



## Spring is Springing! (We promise!)

The snow is melting, the birds are singing, people are coming out of hibernation. This is the perfect time of year to clean out one of the most neglected areas in our homes - the medicine cupboard! Whether it is a cabinet in the bathroom, or a drawer in the kitchen, we all have that special place where we keep all of our pills, lotions and potions. Pull out everything in there - from cough medicines, to vitamins, to prescription medicines - check the expiry dates and clear out everything that is past it's prime.

Now that you have all of the expired and unnecessary meds gathered together it's time to safely dispose of them. DO NOT flush them down the toilet, or put them



into the household trash. The chemicals in the medications could be very harmful to the environment and water system, and potentially fatal for children, pets or anyone who may ingest them without knowing what they are. The best way to dispose of your unused pills and medications is to return them to the pharmacy for proper disposal. Please ensure that any

sharps (needles, syringes, lancets etc.) are in a proper sharps disposal container to protect everyone's health and safety.

Don't just throw away those empty pill containers. Be sure you remove the label first - remember, it has a lot of your personal health information on it. Stay safe!

### **Questions for your health care provider or pharmacist:**

- What is this medication for?
- What is it supposed to do?
- How and when do I take it?
- Are there foods, drinks, or other medications I should avoid taking while taking it?
- What are the most common side effects? What should I do if they occur?
- Are there any tests needed to monitor the use of this medication?

**It's your right to know this Information. Stay informed!**



Photo Credit: Bobby Xavier Greenstone 2012

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S	P	E	L	L	E	H	C	I	M	T	N
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## WORD FIND

GREENSTONE	YOGA
FAMILY	EAT
HEALTH	PROGRAMS
TEAM	GROUPS
SHANNON	LEARNING
INGRID	SHARING
ROSE	CARING
BETH	FUN
EVELYN	TOWN
MICHELLE	WALK
SEEMA	RUN
MARTIN	ACTIVE
NUTRITION	LIFE

Here's a hint: The words run forward, backwards, up, down, diagonally and some even overlap. Happy Hunting!

## On the Move!

Try to make physical activity a part of every day. Walk to work, take a physical activity break at lunch time, go for an after dinner stroll, or just get up and move around during the commercial break of your favourite TV show.

If you're just strating out, start slow and work up gradually. Make sure you have an action plan for each season, so that the weather doesn't get in the way. Work physical activity into your daily life. Take a walk around the block, play with your kids, or dance to your favourite music!

List the activities you like (swinmming, bowling, biking) and the rewards you hope to gain (better health, reduced stress). Then plan how to make them part of your daily routine. At work, carve out 10 minutes to walk during lunch. If you have children, ask your family, friends or neighbours to pitch in to watch the kids while you take that fitness class you've always wanted to sign up for. Or, get on your bikes and have some family fun together!

Involve family and friends in your physical activity program. You'll gain support and companionship. You don't need to go it alone!

Keep at it, and in 12 weeks or less, you'll notice a big difference in your fitness level. You'll feel better, have more enegy, sleep more soundly and reduce your stress.

Looking for some extra support? Contact Seema (ext. 244) or Michelle (ext. 227) at the Greenstone Family Health Team for more information about the new **Get in Gear** program that focusses on goal setting strategies to help you reach your healthy living goals, whatever they are!



Get your dog in on the action!

Here's a quick, easy and tasty way to increase your daily fruit intake:

### Blueberry Banana Smoothie

- 1 ripe banana
- 1 cup blueberries (fresh or frozen)
- 1/4 c. vanilla yougurt
- 3/4 c. milk
- Pinch of cinnamon (optional)

Combine all of the ingredients in a blender. Puree until smooth. Pour into two glasses, add a fruit garnish of your choice and enjoy!

Could you, or someone you know, benefit from help to deal with:

Depression?

Anxiety?

Stress?

Relationship issues

Grief and loss?

Sexual identity?

Substance abuse?

Health Issues?

Lifestyle change?

Life cycle change?

Workplace issues?

Goal setting?

A new medical diagnosis?

Parenting challenges?

Caregiver stress?

Anger?

Food issues?

Life in general?

If so, call Seema today at 854-0051 ext.244 to book a confidential appointment.



Photo Credit: Bobby Xavier Greenstone 2012

## Meet the new Social Worker!

Please join us in welcoming Seema Parameswaran to the Greentone Family Health Team. Seema was born and raised in Geraldton and has recently returned home.

Seema has over 15 years of experience as a social worker. She has worked in the areas of Child Welfare, Community Outreach, Public Health Promotion and Clinical Counseling. In her last position, Seema spent seven years at St. Boniface Hospital in Winnipeg where she worked in the Neonatal Intensive Care, Family Medicine and the Geriatric Rehabilitation Units while also teaching as a member of the University of Manitoba's Faculty of Medicine in the Family Medicine Residency Program.

We are excited to have Seema join the team and look forward to working with her.

### What do social workers do?

Social workers provide the majority of counselling and psychotherapy services in Ontario. Social workers help people resolve a variety of issues that affect their daily lives through:

- Identifying and understanding sources of stress or difficulty
- Developing coping skills and finding effective solutions
- Providing counseling and psychotherapy education
- Creating linkages with additional resources when necessary

Interested in learning more? Call Seema today at 854-0051 ext. 244 , to find out how she can help you to achieve your goals and live your best life.

## We have a new receptionist, too!

We would also like to welcome Rose Pecarski to the Greenstone Family Health Team. Rose is from Longlac and comes to us after working several years at the Geraldton District Hospital and NorthWest Community Health Centre's Longlac site. We are thrilled to have Rose on board. Welcome, Rose!

## And finally, a fond farewell...

As we welcome two new team members, we are sadly saying goodbye one. Martin Deroy joined the team as a placement student while completing the Social Service Worker program through Confederation College. Martin has successfully completed the program and is now ready to begin employment in his field. We would like to take this opportunity to wish Martin nothing but the best in his new career, his positive energy will definitely be missed! Congratulations, Martin! Well done!

# Upcoming Events

## Relay for Life June 13/14 7:00pm - 7:00am

**IT'S BACK AND BETTER THAN EVER!** Begins at 7:00 pm, Friday, June 13 and ends at 7:00 am, Friday, June 14 at MacLeod Provincial Park. There are so many ways to get involved!

- Create a team of friends, family and colleagues
- Register as a survivor and walk the survivor's Victory Lap
- Buy luminaries in honour of a loved one
- Make a donation to a registered participant
- Be a sponsor by donating goods or services to the event
- Volunteer your time, whether it be an hour or the entire event

To REGISTER or get more INFORMATION contact Michelle at 807-853-0119 or michlabbe3@hotmail.com. Check us out on Facebook by searching: [Greenstone Relay For Life 2014](#)

## CNIB Eye Van Visits Geraldton June 16-20

Do you have diabetes, glaucoma, macular degeneration, a family history of eye disease, or problems with your vision? If so, please contact your optometrist, nurse practitioner, family doctor, or diabetes educator to determine if you may benefit from a referral to the CNIB Eye Van. Please note, this program does NOT issue prescriptions for eyeglasses.

Call Michelle at 854-0051 ext. 227, regarding appointments.



## Survive the Park July 26 MacLeod Provincial Park

Survive the Park is a non-competitive obstacle course with 10+ obstacles, including MUD PITS. It is a team event with four members per team. The purpose of the event is to get people active and bring the community together and raise funds for youth based projects.

The Friday night kick-off will include a Bonfire and BBQ with live music and a DJ. (Hotdogs will be available for purchase, but are free for registered teams.)

The schedule of events for Saturday includes Team Sign in (with coffee and muffins available for purchase), a Zumba warm-up session and then the obstacle course. There will also be a kids event open for children 7 - 12 years old. There will be a BBQ Pig Roast and hot dogs with the event ending at 4:00 pm.

Registration fee is \$100 per team (four people). To REGISTER or get more INFORMATION, call Lynnea at 854-1060 ext. 168 or email [heal1@live.ca](mailto:heal1@live.ca)

## Call for Volunteers!

We are always looking for people who are interested in volunteering their time. If you can spare an extra hour once a day, a week, a month, we could use your help! We have a range of opportunities from assistance with office tasks, to program coordination and delivery, to working in the community. If you have an interest, we have a need! For more information, please contact Michelle at 854-0051 ext. 227

## Contact Us

Learn more about our services and programs!

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