



DORSET COMMUNITY HEALTH HUB

The Dorset Community Partnership Fund & The Dorset Hub Advisory Committee, Community Health Care Hub Fourth Annual Update, November 2019

Bringing Preventative & Primary Health Care To Our Community
Proudly Serving Muskoka & Haliburton

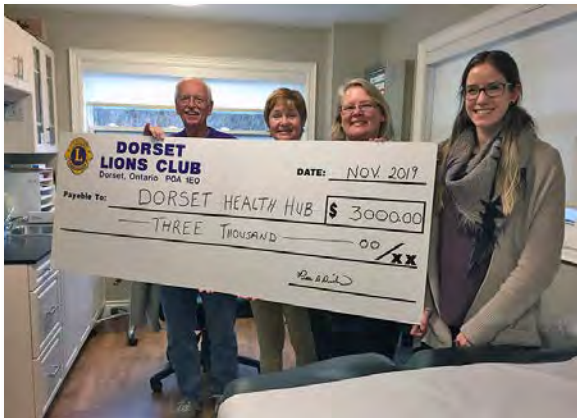
The Dorset Community Partnership Fund & the Dorset Hub Advisory Committee are pleased to bring you the **4th Health Care Hub Annual Update**.

Our patients and their caregivers tell the story so much better than we can. Our professional team is dedicated to providing accessible primary and preventative health care to our community with a focus on those most in need.

What does the Hub mean to our community?

It means reliable and secure support to community seniors and a number of families who have registered with the Hub Team in the past 4 years. It means connecting our patients to discreet mental health services, access to community social services, providing medications in emergencies and addressing the social determinants of health. Our patient load averages 500

to 600 registered patients and the Hub has over 2,000 visits a year. Our patient load is dominated by a mix of complex and chronic patients and our new intakes often have not seen a primary care provider on a regular basis in a number of years due to access issues. The Hub means for many community members what really matters in any small community - that feeling that you are cared for and you matter!



The programs and education sessions focus on prevention of chronic diseases and provide education on how to manage chronic disease with lifestyle changes. All the programs and education classes have had great attendance, feedback and results. These programs are planned, advertised

and coordinated by the Dorset Health Hub staff and run by the Algonquin Family Health Team registered nurses and registered dietitians. The **Diabetes Prevention Program** has been offered twice in 2019 for two twenty week sessions. The program focuses on lifestyle changes and weight loss to help prevent the development of Type II diabetes as well as reversing pre-diabetes. The "**How to Lower Your Cholesterol With Diet**" education session is 1 hour in length & has run three times in 2019. It focuses on learning about cholesterol and natural ways to lower cholesterol with diet to help prevent heart disease and stroke. The "**Understanding Pre Diabetes**" education session is 1 hour in length has been offered twice in 2019, it focuses on understanding pre diabetes & learning ways to change lifestyle thereby preventing the development of progressing to Type II diabetes.

We offer a number of services throughout the year such as flu shot clinics, immunization days, emergency food bag & food gift card programs and home monitoring/lending program (blood pressure kits). We offer lab services to registered patients following our lab upgrade. We also offer foot care services every 6 weeks at the Hub. The summer program is provided by the DCPF and consists of extended weekday hours and an extra nurse practitioner on Fridays and Saturdays during July and August to see cottagers and visitors to the area. The regular nurse practitioner still works during the week to see all registered patients, where the extra summer nurse practitioner is focused on the large influx of seasonal visitors to the area. The summer nurse practitioner can only see cottagers and visitors for episodic illnesses (bladder infections, ear infections, rashes, bug bites etc) meaning things that can be treated and managed in one visit, the nurse practitioner cannot see cottagers for chronic diseases. We are proud of the great strides we have made in offering community preventative programs like our diabetes prevention program and cholesterol talks. There is a lot of buzz around our newly launched Seniors Wellness Series featuring exciting topics like: arthritis, sleep, bone health and fall prevention, to mention a few. For more information visit the Hub's website at dorsethealthhub.com.

We are proud of our use of technology to improve efficiencies in our care, digital registration and tacking, digital notification of appointments and the use of the Ontario Telemedicine Network (OTN) to link with patient's specialists.

Our Professional Health Team



l - r: Tracey Stone - Admin Assistant; Laurie Highfield - NP; Lynda Turner - RPN

We are proud of the fact that Laurie Highfield, our Nurse Practitioner & Hub Team Leader, is an advisory community member for Health Quality Ontario - Hypertension Standards.

How Does the Hub Work?

The Dorset Health Hub is a community facility that focuses on primary and preventative health care. The Hub provides services to two groups of clients; registered and non-registered patients. Registered patients are full time patients with the Hub and the Hub is their sole primary care provider. These patients receive care for episodic illnesses (i.e., infections, minor

abrasions, flu, etc.), primary/preventative care, chronic disease management, referrals to specialists and health education/ programs. Moreover, the Hub helps registered patients navigate complex health and social services.

The Hub also provides some care for non-registered patients. These patients are visitors or seasonal residents who have a primary provider elsewhere. Non-registered patients can receive care for episodic illness only. Examples include: bug bites, rashes, infections, cuts, scrapes etc. This type of care is available when a non-registered patient is unable to see their family doctor or nurse practitioner. If you have a local doctor or nurse practitioner please call their office for your health care needs. The Hub cannot provide care for any ongoing or chronic issues for non-registered patients.

Please note we are not equipped to handle emergency care (ie acute chest pains, serious injuries etc). However we are able to accommodate same day or next day appointments for injuries and illness (ie eye/ear/throat infections, infected bites, UTIs, simple sutures).

Partnership

The Hub is managed as a partnership between the Algonquin Family Health Team with funds from the Ontario Ministry of Health and Long-Term Care (MOLTC) and the Dorset Community Partnership Fund, the local registered charity with a focus on the Hub. We are grateful for the collaboration with the Townships of Algonquin Highlands and Lake of Bays.

At the Hub we have always afforded opportunities for students to gain valuable knowledge. In the past year we have had two Nurse Practitioner students and two post-secondary students.

Volunteers & Donors

We want to acknowledge the countless volunteer hours offered by many individuals contributing to, hosting and funding preventative programs, fundraising activities and volunteer work for the Hub. We are grateful for the community groups like the 2019 Bigwin Gala, Dorset & Baysville Lions, Trading Bay Grouse & Trout Club, local cottage associations, the Dorset Projects Group and family foundations. Please stop by the Hub and view our wall commemorating our donors. We want to thank local businesses - too many to mention - and Huntsville contributors like Walmart and BDO. We also want to thank steadfast families and friends who have individually helped us out on an annual basis. On our commemorative wall are the posters of major theatrical productions we have done in the last year which demonstrate the level of support from local businesses and family friends.

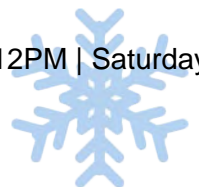
Why the Dorset Community Partnership Fund needs your ongoing support

Your support goes to the summer program so that we can offer extended hours and meet the increased demand for services in the summer. This covers the cost of a Nurse Practitioner, RPN and Administrative Assistant. We supplement the government allotment for medical supplies and equipment. For example, this year we purchased blood pressure cuffs, a home

WINTER HOURS (please call 705.766.0866 for an appointment)

Monday: 9AM - 4PM | Tuesday: 1PM - 7PM | Wednesday & Thursday: 9AM - 4PM | Friday: 9AM - 12PM | Saturday & Sunday: CLOSED

Visit dorsethealthhub.com for extended summer hours in 2020.



care kit and a stethoscope. In order to offer services as needed in the community we cover the costs of an RPN two days a week, year-round. We also support preventative programs and cost share with the AFHT. We fund a portion of our emergency medications and food programs. Our fundraising goal for 2020 is \$125,000 and we are almost halfway there. DCPF financial statements are on the Dorset website. Please consider helping out with needed programs and services in the coming year.

This summer on CBC Ontario Today a Dwight caller praised the Hub and pointed out how the Hub addressed his lack of access to primary health care.

The Health Hub is supported by the local CRA registered charity DCPF. If you would like to make a donation to the Health Hub, you can drop off a contribution cash or cheque at the Hub. For donations of \$20 or more, we can issue a tax receipt. Please make cheques payable to Dorset Community Partnership Fund (DCPF), PO Box 41, Dorset, Ontario P0A 1E0. For more information, email collinreaney@aol.com or bjtownes@vianet.ca.

Theatre Comes to Dorset - The Past Year's Fundraisers

PROFESSIONAL THEATRE RETURNS TO DORSET
presenting
 THE THEATRICAL STAGED READING
Love Letters
 OCTOBER 19 | 7:30 PM | DORSET REC CENTRE
 TICKETS \$20 EACH
 AVAILABLE AT THE DORSET REC CENTRE
 AND ROBERTSON REAL ESTATE
 LEADERSHIP
 Dorset Village Pharmacy
 Dorset Timber Mart
 Gold
 Christ Family
 Frank Hill
 All Ways Roofing & Siding Inc.
 A fundraising event for HEALTH HUB

DOT THE RUSTIC present
 AN EVENING OF CAROLLING & CHARLES DICKENS'
A CHRISTMAS CAROL
 TUESDAY DECEMBER 18, 6:30 - 8:00 PM
 AT THE DORSET RECREATION CENTRE
 TICKETS \$20 EACH - CHILDREN 12 & UNDER FREE*
 *WITH DONATION TO THE WATER PAINTING
 TICKETS CAN BE PURCHASED AT GOLDWELL BANKER IN DORSET
 LEADERSHIP SPONSORS
 Brent Ballantyne & Family
 Goring Family Foundation
 PLATINUM SPONSORS
 Lake of Bays
 Tower Hill Marine
 Greenaway
 Dorset Projects Group
 DORSET COMMUNITY HEALTH HUB
 FUNDRAISING EVENT

BILLY BISHOP GOES TO WAR
 Award Winning Canadian Musical
 Written By:
 John MacLachlan Gray in collaboration with Eric Peterson
 Directed By:
 Joan Bendon
 Featuring:
 William Colgate as Billy Bishop + 18 characters
 & Cameron Gibson as The Piano Player
SATURDAY OCTOBER 20, 2018
DORSET RECREATION CENTRE
7:30 PM (WITH 15 MINUTE INTERMISSION)
 A fundraising event in support of the
 Dorset Community Health Care Hub
 presented by DOT THE RUSTIC DORSET

