



Toronto Western
Family Health Team
*Garrison Creek
Bathurst*

TW FHT Newsletter

January 2025

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Clinic Updates & Reminders

Migraine Education and Optimization Clinic

We are pleased to announce our new Migraine Education Clinic, led by Nurse Practitioner Christine Bottomley.

The Migraine Education Clinic is available to TW FHT patients (from both the Bathurst and Garrison Creek Sites) aged 18 years and over.

This clinic offers support in the following areas:

- **Migraine education:** tracking, lifestyle modifications, identifying triggers, and supplements
- **Abortive therapies:** assistance with starting or optimizing abortive therapies (treatments that help stop headaches once they start)
- **Preventative therapies:** assistance with starting or optimizing preventative therapies (treatments that are taken daily in attempt to decrease the frequency and severity of migraine headaches)

A referral from your primary care provider is required. Please speak to your primary care provider if you are interested in this program.

Visit our website for full details, [click here](#)

Non-OHIP covered services are those services provided to patients that are not covered by the Ontario Health Insurance Plan (OHIP). The Ministry covers all insured medically necessary services provided by physicians, however, it does not pay for services that are not medically necessary.

Examples of non-OHIP covered services include: writing sick notes, cosmetic procedures, charges for missed appointments, completing forms for daycare or school, insurance, legal or employment purposes, or if your health card is not valid on the day of your appointment.

Visit our website for a full list of uninsured services, [click here](#).

Help Us Serve You Better: Be on Time



We kindly ask that you arrive on time for your scheduled appointments. Punctuality helps us ensure that all patients receive the best possible care without unnecessary delays.

If you are running late for your appointment a member of the reception team will try to inform your provider. However, they are with other patients and may not be able to respond.

Please note that, if you are late for your appointment:

- there is no guarantee you will be seen by your provider
 - the appointment time may be reduced
 - you may be charged for a missed appointment
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Health Promotion: Health Topics

Set SMART Goals for Success



As we start a new year, many of us feel a desire to prioritize health and wellness goals. It can be tempting to set goals such as “eat better”, “get in shape”, or “spend less time on social media.” Such goals, often set us up for disappointment because they are loosely defined, difficult to measure, or perhaps misaligned with the current season of our lives.

When setting up goals, use SMART goals. Remembering the acronym SMART with goal setting can help ensure that your intentions are:

Specific

Be specific: What exactly are you trying to accomplish? What are the precise steps you will take to achieve this goal?

Measurable

Ensure the goal can be measure: How often will you perform a task? How will you know when you're making progress so that you can stay focused?

Achievable

Ensure you can achieve the goal: While it's important to challenge ourselves, goals should be reachable given your current skills and resources. Is running a marathon in April achievable if you've never run before?

Relevant

Ensure the goal is relevant: Will this goal work harmoniously with other priorities in your life? Is now the right time to be pursuing this goal?

Time-bound

Set a specific time for your goal: When would you like to complete this goal? What can you start on today?

Let's say you want to cook healthy meals in 2025. Using the SMART acronym, your goal might look something like this:

I will focus on preparing balanced dishes that include vegetables, lean proteins, and whole grains (specific) at least three times per week (measurable). I will start with simple recipes, working up to more complex dishes as I refine my cooking skills (achievable).

This goal aligns with my desire to improve my health (relevant). I will stick to this goal for the next two months (time-bound), evaluating my progress at the end of that time.

Goal Setting Tips:

- Be cautious of setting goals that rely on the actions of other people. For example, "win the half-marathon" depends on other runners. However, "train consistently and achieve my personal best" is within your control.
- Ask a friend or family member to act as an accountability buddy. If they agree, plan to send this person a daily or weekly progress report email so that they can help you celebrate small wins.
- Explore a goal setting app such as Habitica, Strides, or Goals on Track.

- Practice mindfulness. Complete a brief meditation or body scan prior to intention-setting. The act of slowing down and practicing introspection will increase the odds that your goals reflect your true desires for this new year ahead.

Written by Social Worker Madeleine Adamson

Alzheimer's Disease



January is Alzheimer's Awareness Month in Canada. It is a time that is dedicated to raising awareness about Alzheimer's disease and other forms of dementia. Over 750,000 Canadians are living with Alzheimer's disease or another form of dementia. The Alzheimer Society of Canada plays an important role in raising awareness by providing support, education and resources to those affected by dementia and their caregivers.

What is Alzheimer's disease?

Alzheimer's disease is a condition that damages brain cells, leading to problems with thinking and memory that get worse over time. It's not a normal part of aging

and cannot be cured. Alzheimer's is the most common type of dementia, which is a term for symptoms caused by brain diseases.

[Click here](#) to learn how Alzheimer's disease changes the brain.

What treatments or medications are available?

There are no treatments today that can cure Alzheimer's disease. However, there are medications approved by Health Canada that can help with symptom management.

Medications approved in Canada for dementia can help with symptoms like changes in language, thinking, and movement. The right medication for you depends on how severe your symptoms are and how quickly the disease is progressing.

Important to know:

- Dementia affects each person differently.
- A treatment that works for one person may not work for someone else.
- It is always best to talk to your primary care provider about what is best for you.

[Click here](#) to learn more about treatment options for dementia or to download a printer-friendly pamphlet, [click here](#).

How can I reduce the risk of dementia?

There is no single way to prevent dementia. But research shows there are things you can do to lower your risk. Since many risk factors are linked to your physical and mental health, the best way to reduce your risk is to live a healthy, balanced lifestyle that takes care of both your body and your brain.

Here are 10 ways that you can reduce your risk of developing dementia:

1. Be physically active.
2. Avoid smoking and excessive alcohol consumption.

3. Track your numbers. Keep your blood pressure, cholesterol, blood sugar and weight within recommended ranges.
4. Stay socially connected.
5. Make healthy food choices. Eat a well-balanced and healthy diet that is rich in cereals, fish, legumes and vegetables.
6. Reduce stress.
7. Challenge your brain by trying something new, playing games, or learning a new language.
8. Take care of your hearing. Avoid being continuously exposed to loud sounds and wear a hearing aid if hearing does become a problem.
9. Lower your risk of falls. Consider installing handrails on all stairs and grab bars in bathrooms.
10. Reduce your exposure to air pollution, such as exhaust from heavy traffic.

[Click here](#) to learn more about each.

What You Can Do During Alzheimer's Awareness Month:

Educate Yourself and Others: Learn about Alzheimer's disease and dementia. Understanding the symptoms, progression, and impact of these conditions can help reduce stigma and support those affected.

Support Caregivers: Caregivers often face significant challenges. Offering your support, whether through a kind word, helping with errands, or providing respite care, can make a big difference.

Participate in Events: Many local Alzheimer Societies host events such as walks, fundraisers, and educational seminars. Participating in these events can help raise funds and awareness.

Online resources:

- [Alzheimer Society](#)
- [Alzheimer Community Toolkit](#)
- [Alzheimer Society Toronto](#)

Upcoming Health Education Workshops

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!

[Sign up for this workshop](#)

Preventing Falls: Staying Strong and 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 all about falls.

[Sign up for this workshop](#)

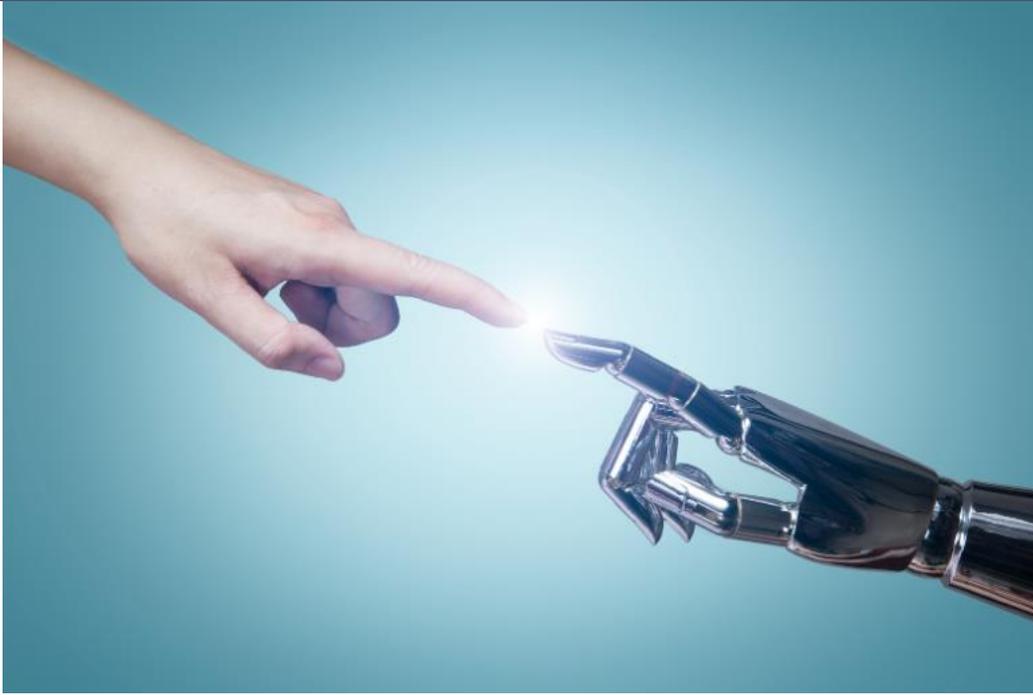
Dealing with Depression



Join this online workshop to get a better understanding of depression. We will review major depressive disorder including signs and symptoms, treatments and self-care strategies.

[Sign up for this workshop](#)

AI and Health Information for Beginners



Learn what generative AI is, how it can help you in your health journey, and get tips to protect yourself from misinformation.

[Sign up for this workshop](#)

**Gut Health 101:
Nutrition Workshop for Digestive Health**



Gut Health 101 is all about understanding and taking care of your digestive system! In this workshop, you'll learn how to look after your digestion better and manage the nutrition component of various digestive disorders.

[Sign up for this workshop](#)

External Partners

**UNISON Diabetes Education Program:
Pillars of Weight Management**



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Diabetes Education Program

Unison Health and Community Services has a Diabetes Program that provides FREE individual counselling and group education classes for people with Type 2 diabetes and pre-diabetes.

Upcoming Health Education Workshop:

Pillars of Weight Management - A weight education journey that empowers you to take control of your health through a holistic approach, cultivating sustainable habits and building social connections.

This is a 6-week program that is offered by Unison Health & Community Services, Diabetes Education Program.

[Sign up for this workshop](#)

Mothercraft - EarlyON Family & Learning Centres



Mothercraft

Shaping Children's Lives Through Learning

The Mothercraft EarlyON Child and Family Centre (EarlyON CFC) offers children from birth to 6 years of age the opportunity to engage in *free*, play-based and inquiry- focused programs and provides support to parents and caregivers in their roles. The Centre fosters safe and welcoming environments that are accessible to all families. Parents and caregivers can find helpful resources, guidance, and support, while also connecting with others in a welcoming community.

Mothercraft EarlyON Child and Family Centres offer the following FREE services:

- Early learning and literacy programs for parents and children.
- Programs to help parents and caregivers in all aspects of early child development.
- Programs on pregnancy and parenting.
- Links to other early years programs in the community.

Mothercraft EarlyON offers **online (virtual) workshops** every **Wednesday from 2:00 to 3:00 pm**.

- [Click here](#) to view their monthly calendar.
- [Click here](#) to see upcoming community partner workshops.

www.twfht.ca

Visit our website for clinic updates &
up-to-date health information

Do you have feedback about our newsletter?
Do you have ideas about other health topics?



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