

Feeling Healthy Together

A Message from our Executive Director

Happy New Year 2022!



I hope all of our families, patients and friends are doing as well as can be expected during these unprecedented times.

Our team continues to work with and for you in both the new virtual way or having you attend in-person appointments. We want to continue to make what works best for you and to provide our patients with the best care that suits your lifestyle, whether it is the same pre-pandemic, or it has changed.

Over the past 2 years, the Aurora-Newmarket Family Health Team pivoted from in-person to virtual and back again. Our programs and services continued and our entire team was available to support you with your health care needs.

In the coming weeks and months, our team will be tasked once again to start the process of planning how we are going to start "living and working" with COVID-19.

I urge you to practice good primary preventative care, maintain six-foot social distancing, wear masks, wash hands, eat well and get plenty of sleep as well as exercise.

Your continued support and kindness makes what we do every day that little bit easier.

Mary-Jane Rodgers
Executive Director

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Valentines Day Recipe- Gnocchi

Gordana Dosen
Senior Administrator

Ingredients

2 x 400g packs fresh gnocchi
1 tbsp olive oil
knob of butter
1 large onion, roughly chopped
500g small Forestière or Portobello mushrooms, sliced
2 large garlic cloves, chopped
150g pack creamy blue cheese (we used Danish blue)
small pack parsley, chopped

Instructions

STEP 1:

Bring a large pan of water to the boil and cook the gnocchi following pack instructions. When they float to the top of the pan, they are ready. Drain and set aside.

STEP 2:

Meanwhile, heat the oil and butter in a large lidded frying pan. Add the onion and mushrooms, cook for 1 min over a high heat, then turn down the heat to medium, put the lid on and cook for 5 mins, stirring a few times.

STEP 3:

Remove the lid and add the garlic, cook for 1-2 mins, then stir the gnocchi into the pan. Scatter over blobs of cheese and the parsley.



How to have a VIRTUAL Valentines day

By Susan Dubrovinsky - IT/Admin Assistant



We all know that for the last two years, it has been quite the feat trying to find activities to do with our families and significant others on valentines day. In the spirit of our "virtual" times, here are a number of socially distanced ideas!

Watch a movie together while not together!

Use the following link to download a browser extension that lets you watch any movie and have it play at the exact same time. -<https://www.teleparty.com/>

VIRTUAL Cooking Class

Sign up for an online cooking class that you can take with your partner right from your home! -<https://www.classpop.com/online/cooking-classes/valentines>

Care packages

Just because you may not be able to meet with all your loved ones in person, does not mean you can't exchange gifts! Fill a box with items your significant other/ friends or relatives likes, or presents that remind you of memories you made together. Examples include: their favorite drink or snack, an object in their favourite color or even an item that reminds you of them!

At Home Picnic

Set out an indoor wine and cheese picnic. Grab some cozy blankets and pillows, create a cheese and charcuterie board, and pour the wine!

Get Active!

Get some fresh air. Even with COVID-19 restrictions, you can always head out for some exercise. Plan a hike, bike ride or a day outdoors (weather permitting).



UPCOMING PROGRAM

SPOTLIGHT- BABY AND ME

IS YOUR baby between 6 months and 12 months of age? JOIN OUR virtual session with our Nurse Practitioner, Registered Nurse, Registered Dietitian, Occupational Therapist and Social Worker.

Our GROUP is open to moms, dads and all other guardians/family members!

April 20, 2022 3:00-4:00pm- Session 1

- Breastfeeding weaning
- Sleep Training
- Birth Control

April 27, 2022 3:00-4:00pm - Session 2

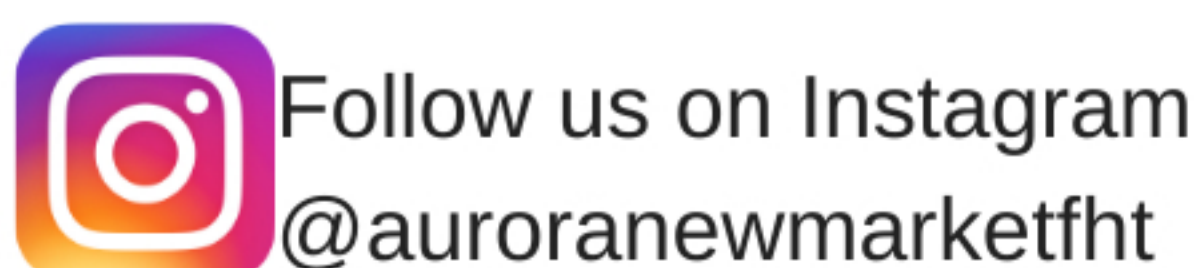
- Immunizations
- Common childhood illnesses
- Review baby proofing (now that baby will be on the move)

May 4, 2022 3:00-4:00pm - Session 3

- Introduction to solids
- Time saving recipes
- Special diets/allergens
- Picky Eaters
- Alternatives to Cow's Milk

May 11, 2022 3:00-4:00pm - Session 4

- Growth and Development
- Baby socialization
- Exercise with baby
- How to make time for you and your partner
- Mood
- Self care
- Open discussion



Visit
our
Website

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