



HEALTHY HEADLINERS

COVID Alert App, Have Downloaded It Yet?



The COVID Alert app uses your phone's Bluetooth to exchange random codes with nearby (closer than 2 meters) phones that also have the app. Every day the app checks a list of random codes from people who tell the app they tested positive. So, if you have been near one (for more than 15 minutes) of those codes in the past 14 days, you will be notified.

Here are some App Usage Numbers:

6,448,615 downloads of the app

9 Provinces/Territories are currently using the App.

Still not convinced. Here is some proof that it works:

A member of curling team curling in a bonspiel in Kitchener/Waterloo last October 2020 received an Alert on his phone and as a result the remainder of the bonspiel was cancelled. Prior to play all players were required to download the app to their phones.

Want to download the app? It is available for either iOS/Android:

[App Store](#)

[Google Play](#)

Make your choice today!

SUPERIOR BOREDOM BUSTER ACTIVITY CHALLENGE

Looking for Motivation? Trying to increase your activity? Just looking for something different to do?

The NSFHT has the answer. We invite you to participate in our virtual challenge. Simply log your activity and work your way around the Lake Superior Circle Route, virtually. Activities include everything from housework to Yoga. The Circle Route is 2,100 km.

 Interested?
If you have computer access, use the link at the start of this post to register:
Don't have access to a computer, No Problem.
Call 824-2934 extension 230 after 3:00 pm on weekdays or anytime on weekends and leave your name and telephone number and we will do the rest.
This Challenge is open to anyone living in Pays Plat, Rosspport, Schreiber, Terrace Bay, and Jackfish.
The Challenge closes December 31, 2021.
Don't Wait, Take A Break, and Tour the Lake!!

Superior Boredom Buster Activity Challenge March Update

We have 24 participants.

4 - Rosspport

12 - Schreiber

8 - Terrace Bay

Average Age - 57

As a group we have logged 1,126 km

It's Not Too Late to Register





Day Mourning



In Canada each year, April 28 is the National Day of Mourning. This day is dedicated to remembering those who have lost their lives or suffered injury or illness on the job because of a work-related tragedy.

The Day of Mourning is also a perfect time to renew our commitment to improve health and safety in the workplace and prevent injury, illness, and death.

Here are some statistics from the Association of Workers' Compensation Board of Canada from the year **2019**.

Workplace fatalities in Canada = 925

882 – Male

43 – Female

29 of these fatalities were between the ages of 15 & 24.

Lost Time Accident Claims in Canada = 271,806

33,615 of these claims were workers between the ages of 15 & 24.

These are the obvious numbers. But they do not tell the whole story. The statistics do not include loved ones, family members, friends, and co-workers. They are directly affected, deeply impacted and their lives are changed forever.

How Can We Help?

Traditionally on April 28 the Canadian flag is lowered to half-mast on all federal government buildings. Employers and workers have observed the day by lighting candles, laying wreaths, wearing pins, ribbons, or black arm bands, and paused for a moment of silence.

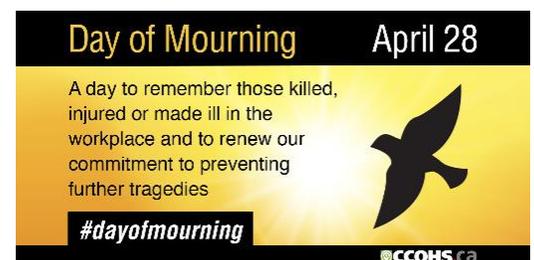
Considering the pandemic employers and individuals can show their support by simply pausing at 11:00 am on April 28 for a moment of silence, use and share the images found at this website:

<https://www.ccohs.ca/events/mourning/>

It is also a good time for employers and individuals to renew their commitment to workplace safety and the prevention of workplace accidents and incidents.

Remember: "Everyone has the right to come home safely from work!"

How will you show your support?





Screen for Life Coach is Back

The Screen for Life Coach is ready to hit the road once again after wintering in Thunder Bay.

In Ontario, the cancer screening guidelines for average risk men and women are as follows:

- Women, who are between the ages of 50 and 74 years, should have a mammogram every two years to screen for breast cancer.
- Anyone between 21 and 69 years old with a cervix, who has ever been sexually active, should have a Pap test to screen for cervical cancer every three years.
- Individuals, who are between the ages of 50 and 74 years, who have no first-degree family history of colon cancer, should complete a take-home colon cancer screening kit every two years.

The Screen for Life Coach will be in the following communities:

Schreiber – June 6, 2021 – June 9, 2021

Terrace Bay – September 14, 2021 – September 19, 2021

Please book your cancer screening appointment on the Screen for Life Coach by calling

1-800-461-7031 or (807) 684-7777.



Are You a NSFHT Email Subscriber?

Go to our website:

www.northshorefamilyhealthteam.ca

Look for the Subscribe Form located at the bottom of homepage

Fill your first name and email address and select subscribe.

We will do the rest!!

Get the Information Fast!!



CONSENT FORM REMINDER

Just a reminder that anyone over the age of 16 that wants or is thinking about getting the COVID-19 vaccine you are encouraged to complete a consent form in advance. Consent forms can be found on our website:

www.northshorefamilyhealthteam.ca

Or by dropping in to the J. E. Stokes Medical Centre or the McCausland Hospital. Your completed forms can be dropped off at the same locations.



NEW EMPLOYEE

WE WOULD LIKE TO WELCOME CHARLIE TO OUR TEAM. CHARLIE WILL BE WORKING WITH HIS MOM, KATIE AND WILL SPECIALIZE COMFORT AND WELL-BEING. CHARLIE HOPES TO BECOME A QUALIFIED SERVICE DOG ONCE RESTRICTIONS FOR THE TWO-LEGGED'S ARE LIFTED.

Allied Health Professionals

Nurse Practitioner – Sue Fairservice

Registered Practical Nurses – Chelsea Cole & Lisa Tymko

Registered Dietitian- Andrea Kennedy

Registered Social Worker – Katie Freeman

Administration Staff

Administrator – Mary Lynn Dingwell

Administrative Clerk – Cathy Cook

North Shore Family Health Team Board of Directors

Dr. Hurst; Dr. McLeod; Dr. Shaheen; Dr. Rushton

J. E. Stokes Medical Centre

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