

Welcome to our First Issue!

A healthy patient

is an informed patient!

With the launching of the Windsor Family Health Team newsletter, FHT (Fit) for Life, we bring an avenue to you for sharing tips and ideas on how you can partner with your circle of care professionals for a healthier lifestyle. At least seasonally, you'll hear

from our staff as well as be informed of upcoming events and local health news that may interest you as a patient. We hope that with each issue you'll learn something new in a quest to be FHT for Life!

What's Eating You?

Fall foods (soups, stews, breads, sweet potatoes, butternut squash, apples, pumpkins and all types of greens) are very healthy choices. They are full of great nutrients, such as fiber, protein, beta carotene and vitamin C. Here are a few tips to keep fall tasty and healthy since the average person tends to gain three to four pounds at this time of year!

- **Turkey** is healthy, as long as you keep it lean and white.
- **Apples** are low in calories when they're off the tree, not in a pie. Try an apple crisp.

- When ordering a **pizza**, watch the toppings, they can double the calories.
- Avoid **unconscious eating** while watching the new fall TV lineup. It is not a good idea to bring the whole bag or bowl to the couch or coffee table - pre-measure it in the kitchen first. When it comes to chips, make sure they're baked, not fried.
- **Stews** can be hearty and fattening. Use loads of fresh vegetables, and go light on the meat and potatoes.

Chris Wellington, Dietician



Your Windsor Family Health Team Circle of Care Professionals:

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

I Didn't Know That

Nurse practitioners (NPs)

are nurses with advanced university education who independently provide a full range of health care services to individuals, families and communities. They are often involved in influencing health policy and conducting research studies. NPs spend time with you to listen to your concerns in order to address the physical, social emotional and mental aspects of your health and illness. NPs have the ability to:

- diagnose and treat common illnesses and/ or injuries
- manage chronic illnesses
- write prescriptions

- perform physical check-ups
- order and interpret diagnostic tests
- provide counseling and education
- provide treatments and or procedures
- make referrals to specialists and other health professionals
- provide preventative care

NPs work closely with other members of your Family Health Team to provide you with the highest quality health care possible.

Terri Peirone, RN (EC)
Primary Health Care Nurse Practitioner

FHT for Life

Be “Patient” With Us - We’re Growing!



Barb, Michele & Mira

(Their agent wouldn't give permission for an actual photo)

If it took a long time to get an appointment to see your physician, you're probably wondering "what's up with that?" One of our values is to serve patients in a timely manner, so if we are unable to see you "same day" it's because as we start out, we are enrolling unattached patients and treating follow-ups at the same time. We are excited about adding healthcare professionals so that as your circle of care widens, wait times will be reduced.

Busy times of the year factor in too, such as back to school immunizations & physicals and then there's flu season.

So what's a sick person to do?

Give us a call in the morning - there may be a cancellation. If not, our Registered Nurse will work with your physician to determine a plan of action based on your situation and then will advise the reception staff appropriately so that you can be treated.

Our patients are our first priority! We, the Clinical Reception staff will do our very best to make responsible decisions in order to schedule appointments according to your needs. It's our pleasure to serve you!

Barb Baillargeon

Michele Hodare

Mira Pio

"BEING

MENTALLY
HEALTHY
MEANS BEING
ABLE TO
ENJOY LIFE..."

Mental Health Moment

October hosts Mental Illness Awareness week, Oct. 5-11. One in five Canadians is directly touched by a mental disorder. Mental health is a level of cognitive and emotional well-being. Being mentally healthy means being able to enjoy life, experiencing a balance between life activities, and efforts to achieve psychological resilience. If you, or someone you know is touched by a mental

illness, please speak up. It's okay to ask for help. The Windsor Family Health Team is here to assist you. Recovery is possible!

Paula Cole, Social Worker

... and that's "why".

The WFHT Admin Staff addresses the "whys" that affect the "who", "when", "where" and "how" of your healthcare while you are a patient of the WFHT. There is no issue too small for us to notice, because we understand it's the little things that make the difference. We trust that as a patient of the WFHT, you will experience great care from reception, right through to follow-up with one of our health profes-

sionals. All of this happens because we thought about "why" it's important for our patients to have a level of attention that makes the WFHT stand apart from the usual. Comprehensive, preventative care means for a healthier "you" and we take great pride in what can be provided for our patients... and that's **why!**

Linda Fawler, Admin Assistant

Windsor-Essex Medicine Cabinet Clean-Out November 1-30

RESIDENTS OF WINDSOR AND ESSEX COUNTY CLEAN OUT YOUR MEDICINE CABINET AND TAKE ANY PRESCRIPTION AND OVER-THE-COUNTER DRUGS, VITAMINS, MINERALS AND HERBAL REMEDIES THAT HAVE EXPIRED OR ARE NO LONGER NEEDED TO YOUR LOCAL PHARMACY.

