

HEALTH CENTRE NEWSLETTER



“MNOOYANG-GAMIG” (PLACE OF WELL BEING)

April-May 2024

Editor: Brenda Wheat-Sinclair

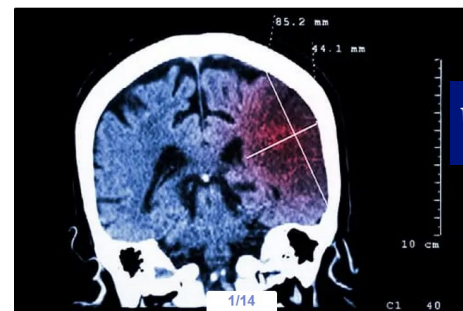
Free Newsletter

Mission Statement:

“Create a healthy present and future for the Walpole Island First Nation by providing high quality, culturally-appropriate, holistic health services with enthusiasm, excellence, and dedication to client safety.”

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Cut Your Odds of a Stroke



What Is a Stroke?

It happens when blood stops flowing to part of your brain. The cells begin to die, and you may have damage to areas that control muscles, memory, and speech.

Watch Your Blood Pressure

If you have **high blood pressure** and you don't manage it well, your chances of getting a stroke go up. Ideally, your blood pressure should be under 120 over 80. If yours is too high, talk to your doctor about ways to change your diet and get more exercise. If that's not enough to control it, they may prescribe medication to help.

Break a Sweat

Exercise helps you get to or stay at a healthy weight and keep your blood pressure where it should be -- two things that can lower your odds of having a stroke. You'll need to work out hard enough to break a sweat 5 days a week for about 30 minutes. Talk to your doctor first if you're not in great health or haven't been that active in a while.



“If the human body is 90% water, how can I be 23% body fat?”

Continued...

Cut Your Odds of a Stroke (continued)

Keep Stress in Check

Stress can make it more likely you'll get a stroke, maybe because it causes inflammation in parts of your body. If you're stressed at work, try some simple things to help dial it back. Get up and move around often, breathe deeply, and focus on one task at a time. Make your work area a calm space with plants and soft colors. And be sure to spend a healthy amount of time away from the office.

Lose Weight

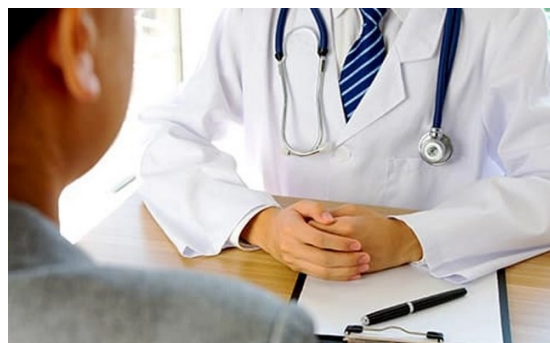
Obesity and the health issues it can cause -- diabetes and high blood pressure -- boost your chances of stroke. You can lower the odds if you lose as few as 10 pounds. Try to keep your calorie count under 2,000 a day, and make exercise a regular thing.

Have a (Single) Drink

For years, doctors thought that a drink a day may help protect against stroke, but the latest research suggests that this may not be true. And if you have more than two, your stroke risk quickly shoots up. Heavy drinking can also lead to obesity, high blood pressure, and diabetes -- all things that raise your odds of having a stroke.

Get Your Cholesterol Checked

High levels of **LDL** "bad" cholesterol and low levels of **HDL** "good" cholesterol can raise your chances of having plaque buildup in your arteries, which limits blood flow and can lead to a stroke. Cutting down on saturated and trans fats can help lower your LDL, and exercise can boost your HDL. If those don't do the trick, your doctor may prescribe medication to help with your levels.



Pay Attention to Your Heartbeat

Atrial fibrillation (AFib), an irregular heart rhythm, makes you five times more likely to have a stroke. If you notice a racing or irregular heartbeat, see your doctor to find out what's causing it. If it's AFib, they might be able to treat you with medicine that lowers your heart rate and cuts the odds you'll get blood clots. In some cases, they may try to reset your heart's rhythm with medication or a brief electrical shock.

Manage Your Diabetes

This condition affects how your body uses **glucose**, an important source of energy for your brain and the cells that make up your muscles and tissues. It can raise your odds of having a stroke, so it's important to watch your blood sugar carefully and follow your doctor's instructions.



Fiber Up

The magic number here is 7: For every 7 grams of **fiber** you add to your daily diet, your stroke risk goes down by 7%. You should get about 25 grams a day: six to eight servings of whole grains, or eight to 10 servings of vegetables.

Cut Your Odds of a Stroke (continued)

Eat (a Little) Dark Chocolate

Flavonoids are plant-based chemicals in cocoa that have all kinds of health benefits. For example, they can help with inflammation, and that can relieve pressure on your heart. Studies show a little dark chocolate a day helps prevent heart attacks and strokes in people with a higher chance of having heart disease. Just don't overdo it because chocolate has sugar and saturated fat.

Don't Smoke

Smoking makes your blood more likely to clot, thickens and narrows your blood vessels, and leads to the buildup of plaque -- all of which make you more likely to have a stroke.

Choose the Right Foods

A balanced diet of fruits, veggies, fish, lean meats, and whole grains can help lower your cholesterol. That means plaque is less likely to build up in your arteries and form clots. It also can help protect you from other conditions that raise your odds of having a stroke, like diabetes and high blood pressure.

Take Your Meds

14/14

This sounds like an easy one, but a lot of people have a hard time with it. Take your medicine for blood pressure, diabetes, and heart health on time and as prescribed. If you're concerned about side effects, talk to your doctor before skipping your medications or taking less than you're supposed to.

Submitted by Brenda Wheat-Sinclair

Prenatal Nutrition Program

Always the 2nd Wednesday
of every month
at the Health Centre

- Enjoy a nutritious lunch
- Dietician is available
- Grocery store gift card for participants
- there is a give-away for certain sessions/door prizes



&

**You Get a
Good Food Box!!!!**

NOTE: The times may change beginning in the month of May 2024.

Participants will be notified if a change happens.

**Hours
10:00am to 12:00pm**

**Lunch will be served at
12:00pm**

Call Kaitlyn at the Health Centre for more information at 519-627-0765.

NOTE: Must be present and attend the full time to get a Good Food Box and to be eligible for any incentives or prizes (when available)

Breastfeeding

The experience of breastfeeding is special for many reasons: the closeness and bonding with your baby, cost savings, and health benefits for both mother and baby. Every woman's journey to motherhood is different. One of the first decisions a new mom makes is how to feed her child. Here you will find facts about breastfeeding, get practical tips on how to make breastfeeding work for you, and learn about support resources available to you.

Q: Why should I breastfeed?

A: Breastfeeding is normal and healthy for babies and moms. Breastmilk has hormones and disease-fighting cells called antibodies that help protect babies from germs and illness. Babies who are breastfed have reduced risks of asthma, obesity, type 1 diabetes, severe lower respiratory disease, acute ear infection, sudden infant death syndrome, diarrhea/vomiting, and the death of tissue in the intestine. This protection is unique and changes to meet your baby's needs. Some benefits of breastfeeding include:

- Breastfeeding offers essential nutrients and a nutritionally balanced meal.
- Breastmilk is easy to digest.
- Breastmilk helps protect babies from germs and illness.

Q: How long should I breastfeed?

A: [The American Academy of Pediatrics](#) (AAP) and the [CDC](#) recommend exclusive breastfeeding for approximately six months after birth. Furthermore, the AAP supports continued breastfeeding, if mutually desired by mother and child, for two years or beyond along with appropriate complementary foods introduced at about six months.

Q: When should I begin to introduce solid food?

A: Beyond 6 months, breastfeeding should be maintained along with the introduction of nutritious complementary foods. Foods rich in protein, iron, and zinc, such as finely ground meats, chicken, or fish, are good choices to complement the baby's diet of breast milk.

Breast milk remains the major component of the baby's diet, as foods from the family's diet are gradually introduced with appropriate modification of texture and avoidance of added sugar and fat. But always remember to talk it over with your healthcare provider.

Q: Does my baby need vitamin D?

A: Rickets - a condition that affects bone development in children - is caused by vitamin D deficiency/insufficiency. According to the [CDC](#), breast milk usually does not provide all the vitamin D a baby needs, so breastfed babies need a supplement of vitamin D beginning shortly after birth. This recommendation applies to both exclusively and partially breastfed babies. An [alternative strategy](#) to vitamin D supplementation for the baby is to supplement the mother who is breastfeeding with vitamin D. Again, talk things over with your healthcare provider.

Q: Is it ok for my baby to use a pacifier?

A: If you want to try it, it is best to wait until your baby is at least 3 or 4 weeks old to introduce a pacifier. Waiting allows your baby time to learn how to latch well on the breast and get enough milk. Once your baby is breastfeeding well, you can use the pacifier when putting your baby to bed to reduce the risk of sudden infant death syndrome (SIDS).

Q: Is it safe to smoke, drink or use drugs?

A: **SMOKING:** Breastfeeding mothers are [encouraged to stop smoking](#) and minimize secondhand smoke exposure. Cigarette smoking is associated with reduced milk production and shorter lactation. In addition, exposure to secondhand smoke, from any source, is associated with an increase in Sudden Infant Death Syndrome (SIDS), asthma, and other respiratory illnesses.

ALCOHOL: Breast milk alcohol concentrations closely parallel blood alcohol concentrations, with the highest levels in milk occurring 30 to 60 minutes after drinking. Moderate alcohol consumption by a breastfeeding moms (up to 1 standard drink per day) is not known to be harmful to the baby, especially if you wait at least two hours before pumping or breastfeeding. Consuming more than two standard alcoholic drinks a day is discouraged.

DRUG USE: It is not safe for you to use an illegal drug. Drugs such as opioids, cocaine, heroin, and PCP can harm your baby. Some reported side effects in babies include seizures, vomiting, poor feeding, and tremors.

Q: Can I take medicines if I am breastfeeding?

A: Most medications that women who are breastfeeding might take are compatible with breastfeeding, but you should check with your healthcare provider. There are some medications that should not be used while breastfeeding.

Almost all medicines pass into your milk in small amounts. Some have no effect on your baby and can be used while breastfeeding. Always talk to your healthcare provider or pharmacist about medicines you are using and ask before you start using new medicines. This includes prescriptions, over-the-counter drugs, vitamins, and dietary or herbal supplements. For some women stopping a medication can be more dangerous than the effects it will have on the breastfed baby.

Q: Do I still need birth control if I am breastfeeding?

A: Yes. Breastfeeding is not a sure way to prevent pregnancy, even though it can delay the return of regular ovulation and menstrual cycles. Talk to your healthcare provider about birth control choices that are okay to use while breastfeeding.

Q: Does my breastfed baby need vaccines?

A: Yes. Vaccines are very important to your baby's health. Breastfeeding may also help your baby respond better to certain immunizations, giving him or her more protection.

Follow the schedule your healthcare provider gives you. If you miss any vaccines, check with the healthcare provider about getting your baby back on track as soon as possible.

For more information...

For more information about breastfeeding, call the OWH Helpline at 800-994-9662 or contact the following organizations:

Centers for Disease Control and Prevention (CDC)
Phone Number: 800-232-4636 • www.cdc.gov

American Academy of Pediatrics (AAP)
Phone Number: 847-434-4000 • www.aap.org

La Leche League International
Phone Number: 800-525-3243 • www.llli.org

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Content last updated: September 28, 2022



www.facebook.com/HHSOWH



www.twitter.com/WomensHealth



www.youtube.com/WomensHealthgov

www.womenshealth.gov | 800-994-9662



OASH

Office on
Women's Health



Benefits of Fish Oil Supplements & Fish Consumption in Pregnancy



If you are taking a fish oil supplement while pregnant or nursing, can you skip eating seafood? A dietitian explains. As a solution, many people, especially women during pregnancy and who are breastfeeding, lean on fish oil supplements to help them get in important healthy fats, even when they are foregoing their fish and shellfish.

What Is Fish Oil?

The fish we eat, especially more oily options like salmon, mackerel, and sardines, are rich sources of unique omega-3 fatty acids that offer important health benefits. Docosahexaenoic acid (DHA) and Eicosatetraenoic acid (EPA) are two specific omega-3 fatty acids found in these oily fish and they are incredibly important for supporting a healthy pregnancy, specifically by offering potential benefits like reducing the risk of pre-term labor and possibly reducing the risk of developing postpartum depression. And for lactating women, adequate intake of the healthy omegas found in fish is linked to outcomes like better infant psychomotor development and a reduced risk of infant allergies.

Omega 3 benefit

- Vision support
- Brain health support
- Heart-health support
- Help maintain a healthy pregnancy in pregnant women.
- Combat chronic inflammation!
- Support mental health.
-

And when it comes to a developing baby, DHA omega 3 fatty acids play an important role in both eye and brain health. Taking a fish oil supplement loaded with DHA and EPA omega-3 fatty acids is one simple habit that many health experts recommend, especially when it comes to those who are pregnant or lactating.

Let's take a can of tuna, as an example. In each 3-ounce serving, you get 60 milligrams of EPA omega-3 fatty acids and over 1,000 milligrams of DHA omega-3 fatty acids. But along with a hefty dose of these healthy fats, you also get a dose of protein, selenium, magnesium, calcium, potassium, vitamin B12, and a slew of other nutrients that support a healthy pregnancy, heart health, brain health, and overall well-being.

Mercury Concerns Surrounding Fish Consumption During Pregnancy

Eating fish during pregnancy can fuel your body with important nutrients in a delicious and sustainable way, the potential methylmercury content of your fish needs to be taken into consideration.

Methylmercury is a naturally occurring toxic element that settles from the air into our water sources. This compound can build up in fish and can therefore be transferred to humans when we enjoy a seafood meal. When this metal is consumed in large amounts during pregnancy, the risk of experiencing negative effects on the baby's brain and nervous system development can increase.

Considering how many beneficial compounds fish can provide to a pregnant person, it is not recommended to avoid fish altogether. Instead, the most recent Dietary Guidelines for Americans recommends that those who are pregnant or breastfeeding consume between 8 and 12 ounces per week of a variety of seafood from choices that are lower in mercury. **All seafood should be cooked to 145° Fahrenheit.**

Continued on next page...

Benefits of Fish Oil Supplements & Fish Consumption in Pregnancy (continued)

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tuna, albacore/ white tuna, canned and fresh/frozen
Atlantic croaker	Lobster, American and spiny	Shad		Buffalofish	Rockfish	
Atlantic mackerel		Shrimp		Carp	Sablefish	
Black sea bass	Mullet	Skate		Chilean sea bass/ Patagonian toothfish	Sheepshead	Tuna, yellowfin
Butterfish	Oyster	Smelt		Grouper	Spanish mackerel	Weakfish/ seatrout
Catfish	Pacific chub mackerel	Sole		Halibut	Striped bass (ocean)	White croaker/ Pacific croaker
Clam	Perch, freshwater and ocean	Squid		Mahi mahi/ dolphinfish	Tilefish (Atlantic Ocean)	
Cod		Tilapia		Choices to Avoid HIGHEST MERCURY LEVELS		
Crab	Pickering	Tuna, canned light (includes skipjack)				
Crawfish	Plaice	Whitefish		King mackerel	Shark	Tilefish (Gulf of Mexico)
Flounder	Pollock	Whiting		Marlin	Swordfish	Tuna, bigeye
Haddock	Salmon			Orange roughy		
Hake	Sardine					

* Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.

www.FDA.gov/fishadvice www.EPA.gov/fishadvice

EPA United States Environmental Protection Agency FDA U.S. FOOD & DRUG ADMINISTRATION



PLANNING to get pregnant soon?

START A HEALTHY habit today!

Get 400 micrograms of folic acid every day! It takes a small effort, but it makes a big difference.

If women have enough folic acid in their bodies before and during early pregnancy, it can prevent many of the serious birth defects of the baby's brain and spine.

Before you know you're pregnant, your baby's brain and spine may already be formed.

Folic acid is a B vitamin that can be found in some multivitamins and foods labeled as enriched.

Submitted by :
Kaitlyn Oakley

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PRENATAL AND INFANT CHIROPRACTIC LUNCH AND LEARN

APRIL 17TH 2024
10AM-12PM

WALPOLE ISLAND HEALTH CENTRE

Dr. Jennifer Newman
 Chatham Family Chiropractic

Learn about:

- Chiropractic care in Pregnancy, postpartum
- Chiropractic care for Infants and children

Lunch and Door Prizes

FOR MORE INFORMATION AND TO REGISTER CONTACT:
KAITLYN OAKLEY 519-627-0765



Infant Massage
 Joanne Cheechoo



• May 31st, 2024 •
• 10am-12pm •

• Walpole Island Health Centre •
Call Kaitlyn Oakley to register spots are limited 519-627-0765

Infant massage gives opportunity to:

- promote bonding with your baby!
- Promoting social, emotional, and cognitive development
- Helping a baby relax and release tensions
- Decreasing irritability and excessive crying
- Reducing gas, colic, and intestinal difficulties
- Regulating behavioral states and promoting sleep AND SO MUCH MORE....



Let's Talk About PREGNANCY

Lunch and Learn on your first and second trimester of Pregnancy!
 At the Walpole Island Health Centre!

Lunch Provided and Door Prizes

Come and learn about pregnancy and ask YOUR questions!

Thursday MAY 2nd, 2024
1:00 pm TO 3:30 pm

Call Kaitlyn Oakley to register!
 519-627-0765



LIVE ON 98.3 FM EVERY Thursday
130pm-230pm

<https://www.walpoleislandfirstnation.ca/cfrx-radio>

Darryl in the Afternoon

Show Co-Host Brenda

from the Walpole Island Health Centre

Mental health / Information

Made with PosterMyWish.com

24 Hour Crisis Lines or Services

Walpole Island Police
519-627-6011 or 911

Walpole Island Fire Department
519-627-4114 or 911

Hope for wellness Helpline- to all indigenous people across Canada

1-855-242-3310 or the online chat at hopeforwellness.ca

Distress Line – Sarnia
1-888-347-8737 or 1-519-336-3000

Missing and Murdered Indigenous Women and Girls Support Line 1-844-413-6649

Kids Help Phone
1-800-668-6868 or text CONNECT to 686868

Kidshelpphone.ca

Sexual Assault Crisis Line - Sarnia
1-519-337-3320

National Indian Residential School Crisis Line

1-866-925-4419

Chatham-Kent Sexual Assault Crisis Line
519-354-8688

CMHA Crisis Response Team
1-866-299-7447

Walpole Island Women's Shelter
519-627-3635 24hrs

Lambton Mental Health Crisis Service
1-800-307-4319 or 519-336-1500

TALK4HEALING
1-855-554-4325

211 ONTARIO 1-877-330-3213

GOOD TO TALK
1-866-925-5455



WAYS Mental Health Support
Chatham-Kent: 519-354-4095 or ways@ways.on.ca

Bounce Back
1-866-345-0224 or visit www.bouncebackontario.ca

ConnexOntario
1-866-531-2600
Canada Suicide Prevention Service
1-833-456-4566 AVAILABLE 24/7/365

A light blue rectangular graphic. At the top left, there is a small icon of a telephone handset and a speech bubble, followed by the text 'Call or Text 9-8-8'. Below this, on the left, is a large yellow circle containing the number '9-8-8' in black. To the right of the circle, the text 'Suicide Crisis Helpline' is written in black. Further right, there is a yellow button with the text 'Get Help' in black. To the right of the button, the text 'Understanding Suicide' is written in black.

www.NeedHelpNow.ca

An online resource designed to help youth who have made the mistake of sending sexual images of themselves to peers.

strongestfamilies.com for a referral contact

C-K Children's Service 519-352-0440

Trauma Related Incidence Call-Victim Services– Sarnia 519-344-8861 ext. 5238

555 Christina St. N.
Sarnia, ON
office@victimservices.on.ca



A free telephone coaching program with videos to help you tackle depression and anxiety.

Learn more: bouncebackontario.ca | 1-866-345-0224



Help when you need it.

Text or



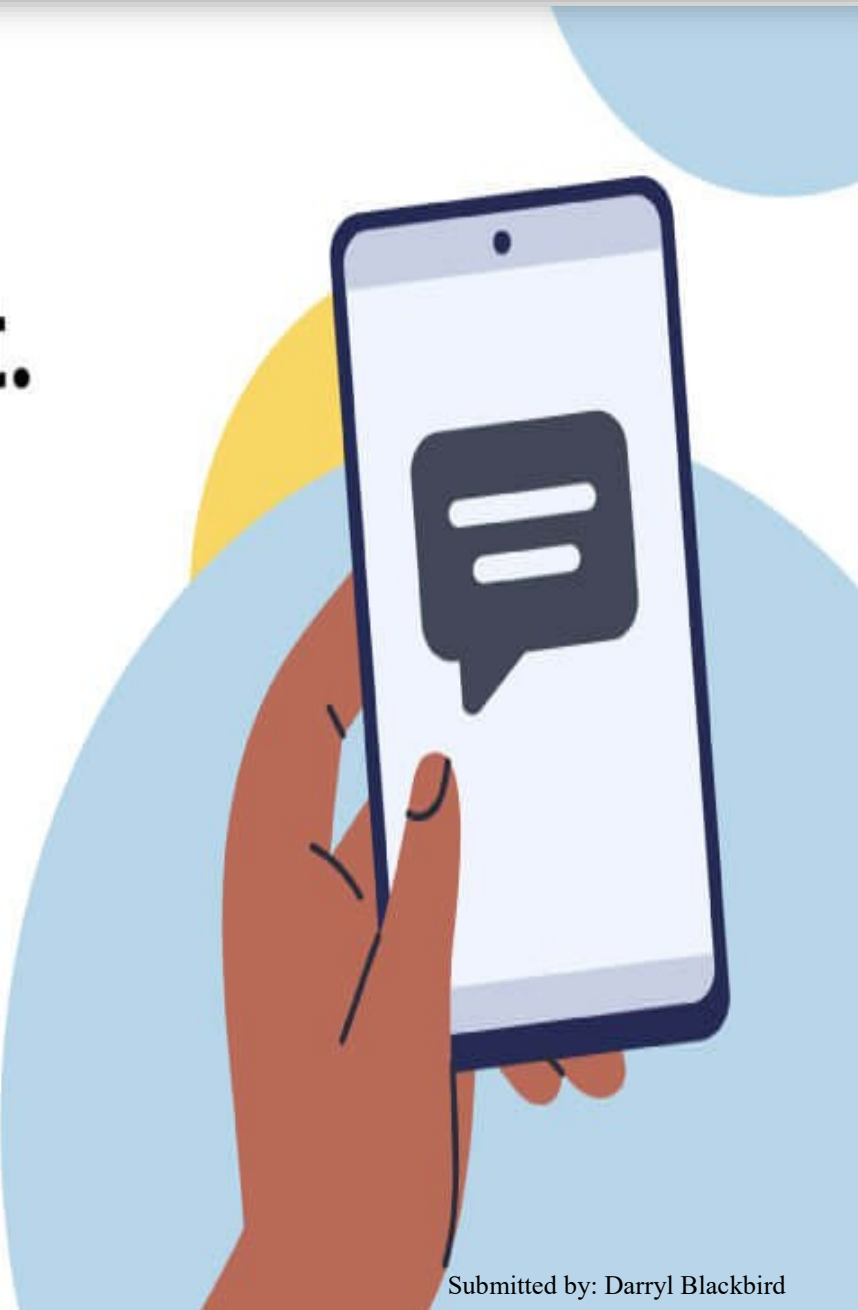
9-8-8

toll free, 24/7

9-8-8

**Suicide Crisis
Helpline**

9-8-8, Suicide Crisis Helpline is funded by the Government of Canada



Submitted by: Darryl Blackbird

Continued on next

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

Examples of anxiety disorders include generalized anxiety disorder, social anxiety disorder (social phobia), specific phobias and separation anxiety disorder. You can have more than one anxiety disorder. Sometimes anxiety results from a medical condition that needs treatment.

Whatever form of anxiety you have, treatment can help.

Symptoms

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Several types of anxiety disorders exist:

- **Agoraphobia** (ag-uh-ruh-FOE-be-uh) is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.
- **Anxiety disorder due to a medical condition** includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.

- **Generalized anxiety disorder** includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues. The worry is out of proportion to the actual circumstance, is difficult to control and affects how you feel physically. It often occurs along with other anxiety disorders or depression.
- **Panic disorder** involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). You may have feelings of impending doom, shortness of breath, chest pain, or a rapid, fluttering or pounding heart (heart palpitations). These panic attacks may lead to worrying about them happening again or avoiding situations in which they've occurred.
- **Selective mutism** is a consistent failure of children to speak in certain situations, such as school, even when they can speak in other situations, such as at home with close family members. This can interfere with school, work and social functioning.
- **Separation anxiety disorder** is a childhood disorder characterized by anxiety that's excessive for the child's developmental level and related to separation from parents or others who have parental roles.
- **Social anxiety disorder (social phobia)** involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.
- **Specific phobias** are characterized by major anxiety when you're exposed to a specific object or situation and a desire to avoid it. Phobias provoke panic attacks in some people.
- **Substance-induced anxiety disorder** is characterized by symptoms of intense anxiety or panic that are a direct result of misusing drugs, taking medications, being exposed to a toxic substance or withdrawal from drugs.

Other specified anxiety disorder and unspecified anxiety disorder are terms for anxiety or phobias that don't meet the exact criteria for any other anxiety disorders but are significant enough to be distressing and disruptive.

See your doctor if:

- You feel like you're worrying too much and it's interfering with your work, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you and difficult to control
- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors — if this is the case, seek emergency treatment immediately

Your worries may not go away on their own, and they may get worse over time if you don't seek help. See your doctor or a mental health provider before your anxiety gets worse. It's easier to treat if you get help early.

Source: <https://www.mayoclinic.org/diseases-conditions/anxiety>

Finding the Right Words: Guidelines on how to talk to grieving children about death

by Alan D. Wolfelt, Ph.D.

Through the years I have learned a great deal from many grieving children and their families. They have taught me which words work best when talking to children about death. Here are some general concepts I suggest companions use when talking with children about death, dying, grief, and mourning.

Talk openly about death

The child's journey through grief depends on you being honest and open about the death he has experienced. You may feel that if you are quiet and don't talk about it, you are helping him forget about the death and not be reminded of the pain it brings. Yet this kind of protection doesn't help for too long. Of course you mean well, but by not talking about the death, which is foremost on everyone's minds, you only cause him to feel confused and alone in his grief. It might even make him feel more afraid.

When talking with children, use simple, concrete language. Until they become teenagers, children are quite literal. Try not to use abstract or complex descriptions for death. It's OK to use the "d" word (death or dying). Explain death in a straightforward manner, without the use of metaphors or analogies such as "passed away," "taking a long sleep," "left us," or "in a better place". Be open to discussing the death and his thoughts and feelings about it again and again. That's because healing is a process, not an event.

Share your feelings

A natural part of healing is seeing that others feel the same way that you do. Let the child see you grieving and mourning. Don't be afraid of scaring her by letting her see you cry. Remember, crying is really an act of strength, not weakness. Crying together is healing. It allows you to express your grief in a raw and honest way. By grieving together you send the strong message that she is not alone in her grief.

Be honest and direct

Answer questions simply and directly. Adults may think they need to explain everything, but young children are often satisfied with an honest, short answer. For example, just the first two sentences of this explanation would suffice: "I think it is sad that Grandpa died. What do you think? Yet Grandpa had a long and happy life. Some people are not ready to die because they haven't done enough, but Grandpa did so much. Did you know he was in World War II? Anyway, he was blessed with so much. Much more than most people, so in a way I think he was ready to die...."

Continued on next page...

Avoid euphemisms

Saying a dead person is “asleep,” for example, will not only mislead a child, it may also cause her to believe that the dead person might “wake up” again. Or if you say, “It was God’s will,” she might feel angry at God for taking her mother, sister, or friend away from her. Or she might believe that God is punishing her. Remember, young children take things literally, so such abstractions are often confusing. Also, keep in mind that children can cope with what they know. They cannot cope with what they don’t know or have been “protected” from knowing.

Give inviting, loving nonverbal cues

For children, the language of comfort is often physical—through holding, hugging, snuggling, and affection. Spend time simply sitting next to or holding the child. Your close physical presence is a conversation in itself.

When talking about the death or the child’s grief, stay aware of your tone and make eye contact. With warmth, sincerity, and a relaxed open face, send the message that whatever she says is OK, allowing her to express her fears and wishes freely. Allow long pauses after questions or gaps in talking for her to fill or not.

Sometimes it’s easier for older children to talk without direct eye contact or while doing something else, such as riding in the car, walking together, cooking, or doing another activity together. Create ample opportunities for these casual, inviting situations.

It’s also important to honor how children best express themselves—and sometimes that’s not through talking. Maybe it’s drawing, writing in a journal, singing loudly, roughhousing, dancing, doing crafts, watching videos, or looking through pictures to remember the person who died. Tune in to the child’s personality and create opportunities for various ways for her to express her grief.

Attend to your own grief

If you are a parent or family member, most likely you are also grieving the death of the person who died. When you are overwhelmed by death, it’s hard to think of anything else, including the needs of those around you.

It’s important for you to carve out time and honor your own grief. If you are responsible for the fulltime care of a child, you will have to do the same for her—creating time for her to grieve with you and separately. Giving attention to another’s grief can be challenging when grief has shaken you deeply, but try your best to be available to your child, who feels shocked and confused by the death of a family member or a loved one. If, understandably, you just can’t do it right now, find another loving adult who can.

Your child needs full-on love and attention right now—at a time when it might feel the hardest to give. Remember that your grief may look very different than her grief. While you may be overwhelmed with sadness, her feelings may be more muddled and undefined. She may be able to digest just a little of her grief at a time before needing a mental and emotional break, while your grief may be all-consuming.

It's important to ask for help from friends and family; let them take on some of the responsibility of companionship your child through her grief. The task may even be too large for you and your circle of friends and family to handle. If so, that's OK. Enlist a professional counselor or seek the help of grief support groups as needed. Mostly, be gentle with yourself and know you are doing the best you can.

About the Author

Dr. Alan Wolfelt is a respected author and educator on the topic of healing in grief. He serves as Director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School's Department of Family Medicine. Dr. Wolfelt has written many compassionate, bestselling books designed to help people mourn well so they can continue to love and live well, including *Understanding Your Grief*, *The Mourner's Book of Hope*, and *Finding the Words: How to Talk with Children and Teens About Death, Suicide, Homicide, Funerals, Cremation, and Other End-of-Life Matters*, from which this article was excerpted. Visit www.centerforloss.com to learn more about the natural and necessary process of grief and mourning and to order Dr. Wolfelt's books.

Submitted by Darryl Blackbird

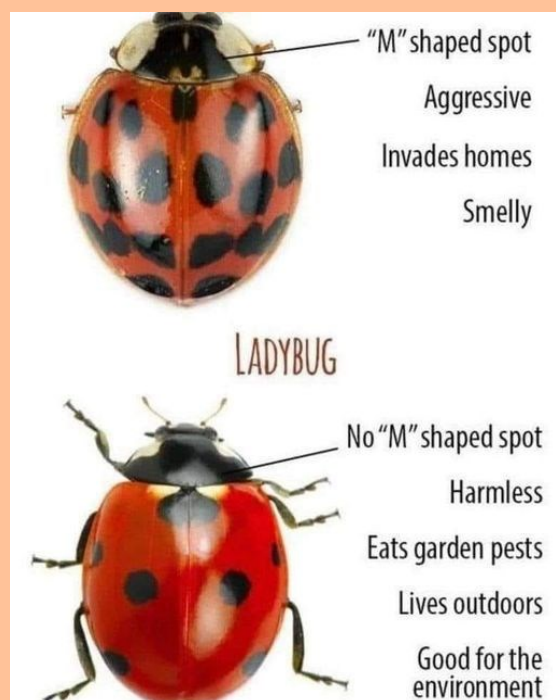
You can stop in to get your blood sugar tested and blood pressure done here. No appointment is needed.



Also, nurses can do vaccinations: adult, child, or baby. Must make an appointment.

Call Walpole Island Health Centre: 519-627-0765

Asian Beetle vs. Ladybug



Good to know! This pesty Asian beetle arrives in droves! The bite is terrible and they get in the house anyway they can. The ladybug, on the other hand, I rarely see anymore.

The first one is the Asian beetle. They smell, they bite and infest your home and garden.

The second one is a ladybug- harmless and is really great for your garden.

Brenda Wheat-Sinclair

What to do if bitten by any insect:

For mild reactions

To treat a mild reaction to an insect bite or sting:

- Move to a safe area to avoid more bites or stings.
- Remove any stingers.
- Gently wash the area with soap and water.
- Apply a cloth dampened with cold water or filled with ice to the area of the bite or sting for 10 to 20 minutes. This helps reduce pain and swelling.
- If the injury is on an arm or leg, raise it.
- Apply to the affected area calamine lotion, baking soda paste, or 0.5% or 1% hydrocortisone cream. Do this several times a day until your symptoms go away.
- Take an anti-itch medicine (antihistamine) if needed to reduce itching.

Seek medical care if the swelling gets worse, the site shows signs of infection or you don't feel well.





Please note that the *Canada Consumer Product Safety Act* prohibits recalled products from being redistributed, sold or even given away in Canada.

This statement is posted on all recall items

Brenda Wheat-Sinclair CAR

BISSELL® Multi Reach® Hand and Floor Vacuum Cleaner recalled due to fire hazard

Product

BISSELL® Multi Reach® Hand and Floor Vacuum Cleaner, Models 1985, 1985C, 2151, 21518, and 2151C





What to do

Immediately stop using the recalled products and contact BISSELL for instructions on how to deplete the charge on the battery and receive a free replacement.

Affected products

This recall involves select models of BISSELL® Multi Reach® Hand and Floor Vacuum Cleaner. "Multi Reach" is printed on the hand vacuum portion of the product and the colours of the vacuums vary. The model number is visible on the product rating label after removing the dirt tank.

Model Number 	UPC 
1985	011120234978
1985C	011120239010
2151	011120237801
21518	00011120243550
2151C	011120239928

Issue

The vacuum's battery pack can overheat and smoke, posing a fire hazard. As of January 17, 2024, the company has received 1 report of a battery pack sparking and overheating resulting in a minor burn injury in Canada. In the United States, the company has received 16 reports of the vacuum cleaners smoking and emitting a burning odor. Six of the reports included the battery pack catching fire, 3 of which resulted in minor property damage and 1 resulting in minor burn injury.

What you should do

Consumers should immediately stop using the recalled vacuums and contact BISSELL for instructions on how to deplete the charge on the battery and receive a free replacement.

For more information, contact BISSELL toll free 1-855-739-1702 from 9 am to 9 pm ET Monday through Friday and 9 am to 8 pm ET Saturday, or go to Canada.BISSELL.com/recall for more information about the free replacement

Number Sold: The company reported that 14,571 units of the affected products were sold in Canada and 141,946 were sold in the United States. **Time Period Sold:** The affected products were sold from October 2016 to August 2022. **Place of Origin:** Manufactured in China **Distributor :** BISSELL Canada Corporation, Mississauga, Ontario CANADA



Insignia™ Digital Air Fryers, Insignia™ Analog Air Fryers and Insignia™ Digital Air Fryer Ovens to po-hazard recalled due tential fire



Product	Model Number	SKU
Insignia™ - 5L/5.28Qt Digital Air Fryer - Black	NS-AF50DBK2-C	15605777
Insignia™ - 10 QT Digital Air Fryer Oven – Stainless Steel	NS-AF10DSS2-C	15596240
Insignia™ - 3.4 QT. Analog Air Fryer - Black	NS-AF32MBK2-C	15605776
Insignia™ - 5QT Analog Air Fryer - Stainless Steel	NS-AF5MSS2-C	15596242
Insignia™ - 8 QT Digital Dual Basket Air Fryer - Black	NS-AF8DBD2-C	15545537

Affected products

This recall involves the Insignia™ Digital Air Fryers, Insignia™ Analog Air Fryers and Insignia™ Digital Air Fryer Ovens. The recalled products have cooking chamber capacities ranging from 3.4 to 10 quarts, and plastic or plastic and stainless-steel bodies. The brand name INSIGNIA is on the top or front of each unit. A rating label on the underside of each unit, identifies the brand INSIGNIA, model number, and other information.

Issue

The Air Fryers may overheat, and handles may melt or break, posing a potential fire or burn hazard. In addition, the air fryer ovens may overheat and glass on doors may break, posing a potential fire, burn or laceration hazard.

As of February 20, 2024, the company has received 6 reports of incidents of the handles on the air fryers melting or breaking and 1 report of incident of the glass breaking on the Air Fryer Ovens in Canada, and no reports of injuries. In the United States, the company has received 24 reports of overheating/melting or glass shattering, including six reports of air fryers catching on fire, and no reports of injuries or property damage.

What you should do

Consumers should immediately unplug and stop using the recalled products and visit <https://www.recallrtr.com/airfryer> for instructions on how to submit photos of the recalled unit (s) with the cut power cord, a photo of the model number and purchase receipt.

Consumers can register online at <https://www.recallrtr.com/airfryer>; or, by calling Best Buy Canada at 1-800-566-7498 from 7:00 a.m. to 6:00 p.m. CT, Monday through Friday. Information can also be accessed by going to www.bestbuy.ca and clicking on “Product Recalls”.

Best Buy Canada will provide a gift card equal to the full purchase price of their product if the customer has and can provide a copy of their receipt. Customers who do not have their receipt will be entitled to a gift card in the amount of \$75.

Number Sold: The company reported that 99,903 units of the affected products were sold in Canada and 183,443 were sold in the United States. **Time Period Sold:** The affected products were sold from September 2021 to November 2023. **Place of Origin:** Manufactured in China

Importer: Best Buy Canada, Burnaby, BC Canada

Various Shades by Elite Window Fashions recalled due to strangulation and choking hazards for children

Affected products

This recall involves the following products by Elite Window Fashions - All Roller Shades, High-Lite Shades, Sheer Horizontal Shades, and Roman Shades sold with ChainGuards and P-Clips. Product is available in a wide range of custom colours and sizes.



Issue

Health Canada has determined that the recalled roller shade does not meet the *Corded Window Coverings Regulations* and pose a strangulation hazard. Young children may pull looped chain around their neck, causing a strangulation hazard and even death. In addition, the products can also release small parts that present a choking hazard to young children.

Children can become entangled in blinds cords, which can quickly lead to strangulation and even death. Health Canada recommends cordless window coverings. For more information on the hazard, see [Blind Cord Safety](#).

What you should do

Consumers should immediately stop using the recalled product and contact Elite Window Fashions for replacement parts. For more information, consumers can contact Elite Window Fashions by telephone at 1-800-387-3566, Monday to Friday, from 8:30 am to 8:00 pm (EST), or by email at customerservice@elitewf.com.

Number Sold: The company reported that 85,853 units of the affected products were sold in Canada. **Time Period Sold:** The affected products were sold from July 2022 to March 2024. Manufactured in the Canada **Manufacturer:** Elite Window Fashions, Concord, ON Canada

Various Starmaker USB Wall Chargers recalled due to electric shock and fire hazard

What to do

Immediately stop using the recalled products and return them for a refund, or dispose of them in accordance with municipal electronic waste requirements.

Continued on next page...



Various Starmaker USB Wall Chargers recalled due to electric shock and fire hazard (continued)



Affected products

This recall involves two models of Starmaker brand USB wall chargers.

Product	UPC
Starmaker Home Charger USB-A and USB-C Combo	691455604208
Starmaker USB-A Wall Charger	678362602080

Issue

Health Canada’s sampling and evaluation program has determined that the affected products pose an unreasonable risk of electric shock and fire.

What you should do

Consumers should immediately stop using the recalled products and return them for a refund, or dispose of them in accordance with municipal electronic waste requirements. For more information, consumers can contact Pro Line Sports Ltd. by telephone at 902-407-3001 between 9 am to 5 pm AST or by email at accounting@prolinesports.ca.

Number Sold: The company reported that 15,829 units of the affected products were sold in Canada. **Time Period Sold:** The affected products were sold from January 2023 to February 2024. **Place of Origin:** Manufactured in China **Importer:** Pro Line Sports Ltd., Windsor, NS Canada

Other Wall Charger recalled due to shock Hazzard and fire Hazzard:

iTrust Heavy Duty Wall Charger Real 2.1 A recalled due to electric shock hazard.

elink 2.1A USB Charger recalled due to fire hazard

ADS brand USB wall chargers recalled due to electric shock and fire hazard

USB-C 30W Power Charger Adapter recalled due to electric shock hazard

Ason Tech USB wall charger recalled due to electric shock hazard

NOTE: There is a lot more listed on the Government of Canada Alerts and Recall page.

<https://recalls-rappels.canada.ca/en>



Ice Buckets in Certain Frigidaire Branded Side-By-Side Refrigerators Recalled due to Choking and Laceration Hazards

Affected products

This recall involves certain Frigidaire branded side-by-side refrigerators with Slim Ice Buckets produced between 2015 and 2019.



The following Frigidaire branded side-by-side refrigerators are affected:

Models	Serial Numbers	Ice bucket Assembly Kit No.s
Consumers can also visit icebucketrecall.ca , or contact the company at icebucketrecall@electrolux.com to see if their specific serial number is included in this recall. The model and serial numbers are printed on a serial plate located inside the refrigerator compartment.		
FFSC2323TS	4A7##### - 4A936#####	5304522720
FGSC2335TD	4A7##### - 4A936#####	5304522720
FGSC2335TF	4A7##### - 4A936#####	5304522720
FGSS2635TE	4A7##### - 4A936#####	5304522722
FGSS2635TF	4A7##### - 4A936#####	5304522722
FPSC2277RF	4A5##### - 4A936#####	5304522720
FPSC2278UF	4A5##### - 4A936#####	5304522720

Issue

The recalled refrigerators contain an ice bucket assembly component that can break resulting in plastic pieces entering the ice bucket, posing choking and laceration hazards to consumers if the pieces are dispensed out of the ice bucket.

As of February 8, 2024, the company has received no reports of incidents or injuries in Canada. In the United States, the company has received 343 reports of broken plastic being dispensed into a consumer’s cup and two reports of injuries.

What you should do

Immediately stop using the ice makers, empty and discard the ice and contact Electrolux to request a replacement ice bucket, free of charge.

To participate in the recall consumers can register online at icebucketrecall.ca, or contact the company at icebucketrecall@electrolux.com, or call **1-888-377-7564** from 8:30 a.m. to 8:00 p.m. ET, Monday through Friday (except statutory holidays).

Number Sold: The company reported that approximately 5,784 units of the affected products were sold in Canada and approximately 383,240 were sold in the United States. **Time Period Sold:** The affected products were sold from March 2016 to December 2023. **Place of Origin:** Manufactured in Mexico. **Distributor:** Electrolux Canada Corp., Mississauga, Ontario

Public Advisory

Unauthorized blood glucose (sugar)-reading smartwatches may pose serious health risks to people with diabetes

Product: Unauthorized blood glucose (sugar)-reading smartwatches

Issue: Health products - Unauthorized product

Medical devices - Inaccurate test or measurement results

Medical devices - Increased risk or new adverse events

Medical devices - Lack of efficacy

What to do

Do not use blood glucose-reading smartwatches that are not authorized by Health Canada. Consult a healthcare professional if you have used any of these products and have health concerns. Use only blood glucose-measuring devices listed on [Health Canada's Medical Device Active License Listing \(MDALL\)](#).

Affected products

Unauthorized blood glucose (sugar)-reading smartwatches

Issue

Health Canada is warning people with diabetes and parents/caregivers of people with diabetes that various social media and online retail platforms are promoting unauthorized blood glucose-reading smartwatches. These devices have not been assessed for safety and effectiveness and may pose serious health risks to consumers because they may give false blood glucose readings or they may not provide timely alerts, which could lead to errors in diabetes management.

Health Canada has authorized devices to be inserted under the patient's skin that can be used with their smartwatch or smartphone to monitor blood glucose levels. Authorized devices can be found by searching [Medical Devices Active License Listing \(MDALL\)](#). Health Canada has not authorized any smartwatches that can independently monitor blood glucose levels.

If a false blood sugar reading is used to make diabetes treatment decisions or an important alert is not provided in time, serious errors can occur such as:

- taking too little insulin, which can lead to high blood sugar (called hyperglycemia),
 - taking too much insulin, which can lead to low blood sugar (called hypoglycemia), and
- failing to treat low or high blood sugar.

These serious errors can lead to health consequences requiring medical treatment, such as hyperglycemic emergencies, severe low blood sugar, loss of consciousness, seizure, coma, and death.

Health Canada will take necessary action to stop the sale and advertisement of unauthorized blood glucose-reading smartwatches in Canada. The Department's compliance and enforcement approach is to mitigate the risk to Canadians using the most appropriate level of intervention, in accordance with our [Compliance and enforcement policy for health products](#).

What you should do

- Do not use blood glucose-reading smartwatches that are not authorized by Health Canada.
 - Consult a healthcare professional if you have used any of these products and have health concerns.
- Talk to your healthcare professional about which blood glucose monitoring system is right for you. You can search Health Canada authorized medical devices at [Medical Devices Active License Listing \(MDALL\)](#). Report any health product-related [side effects](#) or [complaints](#) to Health Canada.

Example Only



Public advisory

Unauthorized Nicotine Pouches

Only use authorized nicotine pouches as directed, and do not use unauthorized nicotine pouches

Product

Nicotine pouches (placed in the mouth between the gum and cheek), also known as tobacco-less or tobacco-free nicotine pouches, nicotine buccal pouches and oral nicotine pouches.

What to do

Nicotine pouches are authorized **only** to help adults quit smoking. They should not be used recreationally, by nonsmokers, by people under the age of 18, or by others at risk of nicotine's toxic effects. Do not buy or use any unauthorized nicotine pouches. Keep nicotine products out of the reach of children and teens at all times.

Affected products: Nicotine pouches

Issue

Health Canada is reminding consumers, including parents and caregivers of teens:

nicotine pouches and nicotine replacement therapies are harmful to youth;

if you want to quit smoking, only use authorized nicotine pouches as directed for adults 18 years of age and older

- do not buy or use unauthorized nicotine products
- Nicotine pouches are authorized **only** as a nicotine replacement therapy to help adults quit smoking.

Using nicotine pouches in ways that have not been authorized, or using products that have not been authorized by Health Canada, may pose serious health risks, including the risk of addiction and nicotine overdose.

Risks of Nicotine:

Nicotine is a highly toxic and powerfully addictive substance. Children and teenagers are especially susceptible to the addictive properties of nicotine as brain development continues throughout adolescence and into early adulthood. Even using small amounts of nicotine may increase the risk of developing a dependence on nicotine in the future.

Excessive amounts of nicotine can cause acute poisoning, which can lead to severe breathing problems, and in the most serious cases, death. Symptoms of nicotine overdose include nausea, vomiting, stomach upset, fatigue, severe headache, dizziness, severe heartburn, cold sweats, blurred vision, weakness, fainting, mental confusion, irregular heart beat, palpitations and chest pain.



Unauthorized Nicotine Pouches (continued)

The most common side effects of nicotine products are constipation, dry mouth, nervousness, headache, indigestion, and sleep disturbances. Consuming multiple nicotine products at the same time, including authorized nicotine replacement therapy products, or varenicline (a prescription smoking cessation drug), may increase the adverse effects of nicotine.

The dangers of using nicotine products are also especially high for people who are hypersensitive to nicotine, have never smoked or are occasional smokers, who are pregnant or nursing, or who have had recent heart problems (including heart attack, angina, arrhythmia) or a stroke.

Use authorized nicotine pouches only as directed:

To date, Health Canada has authorized only [one nicotine pouch](#), containing 4 mg of nicotine per dose. This amount is usually recommended for adults who smoke 25 or more cigarettes a day who want to quit smoking.

Like most authorized nicotine replacement therapies, it is regulated as a natural health product and is available over the counter in most provinces and territories. Nicotine replacement therapies, including nicotine pouches, are **not** authorized for recreational use or for use by nonsmokers and people under 18 years old.

There are no authorized nicotine pouches in Canada that contain more than 4 mg of nicotine per dose.

Health Canada is concerned that some nicotine replacement therapies, including nicotine pouches, have become popular with youth and may lead to addiction. While there are already requirements for labelling, packaging and advertising of all nicotine replacement therapies to reflect their authorized clinical use and to prevent their appeal to youth, Health Canada is pursuing legislative and regulatory mechanisms to put in place safeguards.

Do not buy or use unauthorized nicotine pouches:

Health Canada continues to receive reports that unauthorized nicotine products are being sold at convenience stores, gas stations and other retailers in Canada, as well as over the Internet. Unauthorized nicotine products have not been assessed by Health Canada for safety, efficacy and quality, and they should not be used. They may contain ingredients not listed on the product label, which increases the risk of serious adverse or allergic reactions, or interactions with other medications and foods.

To be legally sold in Canada, nicotine pouches need Health Canada authorization. Authorized nicotine pouches must have an 8-digit natural product number (NPN) on the label. Health Canada has [previously warned](#) about the health risks of unauthorized nicotine pouches.

Taking action against unauthorized products on the Canadian market:

The Department is working closely with partners, including the Canada Border Services Agency, the Royal Canadian Mounted Police, and provincial and territorial public health units, to prevent unauthorized nicotine products from reaching the public.

Health Canada Inspectors continue to work on identifying and seizing unauthorized products in retail locations across Canada.

Unauthorized Nicotine Pouches (continued)

Goods entering Canada are examined and inspected based on the risk to the health, safety and security of people in Canada. Packages that contain non-compliant health products may be seized or refused entry.

The objective of the Department's compliance and enforcement approach is to mitigate the risk to Canadians using the most appropriate level of intervention.

What consumers should do

Only use authorized nicotine pouches as directed.

Do not buy or use unauthorized nicotine pouches.

Keep nicotine products out of the reach of children and teens at all times.

Talk to your teen about the risks of nicotine use, including the risks related to nicotine pouches. Health Canada has also published information on the [effects of nicotine on children and teens](#), and on [preventing children and teens from smoking and vaping](#).

Read product labels to verify that your nicotine pouch is authorized. Authorized nicotine pouches will have an eight-digit NPN on the label. You can also check if natural health products have been authorized for sale by searching Health Canada's [Licensed Natural Health Product Database](#).

If you use nicotine pouches and have any health concerns, contact your health care provider.

Report any health product [adverse events](#) or [complaints](#) to Health Canada.

Original published date: 2024-03-20

Fisher-Price Little People Mickey & Friends Figure Packs Recalled due to Choking Hazard

Affected products

This recall involves the Donald Duck and Daisy Duck figures that were sold as part of the Fisher-Price Little People® Mickey and Friends figure pack. Only the Donald Duck and Daisy Duck figures present a choking hazard risk.

The Donald Duck figure has a blue shirt with thin yellow stripes, a blue and black hat, and a red bow tie. The Daisy Duck figure has a light purple shirt, turquoise necklace and bracelet, pink shoes, and a pink hair bow. Both have outstretched arms. The figures stand approximately 2.75 inches (7cm) tall.

The Donald Duck and Daisy Duck figures were sold in Canada in a figure pack that can be identified by the model number HPJ88. The model number can be found on the base of the Goofy figure.

Issue

The heads of the Donald Duck and Daisy Duck figures can become detached during use and pose a choking hazard.





Unauthorized Nicotine Pouches (continued)

What you should do

Consumers should immediately stop using the Donald Duck and Daisy Duck figures and contact Mattel for a refund by following these steps

- Go to www.service.mattel.com and click on “Recalls & Safety Alerts” for instructions on how to receive a pre-paid return label via email from Mattel to return the Donald Duck and Daisy Duck figures.
- Upon receipt of the two returned figures, Mattel will send a refund to consumers for the two recalled figures. For more information, consumers can contact Mattel by telephone at 1-855-853-6224, 9AM-6PM EST Monday through Friday, or visit the company website <https://service.mattel.com/us/recall.aspx>

Number Sold: The company reported that approximately 11, 321 units of the affected products were sold in Canada and approximately 204,000 were sold in the United States. **Time Period Sold:** The affected products were sold in Canada from June 2023 to February 2024. **Place of Origin:** Manufactured in China. **Importer, Distributor:** Mattel Canada, Mississauga, Ontario, Canada **Manufacturer:** Master Hero Holdings Limited, Finished Goods, Hong Kong, China

NOTE:

You can sign up for notifications from the Health Canada website:

Health Canada:
<https://recalls-rappels.canada.ca/en>

You can choose what kind of notifications you want to receive. These notifications are sent to your e-mail.

“ *Attitude is a little thing that makes a big difference.* ”
 – Winston Churchill



If the Shoe Fits



Your feet take a pounding every day, especially during exercise and long periods of walking or standing. Podiatrists offer these guidelines for choosing footwear:

Know your foot type.

- Small arches? Choose shoes with adequate arch support. Consider investing in inserts.
- High arches? Find footwear with adequate arch support and cushioning, as well as a slightly padded feel in the ball and heel.
- Wide feet? Don't try to squeeze them into narrow shoes. Look for brands that offer wide shoes.

Find the best fit.

- Have your feet measured every time you buy footwear.
- Before buying, walk around in both shoes for several minutes.
- Do your feet feel comfortable as soon as you try on the shoes? Properly fitted shoes normally won't require breaking in.
- Your heels must fit snugly in each shoe and not slip as you walk.
- Wiggle your toes; you need a half inch between the end of your longest toe and the front of the shoe, as well as some room above your nails and joints.

Bad news shoes:

You may love flip-flops, but avoid long use; they aren't for all-day wear. Pointy toes and sky-high stilettos? Even short-term wear can cause foot and leg problems. Heels higher than 7.5 centimetres (3 inches) put 7 times the pressure on the ball of the foot.





Window Safety Checklist

top safety

Opening your windows can let in the fresh spring air, but it can also invite the possibility of danger. Use this checklist to make sure your windows are safe (especially if small children live in or visit your home):

- ✓ Keep furniture – or anything children can use to climb – away from windows.
- ✓ Never paint windows or latches shut, and make sure they can be opened easily so you can escape in an emergency.
- ✓ Keep windows locked when they are closed.
- ✓ Install window stops so that windows open no more than 10 centimetres (4 inches). But make sure they have a release mechanism so they can be opened for escape in an emergency.
- ✓ Don't rely on window screens to prevent falls.
- ✓ Keep blind cords out of reach of small children.

▶ **Extra precaution:** Keep landscaping under windows soft. Use shrubs, wood chips or heavy mulch to cushion falls in case they occur.



take charge

Treatment Options for Depression

While often ignored, depression is highly treatable with counselling, learned coping techniques, and medication, or some combination of these options.

Prescription drug therapy: Medication has become the most preferred treatment in recent years. It can be very helpful for reducing the symptoms of moderate to severe depression. Be aware: These medications have potential side effects and require monitoring by the prescribing physician.

Cognitive behavioural therapy: Depending on the circumstances surrounding your depression, whether it's severe or ongoing, consider meeting initially with a psychotherapist. The primary aim of counselling is to assess your mental health and to teach you how to cope better with the symptoms or issues affecting your life.

One way to feel more comfortable with counselling is to find out what you want to gain from it. Having a specific goal increases your sense of control during counselling. First step: Ask your health care provider for help in choosing a therapist.

The dominant symptoms of depression: feeling sad, negative or worthless; atypical anger or irritability; loss of interest or pleasure in doing things; withdrawal from loved ones and friends; unusual fatigue, insomnia or alcohol abuse.



If symptoms last more than 2 weeks, don't delay getting help. *you can feel better.*

QuikRisk™ Assessment:



Is It Hay Fever?

Have you been sneezing a lot lately?

The enemy may be pollen, particularly ferocious in springtime when trees, grasses and weeds are blooming. If you're allergic to pollen, you'll experience an antibody counterattack triggering the classic symptoms of hay fever, or *seasonal allergic rhinitis*. **Do any of these apply to you?**

1. Y N You have frequent sneezing.
2. Y N You have watery, itchy eyes.
3. Y N You have a persistent runny nose with thin, watery discharge.
4. Y N You have ear pain or facial pain from sinus pressure.
5. Y N You have decreased sense of smell or taste.
6. Y N Your symptoms occur right after being exposed to outdoor pollen.
7. Y N Your symptoms continue as long as you're exposed to the pollen source.

If you have these symptoms during the wintertime, as well as during traditional spring and fall hay fever seasons, you may also be allergic to indoor dust mites, mould or pet dander indoors.

See your provider if:

- Your symptoms have become severe.
- Your symptoms are persistent and interfering with normal activities.
- You're unable to control symptoms with over-the-counter medicines.
- You cannot tolerate the side effects of allergy medicine.
- You notice signs of infection, including sinus, ear or facial pain, fever, or a green or yellow nasal discharge.

Your health care provider may be able to diagnose hay fever (allergic rhinitis) based on your medical history, a physical exam, and possibly skin or blood tests.



April is Daffodil Days: Cancer Awareness Month

You Can Prevent 2 Out of 3 Cancers 4 Ways:

1. Live tobacco-free.
2. Lose excess weight.
3. Be active throughout life.
4. Eat healthfully and avoid alcohol.



To catch bad cells early ask your health care provider about regular screening.

Q: Exercise for headache relief?

By Elizabeth Smoots, MD, FAAFP



A: Physical activity can help relieve an aching head. Pain-relieving hormones called endorphins are produced during exercise. So are other feel-good hormones such as serotonin and norepinephrine. The combination can ease a headache and improve mood.

Studies indicate that exercise helps relieve muscle tension and pent-up emotions such as anger, frustration and fear. Physical activity produces an overall reduction in stress, a common headache trigger.

What kind of exercise is best? Most beneficial are aerobic activities including walking, running, biking and swimming. Gradually increase the intensity and duration until you reach at least 30 minutes of moderate, non-stop exercise 5 days a week.

When to seek medical care: Strenuous exercise may worsen some headaches; if this happens, contact your health care provider right away. Call 9-1-1 if you develop a sudden, severe headache. Get your provider's OK before you significantly increase your activity level.

Spring C-L-E-A-Ning Precautions

Spring brings with it a flurry of cleaning. Just make sure it doesn't bring injury.

For safe spring cleaning, remember C-L-E-A-N.

Choose safe, nontoxic cleaning products when you can.

Lock all cleaning products and medicines out of children's reach.

Exercise caution when using cleaning products with bleach by making sure you have good ventilation and wearing gloves and safety glasses.

Always use a sturdy stepladder to reach higher areas that need to be cleaned. Don't stand on a chair or box.

Never mix cleaning products. For example, mixing ammonia products with household bleach can produce a toxic gas.



best bits

■ **Do you have a problem with caffeine?** A drink of caffeinated coffee, tea or cola can provide a little charge when your energy is low. But consuming higher doses of caffeine also can cause insomnia and other unwanted side effects, including headache, digestion and urinary problems, rapid heartbeat, anxiety or irritability. *Tip:* If you have symptoms, reduce your consumption and monitor how you feel.

■ **Skin tumours are common**, so it's wise to do a monthly spot check. Look for anything *new*: (a) an odd-looking mole, (b) a red or dark, slightly raised, flaky patch, (c) a firm bump below the skin, (d) a change in size, shape, colour or feel of a mole, or (e) a sore that doesn't heal. Routine checking can show what's normal for you. If you spot anything unusual, see your provider promptly.

■ **True or false: Moving a long distance away often helps ease seasonal allergy symptoms.** The answer is *false*. Allergy experts say "seasonal" allergies don't always occur just part of the year. Mould can trigger allergies in the fall and dust mites can bring on symptoms in the winter, when we spend more time indoors.

“ Attitude is a little thing that makes a big difference.

— Winston Churchill ”

Produce: Cabbage

The nutrients in cabbage help boost your defences against cell-damaging free radicals that can lead to cancer. Try all varieties including red, green and Savoy. Cabbage is easy to prepare. Stuff your wraps with crunchy strips; add a wedge to your lunch plate drizzled with a favourite Asian dressing; or toss it with other freshly cut vegetables. In just 250ml (1 cup), there's 85% of the daily requirement for vitamin C. It's also rich in calcium, folate, iron, vitamin B₆ and potassium.



What's In Your Food Environment?

nutrition watch
By Cara Rosenbloom, RD

Temptation abounds in our food-filled world.

From the office vending machine to the shopping mall food court and all the other places in-between, food is everywhere.



It's important to be mindful of the food surrounding you so you can avoid temptation and overeating. Here are some tips.

- **Start at home:** You control your fridge and pantry, so stock your kitchen with good-for-you items instead of unhealthy snacks. If chips and cookies aren't in your cupboards, you can't indulge. Try snacking on plain air-popped popcorn, whole-grain cereal and whole fruit or vegetables between meals.
- **Carry healthy snacks:** It's easy to grab a muffin or donut at the coffee shop, or a cupcake from the bakery when you're hungry. But before you choose, consider the effect of extra calories, fat and sugar that wreak havoc on your heart and your waistline. Plan ahead and arm yourself with healthier snacks at all times. Enjoy an apple, a banana or some carrot sticks.
- **Keep food close by:** You'll be less likely to sample the pastry tray at your 3 p.m. meeting if you've just eaten a healthy snack. If your office has a fridge, stock low fat cheese, yogurt, hummus and cut vegetables. No fridge? Keep non-perishable, high-fibre snacks in your desk drawer. Attend meetings on a full stomach.



▶ The key to overcoming food temptation - whether at food courts, the break room or coffee stands - is to plan ahead and keep healthy snacks nearby.



Organ Donation Facts

Surgical transplantation is one of medicine's most remarkable achievements. It restores active, renewed lives to thousands of people with organ failure. Being an organ donor is a generous, worthwhile choice.

People need not be discouraged from becoming organ donors because of persistent misconceptions about donation. Consider these facts:

- Anyone can be a potential donor regardless of age, ethnicity or medical history.
- Few medical conditions automatically disqualify you from donating organs.
- Organs and tissues that can be donated include: heart, kidneys, lungs, pancreas, liver, intestines, corneas, skin, tendons, bone, and heart valves.
- If you are sick or injured and admitted to a hospital, the No. 1 priority for the staff is to save your life. Your donation can only be considered after you have died.

▶ To learn more, contact your provincial or territorial organ donor organization. You can also visit the Canadian Society of Transplantation at www.organ-donation-works.org.

Confetti Salad

From Personal Best®

EASY | RECIPE

Enjoy this colourful combo with ingredients available year-round.

250ml (1 cup) frozen **corn** niblets, defrosted
250ml (1 cup) **grape tomatoes**, halved
1 orange bell pepper, diced
1 medium **green apple**, seeded and diced
25ml (2 tbsp) **olive oil**
15ml (1 tbsp) fresh **lime juice**
10ml (2 tsp) **honey**
1ml (¼ tsp) chopped **garlic**
Pinch **red pepper flakes**
250ml (1 cup) **red cabbage**, finely chopped
250ml (1 cup) **arugula leaves**

1. In a salad bowl, combine first 4 ingredients.
2. In a smaller bowl, mix olive oil, lime juice, honey, garlic, and pepper flakes; drizzle over salad.
3. Gently fold in cabbage and arugula just before serving.

MAKES ABOUT 6 (250-ml or 1-cup) SERVINGS.

103 calories | 1.7g protein | 4.9g total fat | .6g sat fat | 3.3g mono fat | .5g poly fat
| 0.0mg cholesterol | 15.5g carbs | 6.4g sugar | 2.5g fibre | 8.2mg sodium

Just a friendly reminder...

With fiscal year end upon us, all outstanding medical transportation forms prior to March 31, 2024 must be submitted no later than **April 12, 2024** for processing/payment. Any outstanding forms submitted **after** this date will not be accepted.

Miigwech,
Walpole Island Health Centre

