

THE BEAT



WINDSOR

Family | Health | Team

Windsor Family Health Team Newsletter

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WHAT'S COMING UP?

Collecting Your Sociodemographic Information: We Ask Because We Care



The Windsor Family Health Team is collecting your updated sociodemographic information in order to provide the best care possible with compassion & respect to everyone. By collecting your sociodemographic data, we can learn more about you!

What is Sociodemographic Data?

It is information gathered about our patient's characteristics such as gender, age, and income.

Why are we collecting this information?

We collect this information from patients to find out who we serve & what unique needs our patients have. This information allows us to plan for services and provide even better care.

How is this relevant to patient care?

Health Equity Ontario states that "health equity allows people to reach their full potential & receive high quality of care that is fair & appropriate to them and their needs, no matter where they live, what they have or who they are."

Do I have to answer these questions?

Participation is completely VOLUNTARY. Selecting "Prefer not to Answer" as a response WILL NOT affect your care or access to our services.

Where Can I Update My Socio-Demographic Data?

If you have an email on file with us, we have sent a secure link for you to update your information.

If you do not have an email on file with us, we will call you within the next months.

Already Completed?

Thank you for your participation!

Your involvement is key to our continued commitment to providing exceptional healthcare.

Questions?

We're here to assist. Contact us at 519-250-5656 Ext. 141.

You may receive a phone call from our team to update your file with this important information.



PROGRAMS AND SERVICES AVAILABLE TO YOU AT WFHT

The Windsor Family Health Team (WFHT) provides high-quality care, that is focused on helping you meet your health care goals through disease management and prevention, rehabilitation, palliative care, and health promotion. We are able to do this through all of the various programs and services that we offer. The following is a list of programs offered by the Windsor Family Health Team.

Social Work



Our counsellors provide time limited individual counselling. Counsellors provide mental support for individuals aged 16 yrs and up who are experiencing mild to moderate mental health conditions. Counsellors use therapeutic best practices based on individual patient needs.

Dietitian/Nutrition



This program is available to patients of all ages. The dietitian provides time limited individual and group nutrition counselling. The aim of sessions is to increase participant knowledge of nutrition and to increase their confidence and ability to self-manage their health and well-being.

Lung Health/Smoking Cessation



This program provides diagnosis and treatment to support respiratory health, Chronic Obstructive Pulmonary Disease (COPD) and Asthma. We also have individual smoking cessation counselling offered by certified educators including education, support and free nicotine replacement therapy.

Memory Clinic



This program is available to patients over 55 years of age with new onset memory and/or cognition concerns not related to Acquired Brain Injury (ABI) or a psychiatric diagnosis. Memory clinics provide early diagnosis, treatment and education. The team works closely with the patients' Primary Care Provider, and with community groups like the Alzheimer's Society to ensure care needs are met.

Oral Health Education



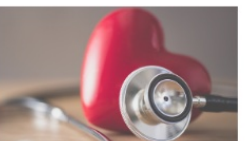
This program gives patients the maximum benefit through education, available preventative treatments, and free oral health provisions (e.g., toothbrush, toothpaste, etc.). The program is also offered through community partnerships with Windsor Regional Hospital and other local health organizations. Patients of the Windsor Family Health Team can self-refer.

Social Prescribing



This program is available to patients of all ages. The Health Promotion Nurse works to address the social determinants of health through the Social Prescribing Program. Patients are connected to non-clinical services in the community to improve their health, mental health, and overall well-being. Patients can get a referral from their health care provider or self-refer into the program.

Heart Health



This program is for patients who have been diagnosed with atrial fibrillation. The program offers monitoring, education on the effects atrial fibrillation has on daily life, medication reviews, and referrals to other supports. Offered in partnership with the Asthma Research Group of Windsor-Essex.

For a full list of all WFHT programs visit www.windsorfht.ca or call our Health Promoter at 519-250-5656 ext 205

How to book your appointment online

Have you tried booking your appointment using our online booking feature?

Although we try our best to manage incoming phone calls you may still experience wait times as our receptionists are very busy helping other patients. By using our online booking feature you can book your appointment when the time is convenient for you and without having to wait in a queue. You can book regular follow up appointments, well baby visits and physicals online.

You will still need to call the office if you have an urgent matter and would like to be seen the same day or following day.

Follow these easy steps to book your next appointment online:

Step 1: Visit **www.windsorfht.ca**

Step 2: Click on the **Book Appointment** button located at the top of the web or mobile page.

Step 3: Enter your name, date of birth and healthcard number and click **Check-in**.

Step 4: Select the healthcare provider you wish to see and click **Choose Provider**.

Step 5: Select the type of appointment you would like to book and click the **Next** button.

Step 6: You can now select the date and time for your appointment.

Step 7: You can opt in for appointment reminders by providing your email address.

Step 8: Now press **Book Appointment**.

You have now completed booking your appointment online and will receive an email confirmation if we have your email on file.



GreenShield Cares: Essential Medicines Program

Earlier this year, GreenShield launched a first-of-its-kind program to provide essential medications free of charge to low-income Canadians without public or private drug coverage.

GreenShield Cares' Essential Medicines program provides coverage of up to \$1,000 for a defined list of essential medicines to eligible individuals. There are no out-of-pocket costs, no co-pays or deductibles and no shipping costs.



The program covers a predetermined list of drugs up to a maximum of \$1,000 for 12 months beginning on the applicant's enrolment date.

The program is eligible to:

- A permanent resident of Ontario.
- Currently employed.
- Between the ages of 25 to 64.
- Income does not exceed the program's income threshold.
- Anticipates needing prescription medications to treat a medical condition.
- Not enrolled in a private or employee drug plan.
- Not enrolled in a public program in Ontario that assists with drug costs, with the exception of the Trillium Drug Program (TDP).

For more information call our Health Promoter at 519-250-5656 ext 205 or talk to your primary care provider. You can also visit www.greenshield.ca/en-ca/cares/essential-medicines

Winter Recipe: Southwestern Sweet Potato Soup

Dietitians tip: Eating dark orange and red vegetables, such as sweet potatoes and red peppers, helps to increase your intake of vitamins A and C and Antioxidants.

Ingredients

1 tbsp olive oil
 1/2 cup chopped onion
 2 cups diced peeled sweet potatoes
 1 cup diced peeled baking potatoes
 4 cups chicken stock or vegetable stock or water
 1 cup fresh or frozen corn kernels
 1 red bell pepper, roasted, peeled, seeded and diced
 1 jalapeño pepper, seeded and chopped
 1/4 cup chopped fresh cilantro or green onions or parsley
 Salt and pepper



Instructions

1. In a large saucepan, heat oil over medium heat. Add onion and cook for 3 to 4 minutes or until softened but not browned. Add sweet potatoes and baking potatoes; cook for 2 to 3 minutes.
2. Add stock; bring to a boil. Reduce heat and simmer, uncovered, for 12 to 15 minutes or until potatoes are tender.
3. In a blender or food processor, purée potato mixture in batches; return to pan. Add corn, red pepper and jalapeño pepper; cook for 3 to 4 minutes.
4. Season with salt and pepper to taste. Serve soup garnished with cilantro.



Serve this colourful and tasty soup with whole-wheat pita bread and hummus.

WHAT'S COMING UP AT WFHT?

ONE TEAM RECOVERY
FREE, 2SLGBTQ+ 5-WEEK OUTPATIENT SUBSTANCE USE PROGRAM
 IN PARTNERSHIP WITH: **windsorpride community**
 NEXT SESSION: JANUARY 9TH, 2024 - FEBRUARY 16TH, 2024
 TUESDAYS AND FRIDAYS FROM 1:00PM - 4:30PM
 DELIVERED BY THE WINDSOR FAMILY HEALTH TEAM
 HELD IN-PERSON
 2 DAYS/WEEK 4 HRS/DAY
 2475 McDougall St Suite 245,
 WINDSOR ON N8X 3N9
REGISTER TODAY!



We will be closed on Monday February 19th for Family Day.

Coffee Social

Are you looking for something to do to break up the long winter days?

Come join us for a hot beverage and some conversation.

When: Tuesdays
 January 30th
 Feb 6th, 13th, 20th, 27th
 March 6th, 13th.
 from 10:00 a.m. to 11:00 a.m.
 Where: 2475 McDougall Suite 245

Open to everyone.
Bring a family member or friend!

WFHT's Training Room



Please call Jane at 519-250-5656 ext 205 for more information.

Resources



Yum! Southwestern Sweet Potato Soup
 from #Cookspiration by @DietitiansCAN
 Here's a tasty and nutritious soup that capitalizes on the popularity of Southwestern cuisine.
cookspiration.com



GreenShield Cares About Essential Medicines
 Access to essential medicines is a fundamental human right.
[greenshield.ca](https://www.greenshield.ca)

