



New Vision
Family Health Team

Vision News

Fall 2019

Share your Experience!

To help us serve you better, please take a few minutes to complete our patient experience survey. **Your participation in this survey is completely voluntary and no personal information will be collected.** Your answers will be kept anonymous and confidential. Thank you in advance for your feedback.



[Click here to complete our Annual Patient Survey](#)

Introducing our Patient Representative on New Vision's Board of Directors

New Vision's Board of Directors is responsible for the governance of the Family Health Team. The role of the Board is to provide leadership and oversight of the activities of the Family Health Team. In both areas, the Board strive to represent the interests of members and the broader community. Our Board of Directors now consists of six family physicians, our Executive Director (ex-officio) and most recently a patient representative. **Gary Draper** has been a patient at New Vision Family Health Team for many years. He has been cared for by Dr. Donna Ward, and, latterly, Dr. Martin Kane.

Gary retired from teaching English at St. Jerome's University at the end of 2008. While at St. Jerome's, he directed a major renovation of the library, and served on the SJU Board of Governors as well as on several search committees, including one presidential search. Since Gary's retirement, he has taught a wide range of Third Age Learning courses. Topics have always been drawn from his background in English Literature. In the last two years Gary has worked closely with a refugee family from Guinea Bissau. Having at one time or another assisted all four members of the family in their use of the medical system, he has encountered a large number and a wide range of patient/practitioner interactions.

Diabetes Education at New Vision



Are you living with diabetes, pre-diabetes or at-risk? If so, your Family Health Team offers supportive group education sessions, a seasonal walking group, and individual appointments to help you manage blood sugars well.

Wellness Workshops:

Eat Well, Live Well:

Do you want to live longer, healthier, more energized life? The food and nutrition you choose to put into your body has a huge impact on your quality of your life. Learn about current research as well practical nutrition and lifestyle strategies to improve your overall health and reduce your risk of developing chronic disease.

Dates: Quarterly

Worth the Weight:

Each week, our Registered Dietitians provide group support to patients wishing to live healthy at every size. This group provides education focused on all aspects of health and well-being.

Dates: Intake session-Monthly, visit the Wellness Workshop website section to register. Weekly Drop-in- every Wednesday from 430pm-530pm, ongoing

Please note: First time participants must attend the Intake session prior to coming for Weekly Drop-in sessions. If you are already seeing one of our Dietitians for individual visits, you are eligible to begin with Weekly Drop-in sessions right away.

Walk and Talk Group:

Each season, our Walk and Talk group meets at either the Huron Natural Area or the Waterloo Recreation Complex to enjoy a social time together while incorporating some daily movement.

Dates: Seasonal

[*Click here to see upcoming dates & register for a workshop***](#)**

Diabetes Fit:

Your local YMCA provides a fitness program designed for individuals diagnosed with pre-diabetes, Type 2 Diabetes, or at risk for diabetes. The 12-week program (2 sessions per week) includes a mix of education and exercise and is led by a certified YMCA staff. Participants also receive a free YMCA membership for the duration of the program. You may access the YMCA outside of program hours. For more information on offerings in your area, [click here](#) or call your local YMCA for more details.

One-on-One Support:

Our team of Certified Diabetes Educators (Nurses and Dietitians) can assist you in an individualized setting to improve your blood sugar control. The Certified Diabetes Educator will meet with you to discuss your current level of control, lifestyle habits, concerns/questions, and will provide you with personalized recommendations to help you meet your self-management goals. The Educator will work alongside your Doctor/Nurse Practitioner to support you in the best way possible. Additionally, you always have the option to book in with your Doctor or a Nurse Practitioner to discuss your blood sugar control and any questions or concerns you may have.



Registration now open for Help With Your Health Online Self-Management Program

Registration is now open for the new provincial **Help With Your Health Online Self-management Program!** The Help With Your Health Online program is a five week, interactive, web based series for those who are looking for support to optimally manage their health. The next session starts **October 16th, 2019**.

Each week participants will make a plan that supports healthy changes that are important to them. The workshop is designed to be practical, enjoyable, non-judgmental and accessible to a wide range of participants. The group will be sharing experiences and learning together; it is not about testing knowledge.

The Help With Your Health Online program can be accessed from any device with an internet connection and is designed to accommodate all levels of computer skills. The program is **FREE** to individuals across Ontario who are living with one or more chronic conditions such as diabetes, chronic pain, high blood pressure, stroke, cancer, heart or kidney conditions, as well as their caregivers.

To learn more about the Help With Your Health Online self-management program or to register for an upcoming series please [click here](#). Space in each series is limited, so register today!



Do you have a picky eater in your home?

It's dinnertime, you've had a long day but somehow managed to prepare a delicious meal for your family. "Dinner!" you call out where your partner arrives to the table a few minutes later. You head over to the TV where your toddler has been watching their favourite show and remind them its now time to eat, spending the next few minutes trying to coax them to the table. You're not surprised, this routine has been occurring for quite some time now. Your partner comes in with a peanut butter sandwich almost on cue and places it in front of your toddler who happily picks up the sandwich, takes a big bite and continues watching their show. Surprisingly this week has been much calmer than last week, when you tried following your toddler around the house with food to only then have the peanut butter sandwich come to the rescue. However, you continuously question whether they ate enough, whether the TV is actually helping and whether they are getting all the nutrients they need on such a select number of foods.

Does this sound familiar? Do you struggle with mealtimes? Then please join us during our, "**How to Feed a Picky Eater**" **workshop**, where you will learn tips that can help you stress less and help your little one(s) learn to enjoy a variety of foods! During the workshop you will learn strategies to allow him/her to develop good eating habits and a healthy relationship with food. It's never too late to stop fights over food! This workshop is for any caregiver who prepares food for your child.

[Click here to register!](#)

It's almost flu season...
Get your Flu Shot FAQs Answered
Below!

Can I get the flu from the flu shot?

No - The flu shot contains inactivated flu virus, so it cannot give you the flu. Some people find their arm is a little sore and they may feel tired for a couple days after receiving the vaccine. The vaccine also takes two weeks to become fully effective, so if you're exposed in those two weeks, you could still catch the flu.

Will I feel sick right away if I get exposed to the flu?

No - It usually takes 1-4 days from exposure for you to actually show signs/symptoms of the flu. However, during this time you can still pass on the virus to others.

What can I do to protect myself and others from the flu?

Get your flu shot! Also, wash your hands frequently with soap and water or alcohol-based hand sanitizer with at least 60% alcohol. The flu virus can live for up to 48 hours on hard surfaces like countertops, keyboards, and doorknobs.

Is it recommended to get the flu shot each year?

Yes - Each year, the flu shot contains the most likely strains that will be circulating, which means a new vaccine is developed each year to best protect you.

Who is most vulnerable to complications from the flu?

Babies, seniors, pregnant people and those with additional chronic illnesses (eg. asthma, COPD, heart failure etc.) are most likely to develop complications from the flu. According to the Ministry of Health and Long-term care, the flu accounts for about 12 200 hospitalizations and 3500 deaths in Canada each year.

I have an egg allergy. Can I get the flu vaccine?

Yes - Most people with egg allergies have no problems with the flu vaccine. However, if you've had a serious allergic reaction to the flu vaccine in past, you should not receive it again.

I'm pregnant. Can I get the flu vaccine?

Yes - In fact, you may help protect your unborn child and reduce the risk of getting sick or having complications yourself, particularly in the second half of pregnancy.

For more information about the flu, please [click here](#).

November 20th is World COPD Day

COPD (Chronic Obstructive Pulmonary Disease, formerly known as Emphysema and Chronic Bronchitis) is a progressive lung disease that currently affects *over 2 million (10%) of Canadians* and is on the rise. Most people do not know they have COPD until it is very advanced. COPD is manageable! The earlier COPD is detected, the sooner management can start.

COPD is confirmed through spirometry (breathing test). Do you need spirometry? Take the Canadian Lung Health test below!

- 1. Do you cough regularly?***
- 2. Do you cough up phlegm (sputum) regularly?***
- 3. Do even simple chores make you short of breath?***
- 4. Do you wheeze when you exert yourself, or at night?***
- 5. Do you get frequent colds that persist longer than those of other people you know?***

If you answered "YES" to any of the above questions, please talk to your physician or nurse practitioner about spirometry testing.

COPD is also **preventable**. The number one cause of COPD is smoking. If you are smoking and would like help in quitting, please talk to your healthcare team at New Vision.



Did you know?!

Our website also includes service disruptions (i.e. inclement weather, clinic closures, changes of operating hours due to long weekends etc.). We encourage you to check out our website! Please visit www.newvisionhealth.ca for further information!

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