



HEALTHY HEADLINERS

The Benefits Wayfinder Overview

By: Lisa Tymko

The Benefits Wayfinder at benefitswayfinder.org is a great new Canadian resource that can help educate you on available government benefits.

You can also find useful information about government programs specific to life's difficult challenges such as job loss, caregiving for loved ones, and emergency financial need, and more.

The Benefits Wayfinder was created by Prosper Canada, which is a national charity that works with partners in all sectors to develop and promote financial policies, programs and resources that transform lives and help Canadians prosper.

This website is very user friendly, easy to use, and includes an extensive list of all the current Canadian government benefits.

By providing a few details about your individual financial situation this website can generate a custom list of all the programs and tax credits you most likely could be eligible for and it also guides you with how to apply.

Have you heard of the Seniors homeowner's property tax credit?

Do you have high drug costs related to your income and need assistance to cover the costs?

Are you lower income and falling behind on your electricity or natural gas bill and facing disconnection?

The Benefits Wayfinder can be your guide to finding the government programs that could be the most beneficial to you and your family.

If you are interested in learning more, I encourage you to give it a try soon and see if you can put a few extra dollars in your wallet for 2023!





Preventative Care throughout Your Life Span

By: Sue McConnell

Vaccines:

Vaccines begin in infancy and continue throughout your lifetime.

Vaccines protect us from many diseases but can also prevent certain types of cancers.

Vaccines in infancy and school age protect us from diphtheria, tetanus, polio, measles, mumps, rubella, rotavirus, haemophilus, influenza type b, meningitis, pneumonia, varicella, and pertussis.

HPV vaccine – Recommended for children in Grade 7 to prevent genital warts, cervical cancer in females and head and neck cancers in males. It is important to note the HPV vaccine is currently recommended up to the age of 45 if you did not receive it previously.

Hepatitis A and B vaccine may help prevent liver disease and are recommended in patients' who have fatty liver disease.

Tetanus and diphtheria vaccine is recommended once every 10 years

Pneumonia vaccine is given to children, but it is also recommended at age 65 (sooner if high risk)

Shingles vaccine is recommended in patients who are over 50 years of age.

Screening Tests:

Cervical cancer screening begins now at age 25 regardless of onset of sexual activity and is done every 3 years until the age of 69.

Screening tests for diabetes, and cholesterol usually are initiated at age 40 or sooner if there is a positive family history.

Colon cancer screening begins at age 50 with FIT testing every 2 years until age 74.

A colonoscopy is required for patient's that have a 1st degree relative with colon cancer or in a patient that is having bowel changes.

Mammograms begin at age 50 unless there is a 1st degree relative with breast cancer and then they will begin sooner.

Bone mineral density testing usually begins at age 65 unless high risk for osteoporosis

Abdominal aortic aneurysm screening begins at age 65.

Low dose CT scan is recommended annually in patient's aged 55-74 who have smoked >30 pack years, currently smoke or have quit less than 15 years ago.

If you have any questions regarding vaccinations or screening tests, please discuss this with your health care provider.





Bell Let's Talk Day is Wednesday, January 25. We are joining in and committing to take meaningful action to create positive change.

Since 2011, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues, inspire one another to take action, and help create a Canada where everyone can access the mental health support they need. But it is clear more needs to be done.

Let's change this. Take action on Bell Let's Talk Day and all year long!

This year's Bell Let's Talk Day campaign highlights ways we can all create meaningful change and take action by doing one or more of the following:

- **C**hoose a mental health organization to learn about or support
- **H**elp a friend struggling with their mental health by learning how to support them
- **A**sk about how your school, workplace or community is creating change for mental health
- **N**urture your own well-being by practicing and learning mental health strategies
- **G**et involved in a mental health initiative or organize an event to support mental health
- **E**ngage in conversations about mental health to fight stigma

Share your actions using #BellLetsTalk and help inspire others to join the movement to create positive change.

We are proud to come together, take action, and help create change for mental health in Canada so that Canadians can access the mental health and addiction supports they need to flourish.

You can find resources, learn more about some of the organizations providing mental health supports and services throughout Canada and download the [Bell Let's Talk toolkit](#) to begin your own conversation about mental health and create positive change at home, school or in the workplace.

Please join us this Bell Let's Talk Day by showing your support for all those who live with mental illness and those taking action to help them.





Indoor Walking

Join us every Tuesday and Thursday
from 1:30 pm - 2:30 pm at the
Schreiber Community Hall,
Langworthy St.



Diabetic Support Group

February 7, 2023 - Love Your Body, Love Yourself

The importance of self-care and healthy body perspective.

March 7, 2023 - Sprouts, Salads, Spring Activities

Learn how to grow sprouts and how to use them in a salad. We supply the materials.

April 4, 2023 - Easter is Coming



Healthy, sweet alternatives for the Easter holiday season and Gentle Exercises



Time: 4:00 pm - 5:00 pm

Location: Schreiber Community Hall, 100 Langworthy Street





LET'S TALK ABOUT MENTAL HEALTH

A discussion group to support each other in mental health issues that touch us all.

TUESDAY EVENINGS AT THE PACE OFFICE

312 Manitoba Street, Schreiber

6:30-8:00 pm

- January 3, 2023- *Dealing with Anger*- Skills in Moving from Red to Blue.
- January 10, 2023- *Conflict Resolution*- Facing life issues with confidence and acceptance.
- January 17, 2023- *Stress Management*- When is it all too much?
- January 24, 2023- *Emotional Regulation*- What is possible in the eye of the storm?
- January 31, 2023- *How to Handle the Unexpected* - Because there is always unexpected.



Allied Health Professionals

Nurse Practitioner – Sue McConnell

Registered Practical Nurses – Chelsea Cole & Lisa Tymko

Registered Dietitian- Andrea Kennedy

Registered Social Worker – Katie Freeman

Care Coordinator – Lisa Tymko

Administration Staff

Executive Director – Mary Lynn Dingwell

Administrative Clerk – Cathy Cook

North Shore Family Health Team Board of Directors

Dr. Hurst; Dr. McLeod; Dr. Rushton; Dr. Comisso

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