

# NPLC LENS

**Belleville Nurse Practitioner-Led Clinic Newsletter**

***Fall Edition 2020***

*Creative Director: S Bernier*

## **New Clinic Hours**

Monday 9am – 5pm

Tuesday 10am – 7pm

Wednesday 9am – 5pm

Thursday 8am – 5pm

Friday 9am – 3pm

Saturdays – 2 per month

9:00 am – 5:00 pm

Visit our Website [bnplc.ca](http://bnplc.ca) or Facebook  
for a full list of Saturdays

**Closed All Statutory Holidays**

## **Health Awareness Days**

### **September**

Newborn Screening Month  
Falls Prevention Day – Sept 4<sup>th</sup>  
National Women's Health & Fitness  
Day Sept 30<sup>th</sup>

### **October**

Chiropractic Month  
Mental Illness Awareness Week  
Oct 4<sup>th</sup> – 10<sup>th</sup>  
National Primary Care Week  
Oct 5 – Oct 9

### **November**

National Healthy Skin Month  
Nurse Practitioner Week  
Nov 8<sup>th</sup> – Nov 14<sup>th</sup>



# Farm Fresh & at your Door

During recent months we have all felt the effects of staying at home without the ability to get out to complete daily tasks like we use to. We recognize that many of our registered patients have circumstances that make it difficult to get to the grocery store whether, it be poor mobility, access to transportation or even the financial means to afford healthy meals.

We understand. The BNPLC has teamed up with Gleaner's Food Bank to deliver food hampers to our most vulnerable patients. Hampers include everyday items such as canned and packaged foods including soup, pasta and cereal. Fresh food such as eggs, bread, fresh fruit, vegetables, dairy items and also frozen food products.

If you are a registered patient of the BNPLC and this service could benefit you, please speak with BNPLC team member.

## **Ontario Program to Direct Surplus Food to Those in Need**

Restaurant closures due to pandemic left farmers with unprecedented surpluses of fresh goods. These surpluses are now being directed to Food Banks.

With this amendment to Bill 36, Ontario farmers will be eligible to receive a 25% tax credit based on the fair market value of the produce that they donate to food banks and other charitable food programs.

A large portion of food bank clients do not receive the proper daily servings of fruits and vegetables as suggested by Canada's food guide. Local food banks rely heavily on the generosity of farmers to ensure clients receive nutritious produce. Fortunately, many local farmers consistently support their neighbours and communities by donating to food banks, without any form of compensation. Finally, this tax credit will help reimburse some of the costs Ontario farmers incur from harvesting and transporting the produce to food banks and ultimately to the 400,000 individuals that the Ontario Association of Food Banks serves collectively each month.

<https://www.farms.com/news/ontario-makes-history-for-farmers-and-food-banks-69277.aspx>

## Upgrade the Skin You're In

**November is Healthy Skin Month.** After a hot summer skin can take a real beating. How can you help get your skin healthy again? Here are 4 suggestions to get your started.

- 1. Healthy eating** - You must remember that the skin is best kept from the inside. To find out how to get healthy skin naturally, we must start with what we eat. This is done by ensuring that what you eat is good for your skin.  
In particular, foods that are rich in Vitamins A and C and Omega 3 will have a good effect on your skin. Vitamin A keeps your skin smooth by reducing oil production.  
So, you have to make sure that foods like sweet potatoes, carrots, eggs, and milk are part of your daily diet. Vitamin C on the other hand is very important in the formation of collagen which is responsible for reducing wrinkles.  
Some foods rich in Vitamin C are oranges, kiwi, apples, grapefruit and red peppers. Omega 3 prevents skin inflammation and helps your skin absorb more vitamins and nutrients. You will get significant amounts of Omega 3 from fish and nuts. Other skin-friendly foods are tomatoes, dark chocolate, green tea, and cranberries.
- 2. Exercise regularly** - Exercising is not only good for weight management and blood circulation but also good tips on how to get healthy skin naturally. This gives the skin a radiant glow because it provides the skin with the oxygen it needs.  
Most importantly, exercise is a good stress reliever. Studies show that one of the main causes of acne and wrinkles is stress. Put one and one together, you will get healthier and younger looking skin.
- 3. Don't smoke** - Smoking is not only the cause of lung cancer. This also increases the risk of skin cancer. Also, smoking accelerates skin aging. That is why most smokers have skin that is really saggy and wrinkled. Dark spots also appear. By not smoking, you not only protect the inside but also make you radiate from the outside.
- 4. Stay hydrated** - You may have been told that you should drink at least six cups of water every day. It cleanses your body of poisons that cause most of the skin's weakness. Apply body lotion to ward off dryness if necessary.

The above are just a few examples of how to restore healthy skin. If you have questions about how to improve your diet and are a registered patient of the BNPLC, our Registered Dietitian Alison Walker can help with meal planning and nutrition.

If you have made the decision to quit smoking, inquire about our Smoking Cessation program to help you reach your goals.



## NURSE PRACTITIONER WEEK

November 8<sup>th</sup> to the 14<sup>th</sup> 2020

### Getting to know your Nurse Practitioner

- ❖ Nurse practitioners, also known as NPs, are expert clinicians with advanced training and education who provide primary, acute and specialty health care in a variety of settings.
- ❖ NPs provide high-quality, cost-effective, patient-centered health care.
- ❖ NPs provide a full range of services, such as ordering, performing and interpreting diagnostic tests; diagnosing and treating acute and chronic conditions; prescribing medications and treatments; and managing overall patient care, and referring to specialists.
- ❖ There are more than 3700 NPs licensed to practice in Ontario today. NPs provide a solution for a stronger and healthier province.
- ❖ NPs have master's degrees, and many have doctoral degrees, as well as advanced education and clinical training.
- ❖ NPs are licensed and regulated by the College of Nurses of Ontario. NPs can prescribe ALL medications.
- ❖ Patients whose primary care providers include NPs have fewer emergency room visits and shorter hospital stays. This results in cost savings and overall sustainability of the healthcare system.
- ❖ NPs emphasize the health and wellbeing of the whole person in their approach, including helping patients make educated health care decisions and healthy lifestyle choices. *Resources: <https://npao.org>*



**Karen Clayton-Babb**  
Chief Nurse Practitioner/Clinic Director



**Arif Ahamed Abdul Samad**  
Nurse Practitioner



**Rick Steeves**  
Nurse Practitioner



**Kristy Naulls**  
Nurse Practitioner

## Harvest Chicken Casserole

A satisfying casserole with all of your fall favorites.

### INGREDIENTS

2 tbsp. extra-virgin olive oil, divided, plus more for baking dish  
2 lb. boneless skinless chicken breasts  
Kosher salt  
Freshly ground black pepper  
1/2 onion, chopped  
2 medium sweet potatoes, peeled and cut into small cubes  
1 lb. brussels sprouts, trimmed and quartered  
2 cloves garlic, minced  
2 tsp. fresh thyme leaves  
1 tsp. paprika  
1/2 tsp. ground cumin  
1/2 c. low-sodium chicken broth, divided  
6 c. cooked wild rice  
1/2 c. dried cranberries  
1/2 c. sliced almonds



### DIRECTIONS

1. Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper.
2. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side.
3. Let rest 10 minutes, then cut into 1" pieces.
4. Heat another tablespoon oil over medium heat.
5. Add onion, sweet potatoes, Brussels sprouts, garlic, thyme, paprika, and cumin. Season with salt and pepper and cook until softened, 5 minutes. Add 1/4 cup broth, bring to a simmer, and cook, covered, 5 minutes.
6. Place cooked rice in a large baking dish and season with salt and pepper.
7. Stir in chicken, cranberries, cooked vegetables, and remaining 1/4 cup broth.
8. Top with almonds and bake until dish is hot and almonds are toasted, 15 to 18 minutes

<https://www.delish.com/cooking/recipe-ideas/recipes/a55760/healthy-chicken-casserole-recipe>

# KIDS' CORNER

## HAPPY HALLOWEEN



### Spot the Difference

