

FALL 2023

LNPLC HEALTH MATTERS QUARTERLY

A Newsletter by the Lakehead Nurse Practitioner-Led Clinic

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Lakehead
Nurse Practitioner-Led Clinic

Fall is in the Air!

Visit us on social media!



BY MARGO AYOUB, MSW

For many, the Fall season is a time for new beginnings, and new routines, and the LNPLC is no exception! This Fall at the LNPLC, we will be offering 2 new programs: Join us for a Mental Health Workshop Series for older adults, and an Advance Care Planning workshop, in addition to our regular hearing screenings, and memory clinic. See the Upcoming Programs and Events section of the newsletter for details.

We are also very excited to welcome a new Kinesiologist to our team, Danielle Dubeau! Danielle will be meeting with patients on Thursdays each week. Talk to your care provider if you are interested in a referral.

New Mental Health and Addiction Services at the LNPLC

BY KELSEY HOOGSTEN, NP-PHC, MPH

Bringing up concerns related to our mental health to a health care provider can be difficult and uncomfortable. Many people suffer in silence when it comes to experiencing symptoms of anxiety, depression, mood changes, or when struggling with alcohol or substance use. The COVID-19 pandemic has been hard for many of us, and mental health concerns and substance use issues are more significant in our community than ever before.

My name is Kelsey Hoogsteen, I am a Nurse Practitioner with a primary care practice here at the LNPLC, and have a special interest in working with patients who experience mental health and addiction concerns. I am currently working on the final courses of the Mental Health and Addictions certificate program for NPs through the University of Toronto, to be able better to provide specialized supports for patients who are struggling in these areas. My professional work experience and my personal journey thus far have made clear to me the importance of integrating mental health care into each and every encounter I have with my patients, and this is what I bring to my practice.

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Upcoming Programs and Events:

Hearing Screenings

OCTOBER 16
NOVEMBER 20
DECEMBER 11

Memory Screening

NOVEMBER 7

Mental Health Workshops
for Older Adults

Tuesdays
NOVEMBER 9-
DECEMBER 14
1:30PM-3:00PM

Advance Care Planning
Workshop

NOVEMBER 29
5:00PM-7:00PM

Mindful Eating Group
Starting January, 2024

INTERESTED IN
PARTICIPATING? ASK
YOUR PROVIDER, OR
RECEPTION FOR MORE
INFORMATION

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Navigating the mental health system can be a challenge; there are so many different places to go and it can be confusing and overwhelming to start the process! At the LNPLC, our goal is to provide a safe space for our patients to talk to a health care professional about mental health and addiction concerns and discuss options for treatment. This way, patients will be cared for by a team that is aware of their health history, includes their regular NP, and is in a space that is familiar.

If you are interested in exploring your mental health or substance use concerns, **the LNPLC will be offering a Mental Health and Addictions Clinic EVERY SECOND THURSDAY OF THE MONTH, beginning in October.**

This will include in depth mental health assessments and/or exploration of substance use concerns. This can include concerns with alcohol, opiate, stimulant, benzodiazepine or marijuana use. We will be able to talk about various treatment options, including medication as well as helpful community supports and referrals.

To find out more or to book an appointment, please speak to our Reception team.

Understanding mental health and well-being in later life



Join a workshop for older adults (65+) where we'll discuss:

- What are mental health, mental illness and addiction?
- What can affect the mental health of older adults?
- How can you stay well?

Lakehead Nurse Practitioner Led Clinic
Tuesdays November 9-December 15
1:30pm-3:00pm

Lakehead
Nurse Practitioner-Led Clinic

camh
mental health & health

Join the LNPLC Social Workers for a brand new workshop series! Learn about Mental Health and well-being later in life in 6 afternoon sessions at the LNPLC! Open to patients aged 65 and up. Speak to your provider, or reception staff to register!

Sean's Falafel and Cucumber Sauce

Recipe by Sean

Prep Time: 20 mins

Cook Time: 10 mins

Additional Time: 30 mins

Total Time: 1 hr



Ingredients

Cucumber Sauce:

- 1 (6 ounce) container plain yogurt
- ½ cucumber peeled, seeded, and finely chopped
- 1 tablespoon mayonnaise (Optional)
- 1 teaspoon dried dill weed
- salt and pepper to taste

Falafel:

- 1 (15 ounce) can chickpeas, drained
- 1 onion, chopped
- ½ cup fresh parsley
- 2 cloves garlic, chopped
- 1 large egg
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1 teaspoon lemon juice
- 1 teaspoon baking powder
- 1 dash black pepper
- 1 pinch cayenne pepper
- 1 tablespoon olive oil
- 1 cup dry bread crumbs, or as needed
- 2 cups oil, or as needed, for frying
- 2 pita breads, cut in half (Optional)
- 1 cup chopped tomatoes (Optional)

Directions

1. **Make sauce:** Combine yogurt, cucumber, mayonnaise, dill, salt, and pepper in a small bowl; mix well. Chill in the refrigerator for at least 30 minutes.
2. **Make falafel:** Mash chickpeas in a large bowl until thick and pasty; do not use a blender as the consistency will be too thin.
3. **Place onion, parsley, and garlic in a blender; blend until smooth.** Stir into mashed chickpeas until well combined.
4. **Combine egg, cumin, coriander, salt, lemon juice, baking powder, black pepper, and cayenne in a small bowl.** Stir into chickpea mixture along with olive oil. Mix in bread crumbs, a little at a time, until mixture holds together but is not sticky. Form mixture into balls, then flatten into falafel patties.
5. **Heat 1 inch oil in a large skillet over medium-high heat.** Fry falafels in hot oil until brown on both sides. Serve falafels in pita bread, topped with chopped tomatoes and sauce. Enjoy!



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LNPLC Walk-In Clinic Hours

Monday 1:00pm to 3:30pm
Tuesday 4:30pm to 7:30pm
Wednesday 4:30pm to 7:30pm
Thursday 4:30pm to 7:30pm
Friday 1:00pm to 3:30pm
Saturday 10:00am to 2:00pm