

SUMMER 2025

LNPLC HEALTH MATTERS QUARTERLY

A Newsletter by the Lakehead Nurse Practitioner-Led Clinic

Lakehead Nurse Practitioner-Led Clinic

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(807) 475-9595

www.lnplc.ca

Five Tips for Fall Wellness

FROM UHN FOUNDATION

The leaves are changing, days are getting shorter and everything pumpkin is in season - fall is here! The seasonal transition of shorter days and cooler weather can have an impact on stress, anxiety and your overall well being. This change can be a common challenge for your mental health but there are steps you can take to prioritize wellness at this time of year.

Here are five helpful tips for fall wellness :

- Enjoy the outdoors : Consider taking a walk, hike or bike trails in your area. Enjoy the fresh and crisp air autumn has to offer.
- Eat well : The season offers a great variety of seasonal fruits and vegetables. Slow cooker season is now in affect for your seasonal needs.
- Stay Social : With the holiday season approaching, it's important to stay connected with friends and family. This can help your mood and energize your mind.
- Allow Yourself a Break : A new season can create stressors. Creating a wellness routine is important to fostering meaningful habits that contribute to overall health and well being.
- Get Creative : Embrace your creative side to make the most of this autumn season. Try your hand at some fall-inspired DIY arts and crafts activities, such as decorating for Halloween, making Thanksgiving centre pieces, and even making your own fall themed candles!

Upcoming Programs and Events:

Older Adult Coffee Group
Thursdays starting
October 23rd in Room 107
at the Spence Clinic
Building

VON Exercise and Fall
Prevention
Mondays & Fridays
2 - 3 pm
Starting September 29th
2025

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

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Visit us on social media!



Good Communication Is Key

Good communication is a key factor in receiving good health care. Many of our patients have asked us what the best way to communicate with the clinic is. The short answer to this is by calling our main number at 807-475-9595 to speak to one of our trained receptionists. No matter the reason we feel direct communication with a team member will be sure to put you on the right path.

When calling reception, it is important to be ready to provide them with information about your needs so they can help you to the best of their ability. Our receptionists are trained at triaging calls for appointment bookings and know the ins and outs of each provider's schedule.

If you are interested in sharing information with your nurse practitioner (for example a form for completion or providing your information about your health) this should also be done through reception as this method will ensure your information remains secure and is sent to the correct place. Please refrain from sending messages to the generic clinic email as this address may not be monitored regularly and information sent is not connected to your medical chart.

Separate from the generic clinic email, you may have noticed that LNPLC has implemented a secure email platform called Medeo to share medical information safely and efficiently. With your consent, your healthcare provider can use Medeo to send you important health-related messages. When you receive your first message through Medeo, you'll be prompted to create an account. If you encounter any issues setting up or using Medeo, their helpdesk is available to assist you at <https://qhrtech.my.site.com/patient/s/contactsupport>. If you have not yet completed an email consent, this can be done at reception.

Exciting new developments at LNPLC also include the addition of Online Appointment Booking. This will be piloted over the next several months and can be accessed by a link on our website at <https://lnplc.ca/>.

If you have any doubt about the best way to connect with the clinic, please call 807-475-9595 to speak to one of our highly skilled receptionists.

Red Lentil Soup

4 servings



Ingredients

- 1 cup of red lentils, washed and soaked for 1 hr
- 2 cloves of garlic, thinly sliced
- 1 green serrano chile, split and seeded
- 1 inch piece of fresh ginger, peeled and minced
- 1 medium onion, thinly sliced
- 1 large tomato, diced
- 2 tablespoons of canola oil
- 1 teaspoon of cumin seed
- ½ teaspoon paprika
- ½ teaspoon of turmeric
- Kosher salt
- Honey, for drizzling
- Optional garnishes : chopped fresh cilantro, yogurt, lemon or lime wedges

Instructions

- Combine the lentils, garlic, chile, ginger, onions, tomatoes and enough water to cover in a medium saucepan over medium heat. Bring mixture to a boil and then lower the heat and simmer until the lentils are tender, 30 to 45 minutes. Whisk the cooked lentils to release some of their starch and break them down further.
- Warm the oil in a small saute pan over medium heat. Add the cumin seeds and cook until they are sizzling and spluttering. Stir in the paprika and turmeric. Pour the seasoned oil onto the lentils (be prepared for a big sizzle). Stir to combine : sprinkle with salt and a small drizzle of honey. Ladle into soup bowls and garnish with cilantro, a drizzle of yogurt, lemon or lime wedges.

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.



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

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