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NEW WALK-IN AND FOOT CARE CLINICS!



Starting September 23rd, the Greenstone Family Health Team will offer Walk-In appointments every Monday from 10:00 am - 5:30 pm to address non-urgent healthcare issues. Patients are to report to Reception upon arrival as appointments will NOT be booked by phone. If a patient leaves and his or her name is called, the appointment time will be given to the next person and the patient's name will be added to the bottom of the list when he or she returns - NO exceptions. We look forward to working with patients to provide quality health care with shorter wait times and reducing emergency room visits.

Nurses from the Greenstone Family Health Team will be providing Foot Care services one day each month at the Geraldton District Hospital. This service is specifically for patients with diabetes who are NOT currently receiving services from other Foot Care providers. For appointments, call 854-0051 ext. 221.



*Need your blood pressure or blood sugar checked? Come to the Greenstone Family Health Team waiting room, **Thursdays** from **9:30 am - 12:00 pm**. No appointments needed, everyone is welcome - and it is free of charge!*

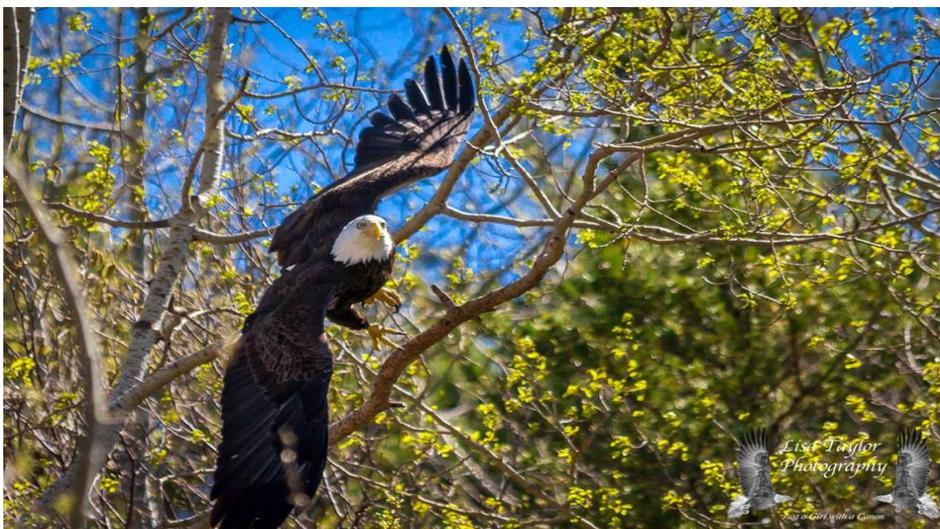


Photo credit - Lisa Taylor Photography Check out [Just a Girl with a Canon](#) on Facebook!

In This Issue

- New GFHT Services
- Parmesan Cauliflower Bite Recipe
- Fall Scavenger Hunt
- Outdoor Pet Safety
- Let's Get Colouring!
- Organ Donation Registry
- Upcoming Events

Baked Parmesan Cauliflower Bites



- 4 c. bite-size cauliflower florets
- 1 1/2 c. Panko breadcrumbs
- 1 tbsp Italian seasoning
- 1/3 c. grated parmesan cheese
- 2 lg eggs

Preheat oven to 425 F degrees. Prepare a baking sheet with parchment paper.

In a shallow dish whisk the eggs and seasoning until well combined.

In another shallow plate combine the breadcrumbs and cheese.

Dip each floret into the egg mixture, making sure it's fully coated, then into the breadcrumb mixture and place on the prepared baking sheet.

Bake for about 30 to 40 minutes or golden brown. Enjoy!

Staying Active, Staying Safe

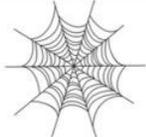
At the GFHT we are always trying to encourage people to get outside and enjoy our beautiful outdoor surroundings as often as possible. One great thing about being outside is giving our pets the chance to shake off the cobwebs and get some exercise as well. If you have ever let your dogs off leash in the bush or down a camp road you know it can be difficult to keep them in sight 100% of the time, and even more difficult for unsuspecting drivers coming around the corner.

This was a frequent problem for one local animal lover, Jude Tulla, who decided to tackle the issue head on and created a bright, non-restrictive safety strap for her dogs that allowed them to run safely and uninhibited while in an open area, but also ensured that they would be visible to anyone in the vicinity.

For more information about these straps, or to purchase one for a furry friend in your life, contact Jude at givin_er@yahoo.com

Scavenger Hunt- Nature Walk

Can you find all 20?

 bird	 tree roots	 ant	 spiderweb
 green leaf	 acorn	 flower	 log
 two similar rocks	 mushroom	 squirrel	 tall grass
 stick that looks like a letter 'y'	 flying bug	 brown leaf	 cloud
 dandelion	 animal footprints	 wild berries	 pine cone

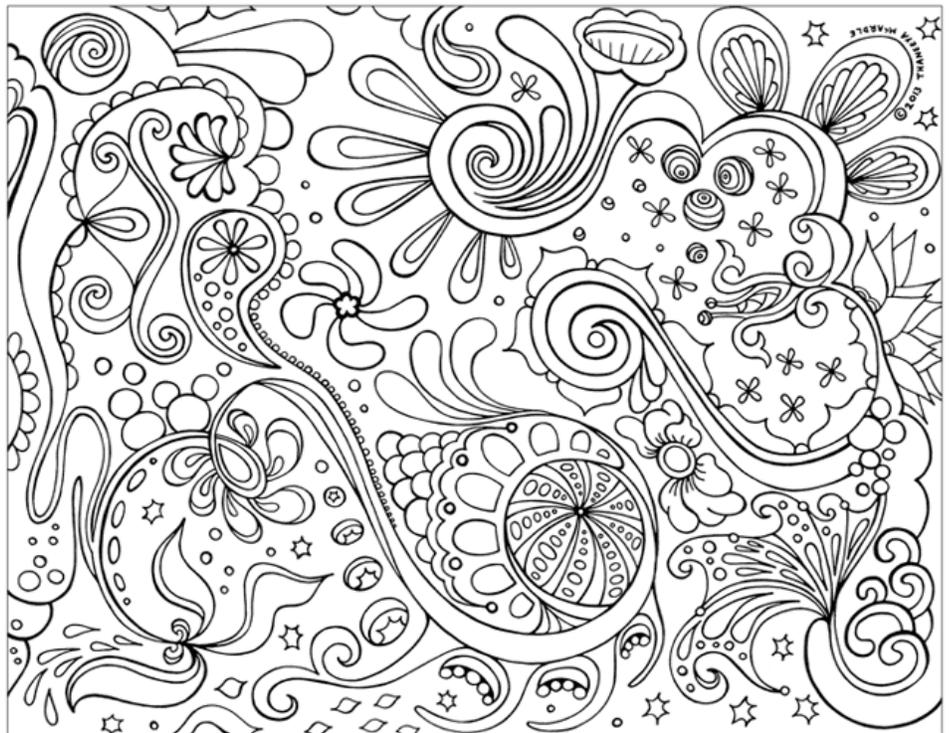
www.thebirdfeednyc.com



All sizes adjust to fit all breeds!

Dig out your coloured pencils, find a quiet corner, brew a cup of tea, take a moment and relax.

Colouring isn't just for children. More and more adults are rediscovering the joy that comes from unplugging from the world for a while - even 15 minutes a day. Go on, you know you want to...



<http://www.art-is-fun.com/free-abstract-coloring-page>

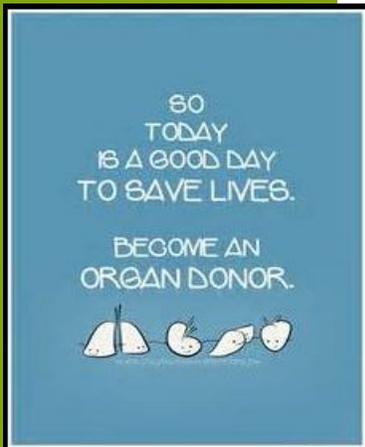
Did you know...

- There are over 1,500 Ontarians currently waiting for an organ transplant, but only 33% of Ontarians are registered organ donors?

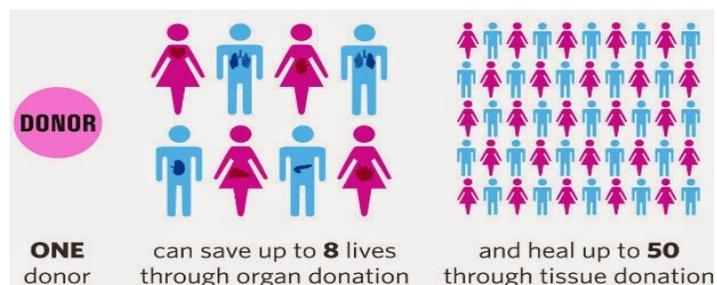
- **Even if you have signed a donor card, you still need to register because your donor card may not be available when it is needed?** When you register your consent to donate organs and tissue, the information is recorded by the Ministry of Health and Long-Term Care. When needed, The Trillium Gift of Life Network will request confirmation of your consent to donate through the Ministry.

- Of the 28,628 Health Card holders in the Lake Superior/North Shore district (POT postal codes) 10,899 are *registered* organ donors - around 38%?

- **You can register online at www.BeADonor.ca - it takes two minutes!** In order to register, you need to be at least 16 years old, provide your date of birth and your health card number - that's it! You can also register by mail, or in person at your nearest ServiceOntario office.



For more information, call the Trillium Gift of Life Network at 1-800-263-2833.



Canadian Diabetes Association, the Ontario Native Women's Association and Greenstone Family Health Team present

Diabetes Expo

Prizes, fun activities and more! Bring the whole family!



FREE

Come to the Diabetes Expo

Sample free food and learn about fun fitness ideas for you and your family.
Take home tasty recipes for affordable, healthy meals.
Get new ideas for managing your health.

11am - 4pm, Wednesday, October 14

Geraldton Community Centre, 200 Wardrope Ave., Geraldton

FREE PUBLIC SKATING IN THE ARENA!

Everyone Welcome!

For more information call (807) 854-0051 ext. 227

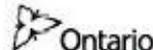


FREE COMMUNITY SKATE



11:00 a.m. to 4:00 p.m. Wednesday, October 14, 2015
Geraldton Community Centre, 200 Wardrope Ave., Geraldton

Presented as part of the Diabetes Expo hosted by



For more information call (807) 854-0051 ext. 227

Contact Us

Learn more about our services and programs!

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