



THE FAMILY HEALTH DIGEST

Newsletter

WINDSOR
Family | Health | Team



Embrace the Power of Nature

As the warm weather approaches, we encourage you to step outside and immerse yourself in the beauty of nature. Watch the leaves turn green, flowers begin to bloom, and feel the soothing energy all around. The positive effect on your health and well-being are worth it.

Stress Reduction

Improved Mood and Self-Esteem

Enhanced Cognitive Function

Increased Creativity and Focus

PROTECTING YOURSELF AND OTHERS AGAINST MEASLES

With the recent rise in measles cases in Ontario, we want to remind our patients of important steps to protect themselves, their families, and our community. If you or a loved one attending an appointment have any of the following symptoms—**fever, red blotchy rash, cough, runny nose, or red, watery eyes**—please wear a mask before entering our facility. When booking an appointment, kindly inform our reception team of any symptoms so we can take the necessary precautions.

Vaccination remains the most effective way to prevent measles.

Adults born *before* 1970 are generally considered immune due to past exposure.

Adults born *after* 1970, who have been vaccinated, may opt for a blood test to check their immunity status.

Children should receive one vaccine dose at 12 months and another between the ages of 4 to 6. Depending on age and risk factors, some children may now be eligible for an early dose or an additional booster.

To book an appointment or learn more, call our office (519-250-5656).



Our reception team is happy to assist you!



WE NEED YOUR HELP IMPROVING OUR RESPONSE TIME

To ensure you are directed to the appropriate service quickly, please listen carefully to the prompts when calling our team and follow these steps:



- **PRESS 1** at the initial prompt if you are a patient of one of our **Family Practice Program** (Dr. Coates, Dr. Jaddou, Dr. Ouellette, Dr. Paquette, Dr. Reidel, Dr. Rowden, or Dr. Zajac) or Nurse Practitioners (Jillian Nascimento or Souzan Rowden). Calls are answered from Monday to Friday starting at 9:00 A.M.



- **PRESS 2** at the initial prompt for our **Team Care Centre Program** or our **One Team Recovery Program**. Calls are answered from Monday to Friday starting at 8:15 A.M.



- **DO NOT PRESS 3.** This line is dedicated to calls from a **physician or nurse practitioner's office**. We cannot support patients through this line, and you will be directed to call back, increasing your **wait time**.

Your cooperation helps us serve you better!

We will ask for your sociodemographic information at an upcoming in-person appointment. This helps us better serve our community by improving programs and resource allocation. Your information will remain confidential and you may choose “prefer not to answer” to any of the questions.

Your input makes healthcare more accessible and inclusive. Questions? Reach out anytime. Thank you for helping us improve our services!

IMPROVING HEALTH FOR ALL



UPDATES ON CERVICAL SCREENING

If you are between the ages of 25 and 70, we strongly encourage you to stay proactive about your health by scheduling your screening.

- To enhance early detection and prevention, routine screening will no longer be a PAP test, but will now be a Human Papillomavirus (HPV) test.
- The HPV test is performed in the same way as the PAP test, making the process familiar and straightforward. However, it provides greater sensitivity in detecting potential issues, allowing for earlier intervention and improved health outcomes.
- This updated screening method is a crucial step in the ongoing effort to reduce the risk of cervical cancer.

If you have any questions or concerns, our nurses and healthcare providers are available to provide more information and guidance. Your well-being is our priority, and we are here to assist and support you every step of the way.

Stay informed. Stay healthy.



For more information visit:

www.cancercareontario.ca/en



TAKING CARE OF YOUR WELL-BEING



In uncertain times, it's more important than ever to check in with our well-being. The challenges around us can often feel overwhelming and it's essential to have healthy coping strategies in place.

Incorporate simple practices into your daily routine—like deep breathing, journaling, taking a walk, or meditating. Make time for what brings you peace and joy, whether that's connecting with loved ones, enjoying nature, or simply taking a moment to yourself.

Your mental health matters, and it's okay to pause and care for yourself. Remember, you're not alone—reach out for support whenever you need it.

JOIN OUR EMAIL LIST 

Stay up to date with your preventative care, community awareness, education, experience surveys, newsletters and other important messaging about the clinic by providing us with your email address. Call to update your file today (519-250-5656).

OUR FEATURED RECIPE

Mediterranean Quinoa Salad



www.themediterraneandish.com



Ingredients

- 1 cup quinoa
- 1 lemon
- 1 teaspoon oregano
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup olive oil
- 4 scallions (white and green parts), or white/purple onion
- 2 bell peppers (red, yellow or orange)
- 1/2 cup pitted olives, drained
- 1 cucumber
- 1/2 cup feta cheese

Preparation:

- Cook the quinoa according to package instructions. Rinse the quinoa well under cold running water.
- While the quinoa cooks, make the dressing by adding the juice and zest of the lemon to a serving bowl, along with the oregano, salt, and pepper. Whisk in the olive oil. Taste and adjust the seasoning to your liking.
- Once the quinoa is tender and has finished cooking, add it to the bowl with the dressing. Stir to coat and allow the quinoa to absorb the lemon dressing. Let it cool completely before adding the vegetables.
- While the quinoa cools, chop the vegetables, adding them to the quinoa as you go. Trim and slice the scallions, chop the peppers, and slice the olives of your choice. Slice the cucumber in half, then into quarters, and slice again. Add to the bowl and stir. Finish with feta and serve.