

# ANFHT QUARTERLY

*Feeling Healthy Together*



## A Message from our Executive Director

Happy Spring Everyone!

April is the start of our “New Year”. Our team members are reviewing, updating and enhancing our programs and services.

For us it is a time of reflection and identifying what we can do to improve. This year, we have improved our patient experience survey and yes you heard it here, we are embarking on the journey of online booking!

Patient engagement and feedback is one of the keys to success. It is very important for us to strengthen information sharing with patients, providing our patients options, choosing wisely when it comes to testing and working on our quality improvement efforts.

If you have ideas, comments or suggestions, please pick up the phone, send me an email or even better, set up a time for us to meet.

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

Mary-Jane Rodgers

02 Online  
Appointment  
Booking

03 ANFHT Social  
Worker

04 Upcoming  
Programs

# Did you know? You can now book your appointments with our office online!

Visit our website to book your next appointment or scan the QR code to the right.

[www.auroranewmarketfht.com](http://www.auroranewmarketfht.com)

## WHAT BENEFITS WILL YOU SEE BY USING ONLINE APPOINTMENT BOOKING?

- More convenient, with less time spent on the phone
- Ability to select a time that fits your schedule
- Receive an email with information about your appointment, and click a button to quickly confirm
  - Add the appointment details to your preferred online calendar (i.e., Outlook, Google)
  - Receive reminder notifications and the ability to cancel your appointment via email

## PLEASE DO NOT USE ONLINE APPOINTMENT BOOKING FOR:

Medical advice for anyone other than yourself, unless you are a legal guardian or SDM (Substitute Decision Maker)

*There are risks to using email as a form of communication. Transmitting patient information poses several risks of which you should be aware. You should not agree to communicate via email without understanding and accepting these risks. If you have not already consented to receive emails from our office, you will be asked for consent through this booking platform.*

*Aurora Newmarket*  
**Family Health Team**



## ANFHT Registered Social Worker

Alessia Petrella  
MSW, RSW

As a new team member of the Aurora-Newmarket Family Health Team, I hope to work collaboratively with my fellow health professionals and patients to address mental health concerns and socio-emotional needs. I believe through collaboration and compassion, patients have the opportunity to partake in a therapeutic process where they feel safe and empowered, and become active participants in their care.

I often work with patients who experience the following concerns:

- Anxiety
- Mood Disorders (Depression, Bipolar Disorder)
- Borderline Personality Disorder
- Anger
- Stress Management
- Chronic Pain
- Relationship issues, school issues, and difficulty with life transitions
- Women's issues

In therapy sessions, I use a combination of treatment approaches to address the unique experiences of patients, inclusive of processing techniques, skills training (Cognitive Behavioural Therapy and Dialectical Behavioural Therapy), mindfulness-based stress reduction strategies, and problem-solving skills. I practice from a culturally sensitive perspective, honouring the diversity of my clients and their experiences.

I currently offer individual sessions for patients aged 16+. In the upcoming months, fellow interdisciplinary health professionals and myself will be offering group therapy sessions on several different topic areas. Stay tuned!



# UPCOMING PROGRAMS

## **Aging in Place**

**Thursday, April 27**

**5-6 p.m.**

**ZOOM**

Discussion with our Occupational Therapist include:

- Preventative health
- Home modifications & equipment
- Home supports & community resources
- Financial Supports & programs

## **Caring for the Caregiver - 3 Part Series**

**June 5, June 12 & June 19**

**2-3 p.m.**

**IN PERSON**

Discussion with our Occupational Therapist and Social Worker include:

- Ways to identify caregiver fatigue
- Strategies to prevent & decrease stress
- Ways to keep yourself healthy
- Resources for support

## **Diabetes 101**

**Monday, June 19**

**12-2 p.m.**

**ZOOM**

Discussion with our Dietitian and Registered Nurse include:

- Diet
- Physical activity
- Medication
- Glucose monitoring

**If you are interested in attending any of these group sessions, please email [inquiries@auroraneuromarketfht.ca](mailto:inquiries@auroraneuromarketfht.ca)**

**or call [905-898-2240](tel:905-898-2240).**



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