



WELLNESS WISDOM WE'RE IN THIS TOGETHER!

Our Mission: The Algoma NPLC provides accessible comprehensive primary care.

Our Vision: The Algoma NPLC will be the best model of interdisciplinary healthcare in our community by committing to provide collaborative, accessible, excellent patient care in a welcoming technology-based environment.

Our Values: Collaborative, Honesty, Compassion, Excellence, Respect, Integrity, Diversity

MEET OUR NURSE PRACTITIONERS



Ali Pettenuzzo Lyndsay Suurna

Clinic Hours
Mon to Fri
8:40-4:30 pm

Algoma
Nurse Practitioner Led Clinic
443 Northern Ave
Sault Ste. Marie, ON P6A 5L3
Tel: (705) 949-4717
Fax: (705) 942-9687
www.algomanplc.ca

Ali is an NP and a member of the leadership team at the clinic. She obtained an undergraduate nursing degree at Lake Superior State University; a Master's of Science in Nursing at Northern Michigan University and completed the NP program at Laurentian University. She is a collaborative-style health professional with extensive experience in team-based community health settings, with a focus on high quality, patient-centered, evidence-based practice. Ali has lectured on a variety of health topics and has authored education modules for various school boards and employers. She has held a variety of volunteer positions in the community. Ali welcomes your feedback about your experience at the clinic. She demonstrates commitment to the fact that our patients' well-being can be enhanced by an optimal healing environment. She believes a patient is an individual to be cared for, not a medical condition to be treated.

Lyndsay is one of the Nurse Practitioners at the Algoma Nurse Practitioner-Led Clinic. She has been a leader in providing patient-centered care at the clinic since 2012. Lyndsay has a Bachelor of Science in Nursing and a Masters of Nursing degree from Laurentian University. Her collaborative approach to providing evidence-based care is well known in the clinic. She is dedicated to learning each day; she easily shares her knowledge with the clinic team and applies her knowledge in each patient encounter; she strives to ensure that each patient experience is an excellent one.

We would like to **welcome NP Annette Ratz** as the newest member of the **Algoma NPLC** Team!

HEALTH WATCH CALENDAR

JUNE – Brain Injury Awareness Month/ Stroke Awareness Month/ World Blood Donor Day

JULY – World Hepatitis Day/ World Population Day



CELEBRATE JULY 1ST BY TAKING THE FAMILY TO BELLVIEW PARK FOR A HEALTHY FAMILY PICNIC, SOME EXERCISE AND FRESH AIR.

BEAT THE *SILENT* KILLER

Most people have heard of **carbon monoxide (CO)** and know that it is dangerous. Carbon monoxide is a colourless, odourless, tasteless, toxic gas that enters the body through the lungs during the normal breathing process. It replaces oxygen in the blood and prevents the flow of oxygen to the heart, brain and other vital organs. In Ontario, over 70% of all carbon monoxide deaths and injuries occur in homes.

What are the main sources of Carbon Monoxide in my Home?

- Furnace
- Gas water heater
- Gas fireplace
- Gas stove
- Gas Dryer
- Gas barbecue
- Portable generators
- Fuel-burning space heaters



Take the following precautions to ensure Carbon Monoxide will not endanger you and your family:

- Get an annual inspection for all fuel-fired appliance in your home
- Visit COSafety.ca to find a registered fuel contractor near you
- Check that outside furnace vents are not blocked
- Install a CO alarm (on every floor level)
- Never use a fuel-burning appliance in an enclosed space

WARNING SIGNS OF HEALTH ISSUES

Warning Signs of Stroke:

Weakness
Trouble Speaking
Vision Problems
Headache
Dizziness
If you experience any of these symptoms **CALL 9-1-1 immediately.**



Warning Signs of Heart Attack:

Chest Discomfort- (tightness or pain)
Discomfort- (other areas of body)
Shortness of breath
Sweating
Dizziness (light-headedness)
Nausea
If you experience any of these symptoms **CALL 9-1-1 immediately.**

Did you know about our Tobacco Cessation Program.....

At the **Algoma Nurse Practitioner Led Clinic**, we believe every individual has the right to live a healthy, smoke-free life. Whether your goal is to quit permanently or to cut back, we are here to support and provide guidance on how to get there. **Interested in quitting smoking? Call and book with RN Candice today!**



What you can expect by enrolling in the program!

- ❖ Individualized sessions with a Registered Nurse
- ❖ A personalized quit plan / Free “Get Quit” package
- ❖ Medication prescription & Monitoring
- ❖ Motivation and support (option for phone consultation)



IMMUNIZATIONS

Measles

The measles virus spreads easily from person to person and characteristic symptoms include fever and a red, blotchy rash that begins on the face and spreads down the body. Measles is a highly contagious disease and can be very serious, with complications including ear infections and pneumonia, and in rarer cases encephalitis and death. **The best protection against measles is vaccination with two doses of measles-containing vaccine.** In Ontario, 1 dose of Measles, Mumps and Rubella (MMR) vaccine is given after the first birthday, with a 2nd dose given between 4-6 years of age. Children who have not received the recommended number of doses of MMR vaccine should be vaccinated in order to ensure they are fully protected against measles. **Your child can receive this free vaccine by calling us to book an appointment.**

Algoma Nurse Practitioner-led clinic 705-942-4717



Newborn Immunization Schedule (Routine Immunizations in Ontario)

2 months	DTaP-IPV-Hib: Diphtheria , Tetanus , Whooping Cough , Polio , Hib Pneu-C-13: Pneumococcal disease Rot: Rotavirus
4 months	DTaP-IPV-Hib: Diphtheria , Tetanus , Whooping Cough , Polio , Hib Pneu-C-13: Pneumococcal disease Rot: Rotavirus
6 months	DTaP-IPV-Hib: Diphtheria , Tetanus , Whooping Cough , Polio , Hib Influenza: The flu
12 months	Men-C: Meningococcal disease , MMR: Measles , Mumps , Rubella , Pneu-C-13: Pneumococcal disease
15 months	Varicella: Chicken Pox
18 months	DTaP-IPV-Hib: Diphtheria , Tetanus , Whooping Cough , Polio , Hib



NUTRITION WISDOM



Greek Salad

- 1 package (10 oz. /297 g) grape tomatoes 1
- 1 English cucumber, chopped 1
- 1 orange pepper, chopped 1
- 1 yellow pepper, chopped 1
- ¼ cup diced red onion 60 mL
- 5 Kalamata olives, finely diced 5
- 2 Tbsp. chopped flat leaf parsley 30 mL
- 2 Tbsp. canola oil 30 mL
- 2 Tbsp. red wine vinegar 30 mL
- 1 Tbsp. lemon juice 15mL
- One tsp. dried oregano 5 mL
- 1 small clove garlic, minced 1
- ¼ cup crumbled low fat Feta cheese 60 mL
- pepper to taste

In a large salad bowl, toss together tomatoes, cucumber, peppers, red onion, olives and parsley. In a salad dressing container, combine canola oil, red wine vinegar, lemon juice, oregano and garlic. Shake vigorously.

Pour vinaigrette over vegetables and toss to coat. Chill 1–2 hours. Before serving sprinkle salad with Feta cheese and pepper to taste. Makes 10 servings.

Nutritional analysis – per serving (about ½ cup/125 mL)	
Calories	70
Protein	2 g
Total Fat	5 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Carbohydrates	7 g
Fibre	2 g
Sodium	100 mg



For tips on meal planning, lunch ideas and recipes, go to www.eatrightontario.ca

FAMILY FITNESS FUN



Designate one evening as family fitness night. Each week, a different person designs the family workout that you will all do together. Whether it is swimming, rollerblading, walking, Frisbee golf, or a two-on-two basketball game—everyone gets to do something they enjoy, and your workout will never become dull.

Meet our Social Worker

Sarah Schryer

Registered Social Worker



It's OK to get help Mon thru

Thurs



SOCIAL WORK AT THE ALGOMA NP LED CLINIC

Sarah is the Registered Social Worker at the Algoma Nurse Practitioner-Led Clinic. She has been part of the team since the clinic opened in October 2011. Sarah holds a Political Science degree and a Bachelor of Social Work Degree from Lakehead University and has extended training in Cognitive Behavioural Therapy, trauma counselling and is a certified smoking cessation counsellor. Sarah works within the team to provide counselling services that are evidence based, collaborative and welcoming to patients of the Algoma Nurse Practitioner-Led Clinic.

Social Workers are registered clinicians who work with the other interdisciplinary team members to provide patient centered care. We specialize in psychological, emotional and social aspects of everyday living.

What can we do?

Counselling - assist you in understanding your problem in a way that helps you find a solution.

Advocacy - work with community agencies on your behalf so you can address your identified need.

Referrals - connect you to other community agencies that can also help.

Education - provide you with skills and knowledge that will assist you in managing your problem.

How to make an appointment

Any patient registered with the Algoma NPLC is able to make an appointment to meet with the Social Worker. **Please call (705) 942 4717 to book an appointment with Sarah.**

We hope you enjoyed our first issue of Wellness Wisdom!

Our next issue will be out in the Fall....

From your Healthcare Team at the Algoma Nurse Practitioner-Led Clinic