

Welland McMaster Family Health Team



Fall Newsletter

2020

Our Vision: To significantly improve the health of our community.

Did you know?

As a patient of WMFHT, you have access to the services of...

- Registered Nurses
- Nurse Practitioners
- Social Workers
- Dietitian
- Occupational Therapist
- Pharmacist
- Chiropracist

...as well as programs to support your health and wellness, such as...

- Smoking Cessation
- Mental Health Groups
- Caregiver Support
- Seniors' Health

...and much more!

Featured Program

Forest Therapy

Spend time in nature to improve your health and wellness! Studies have shown that spending time in nature improves the immune system, lowers blood pressure and stress levels, and reduces depression and anxiety.

A typical Forest Therapy Walk takes 2 hours and includes 'invitations' to the senses, using the principles of Mindfulness. Call FHT reception at 905-734-9699 ext. 3 to register for an upcoming walk with Melissa, our Social Worker and Certified Forest Therapist.

WMFHT Community Collaborations

Mental Health & Addiction

Response Team – Beginning in 2018, we partnered with *Niagara EMS* to provide a Mental Health Nurse to accompany paramedics to 911 Mental Health calls. To date, they have reduced mental health transports to the ER by 10% and increased community outreach and support.

Migrant Worker Clinic

– In 2021 we will be offering walk-in clinics to the Seasonal Agricultural Workers of South Niagara. They have limited access to medical care, and so we have partnered with *Seedling for Change in Society and Environment* and the *Town of Pelham* to provide health services to this vulnerable group.



WMFHT Successes

The WMFHT is consistently above the provincial average for the percentage of eligible patients completing their Preventative Care Cancer Screening Tests to screen for:

- cervical cancer (Pap): 66% (us) vs. 58% (province)
- colorectal cancer (FIT): 69% vs. 65%
- breast cancer (Mammogram): 63% vs. 61%

Let's raise those percentages even higher! Be proactive about your health and complete your Cancer Screening tests!

Staff Profile: Jim Borysko, Executive Director

We are pleased to welcome Jim Borysko, your new Executive Director of the Welland McMaster Family Health Team! He is a visionary leader with 25+ years of experience in Advisory and Senior Executive positions in provincial and community healthcare administration.

Jim is an active volunteer coaching youth sports and is currently a Board member at the Niagara Children's Centre. He has lived in the Niagara Region his whole life, along with his wife and two wonderful children.

Jim says, "I am looking forward to working together with the great team of doctors, clinicians, and administrative staff at the Welland McMaster Family Health Team. I am committed to building healthy community relationships and continuous learning, to provide the best quality healthcare service for our residents."

Please feel free to contact Jim if you have suggestions on how the Welland McMaster Family Health Team can help to meet your needs and create your best possible patient experience. Email: jborysko@wellandmcmasterfht.com



Upcoming Events

Due to COVID-19, many of our group programs have been temporarily suspended. We are happy to now be able to offer the following:

Urban Pole Walking – Tuesdays, 9-10 am from September 15 to November 3.

Forest Therapy – October 6 and November 3.

Anxiety Group (Virtual) – Thursdays, 10 am – Noon from November 5 to December 17.

Mindfulness – Dates TBD – Check our website for updates!

Call 905-734-9699 ext. 3 to register!

Did you also know?

We support over 16,000 patients living in Welland, Fonthill/Fenwick, Port Colborne, Niagara Falls, St. Catharines, and beyond.

We have 10 physicians who are each responsible for the care of anywhere from 1,200 to 2,500 patients.

In 2019, our Integrated Health Professionals provided over 15,315 patient visits.

For example: our Occupational Therapist provided 721 patient visits, including 133 Home Visits, 139 Falls Risk Assessments, and 122 Chronic Pain Assessments.

