

Free - Please Take One!

#63

January 2024



NorthernHealth

AHA Newsletter

 www.athabascahealth.ca

 facebook.com/AthabascaHealth



FDL Team Wishing Everyone a Healthy New Year! - Photo Submitted by

Do you have a great photo? Send it to pamela.huerto@athabascahealth.ca & it might be featured on an upcoming cover! Stories, updates, events or other contributions are also welcome.



Dene Word

k'abi dé

Tomorrow

Joke

Why did the snowman
call his dog Frost?

Because Frost bites!



Fun Fact

No two snowflakes are identical! Each one is uniquely shaped due to tiny irregularities during formation. Each snowflake is truly one of a kind!

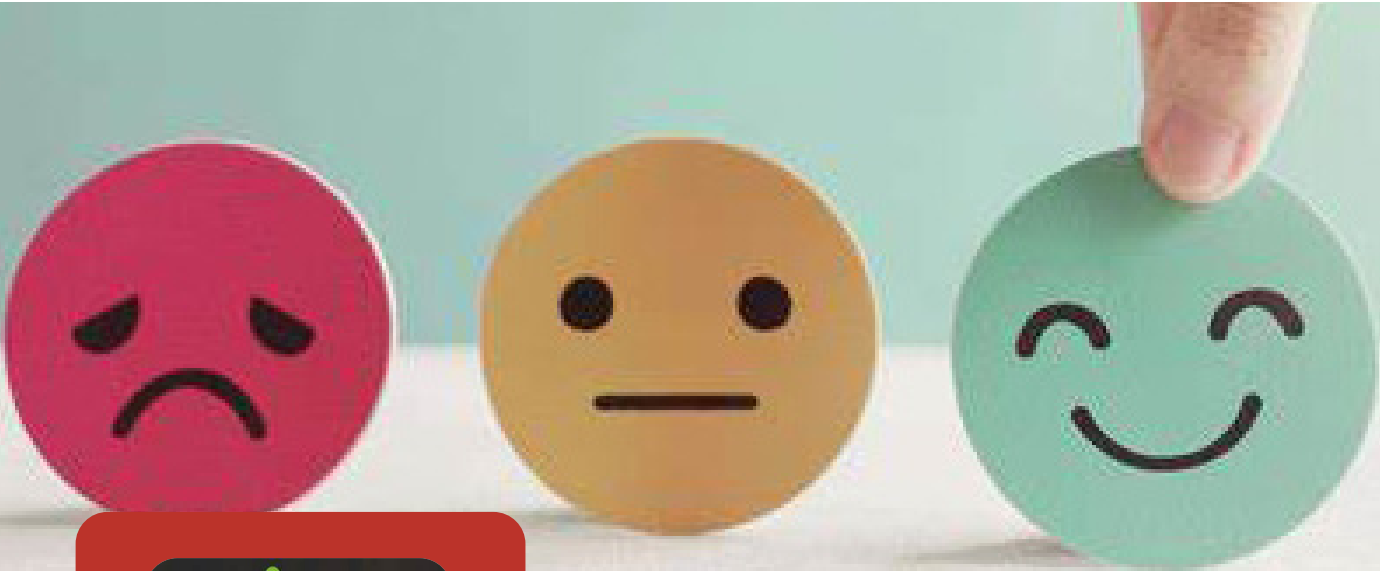
AHA believes in a future where people & the land are healthy, where communities, families and individuals live in peace & harmony, where traditional values, concepts & health practices are maintained respected & understood in partnership with contemporary care.

Contact

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Let's Talk Day



Let's create real change. 24/7/365

Choose a mental health organization to learn about or support

Help a friend struggling with their mental health by learning how to support them

Ask about how your school, workplace or community is creating change for mental health

Nurture your own well-being by practicing and learning mental health strategies

Get involved in a mental health initiative or organize an event to support mental health

Engage in conversations about mental health to fight stigma

January 24, 2024

Bell Let's Talk Day is Wednesday, January 24. The AHA Mental Health team works towards meaningful action to create real change in mental health every day of the year. But on this particular day we can pause and consider how to support them in their efforts!

Since 2011, Canadians and people around the globe have joined in the world's largest conversation around mental health on Bell Let's Talk Day. Together we have taken big steps to reduce the stigma around mental health issues, inspire one another to take action, and help create a Canada where everyone can access the mental health support they need. But it is clear more needs to be done. Real change is needed.

You can find resources and learn more about organizations providing mental health supports and services throughout Canada at Bell.ca/letstalk. You can also download the Bell Let's Talk toolkit for tools to get the conversation started and to create real change at home, school, or in the workplace.





































Let's kick off a year of action together and show support for all those who live with mental illness. Together, we can create a Canada where everyone can get the mental health support they need.

If you need help with your mental health, please call your local AHA clinic to make an appointment with a mental health therapist. You are not alone!

Self-Care Activity

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

Challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

 Cook a healthy meal 	 Head out on a nature walk or hike 	Write a letter/email to an old friend 	 Head to bed early 	Practice mindfulness 
 Enjoy a quiet moment over a cup of tea or coffee 	Write a positive affirmation and recite it in the mirror 	Connect with your community 	Discover a new author or musician 	 Stretch or practice yoga 
Discover a new podcast 	Talk to a loved one about your feelings 		Put on your dancing shoes 	Make a vision or mood board 
 Paint or draw 	Set a goal 	Have a good laugh 	Write in a journal 	 Create a gratitude list 
 Do a crossword or jigsaw puzzle 	 Take a warm bath or shower 	 Practice deep breathing 	Make a to-do list 	 Cuddle a pet or look at a cute photo of one online 

Let's create real change.

Learn more at bell.ca/letstalk



Dene Medicine

Yarrow

Achillea millefolium

A perennial herb with feathery, finely divided leaves and clusters of small, tightly packed flowers. The plant is known for its resilience and adaptability, thriving in various environments.

Adapted from: Dene Medicine: An On-the-land Healing Resource for Dene Communities

BENEFITS

Treats colds, coughs, bronchitis, sore throats, fever, convulsions, rheumatism, detoxifies body, cleans air, high blood pressure



Yarrow shares some tastes of oregano (without the pepperiness), sweet-tea-like aroma, hints of licorice, slight earthiness. Excellent paired with sweet ingredients. Superb sprinkled on fruits, mixed in vinaigrettes, dressings, butters, and sauces. Try sprinkled on cooked meat. Pairs with dill, tarragon, oregano, basil, citrus, and Mediterranean flavors. Do not over-use as it may be too bitter and overpower other flavours. Can be used for mild smoking using a smoke gun.

LOCATION

Sunny, sandy soils in fields and along roads.

HARVESTING

Cut stem near the base or along stem and flowers at tip of each stem.

MEDICINAL PROPERTIES

Anti-oxidant, Anti-viral, Anti-biotic.

USE

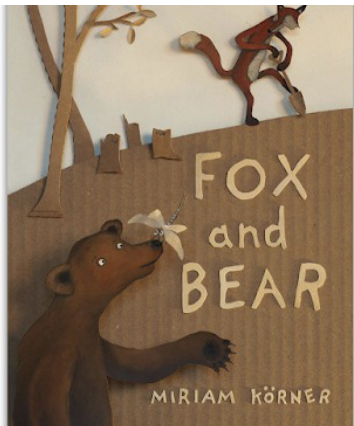
Steep flowers, leaves, or roots in boiled water for 10-15 minutes to treat coughs, bronchitis, detoxify body. Chew leaves to treat colds, coughs, sore throats, toothaches. Place dried leaves in bath to help fight fever, convulsions and rheumatism. Use fresh plants in house to clean air.

The leaves of yarrow can be used fresh or dried to add a mild, slightly bitter flavor to salads, soups, and stews. Some also use yarrow to infuse beverages like tea, where its aromatic qualities can contribute to a unique herbal taste. Additionally, yarrow may be employed as a flavoring agent or garnish in certain culinary creations.



Look In a Book

Author Miriam Körner will be visiting Black Lake & Fond du Lac this month!



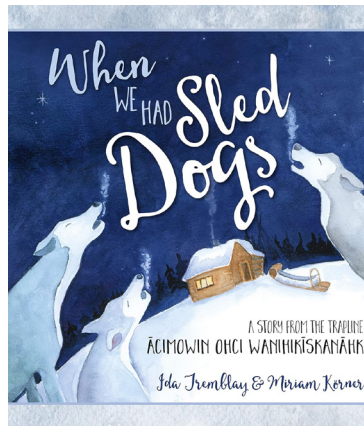
Fox and Bear

Miriam Körner

For Young Readers

Fox and Bear live happily in the forest until Fox decides to make life more productive and efficient. When Fox's inventions set off a chain of events that complicates life in unexpected ways, Bear is faced with the difficult decision about how he wants to live.

This is a modern fable that raises existential questions for readers of all ages. The illustrations for Fox and Bear were created using recycled paper cut-outs and cardboard dioramas.



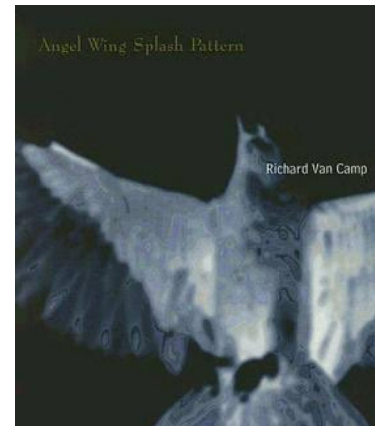
When We Had Sled Dogs

Miriam Körner & Ida Tremblay

Saskatchewan Author

Winner of the 2020 SK Publishing in Education Award

When We Had Sled Dogs: A Story from the Trapline ācimowin ohci wanihikiskanāhk takes readers young and old on a journey into the past when dog teams were part of the traditional way of life in Northern Saskatchewan. Inspired by Elder Ida Tremblay's childhood memories, and told in English with Woodland Cree words and phrases, the story follows the seasonal cycle of trapline life.



Angel Wing Splash Pattern

Richard Van Camp

Dene Author

In this first collection of short stories, Richard demonstrates the range of his talent and the pursuit of excellence in his craft as a writer and storyteller. Honoring his Dogrib ancestry and celebrating life in northern Canada, the stories in Angel Wing Splash Pattern are playful, moving, and starkly honest in their portrayal of contemporary Native life.

Angel Wing Splash Pattern also explores the healing going on in Indian country. There is pain in these stories and there is loss. There is death, but there is also rebirth, and there is always the search from each of the narrators for personal truth.

Keep Moving

Watch your habits, for they become your posture.
Watch your posture, for it creates your boundaries.
Watch your boundaries, for they restrict your growth.
Watch your restrictions, for they create immobility.
Watch your immobility, for it becomes your illness.



Yoga

Happy Baby Pose

Teaching: Wisdom

To live with vision.

1. Lie on your back.
2. Bend your knees and bring them to your chest.
3. Hold the outer edges of your feet with your hands.
4. Open your knees wide, like a happy baby.
5. Keep your back on the ground and gently press it down.
6. Hold the pose for a few breaths, feeling a stretch in your thighs and lower back.

This pose is useful for stretching and relaxing the hips, thighs, and lower back.

www.kidsyogastories.com/indigenous-teachings/

Katy Bowman



Move More: Getting Started

As January ushers in a new year, you may find it a good time to make a fresh start and new goals. These new goals commonly shift your focus back to yourself, and your family and lifestyle.

When starting or increasing your exercise routine, consider how you can incorporate these five elements:

1. **Aerobic**
Activities that get your heart pumping.
2. **Strength**
Lifting weights or using your body weight to help build or maintain muscle and strengthen bones.
3. **Flexibility**
Stretch your body to improve your range of motion.
4. **Consistency**
Do physical activities that you enjoy to help you stay motivated and consistent.
5. **Safety**
Check with a health care professional when starting a new exercise routine. Start slowly, and gradually increase time and intensity to prevent injury.

Lateral Kindness

Artwork: "Leadership" by Dene artist - John Rombough

From Lateral Violence to Lateral Kindness!

Lateral kindness is an approach to address lateral violence based on Indigenous values that promote social harmony and healthy relationships. Lateral violence impacts people around the world, but it manifests in unique ways for Indigenous people because of the impacts of colonization, racism, and intergenerational trauma. Lateral kindness has the ability to impact public health in a number of ways.

Declaration of Commitment:

As leaders, we support lateral kindness practices that create safe spaces and forums by:

1. Taking an active role in setting a positive tone at the beginning of forums and in work spaces; consider opening in prayer, ceremony or traditional song.
2. Utilizing Elders and cultural people as teachers of our cultural values, moral stories, and protocols at meeting forums and spaces.
3. Collectively determining positive solutions together, built on consensus; traditionally, we had to rely upon each other within our kinship systems in order to survive and we continue to need one another in the present day.

4. Utilizing our traditional dispute resolution protocols to address possible incidences of lateral violence.
5. Clearly outlining how participants will treat one another at forums and meeting spaces based on our values of respect, compassion and kindness.
6. Participating and contributing to discussions with a positive attitude and kind regard for peers.
7. Demonstrating our quest to seek clear vision by asking questions respectfully in order to seek clarification and understanding.
8. Demonstrating our cultural value of respect by actively listening and by not speaking over or interrupting our peers.
9. Considering the use of talking/sharing circles or round-table discussions as a fair approach to the sharing of speaking time wherever possible and when time permits.
10. Demonstrating mutual respect by sincerely apologizing for any possible misunderstandings or inadvertent disrespect while also offering meaningful forgiveness.
11. Expressing concerns in a concise and kind manner while offering up constructive solutions to issues that are raised in a diplomatic manner.
12. Participating throughout the duration of a meeting, staying focused on the deliberations and being "present" in the moment by actively listening.
13. Accepting varying opinions as they are a positive way to enrich conversations, and where there are differences, always striving to develop constructive solutions.
14. Developing empowerment strategies (or positive "challenges") based on practicing lateral kindness, promoting innovative ideas and best practices, and encouraging the lateral kindness practitioner

By fostering an environment based on our values of respect, discipline, relationships, culture, excellence and fairness, these actions promote the end to lateral violence in the name of peace, productivity and prosperity and take advantage of the AHA's readiness for remedial interventions. AHA calls upon everyone to action, to get involved and be a part of finding and determining solutions towards a zero tolerance of any form of lateral violence.

Signed: _____

Date: _____

Culture Camp



Cultural camps are classrooms of life, where we learn, share, and celebrate the Dene culture.





AHA hosted a Land Based Addictions Detox Culture Camp with ADCFS near Middle Lake from December 4-8th that was open to all community members. AHA's elder advisor, Victor Echodh was key in the camp implementation.

These camps connect us to history and the land in an important way, allowing us to practice traditional activities, speak the Dene language, and pass down wisdom to the younger generations. Being on the land is not just a physical experience; it's a spiritual one that strengthens a sense of identity and belonging.



Team AHA

Random Acts of Recognition (RAR)

Our Random Acts of Recognition peer-to-peer recognition program was developed as a way of empowering employees to acknowledge above-and-beyond performances by their co-workers. We are offering everyone the opportunity to focus in on the qualities of Community, Excellence, Diversity and Integrity.

This round we want to recognize three amazing team members! Thank you for being so fantastic!

Why these standards? Community, Excellence, Diversity and Integrity encompass most desirable workplace qualities and are universally recognized standards to aspire to. They inspire us to

achieve our personal best. Here are a few examples of what we are looking for:

- Getting it done – no matter what it takes
- Making ethical decisions – even when it's hard
- Projecting a welcoming presence
- Taking time to thank others
- Leading others by example – Show the way!
- Learning and developing – Keep growing!
- Celebrating each other's differences
- Including others
- Making it right when things started out wrong
- Taking time to help others

Do you know of an AHA team member who deserves some recognition? Let us know!

- Tell us who you would like to recognize.
- Tell us why – what did they do? Be specific.
- Send your nomination to feedback@athabascahealth.ca



The graphic features a central portrait of Edith Gibbons, a woman with short brown hair, smiling. To the left is the Athabasca Health Authority logo, which includes the text 'Vutthe Dene Nakohod' and 'Athabasca Health Authority'. The background is decorated with yellow and green confetti and musical notes. Below the portrait, the text 'Random Act of Recognition' is written in a large, white, stylized font. At the bottom, a red banner contains a testimonial in white text.

Edith Gibbons
CLXT - Lab/X-ray

Random Act of Recognition

I overheard the elders speaking the Dene language with her, a beautiful and wonderful thing to hear! There was no need for translators and our elder was very pleased and could understand what was being done in the lab/x-ray department. This definitely was contemporary care with traditional values.

Team AHA

Community
Excellence
Diversity
Integrity



Madison Dusseault

Community Health Nurse

**Random Act
of Recognition**

"She is doing amazing work for the community health program, staying on top of vaccine schedules and showing leadership in her role. She is currently working the program short staffed and I appreciate all her hard work keeping the program alive and well."

AHA Client Shout-Out!

“

I wanted to send a big thank you to AHA & specifically Dione Lewis, who helped me out when I was in a tough spot and went above and beyond! Marsi cho”



Thanks for the shout-out, and Dione, your excellence is truly appreciated!

The Random Acts of Recognition peer-to-peer program holds profound significance at the Athabasca Health Authority (AHA) as it serves as a powerful mechanism to foster a positive workplace culture.

By emphasizing the qualities of Community, Excellence, Diversity, and Integrity, we are not only reinforcing our organizational values but also reinforcing a sense of unity and shared purpose within our team. This recognition program goes beyond mere acknowledgment; it nurtures a supportive and appreciative environment, boosting morale, promoting teamwork, and ultimately contributing to the overall well-being and success of the AHA community.

Recognizing staff who go above and beyond is pivotal because it not only boosts the morale of the recognized individuals but also sets a precedent for a culture of appreciation and mutual support. It instills a sense of pride, motivation, and camaraderie among the staff, creating a workplace where everyone feels valued, contributing to a healthier and more productive work environment at AHA.

Team AHA

New Students

"My name is Lindsay Balezantis. I was born and raised in Saskatoon and am currently a third-year medical student at the University of Saskatchewan.

My hobbies include running, hiking, camping, and spending as much time outside as I can. I ran cross country and track at the U of S and now I enjoy pushing myself with road racing, as well as some trail racing in the mountains. My favourite thing to do is camping. I have camped in the north and south of this beautiful province, as well as spent a lot of time running up mountains and sleeping in tents in Alberta and BC. This past summer, my brother and I did a 187 km back country hike in the Swiss Alps, and climbed 11 mountain passes in 9 days!

I am also a big animal lover and would appreciate pet photos at any time. I have two geriatric cats, Willow and Bella, that I am severely missing at home. When I am not burning off energy outside, I like relaxing with my cats, drinking coffee, crocheting, and rereading Harry Potter.

I did my undergraduate studies in Physiology and Pharmacology. In medicine, my interests lie in obstetrics and gynaecology, mental health, and comprehensive family medicine. I am also passionate about addictions medicine and have spent time advocating for our safe consumption site in Saskatoon to be funded by our provincial government.

I am so excited to immerse myself in the communities of northern Saskatchewan and witness the beauty of the Athabasca region. I am so honoured to have the opportunity to learn from the members of this community and look forward to meeting everyone!"



"Hi, my name is Vanessa Rennie/Thatcher. I am originally from Black Lake, SK but I relocated to Prince Albert for educational purposes. I am fluent in Dene. I am a full-time mother to two beautiful daughters, and I have a husband who is also one of my biggest supporters.

I am in my 4th year of nursing at University of Saskatchewan and doing my final practicum at AHA. It feels great to be back home, seeing familiar faces and being in an environment that is very reassuring to me. I am looking forward to learning these next couple of months and having the opportunity to gain experience in the northern region is exciting!

I desire to move back home in the future and hope to deliver best quality of care by advocating, translating in both Dene & English, promoting health, preventing diseases and treating illnesses with my best knowledge. Having such great mentors guiding me through my final practicum I have faith I will be successful!"

AHA Team Updates



Vanessa Olson-Robillard
Jordan's Principle Coordinator
AHA Health Facility



Edith Gibbons
Combined Lab & X-ray Tech
AHA Health Facility



Lindy Robillard
Medical Transportation Clerk
AHA Health Facility

Join Us!

WANTED: Patient Family Advisors

The four core concepts of Patient/Client and Family Centred Care are:

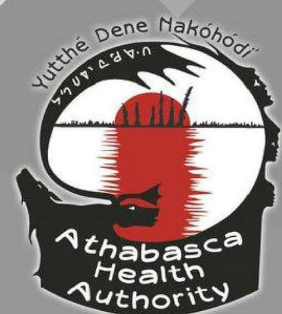
- 1 Respect and Dignity
- 2 Information Sharing
- 3 Participating
- 4 Collaboration

AHA is seeking patients, clients and families to work with us on an advisory council offering their wisdom helping to guide improvement opportunities.

**Have you or your family received care in our healthcare system?
Do you want to make things better? Do you have ideas for improvement?**
If you answered yes, we ask for your help on our collective mission to create a Patient, Client and Family centered *Place for Northern People to Heal*.

We need the perspective of patients, clients and families to help us truly understand what works well and what could be better in regard to our services.

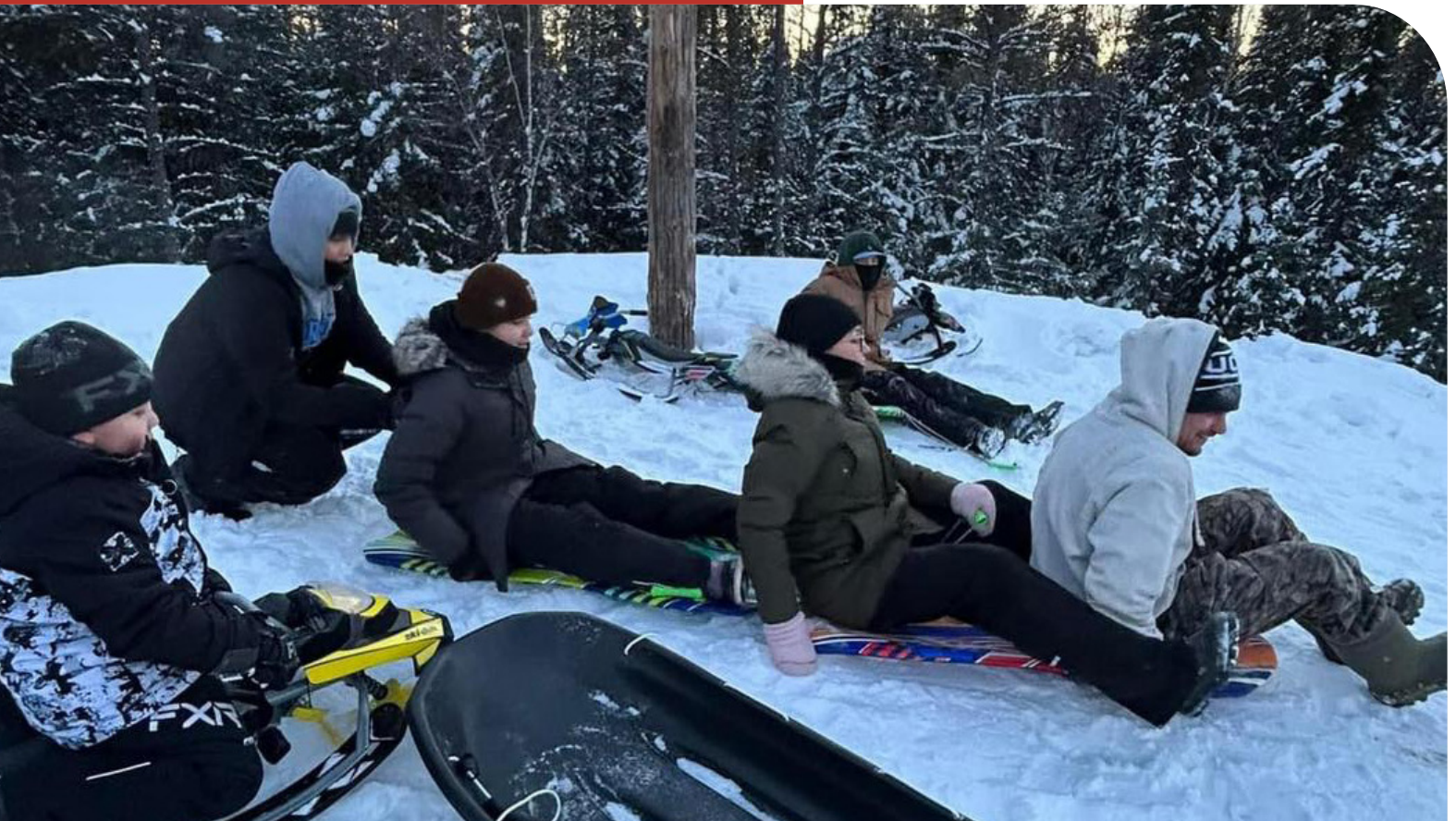
For more information: (306) 439-2651 or Kim-Ann.MacAuley@athabascahealth.ca



Sunday Fun Day



AHA Staff organized this lovely fun day in Stony Rapids. Community members enjoyed cocoa, sledding & crafts!





Having fun outside, like going tobogganing, is good for your body because it gets you moving and exercising. Doing activities together with others helps you feel like you belong and makes your social connections stronger, which is good for your emotions and mental well-being.

When we craft and share warm cocoa with others, it brings joy and creativity, making us feel good both physically and mentally. Overall, these community-oriented activities play a vital role in enhancing the overall health and happiness of participants.



Dental Update

The community school dental clinic located in the Education Office is now open. Services are available in this location for children of all ages.

Dental consent forms have been sent home with the school-aged children. If you have already signed the consent form, thank you in advance. Our dental team will be working diligently to ensure all dental needs will be met before the end of the school year.

Call Rose Mercredi Zinck @ 306-930-6393 for more information.



M B A S K E T B A L L Q Y Q W I D
 J M H A F D J S P S C Q K I X M A
 X Q U S Y R E T A W B M T I D P N
 Z H C F I Y G X T Q U Z Z A Y V C
 J S F Y G F R F E H A C X Q O O I
 J T G G G F U X S R T B K Z H L N
 K I N S B S N Q B S C U X Y V P G
 T U I F I W N V H W D I R Z E T B
 C R N F D L I Y N I L G S K G S I
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 V M C B S L E E P N E A K M B J L
 H P H D S L Q A Z G A R R U L A I
 H J H N R A H E P H F P A N E V N
 X C H I C K E N D V V L U B S T G
 U O K B R J U S K F B N U U T P K

Fish
 Praying
 Dancing
 Water

Chicken
 Swimming
 Running
 Exercise

Turkey
 Basketball
 Vegetables
 Sleep

Bicycling
 Cleaning
 Fruits



Healthy New Year

Adapted from:
 Boreal Heartland

Chicken Breast with Yarrow

- 2 chicken breasts, skin on
- 4-6 1" cubes of salted butter
- Salt & pepper to taste
- 1/2 - 1 tsp yarrow (free)
- 1 Tbsp parsley
- 2 Tbsp lemon juice



1. Preheat oven to 325F.
2. Season chicken with salt and pepper.
3. Brown butter in a pan and sear chicken on both sides until caramelized.
4. Transfer chicken to oven until internal temperature reaches 170-180F.
5. In the warm pan, melt and brown remaining butter. Reserve for drizzling over the cooked chicken.
6. Finish the dish by spooning brown butter & lemon juice on top then sprinkling yarrow & parsley over the chicken.
7. Optionally, try crushed juniper berry instead of yarrow for a different flavor twist.