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# Expand

## Expand: Knowledge, Compassion and Team Spirit

VOLUME 1 ISSUE 11

JANUARY 2021

### A Message from ED

I would like to take this opportunity to welcome our new staff and to thank you all for being flexible with changing needs.

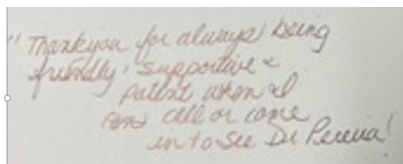
I know it is not easy. Changing environments at home and at work might put tremendous stress on you. Nevertheless every body was ready to be flexible at work to do their best. Do not forget we are in this together and each and every-one should support each other in these times.

Please feel free to reach out to me, to the management team and or any other employee if you are in need of support.



Thank you!

### One Testimony from a Patient

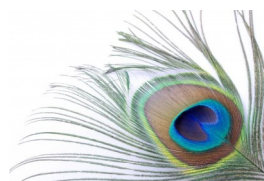


Thank you for always being friendly and supportive

### A Quote for the Month

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."

—Margaret Mead



### New Members of Team CVFHT



The team CVFHT is happy to welcome two new employees on board.



Justine B. Gorgi NP and  
Kulbir Dhillon RN



### Training & Development

#### ⇒ Donning and Doffing –PHO

[https://www.youtube.com/watch?v=crGIUX3\\_4DA&feature=youtu.be](https://www.youtube.com/watch?v=crGIUX3_4DA&feature=youtu.be)

#### ⇒ Effective Stress Management

<https://attendee.gotowebinar.com/recording/5437121695383861255>

#### ⇒ Managing Your Mental Health During COVID—a course

<https://www.coursera.org/learn/manage-health-covid-19?action=enroll>

CVFHT Newsletter 11

January 25, 2021

Expand: Knowledge, Compassion and

## French Connections

### L'itinérance et la santé en temps de covid-19



Depuis le début de la pandémie plusieurs média d'informations ont discuté, ici et là, de l'impact de la pandémie sur la population qui avait des difficultés à se loger. Lorsque l'itinérance est mise en lumière

on pense à tort que ce problème n'est présent qu'à Toronto mais l'itinérance est bien présente dans la région de Peel. Selon Haven Toronto[1] chaque jour plus de 10,000 personnes sont en situation d'itinérance. Il est toutefois difficile de trouver des chiffres pour la région de Peel. En 2018, on estimait à 922 le nombre de personnes en situation d'itinérance dans la région. [2]

En effet, selon l'observatoire canadien sur l'itinérance. Ce problème peut se manifester sous différents angles. Les gens peuvent être sans abri (dans la rue), vivant dans des refuges d'urgence, Les gens sont logés provisoirement et finalement les gens peuvent être à risque d'itinérance[3].

Les gens en situation d'itinérance sont plus à risque d'être infectés par la covid-19, les ITS et la tuberculose[4]. Dans une situation de précarité, il est aussi plus difficile de suivre les recommandations de la santé publiques. De plus, Certains services ont été diminués dans le but de respecter la distanciation physique. L'itinérance a été aussi associée à des troubles de santé mentales, de

dépendances, des troubles cognitifs, des problèmes au niveau de l'hygiène des pieds et des maladies chroniques( hypertension/diabète). [5]

Un autre fait troublant semble démontrer que les gens issues des minorités visibles[6] et les nouveaux immigrants sont plus à risque d'être en situation d'itinérance. Même s'il est parfois difficile de cerner le problème chez notre clientèle il est important de rester vigilants.

[1] <https://www.haventoronto.ca/>

[2] <https://www.homelesshub.ca/community-profile/peel-region>

[3] <https://www.rondpointdelitinerance.ca/ressource/d%C3%A9finition-canadienne-de-l%E2%80%99itin%C3%A9rance>

[4] <https://www.cmaj.ca/content/192/26/E716>

[5] [www.publichealthontario.ca](http://www.publichealthontario.ca)

[6] <http://www.ohrc.on.ca/en/consultation-paper-human-rights-and-rental-housing-ontario/v-homelessness-and-economic-and-social-rights>

Francoise Jacob RN

## Michelle's Corner

Welcome to 2021!



We hope this message finds you well as we continue to navigate through this difficult time. As COVID-19 continues to cast a shadow over our daily lives, we are beginning to see a light at the end of the tunnel with the approval of several coronavirus vaccines.

While there are many questions surrounding vaccine availability and who will receive the vaccination and when, there is much to be positive about with the start of the immunization rollout and what this can mean for us as a society. Although many are eager to be vaccinated, many are also apprehensive about the COVID-19 vaccine and hesitant to move forward with being immunized. With a daily flood of ever changing (and often times conflicting) information pouring through our news and social media, it can be difficult to make an objective and educated decision regarding the vaccine and what is right for us on a personal level. To be confused and searching for reliable answers would be natural reactions. Starting in February, the Credit Valley Family Health Team will begin offering weekly webinars to answer your questions and provide COVID-19 updates on evolving topics such as current public health recommendations and guidelines, testing and vaccine information. Webinar dates and registration information will be communicated in the coming weeks. In the meantime, please visit our website at [www.cvfht.ca](http://www.cvfht.ca) to view and register for our current workshops providing virtual health promotion and education from the comfort and safety of your home.

Michelle Bertrand RN

### Early Bird Competition (Internal) of Expand 11

#### Early bird will catch the worm

Please answer the following questions to win a \$15 gift card. Answers are in the previous releases.

Question

What is mindful eating according to our dietitians?

Email the answers to [mantha.kumaresh@thp.ca](mailto:mantha.kumaresh@thp.ca).

Winner of the Competition  
Expand 10: Marina

## gOT a Minute?

And it is a Wrap!

2021 is officially here.



2020 has been ..... a year, probably will go down in history as the most memorable year in history, a chapter that will be added to the history books (if you know what I mean), a year we will tell our grandchildren about how we survived a disastrous year with grace.

This makes 2021 a fresh start to conquer our New Year's resolutions in a new light. The early Babylonians who are thought to have started this tradition by kicking off the year with massive festival called Akitu that involved a different ritual for 12 days, celebrating the mythical victory of the Babylonian sky god Marduk over the evil sea goddess, Tiamut. The early Babylonians believed that what people did on the first day of the year affected what they did for the rest of the year (Durllofsky, 2018). Although this Babylonian philosophy may be a bit extreme, many of us share a similar viewpoint in that we have a blank slate to work with, or a chance to start a new chapter of life! It is the perfect opportunity to start over, refresh our mental state, or change our bad habits.

But easier said than done, right?! Unfortunately, 70 percent of New Year's resolutions are broken by the end of January (Durllofsky, 2018). With this statistic in mind, it is important that we begin to reframe our New Year's resolutions so that we have a chance of seeing them through.

To improve the odds of making a resolution that will stick, consider the following helpful tips:

- ◆ Set a specific goal – make your goal concrete and break it into smaller sub-goals if need be. For instance, if your resolution is to practice meditation on a daily basis, start by meditating for 5 minutes, once at a desired time and place. Once you are successful, begin to increase your meditation increments further. If your goal is to lose weight, how much weight do you want to lose and at what time interval? Remember that your goal should also be realistic and achievable!
- ◆ Write your resolution down – stick a note with your resolution on it, somewhere where you can view on a daily basis. This will help you remain focused and consistent.
- ◆ Be accountable – let friends, family, and coworkers know about your resolution. If you need more one-on-one support, consider having an accountability buddy whom you have to report to.

- ◆ Identify coping strategies to manage barriers – For example, if your goal is to drink less alcohol during social events, you may elect to bring a sober friend along for support, or consider skipping a party altogether. Reflect on what strategies have worked well for you in the past and build them into your plan.
- ◆ Reward yourself - it is important to recognize progress at each milestone. That being said, ensure that you are conscious of the rewards that you choose. For example, if you resolve to spend less money, think of alternatives (e.g. getting a massage, painting, having coffee with a friend, etc.) instead of going shopping.
- ◆ Ask for help – be open to seeking professional help when needed. This requires a great deal of courage, and strength but can pay large dividends in the end.

What resolutions have you made for 2021? What strategies have helped you keep on track? Good luck and Happy New Year!

### References

Durllofsky, P. (last updated 8 Jul 2018). 6 Ways to Create (and Keep) New Year's Resolutions in 2017. Retrieved from <http://psychcentral.com/blog/archives/2016/12/26/6-ways-to-create-and-keep-new-years-resolutions-in-20>

Marina Rezkalla , Occupational Therapist

## Winter/Spring 2021 Virtual Mental Health Education

The CVFHT is pleased to announce our winter/spring 2021 virtual mental health education programming.



### Coping with Winter Blues during the pandemic (1 session)

|                      |  |
|----------------------|--|
| <b>Date</b>          | Wednesday February 17 <sup>th</sup>  |
| <b>Time</b>          | Noon – 1pm   |
| <b>Who to attend</b> | Individuals who experience low mood, lack of motivation and energy, and difficulty coping with winter weather.   |
| <b>Topics</b>        | <ul style="list-style-type: none"> <li>• What is winter blue / seasonal affective disorder?</li> <li>• What are the symptoms?</li> <li>• What are some coping strategies?</li> <li>• What are resources in the community?</li> </ul> |

### Stress Management Series (4 sessions)

|                               |  |
|-------------------------------|--|
| <b>Dates</b>                  | March 24 <sup>th</sup> , March 31 <sup>st</sup> , April 7 <sup>th</sup> and April 14 <sup>th</sup> |
| <b>Time</b>                   | Noon – 1pm   |
| <b>Who to attend</b>          | Individuals who experience stress and want to learn better ways to cope with stress                |
| <b>Topics</b>                 |  |
| <b>1<sup>st</sup> session</b> | Recognizing Stress   |
| <b>2<sup>nd</sup> session</b> | Strategies for Stress Management 1: Relaxation and self-care                                       |
| <b>3<sup>d</sup> session</b>  | Strategies for Stress Management 2: The power of our thoughts                                      |
| <b>4<sup>th</sup> session</b> | Strategies for Stress Management 3: Self-compassion and Mindfulness                                |

Interested? Please join us! For more information and registration, visit us at <https://www.cvfht.ca/workshops>

CREDIT VALLEY  
Équipe de Santé Familiale • Family Health Team

Log on and learn from home!

Webinars presented via Zoom (online or phone access)

Email required for registration

### QUESTIONS?

Contact our team at:

[Info@CVFHT.ca](mailto:Info@CVFHT.ca)

905-813-1100, ext. 4777