

Free - Please Take One!

#65

March 2024



NorthernHealth

AHA Newsletter



www.athabascahealth.ca



facebook.com/AthabascaHealth



Black Lake - Photo Submitted by Kathy Robillard

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 Phrase

Eteghaets'edendih

Share what you have
(Dene Law)

Joke

Why did the tomato turn red?
Because it saw the salad dressing!



Fun Fact

Strawberries aren't actually berries, but bananas are! That's because a berry is defined as a fruit that develops from a single ovary and has seeds inside. So, while strawberries have their seeds on the outside, bananas meet the berry criteria. Isn't that bananas?

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

Pamela Huerto, RD

pamela.huerto@athabascahealth.ca

Nutrition Month

Nutrition Month Wellness Bingo!

Eat a vegetable	Add fruit to breakfast	Try a new recipe	Floss or brush your teeth	Go for a walk
Home-cooked meal	No phone/TV during meal	Eat 3 meals in the day	Attend a community event	Eat with others
Try a new food	Cook for someone else	BINGO FREE SPACE!	Do something you enjoy	Get 7-9 hours of sleep
Pack a healthy lunch	Visit a friend	Pack a water bottle	Stretch your body	Take time to relax before bed
Do something kind	Eat a traditional food	Fruit or veggie at every meal	Anything to connect with nature	Eat breakfast



Nutrition Month Displays

Stephanie Bearman setup displays at the Northern Stores in Fond du Lac, Black Lake & Stony Rapids.

She was giving out healthy eating information & Nutrition Wellness Bingo cards. Did you get one? If not go to our Facebook page to find one & participate.

You could win 1 of 4 Instant Pot Multicookers (plus a cookbook)!

Eat Meals With Others

Dëne hel shıtı hokett'a

Benefits of Eating With Others

Enjoying healthy foods with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life. It can provide many benefits and contribute to a healthy lifestyle.

Food is often a main part of celebrations and special events. However, eating with others doesn't have to be saved for special events.

For Families:

Mealtimes are a great opportunity to bring the family together. Eating together as a family benefits everyone. It can help the whole family:

- share and connect with one another
- take time to enjoy and relax over a meal
- talk about events that occurred during their day

Kids especially can benefit from regular family meals as they are starting to develop their eating habits and behaviours. Eating together as a family can help kids:

- explore new healthy foods
- establish healthy eating routines
- improve their overall eating pattern
- explore cultural and traditional foods

As a parent or caregiver, you can be a positive role model. By practising healthy eating habits, you can help create a positive relationship with food and the foods kids will eat.

About Syphilis

Adapted from: <https://talksyphilis.ca/>

KIS-SK
Keep It Safe Saskatchewan
Download the App!



IN SASKATCHEWAN,
SYPHILIS RATES ARE
NEARLY DOUBLING
EVERY YEAR.

Syphilis is on the rise all across Saskatchewan. Between 2017 and 2021, Saskatchewan saw a 1,346% increase in syphilis rates.

The symptoms of syphilis are often invisible. Even if a person doesn't have any symptoms, the infection can still be passed to others. Each stage has different possible symptoms.



SYPHILIS IS EVERYWHERE IN SASKATCHEWAN.

Get Tested!

- It's free, confidential, and easy to get tested in Saskatchewan (a simple blood sample). Just ask at your local AHA clinic.

Who?

- People who have had unprotected sexual contact: Syphilis can be passed between partners during unprotected vaginal, oral, or anal sex.
- Anyone who has had unprotected sexual contact (vaginal, anal, or oral sex) should get tested.
- Women who might be pregnant or planning to get pregnant: Syphilis can be passed from mother to baby during pregnancy or delivery. It can harm the baby and even cause death.
- Syphilis is passed through contact with syphilis lesions (sores or rash) in the genitals or mouth. Although more rare, this means that syphilis can also be passed through sharing sex toys, deep kissing, and sharing substance use equipment.

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
TIME SINCE INFECTION	3 - 90 DAYS	2 WEEKS - 6 MONTHS	2 - 30 YEARS	10 - 30 YEARS
SYMPTOMS MIGHT INCLUDE:	Sores (often painless or hidden) Swollen lymph nodes	Rash, fever, lack of energy and appetite, sore throat, hair loss, painless sores, headache, hard to see or hear	No symptoms, but damage to nervous system, bones, and organs continues	Serious organ damage, numbness, vision loss, dementia, problems controlling muscles

Dene Medicine

Shrubby Cinquefoil

Dasiphora fruticosa

A small bushy plant that grows to about 1 to 3 feet tall with leaves that have jagged edges. It can grow in various habitats and is known for its resilience and pretty blooms.

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

BENEFITS

Treats, colds, coughs, chest congestion, fever, flu, expels poison or contagious diseases, cleans air, cleans cuts, sores



Shrubby cinquefoil is found growing naturally all around the northern hemisphere, in mountain ranges and meadows.

All the characteristics of small leaves, delicate flowers, and orange to brown flaky bark make the shrubby cinquefoil suitable for Bonsai. It is very popular in Japan and is gaining popularity in Europe. It is a robust plant that makes a great gift for beginner gardeners.

LOCATION

Grows on dry fields and wet meadows and riverbanks, open forested areas, and marshy areas near streams and riverbanks.

HARVESTING

Pick leaves, stems and roots, flowers bloom from June to September.

MEDICINAL PROPERTIES

Anti-Inflammatory, antiseptic, astringent, tonic containing iron, magnesium and calcium.

USE

Pour boiled water on dry or fresh leaves, stems or roots and steep 10 minutes to make tea to treat fever, chest condition, colds, coughs and flu.

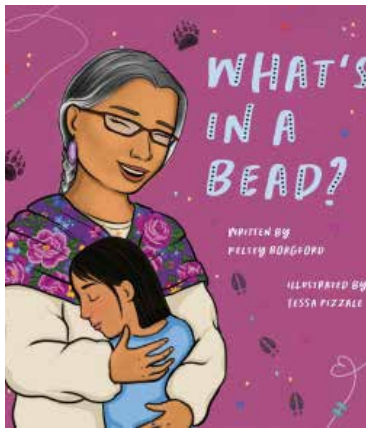
ELDER'S TEACHINGS

All these things [plants] when we collect them, in its place we offer it our gift and plead to it. And we keep them that are good medicine. And we keep them for anytime when we have pain and we make its brew and drink its broth. (Joe Champlain, 1993, p.1)



Look In a Book

“Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers.” - Charles William Eliot



What's in a Bead?

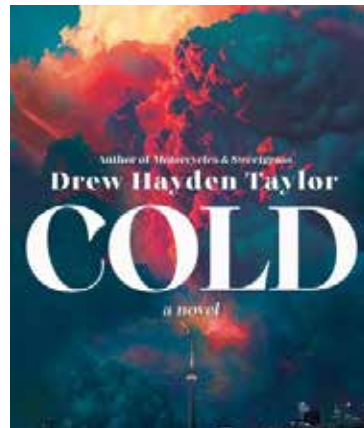
Kelsey Borgford

For Young Readers

There are many stories in a bead. We must listen to the stories they tell us.

Tessa loves how her grandmother always smells of campfire stories. Mom says it's because Kohkom spends her days sewing beautiful beads onto smoked hides. Inspired, Tessa asks Kohkom to teach her beading, but first she must listen and learn about the many stories held in a bead.

Readers will learn that different Indigenous communities have different beadwork techniques, and that this traditional art form is alive and thriving today.



Cold: A Novel

Drew Hayden Taylor

Fiction

A tragic plane crash that leaves two women stranded and fighting for their lives kicks off this sweeping and hilarious novel from award-winning writer Drew Hayden Taylor that blends thriller, murder mystery, and horror with humour and spectacle.

Taking tropes from the murder mystery, police procedural, thriller, and horror genres, Drew Hayden Taylor weaves a pulse-pounding and propulsive narrative with an intricate cast of characters, while never losing the ability to make you laugh.



Stoneface - A Defiant Dene

Stephen Kakfwi

Memoir

Stephen Kakfwi, residential school survivor and former Premier of the Northwest Territories, transforms politics into philosophy

Kakfwi's life has been a series of diverse endeavours, blending traditional Dene practices with the daily demands of political office—hunting moose one day and negotiating with European diamond merchants the next. Throughout his career, Kakfwi understood that he held the power to make change—sometimes he succeeded, sometimes he did not. But he also embraced the power of story-telling, and has helped change the story of the North.

Keep Moving



Yoga

Eagle Pose

Teaching: Love

Unconditional love that flows between one another including all of creation.

1. Stand with feet together.
2. Bend knees & keep knees in line over your ankles.
3. Lengthen your spine by lifting your heart up & tightening your belly.
4. Lengthen the back of your neck, look straight ahead
5. Extend your arms at the shoulders. Cross them at the center of your chest, placing elbow over elbow.
6. Repeat placing the opposite elbow on top.

www.flowandgrowkidsyoga.com



Traditional Dene Stick Pull Game

Helped improved technique for holding slippery fish!

How to play Dene stick pull

1. Find a spruce, pine or birch stick shaved to a size you can grip comfortably (ideally 30 cm long with a centre diameter of 2.5 cm, tapering off approximately 1.3 cm at each end). The stick needs to be polished smoothly to prevent injury, and it should either have one or three marked lines: one at the centre point and the other two 1.3 cm on both sides of the center line. Thoroughly grease the stick with lard.
2. Stand beside your opponent with the outsides of your feet touching, hips near enough to touch. Your other foot can be staggered to ensure an even pull.
3. Long sleeves should be rolled up above your elbows. You can look down to see where you're holding the stick.
4. With your pulling arms extended straight down towards the ground, grasp the stick with your index fingers and thumbs facing each other. The elbow of your pulling hand must remain in this locked position, and your heels or toes can't be raised off the floor.
5. Start pulling strongly and steadily without any jerking movements or bending of your elbow, focusing on pulling the stick beyond your buttocks or hip.
6. Whoever can pull the stick from their opponent's hand or hold the stick beyond their own hip for eight seconds wins the match.
7. Play in a best out of three format. If there is a tie after the first two pulls, flip a coin to determine which arm to use for the third pull. The winner of the first match makes the coin call.

Lateral Kindness

“Lateral violence has impacted indigenous peoples throughout the world to the point of where we harm each other in our communities and workplaces on a daily basis.” - Rod Jeffries

BE KIND



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.

If you are experiencing Lateral Violence:

Understand what lateral violence is and where it comes from so that you can detach from taking on others pain as your own emotional pain. Take a breath, and remember that often there is hurt behind these behaviors. What may be going on under the surface? Intergenerational trauma is rampant within Indigenous kin's unhealthy behaviors, and you may be a target to release their pain. Once you have a sound foundational understanding of lateral violence, build your confidence to speak up against lateral violence without causing further harm. Remember not to take other people's pain as your own. Be assured of your authenticity and positive intentions of the work you are doing. Reflect on traditional teachings in your community that speak to kindness, respect, love – how our ancestors interacted with one another. Be a good relative to one another.

IMPACTS OF LATERAL VIOLENCE IN THE WORKPLACE

- No teamwork
- No healthy communication
- Territorial
- Controlling behaviors
- Chaos
- Lack of trust
- Favoritism & nepotism
- High staff turnover rate
- High staff absenteeism
- Quality of services diminish
- Highly defensive staff
- Judgmental & critical staff
- Unwilling to change
- Rigid power structure
- Fear
- Instability and insecurity
- Unhealthy boundaries
- There is nothing wrong so don't talk about it

Kidney Health Month

Why is there a month dedicated to the kidneys? They are a pretty big deal and have some important jobs in the body which include:

- Keeping all the things in our blood in the right balance
- Helping regulate our blood pressure
- Helping keep our bones strong and healthy
- Telling our bodies to make more red blood cells when blood oxygen is low
- Balancing fluid in our bodies so we don't become swollen, puffy, and have heart problems

All the extra stuff we don't need in our blood comes out in our pee. If the kidneys quit working a person would need dialysis or a kidney transplant to live. What could cause the kidneys to stop working?

- Long term damage from diabetes or high blood pressure are the most common reasons.
- Other causes include heart and blood vessel disease, smoking/chewing/vaping, too much of some kinds of pain medications, and family history or genetics.

Would you like to know how to prevent kidney disease or how to protect your kidneys for as long as possible? Follow the "8 Golden Rules of Kidney Health" found on the World Kidney Day website: www.worldkidneyday.org

From: The Kidney Health Community Program

Saskatchewan Health Authority, St. Paul's Hospital, Saskatoon

Email: KHCP@saskhealthauthority.ca

#1 Be active!

Whatever you like to do that gets you moving—do it. Hiking, hunting, fishing, berry picking, dancing, yoga, swimming, running are a few examples. If it's good for the heart, blood vessels, muscles, and mind, it's good for the kidneys too.



#2 Eat a Healthy Diet

This can mean something different for us all depending on culture, where we live, the cost of food, etc. What is most important is to cut down on the salt in our food. Too much salt is bad for the kidneys. Eat less salt by eating more homemade foods, using seasonings that don't have salt in them, and not adding salt to restaurant or take-out food.

#3 Check & Control Blood Sugars

So many people today have diabetes and most people don't even know they have it yet. If diabetes runs in your family, get tested for it! If you have diabetes or pre-diabetes, see a diabetes educator or dietitian for help with foods, medicines, exercise, and testing your sugars at home. Diabetes does not have to cause kidney failure if it is caught early and sugars are well controlled.



#4 Check & Control Blood Pressure

Half of all people with high blood pressure don't know they have it because it's something you don't feel—the only way to know is to have it checked. The older we get the more likely it is to happen, but young people and kids can get high blood pressure too! Normal ideal blood pressure for adults is 120/80 or less. Simple lifestyle changes can be all that is needed to prevent or control blood pressure.



#5 Drink Enough Water

And choose water more often than juices or pop. Drink when you are thirsty, or when you are hot, sweating a lot, exercising, or sick with a cold or flu. Did you know that most times when we have a headache we are actually dehydrated and in need of some water? If water seems boring to you, look up some healthy ways to flavor it.

#6 Don't Smoke

Don't smoke cigarettes or cigars, chew, or vape. The chemicals in this kind of tobacco or vape juice can harden and destroy blood vessels in the kidney and slow the flow of blood to our kidneys. They can also cause high blood pressure and heart disease which are huge risks for getting kidney problems.



#7 Be Careful With Medicines

Be careful with over-the-counter anti-inflammatory pain medicines. These are known as NSAIDs (non-steroidal anti-inflammatory drugs) and can harm the kidneys if taken too often or more than the recommended dose. Examples are ibuprofen, ASA, and naproxen. Someone with kidney problems should not take these pills and should talk to their doctor or nurse about other options. NOTE: Acetaminophen or Tylenol is NOT an NSAID.

#8 Get Your Kidneys Checked

Get your kidney function checked if you have diabetes, high blood pressure, smoke or vape, have heart or blood vessel problems, or have a family member with kidney disease. It is just a simple blood test and a urine test.



AHA - The Future

Accreditation 2024

AHA Accreditation Dashboard Current Required Organization Practices (ROPs) over 7 Standards

80	41	6	127
Active Processes	In Progress	Need Attention	Total ROPs

This dashboard is helping AHA leadership better understand where attentions need to be focused on improvement!

We believe that you and your family have the right to safe, high-quality health care services. Accreditation helps ensure the Athabasca Health Authority improves quality, safety, and efficiency so we can provide you and your family with the best possible care and service.

What is a Required Organizational Practice (ROP)? A Required Organizational Practice (ROP) is a critical rule that healthcare organizations must follow to maintain their accreditation. These practices are essential for ensuring patient safety and the delivery of high-quality care. For instance, one ROP might involve implementing protocols for infection control to prevent the spread of

diseases. Another ROP could focus on ensuring staff are adequately trained to operate medical equipment safely. Compliance with these practices is crucial for upholding standards of excellence in healthcare and safeguarding the well-being of patients.

Accredited organizations devote time and resources to identify what they are doing well and what could be done better—and then take action to address issues so they can provide the best possible care and service to their patients and clients in order to save and improve lives.



EXCELLENCE IN HEALTHCARE



Compact MRI Machine Visits the Basin

Last week, Dr. Issac Sobol (Medical Health Officer at the Northern Population Health Unit in La Ronge) & Dr. Gordon Sarty left a lasting impression with a captivating demonstration of a specialized compact MRI machine. Engaging in discussions with Northern Medical Services, Dr. Sarty is actively pursuing a grant to identify a needs-based niche for these MRIs in Northern Saskatchewan.

The AHA team was honored to showcase our northern health facilities to the pair. And in turn, they had praise for the AHA facilities, in particular the AHA Safe Shelter.

More information on his project can be found here - <https://research-groups.usask.ca/gordon-sarty/>

AHA - The Future

Strategic Plan Priorities

As part of the Accreditation process, AHA leadership has been reviewing the Strategic Plan put in place for 2020-2025. The organization has faced a number of challenges and setbacks over the past few years, but we are refocusing on Key Priority Areas for 2024-2025 and we'd like to share them with you!

1. Improve team-based care in the community

AHA is dedicated to enhancing healthcare delivery in our communities through strategic initiatives aimed at improving team-based care. One key strategy involves the creation of Crisis Response Teams to provide timely and coordinated support during emergencies and mental health crises. These teams will consist of multidisciplinary healthcare professionals trained to assess and address urgent healthcare needs, ensuring individuals receive appropriate care and support during challenging times.

In addition, AHA is committed to establishing a Patient Family Advisory Committee to promote family-centered care and engagement within our communities. This group will serve as a platform for families to voice their healthcare needs, preferences, and concerns, allowing for tailored and culturally sensitive care delivery. By actively involving families in healthcare decision-making, AHA aims to strengthen trust, collaboration, and accountability within the healthcare system.

Furthermore, AHA recognizes the importance of preventive care and health promotion in improving overall community health outcomes. To this end, the organization will develop a comprehensive Health Promotion Plan focused on raising awareness, promoting healthy lifestyles, and preventing illness and disease. This plan will encompass various educational initiatives, community events, and outreach programs designed to empower individuals and families to take proactive steps towards better health.

Additionally, AHA is exploring opportunities to expand therapy services at the Athabasca Health Facility (AHF) to meet the diverse healthcare needs of our communities. This includes the expansion of existing services such as physiotherapy & dietitian services, as well as exploring other services such as speech language pathology, orthodontics, podiatry, and other specialized therapies to complement existing healthcare offerings. By increasing access to these essential services locally, AHA aims to enhance health outcomes, improve patient satisfaction, and reduce barriers to care for individuals and families across the region.

These are a few ways AHA aims to achieve its vision of "Healthy People - Healthy Land" and create a healthier future for all residents of the Athabasca Basin.

Stay tuned each month and we will dive deeper into how the organization intends to improve in each of these areas!



Team AHA

Athabasca Health Authority wants to hear from you!

Your comments help us to find ways to improve your experience while receiving care or visiting someone you care about. Most issues can be resolved by talking with your care team. However, you may also send your feedback or ideas to feedback@athabascahealth.ca.

Please contact us with your feedback if you have compliments, complaints or ideas!



COMPLIMENTS ABOUT STAFF OR YOUR EXPERIENCE



IDEAS FOR IMPROVING HEALTH SERVICES



COMPLAINTS ABOUT CARE OR SERVICES



Ideas on how AHA can be better?

Join the AHA Patient Family Advisory Committee!

AHA is looking for community members to work with us to offer their thoughts on how to improve our health services.

We need you to help us better understand what works well and what could be better.



Call Kim-Ann at 306-439-2651!

AHA Team Updates



Tristen Toutsaint
Maintenance
Athabasca Health Facility



Jason Antsansen
Maintenance
Athabasca Health Facility

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



RANDOM ACT OF RECOGNITION

"I had the best preceptor (Lana) who taught me so much. She gave helpful advice along the way & excellent insights on how to immerse myself in healthcare as a RN. She was the best mentor I could hope for. And thank you to the other nurses who took the time to teach me. They have such a good team here at AHA!"

LANA MOFFAT

Nurse Practitioner (NP)
Athabasca Health Facility



COMMUNITY - EXCELLENCE - DIVERSITY - INTEGRITY

Team AHA



Healthy People, Healthy Land

A Place for Northern People To Heal

Our Mission

Where comprehensive health services will be provided in an integrated and holistic manner to support, nurture and restore physical, mental, spiritual and emotional health.

Where all residents and communities will enjoy equal access to quality services that are comparable to provincial and Federal standards, while being culturally appropriate.

Where the partnership between the people and the Authority is the foundation for the pursuit of excellence and sustainable health care.

Where the Authority is an effective community based organization accountable to the community, staffed wherever possible by people from the region.

Our Vision

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

AHA believes in a future where communities, families and individuals of the region take responsibility for their health through personal and collective practices and through ownership of the governance, management and delivery of health services in the region.

There is a hope and confidence that being healthy is achievable.



AHA's Principles

- Comprehensive, quality services
- Patient First, Community First
- Culturally appropriate programs & services
- Accountable & transparent
- Employ people from the region
- Support local people in health careers
- Culture of Safety
- Holistic and integrated care
- Think & act as one

T'atú nıla k'enoıt ts'ıtı



1. Nıla nanel tsel



2. Deghetlak edek'e hıııı



3. Nıla elk'e hıııı



4. Nıla tu tıah bek'e hıııı



5. Nıla narıshai



6. Tudarınile beta'zeldahı edıtıs ta ghegalı tah

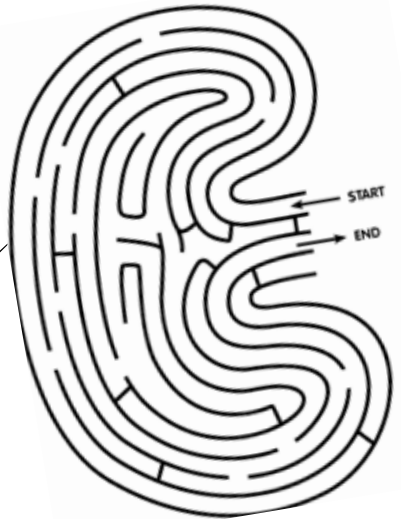


www.dobugsneeddrugs.org

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KIDNEYS	CLEAN
URINE	SALT
WATER	DIABETES
WASTE	BLOODSUGAR
MINERALS	BLOODPRESSURE

MEDICINE	FORCE
DOCTOR	DISEASE
HEALTHY	YELLOW
ACTIVE	CLEAR
	VEGETABLES



Your Kidneys

5.5 Caribou Soup

Alice Hunter, Inuvialuk born in Aklavik, Northwest Territories

Prep time: 15 minutes

Cook time: 1 1/2 hours

INSTRUCTIONS:

- Place all ingredients in soup pot, cover and boil at medium heat for 1 1/2 hours.



INGREDIENTS:

2 lbs caribou meat, cubed	1/2 cup long grain rice
6 cups water	1 small onion, chopped
1 Oxo cube	2 large carrots, sliced
Salt and pepper	2 medium potatoes, cubed

