Take Me Home!

Greenstone Family Health Team

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Fall Cleaning Checklist

General

- ☐ Dust/wash light fixtures
- ☐ Dust fans
- ☐ Wash windows
- ☐ Vacuum/dust blinds
- ☐ Wash walls and dust corners
- ☐ Touch up paint
- ☐ Dust lamps and shades
- ☐ Vacuum and spot clean furniture
- ☐ Set light timers to Fall/Winter hours
- ☐ Wipe out and dust kitchen cabinets
- ☐ Clean on top of/under the fridge
- ☐ Wipe out/clean fridge, get rid of expired condiments & dressings
- ☐ Vacuum fridge condenser coil
- ☐ Clean oven(s) and stovetop
- ☐ Dust/clean stove vents
- ☐ Clean baseboards and floor seams
- ☐ Clean the carpets
- ☐ Clean and wax (if necessary) wood floors
- ☐ Clean and rotate mattresses
- ☐ Dust bedroom furniture
- ☐ Wash summer bedding and get out winter bedding
- ☐ Swap out clothes and get rid of anything you didn't wear in the Spring/Summer
- ☐ Get out and clean (if necessary) humidifiers
- ☐ Replace air filter(s)
- ☐ Sweep the chimney(s)

Outside

- ☐ Check weather stripping around doors and repair, if needed
- ☐ Wash door thresholds
- ☐ Clean gutters and downspouts
- ☐ Wash windows
- ☐ Wash screens
- ☐ Wash outdoor lighting
- ☐ Remove cobwebs
- ☐ Clean and cover patio furniture
- ☐ Cover the pool
- ☐ Winterize the yard

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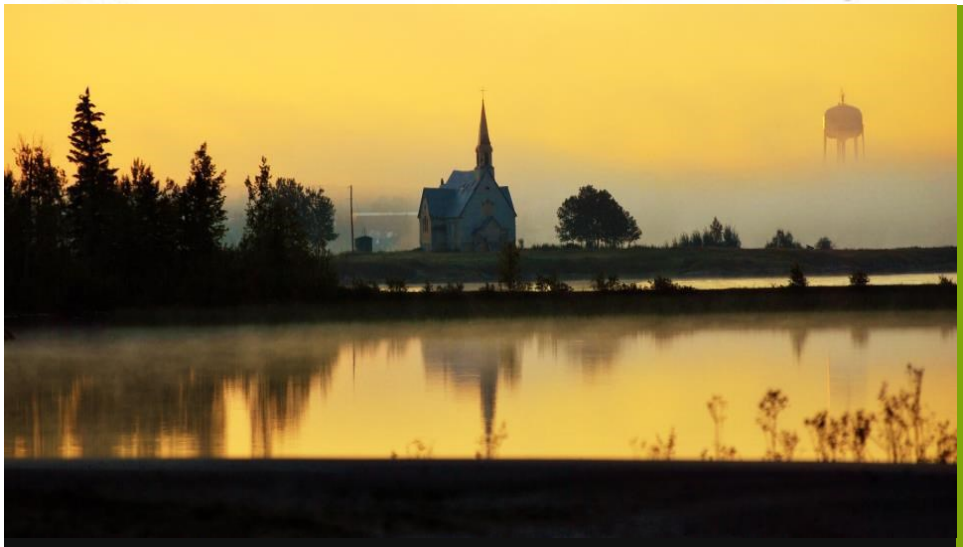

Photo Credit: Nick Sutherland

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Oven-Roasted Vegetables

The perfect way to use your garden's harvest!

1 medium	cauliflower, florets cut from the stalk
1 medium	broccoli, florets cut from the stalk
1 large	sweet potato, cut into 1" cubes
1 large	yellow squash, cut into half moons
1 large	zucchini, cut into half moons
1 cup	cherry tomatoes, sliced in halves
3 large	carrots, cut into 1" pieces
3 medium	parsnips, cut into 1" pieces
1-2 cups	brussel sprouts, ends trimmed
1/4 cup	olive oil
2-3 tsp	kosher salt
2 tsp	ground black pepper

1. Preheat oven to 425 degrees Fahrenheit
2. In a large bowl, toss all the vegetables together with olive oil, salt, and pepper.
3. Divide the vegetables among two large baking pans (or cookie sheets with sides)
4. Roast vegetables for 35-45 minutes, stirring every 15 minutes.

Feel free to add or omit any vegetables you'd like - adjust amount of olive oil and salt/pepper accordingly.

30 Day SELF-CARE CHALLENGE

MIND	BODY	SOUL
01 WATCH A TEDX TALK AND BE INSPIRED	02 DRINK AT LEAST 2 L/70 OZ OF WATER	03 CREATE A NEW MORNING ROUTINE
04 CLEAN UP YOUR SOCIAL MEDIA FEEDS	05 STRETCH ALL YOUR MUSCLES	06 DO SOMETHING CREATIVE
07 RESEARCH AN UNFAMILIAR TOPIC	08 COOK A HEALTHY MEAL	09 PRACTICE MEDITATION
10 DE-CLUTTER A ROOM OR WORKSPACE	11 PRACTICE YOGA	12 DEFINE WHAT GIVES YOU STRESS
13 WATCH A DOCUMENTARY	14 GROOM YOURSELF	15 MAKE A GRATITUDE LIST
16 CLEAN OUT YOUR E-MAIL INBOX	17 BE VEGAN / VEGETARIAN FOR A DAY	18 CREATE A NEW EVENING ROUTINE
19 TRY SOMETHING NEW	20 GO FOR A WALK	21 WRITE DOWN WHO YOU NEED TO FORGIVE
22 GET RID OF 3 THINGS YOU DON'T USE	23 HAVE A LONG SHOWER OR BUBBLE BATH	24 WRITE A LOVE LETTER TO YOURSELF
25 HAVE A SOCIAL MEDIA FREE DAY	26 DRINK AT LEAST 5 CUPS OF GREEN TEA	27 SAY POSITIVE AFFIRMATIONS
28 DO ONE THING YOU'VE BEEN PUTTING OFF	29 TRY A NEW PHYSICAL EXERCISE	30 DEFINE SOME SHORT-TERM GOALS

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25 Refreshing ACTIVITIES TO DO ALONE

1. Take a nap.
2. Go for a walk.
3. Write down what you're grateful for.
4. Listen to your favorite band.
5. Go for a long drive.
6. Sit in silence for 10 minutes.
7. Take a hot bath.
8. Paint something.
9. Read a book.
10. Go to a coffee shop & people watch.
11. Shop for a new outfit.
12. Try a new workout.
13. Go to bed early.
14. Go to a matinee movie.
15. Tour a museum.
16. Go on a hike.
17. Watch your favorite movie.
18. Bake your favorite dessert.
19. Create a list of fun life goals.
20. Start a home improvement project.
21. Unplug from social media.
22. Complete a random act of kindness.
23. Order your favorite takeout food.
24. Get a massage.
25. Go thrifting.

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Contact Us

Learn more about our services and programs!

Greenstone Family Health Team
510 Hogarth Ave W
P.O. Box 988
Geraldton, ON P0T 1M0

Ph: (807) 854-0051
Fax: (807) 854-2773

contact@gfht.ca
www.gfht.ca

Shannon Kristjanson
Executive Director

Ingrid Aubry
Nurse Practitioner

Beth Goulet
Reception/Finance

Jenny MacIver
Reception/Finance

Evelyn Mahon
Health Educator

Seema Parameswaran
Social Worker

Kayla Santerre
Registered Nurse