

WFMP September Newsletter

Wetaskiwin Family Medical Practice

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Dear Reader:

Happy Fall Y'all

We hope that you are enjoying the change from Summer into Fall. Always sad to see Summer go as we wait for the beautiful colors to come!

WFMP is participating in the Terry Fox Run this month, which we are doing for a second consecutive year. It's a great time to get out as a group and raise money for an amazing cause! If you wish to donate to team WFMP, please check out WFMP's social media page. We will be taking pictures of our walk and posting to our social media page.

Stay well!
- WFMP

WFMP Community Wellness Corner

September 10 is World Suicide Prevention Day. Depression and other mental health concerns are associated with Suicide.

Suicide is a difficult topic to discuss but seeking support and help for yourself or for those we love is the first step. If you or someone you know is at risk of suicide or have been impacted by suicide, please know there is help available. Speak to your Doctor, a mental health professional, a trusted family member, the crisis line 911 or go to your local Emergency Dept. Don't suffer in silence.

Until Next Month,
Kandis, Community Wellness Navigator

WFMP Referral Corner

Last month we talked about the steps that are taken when you are referred to a specialist. This month we will explore how Referral Coordinators at WFMP track your referrals using a program called Referral Management.

If your referral is faxed to a specialist's office, we ask the specialist's office to notify us that they have received the referral and whether they will accept it and how you will be notified of your appointment. If we have not heard back from the specialist's office in a timely manner, we contact their office. Some referrals are submitted through NetCare, which is a Province wide electronic health record that can be accessed by other Doctors in the Province. If you end up in an emergency department away from your home, your referral can be seen by the treating physician which may help them provide better care for you.

Next month we will talk about how it is decided which specialist you will see.

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 September

International Pain Awareness Month

September 2nd

Labour Day (WFMP Closed)

September 10th

World Suicide Prevention Day

September 15th

Terry Fox Run

September 30th

National Day for Truth & Reconciliation

Staff Birthdays

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

- Dr. Schlenther

September 2024

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Caring to Share Corner
Pain Awareness Month

September is Pain Awareness Month, a time dedicated to raising awareness about the challenges faced by people living with chronic pain. Pain is something everyone experiences at some point, but for millions, it's a daily struggle that affects their quality of life.

Chronic pain is pain that lasts for more than three months. It can be caused by various conditions like arthritis, back problems, or nerve damage. Unlike acute pain, which goes away after healing, chronic pain lingers and can be hard to treat.

Pain Awareness Month helps to shed light on the impact of chronic pain. Many people who suffer from chronic pain feel embarrassed, misunderstood or ignored. By talking about it, we can help others understand what it's like to live with pain every day.

This month is also about supporting those in pain. We encourage people to seek help, whether through doctors, therapists, or support groups. There are many ways to manage pain, and it's important to find what works best for each individual.

How You Can Help

Here are a few simple ways you can make a difference during Pain Awareness Month:

Educate Yourself: Learn about chronic pain and its effects on people's lives. The more you know, the better you can support those who suffer from it.

Listen: If someone you know is dealing with chronic pain, be there for them. Sometimes, just listening can make a big difference.

Share Information: Spread awareness by sharing articles, stories, or facts about chronic pain on social media. The more people who understand, the better.

Support Research: Consider donating to organizations that fund research on chronic pain. Advances in medicine and treatment can help improve the lives of those affected.

Pain Awareness Month is a time to recognize the struggles of those living with chronic pain and to support them in any way we can. By raising awareness, we can help create a more understanding and compassionate world for everyone.

Remember, even small actions can make a big difference. Whether it's learning more about chronic pain or simply being there for someone in need, your support matters.

Fun Fact

Blood donors in Sweden get a thank you text when their blood is used.

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



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WFMP on social media

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