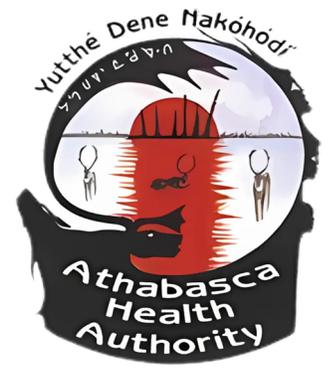


Free - Please Take One!

# #72

October 2024



# NorthernHealth

AHA Newsletter



[www.athabascahealth.ca](http://www.athabascahealth.ca)



[facebook.com/AthabascaHealth](https://facebook.com/AthabascaHealth)



### Pumpkin Carving Contest at Stony Rapids School - Submitted By Tamara Kostiuk

Do you have a great photo? Send it to [damian@dlvisuals.ca](mailto:damian@dlvisuals.ca) & it might be featured on an upcoming newsletter! Stories, updates, events or other contributions are also welcome.



### Dene Phrase -

Elets'áts'endi

“Help each other”

(Dene Law)

### Joke

Why did the polar bear  
break up with the seal?

Because it felt like their  
relationship was on thin ice!

AHA believes in a future where people and the land are healthy, where communities, families, and individuals live in peace and harmony, and where traditional values, concepts, and health practices are maintained, respected, and understood in partnership with contemporary care.

### Fun Fact

Polar Bears are excellent swimmers! They can swim over 100 miles without stopping! This is because their huge, front paws act like paddles in the water!

### Contact

Damian Lizee

[Damian@dlvisuals.ca](mailto:Damian@dlvisuals.ca)

# In Community



## Sisters in Spirit Walk in Black Lake



The Sisters in Spirit Vigil is an annual event that takes place on October 4 to honor the lives of Missing and Murdered Indigenous Women, Girls, and Two-Spirit people (MMIWG2). Hosted by Family Violence Prevention Program and Athabasca Denesuline Child and Family Services in Black Lake and Black Lake Band Prevention.

- Submitted by Shannon Kormos

# Ice Safety



## What Does Unsafe Ice Look Like?

### Unsafe ice may appear:

- Gray or slushy, indicating weak spots
- Cracked or broken around the edges
- Snow-covered, which can hide cracks

Avoid going alone or venturing near areas with currents, as these often have thinner ice.

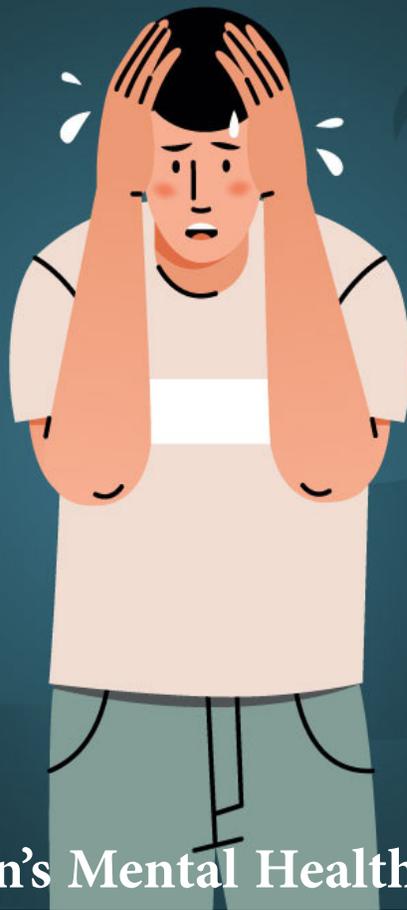
## What is Ice Safety?

Ice safety is crucial when enjoying winter activities on frozen waters. In colder months, it's easy to be tempted to step onto the ice, but knowing when and how to do so safely can prevent accidents. Ice thickness is key. For walking, ice should be at least 10 cm (4 inches), for snowmobiles and ATVs 20-30 cm (8-12 inches), and for cars 30-38 cm (12-15 inches). Always check the thickness in several spots, as ice conditions can vary.

### Safety Tips to Follow:

- Wear a flotation device for extra protection
- Carry safety tools, like ice picks, a whistle, and a rope
- Go with a buddy and let someone know where you're going

If you fall through the ice, remain calm and spread your arms to help you float. Try to kick your legs and use ice picks to pull yourself out. Once out, crawl away to avoid putting too much weight on the ice. This winter, respect the ice and follow safety tips to ensure you stay safe while enjoying outdoor activities.



## Men's Mental Health



### What Does Men's Mental Health Look Like?

Signs of mental health struggles in men may include:

- Increased irritability, anger, or sadness
- Withdrawing from loved ones or activities
- Changes in sleep or appetite
- Excessive alcohol or drug use

Mental health challenges don't always look the same in men. Sometimes, they're masked by "putting on a brave face" or unhealthy coping mechanisms.

November is Men's Mental Health Month, a time to focus on the mental health challenges men face and break down the barriers that prevent them from seeking help. Mental health is just as important as physical health, yet many men feel pressured to hide their struggles due to societal expectations.

Men are often less likely to speak openly about their feelings, which can lead to higher rates of suicide, substance abuse, and untreated mental health issues. In Canada and the U.S., men account for 75% of all suicides. Understanding and addressing these challenges is essential to reducing these statistics and creating a supportive environment for men's mental well-being.

### **Movember: More Than Mental Health**

November, also known as "Movember," is about raising awareness for men's health as a whole, including physical health challenges like prostate cancer and testicular cancer:

**Prostate Cancer:** This is the second most common cancer in men. Regular check-ups and PSA (Prostate-Specific Antigen) testing are vital for early detection, yet many men avoid screenings. Early diagnosis can make a significant difference in treatment outcomes.

**Testicular Cancer:** This cancer primarily affects younger men aged 15 to 35. Regular self-exams are essential, as early detection leads to effective treatment. Movember encourages men to prioritize regular checks and understand the importance of early awareness.

### **Breaking the Stigma**

Men's Mental Health Month encourages open conversations, education, and support. Sharing stories and creating a safe space can make a lasting impact. This November, let's work together to ensure every man feels it's okay to ask for help and prioritize his health—physically and mentally. Your health matters.

# In Community



**Cooking Class** - Here is a great example of teamwork and collaborating... Vernelle, Brenda, and Jasmine working together to put on an amazing evening of cooking homemade pizza pops and candy apples! Well done everyone!



# Ribbon Skirts

Our Family Violence Prevention Program had the honor of hosting students from Stony Rapids School to learn the beautiful, traditional craft of making Ribbon Skirts!

But what does the Ribbon Skirt truly mean to Indigenous communities? For many, it's more than fabric and color—it's a sacred symbol of identity, resilience, and connection to culture. Each skirt ties the wearer to their heritage, family, and Mother Earth herself. Worn with pride at ceremonies, graduations, weddings, and other life milestones, Ribbon Skirts celebrate strength and survival across generations.

Thank you to everyone who joined us in keeping this beautiful tradition alive!



Submitted by Shannon Kormos

# In Community



**FDL Culture Camp!**



# Outdoor Fun

## Pinecone Bird Feeder

### Ingredients:

- pinecones, preferably open
- string
- peanut butter
- oatmeal or cornmeal
- birdseed mix
- plate or pie tin



### Instructions:

- Tie a string around the pinecone.
- Mix  $\frac{1}{2}$  cup peanut butter with  $\frac{1}{2}$  cup oats/cornmeal.
- Use a spoon (or fingers!) to spread the mixture onto the pinecone. Make sure to get the mixture into the open areas of the pinecone. It's easier if the mixture is warm.
- Place birdseed in a pie tin. Roll and press seed onto pinecone until well covered.
- Hang your pinecone feeder in a tree just outside your window.



# Healthy Recipes



## Hearty Vegetable and Chicken Soup

### Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 cup mushrooms, sliced
- 1 pound boneless, skinless chicken breast, cubed
- 6 cups low-sodium chicken or vegetable broth
- 1 can (14 oz) diced tomatoes
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 1 cup spinach or kale leaves, roughly chopped
- 1 cup cooked whole grains (like barley or quinoa), optional



## Roasted Root Vegetables

### Ingredients:

- 1 large sweet potato, diced
- 2 carrots, chopped
- 1 parsnip, chopped
- 1 beet, diced
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary or thyme
- Salt and pepper to taste



## Morning Oatmeal with Nutty Toppings

### Ingredients:

- 1 cup rolled oats
- 2 cups water or milk of choice
- 1/4 teaspoon cinnamon (optional)
- 1 tablespoon chia seeds or flaxseeds
- 1 tablespoon nut butter (like almond or peanut butter)
- Fresh fruit (such as sliced bananas, berries, or apples)
- Handful of nuts (like almonds, walnuts, or pecans)

# Instructions:



## Hearty Vegetable and Chicken Soup

1. **Prepare Ingredients:** Wash and chop all vegetables, and cut the chicken breast into small cubes.
2. **Sauté Vegetables:** In a large pot, heat olive oil over medium heat. Add onions, garlic, carrots, and celery. Cook for 5-7 minutes, stirring, until vegetables start to soften.
3. **Add Chicken:** Add cubed chicken to the pot and cook until lightly browned on the outside, about 5 minutes.
4. **Add Remaining Vegetables and Seasonings:** Stir in bell pepper, zucchini, mushrooms, thyme, and oregano. Season with salt and pepper, and cook for another 5 minutes.
5. **Add Broth and Tomatoes:** Pour in the broth and diced tomatoes (with liquid). Bring the soup to a boil, then reduce heat to a simmer.
6. **Cook Until Vegetables and Chicken Are Tender:** Let the soup simmer for 20-25 minutes, or until chicken is cooked through and vegetables are tender.
7. **Add Greens and Grains:** Stir in spinach or kale and cooked grains, if using, and let cook for another 5 minutes.
8. **Serve Warm:** Ladle soup into bowls and enjoy a comforting, nutrient-rich meal.



## Roasted Root Vegetables

1. **Preheat Oven:** Preheat your oven to 400°F (200°C).
2. **Prepare Vegetables:** Wash, peel, and chop sweet potato, carrots, parsnip, and beet into similar-sized pieces.
3. **Season Vegetables:** In a large mixing bowl, toss the vegetables with olive oil, rosemary or thyme, salt, and pepper until evenly coated.
4. **Spread on Baking Sheet:** Arrange the vegetables in a single layer on a baking sheet lined with parchment paper.
5. **Roast:** Place the baking sheet in the oven and roast for 30-40 minutes, turning once halfway, until the vegetables are tender and golden.
6. **Serve and Enjoy:** Transfer to a serving dish and enjoy a warm, colorful, and nutritious side dish.



## Morning Oatmeal with Nutty Toppings

1. **Cook Oats:** In a small pot, bring water or milk to a boil. Add oats and cinnamon, reduce heat, and simmer for about 5 minutes, stirring occasionally until oats are cooked.
2. **Add Superfoods:** Stir in chia seeds or flaxseeds and let sit for another minute to thicken.
3. **Transfer to Bowl:** Pour the oatmeal into a serving bowl.
4. **Top with Nut Butter and Fruits:** Add a dollop of nut butter and top with fresh fruit slices.
5. **Add Crunch:** Sprinkle with nuts for a satisfying crunch.
6. **Enjoy:** Your warm, nutritious breakfast is ready!

# Team AHA

Welcome Our New Intake Workers!

Jordans Principle - Athabasca Health Authority



Please join us in welcoming two new team members who will be serving our communities.

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## Joanne Kahpeepatow

### New Jordan's Principle Intake Worker

*Located at the Fond Du Lac SK Clinic*

📞 Work Phone: 306-686-2225

✉ Email: [joanne.kahpeepatow@athabascahealth.ca](mailto:joanne.kahpeepatow@athabascahealth.ca)



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## Corrine Alphonse

### New Jordan's Principle Intake Worker

*Located at the Black Lake SK Band Office*

📞 Work Phone: 306-284-2044 Ext. 232

✉ Email: [corrine.alphonse@athabascahealth.ca](mailto:corrine.alphonse@athabascahealth.ca)



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## New Intake Workers for Stony Rapids and Uranium City

For information on how to apply for Jordan's Principle services, please contact:

### Vanessa Olson Robillard Service Coordinator

📞 Work Phone: 306-439-2648

✉ Email: [volsonrobillard@athabascahealth.ca](mailto:volsonrobillard@athabascahealth.ca)



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## Welcome to the Team!

We are excited to have you both on board and look forward to working together to serve our communities.

HOSTED: BY ACDFS PREVENTION, AHA

# Healing Workshop

## Theme: Getting Together



Interactive activities and group discussions to help you and your family learn how to effectively communicate with one another.

**NOVEMBER 22, 23, 24TH 2024**

GOSPEL MUSIC

CANDLE LIGHT  
VIGIL LAST DAY  
SUNDAY

DOOR PRIZES  
DAILY



For more info contact Adcfs Prevention @ 306-284-4915

# WINTER

## word search

Can you find all the words related to winter?

z	v	r	y	e	n	x	w	t	y	x	p	v	e	s
y	x	a	e	v	x	i	s	a	e	b	f	w	w	e
s	n	e	t	t	i	m	u	f	s	y	o	e	n	o
k	h	b	w	i	h	s	x	g	e	m	a	o	c	m
l	p	r	u	e	v	r	n	a	n	t	q	l	t	c
i	i	a	d	x	m	f	r	o	e	e	j	s	r	s
s	f	l	g	b	f	m	s	r	w	n	p	e	f	i
n	d	o	l	i	u	l	f	m	f	f	o	y	t	l
o	k	p	w	f	b	g	g	g	v	q	l	j	y	b
w	k	i	f	s	l	e	d	d	i	n	g	a	v	h
m	b	s	l	f	s	l	p	b	a	a	z	i	k	v
a	j	w	r	r	q	n	s	x	a	y	d	k	g	e
n	t	a	b	l	a	n	k	e	t	t	l	g	j	e
h	c	s	n	o	w	f	o	r	t	z	m	t	f	k
s	u	s	x	m	m	r	v	h	q	o	n	m	j	y

blanket

earmuffs

polar bear

snowflake

boots

mittens

scarf

snowman

Snowfort

penguin

sledding

sweater