

January 2024

**West Carleton**

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**Family Health Team**

# Monthly Newsletter

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In this WCFHT email we'll share clinic news and provide you with information to improve your health and well-being.

This month's highlights:

## Clinic and Community News

Manage your Health

Mental Health

Nutrition and Wellness

Healthy Seniors

Healthy Kids

**Clinic and Community News**

**No Walk In Appointments:** This is a reminder that we are not a walk in clinic. You must book an appointment to be seen during both regular clinic hours and during our weekend urgent care clinic.

To book an appointment in the weekend urgent care clinic, please call the office on the day you would like to be seen. Bookings will begin 30 minutes prior to the clinic opening.

The weekend urgent care clinic is open:

- Saturday: 10:00 am - 1:00 pm
- Sunday: 10:00 am - 1:00 pm

We offer a variety of services to best meet your medical needs including a phone appointment with our nurse triage, if appropriate. As usual, if you are experiencing a medical emergency, visit a hospital or contact 911.

### **Important: Virtual Care to Patients Located Outside of Ontario**

The medical licensing body in Ontario has strict policies for providing medical care to patients situated outside of Ontario and varies by location.

OUTSIDE OF CANADA: These policies prohibit our healthcare providers from delivering care to patients located outside of the country. In other words, if you are located outside of Canada, our healthcare providers are unable to provide you with any form of virtual medical care or advice, including prescription renewals. Any form of virtual care to patients out-of-country is prohibited, including telephone, video, email, or portal message.

OUTSIDE OF ONTARIO: If you are located outside of Ontario but within Canada, we MAY NOT be able to provide care, depending on your location and the nature of your issue.

QUEBEC: There is one exception to the above policy as it relates to patients situated in Quebec, but near the Ottawa area. Care can be provided, but must be delivered by a doctor (not a nurse practitioner or physician assistant). We thank you in advance for your understanding and cooperation. If you require immediate medical attention, please seek care locally.

**UpPatient App:** The UpPatient app expands on the services of our regular patient portal by allowing patients to complete qnaires. Qnaires are questionnaires, surveys, or otherwise that provides the ability for our clinic to gather structured information from you. They can be either clinic initiated or self-initiated (within the UpPatient app only).

- Clinic initiated qnaires may be sent to you prior to an appointment to gather specific information about your or your condition, or may be

sent to you to offer the opportunity to give us more information or send a photo.

- Self-initiated qnaires are automatically loaded within everyone's account. At this time these are only accessible in the UpPatient app under "Available Qnaires".

To learn more about accessing and using Qnaires, visit the "Patient Portal" section of our website or [click here](#), and scroll down to "Need Help Navigating Portal Features?".

## Manage your Health

**Exploring Mental Health Symposium in Carp:** Carp Health Access is facilitating a complementary Mental Health Symposium at the Carp Mess Hall on Saturday, February 3rd from 9am to 12pm. If you are planning on attending, please reserve a ticket so facilitators know how many people to expect. Reserve a ticket by [clicking here](#).

**9-8-8 Crisis Line:** If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is here for you. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help.

When you call or text 9-8-8, you will reach a responder at one of nearly 40 local, provincial and territorial, and national crisis lines, who co-deliver the service.

9-8-8 Partners are the backbone of the service. They are located across Canada. They provide existing crisis services within their communities, as well as taking 9-8-8 calls and texts. They are here to make sure that you can connect to a responder within your local community. Other 9-8-8 partners include Hope for Wellness who offer specialized support for First Nations, Inuit and Métis, and Kids Help Phone, who specialize in supporting young people reaching out to 9-8-8.

For more information, [click here](#).

**Living with Chronic Pain Workshop:** Living a Healthy Life with Chronic Pain is a six week workshop for anyone suffering from pain, which could include but is not limited to: low back pain, pain from motor vehicle accidents, arthritis, and fibromyalgia. Anyone can register themselves for a workshop, no referral from a health care professional is needed. Workshops are highly interactive.

This group will take place in a virtual group setting entirely online. You can choose whether to be on camera. You will be able to see and interact with your facilitators and the other members of your group. You will be in a group of 6-12 people with two peer leaders.

Workshop start dates:

- January 9th at 1:00pm
- January 11th at 1:00pm

For more information and to register, [click here](#).

# Mental Health

## Sleeping Well

Getting enough sleep is an essential part of staying healthy. Not getting enough sleep can lead to reduced concentration, a weaker immune system, and a higher risk of developing chronic health conditions such as heart disease, obesity, and diabetes.

Explore these sleep hygiene tips and choose 1-3 area to start working on.

- Stick to a consistent sleep schedule. Try to go to bed and wake up at the same time every day, even on weekends.
- Create a relaxing bedtime routine. Establish a calming routine before bed, such as reading a book, taking a warm bath, or practicing deep breathing exercises.
- Limit screen time at least one hour before bedtime. The blue light can interfere with your ability to fall asleep.
- Watch what you eat and drink. Avoid heavy meals, caffeine, and alcohol close to bedtime, as they can disrupt your sleep.
- Get regular exercise. Engage in regular physical activity, but limit vigorous exercise right before bedtime.
- Limit daytime napping: While short power naps can be refreshing, excessive daytime napping may interfere with your nighttime sleep.

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**Quick Tip:** Create a relaxing and calming routine before bedtime. This could include activities like reading, gentle stretching, or listening to soothing music to signal to your body that it's time to wind down. Avoid screen time on your phone or other devices for at least one hour before you go to sleep.

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# Nutrition and Wellness



## Disordered Eating: Know the Signs

Disordered eating can present in the lives of many people, affecting both physical and mental well-being. It's essential to understand the signs, not only for ourselves but also for those we care about. Disordered eating encompasses a range of irregular eating habits that may not fit the strict criteria of an eating disorder but can still have profound effects on one's health.

One of the primary indicators of disordered eating is a preoccupation with food, body weight, and shape. Constantly thinking about what to eat, how much to eat, or feeling guilty after eating can be telltale signs. Drastic changes in eating habits, such as extreme calorie restriction or frequent binge eating episodes, may also be red flags.

Here are some common disordered eating behaviours to be aware of, as outlined by the private eating disorder group [Change Creates Change](#):

- Body shape or weight that is used as a primary measure of self-worth
- Strict rules surrounding eating and exercise
- Restricting many foods or eliminating food groups
- Unhealthy weight control behaviours, such as skipping meals, fasting, using diet pills, vomiting after eating, and abusing laxatives
- Over-exercising with the purpose to burn calories or lose weight
- Feelings of guilt and shame resulting from an inability to maintain food and exercise habits
- A restricted social life due to conflicts with food

Disordered eating is a risk factor for the development of an eating disorder. It is important to know that both eating disorders and disordered eating are treatable.

treatable.

If you or your child is struggling with disordered eating, be sure to make an appointment with your healthcare provider to discuss your options. If someone else you cared about is showing signs of disordered eating, express your concern and offer a listening ear in a quiet and non-confrontational setting. Encourage seeking professional help, as therapists and dietitians can provide valuable guidance.

Opening the dialogue about disordered eating can be challenging, but it's an essential step towards support and recovery.

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**Quick Tip:** Prioritize hydration throughout the day to help avoid fatigue and to support healthy digestion. Hydrate most often with drinks that do not have sugar or caffeine, such as water, decaffeinated coffee or tea, and milk. Choose sweetened beverages like soda, juice, and coffee drinks with syrups less often, and choose caffeinated tea and coffee in moderation.

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## Healthy Seniors

## Joyful Sound Ottawa

Joyful Sound Ottawa is a community choir for people with memory loss, their caregivers and their family and friends. This group takes place Wednesdays from 10:30am-12pm from February to May 2024 at St. Stephen's Anglican Church (2821 St. Stephen's Street, Ottawa). To learn more and to register, contact [zkirschner@dsorc.org](mailto:zkirschner@dsorc.org).

## Safe Winter Exercise

As winter sets in, maintaining an active lifestyle can feel like a challenge - however, it is important to move your bodies consistently throughout the year, no matter the weather. The colder months may pose challenges, but with a bit of creativity and care, seniors can exercise safely and stay fit. Try out some of the following strategies this winter.

- Indoor Walking: Join a local mall-walking group or utilizing community centers and gyms. Indoor walking provides a climate-controlled environment, reducing the risk of exposure to harsh winter conditions.
- Chair Exercises: For those seeking a seated option, chair exercises are a fantastic choice. Seniors can engage in strength and flexibility routines with the support of a sturdy chair, making it accessible and safe. [Click here](#) to try out a 15-minute beginner chair workout.
- Water Aerobics: Local pools and community centers often offer water aerobics classes, providing resistance for muscle strength without impacting joints.
- Home Exercise Videos: Engage in exercise in the comfort of your home with specially designed exercise videos for seniors. From low-impact routines to strength-building exercises, you can follow along at your own pace. [Click here](#) to try a 30 minute beginner/intermediate waking workout for seniors.
- Safety Precautions for Outdoor Activities: For those venturing outdoors, take safety precautions. Wear warm clothing, use proper footwear with good traction, and be mindful of slippery surfaces. Consider exercising during daylight hours for better visibility and safety.

# Healthy Kids



## Building Healthy School Meals

With a bit of planning and creativity, you can pack a lunch that satisfies your child's taste buds and fuels their growing bodies and minds. Follow the following tips to build a balanced lunchbox.

1. Start with a Balanced Base: Incorporate whole grains like whole grain bread, wraps or crackers for sustained energy and fibre. Include lean proteins such as grilled chicken, turkey, tofu and beans more often than lunch meats and processed red meats.
2. Add Fresh Fruits: Pack a burst of natural sweetness with fresh fruits. Whether it's apple slices, berries, a bunch of grapes, or a banana, fruits are rich in antioxidants and provide essential vitamins, minerals and fibre.
3. Add a Veggie Twist: Include vegetables in creative ways. Add lettuce and tomatoes to sandwiches, pack carrot or cucumber sticks with a side of hummus, include a small salad, or blend vegetables into sauces. It might take many tries before your child eats their veggies - make sure to keep offering them consistently.
4. Choose Smart Snacks: Opt for nutrient-dense snacks to keep hunger at bay. Consider yogurt with granola, a handful of nuts, whole-grain crackers with cheese, hardboiled eggs, or apples and nut butter (wow butter is a good nut-free alternative if your child isn't allowed to bring nuts to school). These snacks offer a balance of protein, healthy fats, and carbohydrates.
5. Hydration is Key: Encourage water consumption by including a reusable water bottle in your child's lunch. Hydration is crucial for concentration and overall health.
6. Get Kids Involved: Include your child in the lunch preparation process. Have them choose between 2-3 fruit, veggie, and snack options to help build autonomy and to help build connection to their food.

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**Patient feedback:** Is there a topic you enjoyed reading about that you'd like to see more often? Are there any additional topics you'd like to read about?

[Click here](#) to fill out an anonymous survey and provide your feedback on our monthly newsletter.