

# ANFHT QUARTERLY

*Feeling Healthy Together*

## A Message from our Executive Director

We have all had a busy integration into the Fall Season, with a new version of back to school, pivoting between a mix of virtual and in-person working environments.

Our Family Health Team continues to offer virtual programs and services, ensuring you get what you need, when you need it. Ask your provider, or visit our new website for program details.

Although we are still in the thick of the COVID-19 pandemic and trying to navigate the constant changes, our team has maintained constant support to our valued patients.

We continue to be guided by the advice of our public health officials and like each of you, we are making decisions each day with the health of our employees and our community in mind. These are exceptional times. There is a lot going on in the world and it seems like the news is changing daily.

We should make sure that we prepare our health and ourselves for the upcoming colder months.

Take the time to look after yourself. Eat healthy, exercise and although it doesn't seem like it now, the snow is coming, so remember to get your snow tires on.

We celebrate our positivity, initiative and continued commitment in these unsettling times. Although we cannot always meet face to face, we are available for support.

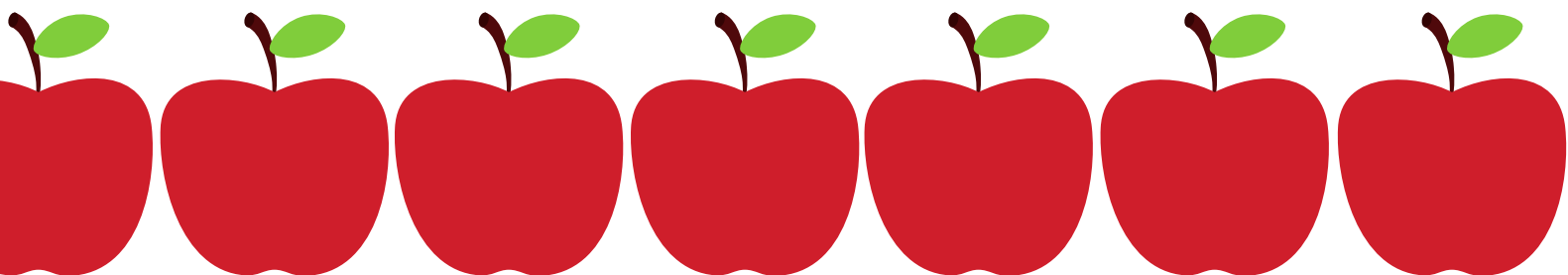
Please reach out if you have any questions or concerns.

Mary-Jane Rodgers

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# Apple Crisp- Gluten Free!

Susan Dubrovinsky  
IT/Administrative Assistant

## Ingredients

- 12 cups peeled, sliced apples
- 1/2 tsp cinnamon
- 2 Tbsp. lemon juice
- 1 Tbsp. water



## Topping

- 1 1/2 cups firmly packed brown sugar
- 1 cup gluten-free all-purpose flour
- 1 cup gluten-free rolled oats or old-fashioned oats
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/8 tsp. salt
- 3/4 cup unsalted butter or non-dairy alternative

## Instructions

1. Preheat oven to 375°.
2. In a large bowl, stir together sliced apples, 1/2 teaspoon cinnamon, lemon juice and water. Scoop into 9x13 baking pan.
3. In a medium bowl, whisk together all topping ingredients except butter. Use a pastry cutter or 2 knives to cut in butter until mixture is crumbly. Sprinkle over apples.
4. Bake at 375° for 45 minutes or until apples are tender and topping is crisp and browned.
5. Serve warm with whipped cream or ice cream or non-dairy alternative.

# WHAT IS THIS FEELING? New Pandemic Related Emotions

By Joanne Lechowicz RSW-Social Worker Aurora Newmarket FHT

We are now living in a different world since the pandemic.

Phrases such as social distancing, flatten the curve, stay at home etc. have created more uncertainty and anxiety for many of us.

We are all trying to adapt to an entirely new world view.

Often we are wondering what the normal will be after this and what's going to come.

This also has us dealing with prolonged uncertainty...we do not know when this will end. We do not know what the effect will be on jobs, seeing friends, family, schooling children, gatherings, daily errands/tasks etc.

A new term has emerged describing this experience as "languishing". The feeling of blah brought on due to the pandemic. Languishing is defined as a sense of stagnation, emptiness.

## **What can we do about it?**

- Identify and articulate our feelings to ourselves, our diaries or our loved ones.
- Identify stress triggers and check in with emotions.
- Pay attention to what you're paying attention to e.g news-which can often worsen stress.
- Get outside-exercise, breathing, stretching.
- Reassure yourself that you are OK right now.
- Reach out to friends, loved ones and stay connected.
- Join online groups- visit our website for our upcoming programs and services!
- Focus on gratitude-write down daily appreciations.
- Take it day by day.

# UPCOMING PROGRAM SPOTLIGHT- ADVANCED CARE PLANNING

Introduction to Advance Care Planning Lunch and Learn - **ZOOM**

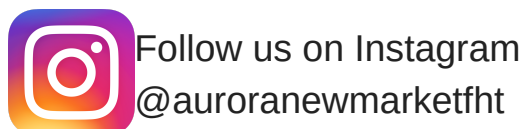
November 17, 2021 from 12:00 p.m-1:00 p.m.

This educational session will provide information and tools needed to help prepare for future decisions related to health and personal care.

Topics covered include:

- What is Advance Care Planning (ACP)?
  - Importance and benefits of ACP.
- Selecting a Substitute Decision Maker (SDM) or Power of Attorney (PoA).
- Strategies for ACP conversations.
  - Resources for support.

**If you are interested in attending this group session, please email [inquiries@auroraneuromarketfht.ca](mailto:inquiries@auroraneuromarketfht.ca) or call 905-898-2240.**



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If you have any feedback on this or future newsletter ideas, please email us at: [inquiries@auroraneuromarketfht.ca](mailto:inquiries@auroraneuromarketfht.ca)