

The Centre for Family Medicine  
Family Health Team  
includes the practices of:

Dr. Joe Lee  
Dr. Linda Lee  
Dr. Heather Dixon  
Dr. Alex Kolbasnik  
Dr. John Pefanis  
Dr. John Yee  
Dr. Neil Arya  
Dr. Michael Lee-Poy  
Dr. Peter Whitby  
Dr. Brian Finn  
Dr. Kim Moore  
Dr. Marc Sawyer

Executive Director: Ms. Pat McLeod

#### Inter Professional Healthcare Providers:

**Chiroprodists:** Haley Court  
Todd Porter  
Jane Warner

**Chiropractor:** Dr. Craig Bauman

**Clinical Pharmacist:** Dr. Jeff Nagge  
Dr. Danette Beechinor  
Tejal Patel

**Clinical Dietitian:** Marg Alfieri

**Marriage & Family Therapists:**  
Annette Dekker  
Felicity Finn  
Catharine Voisin

**Nurse Practitioners:** Dawn Spence  
Rita Cutajar  
Kathryn Flanigan

**Social Worker:** Colleen McMillan  
Raechel Pefanis

## H1N1 Update

### Symptoms

Almost always: Sudden onset of cough and fever

Common: Fatigue, muscle aches, sore throat, headache, decreased appetite, runny nose

Sometimes: nausea, vomiting, diarrhea

### Prevention

- [Wash hands](#) often
- Keep common surfaces disinfected
- Cough and sneeze into your arm, instead of your hand
- If you are sick, stay home until your symptoms are gone and you feel well enough to participate in all activities
- If you get flu-like symptoms and are pregnant, have underlying health problems or if your symptoms get worse, contact your health care provider.

### Be Prepared

Make preparations to care for yourself and your loved ones. Make sure you have the following items on hand:

- Pain and fever medication, like Tylenol or Advil, to treat fever and headaches
- A thermometer
- Extra supplies of any essential medication, like insulin for diabetics
- Cleaning supplies, like household disinfectant,
- Soap and alcohol-based hand sanitizer to keep hands clean
- Non perishable food, like canned soup and fruits and vegetables and liquids, like water and juice, in case you can't get to the grocery store

### If your child develops the following symptoms, seek immediate medical attention:

- Irritability; not wanting to play or be held
- Not waking up or interacting
- Not drinking enough fluids or eating
- High fever (over 39.5C)
- Shortness of breath, rapid or difficulty breathing
- Bluish or grey skin colour
- Bloody or coloured sputum (spit)
- Sudden dizziness or confusion
- Severe or persistent vomiting

## The CFFM FHT 2009 Reward and Recognition Program



Tracy Sibbick, Joe Lee, Pat McLeod, Jenn Metzloff

Tracy has shown dedication to our patients in our Wellesley office. There have been numerous patients who have been treated with compassion, concern and follow up. Tracy goes out of her way to accommodate anyone coming to Wellesley, be it patients, staff or outside visitor.



Marg Alfieri, Joe Lee, Pat McLeod, Jenn Metzloff

Marg, our dietitian at the Centre, goes above and beyond in team building, patient care and education. She goes the extra mile to ensure her team members are appreciated and builds good working relationships with all team members. She is a consistent force of energy and innovation.



Brooke Anderson, Joe Lee, Pat McLeod, Jenn Metzloff

Brooke goes above and beyond in patient care and has taken on many new roles for the team. Her kindness and compassion with patients as well as her willingness to help out with any tasks is noticed as a very positive contribution to the team.



Wendy Batte, Joe Lee, Pat McLeod, Jenn Metzloff

Wendy is our lead receptionist, and is an asset in team building and patient care. Her always patient attitude makes her approachable, and brings our team members to a professional level through her training and attitude.



Joe Lee and Pat McLeod

Due to her position as the Executive Director, Pat cannot be formally recognized through this Reward and Recognition Program. However many team members wanted to recognize her devotion, hard work, problem solving skills, direction and leadership as she ensures everything runs smoothly at the Centre.

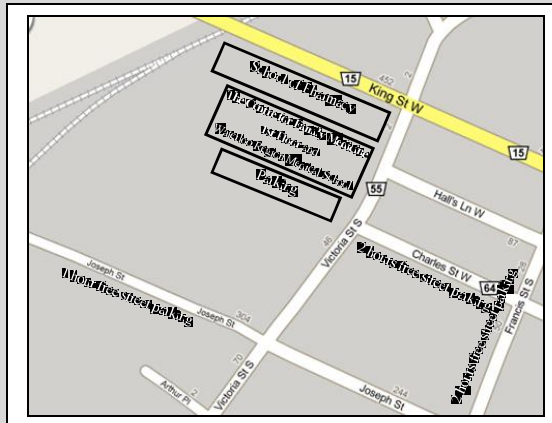


Dr. Linda Lee, Jan Kasperski, Dr. Neil Arya

We were also honoured to have Jan Kasperski, CEO, The Ontario College of Family Physicians present Dr. Linda Lee with the Physician of the Year Award, 2009, and also recognize Dr. Arya as this years' recipient of the Geeta Gupta Award. Dr. Arya will receive his award at the Family Medicine Forum this October in Calgary.

## We Are Expanding

On **January 4<sup>th</sup>, 2010** we will open the doors to our new location at the  
**Health Sciences Campus**  
**1<sup>st</sup> Floor - 10 Victoria Street South** in Kitchener



Your regular office visits will be at this new location.

We will continue to offer services at our 25 Joseph Street location, such as dietitian, counselling, chiropractor, chiropody, management of diabetes and our anti-coagulation clinic.

Parking will be available at both locations. Due to the University of Waterloo regulations, parking will now be at a cost. We have been able to reduce this cost significantly to \$1.00 per visit for our patients. Tokens will be available for purchase at our reception desk. There is some limited free street parking available on Charles Street, Francis Street and Joseph Street.

We appreciate your support during the transition to this new location and we will continue to provide updates as the date approaches.

*Dr. Joseph Lee, Dr. Linda Lee, Dr. Alex Kolbasnik, Dr. Heather Dixon, Dr. Michael Lee-Poy, Dr. John Pefanis, Dr. John Yee, Dr. Neil Arya, Dr. Peter Whitby, Dr. Carolyn Fuss and Dr. James Milligan*

### H1N1 Flu Clinics

All clinics are held at 25 Joseph Street in Kitchener

**Saturday, November 7<sup>th</sup>** from 10:00 am to 12:00 pm

**Saturday, November 14<sup>th</sup>** from 10:00 am to 12:00 pm

**High Risk Patients Only** (heart disease, asthma or chronic lung disease, diabetes or other metabolic disease, cancer, immuno-compromised conditions, kidney disease or anemia)

Very young children (6 months to 5 years)

House hold contacts/care givers of immune-compromised

Health care workers

**Saturday, November 21<sup>st</sup>** from 10:00 am to 12:00 pm

**Saturday, November 28<sup>th</sup>** from 10:00 am to 12:00 pm

Children 5-18 (inclusive)

First Responders (Fire and Police)

Poultry and Swine Workers

Adults aged 19-64 (inclusive)

Adults aged 65 years and older

Visit **Immunization Clinics** on our website at [www.family-medicine.ca](http://www.family-medicine.ca) for future clinic dates.

## Upcoming Seminars ...

Nov. 3rd	Basics of Diabetes
Nov. 17th	Carbohydrates 101 and Glucometers
Dec. 1st	Basics of Diabetes
Dec. 15th	Carbohydrates 101 and Glucometers

These sessions will be held between 9:00 am and 10:00 am at 25 Joseph Street.

Dec. 2<sup>nd</sup> Lower Limb Workshop

This session will be held between 7:00 pm and 8:00 pm at 25 Joseph Street.

Register on line at [www.family-medicine.ca](http://www.family-medicine.ca) or call 519-579-0100.



### Diabetes Fair

Nov. 7<sup>th</sup>, 9:30 am to 12:00 pm at the Calvary United Church in St. Jacobs.

Join us for a fun interactive morning with displays and a cooking demonstration. The key note speaker is Haley Court, Chiropodist, and she will speak on Diabetic Foot Care.

### Scheduling and Cancelling an Appointment

When scheduling an appointment please call well in advance so that we may accommodate your schedule to the best of our ability. It is important to let the receptionist know the nature of your appointment so that an appropriate amount of time may be booked. Please be aware that our reception staff cannot diagnose problems nor give advice, prescriptions, or results of tests over the phone.

If you cannot keep an appointment please call prior to the appointment to cancel; if 24 hours notice is not given a charge may apply.

## Wellness Seminars

Seminars are held throughout the year on various topics of interest. Watch for information posters hung up around the Centre and check out our website on a regular basis.

**If you would like to be personally invited to a seminar please leave your e-mail address or phone number at reception.**

[www.family-medicine.ca](http://www.family-medicine.ca)

These seminars are provided by the CFFM, along with the Ministry of Health and Long Term Care as part of its pilot project to promote the health and well being of our patients.



## Seasonal Flu Clinics for all CFFM patients

Saturday, December 5<sup>th</sup> from 10:00 am to 12:00 pm  
Saturday, December 12<sup>th</sup> from 10:00 am to 12:00 pm

All clinics held at 25 Joseph Street in Kitchener.

*Congratulations to Jennifer MacAulay, RPN, and her husband on the birth of their son, Robert, weighing 9 lbs.*



### After Hours Care

If you are a rostered patient experiencing health problems after hours, on weekends, or on recognized holidays, you have access to the **Telephone Health Advisory Services (THAS)**.

THAS connects you to a nurse who can provide advice, access to a family health team doctor on call, or, if appropriate, suggest that you go to emergency.

If you cannot wait for the physician on-call or if your problem is of an urgent nature, we request that you go to the Emergency Department.

**THAS: 1-866-553-7205**