

ANFHT QUARTERLY

Feeling Healthy Together



A Message from our Executive Director

As we turn the corner from winter's grasp, there is a palpable sense of anticipation for the warmer, brighter days of spring and relief from the harsh weather but we all are aware of the challenges we continue to face.

Spring for our team means the end of our fiscal year, where we review the progress and successes of our programs, services, policies and procedures. The shift for us this year, has been to manage all of this remotely both with our team members and our patients.

As everyone navigates COVID-19 and how it affects all of us, please remember our team has been here and engaged since the beginning. We are not closed, we are available by phone or video conference and also in-person, once you and your clinician have discussed your needs.

We are evolving on a daily basis to stay up to date with your requirements, while ensuring everyone that is involved stays safe and healthy (both mentally and physically).

I am so proud and honoured to work with a group of people who have stayed engaged, positive and worked so hard to make sure you all are taken care of.

Please know that we are here for all of you. We want you to stay safe, stay healthy, because in a world where you can be anything....be kind.

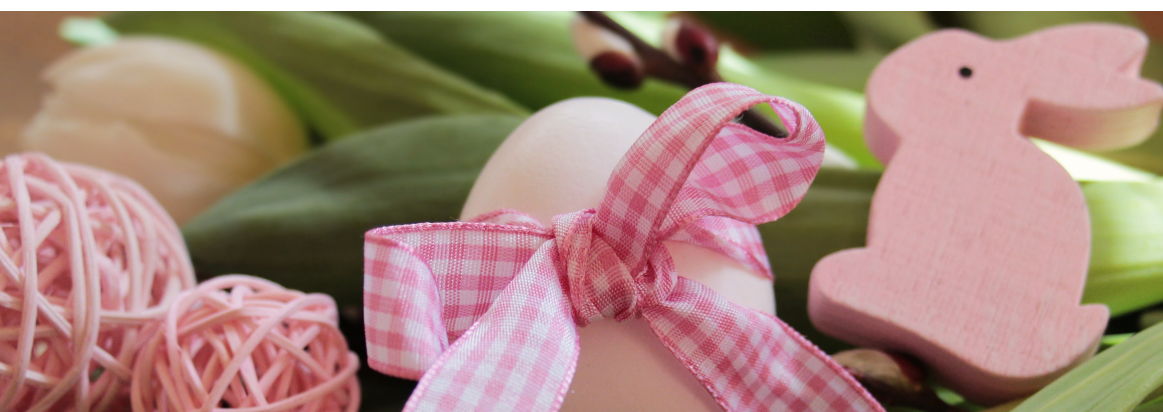
Mary-Jane Rodgers
Executive Director

SNEAK PEEK

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Spring Life Hacks

Tara Peel, Nurse Practitioner



Gardening Hacks

- Insects eating leaves? Blend together hot peppers and water and spray the leaves
- Harmful bacteria? Mix water and an acetaminophen tablet in water and spray soil
- Wilted Leaves? Put a rusty nail in water and let sit for a few days, then use to water plant (iron in rust water promotes oxygen)
- Need a natural fertilizer? Mix spoiled milk with soil
- Uneven plant growth? Put tinfoil on popsicle stick



Vegetable Hacks (How to regrow your own vegetables)

- Green onions- Green onions, plastic egg carton, scissors and water
- Beans Sprouts- mason jar, mung beans (or bean of choice) cheese cloth and elastic. (soak for several hours then rinse and drain daily)
- Tomatoes- Tomato slice, soil, pot water



Home organization hacks

- Put tupperware lids in a slinky for easier organization
- Organize tin cans on a tension rod for easier access
- Hang baking supplies on a binder clip
- Use a hanging shoe rack to store cleaning supplies



Cleaning hacks (Make your own cleaning solutions)

- Lemon/Rosemary - spray bottle with 1/2 vinegar, 1/2 water, 2-3 sprigs rosemary, 2-3 lemon rind pieces. Shake and infuse for 1 week prior to use
- Orange/Peppermint- spray bottle with 1/2 vinegar, 1/2 water, several orange rind pieces, 2-3 drops peppermint essential oil. Shake and infuse for 1 week before use
- Eucalyptus/Tree oil-pray bottle with 1/2 vinegar, 1/2 water, 2-3 sprigs eucalyptus, 2-3 drops tea tree oil. Shake and let infuse for 1 week prior to use



Oatmeal Chocolate Lentil Bites

Anat Knyazher, Registered Dietitian



Ingredients

- Brown lentils, canned, drained, rinsed or cooked -1 cup (250 mL)
- Water -2 Tbsp (~30ml)
- Margarine - 1/2 cup (125 mL)
- Brown sugar -1/2 cup (125 mL)
- Vanilla extract -1/2 tsp (2 mL)
- Egg or flaxseed egg**- 1
- Flour- 2/3 cup (160 mL)
- Oats- 1 cup (250 mL)
- Baking powder- 1/2 tsp (2 mL)
- Cinnamon- 1/2 tsp (2 mL)
- Chocolate chips- 1/2 cup (125 mL) (optional)

**To make a flax egg, mix one tablespoon ground flaxseed with three tablespoons of water. Let sit in your fridge for 15 minutes to thicken.

Instructions

1. Preheat oven to 350°F (180°C). Grease a cookie sheet or use a silicone liner.
2. Puree lentils in a food processor or blender. Add in margarine, brown sugar, vanilla and egg and blend until smooth.
3. In a large bowl, combine flour, oats, baking powder and cinnamon. Add lentil mixture to dry ingredients and incorporate evenly. Stir in chocolate chips.
4. Use a tablespoon or cookie scoop to measure out equal sized bites. Place them on the baking sheet and bake for 12-14 minutes.



UPCOMING PROGRAM SPOTLIGHT- BABY AND ME

4 Group sessions- Virtual over Zoom
May 3,10,17,31 2021 from 2pm-3:15pm

Join our Nurse Practitioner, Registered Nurse, Dietitian, Occupational Therapist and Social Worker to learn all about how to adjust to life after a baby.

Life after a baby can be fun and challenging, let's get together to share some tips and provide you support.

Session 1

- Breast feeding and /or formula feeding
- Formula overview
- Medication safety

Session 2

- Fever
- Immunizations
- Baby proofing
- Resuming sexual activity

Session 3

- Growth and Development
- Tummy Time
- Postpartum blues vs postpartum depression
- Self care

Session 4

- Introduction to solids
- Time saving recipes
- Special diets
- Open discussion

If you and/or your partner are interested in attending these groups, please email inquiries@auroraneuromarketfht.ca or call 905-898-2240.



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