

Holiday 2008

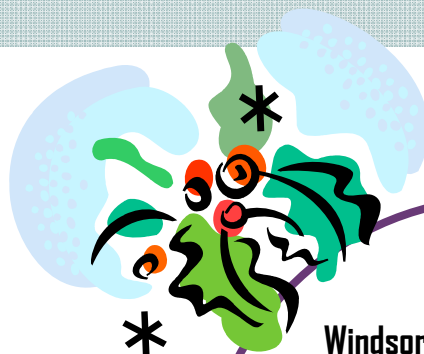
Season's Greetings!

The Staff of the Windsor FHT wish you a very happy holiday season!

Welcome Dr. Bhullar!

On October 20th of this year the WFHT was pleased to add Dr. Harbir Bhullar to our Circle of Care Professionals. Dr. Bhullar graduated from medical school in India and completed his residency in Michigan. The community of Windsor–Essex is privileged to have Dr. Bhullar as one of its primary care physicians and the WFHT is especially proud that he is part of our Team to serve you!

Mark Ferrari, Executive Director



Your Windsor Family Health Team Circle of Care Professionals:

Dr. Harbir Bhullar Family Physician
Paula Cole Clinical Social Worker
Dr. Elia Huidovici Family Physician
Elyse Maindonald Nurse Practitioner
Terri Peirone Nurse Practitioner
Michele Virtue Registered Nurse
Christine Wellington Registered Dietician

Holiday Eating Survival Tips

Food is part of the holidays and this is the time when many of us overeat. Here are some tips to help you with your eating during the holiday season.

*The holiday season is not the time to lose weight. Focus on

maintaining your weight rather than looking at weight reduction.

- *Incorporate some "movement/exercise" into each day.
- *Eat a light snack before going out to a party: fruit, yogurt, low fat cheese and crackers.
- *Reduce the fat in your holiday recipes.

*Enjoy your friends and family and focus less on food.

*Choose your beverages wisely: juices and alcohol are high in calories. Diet pop and water with lemon/lime do not have any calories.

Check out Pam's Cranberry loaf on page 2!

Our Vision & Mission

Vision: The citizens of Windsor will have access to the highest quality primary health care in a timely manner from an integrated team of health care providers in a welcoming, caring environment.

Mission: The Windsor Family Health Team will enable improved access to high quality, holistic primary health care in a multidisciplinary setting.



WFHT/ WRH—What It Means To You



On November 10, 2008, the **Windsor Family Health Team and Windsor Regional Hospital** were excited to announce an affiliation between the two health care organizations that will grow and develop to bring better care to our patients. One of our goals is to provide

integrated services and communication between the hospital and your primary care team to be more effective during treatment, tests and follow-up. We will also be striving to find avenues to provide primary health care to patients who use hospital services and have

no family doctor. It will take some time to develop and implement our plans so we ask for your patience, but know that we are working hard to bring you the most comprehensive and best care possible!

Mental Health Moment

PLAYING IT SAFE!



The Holidays are a time to have fun and to spend time with friends and family. This can be accomplished without alcohol. To have a safe and enjoyable holiday season, consider the following:

- The holiday season can be the most difficult time for people trying to reduce their drinking, or for people who are trying to remain sober.
- Provide alternative non-alcoholic beverages to guests when hosting a function.
- For low risk drinking, do not consume more than 2 stan-

dard alcoholic drinks on any one day.

- If you or someone you know is planning on drinking, plan ahead and arrange a designated driver, or have cash on hand to call a taxi.
- If you are hosting a holiday party, consider the amount of alcohol you serve, and provide transportation options to keep your guests safe.

Paula Cole, Social Worker

Wild African Berry Mocktail

In a cocktail shaker filled with ice add: 1 1/2 oz chocolate sauce, 1/4 cup frozen (thawed) strawberries and 2 oz chocolate milk. Shake sharply and strain into a rocks glass with ice. Garnish with a strawberry.

Sour Berry Soda Mocktail

Fill a tall glass with ice and add: 2 oz raspberry juice, 2 oz white cranberry juice and 4 oz lemon lime soda. Sprinkle with raspberries.

Pam's Cranberry Loaf

Ingredients:

2 cups all purpose flour
1 cup granulated sugar
1 1/2 tsp baking powder
1/2 tsp baking soda
1/4 cup margarine
3/4 cup orange juice
4 Tbsp egg whites
2 cups halved cranberries

Method:

Preheat oven to 350 F
Grease a loaf pan.
In a large bowl sift flour, sugar, baking powder and baking soda.
Cut in margarine.
In another bowl mix juice and egg whites and add to dry ingredients.
Mix until just blended.

Fold in cranberries.
Spoon into greased loaf pan, spreading batter slightly higher up the sides.
Bake for one hour. Test centre of baked loaf, continue to cook until inserted tester comes out clean.
Wrap in foil when cooled and keep in refrigerator.

