

THE BEAT

Windsor Family Health Team Newsletter

JACKSON PARK
HEALTH CENTRE
WINDSOR
Family | Health | Team

STEP INTO SPRING:

The weather is getting warmer, the hours of daylight are longer and there is new life all around us. This is the perfect time to start a walking routine or step up your already established walking routine.

According to nationaltoday.com walking is "the easiest way to be the healthiest version of you. Walking for thirty to sixty minutes per day may sound like it isn't much, but studies have shown that it can drastically improve your health and even help prevent ailments such as type II diabetes, cancer, and heart disease."

The benefits of walking go far beyond your physical health. Walking daily will help clear your mind and improve your overall mental wellness.

Make walking for health a part of your everyday life. Consider:

- setting a goal of how many times a week you will walk
- setting a goal of how many minutes you will walk
- find a walking buddy, this will help you stay accountable and on track
- take the stairs instead of the elevator,
- walk to the coffee shop or corner store instead of driving
- when you have to drive to the store park your car at the farthest spot in the parking lot.

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Let's get walking! Join our walking group to help get on the right track.

HAPPY FEET WALKING GROUP

Join us for a 30 minute walk through Jackson Park to help soothe your soles and mind!

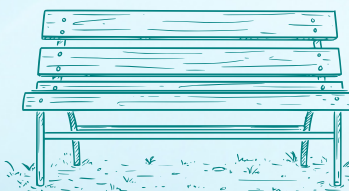
Walkers of all levels come together to motivate and support each other while enjoying the benefits of exercise & fresh air!

Group runs for 8 weeks on Mondays & Thursdays
Join us starting April 24th @ 10:30 a.m.

OPEN TO EVERYONE, BRING A FRIEND!



To register call Jane:
519-250-5656 ext 205



Meet at the Jackson Park
parking lot Pavilion
(Tecumseh rd entrance)

SOCIAL PRESCRIBING:

"SOMETIMES THE MOST IMPORTANT PRESCRIPTION HAS NOTHING TO DO WITH MEDICATION."

Recently WFHT had the pleasure of hosting a lunch and learn with guest speaker Dr. Domink Nowak. Dr. Nowak is a huge advocate of *social prescribing* and shared many success stories on how the lives of his patients have improved since he has implemented *social prescribing* into his everyday practice. He spoke about a patient named George who lost his partner to cancer earlier that year. Dr. Nowak said the obvious treatment for George's mental health was to find a talk therapist for support, however, just as important was a prescription for the social need that George had identified, feelings of loneliness. Dr. Nowak explained to George how a prescription for a "social connection" would also help improve his overall health. George took the step and took part in the social prescription and was successful in re-discovering his sense of purpose and connectedness by volunteering with a local hospital.

This is just one of many examples that shows that, sometimes the most important prescription doctors can make is not for medication, but for a *social prescription* that can lead to sustainable improvements in health.

According to Dr. Nowak, "A good *social prescription* can be transformative. It shifts the healthcare dynamic from asking "What's the matter with you?" TO "What matters to you?". "*Social prescriptions* must be co-designed, to help promote the strengths of the individual and emphasize their connection to their loved ones and community"

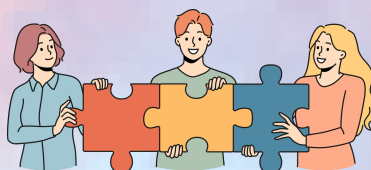
New Program

At the Windsor Family Health Team we are happy to announce our new Social Prescribing program. Our health care providers have started to implement Social Prescriptions into their everyday practices. Once referred into the program an assessment will be completed with the nurse health promoter at which time patients identify their needs and goals. Once these are identified it is important to work together towards finding community supports to help each patient be successful on their journey.

Goals or needs can be as simple as "I need to get out and walk more, are there any walking groups?" or "I'd like to volunteer my time at a local organization and I am unsure how to get involved" or "I need to find affordable transportation so that I can get to the places I need to".

How can I be referred into the Social Prescribing Program?

At your next appointment talk to any WFHT Team member and ask about a social prescription. The Team member will send a referral to the nurse health promoter who will then reach out to you to schedule an in-person or phone appointment. If you prefer you can refer yourself into the program by calling Jane at 519-250-5656 ext 205.



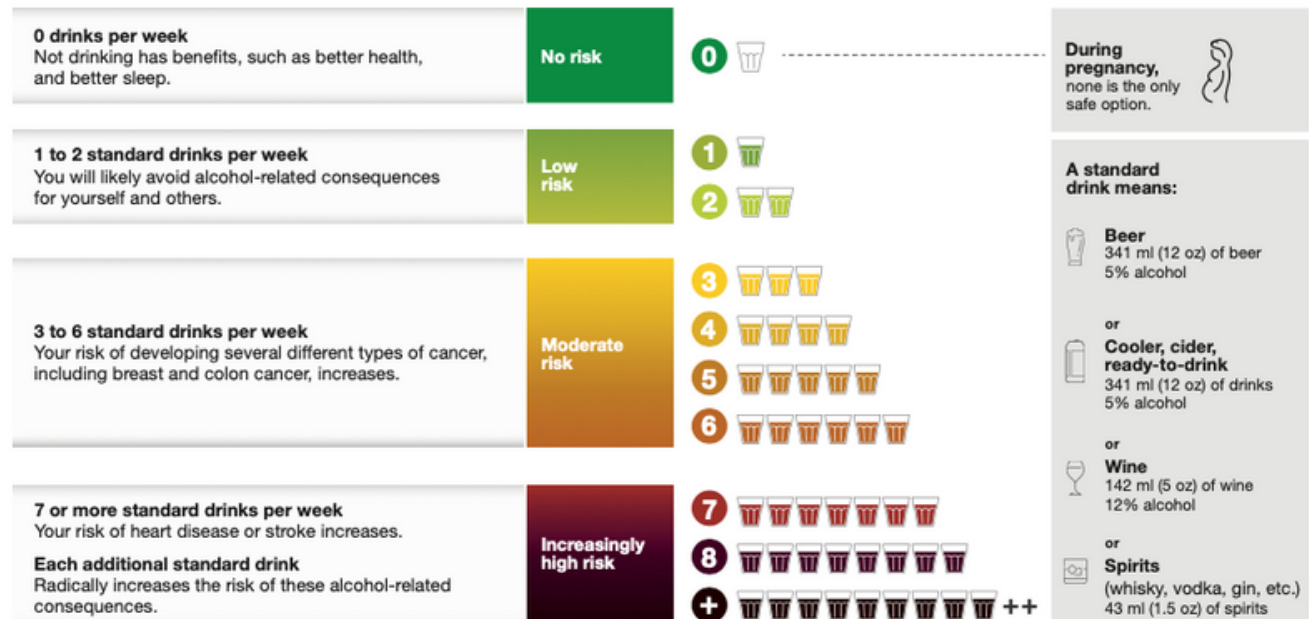
CHANGES TO ALCOHOL USE GUIDELINE:

Drinking Less is Better

According to Canada's Guidance on Alcohol and Health "Alcohol is a psychoactive substance used by about three-quarters of people living in Canada. It is often used in connection with social events or to mark special occasions. However, alcohol can cause harm to the person who drinks and sometimes to others around them. Alcohol is a leading preventable cause of death, disability and social problems, including certain cancers, cardiovascular disease, liver disease, unintentional injuries and violence. In 2017, alcohol caused 18,000 deaths in Canada." The new guideline is aimed to let people know the risks associated with alcohol consumption and allows people to take part and make decisions in harm reduction. People living in Canada have a right to know the effects that alcohol can have on their health.

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.



Do you or someone you know need help with substance use?

Learn more about One Team Recovery (OTR).

OTR has several components available to support individuals along their recovery path as well as family and friends. OTR avoids labelling participants as "addicts" or "alcoholics". We believe that addiction is an experience and not your identity. OTR is informed by the SMART recovery model and is a non-spiritual alternative to 12-step programs. OTR is also a trauma-informed program and safe space for the 2SLGBTQ+ community

OTR is a free, co-ed group, 5-week substance use recovery program that supports individuals who are motivated to moderate or abstain from their substance of choice. OTR is offered throughout Windsor and Essex County 2 days/week, 4 hr/day with program cycles throughout the calendar year. One-to-one sessions are also offered to support recovery outside of group sessions if individuals do not already have counselling supports in place. Call 519-250-5524 to find out more information.



ONE TEAM RECOVERY

FREE, 5-WEEK

OUTPATIENT SUBSTANCE ABUSE PROGRAM

IN-PERSON DELIVERY
2 DAYS/WEEK 4 HRS/DAY

NEXT IN PERSON SESSION:
APRIL 18TH, 2023 - MAY 19TH, 2023

NEXT VIRTUAL SESSION:
MARCH 27TH, 2023 - APRIL 26TH, 2023

NEXT LGBTQ+ SESSION:
SEPTEMBER 19TH, 2023 - OCTOBER 20TH, 2023

2475 MCDOUGALL ST SUITE 245,
WINDSOR ON N6X 3N9

REGISTER TODAY!

FOR MORE INFORMATION OR TO REGISTER CALL: 519.250.5524 OR VISIT: WINDSORCC.CA




HEALTHY SPRING RECIPE: BLACK BEAN QUINOA BOWL

This nutrient-packed meal is loaded with fibre which can help keep you feeling full longer! It can also help improve cholesterol and blood sugar levels.

Instructions:

1. Combine beans and quinoa in a bowl.
2. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa.
3. Mix in the diced onion, tomatoes and avocado.
4. Top with cilantro (optional)

Time: 25 minutes Serves: 2



Ingredients:

- 1.5 cups canned black beans, rinsed
- 1 cup cooked quinoa
- 1/2 cup hummus
- 2 tbsp. lime juice
- 1/2 medium avocado, diced
- 1/3 cup white onion, finely diced
- 1 medium tomato, diced
- Finely chopped fresh cilantro, to taste (optional)

Notes:

On a budget?

Swap out quinoa for an equal amount of brown rice and cook according to package instructions. Not a fan of beans? Try an equal amount of chickpeas instead!

Recipe from EatingWell.com and modified by WFHT Dietitian Rebeka Sandor.

COLLECTING SOCIODEMOGRAPHIC INFORMATION; WE ASK BECAUSE WE CARE



The Windsor Family Health Team is collecting sociodemographic information in order to provide the best care possible with compassion & respect to everyone. By collecting your sociodemographic data we can learn more about you!

What is Sociodemographic Data?

It is data collected about characteristics of our patient population such as gender, age and income for example.

Why are we collecting this information?

We collect this information from patients to find out who we serve & what unique needs our patients have. This information allows us to plan for services and provide even better care.

How is this relevant to patient care?

Health Equity Ontario states that "health equity allows people to reach their full potential & receive high quality of care that is fair & appropriate to them and their needs, no matter where they live, what they have or who they are".

Do I have to answer these questions?

Participation is completely VOLUNTARY. Selecting "Prefer not to Answer" as a response WILL NOT affect your care or access to our services.



Resources:

<https://www.healthing.ca/wellness/dr-dominik-nowak-social-determinants-of-health>
<https://nationaltoday.com>
<https://www.eatingwell.com/recipe/260726/black-bean-quinoa-buddha-bowl/>
<https://ccsa.ca/canadas-guidance-alcohol-and-health>

