

Bridges Community Health Centre August 2022 Newsletter

HOT TOPICS FORT ERIE: THE MIND DIET

Fort Erie Site: Thursday, August 4th, 2:00-3:00 p.m.

Learn about Dementia and how heart health is related to brain health. Learn how food and word exercises can decrease your risks of developing dementia. This will be held in person.

For more information or to register, call 905-871-7621 ext 2234.

HOT TOPICS PORT COLBORNE/WAINFLEET: BINGO

Port Colborne/Wainfleet Site: Tuesday, August 9th, 1:30-2:30 p.m.

Join our Diabetes Education Program to learn strategies that will help to manage diabetes. This will be held in person. For more information or to register, call 289-401-5017 ext 2421.

SCREEN FOR LIFE COACH

All appointments MUST be pre-booked, call 1-855-338-3131. The bus is at both Bridges CHC sites from 9:00 a.m.-3:00 p.m.

Fort Erie site: August 15th and 22nd.

Port Colborne/Wainfleet site: August 10th.



MIGHTY MINDS: MANAGING OUR MENTAL WELL-BEING

Tuesday, August 16, 2022 6:00pm via Zoom

An overall discussion of how to manage our mental well-being. Learn how to provide “check ins” with ourselves and the others around us. Learn strategies that support our emotional health and mental health by addressing self-compassion, mindfulness and the role of social supports. To register and receive the Zoom link, please email Tahera at tahera.vawda@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



**Small \$17, Large \$22
Order by August 10th for
pickup August 18th.**

For more info or to order visit:
[linksforgreenerlearning.org/
programs/food-box/](http://linksforgreenerlearning.org/programs/food-box/)

EATING SMART FOR A HEALTHY HEART

**Fort Erie Site:
Tuesday
August 2nd
1:30p.m.**



Join Christina, Registered Dietitian, to learn the basics of a heart healthy diet in this 2 hour session. For more information or to register, contact Christina: 905-871-7621 ext 2241 or christina.dupont@bridgeschc.ca. *Capacity will be limited.

VOLUNTEER OPPORTUNITIES

Community Support Services of Niagara is a volunteer based organization that offers services to help seniors and adults with disabilities live independently in their own homes. To ensure these services are available to residents of Fort Erie, Port Colborne and Wainfleet we have been featuring volunteer roles they are looking to fill.

Snow and Leaf Buddies: Volunteers help to keep senior's driveway/pathway clear of snow in the winter and raking of leaves in the fall and spring. This helps prevent falls and allows seniors to be able to remain safe while leaving their homes for appointments.

For this and other opportunities contact: Deanna Dittrick
ddittrick@cssn.ca
905-682-3800 ext 714

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



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PREPARING AND COPING WITH SUMMER HEAT

A list of cooling spaces [here](#). Stay hydrated and find shade when possible. Find more tips to stay cool [here](#).

EXERCISE CLASSES:

FORT ERIE SITE:

*Registration is required for all classes. Please contact 905-871-7621 ext 2234 or info@bridgeschc.ca

Mondays 9:00 a.m.

Back To Basics/Mindful Movements: Classes will alternate weekly and be online using Youtube live.

Wednesdays 9:00 a.m.

Walking Group: In person walking group along Fort Erie Friendship Trail.

Fridays 9:00 a.m.

Gentle Fit: Classes will be online using Youtube live.

PORT COLBORNE/WAINFLEET SITE:

*Registration is required for all classes. Please contact 289-401-5017 ext 2421 or info@bridgeschc.ca

Mondays 9:00 a.m.

Mindful Movements: Classes will be online using Youtube live.

Tuesdays 9:00 a.m.

Gentle Fit: Classes will be online using Youtube live.

Wednesdays 9:00 a.m.

Pole Walking Group: In person pole walking group.

Thursdays 9:00 a.m.

Back To Basics: Classes will be online using Youtube live.

CHRISTINA'S SEASONAL RECIPE

Guest Contributor: Melissa Aubertin-Coutu, RD, CDE

It's not an immediately obvious combination but one bite will leave you convinced. Many recipes that include cucumbers in salad suggest peeling them, not here, leave those peels on to add fibre and save time. If you do not have parsley or mint, basil or chives will also work well.

GREEK STYLE WATERMELON SALAD

Ingredients:

- 3 cups cubed watermelon
- 2 large ripe tomatoes, chopped
- 1 medium cucumber, chopped
- 1 small red onion, thinly sliced
- 1/3 cup kalamata olives
- 1/3 cup crumbled feta
- Chopped parsley and or mint
- Olive oil and red-wine vinegar
- Salt and pepper



Instructions:

In a large bowl combine watermelon, tomatoes, cucumbers, red onion, olives and feta cheese along with the chopped herbs. Drizzle with olive oil and red-wine vinegar, sprinkle with salt and pepper, toss and serve.

This NY Times recipe can be found here:

<https://cooking.nytimes.com/recipes/1014895-greek-style-watermelon-salad>

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