

ANFHT QUARTERLY

A Message from our Executive Director

January has arrived and with it, it has brought colder temperatures and the last quarter of our fiscal year.

We are actively working on addressing the winter surge and continuing to protect our patients with important vaccinations. Whether it's the flu shot or other preventive measures, we are here to assist you in making informed choices for you and your family.

We offer a variety of programs and services (some new and some tried and true) that are available to all our patients. If you ever have questions, don't hesitate to visit our website, explore the information available in our waiting room, or speak with your clinician during your next visit. We're always here to help.

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.

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.

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

This is also a good time of the year to reach out to those who may be struggling. Small acts of kindness can make a big difference, so I encourage you to pay it forward in any way you can.

Remember it is cool to be kind!

Mary-Jane Rodgers



Fostering Your Mental Health

BY SAM FERGUSON, ADMINISTRATOR

This time of the year can feel hard for some individuals, especially after the holidays. Some may find themselves worrying about the future or having difficulty setting goals for the year. Food, housing, and economic stability are pivotal for mental health outcomes. Canadians experiencing concerns about food and housing insecurity are more likely to report severe symptoms of anxiety, depression, and psychological distress (Mental Health Research Canada, 2024). Remember as we go through the first couple of months of the year to be kind to one another and reach out.

The ANFHT offers Programs and Services to help patients navigate through difficult or stressful times. Our Registered Social Worker facilitates a Single Session Counselling Clinic on the first Tuesday of every month. These are same day appointments slots meant to help individuals address one concern. This may look like emotional support, feedback, ideas on how to make positive changes in your life, information on community programs, and other resources.

No referral is needed. Patients can call the office at 905-898-2240 ext. 302 and leave a voicemail with your name and phone number on the first Tuesday of every month. A member of our Team will call you back to schedule an appointment, whether in-person or virtual. Please note that this service is on a first come first serve basis.

For individuals looking for ongoing mental health support, please discuss a referral to our Registered Social Worker, with your primary care practitioner.

Source: <https://www.mhrc.ca/key-facts-on-mental-health>



Bundling Up Against Cold and Flu Season

BY SAM FERGUSON, ADMINISTRATOR

During the colder months we tend to see an increase in cold and flu symptoms. We can all do our part to limit exposures and the spread of cold and flus. For example, keeping up-to-date on your immunizations, frequent handwashing, and staying home when sick.

Influenza vaccines are still available at the ANFHT for our patients aged 6 months old and up. The RSV vaccine and Prevnar-20 are available at the clinic for eligible populations. If you are unsure whether you are eligible, please reach out to the office.

Here at the ANFHT we have put in place measures to keep our patients and team safe. All patients and visitors are required to wear a mask, as well as patient-facing employees. With the rise of COVID-19 infections, it is also important to recognize the signs and symptoms. COVID-19 tests are still available to the public at select pharmacies. Patients can visit <https://www.ontario.ca/assessment-centre-locations/> to look up their region and find participating locations.

The ANFHT offers same day appointments for individuals with acute issues such as colds, sore throats, etc. Not able to make it during the day? The office offers an urgent care clinic, available to all of our patients, Monday to Thursday from 5pm to 8pm and on Saturdays from 9am to 11:30am.

Other options available to patients for acute non-emergent concerns are:

- 1.The Nurse Practitioner-led Children's Care Clinic. Appointments can be booked by going to ww.care-clinics.ca.
- 2.The Central Region Virtual Urgent Care Clinic. Appointments can be made by going to regional-virtual-urgent-care.ca.



Welcome Veemi, OT!

The ANFHT is pleased to announce the arrival of our new Occupational Therapist Veemi Chouhan.

Veemi has 10 years of experience providing community home care. She has worked with the Scarborough/Central East OHH (previously HCCSS/LHIN/CCAC) and in the motor vehicle accident rehabilitation industry for 3 years within the Durham and East Toronto regions. She recently moved to the area and has always wanted to work in a Family Health Team setting.

Veemi is excited to provide services to patients of the ANFHT!

If you are interested in a mobility assessment, falls prevention strategies, home safety, or how to facilitate any of your daily activities, please speak to your primary care practitioner for a referral to our Occupational Therapist.

