

ANFHT QUARTERLY

Feeling Healthy Together



A Message from our Executive Director

Happy Spring Everyone!

As the weather warms, and the sun shines longer, we welcome a spring season full of possibilities and new beginnings.

Our New Year began on April 1, 2024... no fooling! This is the time of the year when our Team reviews our progress and plants the seeds for our programs in the upcoming year. There are always opportunities for our patients to access our programs and services, so check out our website or the next time you are in have a look at our program boards. Ask your Clinician if there is something you would like to know.

Patient engagement and feedback is one of the keys to success. It is very important for us to strengthen information sharing with patients, provide our patients options, and choose wisely when it comes to testing and working on our quality improvement efforts. Take a look at our 2024 QIP on our website.

We are continuing with our project to improve access to appointments through our online booking platform, see our website for information and links. We are also updating our phone line messages to guide you with processes that will assist you and cut your hold time.

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

Spring brings the promise of longer days, budding trees, and blooming bulbs. Eventually we'll swap our heavy coats and boots for windbreakers and umbrellas.

Remember, when in doubt... be Kind.

Mary-Jane Rodgers

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Menopause
Clinic

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for Nature

ANFHT Menopause Clinic

Tara Peel
PHC-NP

Our Menopause Clinic offers personalized assessment, care and follow-up for women experiencing perimenopause and menopause symptoms.

If you have significant or bothersome symptoms such as hot flashes, night sweats, new sleep problems, mood changes, vaginal dryness, new joint pain, and irregular uterine bleeding around the time of menopause that are affecting your quality of life, you may be a candidate for our clinic.

In addition, if you are considering hormone therapies and are conflicted about information you have received, or if you have a complicated medical history, our clinic will provide in-depth assessment and education so you can make an informed choice about your care.

Call our office to schedule an appointment to learn more.



A Prescription for Nature

Leeatte Laverty



Did you know that in November 2020, the British Columbia Park Foundation launched PaRx, Canada's first national nature prescription program? In 2021, Ontario officially launched the nature prescription program to promote nature-health connection. Any licensed health care professional can prescribe PaRx with the prescribing goal of patient's achieving 2 hours per week and 20+ minutes each time of green space.

With the warm weather approaching and the start of spring, there is no better time to be outdoors and engage with nature. Being outdoors in nature can look different for everyone and can involve engaging in several types of activities including gardening, hiking, or going on a picnic. Being involved in outdoor activities has been associated with several physical and mental health benefits and an increase in well-being. A few benefits of engaging in the outdoors include:

- Folks are 41% more likely to engage in movement outdoors, compared to only 18% indoors.
- Participating in physical activity in an outdoor environment is associated with increased energy and reduced fatigue.
- Exposure to the outdoors can reduce stress and create a sense of a calm and balanced feeling.
- Spending time outdoors has been associated with better sleep quality.

Be creative and choose something to do outdoors that is meaningful to you! Five potential activities to do outdoors this spring include:

- 1) Consider eating a meal outside such as eating your lunch at a picnic table or bench.
- 2) Call a friend and take a walk outside.
- 3) Read a book outdoors at home or in a nearby park.
- 4) Plant a flower or vegetable garden on your patio or in your yard.
- 5) Plan a picnic at your local park.

1. BC Parks Foundation. (n.d.). PaRx launches in Ontario. <https://www.parkprescriptions.ca/blogposts/parx-launches-in-ontario>
2. Herrington, S., & Brussoni, M. (2015). Beyond Physical Activity: The importance of play and nature-based play spaces for children's health and development. *Current Obesity Reports*, 4(4), 477–483. <https://doi.org/10.1007/s13679-015-0179-2>
3. Twohig-Bennett, C., & Jones, A. (2018). The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes. *Environmental Research*, 166, 628-637. <https://doi.org/10.1016/j.envres.2018.06.030>
4. Yao, W., Zhang, X., & Gong, Q. (2020). The effect of exposure to the natural environment on stress reduction: A meta-analysis. *Urban Forestry & Urban Greening*, 57(4), 126932. <https://doi.org/10.1016/j.ufug.2020.126932>
5. Shin, J. C., Parab, K. V., An, R., & Grigsby-Toussaint, D. S. (2020). Greenspace exposure and sleep: A systematic review. *Environmental research*, 182, 109081. <https://doi.org/10.1016/j.envres.2019.109081>



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