

Welland McMaster Family Health Team

Fall Newsletter
2021



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

Featured Service

Mental Health Self-Referral

The Pandemic has highlighted the need for mental health care access. As a patient of the Welland McMaster Family Health Team, you have access to our Mental Health Nurse, Social Workers, and Child/Youth counselling (through collaboration with Portage Medical FHT). If you would like mental health support, you do not need a referral from your doctor: just call the FHT at 905-734-9699 ext. 3 and ask to set up a Mental Health Intake call with LeeAnn, our Mental Health Nurse. LeeAnn will call you to discuss your situation and connect you with the services that meet your needs. Remember that mental health IS health!

Community Collaborations

Hope Centre – The Hope Centre serves some of Welland’s most vulnerable citizens. This fall, through the generosity of patients and staff, we were able to donate 202 lbs of food!

Migrant Worker Clinic – From April to September, we held 10 health clinics for Pelham-area Migrant Workers. We partnered with Fenwick United Church to use their space, and we relied on the help of volunteer translators to ensure patients received care in their first language. To be continued next year!

Niagara Chapter-Native Women Inc. – The NCNWI provided us with orange “Every Child Matters” shirts designed by Indigenous artist Torrie Ironstar to honour Indigenous children who attended Residential Schools in Canada. We wore them on September 30th for the first National Day for Truth and Reconciliation.



Staff Profile: Aly Kassam, Pharmacist

We would like to introduce you to Aly Kassam, our Clinical Pharmacist!

Pharmacists are one of the most accessible members of your health care team and a valuable source of information for many people.

Aly was born and raised in Niagara Falls and started his pharmacy career in 2005 as a staff pharmacist and eventually associate/owner of Shoppers Drug Mart in Grimsby. In 2013, Aly opened his own independent pharmacy in Niagara Falls and later joined the Welland McMaster Family Health Team in 2015 as our Clinical Pharmacist.

Always looking for new challenges and ways to improve, Aly obtained his Certifications in Diabetes Management, Smoking Cessation, Respiratory/Asthma Education, and Weight Management.

Aly is always eager to help out, whether it's answering a patient's medication-related question or to just lend an ear to provide some helpful advice.

Upcoming Events

Due to COVID-19, many of our group services have been temporarily suspended, but we have moved some of them online!

Mental Health Webinar Series

Depression Webinar – Nov 18 @ 2:00pm

Emotional Eating – Dec 2 @ 2:00pm

For more info, and to register:

www.wellandmcmasterfht.com/events

Flu Shot Clinic

Drive-thru by appointment: Saturday, Nov 6 and Saturday, Nov 13 from 9am to 4pm

Did you know...?

The Welland McMaster Family Health Team is committed to providing quality health care and continued improvement of our services. That's why patient feedback is important to us. This Fall, if you visit a Family Health Team service provider (NOT your family doctor), you may receive a Patient Experience Survey via email. Please take a few minutes to tell us about your experience with that service provider. We are also collecting names for our Patient Experience Focus Group. If you are interested in participating, please email Executive Director Jim Borysko at jborysko@wellandmcmasterfht.com.

WMFHT Successes

The summer of 2021 marked a great advancement against the COVID-19 Pandemic with the increased availability of the vaccine. We did our part to help vaccinate our patients, beginning with a successful drive-thru clinic where we provided 161 shots. We then held many in-office dates where we provided an additional 99 shots, for a grand total of 260 COVID-19 shots given to our patients!

In July, in response to a request from Niagara Region Public Health, we provided 23 second-dose COVID-19 shots to Migrant Workers from 3 different farms in Niagara.