



Printing of this newsletter was made possible through a generous donation by **Times Star c/o Pietsch Group**. Thank you for the continued support of health promotion in the Greenstone region.

*The Greenstone Family Health Team would like to congratulate **Andrée Perrier** on successfully completing the Master of Public Health Program with the Primary Health Care Nurse Practitioner Certificate from Lakehead University and passing the exam to become a Nurse Practitioner!*

Well, it is that time again, the closing of one year and the beginning of another. Last year I asked you to consider doing one new thing every day - no matter how big or small. Even if it wasn't every day, I hope that you managed to do a few new things that brought some unexpected joy to your life. 2015 has been a big year of change on many different levels - locally, nationally, globally. As much as the world around us seems to grow and change at a mind-numbing rate and we struggle to keep up with the latest in technology, increase our wealth while reducing our carbon footprint, trying to figure out what a carbon footprint is in the first place, one thing that hasn't changed since the beginning of time, is our insatiable hunger for kindness. The one thing that doesn't cost a cent and we are all capable of giving in abundance on a daily basis, and yet we often choose not to.

This year, I invite you to try a new daily practice (in addition to my trying something new) - kindness. I am not talking about grand gestures that include donating new wings to hospitals, or building schools in developing nations, although if you have the desire and means to do those things, I definitely wouldn't discourage you. I am talking about the small, everyday acts of kindness that help to build a better community, country, and yes, world. It can be as easy as a genuine smile, you know, the kind that reaches your eyes, or a heart felt "Thank You" for a simple task. Take the extra 15 seconds to hold the door open for someone and say hello as they pass by. I have met a lot of people, and I have yet to meet someone who is so busy and "important" that they can't spare 15 seconds of time to make another human being feel of value. In this issue, you will find some ways to make this world a kinder place, try one or two!



I wish you all a very happy and healthy 2016 full of kindness - please don't forget to add yourself to the list of people to do kind things for!

- Seema

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



## In This Issue

- Andrée is an NP!
- Kindness Matters
- Cabbage Roll Soup
- Savings Challenge
- Caregiver Stress
- Random Acts of Kindness to Try Today!





© Gal on a Mission

## Cabbage Roll Soup *(Makes 4 - 6 servings):*

### Ingredients:

- |  |                                |
|--|--------------------------------|
| ½ - 1 pound ground beef/chicken/turkey               | 1 medium onion, diced          |
| 2 and ½ cups water or beef/chicken stock             | 3 garlic cloves, minced        |
| 1 medium cabbage, sliced into thin strips then diced | 1 Tbsp Worcestershire sauce    |
| 28 ounce can crushed tomatoes                        | ¼ tsp cayenne pepper           |
| 1 tsp dried basil                                    | ½ tsp salt, to taste if needed |
| ¼ tsp pepper, to taste if needed                     |                                |

In a large pot, add the ground meat and diced onion. Simmer over medium-heat until the meat is cooked through.

Add in the water or stock, minced garlic, cabbage, tomatoes, Worcestershire sauce, basil, cayenne pepper, salt and pepper. Cover and simmer over medium-heat for at least 20 minutes.

Adapted from: <http://www.galonamission.com/unstuffed-cabbage-roll-soup/>

## 52 Week Saving Challenge

Week	Deposit Amount	Account Balance	✓
1	\$1.00	\$1.00	
2	\$2.00	\$3.00	
3	\$3.00	\$6.00	
4	\$4.00	\$10.00	
5	\$5.00	\$15.00	
6	\$6.00	\$21.00	
7	\$7.00	\$28.00	
8	\$8.00	\$36.00	
9	\$9.00	\$45.00	
10	\$10.00	\$55.00	
11	\$11.00	\$66.00	
12	\$12.00	\$78.00	
13	\$13.00	\$91.00	
14	\$14.00	\$105.00	
15	\$15.00	\$120.00	
16	\$16.00	\$136.00	
17	\$17.00	\$153.00	
18	\$18.00	\$171.00	
19	\$19.00	\$190.00	
20	\$20.00	\$210.00	
21	\$21.00	\$231.00	
22	\$22.00	\$253.00	
23	\$23.00	\$276.00	
24	\$24.00	\$300.00	
25	\$25.00	\$325.00	
26	\$26.00	\$351.00	

Week	Deposit Amount	Account Balance	✓
27	\$27.00	\$378.00	
28	\$28.00	\$406.00	
29	\$29.00	\$435.00	
30	\$30.00	\$465.00	
31	\$31.00	\$496.00	
32	\$32.00	\$528.00	
33	\$33.00	\$561.00	
34	\$34.00	\$595.00	
35	\$35.00	\$630.00	
36	\$36.00	\$666.00	
37	\$37.00	\$703.00	
38	\$38.00	\$741.00	
39	\$39.00	\$780.00	
40	\$40.00	\$820.00	
41	\$41.00	\$861.00	
42	\$42.00	\$903.00	
43	\$43.00	\$946.00	
44	\$44.00	\$990.00	
45	\$45.00	\$1,035.00	
46	\$46.00	\$1,081.00	
47	\$47.00	\$1,128.00	
48	\$48.00	\$1,176.00	
49	\$49.00	\$1,125.00	
50	\$50.00	\$1,275.00	
51	\$51.00	\$1,326.00	
52	\$52.00	\$1,378.00	

Whether it is for a dream holiday, that new toy, or a rainy day/emergency fund, saving money can be easier than you think.

It doesn't matter if you open a designated bank account (preferably without service fees) or use an old mayonnaise jar or shoe box - this guide will help you on your way.

Starting with \$1.00 the first week, simply get into the habit of setting aside the suggested amount of money and within one short year, you will have \$1378.00 at your disposal.

It doesn't get much easier than that!



## Are you a Caregiver Quiz

According to statistics, more than 2 million Canadians are family caregivers, providing care to a loved one with long-term health problems.\*

Those who don't identify with the role of a caregiver and take precautions to protect themselves from stress may not understand their risk for the physical and psychological impact of caregiver distress.

A family caregiver can be someone caring for a spouse, a parent, an extended family member and, even, a friend or neighbor.

If you check "yes" to any of these 10 examples, you are a caregiver and should understand the need to protect yourself from the debilitating distress that could come with that role:

Yes No

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | I take time off from work to accompany a senior to a doctor's appointment.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I assist a senior with her grocery shopping.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I help a senior with his finances.   |
| <input type="checkbox"/> | <input type="checkbox"/> | My senior calls me nearly every day with a question or problem.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I changed vacation plans to accommodate the needs of a senior.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I reduced my work hours or took family leave to help ensure a senior was well cared-for.                               |
| <input type="checkbox"/> | <input type="checkbox"/> | I wake up at night worrying that a senior is O.K.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I often call on behalf of a senior to ask a question about a bill or to clear up confusion about a product or service. |
| <input type="checkbox"/> | <input type="checkbox"/> | I've neglected time with my family and friends to help the senior I am caring for.                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | I haven't been able to take part in hobbies or recreational activities because of the time I spend caring for someone. |

\*SOURCE: Canadian Institute for Health Information, Supporting Informal Caregivers - The Heart of Home Care, [https://secure.cihi.ca/free\\_products/Caregiver\\_Distress\\_AIR\\_2010\\_EN.pdf](https://secure.cihi.ca/free_products/Caregiver_Distress_AIR_2010_EN.pdf)

To help determine your level of stress as a family caregiver, take the Family Caregiver Distress Assessment at [FamilyCaregiverStressRelief.com](http://FamilyCaregiverStressRelief.com). And check out the additional resources of the Family Caregiver Stress Relief<sup>SM</sup> program.



Each Home Instead Senior Care<sup>SM</sup> franchise office is independently owned and operated. © 2011. All rights reserved. For more information, visit [www.homeinstead.com](http://www.homeinstead.com).



Caring for an older adult can be among the most fulfilling experiences for anyone, whether you are family, friend or a neighbour. So many tasks bring pleasure as you give back to someone who may have given you so much.

However, even as you lovingly provide support to a senior, you may have problems managing and balancing that support with your own busy life. The responsibilities can impact you physically, mentally and emotionally. And that could lead to the kind of distress that could result in serious health problems.

That's why it's important to know how stress is affecting you. Go to <http://www.caregiverstress.com/stress-management/family-caregiver-stress/stress-assessment/#> and take the Family Caregiver Distress Assessment to identify the things that might make caregiving more challenging for you, and what you can do to address those challenges.

If you feel that you, or someone you know, is feeling the pressures associated with providing care the website [www.caregiverstress.com](http://www.caregiverstress.com) has fantastic resources to help support those who are helping to support others. This user-friendly website includes articles available in large print, videos, discussion forums, blogs and resources for both caregivers, families and professionals. Whether you are looking for information on how to make a home safer for a senior, how to ease the return home after a hospitalization or how to protect a senior from fraud—this site covers all of that and much, much more.





*Donate Blood* *Clean Up Litter* *Buy a Coffee for a Stranger*  
*Holds Doors Open For People* *Run and Errand For Someone* *Shovel a Neighbor's Step/Walkway* *Offer to Babysit for a Friend*  
*Donate Clothing or Household Items* *Let Someone Go Ahead of You in Line* *Give a Compliment*  
*Help Someone Load/Unload Their Groceries* *Volunteer-*  
*Return a Shopping Cart for Someone* *Leave Notes of Encouragement*  
*Don't Gossip* *Offer to Walk Someone's Dog*

*Leave Coupons You Don't Need at the Store for Someone Else*  
*Call Someone You Haven't Spoken to in a While*

## **Random Acts of Kindness that Won't Cost You More Than a Toonie!**

*Visit Someone in the Hospital*  
*Leave a Toonie at a Vending Machine* *Sign up for the Organ Donor Registry*

*Bake Cookies and Give them to Someone Else* *Be Kind to Your Co Workers* *Include Someone Who May be Feeling Left Out* *Tell Someone that They are Doing a Good Job* *Arrive On Time* *Bring In Your Neighbour's Trash Cans* *Give Someone a Hug* *Help Someone with Yard Work* *Write a Thank You Note* *Let a Car Merge Ahead of You* *Put Your Phone Away when with Others* *Leave Quarters at the Laundromat* *Mentor Someone* *Play More Often* *Pass on a Book You have Enjoyed to Someone You Think May Enjoy It* *Make a meal for someone and drop it off to them.* *Offer to help someone without being asked.*  
**Smile!**

## 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

Michelle Brunet  
 Health Educator

Beth Goulet  
 Reception/Finance

Evelyn Mahon  
 Registered Practical Nurse

Seema Parameswaran  
 Social Worker

Rose Pecarski  
 Reception/Finance

Andrée Perrier  
 Registered Nurse

Sandy Tardif  
 Registered Nurse

