

NORTHEASTERN MANITOULIN & THE ISLANDS PUBLIC LIBRARY

# SENIOR COMPASS

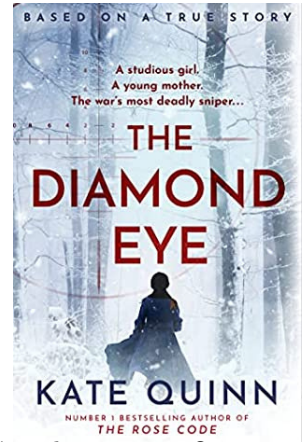
*Creating Opportunities for More Patrons to Access and Support Services*

**Title: Diamond Eye**

**Author: Kate Quinn**

**Genre: Historical Fiction**

Kate Quinn follows “The Rose Code” with this dynamic and engrossing story of a female history student who becomes Russia’s most notorious and celebrated sniper during Hitler’s invasion of Russia. She transforms from a single mother, librarian and PHD student into a deadly sharpshooter who becomes a friend to First Lady Eleanor Roosevelt, eventually saving the President of the United States from assassination. The epilogue contains actual photos of the main characters and a disclosure of the parts of the book that have been tweaked from actual historical events to help the story develop. A compelling read!



## WHOLE WHEAT STRAWBERRY SHORTCAKE

### Ingredients

- 3/4 cup honey
- 1/2 tsp. salt
- 2 eggs
- 1 cup milk
- 1/2 cup melted butter
- 2 tsp vanilla
- 3 cups whole-wheat flour
- 4 tsp baking powder



### Instructions

Mix well

Pour into a greased 11 X 13" pan

Bake for 35 minutes at 375 degrees



## HEALTHY EATING FOR SENIORS

### Why Healthy Eating Matters

Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life.

Healthy eating can help:

- promote and protect health and well-being
- provide energy and essential nutrients to maintain health
- prevent or lower the risk of chronic diseases like:
  - heart disease
  - type 2 diabetes
- prevent muscle and bone loss to reduce your risk of falling or breaking your bones

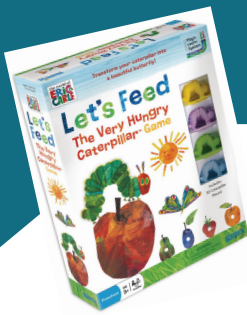


**Senior COMPASS Club is hosting its first Intergenerational Program**



on  
**Thursday, July 7, 2022**  
**1-3 pm**

**Bring someone who is from another generation than you . . . neighbour, friend, cousin, grandchild, niece/nephew !!!**



**REMINDER!!!**

**All of our Educational Videos from last year's programming are available on YouTube !!!**

Go to ... YouTube, type in "NEMI Public Library", in the heading click on "Playlists". All the educational videos are in 3 parts !

NEMI Public Library's Senior COMPASS Project presents a WEBINAR on

**"The Importance of Keeping The Mind Active"**

with **Jessica Bertuzzi** from **The Alzheimer's Society**

SENIORS SAFETY LINE

**1-866-299-1011**

- 24/7, 365 days of the year
- live counsellors, over 200 languages
- awhl.org/seniors

**Elder Abuse Prevention Ontario**

NEMI Public Library's Senior COMPASS Project presents a WEBINAR on

**ELDER ABUSE Prevention and Resources**

with **Sheila Schuehlin** Elder Abuse Prevention Ontario

**1-866-299-1011**

NEMI Public Library's Senior COMPASS Project presents a WEBINAR on

**THE VALUE OF SOCIAL CONNECTIONS**

with **Heather Hawreluk-Sirois** of Behavioral Supports Ontario

# SUMMER TIME SAFETY



## SUN SAFETY TIPS

### Cover up

Protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric.



### Limit your time in the sun

Keep out of the sun and heat between 11 a.m. and 3 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees.

### Drink plenty of cool liquids (especially water) before you feel thirsty

If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.



heading

## HOW TO PREVENT TICK BITES

### COVER UP:

Wear long sleeves, hats, and pants tucked into your shoes

### REPEL:

Use tick / insect repellent

### STAY CENTERED:

Walk in the middle of trails and paths to avoid questing ticks

### SPOT CHECK:

After spending time outdoors, always check for ticks.

Pay **special attention** to the hard-to-reach places ticks tend to attach: scalp, armpits, groin, neck, and ears.

## Blastomycosis *Fast Facts*



Wisconsin Department of Health Services  
Division of Public Health

Blastomycosis (or "Blasto") is an infection caused by the fungus *Blastomyces dermatitidis*

Illness can occur 2 – 15 weeks after breathing in the fungal spores

Symptoms can include cough, fever, chills, muscle aches, joint pain, and chest pain

Infection can spread to other parts of the body such as skin or bones

Blasto is not spread from person to person

The fungus lives in moist soil and decaying wood and leaves

Blasto is treatable with antifungal medications

People who smoke, have lung disease, or have weakened immune systems are more likely to become ill

Ill individuals concerned about Blasto should visit their doctor

Learn more at: <http://www.cdc.gov/fungal/diseases/blastomycosis/>

# IN LIBRARY PROGRAMMING

## Tech Help Drop In

Wednesdays in July & August  
2 to 3 pm

Let's figure it out together.

Staff will be available to help you with a variety of devices, apps and programs.

Bring in the device you are having the issue with or learn to use our computers or tablets.



NEMI Public Library  
50 Meredith St. W. Little Current  
705-368-2444 • nemilib@vianet.ca  
nemi.olsn.ca

**Drop In:**  
**Wednesdays - Bridge**

**1:00 pm**

**Thursdays - Knitting**

**10:30 am**

**Friday - Creation Station**

**11:00 am**

**(bring your project)**

## SUMMER FUN



**AT NEMI PUBLIC LIBRARY**

50 Meredith St. W. Little Current

705-368-2444 • [nemi.olsn.ca](http://nemi.olsn.ca)

### July 9: Bugging Out!

Check out bugs under a microscope, with a magnifying glass, find them in our bug identification book or draw what you find! How many different types can we find?

### July 16: Sidewalk Chalk Stencil Making & Art

Create your own stencil and add your art to the sidewalks.

### July 23: Paper Airplane Making and Flying Contest

Think you have what it takes to make a paper airplane that flies further than anyone else's? We will be set up to measure to see whose flies the furthest!

### July 30: Giant Bubbles

The magic of bubbles, but giant!

## DROP IN FOR FAMILY FUN!

NEMI Library will be hosting a different activity every Saturday from 1 to 3 pm throughout July and August. Families - kids, parents, grandparents and the young at heart - are invited to stop by and take part.

### August 6: Water Play

Let's build a water course! Stop by and add to our water course, building with recyclables and found treasures. Let the water flow!

### August 13: Obstacle Course

Help us build and refine our obstacle course and then see how fast you can do it!

### August 20: Leaf Pressing & Art

Let your creativity fly, before the leaves do! We will have a variety of craft supplies available, you collect the leaves that inspire you.

### August 27: Rock Painting/Kindness Rocks

Where will you leave your rock? Spread some joy with brightly coloured rocks, made by you!



**NEMI Public Library**

Call Us: 705-368-2444

Email Us: [nemilibcompass@vianet.ca](mailto:nemilibcompass@vianet.ca)

Find us online:

<https://nemi.olsn.ca/seniorcompass>

This project is funded in part by the Government of Canada.

**Canada**

*The Library is for Everyone*

**Senior COMPASS Project**

NEMI Public Library is seeking  
the valuable guidance and insight of  
community seniors and older adults to make  
the library better for everyone.

*The Community is its COMPASS*