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 Closed Noon to 1 pm daily.
 www.AtikokanFHT.com



Food for Life with Registered Dietitian Samantha Holmgren

Finding a greater sense of well-being through food

Samantha Holmgren, RD

December can be an amazing time of year, but it can also be a difficult one if you have struggles with food. Food is a major part of culture. Our holidays and celebrations often include food. There are community parties, and work parties, and family parties...

The point being, if you have food issues, this month can be extra hard. But there are strategies that can help. One of my favorite tools is mindful eating, which talks about the 'how' of eating. Mindful eating is about paying attention to what you are eating in a welcoming and non-judgemental way. The intention is to maximize our enjoyment of our food and to tune into how that food makes us feel both in the short term and the long term.

We all want to feel good. When it comes to eating, we want food that fuels our life, that satisfies our hunger and cravings, and that tastes delicious. What exactly that looks like will be different for each of us. We all come from slightly different backgrounds, have different culturally important food, and have different health statuses.

As a Registered Dietitian, my role is to help you move towards a greater sense of well-being through food. That may mean providing some education if you have questions or changes in your health. It may mean sharing ideas that I have come across during my education, discussions with other dietitians, or

working with other clients. And it often means coaching you through the process of building new habits. If any of this sounds like it would be helpful for you, call the Family Health Team 597-8781 and speak with reception to book an appointment – no referral needed.



Holiday eating on Coumadin/warfarin

Ashley McEvoy, RPN

The holidays are here and it is a special time of the year when family, friends, and loved ones gather to celebrate. In the midst of the holiday season, it can be tempting to go off of your normal diet with all of the delicious and sometimes not so healthy foods. It is important, when taking Coumadin/warfarin, to be mindful of the foods that can interfere with your medication and/or INR values.

The most important thing to remember is to remain consistent with your diet.

Healthy You program

I will also be running my Healthy You program in January! This program will help you turn your New Year's Resolution into a new habit. Each week for eight weeks we will meet to discuss topics such as emotional eating, being active, mindful eating, and meal planning. Look for upcoming announcements on dates, or call 597-8781 ext 6 and leave a message with your name and phone number to get on the wait list and get a phone call once the dates are set.

Hope to see you soon!

Samantha Holmgren is a Registered Dietitian working with the Atikokan Family Health Team.

Consistency in diet means to be aware of the type of foods you choose every day, to pay attention to your portion sizes, and to be aware of the frequency you consume foods high in vitamin K.

When taking an anticoagulant like warfarin, it is important to maintain a consistent diet. Certain foods or beverages can change your INR value.

It is certainly possible to eat a balanced, nutritious, healthy diet during the holidays. Always talk about your diet with your doctor or nurse, especially around the holidays.

Addition of a new Nurse Practitioner to staff caps a year of change and growth

Karen Lusignan, Executive Director

This past year the AFHT has embraced many exciting opportunities!

We have received funding for one full-time, permanent Nurse Practitioner. At this time the Nurse Practitioner will be assigned to patients in our Chronic Disease, Mental Health, Health Links and Prenatal Programs who do not have a Family Doctor.

Primary Care Nurse Practitioner Kristi Withrow is a graduate of Athabasca University's Masters of Nursing: Advanced Nursing Practice Program, 2014. Her education trained her to provide holistic, comprehensive, and effective care to patients of all ages.

Kristi has sixteen years of nursing experience, with a focus on public health, health promotion, disease

prevention, infectious disease, and women and children's health.

She is looking forward to providing health services to Atikokan residents, in collaboration with her colleagues and community partners, to work with patients to achieve optimum health.

Other developments

The Atikokan Palliative Care Team has now launched and the Health Links Program has grown to include 49 patients. For more information on the Palliative Care Team or Health Links please call 597-8781 and ask to speak with Shelby or myself.

The CNIB eye van and Screen for Life Coach have now moved to the AFHT site from the Atikokan General Hospital. Beginning in the New Year, the

AFHT will also be offering evening appointments with our Nurse Practitioner from 5 to 8 pm on Wednesdays for all local citizens.

If you have never been to the Family Health Team's Zuke Road outreach site, please stop by for a tour and review of our programs and services!

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Diabetes program update

Kristin St. Pierre, RN

Since starting my role as the diabetes nurse within the AFHT in June 2017, I have greatly enjoyed meeting and caring for all of my patients. This program includes screening for diabetes, close follow-up and teaching for individuals with pre-diabetes, type 1 and type 2 diabetes, A1c tests performed in office, foot assessments, weight checks, blood pressure checks, medication reviews, and referrals to other community services as needed.

Teaching is also available in office, home, or community settings.



I have strived to maintain and enhance collaboration within Atikokan. In doing so, this program has had partnerships with the Atikokan Native Friendship

Centre for exercises classes (monthly calendars can be picked up at the AFHT), as well as planned drop-in sessions. Further, I have worked along side the Atikokan Northwestern Health Unit to provide free workshops on healthy living and diabetes prevention. I also partner with the CNIB Eye Van while they are in Atikokan during the summer to provide education, questionnaires, and free giveaways, which are beneficial to living a healthy life style.

I would like to send a warm welcome to Susan Sampson, RN, who will be taking my place as I will be away on maternity leave this coming year.



Nikita Matichuk, Nurse Practitioner

Recently I had the privilege of representing the Atikokan Palliative Care Team as a presenter at the International Public Health and Palliative Care Conference in Ottawa. The conference highlighted the good work surrounding palliative care, advanced care planning, and end of life care that is being completed around the world.

We know that in Canada, seniors make up the fastest growing age demographic. As these numbers continue to rise, added stress will be placed on the medical system and it is unlikely that we will be able to rely solely on health care programs to meet the needs of this population.

Palliative care has evolved and is very often misunderstood. Today, palliative care is not only about care in the last few weeks of life. All people with an advanced chronic illness or terminal disease can benefit from palliative care, not only those with a cancer diagnosis. The palliative approach offers an added layer of care and support and can be combined with other medical treatments to control pain and symptoms and improve quality of life. Research has demonstrated that beginning palliative care early not only improves quality of life, it also increases the likelihood people will die at home if that is their choice. In some cases, initiating palliative care early has even been shown to increase length of life.

Research has shown that a good death requires not only access to excellent medical care but also to non-medical support (psychological, social, and spiritual). Lack of social support and caregiver burn-out are often the cause of hospitalization, even though most people want to be cared for at home. People above all want to be surrounded by their family, friends, and loved ones. They want to be in their familiar surroundings and carry on their preferred activities as much as they can. People want to focus on living until the end of their lives.

Many Canadians are motivated to reach out to help those they care about in times of need. There are many providing care to loved ones who are seriously ill or dying. Many people also reach out to offer support to their friends and families around death, dying, and grief. These people are part of strong social networks that help each other. And thus, the idea of Compassionate Communities was born.

Compassionate Communities aim to accommodate dying, death, and loss into public health and health promotion ideas and to create supportive environments for these experiences. Compassionate Communities assume that citizens are inherently compassionate and already motivated to reach out to help their family, friends, neighbours, and others they care about when faced with death,

dying, loss, and grief. The goal is to support and empower individuals in expanding their efforts.

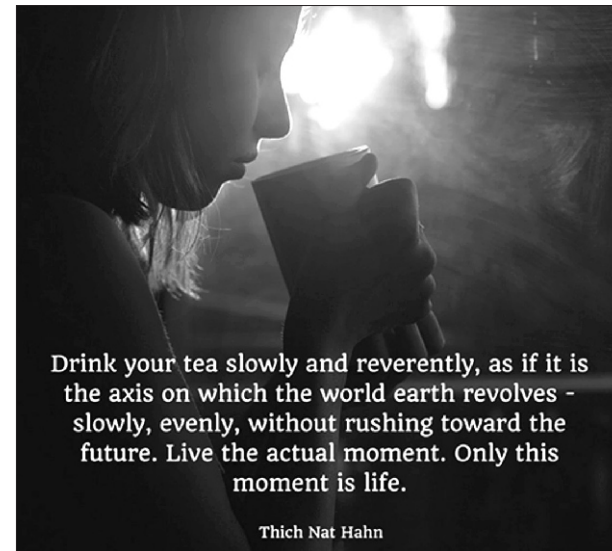
The Compassionate Community approach is based on a social model that focuses on the community's role in palliative care. It is citizen-focused and citizen-driven, builds on citizens' experience and vision, and incorporates existing natural helping networks and community resources.

It recognises that dying is not fundamentally a medical event, but rather a social event that happens in the family and the community. Dying is an expected life transition that needs support from the social environment. It needs to be prepared for by all citizens and socially supported by the community before, during and following a death. A death is recognised as a loss to the community as well as to the family and friends.

Palliative care is everyone's business!

If you're interested in getting involved, the Atikokan Palliative Care Team is looking for volunteers to support our fellow Atikokanites. Practical tasks could include shoveling snow, cutting grass, walking the dog, getting the mail, picking kids up from school, taking someone to an appointment, providing a meal, spending time visiting, playing cards and so on. Anything you are willing to contribute could make all the difference in the life of the recipient and their family.

Please contact Brenda Wood at 597-6001 for more information. If becoming a volunteer seems too formal for you, consider joining a loved one's *Caring Village*. Caring Village is an app available on iOS and Android that can be used to organize a person's home team of care givers and allows support people to choose a task they are able to provide for the patient. Together, we can make Atikokan a Compassionate Community.



Welcome RN Susan Sampson

Susan Sampson recently joined the Atikokan Family Health Team (AFHT) in November and will be covering Kristin St. Pierre's maternity leave for the next year or so. Her focus will be on providing ongoing management and education to those living with diabetes.



Susan has been a Registered Nurse in her hometown of Atikokan for 25 years and has worked for many years at the Atikokan General Hospital. She has taught nursing to students of Confederation College, and more recently worked in the community sector providing nursing care to clients.

Susan is a certified Oncology Nurse and has a love for oncology and palliative care. Susan is pleased to be working alongside all of the professionals at the AFHT and to be providing quality care to individuals throughout all ages and stages of life.

We hope you will all join us in welcoming Susan to our team!

Candace Green, MHW

When I read this quote, I think of drinking a hot cup of tea on a cold winter's day perhaps wrapped in a blanket reading a good book. Enjoying that moment of solitude and peace where I feel protected and safe.

Mindfulness teaches us to accept that change is constant and predictable, just like when seasons move through spring, summer, fall and winter. We may dread the coming days of cold, ice, and snow,

however this is all we have right now and acceptance of that can only help us to appreciate this moment.

Practicing gratitude daily will bring our awareness to what we have instead of what we don't have. Practicing gratitude daily and consistently will bring about a change in attitude and mood. We are capable of seeing the beauty and grace in every season.

Candace Green is the Mental Health Worker with the Atikokan Family Health Team



Lung health quiz

Lisa Campbell, RN

By the year 2020, **COPD (Chronic Obstructive Pulmonary Disease)** will be the third leading cause of mortality and fifth leading cause of disability worldwide.

If you answer yes to any of the following questions you are eligible for free screening and education available.

- Do you cough regularly?
- Do you cough up phlegm regularly?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself, or at night?
- Do you get frequent colds that persist longer than those of other people you know?

For more information or to book an appointment please call 597-8781. **Asthma**

Do you have frequent episodes of breathlessness, chest tightness, wheezing or cough?

- Are symptoms worse at night and in the early morning?
- Do your symptoms develop with a viral respiratory tract infection, after exercise, or exposure to aero-allergens or irritants?
- Did your symptoms develop at a young age or after playing or laughing?

If you answered yes to the above questions, you may have asthma.

Call to book an appointment for spirometry at the Family Health Team Outreach site 597-8781.