



ECNPLC Newsletter: May 2021

New Patient Registry, You & Your Health

Please call the ECNPLC office near you to discuss new patient registration and your individual and family health care needs.

ECNPLC – Essex ON
519-776-6856

ECNPLC – Windsor ON
519-946-0740

ECNPLC – Amherstburg ON
519-730-0446



Video Resources by ECNPLC

We all play a part in health & wellness.
Together, we make life better.

When it comes to building and maintaining wellness, we can't ignore the high volume of change and challenges we've faced over the past year. Living through a pandemic hasn't always been easy, and sometimes overwhelming. The Essex County Nurse Practitioner-Led Team (ECNPLC) is honored to help you and our communities deal with COVID-19 impacts. In addition to providing direct patient care, we created helpful video resources to help us understand and cope with the impacts of COVID-19.

weight safety
emotional health eating worry
gut health healthcare substance
uncertainty mental health
physical health
anxiety stress

Our hope is that the information and strategies shared will help you get through and overcome issues we've faced and continue to be challenged by. Gratitude is extended to the Canadian Red Cross and Employment and Social Development Canada, and the COVID-19 Emergency Support for Community Organizations granting program who made the production of these valuable resources possible.

We wanted to make the videos as easy as possible to access and help you make the most out of our resources. We took advantage of popular online platforms, by posting to **Facebook**, www.ecnplc.com and creating a **YouTube** channel, **ECNPLC Healthcare** (where videos can be easily viewed and shared). Our new social media presence also provides you with an easy way to provide feedback about the resources we have and comment about what else you'd like to see from us.

Physical Health
Mental Health
Diet & Nutrition
Substance Use

**Do you offer services?
Do you have a project OR program OR an idea
about what would benefit our community?
Community Collaborations & Programming**
We want to hear from you.
Contact: e.coventry@ecnplc.com

Safe Food Handling Safe food handling is important, and an important subject to understand when uncertainty about disease and disease transmission exist.

Tips to Healthier Eating We talk about coping strategies that help us to eat healthy during celebrations and holidays. Especially important when our access to food may be limited by COVID-19 impacts.

Be More Mindful (1 of 3) COVID-19 related stress can reduce our ability to be mindful about many things, including what we eat. Discover what influences eating and healthy approaches to food intake.

Gut Microbiome (2 of 3) Have you noticed that social isolation and change has resulted in weight gain? Watch this video to shed light on how our digestive bacteria influences weight management.

Reducing Your Calories (2 of 3) Many of us find comfort in reaching for that quick snack. This video will guide you to discover hidden calories and identify calorie reduction opportunities.

Dealing with Emotional Eating Coping during a pandemic can be challenging. This informational video provides insights about what emotional eating is, and how to deal with it.

Anxiety During Times of COVID-19 Uncertainty and the anxiety go hand in hand. This candid conversation about anxiety and the pandemic experience, provides tips about how to reduce the anxiety we feel.

Medical Cannabis The stress we experience can increase the levels of pain we feel. This video provides helpful information about medical cannabis use and chronic pain.

Working with Stress Noticing more stress and feeling stressed during a pandemic is normal. Watch this video to understand stress, hidden stressors and how to reduce the stress you feel.

Medical Receptionist Team Navigating services can be challenging. Medical receptionists are here to help. Learn how medical receptionists work with you to ease system navigation.

Rethink Your Drink Finding comfort in our favorite hot or cold beverages is common. Watch this video to gain insight about health benefits and hidden ingredients that impact our health.

The Fullness Factor During times of stress, we may notice increased hunger. This video will help you learn about fiber, protein and how to find satisfaction without overeating.



Elaine Coventry, MSW

ECNPLC Staff Insights and Inspirations: **Better Together**

Our team works hard to bring a variety of resources to you and our communities. The truth is we all need support, each and every one of us. We've lived, learned and have valuable experience to share. Exploring our humanity, our humanness, helps us live our best life. You are the expert in your life, and without you and your input we couldn't do what we do. Thank you for letting us share this journey with you, as allies in your health and wellness voyage. Together we make life better.

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