



Kawartha Lakes

ONTARIO HEALTH TEAM

Connecting local care

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Welcome to our Spring newsletter for the Kawartha Lakes Ontario Health Team! We recently wrapped up our public survey and focus groups and in this edition we share some initial feedback we received about what matters most with your healthcare in Kawartha Lakes. We also provide an update on the rollout of Online Appointment Booking, as well as introduce some new members to our KL-OHT team.

Read on to learn more about some of our key projects that support our mission of connecting local care in Kawartha Lakes!

Kawartha Lakes OHT is Growing!

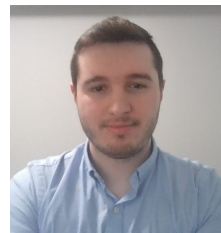
We recently welcomed Christine Keenan as the new Virtual Wellness Connection Coordinator. Christine will be responsible for providing virtual care navigation for the patients/clients participating in the [Virtual Wellness Connection program](#) as well as increasing the overall capacity for delivery of virtual programming across the KL-OHT region. You can learn more about Christine on our [website](#).

We also welcomed Raymond Dolch to the Kawartha Lakes Ontario Health Team. Ray is the Digital Health Project Manager for KL-OHT and an Integrated Care Manager with the eHealth Centre of Excellence. He is working with the KL-OHT to create a roadmap for our digital health journey. You can learn more about Ray on our [website](#).

Please join us in Welcoming Christine and Ray to the team!



Christine Keenan
Virtual Wellness
Connection
Coordinator



Raymond Dolch
Digital Health Project
Manager



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Get Involved!

Do you want to help shape the future of local healthcare in Kawartha Lakes? Consider joining us as a Patient/Client Partner!

This is an opportunity for patients, clients, caregivers and family members to volunteer with the KL-OHT on committees and working groups. You will be able to share your feedback and experiences using our healthcare system and provide input on the future of healthcare in our community.

Visit our [website](#) to learn more about becoming a [Patient/Client Partner!](#)

Community Engagement

As we continue on our journey of connecting local care in Kawartha Lakes, we recognize the importance of listening to the community to understand issues and concerns, as well as to collect feedback on how we can support residents to live their healthiest possible lives.

We recently wrapped up our public survey and focus groups, and we would like to extend a huge thank you to everyone that took the time to share their thoughts and feedback. We received invaluable information from the community on what healthcare issues matters most to residents in Kawartha Lakes.

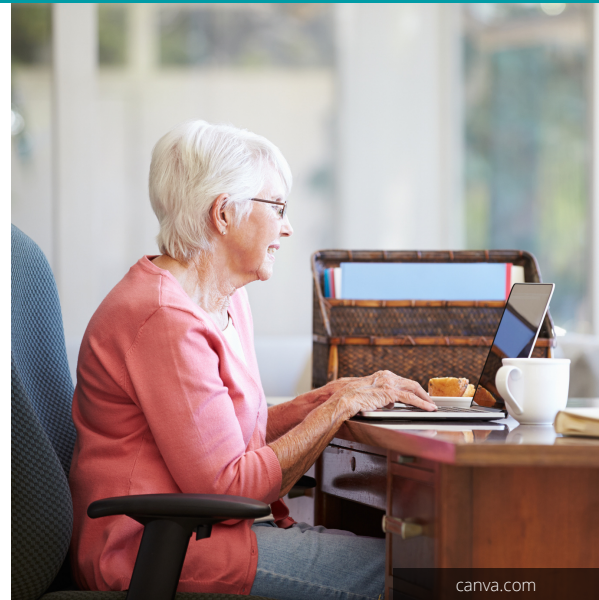
The survey gave the community an opportunity to provide feedback on what they think the top three priorities of the KL-OHT should be over the coming years. The majority of respondents agreed that we should work to make sure everyone has a doctor or nurse practitioner, help older adults stay healthy at home, and help people get Mental Health services.

For those that don't yet have a family doctor or nurse practitioner, you can have a look at the guidance posted on our website on how to [register through Healthcare Connect](#).



LEARN MORE

We have lots more information to share over the coming months and we will be publishing a report and a plan of action to address the findings from our surveys and focus groups. Make sure you are following us on social media and are signed up to receive our newsletter so you don't miss any updates.



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Online Appointment Booking

Kawartha Lakes Ontario Health Team and its members have teamed up to provide online appointment booking for our community. Several health care provider locations in our community have begun piloting this initiative, with more coming online in the coming months. We look forward to sharing the successes of this initial rollout and will soon provide more information about how you can make use of online appointment booking with your providers.

Registered patients of participating providers will be eligible for online appointment booking. This means eligible patients will have the option to create, reschedule or cancel appointments online instead of calling their provider's office. This is being introduced as an optional service for existing patients, and there will always be the option to book appointments by telephone. Be sure you're following us on social media and are signed up to receive our newsletter to stay up to date.

www.kawarthalakesoht.ca

info@kawarthalakesoht.ca





Nutrition Month 2022

Did you know that March is Nutrition Month? Beginning back in the 1970s, Nutrition Month has evolved into a national effort to raise awareness about the importance healthy eating, with focuses on food, nutrition, and the important role dietitians play.

The theme for Nutrition Month this year is *Ingredients for a healthier tomorrow*, which aims to bring awareness about creating a sustainable food system in Canada. This includes recognizing the effects food insecurity has on the health of communities and promoting food literacy to help people make informed food decisions. Be sure to check out www.nutritionmonth2022.ca for more information.

Check out our website to learn more about how our [Virtual Wellness Connection program](#) is supporting our priority population in making healthy nutritional choices.

A note from our Executive Director

Happy Spring! I would first like to express my most sincere gratitude to the community members and health service providers that participated in our survey and focus groups over the past three months. While Omicron prevented us from being able to meet in person, the discussion was rich and valuable. This was the first step in our journey to better understand the concerns of community members and health service providers. Our KL-OHT is busy sorting through the rich information and we will be sure to include it in subsequent dialogue and reports back to the community.

A further note of acknowledgement for the health and social service providers in our community as they endured another wave of COVID since our last publication of this newsletter. Your tireless dedication to the clients, patients, residents, and families you support has not gone unnoticed – we heard many accolades during our engagement sessions to this effect. It is my hope that the opportunity to welcome the brighter days of Spring – the buds and the birds (not the bugs) brings you all some much needed solace and rejuvenation.

I look forward to seeing more of our community members and service providers in the weeks and months ahead as we continue our journey of 'Connecting Local Care' together. All the best to you and your families.

-Stephanie

