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Summer 2018

www.nfht.ca

Issue 15

Executive Director Update

I have written in previous newsletters about some of the innovative and impactful programs and services we offer to our patients at the Family Health Team. In this edition I wanted to highlight some of the ways we are working collaboratively with our community partners to provide a more integrated and seamless healthcare experience for you.

- In the fall we will be launching a **Pulmonary Rehab Program** in collaboration with the Northumberland YMCA. More to come on this exciting program in the next few months. Watch our website for more information if this sounds like something you would benefit from.
- During the past year we implemented a new **Memory Clinic** that brings together resources from the Alzheimer's Society and NFHT to effectively assess, counsel and navigate in a one stop appointment for patients and their families. We are now working with the Seniors Care Network and the Port Hope Northumberland Community Health Centre to further share resources and develop a more seamless way to access seniors assessment services in our community.
- We are members of the **Palliative Care Community Team** which links resources at a number of local healthcare organizations with Community Care Northumberland to ensure that patients are able to more easily navigate the palliative care they need. Utilizing a dedicated 1-800 number for navigation of services helps to facilitate this.

- **Northumberland County Coordinated Care Planning Working Group** (lead by the CE-LHIN) The members, who represent various health care provider organizations in Northumberland, are working together to improve the coordination of care for people with complex care needs.
- Our **Home Based Transition Care Team** is located at NHH and work collaboratively with the NHH healthcare team and Home and Community Care to improve transitions from hospital to home for complex patients with CHF and COPD. One of the key goals for this team is to reduce hospital readmission.
- **Diabetes Expo**- Annually in March each year with Port Hope Northumberland CHC we cohost a very informative Diabetes Expo. The event is open to the public and includes guest speakers, foot screening and an information expo.
- **Hospital Discharge Follow-Up and Medication Reconciliation** – Through partnership with NHH, our NFHT pharmacist is notified of NFHT patients who have been discharged from hospital. She makes contact with those patients to check-in, answer any questions about medications, update the patients medication list in their medical record, connect them with other NFHT services and provide guidance regarding any health concerns.



Exciting News From our Mental Health Team!

Meet Our New Team Members!

We've added two new part-time clinicians and the Team is preparing to expand the mental health program to include children and youth twelve years old and up! Stay tuned for more details about this exciting endeavor!



Lori Glenn,
Reg. Psychotherapist
Lori Glenn is a Registered Psychotherapist and comes to the Team with over 10 years of experience working in the field

of addictions and mental health.



Carolyn Higginson,
MSW, RSW

Carolyn Higginson is a Registered Social Worker with over 12 years of experience in the mental health field.

She holds a Master of Social Work degree from McGill University, as well as an undergraduate degree in Psychology and Health Studies from Queen's University.

New supportive online mental health programs available to all residents of Ontario!

Did you know that nearly one third of people in Ontario will experience a mental health issue at some point in their lifetime? That's one in every five people in Ontario.

Recognizing the need for timely mental health assistance and support, the Ontario Government has introduced two free self-help, internet based initiatives called BounceBack and the Big White Wall

BounceBack focuses on depression and anxiety for adults and youth 15 + and encourages the learning and development of skills to help manage worry and anxiety and combat unhelpful thinking while becoming more active and assertive. There is no waiting period and the program is free to people living in Ontario who have a valid health card. Access to the program is by referral by a physician, primary care provider or by self-referral. If patients refer themselves their physician or primary care provider is notified and kept informed of their patient's progress. Once the referral process has been completed and there is acceptance into the program, a BounceBack coach will initiate contact with the patient within five business days to schedule a telephone appointment and begin the program. The BounceBack coach maintains contact with patients throughout the program and provides support as patients work through a series of workbooks that are personalized to their identified needs. www.bouncebackontario.ca

The **Big White Wall** provides access to an online community of support provided by peers. Members can share experiences and creatively express themselves in words and images, helping members feel less socially isolated. Issues range from anxiety, depression and dealing with every day stressors or major life events. The goal is to help you get through it! The Big White Wall has a library of articles, tips and supportive courses including cognitive behavior therapy accessible online. Clinically trained counselors, called "Wall Guides", are available to offer support and ensure that members are always safe. Those interested in trying the Big White Wall can access the program anonymously by computer, tablet or smartphone 24 hours a day, 7 days a week and 365 days of the year. www.bigwhitewall.ca

Your Health

It's Tick Time!

The number of ticks confirmed to be infected with Lyme disease has increased in Northumberland over the past five years. Therefore it is important to know some basic facts about ticks and Lyme disease.

Ticks are small insects that need to feed off of a living host in order to survive. Lyme disease is spread when an infected tick attaches to a host such as a human by biting it. You are more at risk for contracting Lyme disease if a tick has been attached to you for 24 hours or if the tick is engorged, however the incidence is especially increased if the tick has been attached for 72 hours or more.

Lyme disease can initially cause 'flu like' symptoms and may present with a bullseye type rash. It can progress to affect different parts of your body such as your heart, brain and joints.

Ticks are commonly found in tall grass and wooded areas. Avoiding these areas or wearing long sleeves, pants, socks and shoes and using an insect repellent containing DEET (use manufacturer application guideline) when in high risk areas may decrease the chance of a tick attaching itself to you. Showering or bathing

Farewell Christine!

We say goodbye to one of our NFHT employees who has been with us since the Family Health Team was formed. Christine McCleary is a passionate Registered Dietician who advocates for patients and embraces the inter-professional healthcare model. I know those of you who have had the pleasure of working with Christine will miss her as much as we will at NFHT. The good news is that she isn't going far. Our loss is NHH's gain and we will look forward to working collaboratively with Christine in her new role.

Newsletter Contributors: Kathy Beale, Laurel Savoy, Meghan Saari, Lynne Ferguson, Christine McCleary

Mark your calendars! This year's Preventative Health Fair will be on November 22nd

following being in high risk areas and checking your animals after they have been outdoors may further decrease your risk.

If you do find a tick attached to you it is important to remove it immediately. During the removal process the entire tick must be removed and the area cleansed with soap and water to decrease the risk of Lyme disease transmission. Tick removal tools are available at most pet stores. If you are unable to remove the tick yourself, your healthcare provider can remove it for you. There is treatment for Lyme disease so speak to your healthcare provider if you have had a tick bite or symptoms of Lyme disease.

Keeping You Informed



Check out our website for up to date information about NFHT.

www.nfht.ca

Like us on Facebook

CE-LHIN Website –Health Service Provider Listing

Chef's Corner by Christine McCleary

EASY HOME MADE FROZEN FRUIT YOGURT.

This takes 5 minutes to make. Makes 2-3 servings.

Ingredients:

1 cup of frozen fruit i.e. cherries, mango, or strawberries.

1 tbsp. lemon or lime juice

2 tsp honey or maple syrup.

1 cup unflavoured Greek yogurt

Instructions:

Add frozen cherries and yogurt into a blender or food processor. Puree until smooth for 2-3 minutes. Serve immediately. Do not refreeze as it will become an ice block.

SUMMER WORKSHOPS

<p>LOCATION:</p> <p>All workshops are held at the NFHT Office at the Northumberland Mall</p>	<p>Meeting Date</p>	<p>Time</p>
<p>Mediterranean Diet</p> <p>Learn about a diet that is perfect for those with high blood pressure, high cholesterol, diabetes and other health conditions.</p> <p>Mediterranean Diet - Supermarket Tour</p> <p>Join our Registered Dietitians to learn how to navigate the grocery store to find the best local choices for you to start eating the Mediterranean way.</p>	<p>Tues. July 10th OR Mon. Aug. 20th</p> <p>Tues. July 24th</p>	<p>1:30 p.m. - 3:00 p.m.</p> <p>1:30 p.m. - 3:30 p.m.</p>
<p>Diabetes and Caring For Your Feet</p> <p>Screening and Education.</p>	<p>Thursday August 16th</p>	<p>9:30 a.m.-10:30 a.m.</p>
<p>Bariatric Surgery Information Night</p> <p>Learn about Bariatric surgery and determine if this surgery is for you. Talk with people that have had the surgery and lean about their experiences.</p>	<p>Wednesday June 6th</p>	<p>5:30 p.m. - 7:00 p.m.</p>
<p>CBT-Insomnia</p> <p>An Introduction to Improving Your Sleep</p>	<p>Wednesdays June 13th, 20th And 27th</p>	<p>1:30 p.m.-3:00 p.m.</p>
<p>Osteoarthritis</p> <p>What is it all about, and how can I manage it.</p>	<p>Monthly Last Thursday Of Every Month</p>	<p>10:00 a.m.-11:30 a.m.</p>
<p>GROUPS RUNNING ALL YEAR—*NFHT Referral Required*</p> <p>Rise Up From Depression</p> <p>Anxiety Group—6 Week Program</p> <p>Sleep Workshop</p> <p>Stress Management Group</p>	<p>Contact for Dates and Times</p>	

www.nfht.ca or call 289-252-2139

for more information about upcoming programs and workshops.