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Keeping your specialist appointments if booked and not cancelled.

There have been many questions surrounding if we should be heading out to our doctor and specialist appointments during the pandemic. In short, Yes! We should be going to those appointments! However they may look a bit different. Many doctors are offering phone call or virtual visits instead of in person appointments.

“Over the past few months doctors, just like all health care providers, have been limiting what care they provide in-person to help limit the spread of the virus. Delaying care you need could be risky, and your doctor can help you figure out whether you need care and the best way for you to receive the care you need.”

(https://www.cpso.on.ca/Public/Services/Patient-Help-Centre/COVID-19-FAQs-for-Patients)

Our doctor’s appointments help guide our care, if we don’t check-in with our doctor then they don’t know if our treatment such as medications is working or not. It is important to remember, that even though we feel fine, living with a chronic condition such as diabetes or high blood pressure needs to be monitored with more than just how we feel in order to prevent complications.
Not sure if your appointment is in person or a phone/virtual appointment? Call the doctor’s office ahead of time! If you need to come in person for physical assessments, they will let you know what you need to bring such as your own cloth mask (see our last newsletter on how to make your own mask at home!) they may also request a lab requisition (for example: blood work, or an x-ray) to be completed before coming into their office or before the phone appointment. If it is required, such as for an endocrinology appointment (diabetes doctor), then you can make an appointment at the lab you usually go to! They have pre-booked appointments so there is less of a chance of a waiting room packed full of people waiting, instead they are limiting the amount of people around. Call your closest lab or book online for an appointment. They will let you know what else you need to bring and how to prepare for the test.

Once you arrive to your appointment most places will ask you a series of screening questions. Please be honest when answering these questions, they are to keep you and everyone else you come in contact with safe.

You will be asked the screening questions every time you enter a new place, some may find it irritating, but it is important that you answer them, even if it is your 20th time answering them today!

Not sure if you want to go out and see your doctor? Call the office and see if you can reschedule the appointment to a later date. If the appointment is necessary for your health, they will let you know! Then you can make a plan with the doctor’s office for the safest appointment for you.

If you have any questions, please call us! At this moment in time we are doing both in person and phone appointments as well as some practitioners are doing virtual appointments via OTN. If you’re not sure if your appointment needs to be done in person, please give us a call and we can work out a plan that works for you!
STAY HYDRATED!

Hydration is important year round, but you may be more aware of it during the hot summer months.

**FLUIDS HELP TO:**
- lower your risk of dehydration
- keep nutrients and wastes moving through the body
- keep your blood pressure normal
- protect your joints and organs
- control your body temperature
- lower your risk of heat stroke

**choose water most often**
- **MILK, TEA, COFFEE, 100% FRUIT AND VEGETABLE JUICE AND SOUPS ALSO COUNT TOWARDS YOUR FLUID INTAKE**

**how much fluid do I need?**

**WOMEN**
19 YEARS AND OLDER: **AIM FOR 9 CUPS A DAY**

**MEN**
19 YEARS AND OLDER: **AIM FOR 12 CUPS A DAY**

**SIGNS YOU ARE NOT DRINKING ENOUGH FLUID**

**Check your thirst**
- If you are thirsty, or have a dry mouth

**Check your urine**
- If your urine is dark yellow and has a strong smell

**Check your mood**
- If you are tired, feel light-headed, experience headaches, and not able to focus

**Flavour your water by adding**
lemon, lime, orange, cucumber slices, or mint leaves to make your water more refreshing!

Information for this article adapted from:
aliaspath=%2Fen%2FArticles%2FWater%2FFacts-on-Fluids-How-to-stay-hydrated
Avocado Strawberry Caprese Salad
Serves 4

Ingredients:

- ¼ cup balsamic vinegar
- 1 cup sliced strawberries
- 1 cup halved cherry tomatoes
- 1 cup halved mini mozzarella balls
- 1 ripe avocado, pitted and diced
- 1/3 cup toasted pecans
- 1/3 cup loosely packed basil torn
- Olive oil for drizzling
- Sea salt & black pepper

Directions:

1. In a small saucepan bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce to low and simmer until vinegar has thickened and reduced by half, about 8-10 minutes. Set aside to cool.
2. Place strawberries, cherry tomatoes, mozzarella, avocado, pecans and basil in a shallow bowl. Drizzle with olive oil and season with salt and pepper to taste. Gently toss. Drizzle with reduced balsamic.

Notes:

- If you do not have balsamic vinegar, you could substitute a balsamic vinaigrette salad dressing instead, omitting the olive oil.
- If you don’t have the mini mozzarella balls (bocconcini cheese) you can substitute for cubed mozzarella cheese or even feta.
- Pecans can be omitted for nut allergies, or substitute walnuts or almonds if you prefer.
- Serve alongside a baked or grilled piece of salmon, trout or chicken!

This recipe was taste tested by our DEP group in June 2019 with rave reviews! Recipe is adapted from The Love & Lemons Cookbook by Jeanine Donofrio.
**Strawberry Juice Recipe**

2 cups of strawberries, sliced  
2 tsp maple syrup (or to taste)  
Water

Add strawberries to pitcher, fill with fresh cool water. Add maple syrup to taste.

**Notes:**

Add other berries or fruit to change the flavour as the season changes! Consider adding fresh mint, basil, rosemary or sage to change the flavours.

Omit maple syrup to help keep blood sugars lower.
The strawberry is referred to as the heart berry and is a woman’s medicine. It has been used to teach the young woman about creation, community and love. Young women will fast from strawberries and all other berries for 1yr after their first menstrual cycle. During this time the young women will sit with the grandmothers and receive teachings about womanhood and bringing life into this world, she will also receive a teaching on caring for the community. At the end of the fast the young women will go and pick berries and the families will provide a feast for the community to show their appreciation for the community supporting these young women.

The heart berry also reminds us of reconciliation and teaches us how to maintain the heart-full relationship in our families and communities. During the strawberry harvest in June, many communities hold an annual feast welcoming everyone home and letting go of all differences, judgment and self-righteousness.
Summer is here and it's time to enjoy those hot, hazy days. It is a time for shorts, tee shirts and sandals. During the winter months our feet are always covered, so when they're exposed to the sun, always apply a sunscreen to the top and soles of your feet to avoid sunburn. Reapply if you are walking with bare feet or swimming.

With the warmer weather here, there are a wide selection of footwear to choose from. There are flip flops, flats and a wide variety of sandals to choose from.

Choose footwear made of natural materials to help your feet to breathe. This helps prevent feet from smelling and sweating in the heat. Wear footwear that supports the foot properly, reducing the chance of injury.

**Here are some footwear tips for the summer.**

Flip flops are easy to slip on and off. They are good to walk around the beach or pool area. Flip flops have minimal cushioning and no support. So try to avoid wearing flip flop for long walks.
Flats are also convenient to slip on and they do provide some cover from the elements. Flats have no support or cushioning and can lead to arch and heel pain. Keep in mind you can wear flats for short distances but try to avoid long walks in a pair of flats.

Gladiators and strappy sandals tend to provide support for the foot structure and allow the feet to breath. Sometimes the straps can cause irritation around the toes. That is why it is recommended that the straps be made of a natural material such as leather.

Platforms and high heels are great for evening wear, only if most of your time will be spent sitting and mingling. High heels can cause pain along the ball of the foot and ankle injuries. Therefore the less time you walk in heels the better your feet will feel.

Sandals with a wedged heel are a bit more stable than a high heel and they do have more support. Look for a wedged heel that is wider and flatter with a rubber sole for good traction.

Good sensible walking shoes should be worn when going for long walks. To avoid getting blisters always wear a pair of cotton socks and do not forget to tie up your shoe laces.
A word on change...

The weather and the season are not the only things changing. While change is exciting and brings about growth, it can also bring anxiety, uncertainty and fear. This is very normal. Have faith and trust in your journey. You have everything you need to handle whatever comes next! We are here to walk this path beside you.

Kayla, Clinical Counsellor

SELF CARE

word scramble

BEARHET
NCTOENC
NIDK
ATRCF
OEMIOTN

ANSWER: BREATHE/CONNECT/AND/EMOTION
RECHARGE & REAWAKEN

word search

ASK FOR HELP
AWAKEN
BODY
BOREDOM
BOUNDARIES
BREATHE
CEREMONY
COMMUNITY
COMPASSION
COUNTING
CREATE
EXPLORE
FEAR
HEALTHY EATING
HOPE
JOURNALLING
JOY
LOVE
MEDITATION
MIND
ORGANIZE
PRAYER
RELEASE
SMUDGE
SOLSTICE
SPIRIT
STRAWBERRY
SUPPORT SYSTEMS
TRUTH
WALKING