



HAPPY SPRING !

# Health Matters

## Lakehead Nurse Practitioner-Led Clinic

### IN THIS ISSUE

## National Nursing Week May 6 to 12 by Pam Delgaty, Clinical Director

Nursing Week this year falls on May 6—12. As we recognize the dedication and commitment of our nursing staff at the Lakehead Nurse Practitioner-Led Clinic, we have another reason to celebrate. Our clinic has now been providing outstanding care for **10 years !**

When the clinic opened in 2009 there were two staff members. Since that time, the clinic's staff has expanded to twenty and is providing outstanding health care to over 4,000 patients! Besides offering primary health care, the clinic has also done outreach in the community and provided programs based on identified needs.

These are uncertain times right now in regards to health care in Ontario. The present government is committed to try and make cuts to a system that already seems to be over capacity. We invite Premier Ford and Health Minister Elliott , as well as anyone interested in quality, efficiency and economically feasible models of care, to come for a tour of our clinic. Our clinic, as well as the other 26 NP Led Clinics in the province, are a

showcase of team based health care delivery. In regards to nursing staff, we have nurse practitioners, registered nurses and registered practical nurses all working to full scope of practice. Judging by our surveys, patients are very satisfied with the care they receive and our staff are engaged in the work they do as they are continually challenged.

So, thank you to the nursing staff at our clinic and across the province for your ability to rise to the challenge of an ever-evolving landscape in the vision of health care delivery. With change comes opportunity and all staff at Lakehead Nurse Practitioner-Led Clinic will endeavor to continue to adapt. The past 10 years have provided us with a foundation that we will build on as we move ahead towards another decade of change.



### National Health & Fitness Day

National Health and Fitness Day is an initiative to make Canada the Fittest Nation on Earth. The first Saturday in June is the day when Canadians can get out and get active in any way they wish.

Page 4



### Healthy Eating for Older Adults

Getting enough protein as we age can be a challenge as we tend to eat smaller portions of meat as we get older. Mixing and matching food groups can make a healthy balanced meal.

Page 5



**APRIL 25, 2019**

This year marks the fourth Pap-A-Palooza cervical cancer screening event! This initiative aims to increase cervical cancer screening rates across Northwestern Ontario, especially among never screened women.

## Berry Compote

**Strawberry season will soon be upon us !**

While we await this joyous season, try this recipe with frozen berries. Any type of berry or mixture of berries will work.

Mix 4 cups of berries with 1/4 cup of water and 1/4 cup of sugar in a sauce pan.

Simmer until fruit is soft and mushy, add more liquid if too dry and a little more sugar if too tart.

Season with a pinch of cinnamon or lemon juice as desired.

Serve warm with a dollop of vanilla ice cream or yogurt. Also great as a pancake and waffle topping !



# Mediterranean Pasta with Tuna and Vegetables

Makes 3 to 4 servings

## INGREDIENTS

- 250 grams (or 1/2 a small package) of regular or whole wheat fusilli or spaghetti pasta
- 2 cans tuna, drained
- 8 tbsp olive oil
- 1 small onion, chopped
- 3/4 cup chopped red, yellow or orange peppers
- 2 cloves garlic, minced
- 1/4 cup chopped pimento, cherry tomato, black or green olives



## INSTRUCTIONS

Cook pasta in boiling water according to package directions.

While pasta is cooking, cook onions in olive oil in a frying pan. Once onions have softened, add in peppers and garlic and continue to cook for a few minutes. Add in drained tuna, pimento or tomato and olives. Continue to heat until warm.

Drain pasta noodles and mix with tuna mixture. Feel free to season with black pepper and parmesan cheese.

## OPTIONS

Add a handful of chopped spinach or chopped asparagus to the pasta water for the last couple of minutes of cooking.

## PROGRAMS



### SKIN SCREENING

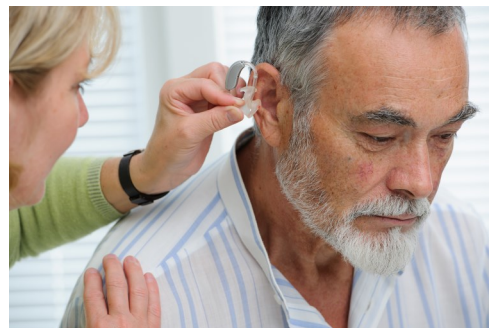
Talk to your NP or call to book your appointment



### MEMORY SCREENING

JUNE 11th

call to book your appointment



### HEARING SCREENING

Learn to cope with hearing loss, improve communication and stay involved

## KIDS FITNESS !



## Zooming Around Helps to Zoom In

Kids who participate in physical activity have more focus and longer attention spans compared to their less active peers.



## Busy Bodies = Bigger Brains

Being physically active can boost memory in children and youth, including children with brain-based disabilities.

## FAST FACTS

GRADE D<sup>+</sup>

Canadian kids aren't active enough. Only 35% of 5- to 17- year-olds are reaching their recommended physical activity levels\*.

# 76%

76% of 3- to 4-year-olds and 51% of 5- to 17 -year-olds are engaging in more screen time than is recommended\*.

\*Canadian 24-Hour Movement Guidelines for Children and Youth

Source: ParticipACTION Report Card on Physical Activity for Children and Youth—2018



## National Health & Fitness Day

### Saturday, June 1st

It's Canada's day to get up, get out and get active!

National Health and Fitness Day is an initiative to make Canada the Fittest Nation on Earth! Saturday June 1st, 2019 provides an opportunity for all citizens to Get Up, Get Out and Get Active! The objective is to inspire Canadians to become fitter and more active which will result in reduced health care costs attributed to preventable diseases related to inactivity.

On Saturday June 1st get your kids, get your parents and get outside and get active! A family that plays together stays together! Here are some activity ideas for you and your family:

Let your kids plan the activities for the day! If you've never played Grounders or Manhunt, you're missing out! There are dozens of activity ideas available at [www.participation.com](http://www.participation.com).

1. Head to the park or playground and set up a fun obstacle course.
2. Make a splash at your community pool or local recreation centre.

3. Get together with neighbours for a game of all-ages ball hockey, races (egg-on-spoon; three-legged; and sack races); a scavenger hunt; a pool party; or a game of soccer.

4. Fitness Bingo! Try it!

5. Go for a walk – walk around the neighbourhood and discover a new park or ravine.

6. Tour the community... on bikes.

7. Take your dog for a long walk. Or, if you don't have a dog – take your neighbour's dog for a walk!

8. Introduce the kids to something new. Bocce ball? Cricket?

9. Spread the word! Help us engage all Canadians on National Health and Fitness Day. Spread the word on Facebook and Twitter. #NHFDcan #FittestNation



# Healthy Eating for Older Adults

by Claudia Isfeld, Registered Dietitian

What we eat is a very important part of maintaining our good health as we age. Good nutrition can help you to feel your best, helps with cognition and memory as well as with maintaining strength and muscle mass to name a few benefits. Fortunately healthy eating does not need to be complicated. Just trying to eat regularly and include a variety of foods in your routine usually does the trick. Getting enough protein is a challenge for a lot of seniors as we tend to eat smaller portions of meat as we get older. Try to include some high fibre foods and make sure you are drinking adequate fluids to prevent dehydration and for digestive health. To illustrate how simple healthy eating can be, just mix and match one food from each column to make a healthy balanced meal. Add in a glass of milk or water and that's all there is to it !

## Protein Foods

Red meat or poultry  
Nuts and seeds  
Peanut butter  
Cottage cheese  
Hard cheese  
Fish or seafood  
Canned beans  
Canned fish  
Eggs  
Lentils / split peas



## Fruits and Vegetables

Salad  
Vegetable soup  
Cooked vegetables  
Raw vegetables  
Frozen vegetables  
Fruit smoothie  
Dried fruit  
Canned fruit  
Fresh fruit  
Fruit yogurt



## Grains (use more whole grains)

Bread  
Crackers or crisp breads  
Tortilla or taco shells  
Rice  
Pasta  
Potatoes  
Barley  
Cornmeal  
Oats  
Cereal



## PROGRAMS



### FREE SHINGLES VACCINES

anyone 65 to 70 years old

ask for more details



### IS THERE A PROGRAM YOU WOULD LIKE OFFERED?

Email us your suggestions at  
[info@lnplc.ca](mailto:info@lnplc.ca)



### DIABETES FOOT CARE

With Sarah Taylor, RPN

Talk to your NP



## No Show Patients

waste valuable appointment time ...  
time that could have been given to someone else

Number of hours of appointment time lost:

December: 17 hrs

January: 21 hrs

February: 24<sup>3/4</sup> hrs

March: 21<sup>1/2</sup> hrs



A late-arriving patient throws a health care provider's schedule into a tailspin. Your provider appreciates being able to know you and care for your medical needs, but chronic late arrivals hurt this relationship and is not fair to other patients on the schedule who are kept waiting.

**We have a policy that if a patient arrives 10 minutes after their scheduled appointment time, the front desk will ask them to reschedule.**



[www.lnplc.ca](http://www.lnplc.ca)

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