

HEALTH MATTERS

VOLUME 20—AUTUMN
SEPTEMBER 2017

**THE CLINIC
WILL BE
CLOSED**

OCTOBER 9

DECEMBER 25, 26

JANUARY 1



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info@lnplc.ca

Lakehead

Nurse Practitioner-Led Clinic

JENNA CODERRE, NURSE PRACTITIONER

Lakehead Nurse Practitioner-Led Clinic is very pleased to announce the joining of Jenna Coderre, Nurse Practitioner, to our team. Jenna will be responsible for Christine Miller's patients effective August 14th. Christine is leaving LNPLC to pursue educational opportunities at the Northern Ontario School of Medicine.

Jenna has experience providing care at the Nursing Station in

Sandy Lake First Nation and has worked at the Anishnawbe Mushkiki NP-Led Clinic. Jenna has also been a clinical instructor for the BScN program.

We look forward to sharing her experience and dedication to primary care in providing health care to our patients at the clinic!



WORLD ALZHEIMERS DAY—September 21, 2017

A number of organizations supporting people with dementia initiated observation of World Alzheimer's Day that is held on September 21st to raise awareness and challenge stigma. It's a time for action, a global movement united by its call for change, but also a time to reflect on the impact of dementia, a disease that will affect more and more people as the years pass.

Alzheimer's disease is one of the most widespread form of dementia among senior people. The disease affects the regions of brain, responsible for memory, thinking and speech. The most common early symptom of

Alzheimer's disease is loss of short-term memory (or difficulty in remembering recent events).

The number of people suffering Alzheimer's disease increases every year. By 2050 their number will grow four times. Observation of World Alzheimer's Day raises public awareness of this disease and helps recognize it in its early stages.

Purple was chosen to be the colour for this day. Wear purple on purpose to express your support and awareness.



*Wear purple to express
your support !*



*Aromatherapy
option: A diffuser
with peppermint
can help children
focus and
concentrate.*

Reducing Homework Stress — excerpts from “Stress Free Kids”, by Lori Lite

Just say the word homework to most teens, children, or parents and watch their whole mood change as every cell of their mind and body heads into stress mode. When homework is too extensive and time consuming it can have a negative impact on your entire family. Stress can get in the way of a child's ability to learn and retain information. Take a good look at your child's homework routine. If your child ends up crying, sleep deprived or quitting activities to have more time to complete assignments they may be experiencing stress overload.

Tips: Reducing Homework Stress:

- Break it down. Set smaller goals to complete a portion of the assignment. Reward your child with a break. Let your child set a timer to alert them that their break is over. This eliminates power struggles and empowers children.
- Use affirmations or positive statements like, “I can do it.” “I am relaxed and calm.” “I am learning new things.”
- Set up an area in your home dedicated to homework and studying. An area clear of chaos makes it easier to focus and feel calm.
- Teach children relaxation techniques. Take a deep breath in and say “Ahhhhh” to release anger and frustration. Stress management should be introduced during calm moments so they can be implemented when needed.
- Have a healthy snack or even a meal before homework. It is difficult to concentrate and feel balanced when hungry or eating sugar.
- Brain breaks should be taken. Don't expect children to be able to sit still for long periods of time. Let them move as needed. Get outside in the fresh air. Do jumping jacks, run, or have a good laugh. Exercising and deep breathing brings oxygen to your child's brain and reduces stress.
- Stay positive about and during homework. Children listen and internalize negative statements and movements. A

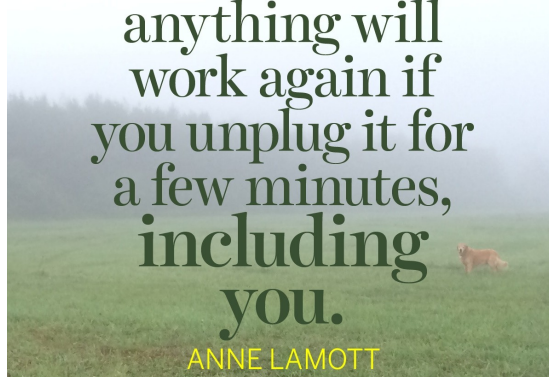
positive hopeful attitude is contagious. If you believe they can do it...they will believe they can do it.

- Help your child understand directions, organize, and create a time management plan. Many children waste time by doing the homework incorrectly because they did not understand the directions. Going over them ahead of time saves time and frustration.

Even with taking steps to alleviate stress, experts warn that difficult homework assignments and the pressure to complete multiple projects can cause anxiety, frustration, and even anger for kids. Homework that creates an anxiety-ridden child is defeating the overall goal of creating a well-rounded, balanced, successful child. Parents need to step in and get involved if they see this happening to their child. Be an advocate for your child. If they are overwhelmed by homework and it is affecting their quality of life, speak up. You child's teacher will appreciate your honesty.

Almost
anything will
work again if
you unplug it for
a few minutes,
including
you.

ANNE LAMOTT





SKIN SCREENING CLINICS

**minor treatments available
referrals for follow up**

**YOU MUST BOOK AN
APPOINTMENT**



MEMORY SCREENING CLINICS

SEPTEMBER 19th

NOVEMBER 28th

Flu shots save lives



Get immunized!

The seasonal influenza vaccine is safe, effective and recommended for everyone 6 months of age and older, especially people at high risk of influenza-related complications.

LNPLC Flu Clinic

TUESDAY, OCTOBER 24

Book your appointment today !

roots to harvest



Growing Food and
Community in
Northern Ontario

*“The right to food
is a basic human
right”.*

Food and Agriculture
Organization of the United
Nations

A World of Food Strategies

—Kyle Jessiman, Clinic Administrator

October 16 is recognized as World Food Day. For many of us who are lucky enough to have a number of meals available to us every day of the year, designating one lone day to a world of food is somewhat of an under-recognition, since pretty much everybody wants to eat something every day! Even if this one day is marked as a time to reflect in gratitude for having access to the food that we need, that still leaves every other day to act in helping to make nutritious food a reality for all who may not be as food secure.

Did you know that Thunder Bay has a Food Strategy? *Connecting Food and Communities* is its motto, and I encourage you to check out the vast resources they have available online, including lists of local restaurants and food producers who source local food. Supporting these local advocates contributes to keeping our local food economy strong and sustainable. That means that more local, fresh food is available for Thunder Bay residents – at local restaurants, good food box programs,

farmers markets, and your grocery store.

There is a great resource called ‘Where to get Food in Thunder Bay’ which is a pamphlet available in our waiting room, and I recommend having a look at the list of Emergency Food Programs, Daily Meals at no charge, Programs for Moms and Babies, Food for Seniors, and Grocery and Meal Delivery.

Roots to Harvest is a local youth employment and education organization that uses food to teach. They are partnering with two more high schools this year for their ‘Get Fresh Café’ which serves local healthy food in the school cafeteria, replacing the standard fried food and candy selections that many of us were used to. Teaching our kids about food that makes them healthy is a very important part of becoming food secure!

While hunger is a global concern, it is also a local concern. And you can support international aid agencies, or you can support your local food system

– or both. There are countless local groups from every country around the planet who are all working to promote more access to local, healthy food in their region of the world. So encouraging these groups can be equally effective as supporting a much larger NGO trying to tackle hunger. Whichever you feel better supporting, I encourage you.

Food and Agriculture Organization of the United Nations recognizes the right to food as a basic human right. If food is only available at a cost that some cannot afford, at a store where they cannot access, then that right is being violated and we are not helping our neighbours to be healthy, productive, creative contributors in life. Supporting local food programs like the Good Food Box, Roots to Harvest, Thunder Bay Country Market, Food Banks, or gardening in your yard or the community are all great ways to help make our great local food available to everyone.

Visit these links to find out more: <http://www.tbfoodstrategy.ca/resources>
<http://www.rootstoharvest.org> <http://www.thunderbaycountrymarket.com>
<http://www.fao.org/world-food-day/2017/about/en>

World Food Day | 16 October 2017

Change the future of migration.

Invest in food security
and rural development.



GROUP CHAIR EXERCISE

& Falls Prevention Program



DROP-IN
(no registration)
For anyone 55 plus

EVERY THURSDAY AT 2:00 P.M.

What is this program about?

VON's Exercise and Falls Prevention

Program is designed to help you stay active, social, and healthy. Focusing on preventing debilitating falls by doing exercises that strengthen your upper and lower body in sitting and standing, classes include exercises specifically designed to improve your balance and endurance. We want you to feel comfortable and confident on your feet while doing your daily activities

Who can attend?

This program is specifically designed to help people who would like to:

- Improve their balance
- Improve their quality of life
- Decrease their chances of falling
- Participate in a social setting
- Learn more about preventing falls

FOR MORE INFORMATION CALL
STEPHANIE MORRISEAU at 344-0012, ext #260



The more risk factors a person has, the greater the chances of falling.

Five things you can do to prevent falls:

1. Exercise daily to build strength and improve balance.
2. Wear safe footwear.
3. Have regular eye check-ups.
4. Make your home safer.
 - Remove clutter and tripping hazards.
 - Add railings on all stairs and grab bars in the bathroom.
 - Have good lighting, particularly on stairs.
5. Talk to your healthcare provider to learn more about your risk.



Staying Independent

Falls are the main reason older adults lose their independence.



To learn more contact
The Ontario Injury Resources Centre

<http://www.oninjuryresources.ca>

HEALTHY EATING STARTS AT THE GROCERY STORE

— by Claudia Isfeld, Registered Dietitian



*Before shopping...
Make a plan !*

*Not just a grocery list,
make a meal plan
too !*



- Healthy eating starts with the choices we make at the grocery store. Shop often to make trips less time consuming, and purchase smaller quantities of fresh items more often to prevent food waste.

- Make a meal plan, check your fridge and cupboards for what foods you already have on hand and create your shopping list from there.

- Check store flyers or coupons and use your list to stay on track.

- Some stores offer grocery delivery or will prepare your order for you to pick up.

Remember the four food groups

- Vegetables and fruit
- Grain products
- Milk and alternatives
- Meat and alternatives

If foods from these groups are in your cart, you are well on your way to healthy meals. The four food groups are mostly found around the perimeter of the grocery store.

Food Labels

- Use Food labels to make healthier choices when grocery shopping.
- The nutrition facts table has 3 types of information:

- Serving size: This amount is to be used more as a reference for comparing what you eat and comparing food products.

- Calories: Listed for this particular serving size.

- Key Nutrients: Amounts and Percent Daily Value (%DV) are listed for the particular serving size.

- %DV: Helps to understand the nutrient content of foods and to compare products to determine if there is a little or a lot of a nutrient in a serving.

- A %DV of 5% or less means there is little of that nutrient.

- A %DV of 10% or more means there is a lot of that nutrient.

- Choose products with less total fat, saturated fat, trans fat, sodium, and sugar.

- Choose foods with more fibre, calcium, iron, and other important nutrients.

The ingredient list tells you what is in the product, by weight, from most to least.

Produce Section

- Vegetables and fruit provide us with vitamins and minerals, as well as fibre.

- Fibre helps to control blood sugar, blood cholesterol, keeps you feeling full, keeps the bowels moving and doesn't add calories.

- Veggies and fruits are also full of antioxidants, which are molecules that "eat up" free radicals that can cause inflammation and lead to heart disease and some cancers.

- Look for produce grown close to home - buy in season produce from local farms or farmers markets, look for Foodland Ontario or Peak of the Market products.

- Remember to wash all produce with cold running water and scrub before slicing and eating.

- Convenient vegetables and fruit, like salad kits, fruit bowls, pre-chopped veggies, can make meal preparation quicker. Be mindful of best before dates.

- Frozen fruit and vegetables are healthy, inexpensive alternatives with no additives.

- Canned fruit and vegetables are healthy options; try to choose no added salt vegetables or fruit packed in water or juice

in place of syrup.

- Avoid or limit fruit juice. If you do decide to purchase, buy unsweetened 100% fruit juice or low sodium vegetable juice and limit serving to ½ cup.

Bakery Section

- Grains provide us with carbohydrates, some minerals and B vitamins. They are usually low in fat and can be a good source of fibre. Examples include: breads, pasta, rice, bulgur, barley and cereals.

- Whole grains (e.g. corn, oats, barley, brown and wild rice) contain **all** 3 parts of the kernel-bran, germ, endosperm.

- Purchase bread that lists "whole grain whole wheat flour" at the beginning of the ingredient list since enriched wheat flour is not a whole grain.

- High fat and high sugar items, like cakes, croissants and cookies, are not grain products.

Cereal Aisle

- For cereals focus on the fibre and sugar content and aim for 4 grams of fibre or more per serving. Choose cereals lower in sugar.

Cooler Section

- Milk and milk alternatives contain protein, calcium, and vitamin D.

- Calcium is important for developing strong bones and teeth, and to prevent osteoporosis.

- Limit butter, margarine, cream, sour cream and cream cheese they are higher in calories and low in calcium and protein.

Continued on page 9

HEALTHY EATING STARTS AT THE GROCERY STORE (Cont'd)

- Purchase yogurt in larger containers to save money, and check the sugar content as many flavoured yogurts are very high in sugar.
- You can also find eggs in the cooler section, which are a great source of lean protein and essential vitamins and minerals. The colour of the shell comes from the breed of the hen. Omega 3 eggs – the chicken was simply fed flaxseed in their diet.

Meat and Deli Section

- Meat and alternatives provide us with protein, fat, some B vitamins and minerals (e.g. iron)
- Choose lean meats and poultry: look for the words “lean” “extra lean” and “round cuts”.
- Avoid deli meats when possible. If needed select lean deli products like chicken, turkey, ham, or roast beef.
- Tofu is an alternative protein source that is quite economical.
- Fish, like salmon and trout, are great sources of lean protein and omega 3 fatty acids. Fresh, frozen or canned fish are all healthy choices.

Meat Alternatives

- Legumes, including beans, lentils and peas, are alternatives and are high in protein and a good source of fibre.
- Dried legumes are cheaper than canned.
- Rinse canned beans to reduce sodium.
- Nuts, nut butters and seeds are also alternatives.

Fats and Oils

- The human body requires some fat for good health.
- Unsaturated fats are healthy fats and are found in plant based oils, mayonnaise, non-hydrogenated margarine and salad dressings.
- Homemade salad dressings are simple to make and can save money, not to mention lower in sodium and sugar.

Soup Aisle

- Compare regular and low-salt varieties of soup to see the difference in sodium content.
- Consider making homemade soup – great way to use up leftover meat and vegetables.

Coffee/Tea Aisle

- Adults should limit caffeine to 400 mg a day (about 3 cups).
- When buying decaf, look for products that use the Swiss Water or Water Method instead of the chemical method of Methylene Chloride.
- Tea has less caffeine than coffee, but black and green teas do contain caffeine. Herbal teas are usually caffeine free.

Wise Shopping Tips

- Shop in the outer area of the grocery store to find less processed foods.
- Foods from the inner aisles are usually pre-packaged, processed and cost more- but you will still find some healthy options like legumes, cereals, and rice.
- Products at eye level are often more expensive. Many stores list the unit price of items which makes it easy to compare cost.

Interested in more? Contact our dietitian to arrange a personal grocery store tour or use the link for a virtual grocery store tour.

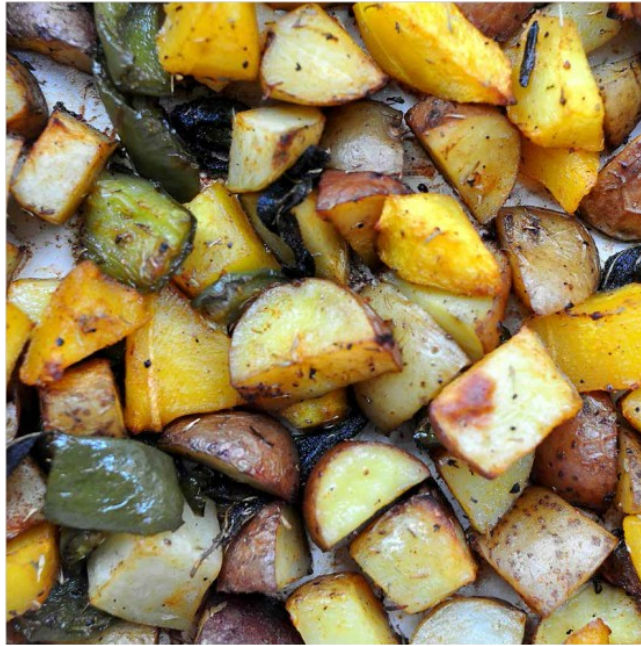
Happy shopping!



<http://healthyfamiliesbc.ca/home/articles/topic/grocery-shopping>



Fall Roasted Vegetables — submitted by Claudia Isfeld, Registered Dietitian

**Ingredients:**

Olive oil

Salt and pepper

Vegetables — choose any combination of the following:

Roots: potatoes, sweet potatoes, beets, turnips, onions, parsnips, carrots, kohlrabi, fennel

Non roots: bell peppers, winter squash, broccoli, brussel sprouts, cauliflower, asparagus, eggplant, mushrooms

Extras — whole garlic cloves (unpeeled), lemon slices or lemon zest, anything you would pair with roast chicken, tough herbs like sage, oregano, thyme, bay leaves, any dry spice combination

Method:

Preheat oven to 375 — 400 degrees.

Clean and chop your vegetables. Leave the skin on, there's lots of nutrition in the skin; peeling is slow! Just be sure to wash the vegetables thoroughly.

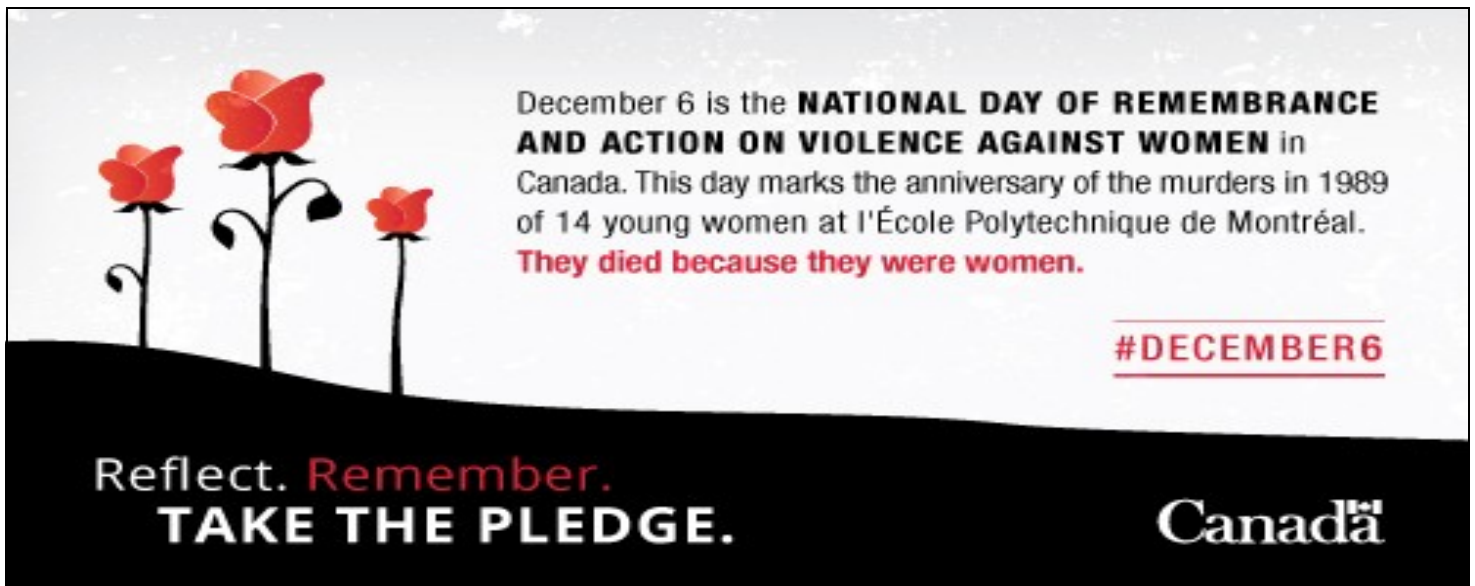
It's up to you how you want to chop your vegetables. The general rule is that the smaller you chop things, the faster they cook, so try to keep everything about the same size so nothing cooks faster than anything else. Dump your vegetables into a roasting pan or cookie sheet. Line the pan with parchment paper for easier clean up if you wish. Drizzle everything with olive oil — about 2 tablespoons per medium sized roasting pan. Season with salt and pepper to taste and add any other extras from the list. Use your hands to coat the vegetables thoroughly with the oil and spices.

Pop the pan in the oven for 1 hour or longer, but check on the vegetables after 45 minutes. Test them by poking them with a knife. If it meets no resistance, they're finished; if not, let them cook longer. Don't worry: it's not much of a problem if you overcook them. Unlike vegetables overcooked through boiling or steaming, overcooked roasted vegetables may dry out a bit, but still retain their shape and flavor. After you pull the vegetables out of the oven, remove any garlic cloves and smash them into a fine paste (removing the skins at this point), then put the garlic back in the pan and mix together. Squeeze the juice out of any lemons and discard the woody bits of any cooked herbs. Enjoy!

Adapted from the *"Good and Cheap"* cookbook by Leanne Brown.

Good and Cheap is a gorgeous cookbook...and is offered as a free PDF that has been downloaded over 1,000,000 times.

<https://www.leannebrown.com>



Why a National Day of Remembrance and Action on Violence Against Women?

As well as commemorating the 14 young women whose lives ended in an act of gender-based violence that shocked the nation, December 6 represents an opportunity for Canadians to reflect on the phenomenon of violence against women in our society. It is also an opportunity to consider the women and girls for whom violence is a daily reality, and to remember those who have died as a result of gender-based violence. And finally, it is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls.

November and December are important months for raising awareness of gender-based violence in Canada and around the world. In addition to the National Day of Remembrance and Action on Violence Against Women on December 6, the International Day for the Elimination of Violence Against Women takes place on November 25 and marks the first day of the 16 Days of Activism Against Gender Violence, which ends on December 10, with International Human Rights Day.

