



Wetaskiwin Family Medical Practice

Issue 5

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Why is my Doctor not at the office every day?

Good Question...

Each Doctor at Wetaskiwin Family Medical Practice does approximately 5—24 hour calls at the Emergency Department of the Wetaskiwin Hospital each month. They also do Inpatient rounds each day as well as Long Term Care rounds weekly or monthly. Being available to answer questions from each nursing unit, homecare, other physicians and pharmacies regarding patients is another time consuming duty for the doctors at WFMP.

Many Physicians in Wetaskiwin during the past several years have “given up” their Emergency Privileges which means that the Doctors who continue to work in ER have been called upon more often.

Each Doctor in Alberta is required to maintain their skills by earning credits through Continuing Medical Education each year. These courses are offered at different times through the weeks, months, and year.

As you can see there is an enormous amount of work that goes into providing your healthcare. The Doctors at Wetaskiwin Family Medical Practice are dedicated to providing complete medical care to you and your family as our clinic is often the first stop in your healthcare journey.

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Did you know?

- Staff will be donating money to wear jeans on “Pink Shirt Day”.
- WFMP routinely donates Baby Formula to the Wetaskiwin and Millet Food Banks.
- 500-600 Referrals to Specialists are done each month at WFMP.

Office Closure

The office will be closed on the following days:

- February 18, 2013 for Family Day
- March 29, 2013 for Good Friday
- April 1, 2013 for Easter Monday
- May 20, 2013 for Victoria Day



Pink Shirt Day

Wetaskiwin Family Medical Practice is supporting “Pink Shirt Day” to stop Bullying. We are selling pink wristbands for a minimum donation of \$2.00. We will also be serving pink cupcakes and refreshments at the office Wednesday February 27, 2013. All money donated will be given to the Wetaskiwin Boys and Girls Club.

Come out and support a GREAT cause!



New Year's Resolutions

The New Year is a time to reflect on where we are in our life and the changes we want or need to make. A New Year's Resolution is a commitment that a person makes to help make these changes. Generally, people plan to keep the commitment for the whole year. Unfortunately, too often, the hectic pace of our lifestyles takes over and we fall back into old habits and patterns.

A 2007 study by R. Wiseman showed that 88% of those who set New Year's Resolutions failed. What can we do to have more success in 2013? Research supports that one way to change or start new behaviors is by setting **SMART** goals.

For example, let's say you want to become more active. Instead of making the resolution "exercise more", let's make a **SMART** goal:

Specific: I will walk 2 times per week at lunch for 15 minutes. I will work up to 30 minutes 5 times per week.

Measurable: I will record the distance that I go (number of blocks).

Achievable: Yes it is achievable. I am currently walking for 10 minutes and haven't tried to increase it or challenge myself.

Rewarding: I will have more energy in the last 1/2 of my workday and when I go home to my children. I will improve my physical health.

Timeframe: I will start on Monday, do this for 2 weeks and then re-evaluate to see if I can increase.

As you can see **SMART** goals set the foundation for action and change. Whatever your resolution is: lose weight, get fit, quit smoking, get out of debt, or be more organized, it can be achieved by thoughtful planning and goal setting for success. To quote renowned philanthropist Elbert Hubbard: "Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organized their energies around a goal."

Happy New Year to you and may your 2013 plan(s) come true.

Cheryl Dechaine, RN

Patient Responsibility

The staff at Wetaskiwin Family Medical Practice work hard to help and accommodate all of our patients. There are a couple things that **YOU** can do to make this easier:

- Because our doctors are booking at least 2 weeks in advance we suggest that you stay in communication with your pharmacy so you know when you will be needing an appointment to refill your medications. Please do not wait until you have one or two pills left.
- If you know that you will be needing a follow up appointment for the next month mark your calendars on the 15th to phone in so we can arrange that appointment for you.

