

ANFHT QUARTERLY

Feeling Healthy Together



A Message from our Executive Director

Happy New Year 2023!

My wish for this year is that all of our families, patients, and friends continue to stay healthy and happy.

I hope that you have set goals and are thinking about any changes or habits that you would like to continue, start or break. Take a look at our Programs and Services to see if there is something that we could support you with.

Our team continues to work with and for you in both a virtual way or having you attend in-person appointments. We want to make what works best for you to continue and to provide you with the care that suits your lifestyle. Our Practitioners will evaluate and guide you.

Primary Care is still playing “catch up” and the demand is at times high, please be patient with us, and be assured we are working as hard as we can to accommodate all of you.

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

Mary-Jane Rodgers

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ANFHT Privacy Statement

The physicians and team members of Aurora-Newmarket Family Health are not legally permitted to discuss your health care needs, including appointments, test results and referrals with anyone except you, unless we obtain your express (written) consent. We may share your health information without your express consent, with other health service providers who are in your circle of care or to comply with legal and regulatory requirements (e.g. Family and Children's Services or by Court Order).

The Physicians and team members of Aurora-Newmarket Family Health Team are bound by law and ethics to safeguard your privacy and the confidentiality of your personal information (PHIPA 2004).

We collect, use and disclose your personal health information to:

- Treat and care for you;
- Receive payment for your treatment and care (from OHIP, WSIB, your private insurer or others);
- Plan, administer and manage our internal operations;
- Conduct risk management and quality improvement activities;
- Teach;
- Conduct research;
- Compile statistics;
- Comply with legal and regulatory requirements and;
- Fulfill other purposes permitted or required by law.

Your request for care implies consent for our collection, use and disclosure of your personal health information for purposes related to your care as noted above. All other purposes would require your express consent.

We may share your health information with other healthcare providers who also provide health care to you. We may at times obtain personal health information or share personal health information about you through a provincial repository in order to provide timely, informed health care to you.

You have the right at any time to withhold or withdraw your consent to disclose personal health information.

For a complete review of our Privacy Policy, or to raise a concern, please contact Mary-Jane Rodgers, Aurora-Newmarket FHT Privacy Officer, at inquiries@auroranewmarketfht.ca.

Additional contact information:

Information Privacy Commissioner of Ontario
2 Bloor Street E, Toronto, ON M4W 1A8
P: 416-326-3333

eHealth Ontario

P: 1-866-250-1554

E: info@ehealthontario.on.ca

www.ehealthontario.on.ca

Winter Safety

Mallory Rotman
Occupational Therapist

On average in Canada, there are approximately 9000 hospitalizations
resulting from falls on the ice

More than 30% of seniors (65+) fall at least once per year

- Walk in designated areas.
- DO NOT take short cuts as they are likely not well maintained)
- Wear a back pack.
- This will keep you closer to your centre of gravity. Limit carrying items in your hands as you will be unable to protect yourself in case of a fall
- Always wear winter appropriate footwear (even if going a very short distance).
- Shoes should have wide tread, low heel, non-skid soles and fit properly. Consider non-slip shoe grips/cleats
- Keep both hands free for balance.
- Avoid putting your hands in your pockets
- Carry a baggy of sand with you.
- Throw it out in front of you on surfaces that may be icy
- Take your time!
- Walk slow, hold onto handrails
- Watch out for ice!
- If you do walk on ice, slow down, keep your arms out at your sides, bend your knees a little and take tiny steps with your feet pointed outwards
- Add outdoor NON-slip stair treads to your front steps.
- Ensure appropriate lighting outside your home and that walkways are clear and salted.

Book an appointment with **Occupational Therapy** today to
assess balance, safety, falls prevention and to get connected with community resources

905-898-2240 x 238
ot@auroranewmarketfht.ca

UPCOMING PROGRAM SPOTLIGHT- BABY AND ME

February 9, 16, 23 & March 2

1:00-2:00 p.m.

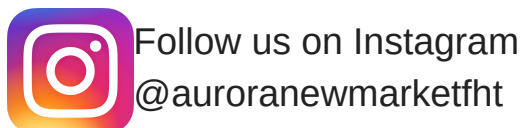
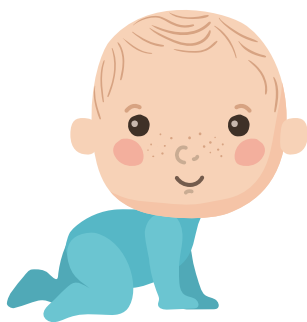
ZOOM

Information about babies 6-12 months. Topics include:

- weaning off breastfeeding
- sleep training
- birth control
- immunizations
- common illness
- introducing solids/recipes
- socialization
- self-care

**If you are interested in attending this group session, please
email inquiries@auroraneuromarketfht.ca**

or call 905-898-2240.



Visit
our
Website

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