Bridges Community Health Centre January 2022 Newsletter

GET VACCINATED AND BOOK YOUR BOOSTER

Find current information regarding appointment availability here: www.niagararegion.ca/health/covid-19/vaccination/appointment-booking.aspx
Are you a Bridges CHC client and need a COVID-19 vaccine?
Call 905-871-7621 or 289-479-5017 or email info@bridgeschc.ca

THE BENEFITS OF GETTING VACCINATED: Vaccination is one of the most effective ways to protect our families, communities and ourselves against COVID-19. Find great tips for talking to children about getting vaccinated. Answer your questions and theirs here: https://www.niagararegion.ca/health/covid-19/vaccination/youth.aspx

PROOF OF VACCINATION:

As of September 22, 2021, you must be fully vaccinated and provide proof of vaccination to access certain indoor businesses and settings. You can access your vaccine receipt here: covid19.ontariohealth.ca

BOOK A TEST: Info on when to get tested and how to book found here: niagararegion.ca/health/covid-19/testing.aspx

SCREEN FOR LIFE COACH

All appointments MUST be pre-booked.
To schedule an appointment, call 1-855-338-3131.
The coach will be at Bridges CHC sites from 9am-3pm.
Fort Erie site: Monday January 31st.

LOVE FOOD, HATE WASTE:

Thursday January 20th, 10:30am Do you want to reduce your food waste and save money? Learn helpful tips on how to do both from food you would otherwise throw away in this 30 minute online session. To register and receive the link, email Christina: christina.dupont@bridgeschc.ca

QUIT SMOKING

Learn strategies to manage cravings and stay smoke free. Eligible participants can receive free nicotine replacement therapy.

To get started, contact Ashley: ashley.chiarello@bridgeschc.ca or 905-871-7621 ext. 2226

NEXT MONTH: TEEN GROUP

Thursdays, 3:00-4:00 p.m.
February 10th & 24th, March 10th & 24th, April 7th.

A 5 session group for teens to discuss anxiety and depression. This will be a safe space to share experiences and for facilitators to provide information and practical coping strategies.
For more info and to register, email: tahera.vawda@bridgeschc.ca

HOT TOPICS:

Winter Fitness

Thursday, January 13th, 2:00-3:00 p.m.

Join us along with our kinesiologist, Trisha, to go through a home fitness routine for all levels. We will also be discussing ways to stay safe when walking outdoors and how to stay warm during the winter months. To register and receive the link, email Shannon: shannon.dugas@bridgeschc.ca

The GOOD FOOD box

Small $17 Large $22
Order by January 14th for pickup January 20th.
For more info or to order visit: linksforgreenerlearning.org/programs/food-box/

We want to hear from you! What types of programs would you like to see our health care providers offer? Send it to: info@bridgeschc.ca

Bridges Community Health Centre
Fort Erie and Port Colborne/Wainfleet

Alliance for Healthier Communities
Alliance pour des communautés en santé

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CHRISTINA'S SEASONAL RECIPE SUGGESTION:

In the winter season root vegetables are a go to option! Consider choosing sweet potatoes as a nutritious starch choice. Sweet potatoes are loaded with nutrients, especially beta carotene, which converts to Vitamin A in the body and helps with our eye, hair and skin health. Try this easy and flavourful grilled sweet potato salad for a fun lunch or dinner option!

Christina Dupont
Bridges Community Health Centre's Primary Care Dietitian

GRILLED SWEET POTATO AND CHICKPEA SALAD

Prep time: 15 minutes **Cook time:** 10-20 minutes **Serves:** 4-6

INGREDIENTS

- 2 Sweet Potatoes scrubbed (about 1 1/4 lbs)
- 3 tbsp Canola Oil divided
- 1/2 tsp chili powder
- 1/4 tsp Salt
- 1 can (19 oz) Chickpeas drained and rinsed (unsalted)
- 2 tbsp White or Red Wine Vinegar
- 2 tbsp fresh or dried Parsley chopped
- 2 tbsp fresh or dried Mint or Basil chopped
- 1/4 cup Gouda Cheese (or cheese of choice) diced

INSTRUCTIONS

Cut sweet potatoes in half crosswise then in half again lengthwise. Cut each into thin wedges and place in a large bowl. Toss with 2 tbsp (30 mL) of the oil, chili powder and salt. Place on greased grill or medium frying pan over medium heat, turning occasionally for about 10 minutes or until lightly charred and tender OR bake in the oven at 400°F for about 20 minutes. Return to bowl and add chickpeas.
In a small bowl, whisk together remaining 1 tbsp (15 mL) of oil and vinegar.
Drizzle over potato mixture and add parsley, basil and cheese. Toss well to combine.

This recipe has been adapted from https://www.halfyourplate.ca/recipe/grilled-sweet-potato-and-chickpea-salad/

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