

CAMBRIDGE
NORTH DUMFRIES

OHT



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...and more, including Indigenous Diabetes Wellness Training, Community Dialysis Spaces, upcoming events, partnership opportunities, and community resources.

Cambridge North Dumfries Ontario Health Team News & Updates

Primary Care Connect Clinic Now Open



The Primary Care Connect clinic is now open and accepting appointments for individuals in Cambridge and North Dumfries who do not have a family doctor or nurse practitioner. The clinic provides access to care, assesses patient needs, and helps connect patients with a permanent primary care provider.

- ✓ Booking is available now
- 📞 Learn more and book an appointment: [HERE](#)
- ☎ Phone: 519-658-0069

CAMBRIDGE
NORTH DUMFRIES | ONTARIO
HEALTH TEAM

Join the CND OHT Digital Health Co-Design Working Group!

Are you interested in shaping the future of digital health across the Cambridge North Dumfries Ontario Health Team (CND OHT)? We are looking for clinicians, healthcare staff, and organizational representatives who would like to participate in our **Digital Health Co-Design Working Group**.

The group meets **four times per year** to discuss emerging digital health tools, innovative ideas, use cases, and more. Meetings often include guest presenters who share insights and experiences from across the healthcare system.

This is an opportunity to:

- Learn about new and emerging digital health initiatives
- Share challenges, ideas, and successes from your organization
- Help inform local digital health priorities
- Connect with colleagues across the healthcare sector
- Be a voice for your organization in shaping digital health solution adoption and implementation

If you would like to be included in future meetings, please contact **Raymond Dolch, Digital Health Lead**, at raymond@endoht.com.

We welcome participants from all CND OHT partner organizations and look forward to your involvement.

Are you due for cancer screening?

Early detection saves lives

Preventative screenings can find cancer before you notice any symptoms. Finding cancer early improves the chances of successful treatment.

Cancer screening is meant for people who do not have symptoms. If you have symptoms, do not wait for your next screening test - contact your healthcare provider.

CAMBRIDGE NORTH DUMFRIES | **ONTARIO HEALTH TEAM**

Who should get screened?

- Has it been more than 2 years since your last breast cancer screening?
- Has it been more than 2 years since you did a FIT test for colon cancer screening?
- Has it been more than 5 years since you were screened for HPV with a cervical screening test?

Screenings are:

- ✓ **Quick**
- ✓ **Safe**
- ✓ **Effective**

Scan to learn more





BOOK YOUR SCREENINGS

Visit endoht.com/cancer-screening for more information.

Please feel free to print this postcard to distribute to your patients/clients who may benefit from this program. Download [HERE](#).

From our Networks



AI Transformation in Organizations: Healthcare – Call for Participation

The University of Waterloo is seeking healthcare professionals to participate in its Fall 2026 capstone course on AI

transformation in organizations. Students from Computer Science, Math, Engineering, and Health will collaborate with health organizations to explore and co-create AI-enabled solutions to real-world healthcare challenges.

Participants are invited to attend three community-embedded classroom sessions: need-finding, co-creation, and demo day. No advance preparation is required, and organizations are encouraged to participate as a team.

Register by August 14, 2026:

https://uwaterloo.ca1.qualtrics.com/jfe/form/SV_3DGukqNEOC2SI0y



Annual Women's Health Fundraiser at Langs

Join Langs for our Annual Women's Health Fundraiser, a community brunch and silent auction supporting Women's Health and Wellness programs & services.

- Sunday, September 27, 2026
- 10:00 a.m. – 12:00 p.m.
- Langs, 1145 Concession Road, Cambridge, ON
- Single Ticket: \$50
- Table of 6: \$250

Tickets are limited. Reserve yours today: bit.ly/Langs2026

Interested in sponsorship or donating an item for the silent auction? Contact Darcy at darcy@langs.org.



TOGETHER FOR HEALTH

ANNUAL WOMEN'S HEALTH FUNDRAISER

A community brunch and silent auction to support Women's Health and Wellness Programs & Services.

Langs - 1145 Concession Road, Cambridge, ON

Single ticket: \$50

Table of 6: \$250

Secure your ticket: bit.ly/Langs2026

SUNDAY, SEPTEMBER 27, 2026
10 AM - 12 PM

For sponsorship and silent auction opportunities, contact
Darcy at darcy@langs.org



**Southwest Ontario
Aboriginal Health
Access Centre**

13 Grandmother Moons Indigenous Diabetes Wellness Training

Frontline workers are invited to attend this two-day, in-person training course focused on

culturally relevant approaches to diabetes awareness, prevention, and wellness education. Topics include traditional wellness perspectives, best practices in diabetes education, and how to design and deliver diabetes wellness workshops.

- September 23-24, 2026
- 745 Coronation Blvd., Unit 102, Cambridge
- Register: <https://soadi.wufoo.com/forms/s1tzfadp1oin718/>

SOAHAC CAMBRIDGE



13 Grandmother Moons

INDIGENOUS DIABETES WELLNESS
IN-PERSON FRONTLINE WORKER TRAINING . TWO-DAY COURSE

Training modules include:

- Culturally relevant approaches to diabetes awareness and prevention
- Traditional wellness perspectives
- Best Practices in diabetes wellness education
- "How To" design and deliver a diabetes wellness workshop



Kathleen LaForme
Instructor

Dates: Wednesday, September 23 and Thursday, September 24, 2026
Time: 8:30 a.m. to 4:00 p.m. EDT
Location: 745 Coronation Blvd 102, Cambridge, ON
Registration Link: <https://soadi.wufoo.com/forms/s1tzfadb1oin7i8/>
Contacts: Christine Platt, cplatt@cmhaww.ca (519) 821-8089 or Krista Ruthven kristaruthven@idhc.life.



Crystal Bomberly
Instructor



Alzheimer Society

WATERLOO WELLINGTON

Alzheimer Society Waterloo Wellington Annual General Meeting

The Alzheimer Society Waterloo Wellington invites members, supporters, volunteers, donors, and community partners to attend its 2026 Annual General Meeting (AGM).

 **Date:** Wednesday, September 16, 2026
 **Time:** 6:15 p.m. to 7:15 p.m.
 **Location:** Virtual (Zoom)

Join as they reflect on the past year, celebrate their impact across Waterloo Wellington, and look ahead to the future as they continue supporting people living with dementia and their care partners.

Please [register to attend HERE](#). Meeting details will be sent to registered participants the week of the AGM.

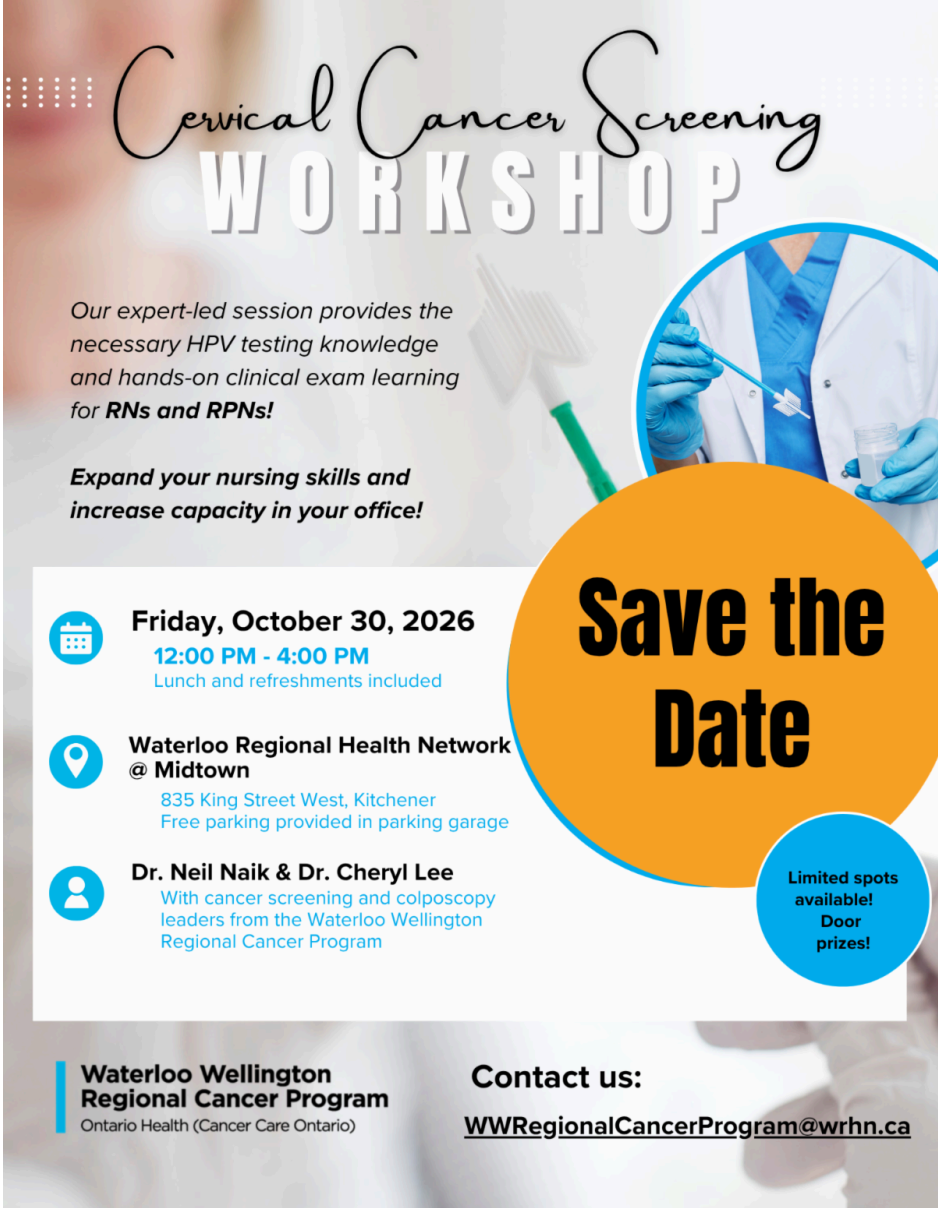
The Waterloo Wellington Regional Cancer Program is hosting a hands-on Cervical Cancer Screening Workshop designed for RNs and RPNs looking to build HPV testing knowledge and clinical examination skills. This expert-led session is an excellent opportunity to expand nursing competencies and increase screening capacity within your practice.

 Friday, October 30, 2026

 12:00 PM to 4:00 PM

 Waterloo Regional Health Network @ Midtown, Kitchener

 Lunch and refreshments provided



Cervical Cancer Screening WORKSHOP

*Our expert-led session provides the necessary HPV testing knowledge and hands-on clinical exam learning for **RNs and RPNs!***

Expand your nursing skills and increase capacity in your office!

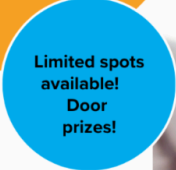
**Friday, October 30, 2026**
12:00 PM - 4:00 PM
Lunch and refreshments included

**Waterloo Regional Health Network
@ Midtown**
835 King Street West, Kitchener
Free parking provided in parking garage

**Dr. Neil Naik & Dr. Cheryl Lee**
With cancer screening and colposcopy
leaders from the Waterloo Wellington
Regional Cancer Program



Save the Date



Limited spots
available!
Door
prizes!

**Waterloo Wellington
Regional Cancer Program**
Ontario Health (Cancer Care Ontario)

Contact us:
WWRegionalCancerProgram@wrhn.ca



WRHN

Waterloo Regional
Health Network

Home Away From Home: Community Dialysis Spaces

The Waterloo Regional Health Network (WRHN) Renal Program is exploring a new initiative to provide community-based dialysis

spaces for individuals who face barriers to receiving home dialysis. The goal is to offer more flexible, accessible kidney care closer to where people live.

WRHN is seeking community partners with suitable space available, including community centres, long-term care homes, faith-based organizations, family health centres, and local businesses.

[See HERE](#) for more information.

To learn more or discuss partnership opportunities, contact James Bellamy at james.bellamy@wrhn.ca.



Rhythm & Blues
Cambridge

Roots & Wisdom: Honouring Our Stories, Connecting Our Community

Join a welcoming 6-week program for Black seniors in Cambridge and the Waterloo Region focused on connection, culture, storytelling,

wellness, and community. Family members, caregivers, and community members are also welcome.

Interested in joining? Complete the interest form: <https://forms.gle/E3LC9SFMgFs6batp9>



Roots & Wisdom: Black Elders Circle

Honouring Our Stories. Connecting our Community

We warmly invite Black seniors across Cambridge and the Waterloo Region to join a welcoming space rooted in connection, culture, and community.

Whether you've been here for years or are still finding your place, this program is designed to honour your story, your experiences, and your voice.

Interested? Join the list



JOIN US FOR A 6-WEEK PROGRAM TO:

- Share life stories and experiences
- Connect with Black history and culture
- Engage in creative and meaningful activities
- Build friendships and a sense of belonging

WHAT TO EXPECT

- Free food
- Storytelling Circles & Cultural Discussions
- Music & Memory Activities
- A Warm Welcoming Space



WHO CAN JOIN:

Black seniors across Cambridge and the Waterloo Region are at the heart of the program. Family members, caregivers, friends, and anyone connected to or interested in Black culture, history, and community are also welcome.

COMING SOON!

Rhythm & Blues
Cambridge



Community Drug Alert for Waterloo Region

The Overdose Monitoring Alert and Response System (OMARS) has issued a Community Drug Alert for Waterloo Region after 37 suspected overdoses/drug poisonings and one suspected drug-related death were reported between July 30 and August 3.

The street drug supply remains highly toxic, with reports of stronger-than-expected fentanyl, complex overdoses involving severe drowsiness and low heart rates, and serious withdrawal symptoms such as persistent vomiting, chest pain, and fluctuating awareness. Anyone experiencing these symptoms should seek immediate medical attention. Please call 911 if an overdose is suspected.

[Read the full alert HERE](#)

CND OHT Members & Affiliate Members

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

[Member Directory](#)

Connect With Us



Have an update, event, or opportunity you'd like to share with our network?

We'd love to hear from you, email emilynf@cndoht.com to be included in an upcoming newsletter.

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

www.cndoht.com

Cambridge North Dumfries Ontario Health Team | 1145 Concession Road | Cambridge, ON N3H 4L5 CA

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