

ANFHT QUARTERLY

Feeling Healthy Together

A Message from our Executive Director

With this very different, challenging school year coming to an end and summer upon us, I wanted to take a moment to bring you up to speed on what our team has been up to.



We are building a new and improved website, with plans to launch by end of July!

We continue to care for our patients and provide support, whether via phone, video or in-person with safety precautions in place. Our programs and services continue to be available remotely and are thriving.

Our goal is to make our patients and team members feel informed and safe.

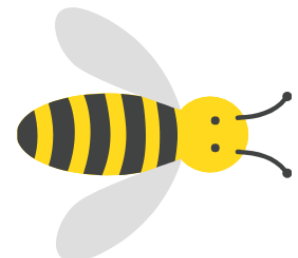
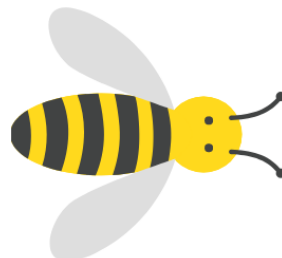
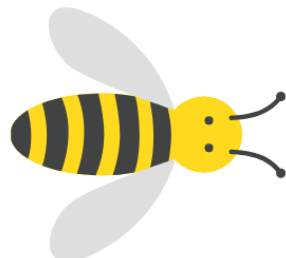
Our entire team of administration, clinicians and health providers have proven to be resilient, resourceful and been creative in their outside-the-box thinking.

It has been our loyal and dedicated employees that have continued to navigate through COVID protocols, updates and changes to ensure that our patients get the right care, at the right time and by the right provider.

I am always interested in hearing from you and if you have something you would like to share with me or ask me a question, please email me at anfamilyhealthteam@gmail.com

With summer upon us please enjoy your families, the outdoors and as always play safe and be kind, because we are all in this together.

Mary-Jane Rodgers
Executive Director



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program spotlight

Sunscreen - Not just for the Summer!



Susan Dubrovinsky, IT Administrative Assistant

Why is Sunscreen important?

- Sunscreen should be applied daily and throughout the year. The sun's rays reflect off surfaces such as snow, sand and concrete. Whether in the city, at the beach, or in the mountains, your skin needs protection from UV radiation.

Sunscreen Facts

- Aim for a Sunscreen with at Least 15 SPF or 30 SPF for extended outdoor activity.
- Sunscreen helps to prevent premature skin aging which can be caused by the sun, including wrinkles, sagging and age spots.
- For complete protection, one ounce (around the size of a shot glass) should be applied all over the body.
- Did you know that even if it is cloudy outside up to 80 percent of the sun's UV radiation reaches the earth?
- Sunscreen should be applied 30 minutes before exposure and reapplied every 2 hours!

What kind of Sunscreen should I wear?

- **Physical (mineral) sunscreen ingredients** (including the minerals titanium dioxide and zinc oxide) block and scatter the rays before they penetrate your skin.
- **Chemical sunscreen ingredients** (like avobenzone and octisalate) absorb UV rays before they can damage your skin.

Sunscreen can be affordable for all budgets! Check out some articles comparing sunscreen brands and prices:

- <https://www.byrdie.com/top-sunscreens-for-every-budget-347102>
- <https://www.consumerreports.org/sunscreens/best-sunscreens-of-the-year/>
- <https://www.goodhousekeeping.com/beauty/anti-aging/g1288/best-sunscreens/>



Low carb Sheppard's Pie

Natashka Araujo, Registered Nurse

Ingredients

- 1 recipe Mashed cauliflower (2 cups)
- 2 tbsp Olive oil
- 1 small Onion (diced; ~1/2 cup)
- 1/2 cup Carrots (diced)
- 1/2 cup Green bell peppers (diced)
- 1 lb Ground lamb (or ground beef)
- 1/2 tsp Sea salt
- 1/4 tsp Black pepper
- 1 cup Beef bone broth (or regular beef broth)
- 1 tbsp Coconut aminos
- 2 tbsp Tomato paste
- 1/2 tbsp Italian seasoning
- **Cauliflower Mash:**
- 1 large head cauliflower cut into florets
- 3 cloves garlic
- 1/3 cup full fat sour cream
- 4 oz sharp aged Cheddar cheese grated
- Salt and pepper to taste

Preparation

1. Make the [mashed cauliflower according to instructions](#). Set aside.
2. Preheat the oven to 400 degrees F (204 degrees C).
3. Heat oil in a [large enameled cast iron skillet](#) over medium heat. Add the onions, carrots, and peppers. Saute for 6-10 minutes, until lightly browned.
4. Push the vegetables to the sides of the pan. Add the ground lamb, breaking apart with a [spatula](#). Season with salt and pepper. Cook for 7-10 minutes, until the ground meat is brown.
5. Stir in the broth, coconut aminos, tomato paste, and Italian seasoning. Bring to a boil, then simmer, uncovered, for about 5 minutes, until most of the liquid evaporates and you have meat in a thick sauce. Remove from heat.
6. Drop dollops of mashed cauliflower over the pan and use a rubber spatula to spread evenly.
7. Bake for 10-15 minutes, until the edges are bubbly.
8. If desired, place under the broiler for 2-4 minutes, until the edges are golden.

Ready in
40
minutes
Serves 4
people
545.9
kcalories



Cauliflower Mash Instructions

Fill a large saucepan with about 1 inch of water. Add the cauliflower and garlic cloves. Set over medium high heat.

1. Cook until the cauliflower is fork tender, about 7 to 10 minutes. Drain into a colander or sieve and shake to release as much excess moisture as possible.
2. Transfer the cauliflower and garlic to a food processor or high powered blender. Add the sour cream.
3. Puree until smooth, scraping down the sides of the bowl or jar a few times to help move the bigger pieces so the blades can catch them.
4. Return the puree to the cooking pot and add the grated cheddar. Set over low heat to help melt the cheese and reduce excess moisture. Stir until smooth.
5. Season with salt and pepper.

Tips

- For extra creamy cauliflower mash, add 1 egg to recipe

<https://www.wholesomeyum.com/keto-shepherds-pie-recipe/>
<https://alldayidreamaboutfood.com/sour-cream-and-cheddar-mashed-cauliflower/>

UPCOMING PROGRAM SPOTLIGHT- CARING FOR THE CAREGIVER

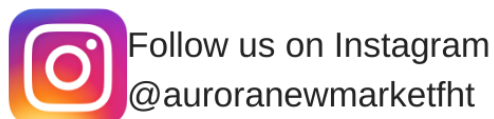
A workshop for caregivers who are a Family Health Team Patient or individuals who are a caregiver for a Family Health Team patient.

Topics covered include the following:

- Ways to identify caregiver fatigue
- Strategies to prevent and decrease stress
- Ways to keep yourself healthy
- Resources for support!

1:00pm-2:30pm
Wednesday, July 14th, 2021
Virtual Group Via ZOOM

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



Visit
our
Website

If you have any feedback on this or future newsletter ideas, please email us at: inquiries@auroranewmarketfht.ca