



Printing of this newsletter was made possible through a generous donation by the **Times Star**. We would like to thank them for their continued support of health promotion throughout the Greenstone Community.

The Greenstone Family Health Team was a proud participant in the Annual Christmas Parade. The temperature may have been frightful, but the community spirit was delightful. Thank you to all of the Family Health Team members and their families and friends for making the float a success, to the other organizations who had floats in the parade, to the parade organizing committee for doing such a fantastic job - especially with the fireworks during and after the parade! And a huge thank you to everyone who braved the cold to watch the parade - what a great night!



The Greenstone Family Health Team will be **CLOSED Wednesday, December 24<sup>th</sup> to Thursday, January 1<sup>st</sup>, inclusive.**



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# *It's the Most Wonderful Time of the Year!*

We are coming to that time of the year again - saying goodbye to the current year and looking forward to a new year full of adventure and new beginnings. This is often the time that we gather up all of our best intentions and channel them into New

Over the past few months we have had the pleasure of having Andrée Perrier with us as she completed the first practicum of Lakehead University's Nurse Practitioner Program. Andrée has been a great addition to the team and we would like to wish her all the best as she moves on to her next educational adventure. Good luck, Andrée!

Year's Resolutions - quitting smoking, exercising more, healthy eating, less time in front of a screen, you name it, someone has committed to stopping it, or starting it. If you are like the vast majority of people, by the time February rolls around, the treadmill has gone back to being covered in laundry, the once crisp, colourful veggies that filled the bottom bins in the fridge staring up at us with such hope and promise are now limp, squishy shells of their former selves and the cigarettes that were ceremoniously torn up and flushed away have found their way back into pockets and purses everywhere. Why is this? Because we, as a species, are weak? Because we have become gadget-addicted zombies who no longer value face-to-face communication? Because we genuinely don't care about our health or the world around us? No, not really... More often than not, it is because we are not quite ready to make those particular changes in our lives. We do it because our families, friends, health care professionals, or even society send us countless messages saying that it is for our own good. We'll be happier and healthier, the sky will be bluer, the sun will shine brighter, birds across the world will break into song. While all of those things may be true (minus the bird part), it doesn't mean that it is something that we want, or are ready to make happen. The best New Year's resolution I ever made was in 2010. In fact, it worked out so well, that I have made the same one every year since and will continue to make it until the day I die - **Try Something New Every Day**. It doesn't have to be big. It doesn't have to be fancy. It just has to be something new. For the most part it has worked out quite well, except for the time when I tried prime rib. I have met new people, seen and done things I never thought possible, learned new skills, uncovered hidden talents, conquered fears, and more. I encourage you to give it a try. Start small, say yes to something you would normally say no to, or the opposite. If your brain says "Why not?", but your gut screams "NOOO!" go with your gut - safety first, always. Other than that, be adventurous, embrace your beautiful, precious life and make the most of it. I'm looking forward to hearing how it works out for you. - Seema

## **Copycat Red Lobster Cheddar Bay Biscuits in 20 Minutes**

Makes approximately 18 biscuits

2 cups all-purpose flour	1 Tbsp baking powder
1 Tbsp granulated sugar	1 Tbsp garlic powder
¾ tsp kosher salt, divided	1 cup whole milk
½ cup shredded mild cheddar cheese	½ tsp dried parsley
¾ cup unsalted butter (divided)	



Microwave ½ cup of butter for 30 seconds or until melted. Set aside.

Preheat oven to 450°F.

In a large mixing bowl combine flour, baking powder, sugar, garlic and ½ tsp salt. Whisk until well combined.

Add melted butter and milk and whisk just until flour is all wet, **do not over mix**. Add cheese and fold in with a spoon.

Drop heaping spoonfuls onto a parchment lined baking sheet. Bake 10-12 minutes until biscuits are golden brown.

Meanwhile melt remaining ¼ cup of butter in small mixing bowl. Microwave for 30 seconds or until melted. Add ¼ teaspoon salt and parsley. Stir with pastry brush. Remove biscuits from oven, brush with melted butter mixture. Serve and enjoy!

[www.theslowroasteditalian.com/2013/10/copycat-red-lobster-cheddar-bay-biscuits-20-minutes.html](http://www.theslowroasteditalian.com/2013/10/copycat-red-lobster-cheddar-bay-biscuits-20-minutes.html)

# Frostbite Facts:

Don't let Jack Frost nip at your nose!



Frostbite happens when you are exposed to extreme cold. Most likely to get frostbite: The unprotected parts of your body and the parts of your body with less blood flow such as toes, nose, ears, cheeks, chin, and fingers.

A good way to treat frostbite is to soak the part of the body that's affected in warm water. The temperature should be comfortable to the touch, but not hot. If you can put your uninjured hand in the water for 30 seconds, the temperature is OK. Let the frostbitten area soak for about 30 minutes, or until it gets soft and flexible. Rewarming can really hurt, and over-the-counter pain medications can help. Don't attempt to rewarm any parts of the body if there's a chance of re-freezing. Get medical help as soon as you can.



Don't walk on frostbitten toes or feet unless you absolutely have to. And don't rub or massage the affected area. Don't get close to a fire or source of dry heat. Frostbitten skin is numb and can get burned easily.



In cold weather, experts say you should wear loose-fitting, layered clothing, which helps with ventilation and insulation. Wool is a better choice than cotton because it doesn't lose its ability to insulate when it gets wet.

If you are stranded in a car in the cold, you can run the engine and heater for ten minutes every hour to stay warm. Roll down one window a little bit to avoid carbon monoxide fumes. Make sure the exhaust is not blocked by snow or ice. Tie a bright piece of cloth to your radio antenna, stay with your car, and call for help immediately.

Anything that limits the flow of blood to your skin or your hands, feet, nose, or ears can increase your risk for frostbite. This includes heart disease, poor circulation, diabetes, and dehydration. Some medications also can raise your risk, such as beta-blockers, which are used to control the symptoms of heart failure, prevent migraine headaches, and treat certain kinds of tremors. Drugs, alcohol, and nicotine can also reduce the flow of blood to the skin. And alcohol can cloud your judgment, which raises your risk even more.



Just because an animal is covered in fur doesn't mean it can't get frostbite. When temperatures drop below freezing, dogs, cats, and other pets are at risk. And the early signs of frostbite can be hidden under all that fur. Ears, toes, tails, stomach, and faces are most affected. Frostbitten skin may get pale, white, blue, or gray, and can be unusually cold to the touch. If you think your pet has frostbite, call a veterinarian right away.

For more valuable information, and to take the Frostbite Quiz visit:

<http://www.webmd.com/skin-problems-and-treatments/rm-quiz-frostbite-iq?>

## Contact Us

Learn more about our services and programs!

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