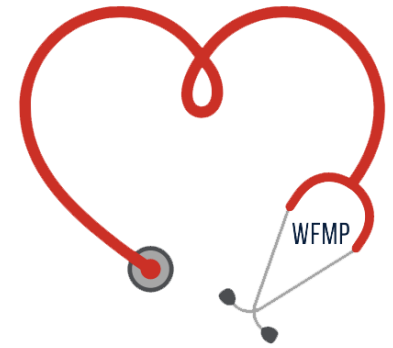


## WFMP December Newsletter

### Wetaskiwin Family Medical Practice

5107 50 Street, Wetaskiwin AB. T9A 1K1

[www.wfmp.ca](http://www.wfmp.ca) T: 780-352-3010



**WETASKIWIN**  
FAMILY MEDICAL PRACTICE

#### Happy Holidays:

With the year coming to a close, we would like to thank you for your patience and understanding. We know that getting an appointment at the office is not easy. As the government is reorganizing healthcare in our province, it is important that you keep up to date with what is happening. We don't know much about what will happen, but we certainly are hoping for more primary care providers to be able to serve our community. Healthcare is so important to all of us, stay in touch by reading the article called Refocusing Health Care in Alberta on Alberta.ca.

WFMP is participating in the Festival of Trees at Manluk Centre - go see our Grinchmas Tree as well as all the other business and service groups who donate their time to make this festival happen. Don't forget to vote on your favorite tree, as voting closes on December 20<sup>th</sup> this year.

Thank you for reading the WFMP Newsletter, it's a great way to keep up to date with what is going on at WFMP!

Until Next Year!  
- WFMP

### WFMP Community Wellness Corner

The holiday season can be hard for many people. This is especially true if finances are tight. There are many wonderful community programs that assist with this. There are also many free, fun family activities happening in Wetaskiwin. Finding opportunities to enjoy these with friends and family is a great way to find joy in the holidays without breaking the bank. We are also heading into the New Year and perhaps an awesome resolution might be to find strategies to lessen hardships in the coming year. Schedule an appointment with me to find out how.

Wishing you and yours the best of the season,  
Kandis, Community Wellness Navigator

### WFMP Referral Corner

Recently you may have seen a news report about some Referrals being lost in the ConnectCare system. ConnectCare is the Electronic Medical Record that is used by Alberta Health Services in Hospitals and other AHS locations. Doctors' offices and many other Health care providers do not use ConnectCare. If you were seen by a Doctor in a Hospital, perhaps in the Emergency Department or you were an Inpatient, your referral may have been submitted through ConnectCare. If your referral is one of the affected ones, you will receive a letter from AHS explaining what happened and the next steps to take.

If you have any questions or concerns about any referral, please reach out to the Referral Department at WFMP and we will find the answers for you. Our job here at WFMP is to make sure that your referral is sent to the correct Specialist in a way in which they can receive it and we follow-up with every referral to make sure it was received by the specialist.

Best Wishes this Season from the Referral Department at WFMP

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

### Upcoming Events

#### December 20th

Last day of voting for the Festival of Trees at the Wetaskiwin Manluk Centre

#### December 24<sup>h</sup>

Christmas Eve (WFMP Closed)

#### December 25<sup>h</sup>

Christmas Day (WFMP Closed)

#### December 26th

Boxing Day (WFMP Closed)

#### December 31st

New Years Eve (WFMP Closed)

#### January 1st

New Years Day (WFMP Closed)

### Staff Birthdays

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

- Holly
- Lisa

December 2024

## WFMP December Newsletter



### Caring to Share Corner Christmas: A Season of Giving

Christmas is one of the most magical times of the year. Everywhere you go, there are lights, decorations, and the sound of cheerful holiday music. Families gather, friends exchange gifts, and people seem to smile more. But Christmas isn't just about the presents or the big meals—it's also about giving.

During the Christmas season, we celebrate love, kindness, and togetherness. It's a time when people look for ways to bring joy to others. This might mean giving gifts, baking cookies for neighbors, shoveling someone's walk or even just spending time with someone who might feel lonely.

One of the most famous stories about giving at Christmas is about Santa Claus. He works hard to deliver gifts to kids all around the world. But the real magic of Christmas isn't just about what we get—it's about the joy of giving to others.

Giving makes people happy, both the giver and the receiver. When you help someone, it shows you care about them. It doesn't always have to be a big gift. Sometimes, a kind word, a warm hug, or a handmade card can mean even more than something expensive.

Christmas reminds us that we're all connected. Helping others, especially those in need, makes our world a better place. Many people volunteer at soup kitchens, donate toys, or give to charity during the holidays. These small acts of kindness make a big difference.

Here are some simple ways to spread Christmas cheer this year:

**Make something special:** Write a card or make a craft for someone you care about.

**Help someone in need:** Donate old toys or clothes to a local charity.

**Give your time:** Spend time with family, visit a neighbor, or volunteer in your community.

**Share kindness:** Smile at people, say "thank you," or do something nice for someone just because you can.

At the heart of Christmas is love. The gifts we give, the time we share, and the kindness we show all come from love. This season, remember that the best gifts don't come wrapped in paper—they come from the heart.

So, as you enjoy the lights, music, and treats this holiday season, think about how you can spread joy to others. After all, the spirit of Christmas lives in giving.

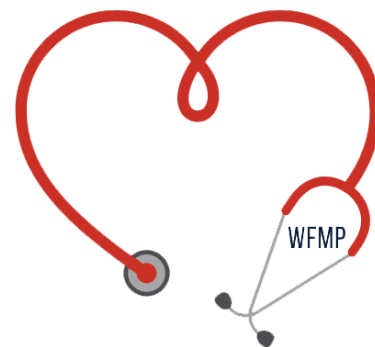
### Fun Fact

No two snowflakes are exactly alike.

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



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



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## WFMP on Social Media

Keep up to date with WFMP!



Wetaskiwin Family  
Medical Practice



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December 2024