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Another Successful Community Clean-Up!

This year the Greenstone Family Health Team was proud to partner with Marilyn Power for the annual Community Clean-Up in Geraldton. The week-long event started with a kick-off at the Greenstone Family Health Team where individuals, families, community groups, teams and workplaces got together to pick up their cleaning kits and choose a section of town to collect trash and litter. It was great to see people working together to make sure that Greenstone stays beautiful. One family came out and brought along three generations of volunteers full of community pride!

We hope that now that the Spring Clean-Up is finished that community members and visitors will be mindful about not throwing their trash on the ground or in empty lots, and dispose of it in the bins around town instead.

Thank you to everyone who participated this year - great job! For anyone interested in being involved in next year's event, please contact Michelle or Seema at the Greenstone Family Health Team.



Pictured above are the members of the Raven Nest - Air Cadet Squadron 227 who participated in the Clean-Up.

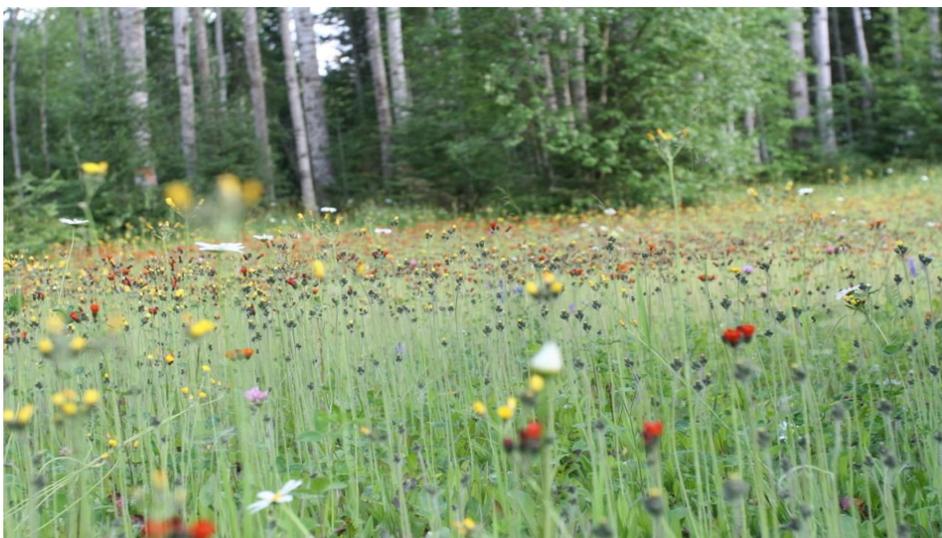


Photo Credit: Bobby Xavier

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It's getting hot, hot, hot!

Your body produces heat, especially during physical activity. Hot air, sun rays, and hot surfaces also heat your body. This heat is lost by contact with cool air and by sweat production, which cools your body as it evaporates. When it is windy, sweat evaporates faster, which helps to cool you. But high humidity slows down this process, contributing to increased body temperature.

Heat illnesses can affect you quickly, and can lead to long-term health problems and even death. They are mainly caused by being over-exposed to extreme heat especially if you are doing too much for your age and physical condition. Heat illnesses include:

- heat edema (swelling of hands, feet, and ankles)
- heat rash
- heat fainting
- heat cramps (muscle cramps)
- heat exhaustion
- heat stroke

While extreme heat can put everyone at risk, health risks are greatest for:

- older adults
- homeless people
- people who work in the heat
- people with chronic illnesses (breathing/heart problems, mental illness etc.)
- infants and young children
- people with lower incomes
- people who exercise in the heat

Follow these five steps to protect yourself and your family in very hot weather:

1. Prepare for the heat. (Service air conditioners, arrange to visit isolated family or friends to check on them, plan indoor activities e.g. movies.)
2. Pay close attention to how you - and those around you - feel. (Watch for headaches, dizziness, fainting, vomiting and rapid breathing.)
3. Stay hydrated. (Drink plenty of water, eat fruits and veggies.)
4. Stay cool. (Dress appropriately, take breaks, use fans, take cool baths, don't leave pets unattended in cars.)
5. Avoid exposure to extreme heat when outdoors. (Plan activities during the cooler times of the day and stay in the shade - if possible, reschedule.)



<http://www.healthycanadians.gc.ca/healthy-living-vie-saine/environnement-environnement/sun-soleil/heat-extreme-chaaleur-eng.php>



Photo credit: <http://www.numsteward.com>

- 1 prepackaged coleslaw mix
- 1 prepackaged broccoli slaw mix
- 1 package of Oriental flavour ramen noodles, crumbled
- 1/4 cup sliced toasted almonds
- 1/4 cup sesame seeds

For the dressing whisk together:

- 2/3 cup oil
- 1/3 cup sugar
- 1/3 cup vinegar
- Seasoning packet from the noodles

Combine ingredients into a large bowl and toss well. Let sit for 20 minutes, or cover and refrigerate for up to 3 days.

To change it up every now and then, try adding diced mango, mandarin slices, thinly sliced green onion, crushed peanuts or any other favourites. You can also substitute the oil in the dressing with flavoured oils such as peanut or sesame.

This easy salad is always a hit at bbqs and other events!



Looking for a delicious alternative to iced tea this summer? Try one of these tasty treats. Not a tea drinker? These flavours also work to infuse water for a refreshing change!

- Peach slices and Blueberries with Black Tea
- Oranges and Mint with Oolong Tea
- Pineapple and Strawberries with Rooibos Tea
- Cucumber and Mint with Green Tea
- Strawberry and Basil with Green Tea
- Peach and Rosemary with Black Tea
- Mango and Ginger with Oolong Tea
- Apple and Spearmint with Green Tea
- Grapefruit and Strawberry with Green Tea
- Pitted Cherries and Lemon with Black Tea

To learn how to make Sun Tea, go to <http://www.thirstyfortea.com/recipes/summertime-sun-tea/>

6 COMMON SUMMER DANGERS FOR DOGS



Summer is a great time to play outside but watch out for these common dangers!

COOLANT

Dogs are attracted to the sweet taste of coolant. Be alert for drips from cars and consider switching to an animal-friendly coolant.

INSECTICIDES

Your neighbor might not like the bugs around his patio, but those same insecticides could be dangerous to your dog. Stay away from areas that have been recently sprayed.

HERBICIDES

They make lawns look great, but can hurt your dog. Consider skipping these products on your own lawn, and avoid letting your dog play on lawns where the treatment hasn't dried.

FERTILIZERS

Some fertilizers can cause vomiting and diarrhea, while others are downright lethal. Keep your dog away from freshly fertilized soil and make sure you know exactly what you're using in your own garden!

WORMS

Deworming your puppy could save his life. Dogs can ingest the worms from contaminated soil, or even absorb the worms through their skin. Remove feces promptly and never let your dog play with another animal's droppings.

HEARTWORMS

Just one mosquito bite could infect your dog with deadly heartworm. Talk to your veterinarian about the right heartworm prevention medicine for your dog. Some even protect against other parasites!

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