

# THE BEAT

Windsor Family Health Team Newsletter

**WINDSOR**  
Family | Health | Team

## MAKE WATER YOUR DRINK OF CHOICE

The hot summer days are upon us, so staying hydrated is very important. Water keeps every part of your body working properly. It helps your body flush wastes and stay at the right temperature. It can help prevent kidney stones and constipation. According to [healthlinkbc.ca](http://healthlinkbc.ca) we lose water throughout the day—through our breath, sweat, urine, and bowel movements. We lose even more fluid when we are in a hot climate.

We need to replace these lost fluids to prevent becoming dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs. This can be very dangerous.

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### BEST WAYS TO STAY HYDRATED

- Drink a glass of water when you wake up in the morning, before you have coffee or tea.
- Keep a cup or bottle of water by your desk at work or on your coffee table at home. Take several sips of water each hour.
- Drink a glass of water with each meal. This will help you feel full faster as well as keeping you hydrated.
- If you get tired of drinking plain water add flavouring to your water such as putting a slice of lemon or lime in plain or sparkling water.
- Try eating water-rich foods like watermelon, cucumbers and strawberries.



### DRINKS TO LIMIT

Some other drinks should be limited as they have too much sodium, sugars and saturated fats.

These can include drinks like:

- pop and juice drinks
- alcoholic drinks
- vegetable juices
- drinks like hot chocolate or specialty teas and coffees made with higher fat dairy





## FIGHT THE BITE

People may worry about spending extended time outdoors in natural environments when they hear reports about ticks carrying Lyme disease or mosquitoes spreading West Nile Virus.



### To prevent tick or mosquito-borne illnesses:

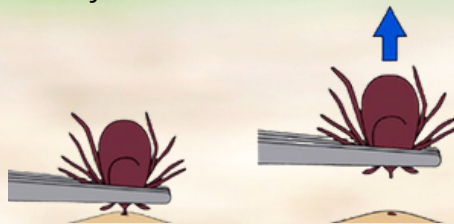
- When outdoors in grassy or wooded areas, wear light-coloured, long-sleeved shirts and pants, and shoes with closed toes, and tuck your pant cuffs into your socks. Light coloured clothing makes ticks easier to see
- Use an insect repellent. Prior to using an insect repellent, make sure it is registered in Canada, read the label and follow directions. The label will specify what pests the product will protect you from.
- Check your entire body, as well as other family members (e.g., children, partner) and pets for ticks after being outdoors. Remind friends who are with you to do the same. For those hard to see places, use a mirror, or ask someone to check for you. If you find a tick, remove it as soon as possible. After removing the tick, use [eTick.ca](http://eTick.ca) for tick identification and follow the guidance provided (e.g., if it is a blacklegged tick, contact your health care provider to help assess your risk of Lyme disease)
- Keep ticks and mosquitoes away from your home and garden by getting rid of standing water and keeping grass, brush and weeds short. Move woodpiles and bird feeders away from the house.

### How to Safely Remove a Tick:

Removing a tick is the same for humans and animals. It's important you do not crush or damage the tick because it could cause Lyme bacteria to pass from the tick into your bloodstream.

Using a pair of tweezers or a tick key :

- Using a pair of tweezers, grasp the tick close to the skin.
- Pull the tick gently outwards and don't twist (so that mouthparts are not left behind). If it's not a clean break, try to remove the mouthparts from the skin.
- AVOID squeezing, smothering, burning, or using any other technique to remove the tick.
- Gently wash the bite site with soap and water and then use a disinfectant on the skin. Don't forget to disinfect the tweezers or the tick key.



Tick key

If you remove a tick from your body and are concerned about the possibility of Lyme Disease, please follow the steps outlined below:

- Do not dispose of the tick. Keep it in a container or a small plastic bag that can be sealed. Place a piece of damp paper towel in the container or the bag.
- Contact your health care provider and discuss if any further action is required.





## WHAT'S HAPPENING AT WFHT?

### Appointment Reminders

Did you know that you can get appointment reminders?



We all lead busy lives so receiving a reminder for an upcoming appointment can be very helpful. By providing us with your email address we can send you a reminder email the day before your appointment. Call us today to set up this service. 519-250-5656.

### OCEAN: Online Booking

Book or cancel your next appointment using our online booking platform Ocean. All you need is your healthcard number and date of birth. You will also receive appointment reminders the day before your appointment. Scan the QR code or visit [www.windsorfht.ca](http://www.windsorfht.ca)



### Looking for a sooner appointment time ?



Do you have a non-urgent appointment booked and are looking for something sooner?

Our healthcare providers appointment time slots can fill up very quickly and we understand that you may need an appointment sooner than what we have available. Cancellations do become available on a daily basis and by checking our online booking system you may find a cancellation and the appointment time that you are looking for. Ocean is updated in real time so you can see as soon as the appointment slot becomes available. No need to wait for a receptionist to answer your call, just check online!



### Social Prescribing

WFHT's new Social Prescribing program is off to a great start! After only a few months into the program we have been able to connect over 25 patients to a variety of community resources and programs.

Our Social Prescribing program helps link people to non-clinical supports, healthy activities and community groups to improve their wellbeing while reducing isolation and other disadvantages. The Nurse Health Promoter meets with each patient to discuss areas in their life that may need additional support(s). Together a care plan is developed to help meet the identified needs and improve overall life satisfaction.



If you would like to take part in the Social Prescribing program talk to your healthcare provider or call 519-250-5656 ext 205.

Get connected today!

### Memory Clinic

WFHT is excited to be offering memory clinic's to patients living with dementia and other memory difficulties. Memory Clinics provide early diagnosis, treatment and education for people living with dementia and other memory disorders. For many of these conditions, early diagnosis and treatment can help to maintain independent living and quality of life for as long as possible. Patients and their families are supported by an interprofessional team of physicians, nurse practitioners, nurses, social workers, pharmacists and others that are specially trained in caring for people living with dementia and other memory difficulties. The team works closely with the patient's Primary Care Provider and with community groups like the Alzheimer's Society, and specialist physicians to ensure care needs are met. The Windsor Family Health Team has been trained by and is part of the national MINT Memory Clinic primary care collaboration. Visit [www.windsorfht.ca](http://www.windsorfht.ca) to find out more information.



At WFHT we promote health and wellbeing not only to patients but also to our entire team. Taking vacation time is important for our mental and physical health, helps prevent burnout, and can improve productivity when we return to work. This time of year many team members will be taking time for themselves to rejuvenate and enjoy time with their family. Over the next few months during vacation season we will continue to do our best to provide you timely access to services at the Windsor Family Health Team. We hope you and your family have a safe, relaxing and happy summer.

## SUMMER RECIPE: SIMPLE MEDITERRANEAN CHICKPEA SALAD

This colourful salad is the perfect lunch or side dish to add to your diet. It's packed with fibre, antioxidants and tons of flavour!

### Ingredients

- 2 cans low-sodium chickpeas
- 1 cup cherry tomatoes, halved
- 1 large cucumber, diced
- 1 red bell pepper, diced
- 1/2 medium red onion, diced
- 2 tbsp fresh mint, finely chopped (optional)
- 1/4 cup fresh parsley, finely chopped (optional)
- 1 tbsp. extra virgin olive oil
- 1 tsp. sea salt
- black pepper, to taste
- juice of 1 lemon
- 1/4 cup red wine vinegar
- 1/2 cup crumbled feta



### Instructions

1. Wash and chop all veggies.
2. Add chickpeas, diced tomatoes, diced cucumber, diced bell pepper, diced onion, and finely chopped parsley and mint to a large mixing bowl. Mix well.
3. Drizzle with olive oil, red wine vinegar, and lemon juice and continue to mix until well combined.
4. Season with salt and pepper and add in crumbled feta. Enjoy!

This recipe was chosen by WFHT's dietitian Rebeka Sandor.

## FOOD SAFETY DURING OUTDOOR PARTY SEASON

What would summer be without events such as picnics and barbecues? We all enjoy delicious grilled meats and veggies along with salads and fruit trays but we have to be mindful of food safety when keeping these foods out of the fridge in the summer heat. The risk of food poisoning increases during the summer because harmful bacteria grow quickly in warm, moist conditions.

Here are some outdoor food safety tips to help keep you and your family safe from food poisoning during the summer.

- Don't keep food at room temperature for more than one hour on hot summer days. Keep perishable foods cold. Use a cooler filled with ice packs to store your food on the go. The temperature inside the cooler should be at or below 4°C (40°F).
- Keep the cooler out of direct sunlight and avoid opening it too often. Opening the cooler lets cold air out and warm air in. Using separate coolers for food and drinks will keep the food colder for longer because the cooler won't be opened as often.
- Always remember to keep food out of the temperature danger zone of 4°C to 60°C (40°F to 140°F). Harmful bacteria can grow in as little as two hours in this temperature range.
- Washing your hands and following proper cleaning techniques can help you avoid cross-contamination and prevent food poisoning.



<https://www.heartandstroke.ca/articles/an-all-canadian-healthy-diet> <https://www.wechu.org/your-environment/ticks-and-lyme-disease>,  
<https://www.healthlinkbc.ca/healthy-eating-physical-activity/food-and-nutrition/eating-habits/drinking-enough-water>  
<https://science.gc.ca/site/science/en/blogs/science-health/deets-deet-what-parents-should-know-about-health-canadas-latest-research-insect-repellents-kids> [Summer food safety tips](#)

<https://carolinegreennutrition.com/simple-mediterranean-chickpea-salad/#tasty-recipes-224207-jump-target>

