

Northumberland among first 24 Ontario Health Teams in the province



Members of the Ontario Health Team of Northumberland Collaborative Planning Table with provincial and local government representatives at the December 6th announcement in Colborne

Deputy Premier and Minister of Health Christine Elliott (centre, in green) visited the Emergency Services Base in Colborne on December 6th to announce the government's approval for Northumberland to form one of the first Ontario Health Teams in the province. The Ontario Health Team of Northumberland (OHT-N), one of 24 in the province, will implement a new model of organizing and delivering health care across the County, improving patient outcomes and experience by enhancing the connections between patients and their care providers. The OHT-N's Year 1 priority projects will focus on enhancing the coordination of health care services for rural populations, particularly those who experience barriers to care. For more, see the local Team's website at: www.ohtnorthumberland.ca.

Learn how to prevent spreading infections—and getting them—with Dr. Daniel Ricciuto at the next PACE talk

The next Northumberland PACE talk will take place at NHH, 1000 DePalma Drive, Cobourg, on **Wednesday, December 18th at 5:30 PM** with guest speaker **Dr. Daniel Ricciuto** exploring a timely topic: ***Don't Be a Vector! How to Prevent Spreading Infections – and Getting Them.***

Register for the free session and learn more about the Northumberland PACE speakers' series at www.pacetalks.com. This site also offers a listing of the upcoming speaker and topic line-up along with video highlights from last season's talks and, now available, video and audio recordings from PACE talks delivered to date in the 2019/20 season.

Next up for PACE? *Medical Assistance in Dying (MAID) - Where Are We in 2020?* with Dr. Mark Essak, on January 15th, 2020 at Community Health Centres of Northumberland. Registration for the January PACE talk will open the week of December 16th!

Dr. Daniel Ricciuto, Internal Medicine and Infectious Disease specialist



Seven tips for a healthy holiday season

With influenza confirmed in our region, and holiday festivities and schedules soon upon us, NHH is sharing its annual reminder to take extra precautions and plan ahead, where possible, to help ensure local health care services are accessible for those who need them the most. Here are seven steps we can all take in the next few weeks to help ensure a healthy start to winter. Best wishes to all for a safe, happy and healthy holiday season.

1) Wash your hands – often!

Reduce your risk of picking up germs that live on surfaces by washing your hands often – especially when you are out in public.

2) Get your flu shot, not the flu

Available now from family physician offices, community health centres, walk-in clinics and pharmacies, the flu vaccination is your best line of defense against a potentially dangerous virus.

3) Try to eat well, and get a good balance of rest and exercise

Help to keep your immune system strong by powering up with a healthy diet, plenty of rest and regular exercise.

4) Direct your coughs and sneezes into a tissue or your sleeve

Minimize the risk of spreading germs by sneezing and coughing into a tissue or your sleeve instead of into your hand.

5) Stay home from work, school and public events when sick

Influenza spreads from person to person through a handshake or a cough, and can be unknowingly transmitted to others, particularly those who may be more vulnerable. If unwell, stay home.

6) Pay attention to your doctor/nurse practitioner's holiday hours and plan ahead when possible

Local primary care offices will have special hours of operation over the holiday season. Check to see when your doctor or nurse practitioner will be available and confirm your family's prescriptions are up-to-date so you can minimize non-urgent trips to the ED.

7) Consider Emergency Department alternatives

Many local family physicians now operate after-hour clinics. Check to see if your family physician has an after-hour service in place. If your situation is non-urgent, and your family physician isn't available, you can also:

- Get free telephone access to a Registered Nurse 24 hours a day, 7 days a week through the **Telehealth Ontario** service at 1-866-797-0000 (TTY 1-866-797-0007).
- Visit the **Port Hope Walk-In Clinic** at 99 Toronto Road, Port Hope (2nd floor). The Clinic (905-885-0611) will be closed on Mondays as well as on December 25th, 26th, and January 1st. It will remain open every other day over the holidays, including December 24th, from 10AM to 4PM on weekends, and 11AM to 5PM on weekdays (at the discretion of the physician working each day).

Don Morrison accepts interim appointment to NHH Board

Most recently a Community member on both the Finance and Audit and Governance Committees, Morrison—who is a resident of Cobourg (Ward 2 in the Hospital's three-ward system)—will assume the seat left vacant by Kai Liu. The appointment was recommended by the Nominating Committee at the Board's December meeting, and unanimously endorsed. See www.nhh.ca for details.

