

WFMP May 2025 Newsletter

Wetaskiwin Family Medical Practice

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May already?

Again, thank you all so much for the awesome comments about The Community Wellness and Youth Mental Health Programs. These programs are based out of the Wellness Office, which is in the Family Pharmacy Building. If you are interested in either of these programs, we do take self-referrals. Please see our website for more information.

May 1st brings Doctor's Day, in which we at WFMP show our appreciation to the fantastic Doctors who we have the privilege of working with. We are very lucky to have such an awesome group of doctors that call WFMP home base.

Thank you so much for reading the WFMP Newsletter and staying connected with WFMP. If you would like a virtual copy of this Newsletter each month, don't forget to sign up at wfmp.ca/connect.

Enjoy the weather!
- WFMP

WFMP Community Wellness Corner

One aspect of the Community Wellness program is goal setting. This is important because it provides direction, focus, and motivation, helping individuals that go through the program achieve their desired outcomes and track their progress.

By setting clear and measurable goals together, we can manage your time and resources effectively, leading to greater success and satisfaction. By working with myself, you have the support not only to set goals, but to achieve them.

I look forward to hearing from you.
Kandis, Community Wellness Navigator

WFMP Referral Corner

There are many changes in the works for Referrals in Alberta. AHS is still working to try and reduce wait times for specialty care with new programs, services and better use of hospitals. We are working very hard to make sure that we are up to date with all the new information and programs so that you will have the shortest wait possible.

This means that you may be offered surgery, should you need it, at a companion hospital. For example, Specialists from Red Deer do surgeries in surrounding communities that results in a shorter wait. Let your specialist know if you are willing to travel a bit and you may get your procedure done faster. This is one way that wait times are being shortened.

As always, call Linda or myself in the Referral Department and we will be happy to help with any questions you may have.

Best wishes,
Louise

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



Upcoming Events

All of May

MS Awareness Month

Mental Health Awareness Month

May 1st

June Schedules open for
Dr. van den Berg, Dr. Schlenther,
Dr. Brand & Dr. Jeffery

May 5th

Red Dress Day

May 15th

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

May 26th – May 30th

Rural Alberta Health Week

Staff Birthdays

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

- Cheryl
- Corry
- Alana

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Caring to Share Corner Understanding MS

May is MS Awareness Month, a time to shine a light on multiple sclerosis (MS) and support the millions of people around the world living with this condition.

MS is a chronic disease that affects the central nervous system, especially the brain and spinal cord. It can cause symptoms like fatigue, numbness, trouble walking, and vision problems. MS is different for everyone, and symptoms can come and go or gradually get worse over time.

During MS Awareness Month in May, we focus on:

Raising awareness – Many people don't know much about MS. Sharing facts and stories helps others understand the challenges people with MS face.

Showing support – Whether it's wearing orange, reaching out to someone with MS, or joining an event, small actions can make a big difference.

Encouraging research – Donations and fundraising help scientists find better treatments—and hopefully one day, a cure.

You can be part of this important month by learning more about MS, spreading awareness on social media, and supporting organizations that help those affected.

Let's use May to educate, support, and inspire hope for everyone living with MS.

Fun Fact

"Forty" is the only number that is spelt with letters arranged in alphabetical order.

Please take a look at our Online Newsletter with the QR Code to the Right.



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WFMP on Social Media

Keep up to date with WFMP!



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