

THE HUMBER INSIDER NEWSLETTER

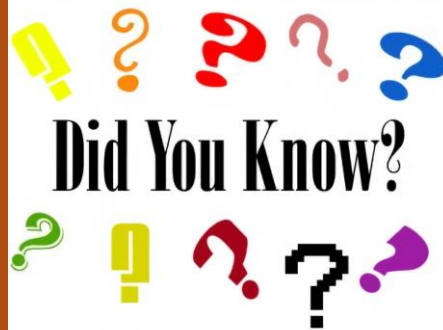
2022 SPRING & SUMMER EDITION.

We envision creating a family centered care environment to provide quality health care to the people we serve.

Our mission is to improve the health and well-being of all patients we serve through a collaborative team approach, in partnership with the patient and their family.

We have created this newsletter (distributing it 3 times per year) to share information of interest to patients, their families & community members.

Visit <https://www.hrfht.com> for more up to date information.



If you are feeling unwell or ill, the **AFTER HOURS CLINIC** physician or Nurse Practitioner is available to provide virtual care between **5-8pm Monday to Friday. Saturday or Sunday 10am-2pm** for all patients of the Humber River Family Health Team.

The physician's schedule is updated monthly.

To book an appointment or additional information, call 416-740-2810 (Weston site) or 647-342-8266 (Dixon site). Visit <https://www.hrfht.com> to view this *After-Hours Clinic* schedule.

HIGHLIGHTS & SPOTLIGHTS:

- We were able to vaccinate (1st, 2nd & 3rd dose) over 10,000 patients!! 4th dose available for those who are immunocompromised. The Covid vaccination clinics are on-going.
- Individuals were vaccinated from the **Wilson, Dixon, Finch & Weston Road** locations.
- This is a HUGE accomplishment that could not have been done without the dedication and hard work of the team! **A BIG THANK YOU TO EVERYONE INVOLVED!**
- We want to give a special **THANK YOU** to the many, many, patients & colleagues who encouraged their family, friends, and neighbors to get vaccinated.
- Looking for **FREE** Covid Rapid Test kit? Visit covid-19.ontario.ca/rapid-test-locator



- As we are continuing to pursue our **4-year** Best Practice Spotlight Organization (**BPSO**) designation. Patients are invited to participate in a short survey (5 questions) about their experience. Monthly surveys are available as a hard copy, electronically and via telephone for ongoing feedback.

QUIT SMOKING PROGRAM

- We are pleased to be partnering with the Ottawa Model for Smoking Cessation and the STOP Smoking Program. We can help you STOP or REDUCE your smoking. **FREE NRT** (*Nicotine Replacement Therapy*) available. Talk to any of our health care providers for a referral.

HEALTH PROMOTION & DISEASE PREVENTION

The focus of the health promotion and disease prevention programs is keeping individuals healthy.

We offer **FREE** health education classes that will help you feel better. No referral necessary, call 416-740-2810 (Weston site) to sign up!



- **Virtual Support Group:** April 11, May 16, June 13, July 14, August 15. 6-8pm
- **My Best Weight Workshop:** April 14, May 12, June 16, July 14, August 18. 6:30-8pm
- **Coping with Stress Workshop:** May 7, July 9. 10:30-12:30pm
- **Diabetes Education Session:** May 18, July. 6-8pm



- **Heart Health Workshop:** May 26, July 28. 6-8pm
- Looking for other classes? Check out York West Active Living Center (ywalc.ca) & Black Creek CHC (bcchc.com)

GENTLE REMINDERS WITH HOSPITAL ADMISSIONS

- ✓ If you're been admitted to the hospital and recently discharged, please schedule an appointment with your doctor or healthcare provider **within 7 days of your discharge**.
- ✓ If any of your medications have been added, stopped or changed, please communicate this with your doctor or healthcare provider.
- ✓ If you're worried about how to pay for medication or managing your medication at home, please speak to your family doctor or healthcare provider at the hospital (before you leave).