

**CAMBRIDGE
NORTH DUMFRIES**

OHT



Cambridge North Dumfries Ontario Health Team News & Updates

In This Issue

- CND OHT Year-in-Review Celebration!
- NEW Healthy Aging Resource Portal
- Find Services, local health services directory
- Know Your Care Options

...and More!

June Recognitions

RECOGNITIONS THIS MONTH

June is National Indigenous History Month in Canada, a time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis.



Pride Season is a time dedicated to celebrating 2SLGBTQIA+ communities across Canada, advocating for equal rights, and fostering a world where everyone can embrace their true selves.



Visit [HERE](#) to learn more about National Indigenous History Month

Visit [HERE](#) to learn more about Pride Season.

CND OHT Year-in-Review Celebration | Primary Care, the Anchor of Health!

On June 6, 2024, the CND OHT hosted our third annual Year-in-Review Celebration. This year's theme was, *Primary Care, the anchor of health!* This theme was chosen to celebrate all of the advancements related to primary care that have taken place in our OHT and to recognize the importance of primary care as a sector, in particular primary care clinicians advancing the success of the CND OHT.

Over 40 people attended the event, where we shared a number of accomplishments from the past year as well as a variety of upcoming projects and initiatives to look forward to for 2024-2025.

To view the Year-in-Review Celebration, click on the video below!



CND OHT Announcements

NEW Community Resource: Healthy Aging Resource Portal | *Healthy aging information that you can trust*

Older adults and caregivers can access trusted evidence-based information to support optimal aging. Explore the new CND OHT Healthy Aging Resource Portal to access local trusted information.

If you would like a print copy of any of the resources from the portal, please contact the CND OHT office.



Local Resources for Older Adults & Their Caregivers

A collection of healthy aging
information you can trust.



Health & Wellness



Connection & Recreation



Housing & Long Term Care



Caregiver Support

and more!!

ACCESS PORTAL HERE



or visit our website
www.cndoht.com/HARP



226-895-0792



cndoht@langs.org



Visit Portal

Find Services on the CND OHT Website

The "Find Services" feature on the Cambridge North Dumfries Ontario Health Team website offers a convenient tool for individuals seeking healthcare services in the region. Users can easily navigate through a variety of available services in Cambridge and North Dumfries.

Whether searching for medical clinics, mental health support, or community services, this tool streamlines the process of accessing essential healthcare services within Cambridge and North Dumfries.

Find Services

Local Health and Social Services

Connect to local and provincial health care services available designed to support your journey to better health and wellbeing.



www.cndoht.com/find-services

Community Partner Updates

Know Your Care Options | **Reminder**

As the respiratory illness season continues, more people are looking for health care across Waterloo and Wellington regions. While hospitals are always available for emergencies, most other illnesses can be managed by another health care provider.

The CND OHT has partnered with KW4 and Guelph Wellington OHTs and Waterloo and Wellington region hospitals to create a [Know Your Care Options website](#).

Visit the site to learn where to go to get the right care at the right time, near you.

Know Your Care Options



Your Healthcare Options

- ▶ **Non-emergency medical assistance.**
First call your family doctor, nurse practitioner or their on-call service to book an appointment. If not available, consider visiting a walk-in clinic or urgent care centre.
- ▶ **Health-related advice from a Registered Nurse 24/7.**
Call Health811 at 8-1-1.
- ▶ **Ontario Virtual Urgent Care:**
A virtual urgent care appointment may be right for you if you or a loved one have a medical issue that is not life threatening, but requires urgent medical attention. Appointments can be booked at [UrgentCareOntario.ca](https://www.UrgentCareOntario.ca).
- ▶ **Serious medical injuries and conditions.**
Call 9-1-1 or go to an emergency department.

THIS RESOURCE IS SUPPORTED BY:



When to See Your Primary Care Provider (Family Doctor or Nurse Practitioner)

Your family doctor is your best option for your ongoing health care. In a non-emergency, contact your family doctor (or nurse practitioner) to determine if you should be seen in person or virtually. Stay connected with your primary care provider by signing up for e-mail communication, social media and watch the website for information.

Prepare ahead of time for urgent situations.

- Ask about after hours availability.
- Ask about options when the office is closed (weekends, holidays, vacation).

If you need help to find a family doctor, contact your Home and Community Care Support Services Waterloo Wellington at 519-748-2222

Walk-In and Urgent Care Clinics

Many family doctors have after hours clinics. If you cannot wait for an appointment with your doctor or you do not have one, walk-in and urgent care clinics can treat illnesses and injuries that do not require emergency care. Call to make sure clinic hours have not changed. Be aware that patient registration may stop early depending on clinic capacity.

You have other options as well.

- Ask your family doctor or nurse practitioner about SCOPE: A virtual care team for health providers. Visit www.scopehub.ca
- If you do not have a family doctor or primary care provider: Get health-related advice from a Registered Nurse 24/7: Call Health811 at 8-1-1 or TTY line 1-866-797-0007
- Student health clinics: If you are a student in Waterloo and Wellington Regions, learn about the health clinics on campus.
- Ontario Virtual Urgent Care: Online urgent care service is available for adults with an urgent medical issue that is not life threatening. By making an appointment, you can access urgent medical care without having to come to the hospital. Visit [UrgentCareOntario.ca](https://www.UrgentCareOntario.ca) to learn more.
- Serious medical injuries and conditions: Call 9-1-1 or go to an emergency department.

Home and Community Care Support Services Waterloo Wellington

Home and community services support people of all ages who require care in their home, at school or in the community. Call 1-888-883-3313 or go to www.healthcareathome.ca/ww for information.

Find Care Options Near You

For a full list of care options, including walk-in and urgent care clinics, visit www.knowyourcareoptions.ca



Waterloo Region Public Health | Beat the Heat

Staying cool is important during the summer, especially when temperatures rise above normal. Hot weather is common during summer in Waterloo Region. Exposure to heat and humidity can be hazardous to health and potentially life-threatening.

Anyone can be affected by extreme heat-related weather conditions. Risks are higher for:

- Older adults (over the age of 65)
- Infants and young children
- Outdoor workers
- People planning outdoor sports or activities
- People with chronic illness
- People who live alone
- People experiencing homelessness

For more information, visit www.regionofwaterloo.ca.



BEAT THE HEAT

Stay hydrated by drinking cool water

Wear loose, light-coloured clothing

Avoid using your oven

Seek shade and take breaks

Check the weather forecast often

Take a cool shower or bath

**Avoid drinks high in sugar,
alcohol and caffeine**

Engagement Opportunities



The CND OHT PFAC is Recruiting for New Members

We have an urgent need for patients, families and caregivers to join the CND OHT PFAC and participate in the CND OHT Connecting Care Co-Design workgroups. The voice of a Patient, Family & Caregiver Advisor is invaluable and essential for the success of the work that we do.

The CND OHT PFAC will be leading and engaged in several exciting initiatives this year including:

- Increasing access to primary care, particularly in high needs neighborhoods.
- Improving access to diagnostic imaging and other testing for those with physical disabilities.
- Improving access to mental health and addictions services in the community...and more!

The CND OHT PFAC is a dedicated group of patients, family members, and caregivers who collaborate with healthcare professionals to enhance the delivery of care within our communities.

As a PFAC member, your stories, suggestions and ideas will directly shape improvements to the health and wellbeing of CND communities.

If you are interested in learning more about the CND OHT PFAC, visit [HERE](#)

CND OHT Members & Affiliate Members

To learn more about the Cambridge North Dumfries Ontario Health Team Members & Affiliate Members, visit our Member Directory.

[Member Directory](#)

Connect With Us

Community Connection | [Join the conversation](#)

The Cambridge North Dumfries Ontario Health Team (CND OHT) is working to improve the wellbeing of our communities. Join us!

Visit EngageCND to share your stories, ask question and engage with us.

If you have any questions, or would like to learn more about the Cambridge North Dumfries OHT, please reach out to cndoht@langs.org.

[EngageCND](#)

www.cndoht.com

Cambridge North Dumfries Ontario Health Team | 150 Pinebush Road, Unit 5B, Cambridge,
N1R 8J8 Canada

[Unsubscribe](#) brendaj@langs.org

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by cndoht@langs.org powered by



Try email marketing for free today!