

**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

Administrative Lead: Ms. Pat McLeod
Administrative Assist: Glenda O'Brien

Interdisciplinary Healthcare Professionals:

Chiropract: Todd Porter
Jane Warner
Chiropractor: Dr. Craig Bauman
Pharmacist: Dr. Jeff Nagge
Registered Dietitian:
Marg Alfieri
Marriage & Family
Therapists: Annette Dekker
Felicity Finn
Catharine Voisin
Nurse Practitioners:
Dawn Spence
Rita Cutajar
Physiotherapist: Alexandra Ilich
Social Workers: Colleen McMillan
Raechel Pefanis

**See what is new and upcoming
with the Centre For Family
Medicine on line at
www.family-medicine.ca**

April 22 is Earth Day How CFFM Celebrates Earth Day every Day

The Centre for Family Medicine recognizes the need for all of us to do our part in keeping the planet healthy. We have a committee in place that constantly monitors and introduces upgrades to our office environment that will assist in our goal to be a green office.

Here are some of the ways we do our part in helping the planet stay green and healthy:

- 1. We recycle paper, cardboard, glass and cans.**
- 2. Lights are turned off in rooms not in use.**
- 3. We recycle toner cartridges.**
- 4. We use fair trade coffee.**
- 5. We mostly use reusable plates, cups and utensils.**
- 6. We encourage car pooling and bike riding.**
- 7. We re-use the back sides of used paper as scratch pads.**
- 8. Monitors are set to 'sleep' when not in use.**
- 9. We teleconference and video conference.**
- 10. We use energy efficient appliances.**
- 11. We use electronic patient charts rather than paper charts.**
- 12. Receive electronic lab results instead of paper versions.**

We extend the challenge to our patients. Look into how you can make your home more earth friendly. Start with small changes and improvements. If we all do our part we can as a group make a difference.

Let's all participate in the 'Earth Hour' global campaign March 29th. The campaign promotes the simple action of turning off the lights for one hour beginning at 8 p.m. to deliver a powerful message about the need for action against global warming.

To find out more about 'green' Health Care Facilities check out Green Guide for Healthcare www.gghc.org or for information on how to 'green' your home go to Environment Canada's web-site www.atl.ec.gc.ca

Interprofessional Health Care Providers & Collaborative Care

Collaborative Health Care enables the "separate and shared knowledge of the different disciplines to synergistically enhance the patient's care."



Who are they?

Our team of Interprofessional Health Care Providers are made up of the following professions:

- Registered Social Workers & Registered Marriage & Family Therapists
- Evidence-based Chiropractic Care
- Nurse Practitioners specializing in Women's Health and Pediatrics
- Clinical Pharmacists provide recommendations and follow-up for using medications
- Chiropody offering Extensive foot care services
- Physiotherapy improves & maintains functional independence & physical fitness
- Registered Dietitian provides medical nutrition therapy for acute and chronic disease

Client Centred Approach

- Providing the right care by the appropriate discipline at the right time with the end result of improved clinical outcomes (aka patient centred care)

Our Vision

- work in unison to deal with the increasing complexity of our Chronic Disease patients to provide excellent patient care.
- Increase focus on disease prevention and health promotion
- Coordinate to meet the needs and wants of our patient population
- Keep up with the new developments, including technology
- Integrate patient care with community resources

Collaborative care recognizes that no single provider or discipline is able to meet all the health care needs of an individual.

In Chronic diseases - skills from all disciplines need to be harnessed and integrated into well functioning teams.

The end result of integrated teams is improved patient care and outcomes.

Scheduling and Canceling 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 the 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 time 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

Memory Clinic

Watch for these 10 Warning Signs of worrisome memory loss affecting you or a family member:

1. Is memory loss affecting daily life?

Everyone forgets a phone number or last name from time to time. But they usually remember them later on. Are you noticing that you are forgetting things more often, especially things that have happened most recently - and are not as likely to recall the information later on? Do people tell you that you are repeating things over and over again, sometimes in the same conversation?

2. Are familiar tasks becoming more difficult?

Do you have difficulty remembering to do things you have been familiar with such as preparing a meal or meeting a friend for coffee?

3. Is language becoming a problem?

We all search for a word from time to time. Do you find yourself substituting words or forgetting simple terms for things?

4. Is there disorientation of place and time?

A person might forget where they're headed for a minute or two. But finding yourself lost in familiar places can be upsetting and even dangerous.

5. Is judgement still sound?

Is your ability to make sound decisions weakening?

6. Does abstract thinking pose a problem?

Are you suddenly having difficulty recognizing the meaning of numbers, symbols or street signs?

7. Do items get lost or misplaced?

Are you finding normal household items misplaced frequently or showing up in unusual places such as the cell phone in the freezer or a sweater in the microwave?

8. Change in mood or behavior?

Are mood swings becoming disruptive to daily life, causing you to move from happy and calm one moment to angry, upset or tearful the next?

9. Personality shift?

Have you always thought yourself to be happy and outgoing and now find that you are confused, suspicious, fearful or even withdrawn, not wanting to leave your safe surroundings?

10. Is it harder to take initiative?

Has your get-up-and-go got-up-and-went? Do you need prompting to engage in social activities or even daily routine?

Have you noticed any of these major changes to your life or the life of a family member? You may want to discuss them with your family doctor who can refer you to the care of trained staff working in our Memory Clinic. They offer individual testing to determine whether or not your symptoms represent normal aging or a more serious concern.

Memory clinic assessments are offered to qualified patients the 1st and 3rd Friday of each month. Your family doctor can make this referral and you will be contacted when an appointment has been made. When you arrive for your appointment, please check in at the reception desk.

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.

www.family-medicine.ca

Call 519-579-0100 to reserve a spot. These seminars are provided by the CFFM as part of its pilot project to promote the health and well being of our patients along with the Ministry of Health and Long Term Care.

Congratulations Team!

The staff of CFFM have had the pleasure of assisting with various needs in our community in the past 2 years.

Through our 'dress down' Friday program we encourage each other to donate funds and items to assist those who need it most.

In the past we have been able to help with a donation of \$500 to the local food bank and in October 2007 we raised \$600 to help offset a young leukemia patient's extensive medical expenses.

Our most recent donation was to a group of individuals who are very much "in need" at this time of year.

OUT OF THE COLD

The "Out of the Cold Program" has been in existence since 1986 in Toronto and has been in Kitchener-Waterloo since February 1999. It currently has seven churches in Kitchener-Waterloo available for the program.

After hearing of the need, Roxanne, one of our reception staff, took it upon herself to promote the program here at the Centre, collect donations and to ensure they were delivered to the program. On a cold winter night, while making a drop off, Roxanne saw some of the people using the programs resources and was very moved by their plight. She saw first hand how our donations have made a difference in the lives of these people.

As a result of the generosity of staff at CFFM we have been able to provide the "Out of the Cold Program" with boxes of clothing, boots and food. In addition to this Roxanne was able to purchase 11 pairs of boots, from our monetary collection.

So as we keep the giving spirit alive...

Saint Monica House, a maternity home which has provided shelter and services for over forty years to pregnant youth in our community will be the next recipient of our staffs generosity.

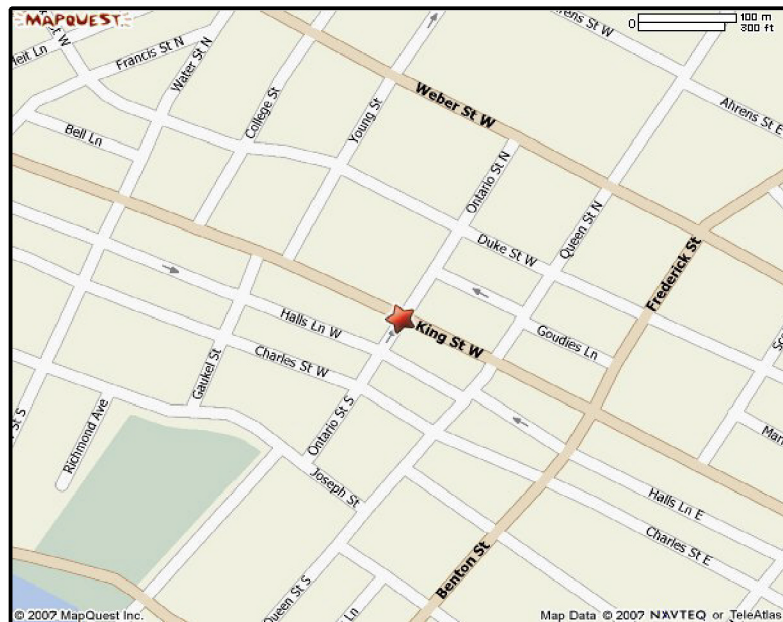


Have you been referred?

If your family physician feels it is necessary for you to access a therapist or dietitian, he/she will initiate a referral. The staff at 73 King Street will then follow up on the referral.

Depending upon the urgency, you will be called to book an appointment with the appropriate Interdisciplinary Healthcare Provider. We do our best to follow up with each referral in a timely manner.

If you have any questions regarding your referral please feel free to contact our 73 King Street office at 519-579-0100.



Our office at 73 King Street is located on the corner of King Street and Ontario Street. The entrance is off of Ontario Street. A metered parking lot is available on Ontario Street, as well as free parallel parking on King Street..