

ANFHT QUARTERLY

Feeling Healthy Together



A Message from our Executive Director

With the school year ended, I am reminded of longer, hotter days ahead, outdoor activities and enjoying the freedom summer offers.

One of our goals this summer is to make sure our records are up to date, while ensuring compliance with your privacy. Our team members will ask you to confirm your demographics and that consent is accurate and up to date in our EMR.

As a team, we continue to be involved in the Southlake Community Ontario Health Team (SCOHT). Visit their website southlakecommunityoht.ca to become more informed on the work that is taking place.

Our team has worked diligently on revamping our programs and services, with some new exciting programs being launched this fall. For a full list, visit our website or the next time you are in, ask your Primary Care Provider.

I am always interested in hearing from you and if you have something you would like to share with me or ask me a question, please email me at anfamilyhealthteam@gmail.com

This summer, please enjoy your families, the outdoors and as always use sunscreen and play safe! Most importantly always remember to be kind!

Mary-Jane Rodgers
Executive Director

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5 Tips to Promote Food Safety in the Summer

DANIELLA, RD STUDENT

We aren't the only ones that love the sunshine and heat on a summer day.

The risk of food poisoning increases during the summer months because bacteria that makes us sick grows quicker in warm and moist conditions.

The Aurora Newmarket Family Health Team wants you to stay safe this picnic season, so here are some food safety tips to keep you and your family safe.

1. Chill your food below 4°C (40°F)

Store your food below 4°C (40°F) to delay harmful bacteria growth. If you're on the go, fill a cooler with ice to store items longer. Be sure to keep the cooler out of direct sunlight and avoid opening it often, as this can let the hot air in and increase the temperature inside.

2. Separate your raw meats from other foods

Separate raw meat, poultry, and seafood from other foods to avoid spreading the bacteria. Store these items in leakproof containers and bags at the bottom of your cooler to avoid juices from dripping onto other foods.

3. Clean your hands, surfaces, and utensils

Wash your hands and surfaces after handling meat to prevent cross-contamination. Clean all utensils and equipment with soap and water, disinfect with a mild bleach solution, and air dry.

4. Cook your food to a safe temperature

Colour is not a reliable indicator that meat is safe to eat. Keep a digital thermometer handy to ensure your meat, poultry, and seafood have reached a safe internal temperature.

To check the temperature of meat, take it off the grill, place it on a clean plate, and insert the thermometer into the thickest part. For hamburger patties, insert the thermometer in the side and all the way to the middle for an accurate reading.

Make sure you clean your thermometer with soap and water between readings.

Once your meat has reached a safe internal temperature, place and serve it on a clean plate, not the same plate that the raw meat, poultry and seafood was on.

5. Cool leftovers before storing

Place leftovers in shallow containers to cool it down quicker. It's best to place room temperature leftovers in your cooler so it doesn't increase the internal temperature and spoil other items inside. Do not keep these leftovers out for more than one hour on a hot summer day.

Want to Learn More?

Check out the [Government of Canada's](#) website for more information on summer food safety tips.

Walking Group Therapy

Alessia Petrella
MSW, RSW

The Aurora-Newmarket Family Health Team is excited to offer a new Walking Group program for our patients starting in August 2023, co-led by the ANFHT's Social Worker and Occupational Therapist.

Walk and talk therapies include physical movement in nature, which provide a range of benefits to participating members. In partaking in mindful walking, group participants are engaging in a therapeutic process outside of the traditional therapy room, where an opportunity to connect with nature and with others, and engage in a grounding experience exists. Through movement-based therapy we are also aiming to “build a healthy mind in a healthy body”. Mindful walking is a powerful antidote to depression and anxiety, and also increases feelings of self-worth as group members actively engage in a form of self-care.

Each walking session will include a brief stretching practice before we begin. Group members will have access to the walking route prior to the walk.

By walking together, we increase our sense of safety and connectedness while working toward mental and physical wellness. If you are interested in an outdoor, activity-based practice to manage chronic pain, stress, anxiety, depression, and procrastination, please consider joining!



UPCOMING PROGRAMS

Keep an eye out for the next sessions of our popular programs:

- Baby and Me
- Cognitive Behaviour Therapy (CBT) Program **NEW**
- Walking Therapy Group **NEW**
- Eating the Mediterranean Way

If you are interested in attending any of these group sessions, please email inquiries@auroranewmarketfht.ca or call 905-898-2240.



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