

Vaccination Update

January 14th and 26th, 2021, were special days for Bay Haven Care Community! Nurses from the Simcoe Muskoka District Health Unit (SMDHU) administered the first dose of the Pfizer-BioNTech vaccine to **100% of Residents** at Bay Haven Care Community.

Staff worked diligently to organize the days with the SMDHU team to make sure all residents got their first dose of the vaccines in an orderly manner. After residents received their vaccine, they were monitored for 15 minutes for any reactions. No major reactions were evident. Vaccines have been offered to all staff and Essential Designated Caregivers however, due to the shortage of vaccines, scheduling has been postponed temporarily.

For anyone interested in learning more about taking the vaccine, Dr. Gandhi wrote an article titled "*Facts and Myths About the COVID Vaccine.*" The article can be found on the Bay Haven Care Community website and Facebook page. Please continue to follow public health guidelines by wearing a mask, practicing good hand hygiene and maintaining social distance!



Happy 52nd Anniversary Bay Haven!

January 15th, 2021 was Bay Haven Care Community's 52nd Anniversary. Residents and staff had a lot of fun playing Bay Haven trivia and eating delicious cake!



Eating & Your Immune System

A healthy immune system is important to help fight off viruses. It is how your body helps keep away viruses and helps destroy them. Having a healthy diet plays an important role in having a healthy immune system. Here are some ways we can strengthen our immune system through diet.

Key nutrients to build, maintain, and strengthen a healthy immune system:

Vitamin C: A water soluble vitamin that can help protect the body from infections. Found in many fruits and vegetables. You need about 2000 mg per day to help fight or reduce the symptoms.

Have a glass of orange juice or whole fruit at breakfast (1 large orange = 98 mg, kiwi 75 mg). Choose vegetables, soup or salads more at lunch (raw peppers ½ cup = 101-144 mg, cooked broccoli ½ cup = 54 mg, 1 cup of strawberries = 95 mg). Other good sources of vitamin C: grapefruit, cantaloupe, mangos, pineapple, cauliflower, brussels sprouts, kale, chili peppers, and sweet peppers.

Zinc is a mineral that supports T- cells which is essential for the development and functioning of the immune system. Zinc can be found in seafood, beef, lentils, beans, seeds and peanut butter.

Selenium is an antioxidant that works with Vitamin E to keep you healthy. It is also found in seafood, whole grains, meats and nuts.

Vitamin D is a fat-soluble vitamin that can help protect the body from infections. It is not found in many foods; however, it is found in cow's milk, fatty fish, egg yolks, and fortified items such as orange juice, soy & rice beverages and yogurts. The recommended intake for vitamin D is 600 IU daily if you are between 19-70 years of age. If you are over 50 years of age, it is recommended to take a Vitamin D supplement of 400 IU daily in addition to eating Vitamin D rich foods.

Probiotics are good bacteria that can support good gut health and can help keep your immune system healthy. Probiotics can be found in food items such as fermented milk and some yogurts. Check the label to ensure these foods contain probiotics.

Other ways you can maintain and strengthen your immune system:

- **Adequate sleep:** Aim for 7 to 8 hours each night.
- **Manage stress:** Yoga or meditation for 20 mins, going for a walk (practice safe distancing), listening to music, reading in silence, virtual chats with friends and family, keep hydrated, avoid smoking, limit drinking alcohol, and engage in any physical activity from moderate to vigorous intensity, add muscle and bone strengthening at least 2 x per week.

Eating a well-balanced diet with a variety of nutrients can help you achieve a healthier immune system.

By Donna Shiner, Food Service Manager