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## WFMP May 2026 Newsletter

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### Wetaskiwin Family Medical Practice

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#### Happy May!

As you have likely seen on our social media pages, we are very excited to be adding to the services available at WFMP!

WFMP's Senior & Palliative Care Program has started, and Deanna is very excited to help both patients and caretakers navigate through their care journeys.

Additionally, WFMP's Adult & Family Counselling Program will be starting in the beginning of May! We are so excited for Sawyer to join our team!

If you think that either of these programs can help you or your situation, please talk to your family physician for a referral today! We hope that these programs will add to what WFMP can help you and/or your family with.

- WFMP

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#### WFMP Caring Corner – Senior & Palliative Care

The common misconception about Advance Care Planning and Goals of Care Designations is that they are documents about dying. They are in fact tools for living. These tools help you stay in control, reduce stress, and support your loved ones if something unexpected happens to you.

Advance Care Planning focuses on reflection and conversation. You are reflecting on your values, discussing your preferences with loved ones, deciding what matters most to you, and learning about your health from your health care providers.

Planning your future care does not have to be scary. A few simple steps make a big difference. Want some help with these steps? Book an appointment with Deanna and enjoy peace of mind knowing your future health care is planned.

With Care,

Deanna, RN.

#### Upcoming Events

##### All of May

Mental Health Awareness

##### May 1<sup>st</sup>

June Schedules for Dr. Schlenther, Dr. Brand & Dr. Jeffery open.

##### May 1<sup>st</sup>

National Physician's Day

##### May 6<sup>th</sup>

Nurse Appreciation Day

##### May 10<sup>th</sup>

Mother's Day

##### May 15<sup>th</sup>

June Schedules for Dr. Hendriks, Dr. de Wet, Dr. van der Walt, Dr. Stassen, Dr. Lee, Dr. Berry & Dr. Hicks open.

##### May 18<sup>th</sup>

Victoria Day (WFMP Closed)

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#### Staff Birthdays

Please join us in wishing the following a happy birthday in May:

- Cheryl
- Corry
- Alana

May 2026

To keep up to date with WFMP, follow us on Facebook & Instagram!  
Facebook: [Wetaskiwin Family Medical Practice](https://www.facebook.com/WetaskiwinFamilyMedicalPractice)  
Instagram: [wetaskiwinfamilymedical](https://www.instagram.com/wetaskiwinfamilymedical)

## WFMP May 2026 Newsletter



### Caring to Share May: Mental Health Awareness Month

May is recognized as Mental Health Awareness Month, a time to raise awareness, reduce stigma, and remind people that mental health is just as important as physical health.

Mental health affects how we think, feel, and act. It also plays a role in how we handle stress, relate to others, and make everyday decisions. Everyone has mental health, and it can change over time depending on life circumstances.

#### Why Mental Health Awareness Matters

Many people struggle with mental health challenges such as anxiety, depression, or burnout. However, stigma and misunderstanding can make it harder for individuals to seek help. Mental Health Awareness Month encourages open conversations and helps people feel less alone.

#### Signs to Watch For

It's important to recognize when you or someone you care about may need support. Some common signs include:

*Feeling sad, anxious, or overwhelmed for long periods*  
*Changes in sleep or appetite*  
*Loss of interest in activities you once enjoyed*  
*Difficulty concentrating*  
*Withdrawing from friends or family*

If you notice these signs, it may be time to reach out for help.

#### Simple daily habits can make a big difference:

*Stay connected with friends and family*  
*Get regular physical activity*  
*Practice mindfulness or relaxation techniques*  
*Set realistic goals and take breaks when needed*  
*Talk to someone you trust about how you're feeling*

If you are struggling, know that support is available. Speaking with a healthcare provider, counselor, or mental health professional can help you find the right resources and treatment.

Mental Health Awareness Month is a reminder that you are not alone. Taking care of your mental health is an important part of overall well-being, and reaching out for help is a sign of strength.

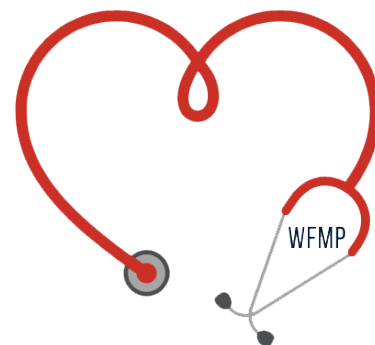
#### Fun Fact

Every minute the human body sheds over 30,000 dead skin cells.

Sign up for the WFMP Newsletter to have it delivered to your email every month! Use the QR Code to the Right!



To keep up to date with WFMP, follow us on Facebook & Instagram!  
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**WETASKIWIN**  
FAMILY MEDICAL PRACTICE

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## WFMP on Social Media

Keep up to date with WFMP!



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