



New Vision
Family Health Team

New Vision News

Monday, July 17th, 2023

New Clinic Hours

Starting on Friday, August 4, 2023 our phones will be answered on Fridays from 9:00 a.m. to 4:00 p.m. and the doors will be open from 8:45 a.m. to 4:00 p.m.

Practice Expansion Announcement

Dr. Yidersal Gebeyehu, who has seventeen years of experience, is pleased to announce he is expanding his practice to offer minor procedures to patients outside of his own practice.

Minor procedures include circumcision, tongue tie release, toenail removal, joint injections, and medically necessary excisional and punch biopsies (excluding face).

Referral through your family doctor is required (excluding circumcision).

Wellness Workshops

We will be running a summer Walk and Talk group starting Thursday, July 27th. This 6-week group is facilitated by our Social Workers and Registered Dietitians and focuses on nutrition/stress management, boosting energy and engaging in more active lifestyle.

[Register for the Walk and Talk group.](#)

New Health Education Video

Check out our [new health education video](#) from our Healthy Steps series– “Eating on a Budget.” Through this video, one of our Registered Dietitians will help you develop strategies to help save money when meal planning, preparing food items and while navigating the grocery store. There are also some helpful links to online meal planning resources.

For other health-related resources on a variety of topics, visit our [Health Resources page](#).

What is Self-care?

Self-care is taking the time to pay attention to the needs of your own body and mind. This month, we encourage you to take some time out of your busy day to be attentive to your body and practice self-care.

If you are looking for a place to start, we have included a [handout with 50 activities](#).

Head Injury Prevention

Cycling is a fun, healthy activity and a common mode of transportation. The best defense against injury is prevention. An approved bicycle helmet can greatly reduce the risk of permanent injury or death in the event of a fall or collision.

Follow these tips for a proper fitting helmet:

- The helmet should fit level and square on your head.
- It should fit snugly and not slip when you move your head.
- There should be two finger widths between your eyebrows and the helmet.
- The straps should be flat against the face.
- The side straps should meet just below the ear making a V-shape under your ear lobe.

- The chin strap should be fastened snugly with enough room to fit one finger between your chin and the strap.
- Use the dial at the back or the sizing pads provided with the helmet to adjust the fit.
- Follow the 2-V-1 rule to ensure your helmet is fitting properly with every ride.

A helmet that has been in a collision should be replaced, even if there is no visible damage.

For more information, please visit the [Parachute website](#).

Catch-up vaccines

We are happy to announce we are now able to provide catch up vaccines for children who are missing publicly funded immunizations due to the Hepatitis B shortage and COVID-19 delays.

Catch up vaccines include Hepatitis B, HPV, Meningitis and Tetanus vaccines. If you are unsure if your child is up to date, please contact your local health unit to obtain vaccine records. Please ensure you have your child's vaccine records and the required immunizations when booking the appointment. These records will be required at the immunization appointment as well.

[View the Ontario Immunization Schedule.](#)

Please continue to visit [our website](#) for more updates.

Thanks,

New Vision Family Health Team

*****We Want Your Feedback!*****

To help us serve you better, please to take a few minutes to complete our [patient experience survey](#). Your participation in this survey is completely voluntary and no personal identifying information will be collected. Thank you in advance for your feedback!

While the information provided is considered to be true and correct at the date of publication, changes in circumstances after the time of publication may affect the accuracy of the information.
