

WINTER 2024

LNPLC HEALTH MATTERS QUARTERLY

A Newsletter by the Lakehead Nurse Practitioner-Led Clinic

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*Lakehead
Nurse Practitioner-Led Clinic*

Spring is in the Air!

BY MARGO AYOUB, MSW

As we welcome another new season, the LNPLC is also welcoming more changes coming to the clinic!

We continue to expand the programs that we offer, and are excited to welcome new staff in the coming months, as we continue to expand our team!

In this issue of the LNPLC Health Matters Quarterly, you will find an article with helpful tips on improving sleep, by our HBSW student. Please take note of the upcoming programs in the sidebar, and a delicious new recipe to try!



Please treat our staff with the same respect you would expect to receive.

NO EXCUSE FOR ABUSE

Our staff should be able to come to work without fear of violence, abuse, harassment or discrimination from patients or their relatives.

We have a **zero tolerance** policy for these behaviours and we have the right to remove patients from our practice list and notify the police.

The Importance of a Good Night's Sleep

BY LIUBA TURLOVA, HBSW STUDENT

With the “spring forward” time change that dragged all of us out of bed an hour earlier than usual last month, many of us have become aware of the impacts that a lack of good sleep has on our minds and bodies. In fact, studies have demonstrated that not feeling rested after the time change is felt most acutely the day after, but the feeling persists even longer for many of us. In countries that follow the time change, the week after presents an increase in cardiac events in emergency rooms and car accidents on roads, likely associated with sleep deficiency.

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Upcoming Programs and Events:

Hearing Screenings

APRIL 15

MAY 13

Memory Screenings

APRIL 30

JUNE 20

Postnatal Support Group
Tuesdays 10:30-11:30am
until April 23rd

Advance Care Planning
Workshops

APRIL 25 + MAY 14

FULL

*please inform reception if
interest in attending future
workshops

Book Club
Wednesdays,
May 22 5:30-6:30pm
and June 5-26 6:00-
7:30pm

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

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Good sleep is necessary for more than just feeling rested and alert throughout the day. In sleep, our bodies rest and recover. Every system in our bodies benefits from sleep, from the brain and heart to the hormones. Side effects of poor sleep include fatigue, decreased cognitive performance which could lead to work accidents, and increased likelihood of developing cardiovascular disease and mental health disorders. All of these negative outcomes combine to place a large burden on the economy, evident in less productivity at work and more time taken off due to illness.

So sleep is important! Setting up a sleep hygiene routine could be beneficial to supporting healthy sleep habits and prolonging restful sleep. Studies show that going to sleep and waking up at the same time each day (even on weekends), having a comfortable and sleep-inducing environment (good bedding, sufficient dark, quiet and air circulation) and doing relaxing, stress-reducing activities (making sure you're not hungry/thirsty, reducing stressful thoughts or conversations, engaging in something calm and mindful) all contribute to quality sleep. Further, studies demonstrate that good sleep is a whole family affair. Children's sleep quality is highly correlated with parents' sleep hygiene, and adolescents' sleep routines are influenced by parents' rules and norms around sleep. So, the more positively the whole family feels about sleep, the better everyone in the family sleeps.

If you can, try creating and following a relaxing sleep hygiene routine and see the results that improved sleep has on yours and your family's wellbeing. Try a 10-minute mindfulness exercise before bed with First This podcast, or listen to a sleep story with Nothing Much Happens podcast. Both can be found on Spotify, Apple Podcasts or YouTube. If you have questions about sleep hygiene, please do not hesitate to speak with your nurse practitioner for more information.

Join our RD and RSW for the LNPLC Book Club!
Intro session will be at the LNPLC on
Wednesday, May 22nd from 5:30-6:30pm
Additional sessions will be June 5th, 12th, 19th
and 26th from 6:00-7:30pm.
Speak to your provider for more details!



LNPLC HEALTH MATTERS QUARTERLY

Greek Quinoa Salad

Recipe by Marcia Lichty

Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

<https://www.twopeasandtheirpod.com/greek-quinoa-salad/>



Ingredients

Salad:

- 2 cups water
- 1 cup quinoa
- Pinch of salt
- 2 cups grape tomatoes, *halved*
- 1 English cucumber, *chopped*
- 1/2 cup pitted kalamata olives, *halved*
- 1/3 cup diced red onion
- 1/2 cup crumbled feta cheese
- Kosher salt and freshly ground black pepper, *to taste*

Dressing:

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- 1 clove garlic, *minced*
- 1/4 teaspoon Dijon mustard
- 1 teaspoon dried oregano
- Kosher salt and black pepper, *to taste*

Instructions

1. Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature.
2. To make the dressing, whisk together olive oil, red wine vinegar, lemon juice, honey, garlic, mustard, and oregano in a small bowl. Season with salt and pepper, to taste.
3. In a large bowl, combine quinoa, tomatoes, cucumber, Kalamata olives, red onion, and feta cheese. Drizzle the salad with dressing and toss to combine. Season with salt and pepper, to taste. Enjoy!

Visit us on social media!



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