



### A Message from ED

#### A New Beginning



306  
Home of IPCT

I have a good news to share with you all. We have acquired unit 306 at Site A. The renovation of the unit will begin in March. The team IPCT will have a new home hopefully end of April.

#### From the Heart of a Volunteer

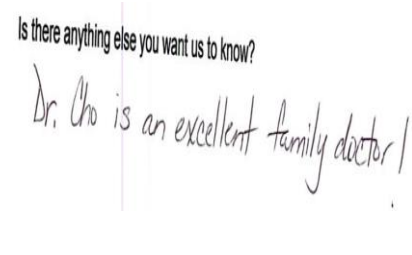
Abdul Ghafur has been a volunteer with CVFHT for four years. Mr. Ghafur is a retired Aircraft Engineer. He wants to make use of his time by giving back to the community. Mr. Ghafur volunteers every Thursday and feels he is doing a meaningful job. He feels the team is very friendly and feels being appreciated by the team. You could find Mr. Ghafur in the back office corner silently working. Feel free to drop in and greet Mr. Ghafur.

### New Employees

In February we welcomed three new employees joining our team, Natalie Wilkinson, Juanita Naraine and Ana Zason. Welcome on board ladies!



### One Testimony from a Patient



### Family Day Celebrations

CVFHT values the culture of a united team. As part of our team building initiatives Team CVFHT celebrated Family-day and Valentine's Day together with a brunch.



### Healthy Workplace

Stress is an important factor to be considered in a healthy work environment. Thus, it is very important to know how to handle stress regardless of your job responsibility. American Psychological Association recommends some steps to manage your stress.

1. Track your stressors
2. Develop healthy responses
3. Establish boundaries
4. Establish boundaries
5. Take time to recharge
6. Learn how to relax
7. Talk to your supervisor
8. Get some support

If you need further information please refer to <https://www.apa.org/helpcenter/work-stress>

### Novel COIV-19- Food for Thought from Dr. Cheung

#### ➤ Always follow guidelines

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019\\_guidance.aspx](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx)

#### ➤ A snap shot from Ministry of Health

A person with fever and/or onset of cough or difficulty breathing, AND any of the following:

- Travel to mainland China in the 14 days before onset of illness

OR

- Close contact with a confirmed or probable case of 2019-nCoV

OR

- Close contact with a person with acute respiratory illness who has been to mainland China within 14 days prior to their illness onset

#### ➤ Please be aware that patients might use different terms to describe their symptoms such as

- Bronchitis
- Shortness of Breath
- Unwell
- Cold symptoms
- runny nose

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February 20, 2020

Expand: Knowledge, Compassion and Team Spirit