



Essex Edition

## JULY 2016 NEWSLETTER

### MONTHLY RECIPE

WITH RD,

JOELLE JEAN

#### Eggplant Parmesan

##### Ingredients:

2 large eggplants sliced into ¼ inch thick slices

Extra virgin olive oil, for brushing

Salt and pepper

1 cup shredded low-fat mozzarella cheese

¾ cup grated parmesan cheese

2 ¼ cups pasta sauce

Fresh basil, for garnish (optional)

##### Directions:

Preheat oven to 375F. Lay the eggplant slices out on baking sheets in a single layer. Brush lightly with olive oil, season with salt and pepper, flip and repeat on the other side. Bake, flipping halfway through baking time (about 30-35 minutes total)

Next, spoon 1 ¼ cup of the pasta sauce in a casserole dish. Layer half of the eggplant slices evenly in the dish. Sprinkle a third of the grated parmesan and half of the mozzarella. Spread another 1 cup of sauce over the cheese. Top with the remaining eggplant slices, add another third of the parmesan cheese and the remaining mozzarella. Increase the oven temperature to 400F. Bake for about 10-20 minutes or until cheese is bubbling.



## THE HEAT IS ON!

Hot temperatures can be dangerous, especially if you have:

- breathing difficulties;
- heart problems;
- hypertension;
- kidney problems;
- a mental illness such as depression or dementia;
- Parkinson's disease; or
- if you take medication for any of these conditions.



If you are taking medication or have a health condition, ask your pharmacist if it increases your health risk in the heat and follow recommendations.

Watch for symptoms of heat illness, which include:

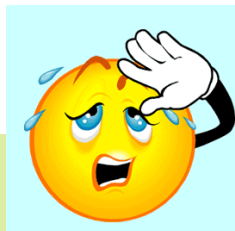
- dizziness or fainting;
- nausea or vomiting;
- headache;
- rapid breathing and heartbeat;
- extreme thirst (dry mouth or sticky saliva); and
- decreased urination with unusually dark yellow urine.

If you experience any of these symptoms during hot weather, **immediately** move to a cool place and drink liquids. Water is best.

**Stay hydrated** and drink plenty of cool liquids, especially water, **before you feel thirsty** to decrease your risk of dehydration. Thirst is not a good indicator of dehydration.

**Stay cool and dress for the weather** - Wear loose-fitting, light-coloured clothing made from breathable fabric.

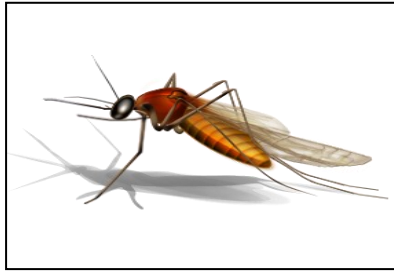
**Heat stroke is a medical emergency! Call 911 or your local emergency number immediately** if you are caring for a someone, such as a neighbour, who has a high body temperature and is either unconscious, confused or has stopped sweating.



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## ***The Mosquitoes have arrived!***



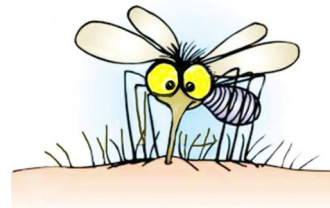
**Mosquito bites are the itchy bumps that appear after mosquitos puncture your skin and feed on your blood. Most mosquito bites are harmless, but occasionally a mosquito bite causes a large area of swelling, soreness and redness. Most mosquito bites stop itching and heal on their own without medical treatment but if you're having a hard time managing the itch, here are some treatment options.**

### **Topical treatments**

**Apply a hydrocortisone cream or calamine lotion to bites. A cold pack or baggie filled with crushed ice may help, too.**

### **Oral antihistamines**

**For stronger reactions, taking an antihistamine containing diphenhydramine (Benadryl), chlorpheniramine (Chlor-Trimeton), loratadine (Claritin) or cetirizine (Zyrtec) may ease your body's response.**



***We are CLOSED***

***Friday, July 1st***

***For Canada Day***



## **FREE UPCOMING EVENTS**

1. Healthy Salads with RD, Joelle Jean - Thursday, July 28th, 5:30 - 7:30 pm at the ECNPLC
2. Emotional Eating with RD, Joelle Jean - Tuesday, August 2nd, 1:30 - 3:30 pm at the ECNPLC



Call 519-776-6856 to register for all programs

