

Take Me Home!



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It's hard to believe that we are coming to the end of another year, and what a year it has been. In the past I have put out the challenges of the daily practices of trying something new and random acts of kindness - no matter how big or small. It is estimated that there are 7.5 billion people on earth right now - I did the math (yes, math!) and if even 5 billion people did one act of kindness a week that would be 260 BILLION acts of kindness every year. 712, 328, 767 acts of kindness a day. This was VERY exciting to me, so of course I had to share my plan on how to make the world a better place with the next person I saw. He listened, and nodded, and pointed out the one obvious (obvious to anybody but me) flaw in my plan - buy in. In order for it to work, people had to make a conscious effort to be kinder to each other and for whatever reason, people just don't seem to do it. I argued my point from every angle - kindness doesn't cost anything, kindness can also SAVE people effort (e.g holding their tongues instead of making an unkind statement), on and on. Again he smiled and nodded (perhaps his act of kindness to me instead of telling me what he was really thinking), very politely shook his head and told me although he agreed with me in theory, the implementation would be difficult because on a global scale one act of kindness on a personal level is not going to change anything. It would take tens of millions of people actually putting in the effort to make a noticeable change. Needless to say, I went home deflated. De-flate-ed. Which devolved to profound sadness after I watched the evening news. Story after story of people doing awful things to themselves, each other, the environment, the democratic process - you name it, it seemed like humanity is wrecking it. Finally, there was a story about an elephant who mistook a man swimming in a river being in distress and he rushed in to help him. The elephant rushed in to make sure the man was okay. An elephant. Yes, I agree that one random act of kindness may not change the world as a whole, but it will change my quiet little piece of it. Hopefully that it turn will improve someone else's quiet little piece of it and so and so on until maybe all of these little pieces work themselves together to bring a sense of peace on a global level. Who knows? Someone more famous than I'll ever be once said, 'You may say I'm a dreamer, but I'm not the only one.' And on this note, I will take this opportunity to wish you and yours all the best, and hope that 2017 brings you good health, love, laughter and an abundance of kindness. If we happen to cross paths, I hope it is while I am doing a random act of kindness. If for some reason I am not, perhaps you can do one for me and remind me that no matter what is going on, it really is a wonderful world. Cheers!

- Seema



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HOW TO COOK Grains



BARLEY

3 cups water per 1 cup barley; bring to a boil, cover with lid, lower heat, and cook 30-45 minutes for pearl barley or 90 minutes for hulled barley.



BROWN RICE

2 cups water per 1 cup rice; bring to a boil, cover with lid, lower heat, and cook 30 minutes. Turn off heat, and steam 10-15 minutes with lid on.



MILLET

2 cups water per 1 cup millet; rinse millet, and then dry-roast in pot until toasted and fragrant; add boiling water. Cover with lid, lower heat, and cook 20 minutes.



OATS

2 cups water per 1 cup oats; bring to a boil, cover with lid, lower heat, and cook 10-20 minutes, stirring frequently.



QUINOA

2 cups water per 1 cup quinoa; rinse quinoa, and then dry-roast in pot until toasted and fragrant; add boiling water; cover with lid, lower heat and cook 20 minutes.



WHITE RICE

1-3/4 cups water per 1 cup rice. Bring to boil, cover with lid, lower heat, and cook 15 minutes. Turn off heat, and steam 5 minutes with lid on.



WILD RICE

4 cups water per 1 cup rice; bring to boil cover with lid, lower heat, and cook 45-60 minutes or until rice splits open; drain excess water in colander.

Barley, Spinach & Mushrooms



- 1 cup uncooked barley
- 1 (15 oz) can broth
- 1 cup, 1 oz water
- Pinch of thyme
- 8 oz fresh mushrooms, sliced
- 1 (15oz) can white beans; do not drain
- 1/2 cup caramelized onions
- 2 tbsp extra virgin olive oil
- 2 garlic cloves; minced/grated
- 1/2 tsp thyme
- 1/2 tbsp balsamic vinegar
- 1/8-1/4 tsp salt and pepper; to taste
- 1/4-1/2 cup parmesan cheese
- 2 cups fresh spinach

In a large sauce pan, bring the barley, broth, water, and thyme to a boil. Once boiling, stir well, reduce heat to low, cover and cook for 50-60 minutes. Fluff with fork once cooked.

Heat the olive oil in a large sauté pan over medium-high heat. Once hot, add the mushrooms and garlic; cook for 2 minutes. Add the caramelized onions, mix well. Add the salt, pepper and thyme. Reduce heat to medium. Once the mushrooms have cooked down, add in the barley, stir well. Add in the beans, do not drain or rinse them; stir gently. Add the balsamic vinegar. Once the beans have heated through and are hot, remove from heat and wilt in the spinach. Add the parmesan cheese and enjoy!

It's A Girl!

In November,
our Nurse
Practitioner
Andrée Perrier
and her family
celebrated the
safe arrival of
their healthy
and beautiful
baby **Baylee
Assad!**

Although we
miss having
Andrée with us
at work daily,
we wish her,
Sheldon and
big sister
Leela all of the
best as they
settle into their
new life as a
foursome.

Félicitations!



The Greenstone Harvest Centre (food bank) was established in 2009 for the residents of Greenstone. It is overseen and managed by a group of local volunteers. It is open the second and fourth Thursdays of every month, from 6-8 pm at the Geraldton site. If you live outside of the community of Geraldton, you can call into the Centre at 854-3663 during our hours of operation to place your order for a food hamper. Hampers are delivered to outlying communities of Longlac, Nakina, Caramat, Jellicoe & Beardmore. Any person can access the center, regardless of their means of income or family size, on a once per month basis. Volunteers are always welcome to help pack hampers, and can do so by calling the Centre and speaking to a committee member.

Items that are always welcome donations include:

Canned fruit	Juice boxes	Zoodles,
Beefaroni	Canned veggies	Kraft Dinner
Ravioli	Alphaghetti	Crackers
Soup	Rice	Soya Sauce
Pasta Sauce	Pasta	Cereal

Canned meats (tuna, salmon, Klik, ham, chicken)

Kids snacks (granola/fruit bars, pudding, Rice Krispie squares)

Soap, shampoo, deodorant, feminine hygiene products etc.

A little really does go a long way!

PET WINTER SAFETY GUIDE

'Tis the Season for Pet Safety

Be Prepared



STOCK UP ON SUPPLIES

Weather emergencies can leave your family isolated at home. Among other items, be sure there is enough **food**, **bottled water**, and at least one week's worth of any **medication** your pet may need.



KEEP THEM CLOSE

Keep your pets on a leash when outside; they can lose their scent in the snow. Be sure all contact information is up to date on your furry friend's collar and microchip. Include your name, phone number and veterinarian's information.

KNOW BEFORE YOU GO

Program local weather and radio stations into cell phones before leaving the house. Winter weather is often unpredictable so it is important to regularly check to see if there may be a sudden drop in temperature.



GIVE THEM SPACE

Create a cozy spot inside - away from cold drafts - for your pet to relax



Keep your cats inside, even if they like to frequent the great outdoors from time to time.

Keep Them Warm



LONG HAIR, DON'T CARE

Avoid shaving your pet during the winter months; longer coats will provide additional warmth.



PET PEDICURES

Reduce the amount of snow that collects between Fido's toes by **clipping the fur between toe pads**. Be sure to rinse your pet's paws with warm water (before wiping them dry) each time your furry friend returns indoors.



SWEATER WEATHER

If your pet doesn't naturally have a warm winter coat be sure to put a **coat or sweater** on them before going outside.

CHECK UNDER THE HOOD

Cats (and other small animals) love the warmth of a car. Be sure to make noise or bang on the hood before starting your car.



DON'T LEAVE YOUR PET IN THE CAR

NEVER leave your pet alone in a vehicle, regardless of the temperature outside. A car can act as a refrigerator during the winter, trapping the cold temperature and causing hypothermia.

Protect Against Hazards



PLANT POISONS

Many common holiday plants such as **holly**, **mistletoe**, and **poisettias** can cause irritation, vomiting, diarrhea, and heart arrhythmia. Call your vet right away if you think your pet may have ingested a toxic plant.



DECK THE HALLS

Keep small decorations out of your pet's reach. They can be a choking hazard and decorations like tinsel can cause intestinal obstruction.



BE AWARE OF CHEMICALS

Keep all winter products, such as **antifreeze** and **ice-melting substances**, out of your pet's reach. These items contain chemicals that can be dangerous to animals, causing irritation and burns. Clean up product spills as soon as possible.



CHESTNUTS ROASTING ON AN OPEN FIRE

Make sure you are aware of what foods may be toxic to your pet. **Macadamia nuts**, **walnuts**, **garlic**, and **onions** are just a few of the popular holiday foods that can cause your pet to become ill.



FOR MORE INFORMATION ABOUT PET PARENTING OR PROFESSIONAL PET SITTING
www.petsitters.org

Contact Us

Learn more about our services and programs!

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