



HEALTHY HEADLINERS

Vaccine Update

Taken from the Thunder Bay District Health Unit Facebook page, July 15, 2022

Ontario has opened 2nd boosters to include those aged 18 – 59. But what does that mean for you? Allow us to break it down for you quickly.

If you are 18 – 59, healthy and have already had your first booster, you still have powerful and prolonged protection from that dose. That means you do not necessarily have to run out and get that 4th dose right away. Some may want to wait a few months and get it in the fall when folks are likely to be indoors more often.

You should get your 2nd booster dose if you are in that 18 - 59 age range and have underlying health conditions **OR** if you are at higher risk of giving COVID-19 to someone who does. For instance, if you live or work with an older or immunocompromised person, it would be helpful to have that extra layer of protection—for you **AND** them.

You are eligible for your next dose if you are 18+ and it has been around 5 months since your previous booster. If you have had COVID-19, you should wait about 3 months since your infection, so that you will have the best possible protection from the vaccine.

Now, if you are 60+ or immunocompromised and have not had your 2nd booster yet, it is important that you get it now, as protection from the vaccine drops off quicker for these groups.

Finally, if you have not had **ANY** boosters yet, get it as soon as you can. Remember that protection from your first 2 doses can drop off quickly. The booster will give your immune system the reminder that it needs to protect you (and those around you!)

Upcoming vaccine clinics in Terrace Bay:

Cultural Centre Hall (MKH) Tuesday July 26/22 from 1:00-4:00

Cultural Centre Hall (MKH) Tuesday Aug 23/22 from 1:00-4:00

walk in appointments available

6 months to 5 years

On July 14, 2022, the Public Health Agency of Canada (PHAC) released recommendations from the National Advisory Committee on Immunization (NACI) regarding the use of Moderna Spikevax COVID-19 vaccine in children 6 months to 5 years of age. TBDHU will release details on vaccine opportunities once Ontario guidance is available.

If you would like your child -6 months to 5 years of age vaccinated, please leave the name and age of the child/children and your phone number with your family Doctor. We will contact you when we are able to offer these. For this age only we will be offering the vaccines in the Doctor's office.



Gardening for Self-Care

By: *Chelsea Cole*



For me, gardening has become my form of therapy, it gives me nourishment in more ways than one. A small, raised garden bed system, with a small greenhouse and a few fruit trees at home has really improved my mental health and overall well-being. It gives me a quiet moment to reflect on the day, some very gentle exercise, and just enough sunshine to not get a burn. The best part is, it feeds our family for the summer, we are going to harvest our first lettuce, tomatoes, and onion for a salad this week, and we have sampled a few berries, and we expect to have fresh vegetables for the rest of the summer.



Gardening presents some challenges with weeding and watering, but the raised garden beds are a real treat, and they make the work easy and enjoyable. The small greenhouse also really helps, it keeps plants free of bugs and helps extend our short season, this year we are even going to try growing watermelon, they are just starting to flower. Even though these gardens do have a bit of an upfront cost, I have never doubted their worth, to feed the family for the rest of our lives with just the right amount of challenge and effort, we reap the rewards and nourish our souls and bodies.



Heritage Hikes Challenge

We currently have 6 groups which includes 20 people participating in this challenge. Each group is trying to complete 3 hikes:

1. Picnic Table Lookout
2. Red Chairs – Schreiber Beach
3. Schreiber Mural Walk

All the hikes must be completed during Heritage Days which runs from July 15, 2022, to July 24, 2022. It's not too late to sign up. Check the NSFHT Facebook page for details.

We would like to Thank Spadoni's Home Furniture for donating the Daily Prize Draw "Mystery Gifts".



Sharing A Learning Experience

By: Mary Lynn Dingwell

My family had an experience recently that I would like to share- as I am sure many couples/families function in a similar way.

The couple was 66 and 70 both with health issues, but nothing that appeared immediate. Unfortunately, the wife (66) passed away suddenly. Along with the grief of losing a spouse, the husband had to figure out the banking.

For most of their almost 50 years together the wife took care of the finances. Everything, from paying the bills to filing the taxes. In more recent years most was done on the computer and the husband really did not use the computer. Some passwords were written down but not in one spot and not for all things.

Here is a list of suggestions based on my family's experience:

If one person does all the finances – please sit down at least twice a year and go through it with the other person – or another family member (write it down so they know what to do)

Make sure both spouses have a CRA account – this can make it easier for applying for benefits

Keep all passwords in a safe place where your spouse or a family member knows to look

If you file taxes online – keep a copy on your computer/ or print a copy

Make a list of the bills that come in the mail and those that come electronically. If they do come electronically make sure your spouse knows how to access them.

For some couples paying bills is shared but each person has certain bills they receive and pay, and those bills are in their name. Again, write down the bills and how to access them. It may be a good idea to have your spouse listed on all utilities so they can access the info if something happens to you.

The age of computers has made many things easier but if finances are not organized this can cause a great deal of aggravation at a time when a person is grieving and doesn't have the energy for extra aggravation.



World Alzheimer's Day

By: Chelsea Cole

World Alzheimer's Day occurs on September 21st each year and is held in conjunction with World Alzheimer's month.

This year's theme for World Alzheimer's Day is **"Know Dementia, Know Alzheimer's"**.

Most of you have heard of Alzheimer's disease and even know someone who has been impacted by it. Did you know Alzheimer's disease is only one form of dementia, accounting for about 60% of all cases, however there are many other forms of dementia that cause memory loss and other symptoms. Dementia is an umbrella term for a collection of symptoms that affect the brain and impact memory, emotion, thinking and behavior.



Dementia can present differently depending on the area of the brain that is affected. Dementia damages the nerve cells in our brain, leaving our brain unable to communicate effectively with the rest of our body, causing symptoms such as: memory loss, mood changes, difficulty communicating, balance issues and difficulty performing regular day to day tasks. A diagnosis of dementia can be life changing, there is not a cure for dementia yet, however there are many tools in place that help those who are diagnosed live a happy and fulfilling life despite their illness.

When it comes to Dementia, there are some risk factors you can change to prevent it, and some risk factors that you cannot change.

Risk factors for dementia that you cannot change are:

- Age, after age 65 the risk for developing dementia doubles every 5 years, although it is not a normal part of aging
- Gender, women have a higher incidence of developing dementia, although this is still unclear as to why.
- Genetics', scientists have found over 20 genes that may increase the risk of developing dementia, although this is still being studied.

Risk factors for dementia that you CAN change are:

- High blood pressure
- Smoking
- Obesity/ lack of physical activity
- Poor nutrition/ vitamin deficiency
- Depression
- Avoiding excess alcohol consumption
- Keeping blood sugar at target if Diabetic

You can learn more about controlling risk factors by checking out <https://alzheimer.ca/>

Did you know that the North Shore Family Health Team runs a Memory Clinic locally for those who are experiencing memory impairments and can help diagnose and support those affected by dementia? If you are experiencing memory loss, difficulty performing routine tasks, changes in behavior, mood, or judgment, please reach out to your local provider to be assessed and referred to the memory clinic so that we can help support your journey with memory care. A timely diagnosis can help delay further memory loss, provide the best supports possible and plan for the future.



Allied Health Professionals

Nurse Practitioner – Sue McConnell

Registered Dietitian- Dayna Lalonde

Care Coordinator – Lisa Tymko

Registered Practical Nurses – Chelsea Cole & Lisa Tymko

Registered Social Worker – Katie Freeman

Administration Staff

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