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## SCA UPDATE

### Memberships and Volunteer Opportunities:

Please visit [springbankcommunity.com](http://springbankcommunity.com) to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email [info@springbankcommunity.com](mailto:info@springbankcommunity.com). We need your voices to be heard!



## SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



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### SCHS Community Youth Representative

Summer Dunning  
Callista Tay

Please contact us at [president@springbankcommunity.com](mailto:president@springbankcommunity.com) if interested in working with the board.



## Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit [springbankcommunity.com/membership-join/](http://springbankcommunity.com/membership-join/) to learn more!

### BRAIN GAMES

## SUDOKU

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# ANNUAL SPRING TEA

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# Making The Most of Your Doctor's Appointment

by Alberta Health Services



Working closely with your doctor is one of the most important things you can do to help you get – and stay – as healthy as you can.

Have you ever caught yourself saying the following things ...

"Doctors are so busy. I don't want to bother them."

"The doctor's the expert, not me. I just listen."

"I'm afraid of saying something that isn't right."

"I'm actually a little scared of my doctor. He intimidates me."

Partnering with your doctor shouldn't have to be a struggle. Doctors are experts on medical care, but you are the expert on yourself. And, together, you can find a solution that best fits your values, beliefs, and lifestyle.

### Things To Do Before Visiting Your Doctor

- Be prepared. Write down what you want to say, how you feel, and any symptoms you are having.
- You can also write down the three most important questions you have; what means the most to you.
- Don't be afraid to say what you think.
- Bring someone with you, especially if you have trouble remembering or would like some support.
- Always asks questions to ensure you understand. Some examples of questions you can ask when talking with your doctor about treatments and tests are:

1. What is the name of the test, medicine, surgery, or other treatment?
2. Why is it needed?
3. What are the risks?
4. What are potential side effects?
5. Are there alternatives?
6. How much does it cost?
7. What will happen if I decide not to have treatment?
8. How do I prepare for each test or treatment?
9. Is the cost of the medicine covered by my provincial health plan or private health insurance?
10. How do I take this medicine?
11. How will this medicine react with other medicines I am taking?

### After Your Doctor's Visit

It's a good idea to make notes following your doctor's visit. Those can include:

- What your health professional thinks the problem might be.
- What you might expect to happen next.
- What you can do to manage your problem at home.

Follow the instructions your doctor gave you, including filling a prescription, scheduling tests, or making another appointment. Call your doctor if you still have questions or if there is anything you do not understand.

Watch closely for changes in your health and be sure to contact your doctor if you have any problems or symptoms that concern you. Follow-up care is a key part of your treatment and safety.

Update the medical records that you keep at home, including new test results and medicine changes.



### How Can You Partner with Your Doctor?

Here are some tips for being a good partner with your doctor:

- Build a relationship with your doctor – Let your doctor know that you want to be a partner in your health care. Tell the doctor what your expectations are.
- Be an active participant in each appointment – Listen carefully to what your doctor says. If you do not understand a diagnosis or treatment, ask questions. And tell the doctor if you think that following the prescribed treatment will be hard for you.
- Have a family member or friend with you during your appointment, if possible – He or she can take notes, ask questions to clarify information, and help you remember what your doctor says.
- Bring your medicines to your appointment – If you take prescription or over-the-counter medicines, including natural health products, bring all of them with you to any appointment with a doctor. If you cannot bring the medicines, bring a list of the medicines that you take.
- Ask for instructions – Before you leave the doctor's office, make sure you know what you are supposed to do to care for yourself. Ask for written information, links to videos and websites, and any other instructions.
- Be sure to make and go to all appointments – Call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.
- Prepare your child for tests and examinations – Let your child know why he or she is seeing a doctor and what will be done during the visit. Your child's age and developmental level will determine how best to prepare him or her. And ask your older child if he or she would like to speak to the doctor alone. Teens may be more willing to talk about topics such as sexuality, mental health, and drugs or alcohol if they know they can have time on their own with their doctors.

A strong partnership between you and your doctor is key to getting great care. A primary care physician such as a family doctor should know your medical history and understand what is important to you. They may be the resource you need most when you face a major health care decision.

## Springbank Community Association Summer Camps

Back by popular demand!

Please visit our website at [www.springbankcommunity.com](http://www.springbankcommunity.com) to register.

Weeklong full day camps for \$225 (subsidized for Rocky View residents):

- July 2 to 5 - Sports and Play Camp at SPFAS ages 6 to 14
- July 8 to 12 - Sports and Play Camp at SPFAS ages 6 to 14
- July 15 to 20 - Engineering for Kids ages 8 to 13 at EDGE School
- July 22 to 26 - Engineering for Kids ages 5 to 7 at EDGE School
- July 22 to 26 - Rediscover Play ages 5 to 13 at Equestrian Centre
- August 12 to 16 - Rediscover Play ages 5 to 13 at Equestrian Centre



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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# Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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## Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 3 to 4

### Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



### Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



## Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, “Beauty” is a human but what exactly is the “beast”? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



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