

# PMFHT Updates

## — HAPPY — Retirement

Our Nurse Practitioner Dale Rusk retired in March. Dale has been a trusted and valuable member of our family health team for over a decade. She has enjoyed a long career, delivering health care to many individuals. We are going to miss her, but wish her all the best in her retirement!

## *Please Welcome Our Newest Staff Members*

### PATRICIA POCZEKAJ

#### Nurse Practitioner

Patricia completed a Bachelor of Science in Nursing at York University in 2018 and started her career as a Registered Nurse working in the emergency department. In 2023 Patricia completed a Master of Science in Nursing degree and Primary Health Care Nurse Practitioner certification from McMaster University.

Special interest in medicine include;

Patricia chose to pursue her nurse practitioner specialty in primary care because it allows her to interact more with her patients and see them grow over the years. She enjoys working with all ages and addressing all patient concerns, but primarily enjoys women's health.

Patricia likes to spend time outdoors gardening and going for hikes with her puppy. She enjoys exploring the Niagara region and all of its scenic trails.

Currently running programs;

Well Women Program - which promotes preventative care with a focus on cervical screening. Our program also welcomes patients interested in discussing any female related concerns.

### SUSAN ROTH

#### Registered Nurse

Susan graduated from Mohawk McMaster Registered Nursing Program in 2003.

Special interest in medicine include;

Susan is interested in caring for patients across their lifespan with a special interest in healthy aging in family medicine.

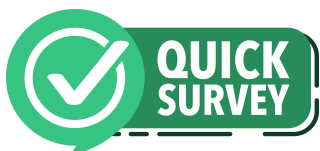
Susan lives in Niagara and enjoys spending time with her family, travelling and being on the water and kayaking.

Currently running program;

- Older Adult Care Navigation Program
- Hospital Discharge Follow-up Program

**We are working on developing a Healthy Lifestyle Weight Management program and are looking for patient feedback to ensure that the program meets the needs of our patients and community. Your opinion will help us identify any gaps.**

**<https://www.surveymonkey.com/r/YQHGSZJ>**



Visit our website [www.portagemedicalafht.ca](http://www.portagemedicalafht.ca) and follow us on social media



# WALK TALK & THERAPY

Walk and Talk Therapy is great for those who want to be physically active while also gaining benefits from psychotherapy at the same time. The focus of this counselling is not on exercise, though some may find physical benefits. Nature-lovers find this method of therapy to be particularly enjoyable, as it provides us with many opportunities for mindfulness and gratitude with the beautiful scenes occurring naturally around us. It can also be helpful for those who think best when they are on the move, as some describe experiencing more creativity flowing when engaging in physical activity. Prior to signing up for Walk and Talk Therapy, clients must be in strong physical condition; not dealing with any known disability or condition which would prevent them from participating in the 50-minute session. Clients will take full responsibility for their medical and physical well-being during the sessions.

# TRAUMA CENTRED/ TRAUMA SENSITIVE YOGA

Open to those identifying as women/female with a history of trauma.

The TCTSY methodology is based on central components of the hatha style of yoga, where participants engage in a series of physical forms and movements. Elements of standard hatha yoga are modified to maximize experiences of empowerment and to cultivate a more positive relationship to one's body. Unlike many public yoga classes, TCTSY does not use physical hands-on adjustments to influence a participant's physical form. Rather, TCTSY presents opportunities for participants to be in charge of themselves based on a felt sense of their own body.

Next Group – (Mondays)

May 27th – July 15th from 5:30-6:30

# MANAGING INSOMNIA WORKSHOP

This workshop is for people finding it difficult to fall asleep, stay asleep or wanting to improve the quality of their sleep.

You will learn proven strategies such as: Cognitive Behavioural Therapy for Insomnia (CBT-I) and sleep hygiene concepts in this group.

**TO REGISTER  
FOR ANY  
PROGRAMS OR  
FOR MORE  
INFORMATION  
PLEASE CALL  
905-354-9393  
EXT.1**

# NEED HELP FINDING YOUR WAY AROUND THE HEALTHCARE SYSTEM?



**Our Care Navigator RN is specially trained in all aspects of older adult care and well-being, and skilled in recommending resources to older adults to help them age successfully in their homes, coordinate care and problem solve challenges related to aging.**

**We are passionate about promoting the independence and autonomy of individuals – we believe that everyone should have the opportunity to live in their own home safely for as long as possible. Being able to live independently has a profound impact on our well-being, mental health, and overall quality of life.**

**We understand that many people may require some assistance or support to live independently, and we are committed to working with them to ensure they have access to the necessary resources and support to maintain their independence.**

**Our goal is to improve outcomes and experiences of the healthcare system for older adults and their care partners.**

## **Our Care Navigator can:**

- Provide patients with the support and practical assistance they need to navigate the healthcare system.
- Identify and address barriers that may prevent access to care.
- Provide education.
- Provide detailed information to aid you in getting social, community, and other support services.