

Expand

Expand: Knowledge, Compassion and Team Spirit

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A Message from ED

I would like to take this opportunity to thank you all. The past few months have been very challenging to everyone. Nevertheless, you all had a smile on your face and faced the challenges with great efficiency and effectiveness. Thank you all for supporting in this difficult times.



One Testimony from a Patient

I have been meaning to write you and thank you so very much for referring me to Dietitian Karina. I had my appointment with her and I enjoyed it immensely. I believed it was because of Karina's professionalism, knowledge, and patience. I was so impressed! I believed she goes 'beyond the call of duty' something you don't see as often anymore. She has emailed "My diabetes Journey, a guide to living well" and I asked for a hard copy and I just received it today. It is such a great feeling knowing that she is so ca Thank you once again for referring me to her.

Take care, be safe!

New Initiatives

- ◆ CVFHT values its environment and its stake holders. As part of preserving the green environment CVFHT has taken a step towards "Going Green". Our faxes have gone paperless and electronic.
- ◆ Safety of patients and employees comes first for CVFHT. We have new co-chairs for JHSC: Milena Raca and Christina Enchev. They are both committed to the values of the JHSC.
- ◆ 306 Unit is growing each day with a possible open

New Employee

In March, we welcomed a new Occupational Therapist joining our team, Marina Rezkalla. Welcome on board Marina!



Healthy Workplace Midst of COVID-19

CVFHT has gone through tremendous change and adaptation during COVID. We once again have proved our team spirit. Not to mention the stress everybody went through coping and adapting with the situation. How well are you handling your stress? Test it here:



New Beginnings

Spring is the month that brings in light, colours and hope in life. It is a sign of new beginnings and happiness. Amidst the challenges caused by the pandemic, CVFHT celebrated a new beginning. We celebrated a baby shower for one of ours.

Bonjour à tous, dans cette section nous vous parlerons des initiatives françaises soit dans notre clinique, dans la région de Mississauga –Peel-Halton et toutes informations jugées pertinentes.

Aide alimentaire

Le Centre francophone de Toronto offre une aide alimentaire aux Francophones de Mississauga qui sont dans le besoin. Pour en faire la demande, vous devez remplir le formulaire qui se trouve à la page web <https://centrefranco.org/wp-content/uploads/2020/04/Formulaire-dinscription-Aide-alimentaire-durgence-COVID-19-v3-IN.pdf>

Ateliers Saveurs du Monde

Inscrivez-vous aux ateliers en avance <https://saveursdumonde6.eventbrite.ca>

Webinaires

Fédération québécoise des Sociétés Alzheimer

Pour faire face aux défis d'intervention imposés par la pandémie COVID-19, la Fédération québécoise des Sociétés Alzheimer lance une nouvelle série d'apprentissage visant à outiller toute personne œuvrant dans un milieu d'hébergement public ou privé et qui est amenée à accompagner ou intervenir auprès d'une personne atteinte d'un trouble neurocognitif, de type maladie d'Alzheimer [Mieux intervenir, ça s'apprend](#)

La Fédération québécoise des Sociétés Alzheimer offre aussi des webinaires des [Conférences Mémorables 2020](#). Mercredi 3 juin 2020, de 12h à 13h (HNE).

Moffif

Dans le cadre de ses Rencontres virtuelles, le Moffif offre les webinaires suivants. Pour en savoir plus, cliquez sur le titre du webinaire.

Lundi 25 mai : [L'auto-soin](#)

Mercredi 27 mai : [La nourriture et la santé 2](#)

Vendredi 29 mai : Régionalisation : [une approche bien calculée pour un établissement réussi](#)

Pour en savoir plus sur le contenu ou pour s'inscrire: <https://www.eventbrite.ca/o/mouvement-ontarien-des-femmes-immigrantes-francophones-27939524149>

Reflét Salvéo

Offre un webinaire en français afin de briser l'isolement tous les vendredi soir. *Veillez vous inscrire aux ateliers en avance. Les inscriptions sont obligatoires.* [unsoirauvillage.eventbrite.ca](https://www.unsoirauvillage.eventbrite.ca)

Oasis

Oasis Centre des femmes organise une série d'activités via ZOOM.. C'est une activité par et pour les jeunes, dans le but de les engager dans une discussion à propos de la violence sexuelle pendant la période de confinement afin de les outiller et de les sensibiliser.

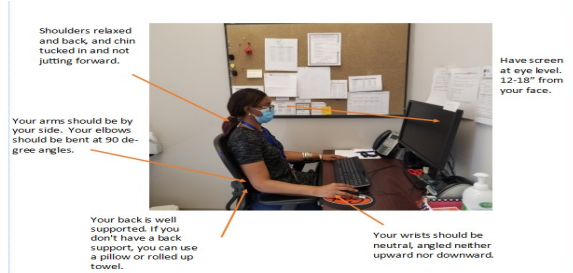
Voici le lien sur eventbrite : <https://www.eventbrite.fr/e/jeunes-un-evenement-pour-et-par-nous-tickets-106249188182?aff=ebdssbonlinesearch>

If you are working from home during the COVID 19 pandemic chances are you had to make some adjustments at home and work environment. Here are some helpful tips to apply ergonomic and energy conservation strategies to help you work more productively, comfortably and help reduce stress on your body.

Maintain proper posture

Ideally you create your workstation by setting up your laptop as a monitor, raising the monitor, to get close to eye level perhaps using old books, boxes and/ or 3 holder binders and attaching a separate keyboard and mouse. You may already have these lying around or can you borrow from a friend or perhaps retrieve it from your office. Proper body position can conserve energy and reduce fatigue / pain by decreasing an activity's energy demands.

Here are some goals for proper posture:



Have a break

Place time limits on an activity. Break a large task into small manageable parts. Important to work within your tolerance (i.e. know your own limits). A good tip I recommend is to use a day planner or google calendar to organize your activities, spreading your work evenly over a longer period of time and remember to maintain balance in your workload. We can't work for six hours straight, remember to give yourself a break after a good period of sustained concentration and effort.

Moving Forward.....

With the COVID 19 pandemic, there is no doubt it has thrown a disruption in our routine forcing us to adapt to the changing demands, establish new routines and different ways of performing tasks. Perhaps even long after COVID 19 is over, the traditional idea of working at the office has changed for better or worse and maybe permanently. What takeaways have you learned?

-Marina Rezkalla, OT-

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