

# THE BEAT WINDSOR



Windsor Family Health Team Newsletter

Family | Health | Team

## YOUR OPINION MATTERS

Have your say on September 28th and join us for a Patient Engagement Session.

A patient engagement session allows you to provide feedback to our Team. Feedback is important to ensure we are meeting the needs of our patients.

To register or for more information call Jane at 519-250-5656 ext 205.



## Fall Vaccines



The flu shot helps to protect you if you later get exposed to the virus by helping to:

- prevent you from getting very sick from flu-related complications
- protect people close to you because, when vaccinated, you're less likely to spread the virus to others
- reduce the overall burden on the health care system during respiratory virus season
- reduce your chances of being infected with the flu and other respiratory viruses at the same time, which could lead to serious complications

The flu shot won't protect you against COVID-19 so it's also very important to be up to date with recommended COVID-19 vaccinations. This fall it is recommended that you receive a Covid-19 booster. To receive the vaccine make sure it has been at least 6 months from your last Covid vaccine or 3 months after a having Covid-19 infection.

While you're in the office getting your flu and Covid vaccines ask us to take a look and see if you are up to date on your preventative care cancer screening. Cancer screening programs can find cancer earlier, leading to better health outcomes.



**Ontario Health**  
Cancer Care Ontario

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## Fall Flu/Covid Clinics

WFHT will have Flu and Covid-19 vaccines available to patients this Fall by appointment only.

### Vaccine Clinic Dates:

Fridays October 27th  
November 3rd  
November 10th  
November 17th  
November 24th

from 1:30 p.m. - 3:30 p.m.



Thursday October 26th & November 9th  
from 4:00 p.m. - 6:00 p.m.

Saturday November 11th  
from 8:30 a.m. - 11 a.m.

We are not able to accommodate walk in flu and/or Covid vaccines. You must have a scheduled appointment in order to receive your vaccination.



# What's Happening at WFHT?



Windsor Team Care Centre (WTCC) is a program at the Windsor Family Health Team as well as a satellite clinic of the regional Low Back Rapid Assessment Centre (RAC). The RAC helps people understand, manage and treat moderate to severe low back pain by providing timely access to specialized care.

The program is for people over 18 who have had low back pain and/or related leg symptoms (e.g. leg pain, numbness and/or tingling) for at least 6 weeks, but not longer than a year.

The program is not for people who:

- Have had lower back pain for 12 months or longer with no relief
- Have pain caused by an injury that is covered under an insurance claim (e.g. motor vehicle accident or workplace injury)
- Are pregnant or have had a child within the last 12 months, or
- Are in need of urgent or emergency care

Referred clients will receive an appointment with an Advanced Practice Clinician that will include:

- Review of your medical history.
- A physical exam.
- Creating a plan to help you manage your low back pain and help make it easier for you to move.
- Helping you understand what is causing your pain.
- A possible recommendation of additional treatments, including surgery

How Do I Get Connected?

Ask your Family Physician or Nurse Practitioner if you are eligible for the program.



## Do you follow us on Facebook and/or Instagram?

Stay up to date on up coming events, office hours and closures, plus a variety of community resources by following us on Facebook and Instagram



## Lung Health/Smoking Cessation Program

We're heading into respiratory virus season, are you ready? Common lung diseases include asthma, pneumonia, tuberculosis, and lung cancer. At WFHT we offer a lung health program. This program offers enrolled patient's diagnosis and treatment to support respiratory health, Chronic Obstructive Pulmonary Disease (COPD) and Asthma. Individual action plans are developed to address goals such as: decreasing hospital emergency department use, maintaining or improving current level of lung functioning, encouraging receipt of recommended vaccinations (influenza and pneumonia).

The program is provided by Respiratory Therapists and Registered Nurses. Individual smoking cessation counseling offered by certified educators and includes education, support and free nicotine replacement therapy (NRT).



How Do I Get Connected?

Ask your Family Physician or Nurse Practitioner if you are eligible for this free program.

## Healthy Fall Recipe



### Lentil Pumpkin Loaf

**Makes 12 servings**

**Cooking Time: 60 min**

This recipe was suggested by WFHT's dietitian Kim Labelle.

Kim says "Pureed lentils can be added to any dish and are a high protein, high fiber choice. Add unsweetened cranberries and it's even more delish!" Recipe taken from Cookspiration which is a website and a phone app. <https://www.cookspiration.com/>



#### Ingredients

1 cup canned pumpkin puree 250 ml  
1 cup lentil puree\* 250 ml  
1/4 cup canola oil 60 ml  
2 eggs 2  
3/4 cup granulated sugar 175 ml  
1 Tbsp orange zest 15 ml  
1 cup all-purpose flour 250 ml  
1 cup whole wheat flour 250 ml  
2 tsp baking powder 10 ml  
1/2 tsp baking soda 2 ml  
1/2 Tbsp cinnamon 7 ml  
1/4 tsp ground cloves 1 ml  
1/4 tsp ground ginger 1 ml  
1/4 tsp salt 1 ml  
Canola oil cooking spray

#### Instructions

##### Step 1

Preheat oven to 350° F (180° C). In a medium bowl, mix pumpkin and lentil puree, canola oil, eggs, sugar, and orange zest.

##### Step 2

In another bowl, combine flours, baking powder and soda, cloves, ginger, and salt. Add dry mixture to pumpkin mixture and stir together.

##### Step 3

Spray 9 inch (22 cm) loaf pan with canola oil cooking spray. Pour batter into loaf pan. Bake loaf for 1 hour or until toothpick inserted in centre comes out clean. Cool for 10 minutes and remove from loaf pan to let cool completely on wire rack. Cut into 12 slices.

#### Tips

\*Lentil Puree: Place cooked lentils into the bowl of a food processor. For every cup (250 mL) of cooked lentils, add 1/4 cup (60 mL) water. Blend until smooth. Lentil puree has a similar consistency to canned pumpkin. Add additional water 1 Tbsp (15 mL) at a time if more moisture is needed. Store in a refrigerator for up to 3 to 4 days, or freeze for up to 6 months.





# Fall Health Tips



**Summer has come to an end. We have enjoyed lots of barbecues, parties and vacations. Now it's time to get back on track. Fall is a great time to focus on staying healthy.**

## **Boost your immune system:**

You can do this by drinking plenty of water and washing your hands often to prevent sickness. You can also boost your immune system with seasonal fruits and veggies like apples, pumpkins and squash.

## **Get yourself ready for Daylight Savings Time: Set your clocks back 1 hr on November 5th, 2023**

Go to bed earlier when you can, especially the week before the clocks change. Make sure to get enough sleep to keep your body and mind in good shape. Longer periods of darkness = longer periods of sleep!



## **Make some plans for the cold months:**

When the weather cools down we tend to hibernate if we don't have things to keep us busy. Stay active by going for walks and enjoy the beautiful autumn scenery.

## **Take Vitamin D:**

In colder climates, a lack of sunshine exposure can cause vitamin D levels to plummet. Consider adding a vitamin D supplement to your diet if you do not regularly eat a lot of cereal, soy milk, orange juice or yogurt.

## **Try Crockpot Meals**

Meal time prep is cut down by using crockpot meals that are well-planned and nutritious. Lower cooking temperatures may help preserve nutrients that can be lost when food is cooked too fast in high heat.

## **Moisturize:**

Dry fall air can suck the moisture out of your skin, causing excessive dryness and cracks. After showering and throughout the day, be sure to moisturize with lotion to prevent skin issues like infections due to cracking.

# Consider wearing a mask

Masks can be a tool for preventing not only COVID-19 but other illnesses that spread when someone near you coughs or sneezes, spewing infectious droplets into the air.

Although masks are not mandatory at the Windsor Family Health Team we encourage all patients to consider wearing a mask during respiratory illness season.

## **Patients who have respiratory symptoms will be required to wear a mask while in the office.**

Our goal is to keep patients, family and staff members safe and healthy during this season.



According to the Government of Canada

It's especially important to wear a mask if you're:

- at risk of more severe disease or outcomes
- around others who are at risk of more severe disease or outcomes
- visiting a group living setting
- in a crowded or poorly ventilated setting



## **Resources:**

[Canada.ca](https://canada.ca)

[cancercareontario](https://cancercareontario.ca)

[Cookspiration](https://cookspiration.com)

[Totalwellnesshealth](https://totalwellnesshealth.ca)

[canadapublichealth](https://canadapublichealth.ca)

