

### Bits and Pieces:

- Thanks to YOU, the Foundation directed \$122,000 towards the renovations of the hospital lab in 2014
- The first-ever Curling Bonspiel raised almost \$6,000 for the Durham Hospital
- Milestone Donors will be recognized at an Appreciation Event on May 30th
- There are 7 doctors, a Nurse-practitioner, the Family Health Team, lab and many support staff working out of the Durham Medical Clinic
- Donors may recognize excellent, caring service by a health care provider by making a gift to the Foundation, in their name.

### New faces, same great service— Durham Medical Clinic

The last few months have seen some changes in the medical staff and 2015 will bring a few more. Dr. Andrew Denyer retired after 42 years practicing medicine, 34 of them in Durham. His wife Adele, a familiar face to his many patients will be remaining on staff with the Clinic. Dr. Denyer, “Bill” will be much missed by his fellow staff and patients but we hope he enjoys his retirement.

Dr. Greg Sivucha, a familiar face to many through his work as a locum in Durham for several years, has been providing excellent medical care for Dr. Denyer’s patients. He will be heading back to Vancouver with his family at the end of June. Area residents

hope to see more of him in the future, he is a patient favourite! Dr. Denyer’s patients will be directed to another Clinic physician; their health care needs will continue to be met.

Dr. Bruce Chung and his wife Sing have announced their plans to retire on May 30th. Bruce and Sing have been caring for their Durham patients for 49 years. They had a medical practice in Cornerbrook, Nfld for several years before coming to Durham. We wish them both a wonderful retirement!

Dr. Sarita Singh will be joining the team of physicians, on June 1, taking over for Dr. Chung. She is looking forward to meeting her new patients and exploring more of the area she has grown to love. Welcome Dr. Singh!

### Durham Apothecary Remedy’s Rx – your locally owned pharmacy



Raj and Marion Rajput opened Durham Apothecary Remedy’s Rx in the Hospital in 2011. They have been practicing pharmacy since 1991 and bring many non– traditional aspects of health care to their practice such as percussion and laser

therapy, home health care, functional medicine, screening clinics, specialty compounding, homeopathy and blister packaging. They also carry a range of gift shop items.

The staff pride themselves on service with a smile and offer local delivery and both in-store or at-home medication counselling. As independent owners, they can provide customized services and products- unique to Durham. The pharmacy is located in front of the hospital reception, near Emergency.

Patients and customers can

call in their refills and pick them up with minimal waiting time.

Durham Apothecary Remedy’s Pharmacy supports the hospital foundation; a portion of all sales is donated back to the hospital for ongoing improvements and new equipment for the hospital.

*Come and meet your local community Remedy’s Pharmacy team: Raj, Marion, Krystal, Carleigh and Anna*

Hours: Monday -Thursday 9:30 – 6 pm, Friday until 5 and Saturday from 10-4 pm.

Good bye and hello	1
Introducing the Pharmacy	1
Brockton and Area Family Health Team	2
Your Durham Family Health Team	2
A few BAFHT Programs	3
Healthy Heart	3
Upcoming Health Chats	
Show Your Support	4
Upcoming FUN-raising events	4

## WHAT IS THE BROCKTON AND AREA FAMILY HEALTH TEAM?

The Brockton and Area Family Health Team (BAFHT) is one of the original Health Teams established by the Ministry of Health and Long-term Care, in 2005.

The Health Team provides a range of healthcare services to residents in Chesley, Durham, Mildmay, Paisley, Walkerton and surrounding areas.

The Health Team concept is designed to reduce wait times and improve access to health care services at the local level.

Family Health Teams offer a holistic approach to health care.

This means that the whole person is treated - body, mind and

spirit. All these elements play a role in prevention and healing.

A clinician focuses on all aspects of the person's life - more than just symptoms and treatment. They look at diet, exercise and other factors in that person's life.

They also look at the person's supports, educational and employment opportunities, access to daycare and housing.

This team approach brings family physicians and other healthcare providers together to keep you and your family healthy, before you are sick.

The Team provides up-to-date information on the prevention of



illness and disease; helps you understand risk factors; and offers various strategies to help manage chronic illnesses.

BAFHT works collaboratively with local health and community service providers, in meeting the healthcare needs of the local population.

## YOUR DURHAM FAMILY HEALTH TEAM



Your Family Health Team is located in the Durham Medical Clinic. Family Health Team services compliment the care you receive from your doctor. You may access the Family Health Team to help you prevent or manage illness or

disease. Appointments may be made directly or by a doctor's referral.

Care providers at the Durham site include:

- Chiropodist
- Foot Care Assistant
- Diabetes Educator
- Dietitian

- Nurse Practitioner
- Physician Assistant
- Registered Nurses
- Counsellor
- Social Worker

Adult/ senior health services include:

- cardiovascular
- COPD
- diabetes
- foot care
- memory clinic
- mental health and nutrition counseling
- smoking cessation
- nicotine replacement

- therapy
- telemedicine clinics

The Family Health Team also provides several children's health services.

By working with the Team, you will gain strategies to help you achieve your health goals.

To access Family Health Team services in Durham, call 519-369-3007 EXT. 258.

## Just two of the many programs offered by BAFHT....



### Diabetes Management

In Canada, at least 20 people are diagnosed with diabetes - every hour, every day.

The Family Health Team will help you understand your diabetes so you can take control, preventing or delaying complications.

The nurse will teach you how to use a glucometer and how to read the numbers. The roles of nutrition, stress, exercise and

medication will be explored.

We will ensure that you are testing regularly, will discuss the results with you and help you manage insulin.

Your Family Health Team is here to help you along your journey.

### Smoking Cessation



Breaking the smoking habit is the most important thing you can do for your health. However, quitting can be extremely challenging.

The Family Health Team has trained staff to help you meet your ultimate goal of quitting, enhancing your chances of success.

The Family Health Team is a partner with the STOP Study and is able to provide free nicotine replacement therapy tools.

Don't do it alone, work with a Team!

Call 519-369-3007 EXT. 258 to get help today.

You can be a Quitter! Do it for yourself and for your loved ones.

## Heart Health - Know Your Numbers

Heart disease and stroke continue to be the leading cause of death for both men and women in Canada. The Heart and Stroke Society estimates that 80% of adverse events can be prevented through lifestyle changes.

The Healthy Heart program assists individuals, and their families who have had a heart attack, angina, cardiovascular surgery or are at risk for coronary artery disease.

It provides information and support regarding risk factors of heart disease, signs and symptoms of heart disease, medications, stress management and exercising safely.

This program is presented by a dietitian, pharmacist, registered

nurse and a kinesiologist.

### Health Chats

The DCHC Foundation and BAFHT worked together in 2014 to bring you "Health Chat", informal events directed at female and male health issues.

We are pleased to offer these 2 new "Health Chats" in 2015:

**"Heart Smart Women"**

**Wednesday May 20, 1 – 3 pm**

**and**

**"Heart Health Tune Up for Men"**

**Wednesday October 28, 1 – 3**



Health Chats are held in the Durham Medical Clinic Boardroom

Both events will discuss the popular Mediterranean Diet, with proven cardiac benefits.

Health Chats are FREE, but pre-registration is required.

Call 519-369-3007 EXT. 258

Light refreshments will be served



**Yes! I want to support a healthy community**

I would like to make a gift of  \$25  \$36.50  \$50  \$100  \$365  \$500 or \$\_\_\_\_\_

Name: \_\_\_\_\_ Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Address (1): \_\_\_\_\_ Phone #: \_\_\_\_\_

Address (2): \_\_\_\_\_ E-mail: \_\_\_\_\_

My cheque is enclosed (payable to Durham & Community HealthCare Foundation) **or**



Cardholder's name: \_\_\_\_\_ Card #: \_\_\_\_\_ Exp date: \_\_\_/\_\_\_

*Have you considered joining our Monthly Giving Program? Some great reasons:*

- *Your gift is secure and green- saving paper, postage and energy*
- *You are always in control- able to cancel or make changes at any time*
- *You will maximize the impact of your support- your gift is put to work immediately*
- *Budgeting is easy and painless – plan for a level of support that is right for you*

I've enclosed a blank cheque marked "VOID". I authorize Durham and Community Health Care Foundation to deduct  \$10  \$20  \$36.50  \$50 or \$\_\_\_\_\_ from this account on the  1st  15th or  30th / month  
**or**

I authorize Durham and Community Health Care Foundation to charge \$ \_\_\_\_\_ to my credit card (as above) on the  1st  15th or  30th of each month. Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Look for these spring and summer fundraisers or hold your own



### Community Yard Sale

Saturday June 6,  
7am-1pm  
College St. Hospital—Front Yard  
Volunteers Needed!



### L & M Fundraising BBQ's

11am—3pm  
July 4, August 1 and Sept 5  
L & M Parking Lot  
2 more families or groups needed!

### Victorian Tea & Garden Party

Friday July 17, 10am—3pm  
153 Bruce Street North



### Golf Tournament

Saturday, September 12  
Homestead Golf Resort



*We're on the web!*

[www.durhamfoundation.ca](http://www.durhamfoundation.ca) / [www.facebook.com/durhamfoundation](http://www.facebook.com/durhamfoundation)

*Visit and "Like" us!*