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A Message from ED

I would like to take this opportunity to congratulate the outgoing residents and welcome the First year Residents and the Summer students to our CVFHT family. When ever you see a new face, stop for a moment say 'hi' to make them feel home.



Photo: J. Graham

One Testimony from a Stakeholder

The Credit Valley Family Health Team Inter-professional Care Team has been a great resource for me as a family doctor.

I wouldn't have otherwise had access to these resources for my patients as part of a Family Health Group.

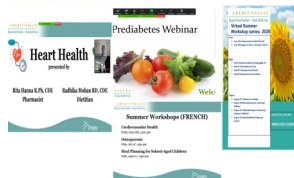
My patients are very happy when I offer to refer them to these allied health professionals, as they will have the time and knowledge to help address their concerns, either in regards to counselling for their mood, or dietary advice in regards to their health issues.

I highly recommend this program to my patients and colleagues when they ask. Great job all! Take care, be safe!

New Initiatives

- ◆ Uncertainty and hurdles challenge the human nature and push towards new innovations and creativity. The challenge of COVID pushed us toward innovating ourselves. We are on the successful path to Virtual Care.

On the Virtual Path



- ◆ CVFHT has expanded into unit 306, a bright and spacious clinical space. Soon to be opened. Keep your ears and eyes open for an Open House



New Employees

We have two talented and enthusiastic summer students joined us. Warm welcome to Urvi and Jenny!



Award of Excellence

This is a moment to say how proud we are of the achievements of some of ours.

Dr. M. Graham: DFCM Post-graduate Award for Program Leadership.

Dr. N. Yashpal: DFCM Quality & Innovation Program Faculty & Staff Impact Award.

Dr. S. Toutounji: DFCM Post Graduate Award for Leadership & DFCM Quality and Innovation Program PGY1 Impact Award.

Dr. B. He: DFCM Quality and Innovation Program PGY1 Impact Award.

Dr. A. Rana: DFCM Quality and Innovation Program PGY1 Impact Award.

French Connections

Dr. Sandra Toutounji, l'une de nos résidents francophones vient de terminer sa formation en médecine. Nous lui souhaitons beaucoup de succès.

L'équipe bilingue lance une première série de webinaires franco pour l'été. Ils sont sur notre site web notre premier webinaire aura lieu le 26 juin 2020 avec la participation de Natalie Wilkinson, Dtp et s'intitule Santé Cardiovasculaire.

Bang the table est une plateforme d'engagement communautaire utilisée par des communautés francophones dans le but de créer un point de rencontre et d'échange pour les francophones il y a un projet pilote avec Dufferin Caledon. <https://www.francophonesdufferincaledon.ca/>

Programme de mentorat réseautage Speed mentoring offert par le Réseau franco-santé du Sud de l'Ontario se program est mis de l'avant dans le but d'aider les nouveaux arrivants à agrandir leur réseau. Cela permettra aussi de découvrir leur talent pour plus d'information <https://accesemployment.ca/speed-mentoring-en-francais>

Bourses d'étude pour étudiants: FSL Co-op s'est procuré 6 places dans le cadre d'une formation en ligne. la formation est sur la sécurité culturelle autochtone et elle doit être complétée d'ici le 31 mars 2021 (formation contre le racisme autochtone). Ils sont d'une valeur de 300\$. Les étudiants choisis doivent consacrer 8 heures sur une période de 8 semaines. La formation est en ligne et disponible partout ou un accès internet est disponible.

Activités intéressantes

Activité Raconte-moi ça! chaque vendredi à 10 h
Lecture en direct pour les enfants de 4-7 ans. Initiative de l'École élémentaire catholique Saint-Nicolas. Branchez-vous ICI.

Intitulé À l'attaque des Coronas! , ce magazine de 64 pages offert est destiné aux enfants et à leur famille, afin de leur expliquer le fonctionnement du corps en réaction aux virus et ainsi apaiser leur anxiété face à la COVID-19 Vous pouvez accéder au magazine gratuit disponible en français et en anglais ici. <https://www.lalibertesciencesmagjunior.ca/>.

Un camp d'été virtuel en français <https://moneureka.ca/camp-ete>

“Merci à l'équipe”

Je suis très heureuse d'avoir eu la chance de travailler avec l'Équipe de Santé Familiale Credit Valley lors de mon programme de résidence avec l'Université de Toronto. J'ai été très impressionnée par l'excellente équipe et la forte communauté francophone que la clinique encourage. Avoir grandi à Mississauga et fréquenté l'école francophone pour mes études primaires et secondaires, c'est un privilège de pouvoir utiliser mon français pour communiquer avec les patients dans leur langue natale. Cela permet d'enrichir mes interactions avec eux, ce qui résulte finalement en de meilleurs soins pour les patients. J'ai hâte de continuer mon travail avec l'Équipe de Santé Familiale Credit Valley en tant que médecin de famille ce juillet!

Dr. Sandra Toutounji

Learn to Juggle



Imagine if there was a way to reprogram the way you think. A way to sharpen your perception and memory, increase your speed of thinking, and help you become more creative. Well there is. It is a phenomenon called neuroplasticity.

In the TV series Redesign My Brain, Australian and Canadian born Todd Sampson set out to the exact same thing. In the three part series, not only do you watch him improve his brain, but you can also do it yourself! In the series he set out to speed up his thinking, sharpen his attention, and improve his memory.

Why is this important?

Until recently, it was a common belief that the brain developed throughout your teens and then stopped. Once you reached your mid20s, that was it— whatever you had, you were stuck with. Until recently it has also been thought that cell loss and structural changes in the brain due to aging or injury were permanent and could not be reversed. We now know that is simply not true!

Every brain, including yours, is a work in progress. From birth and throughout your life, your brain continuously revises and remodels itself. The brain is a muscle like any muscle in your body—if you don't use it – you lose it. You go to the gym to get yourself physically in shape, why not do the same for your brain?

So why learn to juggle?

First of all anyone can learn to juggle, it is not just for circus entertainers or clowns! A study by Driemeyer, et al. 2008 reports that learning to juggle alters the structure of the brain within as little as 7 days!

If you want to try some of the training and assessments that Todd Sampson used for free, go to <https://www.brainhq.com/>. You don't even need to learn to juggle, learn any new skill and train your brain to keep it healthy and active!

For more information on Neuroplasticity, check out this book: The brain that changes itself - By Norman Doidge.

To learn to juggle in 5 minutes check out this YouTube video: <https://www.youtube.com/watch?v=H8QfqkSPxmo>

To check out the first episode of Redesign my Brain with Todd Sampson

<https://www.dailymotion.com/video/x1zscw7>

What new skill will you learn today to train your brain?

References

Driemeyer, J., Boyke, J., Gaser, C., Büchel, C., & May, A. (2008). Changes in gray matter induced by learning—revisited. PloS

Marina Rezkalla, OT