

FEATURE RECIPE: ROASTED SPRING VEGETABLE MEDLEY WITH CRISPY LENTILS

The first of the season's vegetables are roasted then tossed in a tangy mustard lemon vinaigrette. The crispy lentils add a wonderful crunch to a delightful side dish.

Prep time: 20 minutes
Total Time: 45 minutes
Serves 8

Recipe provided by
Lentils.org



Ingredients:

3 1/2 cups (875 mL) cubed potatoes
To taste, salt and pepper
2 cups (500 mL) cooked green lentils
1 bunch asparagus, tough ends trimmed
1 cup (250 mL) halved radishes
2 Tbsp (30 mL) canola oil, divided
Half red onion, thinly sliced

DRESSING:

1/4 cup (60 mL) lemon juice
1/4 cup (60 mL) canola oil
1/4 cup (60 mL) chopped fresh dill
2 Tbsp (30 mL) Dijon mustard
To taste, salt and pepper

Instructions:

Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper.

Toss potatoes with 1 Tbsp oil and season with salt and pepper. Place in a single layer on a baking sheet and roast for 25 minutes. Toss cooked lentils with 1/2 Tbsp oil and season with salt and pepper. Flip the potatoes over and add the lentils to the same baking sheet. Roast for 10-15 minutes more; stir at the halfway point, until potatoes are tender and lentils are crispy.

Toss asparagus and radishes with remaining 1/2 Tbsp oil and season with salt and pepper. Place on the second baking sheet and place in the oven at the same time as the potatoes. Roast for 15-20 minutes, until tender.

Place dressing ingredients in a jar; shake well. Place roasted potatoes, crispy lentils, asparagus, radishes, and sliced red onion in a large bowl. Pour the dressing over, stir, and adjust seasonings.

Tips & Tricks:

Whole grain mustard can be used instead of Dijon. Parsley can be used instead of dill.

COUNSELLING SERVICES AVAILABLE AT BRIDGES CHC

No cost, open to residents of Fort Erie, Port Colborne, or Wainfleet, self referral (no doctor's note needed)

NUTRITION COUNSELLING

Our Registered Dietitian is available for one-on-one counselling to help you learn strategies to prevent or manage a wide range of nutrition-related concerns such as heart health, food intolerances, digestive problems, weight management, meal planning, and food preparation skills.

Appointments are limited; to inquire about eligibility and to book an appointment, please call 289-479-5017 and ask to speak with the Dietitian.

SOCIAL WORK COUNSELLING

Our Registered Social Worker is available for one-on-one counselling to provide brief, solution-focused support to help you to better manage life struggles such as loss, worries/fears, depressed mood, relationship issues, and stress.

Appointments are limited; to inquire about eligibility and to book an appointment, please call 289-479-5017 ask to speak with the Social Worker.

BRIDGES CHC IS A MEMBER OF THE NIAGARA POVERTY REDUCTION NETWORK



The Niagara Poverty Reduction Network works collectively to wipe out poverty in Niagara through education, collaboration & advocacy to address poverty's root causes.

Tell us what you think or suggest a new program:
info@bridgeschc.ca

Sign up at www.bridgeschc.ca to get updates directly to your inbox.

Community Newsletter

Bridges Community Health Centre, Port Colborne Site

May—August 2018

Your Vote Counts 2018!

With the provincial election campaign getting under way and the municipal election for the Niagara region scheduled this fall, it is important for all eligible residents to **get informed and vote**. Bridges CHC is working with the Niagara Poverty Reduction Network to raise awareness of both elections and the issues that are important to create a healthy community. Some of those issues include: income security and employment, housing, affordable childcare, and equitable access to health care. These issues contribute to poverty, which affects the entire community. When candidates call or knock on your door, it is a great opportunity to ask about their stance on poverty and what they are proposing to support the community.

The provincial election is on June 7, 2018 and the municipal election is on October 22, 2018.

Don't miss your opportunity to vote!



The most cited reason people don't vote, is they believe they can't, because they are somehow not registered. Most often, this is not the case. To be eligible to vote, you must be 18 years of age or older, a Canadian citizen and a resident of Ontario. To vote in an Ontario election, you do not need government-issued ID. You can use documents that show your name and address, such as a utility bill. Your name and address can appear on separate documents. **To learn more about acceptable forms of ID or to register to vote, visit: elections.on.ca**

The Blacklegged Tick

What are they?

Ticks are very small, ranging in size from a poppy seed to a small grape. They can carry and transmit the bacteria that causes Lyme disease.

Where are they?

Normally found in forested areas, with long grass where they attach to humans and animals passing by. They do not jump or fly.

Protect yourself:

- Use insect repellents that contain DEET or Icaridin.
- Check yourself, children, and pets after being outdoors.

*Wearing light coloured clothing can help.
* Pay attention to areas ticks normally attach to: groin, armpits, hairline or behind the ears.

- Shower or bath within two hours of being in forested or long grass areas.
- Cut your grass and dispose of leaf litter where ticks can live.

To find more info about ticks in Niagara or where to submit a tick for testing (must be placed in a clear, dry container or double Ziploc bags) visit:

niagararegion.ca



TICK TIPS



Bridges
Community Health Centre
Fort Erie and Port Colborne/Wainfleet
www.bridgeschc.ca

Port Colborne Site
380 Elm St., Rear
Port Colborne, ON L3K 4P2
289-479-5017

Fort Erie Site
1485 Garrison Rd
Fort Erie, ON L2A 1P8
905-871-7621

Funding Support provided by

Hamilton Niagara Haldimand Brant
Local Health Integration Network

BRIDGES CHC COMMUNITY HEALTH & WELLNESS PROGRAMS, PORT COLBORNE (MAY-AUGUST 2018)

open to the entire community · no cost · call 289-479-5017 ext. 2421 to register

M **QUIT SMOKING PROGRAM:** Get support to quit smoking or to cut back, free nicotine replacement for eligible participants. **Monday, May 7 and 14, 10:30am-12:00pm.**

A **LET'S GET COOKING:** Learn to cook healthy and tasty foods hands on in our community kitchen!
Wednesday, May 30, 10:30am-12:30pm.

Y **HOT TOPICS-QUICK & EASY SNACK IDEAS:** Monthly presentation discussing various health-related topics.
Tuesday, May 1, 1:30-2:30pm.

GROCERY STORE TOURS:

Led by our Registered Dietitian at a local grocery store, call to register for the next tour.



J **THE MAGIC OF MUSIC THERAPY:** Join us with our special guests from Major Progressions Music Therapy to learn about the profession of music therapy and the benefits it provides for overall mental health and general wellness. If you enjoy music this learning session is perfect for you! **Tuesday, July 10, 2:00-3:00pm.**

U **LET'S GET COOKING:** Learn to cook healthy and tasty foods hands on in our community kitchen!
Wednesday, July 25, 10:30am-12:30pm.

L **HOT TOPICS-ICED TEA TASTING:** Monthly presentation discussing various health-related topics.
Tuesday, July 3, 1:30-2:30pm.

J **CELEBRATIONS AND CHALLENGES OF AGING:** Explore the various aspects of aging of ourselves or loved ones, and how we can accept and celebrate these changes. **Friday, June 8 and 15, 1:30-3:30pm.**

U **ASSERTIVENESS WORKSHOP:** Learn ways to communicate more assertively in various situations and how to improve self confidence. **Tuesday, June 26, 2:30-4:00pm.**

N **LET'S GET COOKING:** Learn to cook healthy and tasty foods hands on in our community kitchen!
Wednesday, June 27, 10:30am-12:30pm.

HOT TOPICS-MAKE YOUR OWN SALAD JARS: Monthly presentation discussing various health-related topics.
Tuesday, June 5, 1:30-2:30pm.

HEALTHY FOODS, HEALTHY ME: In this hands-on workshop, learn about nutrition and lifestyle changes to delay or prevent the development of chronic diseases such as diabetes, high blood pressure or cholesterol.
Wednesday, June 6, 1:30-4:30pm.

A **LET'S GET COOKING:** Learn to cook healthy and tasty foods, hands on in our community kitchen!
Wednesday, August 22, 10:30am-12:30pm.

U **HOT TOPICS-LAKESIDE VISION EYE CARE:** Monthly presentation discussing various health-related topics.
Wednesday, August 8, 4:00-5:00pm.

G **HEALTHY FOODS, HEALTHY ME:** In this hands-on workshop, learn about nutrition and lifestyle changes to delay or prevent the development of chronic diseases such as diabetes, high blood pressure or cholesterol.
Wednesday, August 15, 4:00-7:00pm.

WEEKLY GROUP EXERCISE PROGRAMS

(MOST PROGRAMS START THE FIRST WEEK OF MAY)

MINDFUL MOVEMENTS
Mondays, 9-9:45am
(starting June 4)
Thursdays, 1-1:45pm

Yoga type positions and movements build support and stability with the aid of a chair.

GENTLEFIT
Tuesdays, 9-9:45am

Light weights, Therabands & medicine balls are used to strengthen muscles and promote balance while seated or holding onto a chair.

FUNDRUM
Wednesdays, 11-11:45am

Fun Drum is a creative exercise program that involves movement to music while drumming and seated on a chair.

BACK TO BASICS
Thursdays, 9-9:45am

Light cardio increases heart rate, strength exercises for back & abdominals, ends with a full body stretch.

NORDIC POLE WALKING
Fridays, 10-11am
(starting June 1)

Walking program using Nordic Poles to improve cardiovascular fitness and muscle strengthening.

TOO MANY LOVED ONES ARE DYING FROM OPIOID OVERDOSES.

Get Naloxone. Save a life.

Niagara Region niagararegion.ca/health

Bridges CHC has partnered with Niagara Region in the distribution of Naloxone Kits. If you have a friend or a loved one who is using opioids, we can help you to be prepared to help them in the event of an overdose. Call 289-479-5017 and ask for Kim or Judy.

Watch for details on our revamped Coffee Club social group starting in the fall!



Bridges
Community Health Centre
Fort Erie and Port Colborne/Wainfleet