

INSIDE THIS  
ISSUE:

ED's Message 1

Testimony 1

Quote for the Month 1

Michelle's Column 1

New Employees 1

T & D 1

Competition 1

French Connections 2

By Fran 2

gOT a minute? 2

Tease Your Brain 2

Upcoming Events 3

# Expand

## Expand: Knowledge, Compassion and Team Spirit

VOLUME 1 ISSUE 7

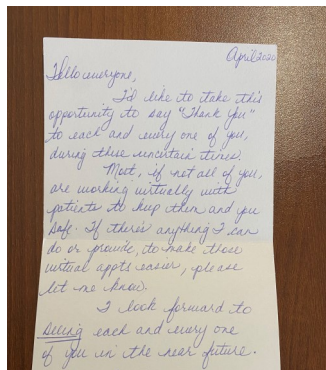
SEPTEMBER 2020

### A Message from ED

COVID is the new norm. We have bravely faced the challenges and rose above the hurdles to provide an excellence service to our patients. Even though the rising number of infections are alarming, I see competence and confidence in our staff. They have adapted to the protocol very well and We are ready to encounter the challenges. While we hope, the day we do not wear mask is not far, let us keep our shields up.



### One Testimony from a Patient



### A Quote for the Month

Success is not final, failure is not fatal: it is the courage to continue that counts. —Winston Churchill

### Michelle's Column



With all the recent focus on preventing COVID-19, it's easy to forget about other important areas of our health. The most recent Canadian Cancer Statistics report that approximately 50% of Canadians are expected to be diagnosed with cancer during their lifetime (<https://www.cancer.ca/en/cancer-information/cancer-101/cancer-statistics-at-a-glance/?region=on>). Breast cancer continues to be the most commonly diagnosed cancer in Canada with 1 in 8 women diagnosed during her lifetime (<https://www.cancer.ca/en/about-us/news/national/2017/breast-cancer-awareness-month/?region=one>). October 1st marks the start of Breast Cancer Awareness Month and all the things we can do to promote early detection, reduce risks and support those who have been affected by this disease. Getting a regular mammogram is a proven and effective way to identify early changes and improve treatment outcomes in those diagnosed with breast cancer. Early detection coupled with better therapies have helped to reduce the breast cancer death rate by 44% and increase the five year survival rate from 73% to 87% over the past four decades.

(<https://www.cancer.ca/en/about-us/news/national/2017/breast-cancer-awareness-month/?region=on>).

Screening for breast cancer is typically done every two years starting at age 50 (until age 74) however, your personal or family medical history may warrant earlier or more frequent testing. Speak to your doctor about your risk and what is right for you. An ounce of prevention is worth a pound of

### New Employees

We, as a team, are always enthusiastic about welcoming new people among us. In month of September we had Emily Watson, a physiotherapist joining the IPCT Team.



Welcome Emily!

### Training & Development



1. PPE process training: <http://thphub/ourteams/EmergencyPreparedness/InfectiousDiseasesPreparedness/COVID-19/Pages/PPE.aspx>
2. NP Swab training: <https://vimeo.com/397169241>



### Competition (Employees Only)

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

Q: When is the youth international day What is the global population of youth aged 15 to 24?

Please email your answer to mantha.kumaresh@thp.ca. The first person with the right answer will win the prize.

## French Connections

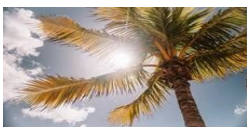
### L'Automne

La saison automnale n'amène pas seulement une baisse de température mais aussi une réduction de l'ensoleillement. Durant cette période de transition qui nous rapproche des mois d'hivers notre corps doit s'ajuster.

En effet, le trouble affectif saisonnier est un type de dépression qui semble être plus présent à la fin de l'automne et en hivers chez certaines personnes. Il est important de consulter son médecin si vous ressentez des signes de dépression[1].



De plus, avec la fin de l'été, les rayons du soleil favorisant la production de vitamine D grâce à notre peau sont beaucoup moins présents. La vitamine D est une vitamine liposoluble qui favorise l'absorption du calcium. Seuls les rayons UVB permettent la synthèse de la vit D par le corps[2]



On retrouve la vitamine D dans plusieurs aliments, dont les produits laitiers, les poissons et certains aliments fortifiés. Mis à part son importance dans la santé des Os la vit D a aussi une influence dans l'inflammation, la croissance cellulaire, la fonction neuro musculaire, l'immunité et dans le métabolisme du glucose [3].

La vit D serait impliqué dans la gestion de l'inflammation régulant la production de cytokines et de cellules du système immunitaire[4]

Si vous pensez ne pas prendre assez de vitamine D veuillez en parler à votre médecin.

Des liens intéressants

[Un lien de santé Canada avec des recommandations sur la Vitamine D](#)

[La synthèse de la Vitamine D](#)

Francoise Jacob, RN

#### Références

- 1 <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/seasonal-affective-disorder>.
- 2 (<https://www.quebec.ca/sante/conseils-et-prevention/sante-et-environnement/bronzage/>).
- 3 <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#en1>
- 4 . Liu, W., Zhang, L., Xu, H. J., Li, Y., Hu, C. M., Yang, J. Y., & Sun, M. Y. (2018). The Anti-Inflammatory Effects of Vitamin D in Tumorigenesis. Interna-

## gOT a minute?

### Stop Multi-Tasking. Start Mono Tasking.



We all do it. Texting and walking, sending emails during meetings, chatting on the phone while typing up emails, having conference calls on speakerphone while continuing to do other projects. You might wonder if you are actually getting more done and saving time when you multitask. How efficient is it really?

In today's society, doing one thing at a time seems luxurious and a waste of time. By engaging in multitasking, we treat our attention as though it is an unlimited resource. In fact, our attention is finite, and when we perform more than one task at a time, our attention doesn't exactly spread over them evenly. Our attention is actually constantly switching between tasks so it simply feels like we're doing more than one thing at a time. In fact, our performance on multiple tasks can drop significantly, as shown by research on divided attention.

When you multitask, you are giving about half of your attention to each task. You may end up getting more checked off on your list, but you end up putting in a subpar effort. It has even been scientifically demonstrated that the brain cannot effectively or efficiently switch between tasks. In addition, studies have shown that when you juggle multiple tasks it adds to the stress level of people in the work environment (Wetherell and Carter, 2014) and it decreases overall productivity and performance (Buser and Peter, 2012).

I discovered this short Ted talk about the idea of mono-tasking. What if mono-tasking is the key to getting more done? Try focusing on one getting one project done at a time and remove all external distractions. I am not saying ignore all other projects to focus on the task, but allow yourself to solely focus on the task at hand and notice the results.

Are you a multitasker or a monotasker? Is it possible to be an efficient multitasker? Let us know your strategies !

Marina Rezkalla , Occupational Therapist

#### References

- 1.Buser, T., & Peter, N. (2012). Multitasking. *Experimental Economics*, 15(4), 641-655
- 2.Wetherell, M. A., & Carter, K. (2014). The multitasking framework: The effects of increasing workload on acute psychobiological stress reactivity. *Stress and Health*, 30(2), 103-109.
3. Cardini, P. (2012, June). Forget multitasking, try monotasking. Retrieved from [https://www.ted.com/talks/paolo\\_cardini\\_forget\\_multitasking\\_try\\_monotasking?referrer=playlist-the\\_best\\_mustaches\\_on\\_ted\\_com&language=en](https://www.ted.com/talks/paolo_cardini_forget_multitasking_try_monotasking?referrer=playlist-the_best_mustaches_on_ted_com&language=en)

## Tease Your Brain

1. Sunday
2. Monday
3. Tuesday
4. Wednesday
5. Thursday
6. Friday
7. Saturday

What phrase does this represent?

# Fall Workshops

# Webinaires Franco

## Fall Virtual Care Education Classes

Presented by the Credit Valley FHT IPCT



Please register via:

Website: [www.cvfht.ca/workshops](http://www.cvfht.ca/workshops) or Email: [Info.cvfht@thp.ca](mailto:Info.cvfht@thp.ca)

\*Classes presented via Zoom, email and internet access required

### Disease Prevention Classes Tuesdays 2-3pm

**October 13**

Navigating COVID-19 & Flu Season

**October 27**

Preventative Care Screening

**November 10**

Nutrition and Osteoporosis

**November 24**

Chronic Pain Management

### Stress Management & Mental Health Classes

#### Wednesday/Thursday 12-1pm

**October 8**

COVID-19 and Mental Health:  
Coping under Uncertainty

**October 21-November 11**

Stress Management Series (4 classes)

- ✦ What is Stress? Identifying your Stress
- ✦ Self-Care & Relaxation Techniques
- ✦ Reframing your Stress
- ✦ Self-Compassion

**December 9**

Coping with the Holiday Season

## WEBINAIRES ÉDUCATIFS

Présentés par l'équipe de santé familiale de Crédit Valley



S'il vous plaît vous inscrire :

SiteWeb: [www.cvfht.ca/workshops](http://www.cvfht.ca/workshops)

\*Classes offertes sur la plateforme Zoom, courriel et accès internet nécessaire.

### La saison de la grippe en période de Covid-19

Quand:

Le 5 Novembre de 4 pm à 5 pm

### La santé cardiovasculaire et le syndrome métabolique un survol

Quand:

Le 19 Novembre de 4 pm à 5 pm

### Santé Préventive physique et mentale

Quand:

Le 3 Décembre de 3h30 pm à 4h30 pm