

ANFHT QUARTERLY

Feeling Healthy Together



A Message from our Executive Director

January has arrived and with it, it has brought colder temperatures. We have been lucky with a much milder fall/winter.

The Aurora-Newmarket Family Health Team is a partner/member of the NYSS OHT (Northern York, South Simcoe Ontario Health Team) and we are working together to improve both access to care for patients and the quality of that care. We anticipate that over time the healthcare system will offer improved delivery of services to patients, families and caregivers, which will lead to improved experiences for both patients and providers. Providers (such as physicians, nurse practitioners, hospitals, homecare providers, community support service agencies, mental health organizations, long-term care homes, and paramedic services) have partnered together. These partnerships will improve proficiency and reinforce the sustainability of our healthcare system for future generations.

Internally, we continue to work on our programs and services to support our patients and develop new initiatives to support the community, such as an Allergy Clinic and Caring For the Caregiver.

Visit our website for a complete list. Keep us in mind when you are on your health care journey.

As a team, we want our patients to feel involved and engaged in their health care needs and we welcome comments from you. When you receive a patient survey, please take a few minutes to fill it out. We take it seriously and develop projects and plans to improve, based on your feedback. Yes, we have a project on the go to improve our phone system and hold times.

Please take good care of yourselves, stay warm and enjoy what winter has to offer in your communities.

Remember it is cool to be kind!

Mary-Jane Rodgers

02 Winter Blue
Are Coming:
Beat It With
Vitamin D

03 Upcoming
Programs

Winter Blues Are Coming: Beat It With Vitamin D

Nadina Villacis
Dietetic Intern

Do you feel down in the winter months? About 15% of Canadians experience the *Winter Blues*. The *Winter Blues* are a wave of low emotions that comes with these cold, dark days. The Aurora- Newmarket Family Health Team wants you to be prepared this winter, so here are some tips for combatting the winter blues.

Tips for Combatting The Winter Blues

1. Let The Sunshine In

Try and get as much sunlight in your day as possible. Some tips for this are to work next to a window during the day and keep your curtains open.

2. Incorporate Some Activity Into Your Day

Although it is gloomy outside during the winter months and daylight is limited, getting some activity in your day can help manage mental health. Try going for a quick walk inside or outside to reset during the work day.

3. Consume Sufficient Vitamin D

Vitamin D is often called the sunshine vitamin not only because it is synthesized in the skin through exposure to sunlight rays, but it also improves mood! In the winter months, Canadians are not exposed to as much sunlight due to shorter daylight hours.

Why Do I Need Vitamin D? Vitamin D is important for bone health. It is important to get enough because it helps our bodies absorb and use calcium and phosphorous for strong bones and teeth. Vitamin D also keeps your immune system healthy and muscles working properly.

Where is Vitamin D Found? Vitamin D naturally occurs in very few foods. It is mainly found in the flesh of fatty fish, some fish liver oils and eggs where the hens were fed vitamin D. In Canada, all milks and margarines must be fortified with Vitamin D. You can also find some soy beverages and yogurts that have vitamin D added to them.

How Much Vitamin D Do I Need? [Health Canada](#) recommends these amounts of Vitamin D:

Age Group

Recommended Intake

Children 0-12 months old: 400 IU/Day

Children and Adults 1-70 years old: 600 IU/Day

Adults Over 71: 800 IU/Day

Want to Learn More? Check out the [Canadian Mental Health Association](#) for more information on the winter blues and [Unlock Foods](#) for more information on vitamin D. You can also speak to your health care provider or registered dietitian if you are concerned about your vitamin D intake.

Upcoming Programs

Aging in Place

January 25, 2024

11-11:45 a.m. via Zoom

Join our Occupational Therapist for a group discussion about preventative health, home modifications & equipment, home supports & community resources, financial supports & programs.

Advance Care Planning (ACP)

January 25, 2024

12-12:45 p.m. via ZOOM

Join our Occupational Therapist and Registered Nurse for a group discussion about choosing a substitute decision maker or power of attorney for personal care, links to community resources and much more!

Diabetes Conversations

January 29, 2024

11-12:30 via Zoom

Join our Registered Dietitian and Registered Nurse for a group discussion all about diabetes.

Topics include:

- diet
- exercise
- medication
- glucose monitoring



Follow us on Instagram
@auroranewmarketfht



Visit
our
Website