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## Summer Food Safety by Melissa Conrad

BBQ season is here! With the warmer weather upon us, we need to take precautions when we are preparing and eating food - whether at barbecues, picnics or camping.

The 4 Simple Steps to keep in mind this summer and any other time you're preparing food are:

**Clean** – wash hands and surfaces often

Wash your hands, cooking utensils, cutting boards and surfaces with hot soapy water for at least 20 seconds

**Separate** – don't cross contaminate

Keep raw meat, fish, poultry and eggs away from fresh produce or cooked foods

**Cook** – cook to safe temperature

Use a food thermometer to ensure that food is cooked to the proper temperature. The Be Food Safe Canada website has a great chart with the internal cooking temperatures.

**Chill** – refrigerate promptly

Bacteria grow the fastest between 4°C and 60°C (40°F – 140°F) – also called the 'danger zone'.

Keep hot food hot and cold food cold.

For more information go to the Be Food Safe website at: [www.befoodsafe.ca](http://www.befoodsafe.ca)



## Meet a Nurse Practitioner

Kate Edgar joined the NFHT as a Nurse Practitioner in September 2012. After working as an RN for 2 years in the emergency room, she completed her Master's in Nursing Science and Primary Health Care Nurse Practitioner Certification in 2012 at Queen's University. As a Nurse Practitioner, she improves access to family medicine for people in Northumberland through her work alongside the Family Medicine Physicians at the Cobourg Health Centre. At the clinic, she sees all ages of patients and like all NPs in Ontario, has the ability to independently diagnose and treat illness and injury,

write prescriptions and order tests, perform physical check-ups and refer to specialists. She helps patients to be seen in a timely manner by offering a combination of scheduled appointments and same-day services. In addition to working in the clinic setting Kate enjoys teaching nurse practitioner students as a Term Adjunct Lecturer at Queen's University. In her spare time she enjoys running, gardening and travelling with her husband.



Thanks for all you do, Kate!

## Upcoming EVENTS

### June

- ◇ Stroke Awareness Month - visit [www.heartandstroke.ca](http://www.heartandstroke.ca)
- ◇ ALS Awareness Month - visit [www.als.ca](http://www.als.ca)
- ◇ June 3rd: National Health and Fitness Day - visit [www.nhfdcan.ca](http://www.nhfdcan.ca)
- ◇ June 21st: National Aboriginal Day

### July

- ◇ July 5th: National Injury Prevention Day

### August

- ◇ Aug 12th: International Youth Day
- ◇ Aug 19th: World Humanitarian Day

**Please visit <http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php> to learn more about these and other events.**

## Executive Director Update

As mentioned in the Spring Newsletter we have launched our Patient Experience Survey, and I am happy to say we have received good feedback about your healthcare experiences with us. Thank You! Here is a glimpse at some observations, including areas we can celebrate and areas to focus for improvement.

### ACCESS

Overall experience accessing clinic- 84% favorable.  
 Ability to get an appointment on the day you wanted – 77% favorable.  
 How easy was it to get care after hours without going to Emergency – 24% favorable.

For those of you who haven't had the chance to complete... the good news is that it is not too late. Go to our website at [www.nfht.ca](http://www.nfht.ca) and look for "Survey" in the top bar. We would really appreciate hearing from you as the more feedback we receive the more we are confident that it represents the voice of our patients. Have a wonderful summer!

Laurel Savoy , Executive Director

## Patient Experience, by *Anonymous*

A couple years ago I was referred by my family doctor to the Northumberland Family Health team to be assessed through their Senior Assessment Clinic. I found the care I received was helpful and supportive. More recently, in 2016, I began meeting with a social worker at NFHT due to struggles with anxiety and low self-esteem. I was introduced to the concept of mindfulness. Mindfulness was once just a word in the dictionary – now it is something I engage in doing every day. Through individual and group therapy I have improved my quality of thinking, been provided with life skills for coping, developed a better understanding of mental health issues and the importance of timely treatments. Thank you NFHT for helping me lower my anxiety and improve my self-esteem. May your support continue to develop and thrive.

"If you want to conquer the anxiety of life, live in the moment, live in the breath" - by Amit Ray.

### QUALITY OF CARE

Opportunity to ask questions - 85% often or always.  
 Involve you in decisions on care & treatment- 90% often or always.  
 Spend enough time with you – 88% often or always.

Check out this Video on Coordinated Care Plans to see how your community is looking to improve your health care experience! <https://youtu.be/ILpjW4oO5kE> Brought to you by Health Links.

## Chilled Watermelon Cucumber Feta Salad

### Ingredients:

- 4 cups chilled seedless watermelon, diced large
- 1 medium chilled English cucumber, peeled and diced
- 1/4 cup kalamata olives, pitted and sliced
- 1/4 cup (1 oz) crumbled feta
- 1 tablespoon fresh mint (or basil) leaves, thinly sliced
- 3 tbsp balsamic glaze

### Directions:

Divide the watermelon and cucumbers equally between 4 plates or in one large serving bowl; top with olives, feta and mint. Drizzle the balsamic glaze over everything when ready to serve.



Find more info about this and other great recipes at [skinnytaste.com](http://skinnytaste.com)!

## Have you heard of Summer SAD? By Kathy Beale

Approximately 15% of Canadians experience seasonal affective disorder (SAD), often referred to as the “winter blues”. Depressive symptoms typically begin in the fall and continue throughout the winter. However, did you know that SAD can also occur with the onset of spring and continue throughout the summer? Summer SAD affects approximately 2-6% of Canadians. Specific symptoms can include weight loss, anxiety, loss of appetite, hyperactivity and trouble sleeping. Here are a few suggestions for dealing with summer SAD:

A main symptom of summer SAD is an increase in agitation versus

lethargy with winter SAD. Long sunny days may result in earlier mornings and later nights resulting in sleep deprivation. Although schedules often slow down in summer, try to maintain a regular routine even on vacation. For example: maintain the same wakeup time and bedtime.

Limit your exposure to the bright summer light and heat.

Build in some quiet time for yourself following busy days. Be sure to wind down every night and leave the noise of the pool, boating, parks and outings to sporting events and amusement parks behind.

Monitor your expectations.



Sometimes our much anticipated summer recreational activities and family gatherings can be disappointing because of poor weather or conflict with others. Avoid blaming yourself and others. Stay neutral. Your ability to accept that “it is what it is” can be helpful in dealing with summer SAD.

Lastly, there is help and support available to help you. Please see your physician to talk about a referral to NFHT for counseling or contact Four County Crisis at: 1-866-995-9933.

### Newsletter Contributors:

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## SUMMER WORKSHOPS

<b>LOCATION:</b> All workshops are held at the NFHT Office at the Northumberland Mall	Meeting Date	Time
<b>Diabetes and Caring For Your Feet</b> *NFHT Referral Required Learn how to care for, examine and protect your feet while living with diabetes.	<b>Monday</b> June 5th	1:30 p.m. - 3:30 p.m.
<b>Bariatric Information Session</b> An evening to talk about bariatric surgery, and meet people that have had the surgery.	<b>Tuesday</b> June 20th	5:30 p.m. - 7:00 p.m.
<b>Rise up From Depression</b> *NFHT Referral Required Learn how to use the three key skills to rise up from depression: Re-activate your life, Think realistically and Problem solve. * NFHT Patients Only—Ask your Doctor or Nurse Practitioner for a referral	<b>Groups Running All Year</b>  <b>Contact for Dates</b>	1:30 p.m. - 3:00 p.m.
<b>Anxiety Workshop</b> *NFHT Referral Required Two day workshop about anxiety and how to cope.	<b>Groups Running All Year</b>  <b>Contact for Dates</b>	1:30 p.m. - 3:30 p.m.
<b>Sleep Workshop</b> Learn how to get a better night's sleep—sleep hygiene, re-setting the sleep driver and quieting a busy mind.	<b>Groups Running All Year</b>  <b>Contact for Dates</b>	1:30 p.m.- 3:30 p.m.
<b>Anxiety Group—8 Week Program</b> *NFHT Referral Required * NFHT Patients Only—Ask your Doctor or Nurse Practitioner for a referral	<b>Groups Running All Year</b>  <b>Contact for Dates</b>	1:30 p.m.- 3:30 p.m.
<b>Quit Smoking Program—Information Session</b> Hear about the Smoking Cessation Program offered to NFHT Patients No Commitment Required!	<b>Groups Ongoing</b>  <b>Call for Next Date</b>	Wednesday Mornings Friday Afternoons

[www.nfht.ca](http://www.nfht.ca) or call 289-252-2139

for more information about upcoming programs and workshops.

Please note that class sizes are limited.