalize a plain tote! Let your creativity flow as you turn a simple bag into a personalized masterpiece. Join us for a fun and expressive session guided by experienced instructors.

3. GLASS PAINTING:

- **April 1 (Monday) at 1-3 pm or 6-8 pm**

Discover the magic of glass painting, where colours come alive on glass surfaces. Participants will learn techniques to create stunning glass artworks, perfect for home décor or personalized gifts.

4. HANDHELD FAN PAINTING (2 SESSIONS):

- **Week 1: May 6 (Monday) at 1-3 pm or 6-8 pm**
- **Week 2: May 13 (Monday) at 1-3 pm or 6-8 pm**

Engage in eco-friendly creativity by recycling used paper bags into handheld fans. In this two-session class, we'll repurpose materials, turning them into a functional and artistic masterpiece to keep you cool in style.

5. WATERCOLOR CARD:

- **June 3 (Monday) at 1-3 pm or 6-8 pm**

Immerse yourself in the expressive world of watercolours as you create personalized cards. This class perfectly adds a personal touch to your correspondence, combining artistic flair with heartfelt sentiments.

Take advantage of this opportunity to connect with your artistic side and build community through shared creative experiences.

JOIN THE WOOLWICH COMMUNITY HEALTH CENTRE (WCHC)

Board Committees

Are you interested in the future 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 a Board committee of the Woolwich Community Health Centre! **Applications are due by Friday, March 22, 2024.**

WCHC's Nominating Committee is recruiting skilled residents from the community that WCHC serves to join as community representatives on our Board Committees. Selection criteria of note:

- Preferred candidates will have work or volunteer experience in areas such as health and community services, business, farming, financial management, or facilities management.
- To achieve optimal diversity of skillsets and backgrounds, we are especially interested this year, in candidates with diverse lived experience and knowledge of fundraising, change management and the local community.
- Committee members do not have to be clients of the health centre.
- Individuals must have strong interpersonal skills and agree with the health centre's values.
- Time commitment: the Board meets monthly for two hours and Board committees meet for one and a half to two hours four times a year. We encourage people to serve on Committees before applying to be a Board Director when vacancies arise in the future.

To receive an information application package please contact Rosslyn Bentley, Chief Executive Officer, at 519-664-3534, ext. 225 or by email at rbentley@wchc.on.ca

Our vision is an active vital, connected community whose residents enjoy optimal health. We focus on providing inclusive, holistic and preventative health care services. For more information about WCHC, please see our website: www.wchc.on.ca

My Summer Student Job Experience at WCHC

(BY IRIS HUANG)

Reflecting on my time at the Woolwich Community Health Centre in summer 2023, I am grateful for the diverse and enriching experiences that have shaped my understanding of community health and well-being. Engaging in various projects, from planning health programs to working with children in the summer camp, organizing events for the community garden and editing newsletters, has allowed me to contribute to the advancement of the community in multifaceted ways.

One of the highlights of my involvement at WCHC was the collaborative effort in planning health promotion programs. From coordinating with health professionals to designing engaging and informative sessions, I have gained a comprehensive understanding of the holistic approach required to address the diverse health needs of our community. Additionally, working with children in the summer camp was a heartwarming experience.

My hands-on involvement in the community garden extended to physically working in the soil, planting, nurturing, and harvesting alongside fellow community members. The therapeutic nature of this activity became apparent as we cultivated the land and a sense of belonging. This experience reinforced my belief in the interconnectedness of physical and mental well-being.

With this understanding, I have decided to return to the Woolwich Community Health Centre to teach the Creative Art Program. My time at the Woolwich Community Health Centre has equipped me with a diverse skill set and a profound appreciation for the importance of community engagement in promoting health and well-being. I look forward to continuing my contribution to the community through the upcoming Creative Art Program.

Farm Column

(BY PAULA BALLAK, RURAL HEALTH WORKER)

WINTER IS A GREAT TIME TO MAKE THE FARM MORE SAFE

“Winter is a great time to pull out your farm safety plan – or develop one if you haven’t already – and decide what kind of training program your family members and employees should take.”

– BLAIR TAKAHASHI, FARM SAFETY SPECIALIST.



Safety planning is about finding and implementing ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps. The main goal of a safety plan is to prevent farm injuries, illnesses, and deaths, as well as the suffering and financial hardship these events can cause.

If you don't have a safety plan formally created, here are 4 steps to help you:

1. Identify risks - the first step to a safer workplace begins with identifying and assessing potential hazards.
2. Lead from the top - an effective safety program calls for a commitment to lead by example from the Farmer, Head of the homestead, Father, Employer or Manager.
3. Train and educate – these opportunities may need to be timed in the less busy seasons, and/or at the beginning of a new or seasonal workers' employment.
4. Enforce and evaluate – which is an ongoing process.

Setting an annual “anniversary” date to review the Farm Safety Plan is always a good idea to impress the importance of Safety on the Farm, and as a good reminder of safe practices.

SOME COURSES TO CONSIDER:

- First aid should be a high priority for any farm. It is advisable for all those working on a farm to have some sort of first aid training, whether it be farm-specific first aid, or standard first aid – the life you save, may be your own!
- CPR/Choking – by a certified trainer. It is an important skill and training to have, and just like first aid – it may be life saving! When out in the field or in a rural location, those minutes waiting for Fire or Ambulance are precious.
- Equipment operator's training is particularly important for new and young farm workers. Equipment such as skid steers, loaders, and tractors are powerful and have the potential to severely injure workers.
- Farmers working with pesticides, ammonia, or in the presence of sour gas will benefit from courses such as Pesticide Applicators, Workplace Hazardous Materials Information System (WHMIS). Check with your chemical supply dealer for Pesticide Applicator training in your area. WHMIS training can be accessed online.
- For those handling chemicals, respirator training (also known as Personal Protective Equipment training) is an important training to have especially for a properly fitted respirator mask.
- For anyone working from heights, a fall protection course (Falls arrest) is highly recommended.

- For those using horses to tend cattle, a horsemanship or ranch hand course will help. Others to consider are stockman courses and horse/livestock hauling. Check with local agricultural societies, livestock clubs and organizations for upcoming clinics.
- Fire extinguisher training covers the many types of fire extinguishers, and it is a good idea to take this training before you need it.
- Safety systems training teaches participants the value of a safety program and how to get started setting one up. There are many courses aimed at different industries – farmers should look for a generic course provided by a private consultant or a reputable post-secondary institution.

Taking one or more safety courses could pay invaluable dividends for you, your family, and employees.

The Canadian Agricultural Safety Association has several online training courses available with topics like Agricultural Machinery Safeguarding, Seasonal Agricultural Workers Health and Safety Orientation, Working in Confined Spaces on the Farm, Grain Handling and Storage Safety, as well as many others!

“

“Sometimes we don’t give safety the attention it deserves or requires. We get too tied up in the haste of the moment and the pressures of the season. Going through the Farm Safety Plan will help keep it on the forefront and be a reminder of how important safety is.”

– EUGENE MATWISHYN, FARMER

<https://casa-acsa.ca/en/training/online-training/> for more information.

St John’s Ambulance, Canadian Red Cross, Heart2Heart CPR, Save a Life CPR, and First Aid 4U are just a few places where CPR and First Aid courses are available in our region – with options for classroom, remote or virtual training sessions.

If you are interested in a copy of a Farm Safety Plan with information, tools and forms – please email

pballak@wchc.on.ca or call 226-338-4132, and as always, please reach out if there are any topics concerning rural you would like to see us cover.

Announcement of WCHC Chief Executive Officer Retirement *(continued from Page 1)*

constantly learning and improving ways to work effectively together to offer the best care. The Board is incredibly caring and thoughtful about how to serve the community best. I have no doubt that WCHC will continue to flourish with opportunities offered by the new Wellesley Clinic and youth centre, the Linwood Mennonite clinic, ongoing community programming like social prescribing, music therapy and gardening and relationships with important rural partners like Community Care Concepts, Woolwich Healthy Communities, the KW4OHT and granting bodies like the Community Fund, United Way and Waterloo Region – Upstream fund.”

“I admire a community that is self-sustaining and committed to its own growth with leaders young and old and of diverse backgrounds bringing ideas to life and constantly nurturing connection.” My own faith is very important to my notion of public service, and nothing pleases me more than to look back on my long career and feel I have tried to serve the public well. Thank you for the opportunity to give.”

AGING WELL IN WOOLWICH INFORMATION & ACTIVE LIVING FAIR



Wednesday February 7th, 2024
9am-2pm
Breslau Community Centre
(100 Andover Dr, Breslau ON)

Please contact 519-664-1900/
1-855-664-1900 to RSVP

Special Guest Speakers:

Canadian Mental Health Association



Woolwich Counselling



Agenda:

Theme: Mental Health & Reducing Social Isolation

9- 9:15am	Opening Remarks
9:15- 9:45am	Speaker: CMHA
9:45-10:15am	Speaker: Woolwich Counselling
10:15-11am	Stretch Break/ Coffee/ Vendors
11am-11:20pm	SMART Exercise
11:20am- 12:20pm	Speaker: Community Health Panel
12:20-12:30pm	Door Prizes
12:30-1:15pm	Complementary Lunch
1:15-1:30pm	Closing Remarks & Door Prize Draws
1:30-2:00pm	Vendors

This event is hosted by The Township of Woolwich in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.





Belonging in the Township of Wellesley

A NEW THEATRE PROJECT FOR
RESIDENTS OF ALL AGES

Join a Creative Community TO SHARE YOUR STORIES ABOUT LIFE IN THE TOWNSHIP OF WELLESLEY

A new community theatre project for Wellesley Township residents is happening February - June 2024. We'll meet weekly to share stories about life in the Township and co-create them into an original, new play with theatre professionals. The play will include new music with James Gordon, and it will receive five performances in June 2024.

Both actors and non-actors are welcome, and no experience is required! Meetings will be once a week from mid-February to mid-May, and then more frequently from mid-May to the end of June. Refreshments will be provided, and participants will receive an honorarium at the end of the project. The meeting location is being determined; let us know if you have transportation challenges.

This is a project of WCHC in partnership with Watercourse Theatre. For more information, please contact **Cate Frid of Watercourse Theatre at 416.834.2148**, or WaterCourseTheatre@gmail.com

WOOLWICH COMMUNITY HEALTH CENTRE

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

ST. JACOBS HOURS OF OPERATION

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

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

WELLESLEY TOWNSHIP COMMUNITY HEALTH CENTRE

PO Box 187, 1180 Queen's Bush Rd.
Wellesley, ON N0B 2T0
Tel: 519-656-9025
Fax: 519-656-9027

*Watch for news of our move to our new
location in the spring!*

WTCHC HOURS OF OPERATION

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

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

ADDITIONAL SERVICES 9 and 10 Parkside Dr.

St. Jacobs Dental Care

ACCEPTING NEW PATIENTS AND EMERGENCIES

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

Martin's Guardian Pharmacy

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

St. Jacobs Midwives

Andrea Horst, Administrator
Tel: 519-664-2542
Fax: 519-664-1815
www.stjacobsmidwives.on.ca

St. Jacobs Naturopathic Clinic

Raza Shah B.Sc., N.D.
Jennifer Kadlec, Osteopathic Candidate
Tel: 519-664-1050
www.stjacobsnaturopathic.com

LINWOOD NURSE PRACTITIONER OFFICE

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

WE ARE ON THE WEB!



www.wchc.on.ca



twitter.com/woolwichchc



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



Woolwich Community Health Centre

