

“Hub”ubaloo:

Muskoka Community Health Hubs Update

Definition: A big excitement or commotion caused by a source of awesomeness to the highest extent! (urban dictionary)

January 2016 Edition:

THE NEW YEAR IS HERE!

2016 is well underway and we are excited to update you on what has been happening at the Health Hubs. Please share our “Hub”ubaloo newsletter on your websites, message boards or post around town to help us spread the word about these great new community resources. The Hubs are available to anyone living, working, visiting or staying in Muskoka and we look forward to serving you!

Dorset Site:

- Lab services are up and running with Dynacare - lab days at the Hub are Mondays and Thursdays.
- Beginning in February there will be three free nutritional seminars “A Healthy Start: 3 Simple Core Principles of Healthy Eating” presented by a Holistic Health Coach. Call the office for details at **705-766-0866**.
- To increase community awareness relating the Dorset Health Hub and its services, staff from the Hub will be attending a seniors’ luncheon and community meeting this coming month.
- Fund raising and increasing awareness continues with the “Hang the Blue” campaign starting January 30th.
- A “Polar Plunge” sponsored by Lions/Fire Department to raise funds for the Hub will be part of the Dorset Snowball Festival (Feb 19-20).



Dorset Health Hub

Patient Testimonial: “A huge thanks goes out to all those who made the Dorset Health Hub possible!!!!”

In July 2015 we moved to the Dorset area to retire and feared not being able to find a local medical practitioner. The Dorset Health Hub has made that possible. We couldn't ask for better health care, thanks to Nurse Practitioner (NP) Candice Bray and RPN, Katie Olson. We're now able to get our prescriptions renewed, lab work done and have our annual physicals there. Their knowledge and professionalism have put us at ease. Thank you once again to those at the Dorset Health Hub for making our transition to retirement seamless. We love it there!!!!” – Lana P

Port Carling Site:

The Hub is nearing completion and plans are underway for an open house/tours – stay tuned!

- Meagin Gilchrist is the new NP for Port Carling.
- The Hub will open March 14 for patients to book appointments – call (705) 394-8535 .
- **Please Note:** The Hub will be closed March 21-28 and open again March 29.
- **Ongoing Hours of Operation will be:**

Mon-Tues: 8:30 am to 4:30 pm Wed: 1 pm to 8 pm
Thurs: 8:30 am to 4:30 pm Fri: 8:30 am to 2pm



Muskoka Health Hub Project Video:

A new Health Hub video celebrating entire Muskoka

Community Health Hub Demonstration Project was recently featured in a project update to Dr. Bob Bell, Deputy Minister of Health and Long-Term Care. Use the link below to view video:

<https://www.youtube.com/watch?v=pHVsn13aaVE>



Mobile Unit: Muskoka Health Hub on Wheels!

First official mobile clinic day- January 26th in Port Sydney!

- The Mobile Unit started its first rotational cycle in Port Sydney this week. The unit will visit Port Sydney on Tuesdays - providing Primary Care services to the Utterson/Port Sydney community, as well as any additional surrounding communities without access to primary health care services.
- The other routes and stops for the Mobile Unit are almost confirmed. The committee is very close to finalizing contracts with the Town of Gravenhurst (for Ryde and Severn Bridge) and the Town of Bracebridge (for Vankoughnet). The Unit will also make stops in social housing communities to be determined.
- Marketing plans are underway to promote the Mobile Unit and clinic days in the various communities. CTV profiled the project in a recent story: <http://barrie.ctvnews.ca/mobile/health-hubs-brings-primary-care-to-rural-and-remote-parts-of-muskoka-1.2704944>. Mobile Unit NP Jennifer Grando has also done interviews with The Moose and Cogeco TV. There are more marketing activities planned to support the Health Hub initiative and help spread the word.

Visit www.muskokahealthlink.ca for latest route updates



NP Jennifer Grando, has been participating in community engagement through the W.I.S.E. (Wellness Initiatives for Seniors Engaged) Clubhouses to discuss Hypertension and opportunities for rural communities to receive Primary Health Care services through Muskoka Health Hubs.

Mobile Unit Route (as of Jan 29, 2016)

- **Tuesdays**, the unit will be in **Port Sydney** (begins Jan. 26th)
- **Wednesdays**, the unit will alternate between **Severn Bridge** (start date TBD) and **Vankoughnet** (start date Feb 3rd)
- **Thursdays**, the unit will be in **Ryde** (begins Jan. 28th)
- **Fridays, Social Housing** (start date TBD based on work in progress regarding parking).

Port Severn Site:

- The Port Severn Hub is **open every Monday (except holidays)** 9 a.m. – 4 p.m. and is now staffed by NP Donna Kearney.
- Appointments can be made by calling the Wahta Health Hub site at **705-762-1274** during their office hours.
- Thank you to the Port Severn community for their generous advertising and promotion of the Hub!
- Community members are also working hard to advocate for services that will support other social determinants of health in the area (transportation services, exercise programs, etc.).



Wahta Site:

WINTER 2016 HOURS OF OPERATION:

Monday/Tuesday 9 – 4
Wednesday 1 – 7
Thursday 9 – 4
Friday 9 – 12

Closed for lunch 12:00 - 1:00 p.m. and 5:00 - 6:00 p.m. on Wednesdays

Location:

2350 Muskoka Rd. 38, in the community of Wahta

Telephone:

705-762-1274

For more information:

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