

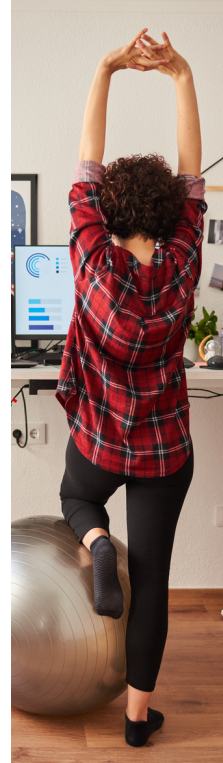
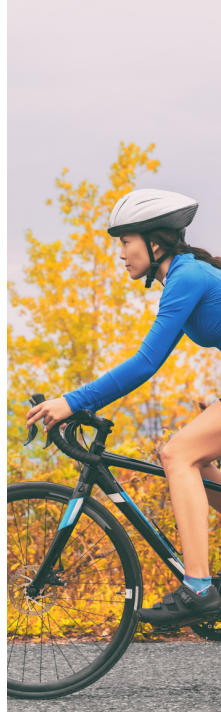
Vol.1
2023

Lakeshore Community
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel
infirmier praticien **Communauté de Lakeshore**

Ontario 

Lakeshore Community NPLC Newsletter



FALL *into* Wellness

Clinic Updates:

Exciting news at Lakeshore Community Nurse Practitioner-Led Clinic (LCNPLC), we're thrilled to announce the recent launch of our new website! It's packed with valuable resources, including information on our services, health promotion links, and more. We're also excited about our successful social prescribing program. Social Prescribing is an approach to connect you with non-medical services such as exercise classes and community resources to improve your overall well-being. Ask us about our social prescribing program during your next visit!

Inside this Issue:

- Tips from our Registered Dietitian
- What is Mindfulness?
- Breast Cancer Awareness
- Wellness Events and Resources

Navigating Healthy Eating During the Holidays

Tips from our Registered Dietitian

October means the beginning of holiday season. Many people struggle to maintain a healthy, balanced diet and often gain weight over the holidays. Foods served at holidays tend to be higher in fat, sugar and salt which are the key ingredients that lead to overeating. Follow these tips to stay on track with your health and wellness while still enjoying your holiday favourites.

Keep your Body Fueled & Don't Skip Meals

- Skipping meals to "save calories" often backfires and leads to overeating. Those who eat regular meals throughout the day tend to eat less overall.

Stay Hydrated & Re-think your Drinks

- Hydration supports digestion and is important if you drink alcohol. Try to drink ~2 L of water and choose sugar-free/low-sugar alcohol options.

Bring a Vegetable Side Dish

- Veggies are usually lacking at holidays, by bringing a veggie side dish you are more likely to build a balanced plate and prevent overeating.

Follow the Balanced Plate Formula

- 1/2 plate veggies (fiber for fullness); 1/4 plate starches & grains (carbs for energy); 1/4 plate protein (for satisfaction).

Slow Down and Eat More Mindfully

- It takes 20 mins for the stomach to tell the brain it's full. Slow down, chew food well, and wait to grab seconds as this gives time for the stomach and brain to communicate and reduce overeating.

Prioritize Sleep

- Poor sleep can lead to increased cravings for sweets and overeating. Stick to your usual bed time AND wake time during holidays.

Stay Active Daily & Walk After Large Meals

- Walking for 15 mins after a meal supports digestion and helps reduce blood sugars. Staying active daily helps control appetite and reduce overeating.

Prioritize your Holiday Favourites

- Decide what treats you most want to indulge in and which foods are okay to pass on. Plan to have a balanced plate and add a few of your favourite treats.

BUTTERNUT SQUASH COUSCOUS BOWLS WITH MAPLE VINAIGRETTE

Ingredients

BOWLS

- 3 cups cubed butternut squash
- 1 can chickpeas, drained & rinsed
- 2 tablespoons olive oil
- Salt & Pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 ½ cups cooked couscous
- 6 cups chopped kale
- ½ cup goat cheese, crumbled
- ¼ cup pumpkin seeds, roasted

MAPLE VINAIGRETTE

- ¼ cup apple cider vinegar
- 2 tbsp maple syrup
- 1 garlic clove, finely minced
- ⅛ tsp ground nutmeg
- Pinch salt & pepper
- Pinch red pepper flakes
- ½ cup olive oil

Directions

1. Preheat oven to 425°F.
2. Spread the squash & chickpeas on a baking sheet. Toss with olive oil, season with a pinch of salt and pepper, smoked paprika and garlic powder. Toss until combined.
3. Roast for 15 min, then flip the chickpeas/squash and roast for 10-15 mins more.
4. While squash roasts, cook the couscous and prepare the dressing by whisking together vinaigrette ingredients.
5. Place kale in a large bowl. Add 1- 2 Tbsp of prepared vinaigrette and use your hands to massage the kale for a few minutes. Set aside.
6. Toss the couscous with 1-2 Tbsp of dressing then add couscous to the kale.
7. Add the roasted squash & chickpeas, goat cheese and pepitas. Drizzle with some more dressing and toss well.



Photo: Jessica Merchant creator of How Sweet Eats 2023

Try this Body Scan Practice

1. Find a quiet and comfortable place to sit or lie down. Close your eyes if it feels safe and comfortable to do so.
2. Begin by taking a few deep breaths, inhaling slowly through your nose and exhaling through your mouth. Notice your belly expanding and receding as you breathe.
3. Start by bringing your attention to the top of your head. Notice any sensations, such as tingling, warmth, or tension. Simply observe without judgment or need to change anything.
4. Slowly continue to scan down your body, moving to your shoulders, arms, chest, back, abdomen, thighs, knees, and feet. Observe any tension or discomfort you may be experiencing.
5. Take a few moments to bring your attention to your entire body as a whole, noticing how it feels as a complete unit. Take a deep breath in and exhale slowly, letting go of any remaining tension.
6. When you're ready, gently open your eyes if they were closed and take a moment to reorient yourself to your surroundings.



What is Mindfulness?

Mindfulness is a practice that involves paying attention to the present moment with an open heart; it's about being fully present and aware of our thoughts, emotions, and sensations without judgement. By practicing mindfulness, we can develop skills to manage stress, reduce anxiety, and improve overall well-being. Jon Kabat-Zinn, a pioneer and expert in mindfulness, recommends the body scan exercise as one of the best forms of mindfulness meditation for pain conditions. Try this body scan practice to start incorporating mindfulness and relaxation into your daily life.

October is Breast Cancer Awareness Month

For Breast Cancer Awareness Month, it's important to understand the basics of breast cancer and the power of early detection. Breast cancer starts in breast cells, forming tumors that can spread. Regular screening, especially with mammograms, helps catch it early when treatment is most effective.

Screening means checking for breast cancer before symptoms appear. Follow guidelines for mammograms based on your age:

- If you're 40 to 49, talk to your doctor about your risk.
- If you're 50 to 74, have a mammogram every 2 years.
- If you're 75 or older, discuss with your doctor.

Be alert to changes in your breasts. Early breast cancer often shows no symptoms, but watch for lumps, changes in breast shape or size, nipple changes, or unusual discharge. Recognizing these signs early is crucial for better outcomes.

Stay informed about breast cancer risks and screening by visiting the Canadian Cancer Society at <https://cancer.ca/en/>.





WELLNESS EVENTS AND RESOURCES

Master Your Health Webinar – FREE ONLINE Chronic Conditions Workshop Series through WeCHC Tuesdays
 October 24 – November 28, 2023 9:30am – 12:00pm

Master Your Health Webinar – FREE ONLINE Chronic Pain Workshop Series through WeCHC Wednesdays
 November 1 – December 6, 2023 6:00pm – 8:30pm

Bounceback Ontario- a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry. Delivered over the phone with a coach and through online videos. Visit <https://bouncebackontario.ca/>

Are you a client of LCNPLC with a wellness success story, a helpful tip, or a favorite healthy recipe you'd love to share with your community?

We'd be thrilled to feature your contributions in our upcoming newsletters. Your experiences and insights can inspire others on their wellness journey. If you'd like to get involved and share your wisdom, please feel free to reach out to me. Let's work together to make our community even stronger and healthier!

Contact Health Promoter Victoria Pizzuti at victoria.pizzuti@communitynplc.ca to get started



Resources

- <https://www.howsweeteats.com/2023/09/butternut-squash-couscous-bowls/>
- <https://www.npr.org/2021/12/21/1066585316/mindfulness-meditation-with-john-kabat-zinn>
- https://ggia.berkeley.edu/practice/body_scan_meditation
- <http://www.cancer.org/cancer/breastcancer/index>