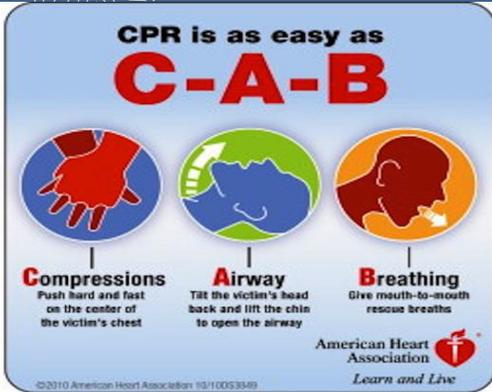


# St. Francis Health & Wellness 2014 Fall/Winter Newsletter



Thank-you to all who attended the CPR sessions!

St. Francis parishioners know how to act in the event of an emergency!

## Warning Signs of Heart Attack

Thousands of Canadians die from heart attacks every year because they don't receive medical treatment quickly enough. Learn to recognize the signs of a heart attack so you can react quickly to save a life. Warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a heart attack in both men and women, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination.

- Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)
- Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)
- Shortness of Breath
- Sweating
- Nausea, vomiting, Lightheadedness

Call 911 if you experience any of these symptoms!

## Heart Healthy Recipe Corner: **Lightened-up chicken à la king**

- 15 mL (1 tbsp) vegetable oil
- 500 mL (2 cups) sliced mushrooms
- 2 stalks celery, sliced
- 1 onion, chopped
- 1 mL (1/4 tsp) pepper
- 125 mL (1/2 cup) low-sodium chicken stock
- 500 mL (2 cups) 1% milk, divided
- 500 g (1 lb) boneless skinless chicken thighs or breasts, cut into 2.5 cm (1-inch) chunks
- 25 mL (2 tbsp) all-purpose flour
- 500 mL (2 cups) chopped asparagus or green beans
- 1 sweet red pepper, diced

### Directions:

In large skillet, heat oil over medium-high heat; cook mushrooms, celery, onion and pepper, stirring, for about 5

minutes or until tender but not brown. Stir in stock; bring to boil.

Stir in 375 mL (1-1/2 cups) of milk; bring just to simmer. Stir in chicken; reduce heat to low and barely simmer, stirring often, for 5 to 10 minutes or just until chicken is no longer pink inside. Push chicken and vegetables to one side of skillet.

Whisk flour into remaining milk; whisk into sauce side of skillet. Stir to combine well. Increase heat to medium and bring just to a simmer, stirring often. Cook, stirring often, for about 5 minutes or until sauce is slightly thickened.

Stir in asparagus and red pepper; simmer, stirring often, for about 5 minutes or until vegetables are tender-crisp. Serve with salad.

Per Serving: Calories 237 Fibre 3g Sodium 229mg

Total Fat 8g Saturated Fat 2g

## Easy-to-follow steps: Hands-Only\* CPR

If you witness someone having a cardiac arrest:

### 1. Call 9-1-1

If there are people around, tell someone to call 9-1-1 (or your local emergency number). If you are alone, call 9-1-1 (or your local emergency number).

### 2. Get an AED

(if one is available) If there are people around, tell someone to bring you the AED. If you are alone, get the AED yourself Use the AED as soon as it arrives by turning it on and following the prompts

### 3. Push hard and fast in the centre of the chest (start CPR)

Don't hesitate. Keep pushing until the person starts to breathe or move or someone with more advanced medical training takes over.

For more information visit:  
<http://www.heartandstroke.com>

## When is Dinner Ready?

Follow this handy guide to help you know when it's safe to eat!

### Beef, veal and lamb (pieces and whole cuts)

Medium-rare	63°C (145°F)
Medium	71°C (160°F)
Well done	77°C (170°F)

Pork (pieces and whole cuts) 71°C (160°F)

### Ground meat and meat mixtures (for example, burgers, sausages, meatballs, meatloaf and casseroles)

Beef, veal, lamb and pork	71°C (160°F)
Poultry (for example, chicken, turkey)	74°C (165°F)

### Poultry (for example, chicken, turkey, duck)

Pieces	74°C (165°F)
Whole	85°C (185°F)

Egg dishes	74°C (165°F)
Fish	70°C (158°F)

For more information visit:  
<http://healthycanadians.gc.ca>



## Safer Winter Driving!

Winter weather is fast approaching...here are some tips to follow when driving in blowing snow or white outs:

- Slow down gradually & drive slower
- Make sure your lights are on
- Be Patient! Avoid passing, lane changes
- Increase your following distance...you will need extra distance to brake safely
- Reduce distractions in your vehicle, eg. turn down the radio
- Keep your windows & mirrors clean of snow
- If you become stuck or stranded, stay in your vehicle for warmth till help arrives. Use your emergency flashers
- Be prepared & carry a winter driving kit that includes items such as warm clothing, non-perishable energy foods, flashlight, shovel & blanket
- Check weather forecast & road reports before heading out on the road!

For more information visit:  
[www.mto.gov.on.ca](http://www.mto.gov.on.ca)

## It's Time to Get Your Flu Shot!!

Flu shots are FREE to all Ontario residents ages 6 months and older.

Doctors' offices, pharmacies, and walk-in health clinics also offer influenza vaccine.

Contact your local pharmacy to schedule an appointment \*

Contact your family doctor to see if they are offering flu shots

Book your appointment online through the Public Health Flu Clinic Booking System or call 519-575-4400



Stay healthy this winter by getting adequate exercise & rest, eating healthy and **WASHING YOUR HANDS!**

Stay HOME if you experience fever, vomiting or diarrhea.

## Community Flu Shot Clinics Dates and Location

Nov 4/14	Kitchener	Forest Heights Collegiate - Cafeteria
Nov 6/14	Cambridge	St. Benedict Secondary School - Cafeteria
Nov 13/14	Waterloo	Waterloo Recreation Centre (Hauser Haus)
Nov 18/14	Baden	Wilmot Recreation Complex (Comm. Hall)
Nov 20/14	Elmira	Elmira District Secondary School - Cafeteria
Jan 7/15	Waterloo	Waterloo Public Health - Room 508
Jan 12/15	Cambridge	Cambridge Public Health - Boardroom 170

## Family Flu Shot Clinics\* Dates and Location

\*For families with children under the age of 5

Nov 5/14	Waterloo	Waterloo Public Health
Nov 12/14	Waterloo	Waterloo Public Health
Nov 17/14	Cambridge	Cambridge Public Health - Clinic Rm. 2, 3
Nov 19/14	Waterloo	Waterloo Public Health
Nov 24/14	Cambridge	Cambridge Public Health - Clinic Rm. 2, 3
Nov 26/14	Waterloo	Waterloo Public Health

