

Bridges Community Health Centre September 2023 Newsletter

HOT TOPICS PORT COLBORNE/WAINFLEET SITE:

MANAGING BLOOD PRESSURE WITH MEDICATION AND LIFESTYLE

Tuesday, September 19th, 1:30-2:30 p.m.

Join our nurse and dietitian to learn how to better manage your blood pressure. Get to know your medications and how adjusting your lifestyle choices like diet, activity and stress can improve your blood pressure. For more information or to register, call 289-479-5017 ext 2421.

HOT TOPICS FORT ERIE: FOOT CARE WITH COMPASS HEALTH

Monday, September 25th, 1:30-2:30 p.m

Join guest speaker, Sarah Lockbaum, a foot care nurse specializing in diabetes foot care, to learn about the importance of protecting your feet when you have diabetes to prevent injuries. She will also discuss ways to monitor and manage issues that may arise with our feet. Hosted at Bridges CHC Fort Erie site.

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

LET'S GET COOKING

Learn to cook nutritious, low-cost and tasty foods. Registration is limited for both in person groups.

Fort Erie: Wednesday, September 27th, 2:00-3:30 p.m.

Crystal Ridge Community Church, 241 Elmwood, Crystal Beach.
For more information or to register, call 905-871-7621 ext 2234.

**Port Colborne/Wainfleet site: Thursday, September 28th
10:00-11:30 a.m.**

For more information or to register, call 289-479-5017 ext 2421.



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

Fort Erie site: September 7th and 20th.

Port Colborne/Wainfleet site: September 13th.

COMING NEXT MONTH: MANAGE YOUR MENOPAUSE

Join us for refreshments, prizes and presentations. We will discuss the stages of menopause and ways to manage symptoms, you are not alone.

Wednesday, October 18th, 6:00-8:00 p.m.

Bridges CHC Port Colborne/Wainfleet Site, 380 Elm Street Rear

To register for this free event please contact Lori:
289-479-5017 ext 2445 or lori.kleinsmith@bridgeschc.ca

Tuesday, October 24th, 6:00-8:00 p.m.

Fort Erie Public Library Centennial Branch, 136 Gilmore Road

To register for this free event please contact Ashley:
905-871-7621 ext 2226 or ashley.chiarello@bridgeschc.ca
Doors open at 5:30 p.m., both events will start promptly at 6:00 p.m.

MANAGING ANXIETY

**Wednesdays, September
6th, 13th, 20th, 27th, 3:00-4:00 p.m.**

**Bridges CHC Port Colborne/
Wainfleet Site**

A four session group to manage anxiety from a cognitive behavioural approach. For more information or to register, contact Anna: 289-479-5017 ext. 2461 or anna.pett@bridgeschc.ca



Not feeling like yourself after having a baby? Pregnant and new parents with babies up to 18 months of age, who have been feeling depressed, down or anxious may be eligible to for group-based Cognitive Behavioural Therapy (CBT) program. During this nine-week series you will meet with a public health nurse to learn skills, strategies and tools to help manage depression and anxiety. **Offered in person at Bridges CHC Port Colborne/Wainfleet site beginning Thursday, September 14th, 1:30-3:30p.m.**

To register visit: 905-688-8248 or 1-888-505-6074 ext.7555
niagararegion.ca/parents

QUIT SMOKING

Create your quit plan today, eligible participants can receive free nicotine replacement therapy. Contact Ashley: 905-871-7621 ext. 2226 or ashley.chiarello@bridgeschc.ca

Small \$22, Large \$26

Order by September

14th. Pickup is September 21st.

For more info or to order online, visit: linksforgreenerlearning.org/programs/food-box/

Orders are also accepted in person at both Bridges CHC sites.



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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EXERCISE CLASSES:

FORT ERIE SITE:

*Registration is required for all classes. Contact 905-871-7621 ext 2234 or info@bridgeschc.ca to register. All classes in Fort Erie are online.

Mondays 9:00 a.m.:

Back To Basics and Mindful Movements.

Classes will alternate weekly, online.

Tuesdays 9:00 a.m.: Fun Drum, online.

Fridays 9:00 a.m.: Gentle Fit, online.

PORT COLBORNE/WAINFLEET SITE:

*Registration is required for all classes. Contact 289-479-5017 ext 2425 or trisha.bering@bridgeschc.ca to register. All classes in Port Colborne are in person.

Mondays 10:00 a.m.: Mindful Movements.

Tuesdays 10:00 a.m.: Gentle Fit.

Wednesdays 9:00 a.m.: Nordic Pole Walking

Wednesdays 1:30 p.m.: Fun Drum.

Thursdays 9:00 a.m.: Back To Basics.

COOK DINNER WITH ME ONLINE- FOR UNDER \$10 Wednesday, September 13th 5:00-6:00 p.m.

Join Registered Dietitian, Christina, in an online session over dinner time to learn tips and strategies to ***cope with the rising costs of food*** and to cook alongside her as she prepares a healthy, family sized meal under \$10. For more information or to register, contact Christina: christina.dupont@bridgeschc.ca or 289-479-5017 x 2430.

SEPTEMBER'S SEASONAL RECIPE: ROASTED KALE AND BUTTERNUT SQUASH PASTA

Ingredients:

- 1 small butternut squash (1-2 lbs), peeled, seeded, cut into 1/2-inch cubes
- 5 tbsp olive oil, divided
- 1/2 tsp kosher salt, divided, plus more for the pasta water
- 1/4 tsp freshly ground black pepper, divided
- 1 bunch kale, stems removed, cut into 1-inch pieces
- 12 oz dry penne pasta
- 1 tbsp unsalted butter
- Zest from 1 lemon
- 1 oz goat cheese, crumbled

Instructions:

- Preheat it to 350°F and fill a large pot with water. Salt it generously and set it over high heat.
- Prepare the squash: in a large bowl, add the cut squash, 2 tbsp olive oil, 1/4 tsp salt, and 1/8 tsp black pepper, mix well and spread onto baking sheet.
- Prepare the kale: in the same large bowl, add the kale, the remaining 3 tbsp olive oil, 1/4 tsp salt, and 1/8 tsp black pepper and mix until evenly coated. Transfer to baking sheet and set bowl aside for use later.
- Place the squash on the bottom third rack and the kale on the top rack of the oven and roast for 20-25 mins to allow kale to crisp slightly. Remove kale from oven, increase temperature to 425°F and roast squash for another 10 mins.
- Cook the pasta: while the vegetables are roasting, cook the penne in the large pot of boiling water following package instructions. Drain the pasta into a colander set in the sink. Transfer it into the large bowl you had set aside and add the butter. The butter plus the residual oil in the bowl will coat the pasta.
- Assemble the pasta: add the roasted squash, 1/2 of the lemon zest and mix well. Add the roasted kale, sprinkle in the goat cheese and add more lemon zest, if desired.

Recipe adapted from: [simplyrecipes.com/roasted-kale-and-butternut-squash-pasta-recipe-5215653](https://www.simplyrecipes.com/roasted-kale-and-butternut-squash-pasta-recipe-5215653)

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