

ANFHT QUARTERLY

A Message from our Executive Director

Summer is such a bright time of year, with vacations, staycations, outdoor projects and activities in full swing.

As we navigate the health care system, please be reassured that we are all working to better our systems, communication and support for you, our valued patients.

Here at the Aurora-Newmarket Family Health Team (ANFHT), we have been busy planning, updating and implementing programs and services for our patients.

For a full list of our programs and services visit our website or the next time you are in have a look at our program boards. You can also ask your Primary Care Provider if there is something you would like to know.

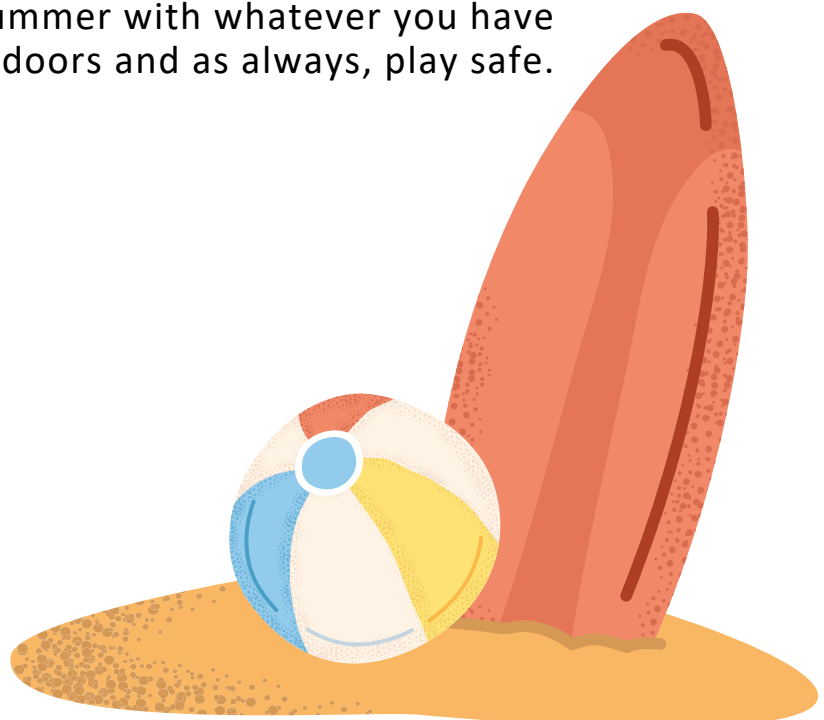
The ANFHT is partnered with the Northern York South Simcoe Ontario Health Team (NYSS). Visit their website www.nysoht.ca to become more informed on the work that is taking place.

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

I wish you all a fun and productive summer with whatever you have planned. Enjoy your families, the outdoors and as always, play safe.

Remember to be kind!

Mary-Jane Rodgers
Executive Director

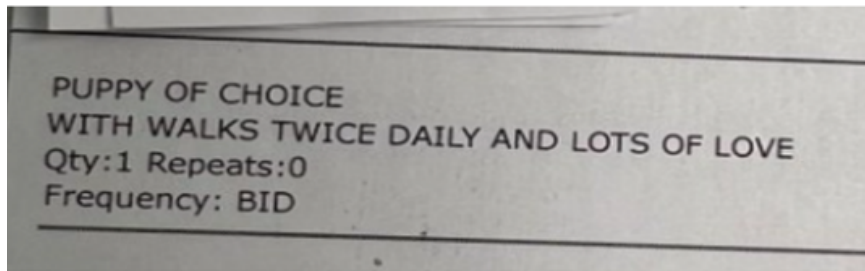


From “What Is The Matter With You?” To “What Matters To You?” : A Peek Into The Social Determinants of Health

BY SHANI VINER, OT

In 2022, a Toronto-based doctor tweeted about a prescription she had written to a patient struggling with feelings of loneliness.

“Puppy of choice, with walks twice daily and lots of love”, it said.



While at first glance this may seem out of a doctor’s scope, this doctor was practicing what is now known as social prescribing. This is when a health care professional suggests a non-medical treatment intended to improve the health and well-being of a patient.

It is becoming increasingly recognized that people’s health and well-being are largely determined by non-medical factors, known as the social determinants of health. For example, loneliness or isolation, housing, income, discrimination, etc.

The goal of social prescribing seeks to address people’s needs using a more holistic approach.

By shifting the focus from “What is the matter with you?” to “What matters to you?”, a patient is able to be seen and treated as a whole rather than defined by a diagnosis such as diabetes or acid reflux.

The research supporting the value of social prescribing is sparse. However, the research does demonstrate improvements in quality of life, mental health, as well as a decreased number of visits to the emergency department and/or their doctor’s office.

So what might this look like in actual practice? The process would involve your doctor, nurse, or other health-care professional screening for your non-medical needs, and then referring you to a relevant community resource. Some examples include support and advice on physical activity, loneliness, job hunting, housing, financial hardship, legal issues, and opportunities to participate in arts and other creative activities within the community.

At the ANFHT, we strive to address all aspects of your well-being and to help you feel as safe, supported, and connected as possible. On your next visit to our office, we encourage you to share your thoughts on how we could potentially help improve your overall well-being and quality of life.

New Program Alert!

Single Session Counselling Clinic

NEW



Aurora-Newmarket

Family Health Team

Single Session Counselling Clinic

FREE TO ANFHT PATIENTS

NO REFERRAL REQUIRED

FIRST TUESDAY OF EVERY MONTH

STARTING SEPTEMBER 3, 2024

12:30PM TO 3:30PM

▶ Feeling down or anxious?

▶ Dealing with a major life change?

▶ Having a hard time coping with stress at work or school?

▶ Needing support navigating or accessing community and government resources?

HOW DOES IT WORK?

During your appointment, our Social Worker will support you with developing a plan to address one concern you currently have. This may look like emotional support, feedback, ideas on how to make positive changes in your life, information on community programs, and other resources.

HOW DO I SIGN UP?

Keep an eye on our social media or website for details and information on how to register.

<https://auroranewmarketfht.com/>

Instagram: auroranewmarketfht

Facebook: Aurora-Newmarket Family Health Team