



# THE FAMILY HEALTH DIGEST

Newsletter

Windsor Family Health Team was recognized with a **'Transformative Change Award'** from the Alliance for Healthier Communities at their annual conference for our Lower Limb Wound Prevention & Treatment Clinic.



### Thank you to our team:

- Dr. JR Coates
- Harleen Sanghera (NP)
- Paulina Ives (NP)
- Katie Chittle (Nurse Health Promoter)
- Christen Abraham (Coordinator)

### Our amazing partners:

- Windsor Regional Hospital (Luke DiPaulo and Harrison Tocco)
- City of Windsor - Municipal Government (Kelly Goz)
- Windsor-Essex Ontario Health Team
- Windsor Essex Community Health Centre.



## The Lower Limb Wound Prevention & Treatment Clinic

is a free, comprehensive, and holistic clinic supporting lower limb health.

**Wound Prevention & Treatment**

**Foot & Leg Assessments**

**Follow-up Care**

**Foot Care & Diabetic Socks**

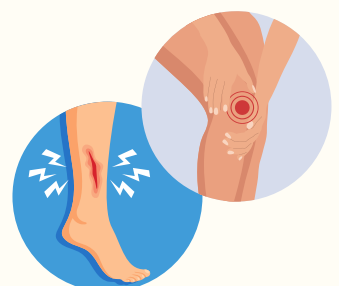
**Transportation**

**Compression Stockings & Orthotics**

**Ask your Doctor or Nurse Practitioner about a referral today!**



[www.windsorfht.ca](http://www.windsorfht.ca)



## Summer Can Be a Trigger for Substance Use – You're Not Alone

For some, summer brings added challenges with substance use. If you or someone you care about is struggling, the Windsor Family Health Team offers **One Team Recovery (OTR)** – a free, self-referral, supportive, community-based recovery program.

- OTR Outpatient Group: designed for individuals who are motivated to reduce or abstain from their substance of choice.
- OTR 2SLGBTQ+ Outpatient Group: is also available, providing inclusive care in a safe and affirming space.
- OTR Friends & Family: is a support group for loved ones of individuals experiencing substance use concerns. This group provides education, resources, and connection to help support healthy boundaries and healing.

To learn more or register, simply call us at  
519-250-5656, then press 2

**Support is here!**



“OTR changed my life!”

➤ LEARN MORE

WINDSOR  
Family | Health | Team



[www.windsorfht.ca/team-care-centre-programs/](http://www.windsorfht.ca/team-care-centre-programs/)

## Celebrate Diversity at Windsor-Essex Pride Fest 2025

August 1-10 is the the 33rd annual Windsor-Essex Pride Fest—a celebration of love, inclusion, and equality. The main festival runs August 8-10 at Lanspeary Park, with the Pride Parade happening Sunday, August 10 at 11:00 AM.



**Festival Highlights:**  
Live entertainment  
Educational workshops  
Family activities  
Local food & vendors  
Community resources

**All are welcome—come show your pride and support!**



## Stay Safe in the Sun & Heat This Summer



As the temperatures rise, it's important to protect yourself and your family from the sun and heat.

### Tips to Stay Sun Safe:

- Apply sunscreen with SPF 30 or higher—don't forget to reapply every 2 hours.
- Wear a hat, sunglasses, and light, loose-fitting clothing.
- Try to stay in the shade, especially between 11 a.m. and 3 p.m.

### Prevent Heat-Related Illness:

- Drink plenty of water, even if you're not thirsty.
- Avoid outdoor activities during the hottest parts of the day.
- Never leave children, older adults, or pets in parked cars.

### Know the Signs of Heat Stroke:

- Very high body temperature.
- Dizziness or confusion.
- Hot, red, or dry skin.
- Rapid pulse or headache.

**Heat stroke is a medical emergency, call 911 if these symptoms appear!**



[www.wechu.org](http://www.wechu.org)

**On this July 1, 2025,  
the Windsor Family Health Team  
wishes everyone who calls  
Canada home,  
HAPPY CANADA DAY!**

## Swim Safety Tips for Kids

As summer brings more time near water, keep children safe with these quick tips:

### Supervise Closely:

- Always watch children near water.
- Stay within arm's reach of young kids and weaker swimmers.

### Build Skills:

- Enroll children in age-appropriate swimming lessons to boost safety and confidence.

### Use Life Jackets:

- Choose approved life jackets—especially for open water or less confident swimmers.
- Never rely on floatation toys (water wings, pool noodles).

### Secure Pools:

- Fence pools on all four sides with a self-latching gate.
- Keep pool toys out of reach when not in use to reduce urge to play.

### Be Prepared:

- Take CPR training—it could save a life in an emergency.



**Enjoy a safe and fun summer!**

For more information: [www.wechu.org](http://www.wechu.org)





## Unplug and Get Outside This Summer

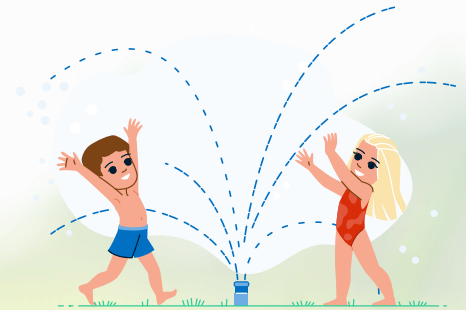
Summer is the perfect time to take a break from screens and enjoy the many health benefits of outdoor activity. Too much screen time can lead to sleep problems, reduced physical activity, and increased stress—especially in children.

### **Benefits of Fresh Air & Physical Activity:**

- Boosts mood and reduces stress.
- Supports healthy sleep patterns.
- Encourages social interaction and family bonding.
- Improves cardiovascular health and overall fitness.

### **Tips to Reduce Screen Time:**

- Set daily screen limits and stick to a routine.
- Plan outdoor activities like walks, bike rides, or backyard games.
- Make mealtimes screen-free for the whole family.
- Encourage hobbies that don't involve screens—reading, drawing, or gardening.
- Explore local parks and splash pads.



Windsor has many free outdoor spaces to help families stay active and have fun.  
Find a list of local splash pads and parks here:

[citywindsor.ca/splash-pads](http://citywindsor.ca/splash-pads)

**A little fresh air each day can go a long way toward supporting your family's health and well-being!**

## Sonia's Summer Recipe Lettuce Wraps Two Ways!

### **Ginger Chicken Lettuce Wraps**

#### **Ingredients:**

- 1 pound ground chicken
- 3 cloves garlic, minced
- 2 teaspoons ginger, minced
- 2 tablespoons cilantro, chopped (optional)
- 1 green onion, chopped
- ½ large red bell pepper, finely chopped
- 1 tablespoon soy sauce
- 1 teaspoon crushed red pepper flakes (optional)
- 2 tablespoons sesame oil
- Salt & pepper to taste
- 10 large lettuce leaves



#### **Directions:**

1. In a large skillet on medium-high heat, fry ginger and garlic in oil for 1 minute.
2. Add ground chicken, breaking up with a wooden spoon while cooking, and stir fry for 6 minutes.
3. Add cilantro, green onion, red pepper, salt, pepper and crushed red pepper flakes, then mix well and stir fry for another 2 minutes.
4. Remove from heat.
5. Scoop mixture onto lettuce leaf and enjoy!

### **Quinoa Thai Cups**

#### **Ingredients:**

- 1 cup quinoa, cooked (1/3 cup dry)
- 2 large chicken breasts, roasted or grilled, chopped
- 2 cloves garlic, minced
- 1 large carrot, peeled and grated
- ½ red bell pepper, finely chopped
- 1 tablespoon soy sauce
- 1 tablespoon cilantro, chopped
- 1 green onion, chopped
- Salt and pepper to taste
- 1 lime, squeezed
- 2 tablespoons olive oil
- 10 large lettuce leaves

#### **Directions:**

1. In a large skillet on medium-high heat, fry garlic in oil for 1 minute.
2. Add cooked quinoa and cooked chicken, stir fry for 2 minutes.
3. Add cilantro, green onion, red pepper, carrot and soy sauce and stir fry for another 2 minutes.
4. Remove from heat.
5. Add lime juice and mix well.
6. Scoop mixture onto lettuce leaf and enjoy!