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# Expand

## Expand: Knowledge, Compassion and Team Spirit

VOLUME 1 ISSUE 8

OCTOBER 2020

### A Message from ED

Now and then something nice happens in life to push you move forward, to hopefully expect the next day morning, to happily say good morning to your family and colleagues regardless of how life treated you previous day or in the past. Holiday seasons and greetings are some of them.

Happy Halloween to the team!



### One Testimony from a Patient



### A Quote for the Month

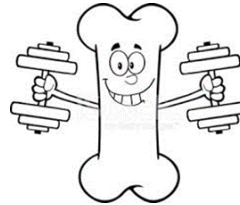
There are 3 things in life

- ◆ Your Health
- ◆ Your Mission
- ◆ And the people you love

That is it!

Courtesy: Naval Ravikant

### Michelle's Column



November marks the start of osteoporosis month. Often called the 'silent thief', osteoporosis slowly weakens bones over time with no signs or symptoms. Characterized by low bone mass and deterioration of bone tissue, osteoporosis leads to an increased risk of fracture particularly in the hip, spine and wrist. In addition to living with a higher risk of fracture, individuals with osteoporosis can also experience a lower quality of life due to reduced mobility and independence. (<https://osteoporosis.ca/about-the-disease/>).

But there are things we can do to improve our bone health and decrease our risk. Proper nutrition plays a significant role- consuming a diet rich in calcium and protein can help to build and repair bones. Vitamin D works to increase calcium absorption and muscle function which can in turn improve balance and reduce the risk of falls and fractures (<https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/vitamin-d/>). Exercises such as stair-climbing, dancing and jumping also help to build bone and maintain muscle strength resulting in a decrease risk of falls. (<https://www.osteoporosis.foundation/patients/prevention/exercise>). Bone densitometry, or BMD, is a safe and easy way identify changes in bone mass. This painless screening test can assess whether or not you have osteoporosis and your risk of developing the disease over time. Talk to your doctor about bone densitometry screening and if it is appropriate for you.

### New Employees

CVFHT welcomes the new Unit Assistants Prabha Oomah, and Sannie Acepcion and IPCT Social Worker Shannon Brown (respectively) to our team.



### Training & Development



### Staff Wellness

For Employees:

<https://register.gotowebinar.com/recording/6792806325178072067>

For Managers

<https://register.gotowebinar.com/recording/3284684734386669314>

To access the trainings in other languages:

F:\Family MED Teaching Unit\Training and Development

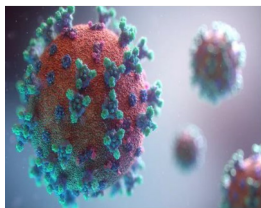
Courtesy to: Workplace Options

### Michelle's Column.....

Wanting to learn more about osteoporosis and how to increase your bone health? On November 10<sup>th</sup>, the CVFHT Inter-Professional Care Team (IPCT) will host a one hour webinar on nutrition and osteoporosis. Our registered dietitians will provide tips and information on how a healthy diet can impact bone health. To register, please visit [www.cvfht.ca/workshops](http://www.cvfht.ca/workshops). Photo credit: <https://www.clipartlogo.com/istock/black-and-white-happy-bone-mascot-holding-dumbbells-492911.html>

## French Connections

### Covid 19 La course vers un vaccin



Les pandémies sont des événements qui marquent l'histoire. Les plus connues avant 2020 étaient la peste noire, le choléra et la grippe espagnole 1 . Depuis 1798 les scientifiques

cherchent à comprendre comment protéger la population contre les agents infectieux 2 , notamment la polio, le tétanos, l'influenza et bien d'autres. Les vaccins sont des outils servant à prévenir certaines maladies qui étaient dévastatrices dans le passé. Maintenant, grâce à ces innovations biomédicales, nous pouvons être en meilleure santé et protéger les populations vulnérables.

À la fin de 2019, la covid 19 fait son entrée dans nos vies mettant ainsi la communauté scientifique face à plusieurs nouveaux défis afin de contrôler et éventuellement éradiquer ce nouveau virus. Il y a eu le confinement, les fermetures, le port du masque et maintenant la recherche d'un vaccin. Plusieurs entreprises pharmaceutiques se sont lancées vers une course contre la montre afin de trouver un vaccin contre la covid 19. Ces entreprises sont issues de différents pays et ont des approches différentes face à la fabrication des vaccins.

Avant de pouvoir faire des essais cliniques, les étapes liées à l'élaboration d'un vaccin sont exhaustives, réglementées et peuvent prendre plusieurs années 3 .

Plusieurs types de vaccins ont été développés par les pharmaceutiques. Selon l'Université John Hopkins, les différents types de vaccins qui sont maintenant en essai clinique sont 4 :

1. Virus inactivés
2. À base de protéines
3. Vecteur virale
4. Vaccin génétique (mRNA)

Il est intéressant de constater que la compagnie Medicago développe un vaccin génétique à base de plante. Ce type de vaccin est produit beaucoup plus rapidement, en effet en 5 à 6 semaines le vaccin serait prêt comparativement à 4-6 mois pour un vaccin traditionnel fabriqué à partir d'oeuf. Cette firme est aussi en train de développer un vaccin contre la grippe, qui serait le premier vaccin à base de plante sur le marché. 5

En attendant un vaccin pour la covid-19, il est important de suivre les recommandations de la santé publique et de se faire vacciner contre l'influenza, de même que parler des vaccins pneumococaux avec un professionnel de la santé.

Francoise Jacob, RN

1 <https://www.quebecscience.qc.ca/sante/changer-cours-histoire-une-pandemie-a-la-fois/>

2 <https://www.cpha.ca/fr/chronologie-de-limmunisation>

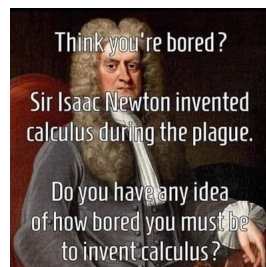
3 <https://msss.gouv.qc.ca/professionnels/vaccination/piq-immunologie-de-la-vaccination/de-la-conception-des-vaccins-a-leur-commercialisation/>

4 <https://coronavirus.jhu.edu/vaccines/reports/types-of-covid-19-vaccines>

5 <https://www.nature.com/articles/d43747-020-00537-y>

## gOT a minute?

### Can boredom ever be good?



It is hard to escape some boredom during this time of the pandemic. A recent survey looking at how Canadian have responded to the COVID-19 pandemic showed that one of the largest reported changes in our internal lives is an increase in boredom.

If you experienced boredom throughout isolation was it a good or bad type of boredom?

In the era of smartphones and social media, it's enabled us constant engagement, as if we are in a battle with boredom. We see lists on social media, top 10 (and in one instance top 150) "Things to Do When You're Bored" list or we just swipe and scroll that boredom away. But when was the last time you felt comfortable doing nothing?

Dr. Sandi Mann is a senior lecturer in psychology at the University of Central Lancashire. She wants you to do something radical: give boredom a chance.

Like most emotions, boredom has its purpose after all if we never bore out of things, we would constantly be preoccupied with every minor thing. Mann's research has shown there's a direct relationship between boredom and creativity (Mann & Cadman, 2014). "Boredom gets the creative juices flowing. And when we try to get rid of all our boredom, we're perhaps eliminating our creativity as well" (Mann, 2014).

When we allow ourselves space to be bored, our minds begin to daydream and that's when the creativity and eureka moments occur.

So how do you make time to be bored? Dr. Mann says there's no shortage of occasions when you can carve out that space: during your commute, in the bath, when you're going for a walk or a swim or hanging out at the park. They're all great opportunities to stare into space and let the daydreaming commence.

The pandemic has brought a lot of challenges. When it comes to boredom there might be a silver lining. The point is not to eliminate boredom or to be bored all the time but rather aim for a healthy dose. We all heard of the story of when Sir Isaac Newton reportedly was just sitting under an apple tree when he discovered gravity, what idea will you come up with when you embrace boredom?

Mann, S., & Cadman, R. (2014). Does Being Bored Make Us More Creative?. *Creativity Research Journal*, 26(2), 165-173. <http://dx.doi.org/10.1080/10400419.2014.901073>

Hyes, M. (Presenter) & Mann, S(Guest). (2015, November 22). Why you should embrace boredom [Radio broadcast]. *Tapestry*. CBC Radio National. <http://www.cbc.ca/radio/tapestry/the-upside-of-down-emotions-1.3324570/why-you-should-embrace-boredom-1.3326665>

Marina Rezkalla –Occupational Therapist

Answer to the question in Expand 7– The Days are Numbered!

So spend your days meaningfully, gracefully and happily!

What phrase does this represent?

I go around in circles,  
But always straight ahead  
Never complain,  
No matter where I am led.

Tease Your Brain

## What is MINT

Credit Valley Family Health Team would like to announce that we have established our own MINT Memory Clinic.

Dr. Lee and her team who are based out in Kitchener-Waterloo, developed the MINT Memory Clinic Model. This model is a multidisciplinary team based approach to complete and compassionate memory care for people living with memory difficulties including dementia within primary care settings.

As part of this model they also developed a nationally accredited dementia care training program, which has enabled over 100 other primary care settings in Ontario to establish MINT Memory Clinics. <https://mintmemory.ca/>

On March 5 and March 6 a few of our staff: Dr. Pencharz, Natalia; Nurse Practitioner, Justina; Nurse Practitioner, Francoise; Registered Nurse, Melina; Registered Nurse, Rita; Pharmacist and Lisa Registered Social Worker went to Waterloo for the first part of training that was provided by Dr. Linda Lee and her team. These two full days were enriched with information about memory loss and dementia, assessments and how primary health care teams can establish a memory clinic at their site. The Memory Clinic Team was originally scheduled to complete the final part of the training in April, but due to the COVID-19 pandemic it was postponed. On September 11 our Memory Clinic Team completed the final training which was held virtually. Our Occupational Therapist Marina who also has previously been trained by Dr. Lee and her team is also now part of our Memory Clinic Team.



On October 14-15 our Memory Clinic Team had Mentorship, where Dr. Lee and her team came for two full days to help us run our first Memory Clinic. Our team would agree that the two days we had was quite full and intense, but a wonderful learning experience. Dr. Lee and her team are a great team to work with and learn from. With this training that our Credit Family Health Memory Clinic Team have had and completing our Mentorship, we are now able to move forward with having our own in-house memory clinic to assess our patients who we are concerned about changes in their memory and or possibly having a dementia. We hope to send more of our physicians and clinicians for training to support our team, along with eventually opening our doors to assess patients in our IPCT community.

Thank you to everyone who helped to make our Mentorship Memory Clinic happen and run smoothly, our physicians who sent referrals for those two days, as well as to Rakib our Executive Director and Dr. Pencharz for wanting to embark on this new initiative and introduce this to our Family Health Team. Congratulations to all of CVFHT for introducing this valuable service and collaborative care for our patients. Great job everyone! Stay tuned for further details with how our team will be moving forward and our next scheduled Memory Clinic.....

On behalf of the Memory Clinic Team

Dr. Pencharz, Natalia, Francoise, Justina, Rita, Marina, Milena and Lisa



# Fall Workshops Webinaires Franco

**Virtual Care Education Classes  
Fall 2020**

Presented by the Credit Valley FHT IPCT



Please register via:  
Website: [www.cvfh.ca/workshops](http://www.cvfh.ca/workshops) or Email: [Info.cvfh@thp.ca](mailto:Info.cvfh@thp.ca)  
\*Classes presented via Zoom, email and internet access required

**WEBINAIRES ÉDUCATIFS**

Présentés par l'équipe de santé familiale de Crédit Valley



S'il vous plaît vous inscrire :  
SiteWeb: [www.cvfh.ca/workshops](http://www.cvfh.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

**Disease Prevention Classes**  
**Tuesdays 2-3pm**

November 10  
Nutrition and Osteoporosis

November 24  
Chronic Pain Management

**Stress Management & Mental Health Classes**  
**Wednesdays 12-1pm**

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

## Competition (Employees Only)

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

Q: which sun rays are involved in vitamin D production ?

Please email your answer to [mantha.kumaresh@thp.ca](mailto:mantha.kumaresh@thp.ca). The first person with the right answer will win the prize.

Winner of the Expand 7 Competition!

**Jovelyn Ancheta**

**Congrats!**