



# Newsletter

March – April 2024

[CLICK HERE TO VIEW NEWSLETTER](#)

## *Clinic Reminders*

You must have a valid OHIP card when visiting our clinic. If you do not have a valid OHIP card, you will be charged for your visit.

### **You can Renew your OHIP Card:**

- **In-person** at a [Service Ontario location](#) *or*
- **Online:** You can renew your OHIP card [online](#) *only if:*
  - You have a valid driver's license
  - Your address has not changed
  - You do not require a new photo

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To replace a lost or stolen unexpired OHIP card, call 1-800-664-8988.

If your name or address has changed, you will need to replace the lost card in-person at a [Service Ontario location](#).

For more information about OHIP cards, [click here](#).



## Clinic Updates

### Nurse Practitioners

Nurse Practitioners (NPs) are Registered Nurses that have advanced university education who provide quality health care to patients.

The Nurse Practitioners (NPs) at the TWFHT now take on patients as the Most Responsible Provider (MRP).

As MRP the NP has overall responsibility for the care of patients assigned to them and is the primary person those patients see for their health care needs at the TWFHT. NPs currently work as MRPs in a variety of settings including other Family Health Teams, Community Health Centers, and Nurse Practitioner Led Clinics. For more information on the NP role, [click here](#).

#### NPAO BY THE NUMBERS | Making Healthy Change Happen

##### ONTARIO NURSE PRACTITIONERS (NPs)

PROVIDE A FULL RANGE OF HEALTH CARE SERVICES to individuals, families & communities in a variety of settings.

We work in partnership with physicians, nurses, & other health care professionals to keep you, your family & your community well.

As a Member Of Your Health Care Team NPs Can:

- ✓ Diagnose illness
- ✓ Order & Interpret diagnostic tests
- ✓ Refer clients to other health care professionals & specialists
- ✓ Provide counselling & education
- ✓ Provide treatment
- ✓ Prescribe all medications
- ✓ Manage chronic disease

#### NPAO BY THE NUMBERS | Making Healthy Change Happen

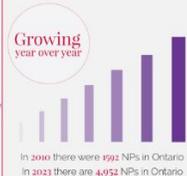
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**8+ YEARS**  
of Academic & Clinical Preparation

- REQUIREMENTS FOR PRACTICE
- ✓ Provincial NP Registration
  - ✓ Graduate Nursing Education
  - ✓ Provincial RN Registration
  - ✓ Bachelor's Degree in Nursing

**OUTCOMES**

- ✓ Improved Health Care Access
- ✓ Effective Patient Outcomes
- ✓ Decreased ER Visits
- ✓ Reduced Hospital Re-admissions
- ✓ High Client Satisfaction
- ✓ Cost Effective
- ✓ Improved Interprofessional Collaboration

- 2000s — Changes in legislation to support expanded scope of practice.
- 1990s — Renewed interest in the NP role as health system shifted focus to primary care.
- 1971 — The implementation of the expanded role of the RN a high priority in Canada's health care system.
- 1967 — First NP education program in Dalhousie university, Nova Scotia



# Attention all Parents!

Parents of babies and children who are booked for a well baby or child visit will receive a **developmental screening checklist** called **Looksee**. This checklist will be attached to the appointment reminder email for all well baby or child visits up until 6 years of age. The Looksee checklist should be completed prior to well baby or child visits.

## How do I complete the Looksee?

The Looksee link will be attached to the OCEAN appointment reminder you receive for your well baby or child visit. The appointment reminder is sent by email several days in advance to your booked appointment. To open Looksee, you must confirm the date of birth of your baby or child. The screening questions should only take a couple of minutes to complete. The results will automatically upload to your baby or child's chart and your primary care provider will review the results with you during your upcoming appointment.

## What is the Looksee Checklist?

The Looksee Checklist is an easy to use developmental tool that helps monitor a child's development from 1 month to 6 years of age. It features a short list of "yes" or "no" questions about the child's abilities. Formerly the NDDS checklist the Looksee checklist was created in 1993 by NDDS, a Canadian non-profit organization made of early childhood specialists.

## How will my child's well visit appointment be different?

Parents will now be able to see or download the Looksee checklist, which includes tips for various developmental ages. [Click here](#) for an example of a 6-month checklist from Looksee.

For parents that complete the checklist in advance, the nurses will no longer ask these screening questions at well baby or child visits. The information gathered from the Looksee checklist will be reviewed by the primary care provider during the appointment.

The Looksee checklist was created with the vision of helping all children reach their developmental potential.



# Embracing the Power of Legumes for Balanced Eating

- Adapted from [Unlock Food](#)

Discover the diverse and nutritious world of legumes! From comforting winter chilis to refreshing summer bean salads, legumes offer versatility, affordability, and essential nutrients.

With over 20 different species, legumes come in various shapes, textures, colours, and tastes. From chickpeas to black-eyed peas, and lentils to split peas, each variety adds a unique touch to your dishes.

## Nutritional Benefits of Legumes:

- **Fiber:** Essential for lowering blood cholesterol, regulating regular bowel movements, and managing blood sugar
- **B Vitamins:** Rich in vitamin B6 and folate
- **Iron:** Important for blood production and energy levels
- **Budget-Friendly:** economical source of nutrient-dense food
- **Environmentally Friendly:** legumes require less water and produce lower greenhouse gas emissions.

Legumes are a sustainable choice for our planet.



## Cooking with Legumes

*To prepare canned legumes:*

- Rinse well in cold water to remove excess salt.
- Add to dishes directly after rinsing.

*To prepare dried legumes*

- Inspect for rocks and poor-quality beans
- Soak overnight in water to help them cook faster.
- Boil in fresh water & discard any foam that comes to the surface while cooking
- Cook until tender (1-2 hours depending on the bean)
- You don't need to presoak dried lentils or split peas. They are smaller and cook faster.

## Easy Ways to Include Legumes in Meals

1. Enhance soups and stews with canned legumes.
2. Blend beans, garlic, lemon and olive oil into spreads for snacks or wraps.
3. Make cooked lentil patties and serve as a burger alternative.
4. Enjoy vegetarian tacos with beans, lettuce, and avocado.
5. Create a chili with a variety of beans.
6. Add baked beans in tomato sauce to any meal.
7. Make a lentil curry with favourite vegetables.
8. Make a bean salad with vinaigrette, onion, and peppers.

[Click here](#) to view simple lentil recipes

# March is Epilepsy Awareness Month



March 26 is Purple Day, a day dedicated to increasing awareness of epilepsy around the world.

## What is Epilepsy?

Epilepsy is a brain condition that causes recurring seizures. Approximately 1 in 100 Canadians have epilepsy. Epilepsy usually starts in childhood or in seniors, but can happen at any age.

[Click here](#) to learn frequently asked questions about epilepsy.

## Diagnosing Epilepsy

- A health care professional may consider epilepsy as a possible diagnosis when a person has had *two or more seizures*. If you have a seizure for the first time, seek medical advice.
- A medical diagnosis of epilepsy is based on many things including: the description of the seizure; the person's medical and family history; and the results of diagnostic tests.

## Causes

Epilepsy is a term that describes many different brain conditions, with one common feature: **increased risk of seizures**. There are different types of epilepsy. For 70% of people with epilepsy, the cause is unknown. In other cases, epilepsy may be caused by:

- A brain injury or damage to the brain
- Structural abnormalities during brain development
- Genetics
- A combination of 2 or more of the above

## Treatment

Epilepsy is a treatable condition. Many people (2 out of 3) will achieve good control of their seizures with medication. There are other options available when medications are not effective in preventing seizures. [Click here](#) to learn more.

## Seizure First Aid

[Click here](#) to download a First Aid Tip Sheet from Epilepsy Toronto.

## Additional Resources:

- [Canadian Alliance – Types of Seizures](#)
- [Epilepsy Ontario Information Sheets \(Spark Sheets\)](#)
- [Epilepsy Toronto](#)



# ADHD – Attention Deficient Hyperactivity Disorder

**Attention Deficient Hyperactivity Disorder (ADHD)** is a chronic neurobiological condition. It is one of the most common disorders among young people. People with ADHD struggle with: planning ahead, displaying self-control, and staying focused. ADHD affects people across their lifespan and impacts their work or school, daily activities, and relationships.

ADHD affects attention span and concentration, and can also affect how impulsive and active the person is. You can review the symptoms of ADHD here: [CAMH ADHD Symptoms Overview](#).

## People with ADHD commonly experience:

- Troubles organizing (time management difficulties, frequent lateness)
- Irregular work history (changes jobs frequently, unprepared for meetings)
- Anger management troubles
- Money management problems (not paying bills or doing taxes, making impulsive purchases)
- Frequent accidents and/or injuries
- Problems with driving (speeding tickets, license revoked, or being overly cautious)

People with ADHD are intelligent, skilled, and hard-working, especially when provided with the right supports and tools.

## What can I do to care for myself if I struggle with attention and other executive function challenges?

Whether you're experiencing ADHD symptoms or similar challenges, below are a few self-help tips to help you care for yourself (page 7).

If you're experiencing any of the above in a persistent way, talk with your primary care provider to explore what supports are available to you.





# Measles

Measles is a very contagious viral infection. Symptoms are red rash, fever, cough, runny nose, red eyes and feeling tired. It spreads through the air and close contact when a person infected with measles breathes, coughs, or sneezes.- [Toronto Public Health](#)

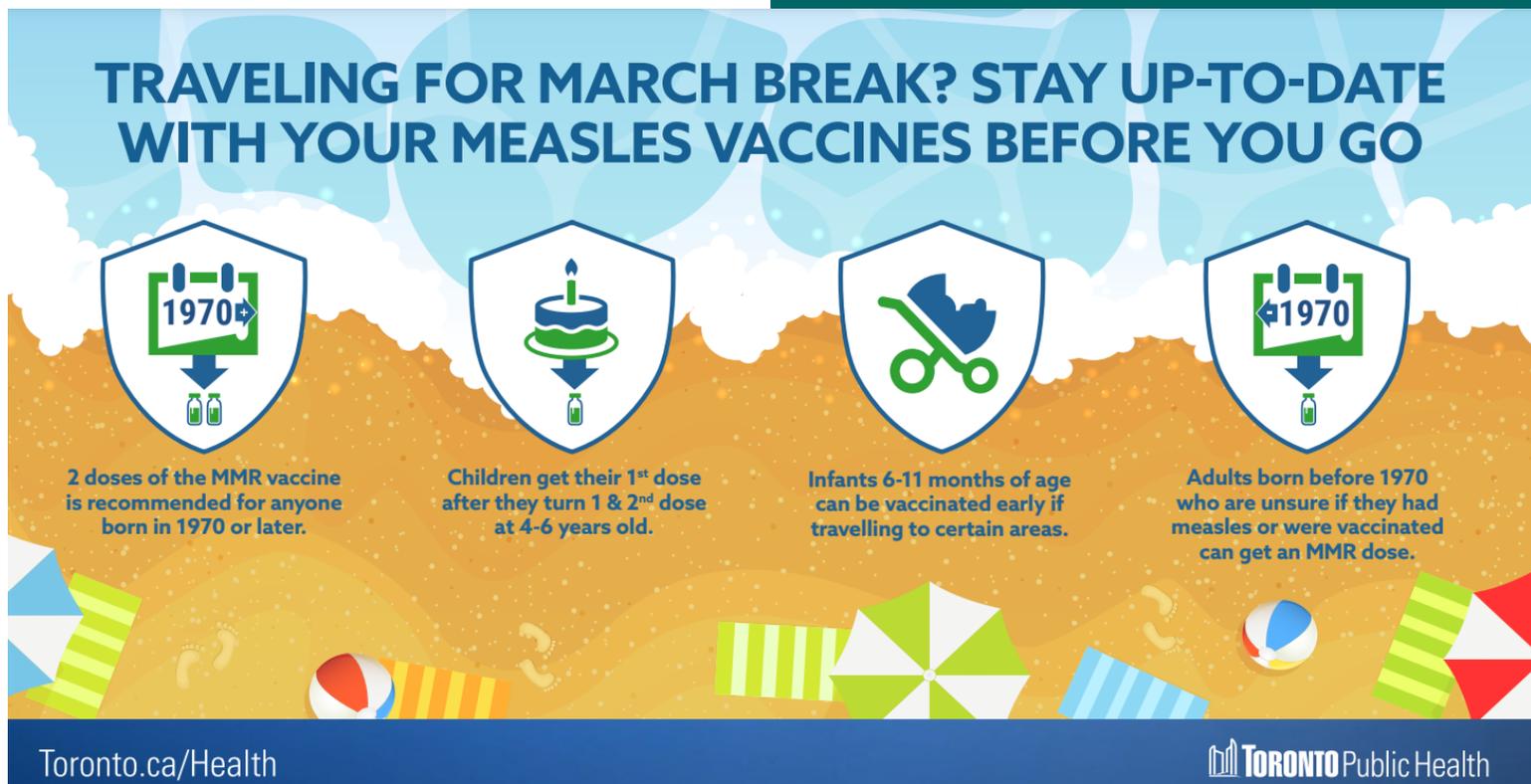
Vaccinations are very effective to prevent the spread of measles. During the pandemic, some people may have missed their measles vaccinations and should make sure they are up-to-date with their vaccines. For more information, [click here](#).



### PLANNING TO TRAVEL? PROTECT YOUR FAMILY FROM MEASLES BEFORE YOU GO.

- ✓ Get your child up-to-date with vaccines.
- ✓ MMR vaccines protect against measles & are safe.
- ✓ Measles spreads quickly through the air & close contact.
- ✓ Symptoms are a red rash, fever, runny nose, cough, feeling tired or red eyes.
- ✓ Measles can be serious for babies & young children.

Toronto.ca/Health TORONTO Public Health



## TRAVELING FOR MARCH BREAK? STAY UP-TO-DATE WITH YOUR MEASLES VACCINES BEFORE YOU GO

- 1970+**  
2 doses of the MMR vaccine is recommended for anyone born in 1970 or later.
- Candle**  
Children get their 1<sup>st</sup> dose after they turn 1 & 2<sup>nd</sup> dose at 4-6 years old.
- Stroller**  
Infants 6-11 months of age can be vaccinated early if travelling to certain areas.
- 1970**  
Adults born before 1970 who are unsure if they had measles or were vaccinated can get an MMR dose.

Toronto.ca/Health TORONTO Public Health

# Upcoming Health Education Workshops



Toronto Western  
Family Health Team  
Garrison Creek  
Bathurst

## **TW Family Health Team** **March 2024 Health Education** FREE workshops & easy online registration

**March**

**6**

**12 pm**

### ***Food Introduction: Getting Off to a Solid Start***

Is your child less than 1 year old? Are you wondering about what foods to start introducing and what foods to avoid? Join this virtual workshop to learn how to get started. This workshop will help you prepare for the introduction of solid foods in the first year of life.

Presented by Dr. Burns and Doreen (Registered Dietitian)  
Online Workshop: [click here to register](#)

**March**

**7**

**5:30 pm**

### ***This House Has Good Bones***

Are you an older adult or caregiver that wants to learn about osteoporosis? Do you want to learn why maintaining good bone health is important? This online workshop will review strategies like exercise and nutrition to help you maintain good bone health.

Presented by Julie (Physiotherapist), Sarah (Dietitian) & Dr. Gelber (Family Doctor). Online Workshop: [click here to register](#)

**March**

**7**

**12 pm**

### ***Understanding Food Labels***

Are you confused on how to read nutritional labels on foods? Do you want to learn what to look out for to make healthy choices? Join this virtual workshop to learn about the different parts of the nutrition label and understand how to make nutritious choices at the grocery store.

Presented by Doreen & Sarah (Registered Dietitians)  
Online workshop: [click here to register](#)

**March**

**28**

**12 pm**

### ***Mindful Eating***

Do you struggle with emotional eating? Are you wanting to have a healthier relationship with food. Join this 1-hour workshop to learn about mindful eating and its benefits, how to practice eating mindfully, and how to build in mindful eating into your daily life.

Presented by Katie (Social Worker)  
Online workshop: [Click here to register](#)

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

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



# Upcoming Health Education Workshops



Toronto Western  
Family Health Team

Garrison Creek  
Bathurst

## **TW Family Health Team** **April 2024 Health Education** FREE workshops & easy online registration

**April**

**3**

**12 pm**

### **Advance Care Planning**

Have you thought about what is important to you when it relates to your health and personal care? Join this virtual workshop to learn how to plan for the future, how to choose a person to make decisions for you, and learn legal information about this topic.

Presented by Lina (Social Worker)

Online workshop: [click here to register](#)

**April**

**10**

**1:30 pm**

### **Preventing Falls: Staying Strong & Steady**

Have you had a fall or are you afraid of falling? Are you curious to learn what you can do to prevent a fall? Join us for this in-person interactive information session to learn about falls, what contributes to falls and ways you can prevent falls. Please note that this is not an exercise class.

Presented by Jenn (Occupational Therapist) & Julie

(Physiotherapist). In-person workshop: [Click here to register](#)

**April**

**11**

**12 pm**

### **Nutrition for a Healthy Heart**

Have you been diagnosed with high cholesterol or high blood pressure and want to learn about nutritional management? Join us for our virtual workshop to get heart healthy!

Presented by Doreen & Sarah (Registered Dietitians).

Online workshop: [Click here to register](#)

**March &  
April**

**WED**

**6 pm**

### **Mental Health Series**

Join Psychiatrist Dr. Hussein Hirjee every month for his Mental Health Virtual Series. This online workshop series will give you an overview of mental health disorders, basic treatment options and self-care strategies.

March 27: Dealing with Depression - [click here to register](#)

April 24: Addressing Anxiety - [click here to register](#)

Visit our website for more information and take a closer look at our Health Education Workshops Calendar

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



## Wellness and Recreational Activities for Seniors: Strategies to be your best self



### Topics:

- How to make social connections in the community
- Benefits of participating in social activities
- Resources and supports at UHN and in the community

**Presenters include:** A UHN NORC (Naturally Occurring Retirement Communities) Ambassador, Social Worker and Recreational Therapist

### Date and time:

This virtual presentation will be released on YouTube on:

**Thursday March 28th, 2024**

### How to participate:

**Submit your questions by Friday, March 15th at:**

[slido.com/UHNHealthTalk](https://slido.com/UHNHealthTalk) or Scan the QR code



**Watch this recording and past events at:**

[bit.ly/UHNHealthTalksPlaylist](https://bit.ly/UHNHealthTalksPlaylist) or scan the QR code using your smartphone camera or a QR code scanner app

For more information, email [pfep@uhn.ca](mailto:pfep@uhn.ca) or call 416 603 6290



# Contact Us

📞 Phone: 416 603 5888

🌐 Website: [twfht.ca](http://twfht.ca)

📍 Location:

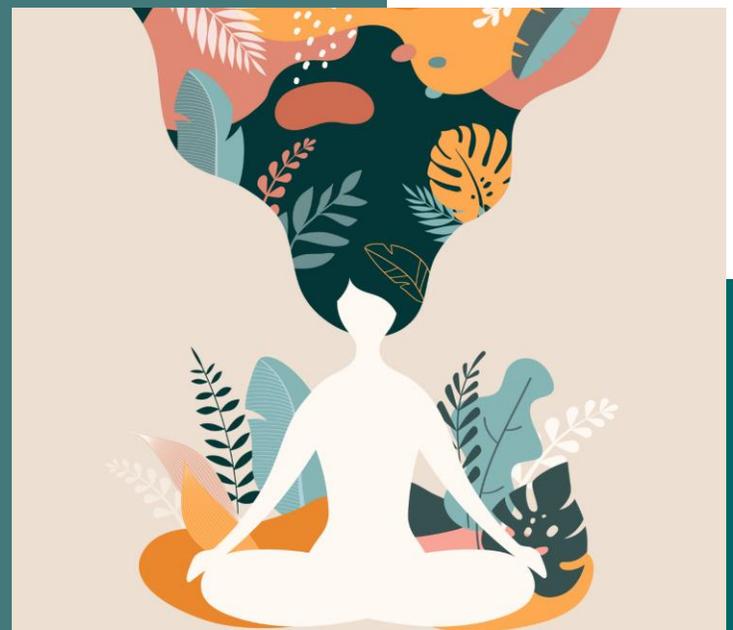
- Bathurst Site: 440 Bathurst Street
- Garrison Creek Site: 928 St. Clair Ave West

Newsletter Feedback:



Do you have feedback about our newsletter?

Do you want to learn more about other health education topics? If so, [click here](#).



## MINDFULNESS PRACTICE

### MINDFUL ENJOYMENT OF WARM DRINK

Embark on a mindful journey with the simple act of drinking a warm beverage...

- Begin by selecting a cozy spot to sit, away from distractions.
- Inhale deeply, embracing the soothing aroma of your drink
- As you take each sip, engage your senses to savor the warmth, taste, and texture.

This mindful ritual invites you to cultivate a sense of presence, appreciating the quiet moments and fostering gratitude for the simple pleasure of enjoying a warm beverage.