



## Nutrition Month® 2008 Spotlight on food and nutrition



March is Nutrition Month and each year there is a theme with a different focus. This year's theme was 'Spotlight on food and nutrition'. For more information on healthy eating or dietitians in Ontario please visit

[www.dietitians.ca](http://www.dietitians.ca).



We at SETFHT would like to thank our dietitians Julie and Serena for all their hard work and dedication.

### DIETITIANS TOP 10 LIST...

#### *What you need to know*

1. Want to feel your best? Eat well and get physical!
2. Benefit from balance – challenge and support family members to achieve and maintain healthy weights.
3. Quality counts – whether at home, school, work or play, keep healthy food choices top of mind!
4. Give your food portions a makeover – tune in to moderation in serving sizes.
5. Colour your world with vegetables and fruit!
6. Be a savvy shopper – get the nutrition facts on foods from the label.
7. Make meal time a family affair!
8. Healthy eating is more than a flash in the pan – it's a lifetime commitment.
9. Make [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) your 'go to' place for trusted nutrition information and fun healthy eating ideas!
10. Have a food or nutrition question? Ask a Registered Dietitian!

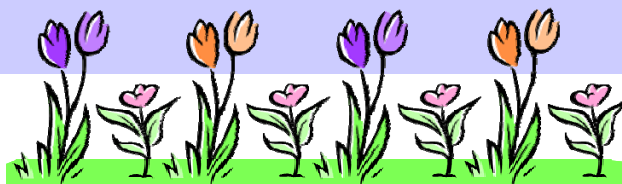
### What can a Registered Dietitian do for you?

A dietitian is an expert on food and nutrition and can help people of all ages meet their nutritional needs.

You may want to see a dietitian:

- To assess nutritional needs and develop nutritional plans and special therapeutic diets to prevent and manage health conditions like diabetes, heart disease, high blood pressure, osteoporosis and weight problems;
- To provide advice and assist with infant and childhood nutritional needs; and
- To answer any questions you may have about healthy eating.

**If you would like to make an appointment with one of SETFHT's dietitians please call 416-469-6464.**



### Hospital Admission and Emergency Room Visits

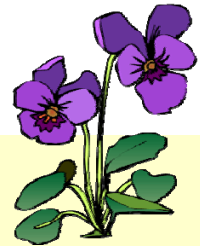
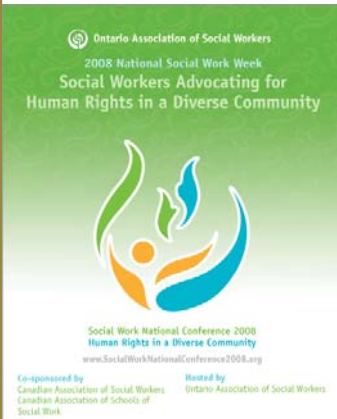
At South East Toronto Family Health Team our goal is to provide you with safe and comprehensive health care. Unfortunately, we do not always know when you have been admitted to the hospital or have been seen in the emergency room. Please phone us at 416-469-6464 and let one of our staff know if you are in the hospital or were recently in the emergency room. You may also leave us a non-urgent message on our voicemail. This will help our health care providers coordinate your follow up care.



# SETFHT Celebrates Social Work Week

The theme for this year's Social Work week was "Social Workers Advocating for Human Rights in a Diverse Community". The slogan represents the importance of social workers and what they do on a daily basis to advance the human rights of women, children, families and communities; to advocate for equality and equity for marginalized and minority groups; and to support on-going struggles for civil rights and basic freedoms, economic well-being and access to services.

The South East Toronto Family Health Team took part in social work week and had a display at the front reception area highlighting this year's theme with posters, a brief summary of social work history and this year's theme, alongside with brochures and fun puzzles. In recognition of the great services our health professionals provide here at SETFHT, we would like to take this opportunity to give a special thanks to SETFHT's social workers Alisha, Carol and Cherie for their hard work and dedication.



## TELEHOMECARE PROGRAM

The Telehomecare Program is focused on teaching patients with chronic illnesses how to self-manage diseases such as Congestive Heart Failure (CHF) and Chronic Obstructive Pulmonary Disease (COPD). Selected as one of the six Family Health Team (FHT) sites, the South East Toronto Family Health Team is proud to be participating in the Telehomecare program.

### How does the Telehomecare Program benefit me?

If you participate in the Telehomecare Program, you benefit from on-going monitoring of your condition through remote monitoring technology. This means that your FHT providers can detect health problems earlier and treat issues before your condition escalates to an emergency situation, which may require an emergency room visit and possible hospitalization. You will also gain a better understanding of your condition so that you can play a more active role in self-managed care while you are involved in the Program and after you are discharged from the Program.



### How are patients selected to join the Telehomecare Program?

You have been selected as an appropriate candidate for the Telehomecare program based on pre-existing criteria that includes:

- You are over the age of 18 years;
- You have a diagnosis of Chronic Obstructive Pulmonary Disease and/or Congestive Heart Failure;
- You have had a visit to the Emergency Department or have been hospitalized because of your disease process in the past year; and
- You would benefit from regular monitoring because of your disease process.

For more information on the Telehomecare Program, please speak to your primary health care provider.

