

SUMMER 2023

# LNPLC HEALTH MATTERS QUARTERLY

A Newsletter by the Lakehead Nurse Practitioner-Led Clinic

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*Lakehead  
Nurse Practitioner-Led Clinic*

## Summer is here!

BY MARGO AYOUB, MSW

We've been busy over here at the LNPLC, welcoming many new patients to our clinic, participating in community events, and planning our upcoming Fall programming.

This issue includes information about the newly relaunched Prescription to get Active program, a preview of our fall programs, highlights from our visit to the Teddy Bears Picnic, a delicious new recipe, and more. We hope you enjoy the summer issue!



On July 11th the LNPLC had the pleasure of participating in the Teddy Bears Picnic, the first to take place since 2019! Hundreds of kids came out to Vicker's Park to take part in the festivities, and a team of our NPs hosted the Teddy Bear Clinic, providing top notch bear care to many well loved teddy bears. We can't wait to host the Teddy Bear Clinic again next year!

## Upcoming Programs and Events:

Dental Clinic  
SEPTEMBER 11

Hearing Screening  
SEPTEMBER 18

Memory Screening  
SEPTEMBER 26

Mindful Eating Group  
SEPTEMBER 20-  
OCTOBER 25

## Stay tuned:

Advance Care Planning Workshop

Older Adult Mental Health  
Workshop Series

INTERESTED IN  
PARTICIPATING? ASK  
YOUR PROVIDER FOR  
MORE INFORMATION

**Do you have concerns about your mental health? Are you struggling with substance use? Our clinic will be offering a Mental Health & Addictions Clinic starting in October. You will have access to in depth assessment and treatment recommendations for managing addiction, in addition to connections and referrals to supportive community programs. The clinic will be run by one of our Nurse Practitioners, and will be supported by our Registered Nurse. Please contact clinic reception for more information, or to book an appointment.**

# Prescription to Get Active

The prescription to get active is available again in Ontario! This program began in 2011 to help Canadians meet the recommended guidelines for physical activity, and is now offering a wealth of strategies, resources, and supports available online! The Lakehead Nurse Practitioner-Led Clinic is the only registered RxTGA prescriber in Thunder Bay.



**Thrive, one movement at a time!**

Want to move better? Feel better? Be healthier?

**Regular physical activity can give you this and so much more!**

Take your first step. Ask your healthcare provider for a Prescription To Get Active.

Scan to view our 1 minute introduction video. It could change your life!



Proudly sponsored by



Visit the RxTGA website  
<https://www.prescriptiontogetactive.com/> and talk to your health care provider for more information

Visit us on social media!



LNPLC HEALTH MATTERS QUARTERLY

## STUFFED PEPPERS

loveandlemons.com

Prep Time: 20 mins

Cook Time: 20 mins

Serves 4 to 6



### Ingredients

4 red bell peppers

Extra-virgin olive oil, for drizzling

1½ cups white cheddar cheese

Avocado slices or guacamole, for serving

Lime wedges, for serving

Sea salt and freshly ground black pepper

### Filling

1 tablespoon extra-virgin olive oil

2 garlic cloves, grated

2 jalapeños, diced, more for topping, if desired

2 scallions, chopped

1 teaspoon lime zest

1½ tablespoons lime juice

1 teaspoon cumin

1 teaspoon coriander

1 teaspoon cayenne

1 teaspoon sea salt

½ cup finely chopped cilantro

3 cups cooked white jasmine rice

1½ cups cooked black beans, drained and rinsed

1½ cups corn kernels

### Instructions

1. Preheat the oven to 450°F, line a baking sheet with parchment paper. Slice the peppers in half lengthwise, remove the seeds and membranes, and place on the baking sheet, cut side up. Drizzle with olive oil, salt, and pepper and bake 10 minutes. Tip out and discard any liquid that pools inside the peppers. Set the peppers aside.
2. Make the filling. In a large bowl, mix together the olive oil, garlic, jalapeños, scallions, lime zest, lime juice, cumin, coriander, cayenne, salt, and cilantro. Fold in the rice, black beans, and corn.
3. Scoop the filling into the pepper halves and top them with the cheese. Broil for 2 to 5 minutes or until the cheese is bubbling and browned, or, continue baking at 450°F for 10 to 15 minutes until the cheese is melted. Serve with the avocado slices, lime wedges, and extra jalapenos.

## 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