

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 Workers:** Colleen McMillan  
Raechel Pefanis

## Announcement

**The Centre for Family Medicine Family Health Team (Waterloo Region) is pleased to announce that Dr. Linda Lee has recently been awarded two very prestigious awards: Family Physician of the Year, Southwestern Ontario, and the Service Award for Geriatric Excellence.**

Dr. Linda Lee has been named the Southwestern Ontario Family Physician of the Year (2009) by the Ontario College of Family Physicians in recognition of her dedication to her patients, her community, her medical learners, and her profession.

Dr. Lee received the **Individual Award** at the 6<sup>th</sup> Annual Service Awards for Geriatric Excellence. This award is in recognition of her outstanding work in the establishment of a specialized memory clinic in primary care.

The Memory Clinic utilizes an inter-professional approach to provide early diagnosis and treatment for problems associated with memory loss. The team members work with family physicians at The Centre for Family Medicine to provide comprehensive care for patients and family members dealing with dementia and related conditions. The goal is to assist with early diagnosis and treatment which may help to maintain independent living and quality of life for as long as possible.

The Centre for Family Medicine Family Health Team was established in 2005 as one of Ontario's first Family Health Teams and was named the inaugural Ontario Practice of the Year in 2008. It offers comprehensive continuing care to a population of 19,000 patients in 4 practice sites in Kitchener, Waterloo and Wellesley with services provided by family physicians working collaboratively with a wide array of health professionals.

# The CFFM FHT Williamsburg Research and Innovation Centre



The Research and Innovation Centre opened on July 27<sup>th</sup>. The Centre is located at 623-1187 Fischer-Hallman Road in Kitchener. You can enter the parking lot off of Max Becker Drive, and then take the stairs or elevator to the 2<sup>nd</sup> floor.

The Research and Innovation Centre houses the medical practice of Dr. Marc Sawyer, the Memory Clinic, the Anticoagulation Clinic, the Pain Management Clinic and the Mobility Clinic.

# HealtheConnections Project

## What is the HealtheConnections Project and its Chronic Disease Management Program?

The HealtheConnections Project is a demonstration project funded by the federal and provincial governments that will evaluate the benefits to patients, providers and the health care system of enhancing the delivery of health care through the use of information technologies.

The HealtheConnections Project is focused on diabetes care and specifically on enhancing the role of the patient in managing his/her condition through the use of an internet-based patient portal. The use of the patient portal (mydoctor.ca) will enable information sharing between patients and their health care team.

The anticipated benefits include:

- ❖ Patients with diabetes will have enhanced access to their healthcare team and services.
- ❖ Patients with diabetes will have significantly increased involvement in the management of their condition.
- ❖ Patients with diabetes will have improved health status and greater satisfaction in quality of life.
- ❖ Healthcare providers across the continuum of care will be working more efficiently and effectively in an integrated and coordinated manner, with greater levels of professional satisfaction.
- ❖ There will be reductions in hospital admissions and acute care costs associated with diabetes.
- ❖ Patients will have access to a trustworthy health library.

If you have Type 2 Diabetes and are interested in participating in this project please contact Jacqueline at [diabetes@family-medicine.ca](mailto:diabetes@family-medicine.ca).

If you would like more information visit our website at [www.family-medicine.ca](http://www.family-medicine.ca)

## QIIP Corner

On September 30<sup>th</sup>, 2009 the QIIP team will attend the Learning Collaborative 1 Congress.

Sessions for this day will include:

- ❖ Collaborative Review – Summary of Accomplishments and Lesson Learned
- ❖ Improvement Breakthroughs
- ❖ The Potential for Quality Improvement in Primary Healthcare
- ❖ Next Steps in the Quality Improvement Journey
- ❖ The Imperative for Quality Improvement in Primary Healthcare and finally
- ❖ The Big Picture – Where does Quality Improvement in Primary Healthcare fit.

Congratulations to Rath Rajesan (2<sup>nd</sup> Year Resident) and his wife on the early arrival of their son Arjun, weighing 4 lbs 4 oz.

We are expecting deliveries from Jennifer MacAulay, RPN, in September and Lee-Anne Hoch, Receptionist in November.



## 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.



## Upcoming Seminars ...

### Diabetes Workshops

Sept. 15th	Portion Control
Sept. 22th	Mediterranean Diet
Sept. 29th	Exercise
Oct. 6th	Emotional Eating
Oct. 13th	Low Fat Cooking

These sessions will be held between 9:00 am and 10:00 am 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.

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

## Region of Waterloo Public Health presents FREE Prenatal Health Fairs

Prenatal health fairs are designed for parents planning a pregnancy in the future and for parents in early pregnancy. They offer over fifty displays, mini workshops, videos, pamphlets to take home, and access to care providers who will answer your questions. Future parents will learn how a healthy pregnancy helps build a healthy baby.

When: Wednesday, September 30<sup>th</sup>, 2009  
5:00 pm to 8:00 pm  
Where: Cambridge Newfoundland Club  
1500 Dunbar Road, Cambridge

For more information call: 519-883-2308

## The Mobility Clinic

The Mobility Clinic is for patients with mobility challenges such as spinal cord injuries, or neurologic and musculoskeletal impairments that may interfere with receiving complete care from their family physician.

Mobility team members include nurses, social workers, and a chiropractor who will work with your family physician to enhance the care you already receive.

To assist with care the examination room has a ceiling lift, a high/low exam table, and a wheelchair scale to make care accessible and barrier free.

If you would like more information on this clinic, send an e-mail to [craig.bauman@family-medicine.ca](mailto:craig.bauman@family-medicine.ca)

### *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.

### 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**