



# THE FAMILY HEALTH DIGEST

Newsletter

## Stay Connected and Supported This Fall

As the colder weather sets in, it's easy to become more isolated indoors, which can directly impact your health and wellness.

Ask your provider or nurse about a referral to our **Social Prescribing Program**. Staying healthy means caring for your mind, body, and connections.

Social Prescribing helps address challenges like housing, food insecurity, or looking for ways to get out and connect with others, our Social Prescribing Program may be able to help.

### Options for you to stay active and engaged during the colder weather

- **Indoor Walking Tracks** – University of Windsor's St. Denis Centre, Capri Pizzeria Recreation Complex.
- **Mall Walking** – Devonshire Mall (open early for walkers).
- **Cultural & Social Clubs** – Fogolar Furlan Club, Caboto Club, Windsor Jewish Community Centre, and other cultural associations.
- **Community Centres** – WFCU Centre, Optimist Community Centre (indoor programs & activities).
- **Library Programs** – Windsor Public Library branches offer free workshops, clubs, and social meet-ups.



Find local activities to match your interests and needs in City Windsor 2025 Fall Community Activity Calendar



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

Find local programs and supports through 211 South West Region.



211

South West Region  
Ontario

[www.211southwest.ca](http://www.211southwest.ca)

## October is Breast Cancer Awareness Month

If you are **40 to 74 years old**, regular mammograms are the best way to detect breast cancer early, even before symptoms appear.

**You do not need a doctor or nurse practitioner's referral** to get screened.

You can self-refer for a mammogram at:

- **Windsor Regional Hospital** – Breast Health Centre (Met Campus)  
Call: 519-254-5577 ext. 58732
- **Tecumseh Mammography Clinic**  
Call: 519-979-3355
- **Erie Shores HealthCare** (Leamington)  
Call: 519-326-2373 ext. 4263

LEARN MORE



[WWW.ONTARIO.CA](http://WWW.ONTARIO.CA)



**BOOK YOUR  
MAMMOGRAM TODAY**

## Fall Health Alert – Protect Yourself and Your Loved Ones

Flu and COVID-19 are expected to rise this season. In Canada, influenza leads to about **12,200 hospitalizations and 3,500 deaths every year**. COVID-19 continues to cause serious illness, especially among older adults and those with chronic health conditions.

### Those at highest risk for complications from Flu and COVID-19 include:

- Adults 65+
- Children under 5
- People with COPD, asthma, heart disease, or diabetes
- Pregnant individuals
- Residents of long-term care or group living settings



### Flu & COVID-19 in Canada

- ✦ Annual vaccines are proven to reduce severe illness, hospital stays, and death.
- ✦ Hand hygiene, masking when ill, and staying home when sick help slow the spread.

### Protect yourself by getting your annual Flu and COVID-19 vaccines.

You can receive them during your regular appointment or book with our nurses on Friday afternoons.

**Call 519-250-5656 (press 1) or book online today.**

Flu and COVID vaccines may also be available at your local pharmacy for your convenience.

Help limit the spread of colds and flu and protect patients at risk:

- **Wear a mask** before entering the waiting room if you have fever, rash, cough, vomiting, or diarrhea
- **Sanitize your hands** when arrive for your appointment and as you leave.

## Stay on Top of Your Brain Health

Your brain is at the center of your overall health, and keeping it strong matters at every age.

Some memory changes are common and can happen for many reasons, including medications, anxiety, stress, or the natural aging process.

For Canadians aged 65 and older, baseline memory testing is an important first step. It helps your care team detect changes early. With early recognition, proper support, and timely treatment, brain-based decline can often be managed effectively, helping you maintain independence and quality of life.

If you've noticed memory changes or want baseline memory testing, **book an appointment with your doctor or nurse practitioner to start the conversation.**

### Brain Health Tips:

(Simple ways to support your memory and cognition)

- **Stay Physically Active:** Aim for 150 minutes of moderate exercise per week, ideally spread over 3 sessions, to improve blood flow to the brain.
- **Keep Mentally Engaged:** Read, do puzzles, or learn new skills to stimulate your brain.
- **Stay Socially Connected:** Maintain friendships and participate in community activities.
- **Prioritize Sleep:** Quality sleep supports memory and overall brain function.
- **Review Medications:** Some medications can affect memory, such as for sleep, pain, anxiety, depression; check with your provider.
- **Manage Stress and Anxiety:** Relaxation techniques such as deep breathing, meditation, Thai chi or gentle yoga can improve cognitive performance.



Early discussion and assessment can make a meaningful difference in your quality of life.



## Sharing Your Feedback – Our Patient Engagement Results 2025

The Windsor Family Health Team would like to sincerely thank you for taking the time to share your thoughts during our latest patient engagement session.

### Results:

- 86% of patients are satisfied with their appointment scheduling experience.
- 85% of patients rarely or never experience barriers to access their care.
- 96% of patients agree the WFHT provides a welcoming environment.
- 89% of patients agree the WFHT team members work well together to coordinate care.
- 77% of patients have not participated in or are unaware of WFHT's programs.
- 45% of patients report often or always receiving cancer screening.



### Here are some examples of changes and actions we will be incorporating over the next year:

- We are making signage clearer and more accessible throughout the clinic.
- We are working on improving elevator signage to make it easier to find.
- Reception staff will be wearing name tags so they are easier to identify.
- More photos of our team will be shared on social media to help you get to know us.
- We are increasing promotion and awareness of the new programs available at the Windsor Family Health Team.
- You will soon be able to book nurse appointments, including injections, online.
- We are raising awareness about the importance of breast, cervical, and colorectal cancer screening.

**Thank you for being part of this process and helping us continue to grow and improve!**

## Urgent and Non Urgent Appointments

Our team reserves a limited number of urgent appointment slots Monday to Friday. These appointments are booked on a first come, first serve basis and are scheduled the previous day or the same day. If your provider is fully booked or unavailable, we can offer you an appointment with another provider.

Urgent appointment slots are not be used to manage complex chronic conditions, prescription refills or to complete medical forms. These appointments may take extra time for your provider to address.

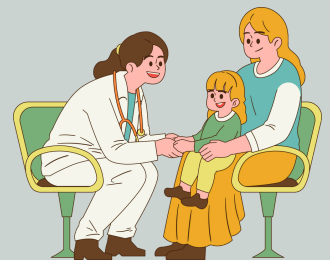
### Urgent Appointment Examples:

- A fever lasting 2 days
- Any untreated infectious condition (such as bladder, vaginal, respiratory, eye, etc.).
- New rash
- New onset injury
- New onset abdominal pain

*\*Urgent appointments are time-limited and are intended to address a single urgent concern.*

### Non-urgent Appointment Examples

- Follow up care for a chronic condition
- Forms
- Test Results
- Immunizations
- Medication Renewals
- Referrals

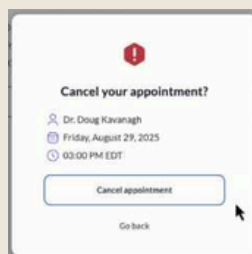


**WHAT'S NEW?**

### Cancel Appointments Online

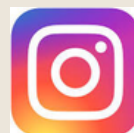
Reminder emails now include a convenient link to cancel your appointment online.

No need to call the office: just click the link in your reminder email if you can't make it.



### Clinic Closures Fall 2025

- **Monday, October 13, 2025** - Thanksgiving holiday
- **Friday October 17, 2025** - Staff Training



Follow us on Instagram, Facebook, LinkedIn or visit our website for ongoing news and updates.

## Celebrating the Retirement of Linda Fawler

On November 28, 2025, we will bid farewell to a valued leader and colleague, as Linda Fawler, Manager of Human Resources and Finance, retires from her full-time role after 18 years of dedicated service to the Windsor Family Health Team.

Linda has been with the organization since its inception and has played an instrumental role in shaping who we are today. Known for her reliable presence, consistency, and warmth, Linda has often been called the “work mom” of the organization. She has been a loyal team member, a steadfast organizational cheerleader, and a proud supporter of our reception team, always protecting and uplifting those around her.

Throughout her tenure, Linda’s expertise has grown alongside the organization, and her portfolio has expanded significantly. When she boldly stepped into her management role, she embraced every challenge with confidence and grace. Her leadership has left a lasting legacy that will continue to strengthen the Windsor Family Health Team for years to come.



Margo Reilly, WFHT’s Executive Director, shared:

*“Linda is truly a pillar of this organization. She carries herself with class and professionalism, and has always brought steadiness and grace to her role. I admire her willingness to take on new challenges, and she leaves with a legacy of loyalty, growth, and unwavering support for her team. I am especially grateful for the guidance and gracious support she provided during my transition to the WFHT. Linda has been both a trusted advisor and a source of wisdom as our clinic has continued to grow and change, and I deeply value the perspective and advice she has so generously shared.”*

While Linda is stepping down from her full-time leadership role, we are fortunate that she has agreed to remain with us in a part-time capacity as bookkeeper. This continued connection ensures that her experience and knowledge will remain a valued part of our team.

As Linda begins this next chapter, we extend our heartfelt gratitude for her many contributions and look forward to continuing to work alongside her in this new role.

## Windsor Family Health Team

### Sonia’s Fall Recipe

#### Ingredients:

- 1 3-pound spaghetti squash
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil, divided
- ½ cup chopped fresh parsley, divided
- ½ cup finely shredded Parmesan cheese, divided
- 1 ¼ teaspoons Italian seasoning, divided
- ½ teaspoon onion powder
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper
- 1 pound 93%-lean ground turkey
- 4 large cloves garlic, minced
- 1 28-ounce can no-salt-added crushed tomatoes
- 1/4-1/2 teaspoon crushed red pepper

#### Directions:

1. Halve squash lengthwise and scoop out the seeds. Place facedown in a microwave-safe dish; add water. Microwave, uncovered, on high until it can be easily scraped with a fork, 10 to 15 minutes.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Scrape the squash into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash is beginning to brown, 5 to 10 minutes. Stir in 1/4 cup parsley. Remove from heat, cover and let stand.
3. Meanwhile, combine the remaining 1/4 cup parsley, 1/4 cup Parmesan, 1/2 teaspoon Italian seasoning, onion powder, 1/4 teaspoon salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not overmix). Using about 2 tablespoons each, form into 12 meatballs.
4. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the meatballs, reduce heat to medium and cook, turning occasionally, until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining 3/4 teaspoon Italian seasoning and 1/4 teaspoon salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.
5. Serve the sauce and meatballs over the squash, sprinkled with the remaining 1/4 cup Parmesan.



[Eatingwell.com](http://Eatingwell.com)