

SETFHT Quarterly

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Community Edition

WINTER 2007/08



Season's Greetings!

Welcome to the first edition of the SETFHT Quarterly—a newsletter designed to provide the patients of the South East Toronto Family Health Team (SETFHT) with an update on what is happening in your Family Health Team and to provide you with tips for health. SETFHT has successfully been in operation as a Family Health Team for over a year now. During that time, our team has recruited a number of new health care professionals including a Nurse Practitioner, Registered Nurses, Registered Dietitians, Social Workers, Care Navigator, Pharmacist, Mental Health/Addictions Counselor, and a Chiroprapist. These health professionals have a wide range of skills, knowledge, expertise and experience and are available to you as an additional team member in your health care needs. If you have questions on medication that has been prescribed to you, you can speak to our team pharmacist to learn more. The Addictions Counselor can help you stop smoking. These providers are here to help you reach your optimum health—you can access these providers at any time by booking an appointment at the front desk or calling 416-469-6464. Join us as we continue to build SETFHT so that we can improve your access to primary care services, and increase the quality of care that you deserve.

Flu Immunization

Influenza (flu) is a common respiratory illness that affects millions of Canadians every year. Getting a flu immunization (flu shot) every year can prevent the infection or reduce the severity of the illness. Speak to your SETFHT health care provider about a flu shot next time you are in the clinic—it is available free of charge to anyone living in Ontario.

Toronto Public Health has launched a health promotion campaign encouraging everyone to do their part to stop the spread of germs by keeping their hands clean, covering their cough and, when they do not have a tissue, to "Do the Sleeve Sneeze." To learn more visit: <http://www.toronto.ca/health/flu/index.htm>



Telehomecare Project

Selected as one of the pilot sites, SETFHT is proud to be participating in this chronic disease management initiative. The program will use communications and information technology to provide remote care and monitoring to patients with two chronic diseases:

- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disorder (COPD).

For more information about this project, please speak to your physician or Nurse Practitioner.



Healthy Holidays

Whatever your holiday tradition - Hanukkah, Kwanza, Christmas, or going to holiday dinners and parties - you will probably be faced with the temptation to indulge during December. Just make a few simple switches for healthier options throughout your day and allow yourself some wiggle room so you do not have to feel guilty about having that special treat. If you would like to meet with one of the Registered Dietitians for nutritional counselling, please book an appointment at the front desk or call 416-469-6464.



Food and Toy Drive

During the month of December, the Family Health Team will be helping support the Daily Bread Food Bank and The Chum City Christmas. Please feel free to drop off a non-perishable food item or a new unwrapped toy at the main reception area.

We need your Feedback!

Beginning in January, we will start distributing comment cards around the centre for you to complete. This is your opportunity to give us your feedback on how your Family Health Team is doing!



South East Toronto
Family Health Team

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