



# *Tavistock Community Health Inc.*

Hello

We hope you're having a happy and healthy and enjoyable summer even though the temperatures, at times, make it seem like we're living in Africa.

We're introducing a new feature from TCHI ... a newsletter for patients and community residents. The newsletter is called "Health – It's A Great Feeling!"

The newsletter is published by the Perth District Health Unit. We believe it provides useful information. We hope you agree. The Health Unit produces quarterly newsletters each year, each with articles of seasonal interest as well as valuable information about maintaining a healthy lifestyle.

It's our plan to make these newsletters available to our patients. With each issue we'll be including a few words about what's happening locally at our Tavistock Health Centre.

Hard copies of the newsletter and the Tavistock Health Centre news are available at the Health Centre in the Reception area. For those who prefer getting the news online, the newsletter content is available at [www.pdhu-on.ca](http://www.pdhu-on.ca) . The information relative to the Tavistock Health Centre ... the local news ... is included in this section of our TCHI website.

We're always interested in feedback. If you like what you read in the newsletter, please tell us. If you have any suggestions, we'd like to hear them. As always, if you have questions about the Health Centre, please ask.

Blain McCutchen  
TCHI Business Manager  
655-2232

## **Flower Power**

Our full-time Nurse Manager and part-time volunteer gardener, Joan Leeming, continues to delight us with a seemingly never-ending show of summer blooms in the flower garden beside the Health Centre. This year we were pleased to be part of the Garden Tour sponsored by the Tavistock & District Horticultural Society. The tour was on a beautiful Sunday afternoon in July. Tour attendees at the Health Centre were treated to a spectacular showing of daylilies and to refreshments provided by the Horticultural Society.

## **It's A Girl !!**

Dr. Stacey Snider, husband Bob Friesen and big sister, Lily, welcomed a new daughter into the family on June 10, 2005 Elle Friesen weighed in at 7 pounds, 8 Ounces. Dr. Snider returns to work in October.



**Welcome**

**Dr. Erin Heisz**

### **All About Erin**

Training to be a family doctor is a long long process. In 2004 Erin Heisz spent a month at our Health Center as a medical student. During that month Erin observed and trained with all of our doctors. Things positively “clicked”. She liked what she saw in us and we liked what we saw in her.

In June of this year Erin signed an agreement with TCHI and the Ministry of Health that will result in a very positive outcome for Tavistock and area. Dr. Erin Heisz has agreed to join our family practice. Good news, indeed.

This is a two-stage process. Stage one will see Erin returning to Tavistock to spend part of her residency period with us.. Residency is a two-year period at the end of a family doctor’s formal training. You may meet Dr. Heisz during the winter of 2006. During residency, Dr. Heisz will see patients and will consult as required with Dr. Hook on appropriate treatment.

Once residency is completed, Erin will return to the Tavistock Health Centre as a full-time family doctor. This full-time status will start January of 2007.

Dr. Heisz is from Woodstock and now lives in Baden with her husband and soon-to-be first child.

Even though it’s still months away -- WELCOME DR. ERIN HEISZ.

### **Golf Tournaments Prove To Be A Win-Win**

Two golf tournaments proved to be fun days for the golfers and beneficial for TCHI. Following the Raymer Financial Investment Planning Council 4<sup>th</sup> annual charity golf tournament in June at the Tavistock Golf Course, Barry Raymer presented a cheque for \$4,100 to TCHI. The funds will help purchase new medical workstations for the doctors. The Scotia Bank tournament held in Mitchell in May saw \$3,000 donated to TCHI for purchasing new equipment..

TCHI sincerely thanks both organizations for their generosity.

**Check us out on the web at [www.tchi.ca](http://www.tchi.ca)**