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Expand: Knowledge, Compassion and Team Spirit

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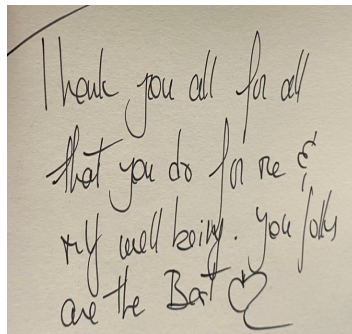
A Message from ED

It is always exciting to have new employees. New faces bring new ideas adding value to the skill set of existing employees. My warmest welcome to the new employees and a big thank you to all the others for doing excellent work.

We are expanding in services we provide, in talent and in the compassion we have towards each other and towards our patients. To celebrate our expansion, I welcome you all to the IPCT Open house.



One Testimony from a Stakeholder



A Quote for the Month

“Calm Mind Brings Inner-strength and Self-confidence, So That's Very Important for Good Health”

-Dalai Lama-

Michelle's Column

July 24th is International Self Care Day. While taking care of others can be a natural part of our daily lives, we often neglect to schedule time for self-care. Eating well, exercising and taking time for the things we enjoy are essential, especially during this time of uncertainty and change. In light of International Self Care Day this month, our IPCT encourages you to take time for yourself while remembering to stay safe. This can include simple actions such as:

- *Scheduling time for hobbies and relaxing activities
- *Engaging in regular physical activity such as biking or walking
- *Consuming a healthy diet and limiting high calorie foods that are low in nutrients
- *Taking action to reduce your risk of disease and illness such as quitting smoking, applying sunscreen and ensuring vaccinations are up to date
- *Wearing a mask when visiting indoor public spaces and ensuring proper hand hygiene

Please visit <http://selfcare.ca/> to learn more about how to take care of your most important asset: yourself!

The past three months have presented us with many challenges. Our IPCT is offering a series of health promotions & virtual workshops to help you stay well while remaining safe throughout the summer months. Please visit our website at www.cvfht.ca/workshops to register for our upcoming sessions on topics such as staying energized during COVID-19, healthy gardening, cooking on a budget and much more.

Michelle Bertrand, RN



New Employees

We, as a team, are always enthusiastic about welcoming new people among us. In this line of new employees, we have Jiabo Fear, Urvi Mistry, Jenny Kang & Api Arul joining us as summer students and Patriel Balmelero, Ian Lin, Jovelyn Ancheta and Carine Njoukwe joining us as fulltime employees. Welcome to the team!



Open House

Let's Celebrate our Opening
SUITE #306 TOUR
Tuesday July 28th, Wednesday July 29th, Thursday July 30th
Time: 12 PM—2 PM
Where: 2300 Eglinton Ave W

Please join us in celebration of the opening of the CVFHT-IPCT new clinic space.
We look forward to providing you with a short tour of our new facility and complimentary refreshments at the end.
COVID-19 Compliancy mask-wearing and appropriate social distancing.
RSVP: Adrijahubara.Musa@thp.ca

CREDIT VALLEY
Équipe de Santé Familiale • Family Health Team

Competition (Employees Only)

Please answer the following questions to win a free lunch. Answers are in the previous releases.

Q1: A study by Driemeyer, et al. 2008 reports that learning to juggle alters the structure of the brain. Question is, in how many days?

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

French Connections

La période estivale est traditionnellement une période de retrouvailles familiales. Par contre, cette été c'est bien différent avec les règles de distanciation physiques il faut redoubler de prudence afin de ne pas propager le coronavirus.

Voici quelques recommandations afin de profiter de ses vacances :

1. Porter un masque dans tout endroit public
2. Lavez-vous les mains fréquemment
3. Lorsque vous visitez votre famille restez à l'extérieur lors des rencontres

En effet, Santé Canada indique que les coronavirus humains peuvent infecter le nez, la gorge et les poumons. Ils se propagent le plus souvent :

- par les gouttelettes respiratoires générées lorsqu'une personne infectée tousse ou éternue
- par contact personnel étroit prolongé avec une personne infectée, comme un contact direct ou une poignée de main
- par contact avec des surfaces infectées, suivi du contact de la main avec la bouche, le nez ou les yeux avant de se laver les mains

Les données probantes actuelles indiquent que la maladie se propage de personne à personne lorsqu'il y a un contact étroit entre les gens.

- Éviter les voyages à l'extérieur du Canada
- Garder une distance de 2 mètres entre vous et les gens autour de vous.
- Bien nettoyer les surfaces qui sont souvent utilisées tel que : toilettes, téléphones, télécommandes, tables de chevet, poignées de porte et appareils électroniques.

Nous vous souhaitons de belles vacances et voici deux recettes santé

Smoothie à la Mangue Végane



- 3/4 de tasse de mangue congelée
- 1 1/2 tasse de lait de Coco
- 1 c à thé de cannelle
- 1 c à thé de vanille
- 1/2 banane

Aiglefin tandoori

- Pâte tandoori (Marinade) 50 mL 1/4 tasse
- Yogourt nature faible en gras 50 mL 1/4 tasse
- Jus de citron frais 15 mL 1 c. à soupe
- 4 filets d'aiglefin 420 g 14 oz

Préparation

1. Dans un plat peu profond, mélanger la pâte tandoori, le yogourt et le jus de citron. Déposer les filets dans le plat et bien les enduire. Couvrir et réfrigérer de 20 à 30 minutes. Pendant ce temps, placer la grille du four à 10 cm (4 po) de l'élément supérieur et préchauffer le gril du four.
2. Déposer les filets sur une plaque de cuisson et cuire sous le gril pendant 10 minutes ou jusqu'à ce que la chair du poisson soit opaque, qu'elle s'effeuille à la fourchette et qu'elle soit légèrement dorée
3. Idée : Pour un repas équilibré, servir avec du riz basmati et des pois mange-tout cuits à la vapeur.

D'autres liens vers des recettes santé

<https://www.unlockfood.ca/fr/Recettes.aspx?aliaspath=%2fen%2fRecipes>

<https://www.cookspiration.com/home.aspx>

<https://www.halfyourplate.ca/fr/>

Miam !

Francoise Jacob, RN

gOT a Minute?



It is the simple things like cleaning your room

Every mother has said clean your room, but can there be more to that simple order? The wisdom of this simple act of making your bed in the morning is accomplishing the first task of the day. As Admiral William H. McRaven's book, *Make Your Bed: Little Things That Can Change Your Life... And Maybe the World*, based on his 2014 commencement address at the University of Texas that went viral he explains how making the bed will give you a sense of accomplishment and pride which will encourage you to do another task and then another. By the end of the day, that one task completed will have turned to many tasks completed. Making your bed and cleaning your room will also reinforce the idea that the little things matter.

Still not convinced?

One of the ways of overcoming depression is to increase your level of activity. There is a lot of evidence that the more people do, the better they feel.

Start with small steps and slowly build yourself up to the large tasks that seem unmanageable right now. Don't try to clean the whole room-- just aim for one section of the room. If that is too much aim to get one shelf clean or just put five items away. In the beginning, the important thing is not what you do or how much you do, but simply the fact that you are DOING. Remember that action is the first step, not motivation.

And if by chance you have a bad day at least you will come home to a bed that is made; that YOU made. A made bed gives us encouragement that tomorrow will be better.

Marina Rezkalla, Occupational Therapist