
WFMP December 2025 Newsletter

Wetaskiwin Family Medical Practice

5107 50 Street, Wetaskiwin AB. T9A 1K1

www.wfmp.ca T: 780-352-3010

As we announced on Facebook in late November, WFMP applied for and received two grants from the Alberta Government, so we will be bringing a nurse who will do Geriatrics and Palliative Care as well as a Psychologist or Mental Health Worker who will work with adults and parents.

Additionally, please be aware that our exercise programs are running until the end of December – 5:30 & 6:30 PM Mondays at the Manluk Centre and at 9:30 AM every Thursday at Co-Op Place.

Thank you all so much for the support of our programs and initiatives we are bringing to WFMP!

- WFMP

WFMP Community Wellness Corner

With the holiday season just around the corner, I think it is important to talk about the stress this time of year can bring. For many the holidays are a time of joy and happiness, for others it can negatively impact mental health due to increased stress, anxiety, and financial pressures. The Community Wellness Program is designed to help provide connection and resources to help remove some of the pressure during the holiday and throughout the year. If you are struggling this holiday season, consider giving yourself the gift of support and contact the CWN program today.

Kandis, Community Wellness Navigator

WFMP Referral Corner

The eReferral project that we are participating in has been going extremely well. We now submit many of our referrals directly to NetCare from your chart instead of faxing or phoning. We get instant confirmation that it was received so it makes tracking your referral much easier. Hopefully, this becomes the standard for all referrals in the province soon! It is hard to believe how much has changed in the past year regarding how referrals are done and we will continue to keep you up to date with all of the changes.

It is extremely important, now more than ever, that you keep your contact information current including an email address as some specialists will not accept referrals if you do not provide an email address. With the ongoing labour issues at Canada Post, many specialist offices do not feel they can rely on the mail to get you the information that you need.

As always, please call if you have any questions about your referral and we will be happy to help.

Louise,
Referral Manager - WFMP

To keep up to date with WFMP, follow us on Facebook & Instagram!
Facebook: Wetaskiwin Family Medical Practice
Instagram: wetaskiwinfamilymedical



Upcoming Events

All of December

Season of Giving

December 1st

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

December 15th

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

December 24th

Christmas Eve (WFMP Closed)

December 25th

Christmas Day (WFMP Closed)

December 26th

Boxing Day (WFMP Closed)

December 31st

New Year's Eve (WFMP Closed)

January 1st

New Year's Day (WFMP Closed)

Staff Birthdays

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

- Dr. Hicks
- Holly
- Lisa

December 2025

WFMP December 2025 Newsletter



Caring to Share Corner December – The Season of Giving

There's something special about December. As the year wraps up, the world seems to slow down just enough for us to look around and appreciate what truly matters. Lights go up, gatherings grow warmer, and a sense of kindness fills the air. It's no wonder people call December the season of giving.

Giving doesn't always mean buying big gifts. Sometimes the most meaningful things are simple—sharing time with someone who needs company, lending a hand to a neighbour, or offering a kind word that brightens someone's day. These small acts can create a ripple effect, spreading warmth far beyond what we can see.

It's also a great time to give back to our communities. Many charities rely on holiday donations and volunteers to support families who may be struggling. Whether it's donating food, winter clothing, or a few hours of your time, every bit helps.

The beautiful part about giving is that it connects us. It reminds us that we're part of something bigger and that even small gestures can make the world feel a little brighter.

As we step into December, let's embrace the spirit of generosity. Let's show kindness, lift each other up, and make this season a time of hope and warmth for everyone.

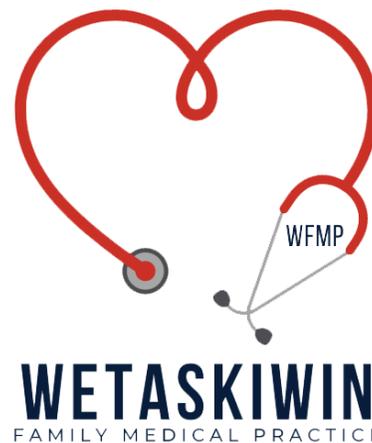
Fun Fact

Our brains are made up of about 75% water, which is one of the reasons that dehydration can lead to headaches, weariness, and decreased mental capacity.

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



To keep up to date with WFMP, follow us on Facebook & Instagram!
Facebook: [Wetaskiwin Family Medical Practice](#)
Instagram: [wetaskiwinfamilymedical](#)



Upcoming Events

All of December

Season of Giving

December 1st

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

December 15th

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

December 24th

Christmas Eve (WFMP Closed)

December 25th

Christmas Day (WFMP Closed)

December 26th

Boxing Day (WFMP Closed)

December 31st

New Year's Eve (WFMP Closed)

January 1st

New Year's Day (WFMP Closed)

WFMP on Social Media

Keep up to date with WFMP!



Wetaskiwin Family
Medical Practice



[Wetaskiwinfamilymedical](#)

December 2025