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Waterloo Wellington **LHIN**

# LHIN NEWS

For Health Professionals



The Waterloo Wellington LHIN's news for health professionals provides the latest updates from across the local health system as we work together to deliver high-quality, integrated, and patient-centred care for local residents.

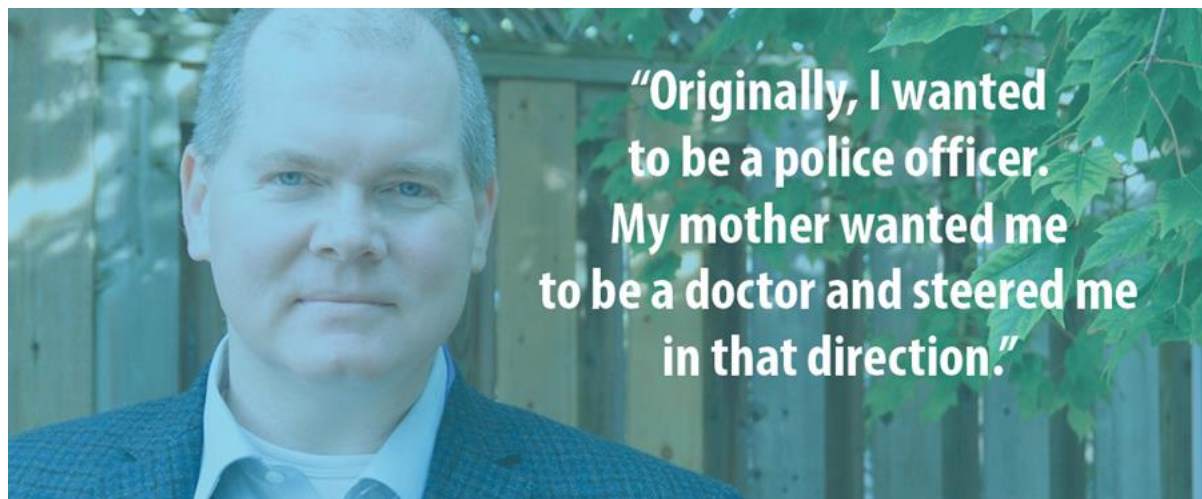


## A Little More Time...

### *The gift of two more years*

Raised in Germany, and losing her brother and giving birth to her son during the second World War, Dorothea had known some trying times. She had been through war, poverty, and the loss of loved ones. When she finally immigrated to Kitchener in 1953, she had few possessions but she had a smile on her face that was constant up until the day she died.

[Read more here.](#)



“Behind the people who make health possible”

### Relentless Determination

Every day, thousands of people work behind the scenes across Waterloo Wellington with the ultimate goal of making it easy for you to be healthy, and to get the care and support you need. These nurses, doctors, therapists, personal support workers, business professionals, and many others are passionately dedicated to maintaining and improving your health.

By working closely with community partners like police services, municipalities, school boards,

businesses, and associations, they aim to make our vision of Healthy People, Thriving Communities, and Bright Futures come to life.

### **Who are these people and what drives them to devote their life to your health?**

FACES of the Waterloo Wellington LHIN brings you closer to the people behind your health system – learn about their motivations, their experiences, and perhaps even more about your own health journey. Click on the image above to learn more about David and check **FACES** weekly for new stories.

For more information on the Waterloo Wellington LHIN visit our website at <http://www.waterloowellingtonlhin.on.ca/>.



### **Waterloo Wellington LHIN and CarePartners open new physiotherapy care centre in Waterloo Region**

Residents in Waterloo Wellington who have had a total joint replacement, such as hip or knee surgery, now have access to a new physiotherapy care centre in Waterloo, helping them to recover and regain mobility as quickly as possible.

On Wednesday, January 24, the Waterloo Wellington Local Health Integration Network and CarePartners celebrated the grand opening of a new physiotherapy care centre at 490 Dutton Drive in Waterloo.

The model of care supports faster recovery by

### **Waterloo Wellington LHIN hosts Critical Conversations for health professionals in Kitchener and Fergus**

On Wednesday, January 24, health professionals from Guelph-Puslinch and Wellington came together to listen to experts and discuss problem-solving strategies around addiction.

The roots of addiction, addiction management in primary care, and treatment resources were topics discussed amongst the participants in attendance.

Critical Conversations, accredited by the Royal College of Physicians and Surgeons Canada and by the Ontario College of Family



having patients receive services in the community alongside others recovering from similar procedures.

[Read more here.](#)

Physicians, is in its third year and brings together health professionals from across Waterloo Wellington to identify opportunities to make it easier for clinicians to support their patients.

[Read more here.](#)



#### **Guelph General Hospital looking for patients to join Advisory Council**

In an effort to improve the patient experience, the Guelph General Hospital is looking for patients to join a new advisory council called The Patient and Family Advisory Council.

Members of the council will provide lived experience and offer suggestions on how to improve things at the hospital. Some items they may weigh in on are parking, food, signage, waiting rooms, patient feedback, and patient education.

[Read more here.](#)

#### **The Ministry of Health and Long-Term Care says failure is an option with smoking cessation**

A new campaign launched by the Ministry of Health and Long-Term Care (MOHLTC) highlights the inevitability of failing in quitting smoking.

On average, it takes approximately 30 attempts to quit smoking - failure is part of the process. The MOHLTC wants people not to be discouraged by this and to keep going.

[Read more here.](#)

[Click here for video](#)

# Wellbeing Waterloo Region

A community where no one is left behind

WWLHIN

Have you heard about Wellbeing Waterloo Region? It's a community initiative of participating citizens and organizations working to improve the wellbeing of local residents. Since 2016, the Waterloo Wellington Local Health Integration Network has helped lead a coalition of community partners working together to address the complex issues affecting the wellbeing of the community.

If you live in Waterloo Region and feel safe, healthy, and connected to the community, you are likely aware that not everyone enjoys the same economic security, good health, and opportunities to be involved. Or, you may be among those who are unable to enjoy the wellbeing and quality of life that your neighbours delight in. Whatever your experience living in Waterloo Region, it is the collective wellbeing of all individuals who live here that affects the overall wellbeing of our community.

Many of the challenges that affect the health of residents and the community are complex and require a coordinated, collective effort to bring about lasting positive change. Wellbeing Waterloo Region has identified several goals (also referred to as "big ideas") to help address local challenges. Together, the partnership is tackling these big ideas:

- Affordable Housing: Everyone has a place to call home.
- Healthy Children and Youth: All children and youth have the foundation they need to thrive and reach their potential.
- Social Inclusion: Welcoming communities embrace diversity, reduce social isolation, and enable everyone to belong.

Wellbeing Waterloo Region has a vision of working together to enhance wellbeing in our community so everyone thrives, and no one is left behind. More information about the membership, goals, and accomplishments of Wellbeing Waterloo Region is available on their website: [www.wellbeingwaterloo.ca](http://www.wellbeingwaterloo.ca). If you are interested in getting involved, please email [jenny.flaglergeorge@lhins.on.ca](mailto:jenny.flaglergeorge@lhins.on.ca).

We want to hear from you! As a recipient of the Waterloo Wellington LHIN newsletter, your opinion will help shape what we publish each month. Click below to fill out a quick survey.

## Partner News

**Ontario Palliative Care Network** - [Ontario Palliative Care Action Plan 2017-2020](#)

**Grand River Hospital** - [Alternatives for patients with less urgent needs.](#)

**Temporary Drop-in Shelter in Downtown Kitchener** [Expected to Open Soon](#)

**House of Friendship** - [February Potato Blitz around the corner!](#)

**OHIP NEWS** - [Free prescription medications for everyone under 24](#)

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**Waterloo Wellington CMHA** [launches Here4Kids](#)

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