

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS001

December 2015



In this issue:



Active toy guide. Find toys that will help your child be more active!



Influenza vaccines are now available at all AHA clinics.



Cozy up with a good book. Look inside for some suggestions!

Welcome To Our First Newsletter

We are very excited to present our first newsletter to our communities. Our goal is to keep you informed on what is going on with the Athabasca Health Authority and to provide a community resource.

This community resource is for you. Our hope is to continue to help make our communities strong by bringing you helpful information, ideas and event updates.

If you have stories, updates, events or information you feel should be included in the next monthly issue please contact Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

Riddle of the Month

What has a face and two hands but no arms or legs?

Answer in next newsletter!

Dene Word of the Month

Dígahé



Fact of the Month

How long is a giraffe pregnant for?

The average pregnancy period for giraffe is about 15 months (453-464 days).

Giraffe give birth in a 'calving ground' and mothers will often return to where they were born to have their own babies.

Q.I. Kaizen Corner

The Athabasca Health Authority (AHA) has a Vision, *Healthy People Healthy Land*. In order to grow towards this aim AHA has a Mission to create and nurture *A Place for Northern People to Heal*. While we have an agreed upon Vision and Mission illustrating our desired future we now require a way to reach that destination. AHA believes a path which seeks continuous good change will result in sustained steps towards our imagined future state. Working collaboratively towards a shared goal is nothing new to Healthcare; Quality Improvement (QI) (a way to make good change) has been widely used with great success in healthcare and other kinds of systems for years. AHA too is on a Quality Improvement journey, committed to continuously seeking good change towards our Vision. As we work on our Mission we will use all that QI has to offer with a particular focus on a practice called LEAN or the word that holds the true spirit and meaning of the process (you know how much can be lost in translation)Kaizen. Kaizen best translates into "continuous good change". Whether in the area of better health, better care, better value or better teams doing Kaizen will give us the methods we need as an organization to improve Quality for all clients, residents, patients, families and communities we are in service of.



What Have We Been Up To?

Over the past 6 months AHA has experienced a number of significant Improvement

Accreditation, implementation of a Kaizen, Quality and Patient Safety Office, the kick-off of our first Kaizen event along with continued Improvement training, education and awareness building.

Accreditation is our opportunity to see how the services we deliver compare to the best standards that are available to healthcare facilities. Annually new information informs what the standards should be challenging us to pursue ongoing improvement in the work we all do. The response from the accreditors was positive with Accreditation Canada informing AHA we had been accredited. Of course there is always room to make things better. This is where QI can help. There is no end to growth as we seek to continuously improve Quality. Quality healthcare is often defined as care that is safe, effective, efficient, timely, patient and family centered, and equitable.

Where Can I Learn More?

For information about Quality and ways to get involved with Kaizen talk to a manager a formal leader or anyone on your teams. Quality and Quality Improvement are not owned by any individual, making change towards reaching our collective goals is all our good work. One of our immediate goals in the area of Education both in spreading awareness and building capacity is to ensure that 100% of all AHA employees are trained in the basics of Kaizen by the end of March 2016. January and February classes will be offered. We currently have ¼ of employees trained and need your help to reach this foundational goal towards building capacity and awareness! The Kaizen office will be coordinating the dates and locations with your managers, please talk to them for details.



Who Can I Contact?

For more information you can also contact the Quality, Kaizen and Patient Safety Office anytime @ (306) 439-2604 or tbassingthwaite@athabascahealth.ca.

Every month the Kaizen, QI Corner will update you on what's taking place in and around AHA's Kaizen movement. This space will also serve as a means to share ideas for making good change in addition to providing an opportunity for our Kaizen, Quality and Patient Safety Office to raise awareness, spread information and connect and broaden its reach. If there are topics you would like to see addressed, ideas you have to share, improvement milestones you want to see highlighted and celebrated, feedback or questions let us know!

Up Next

- Hoshin-Kanri – Leading change and moving from Strategy to Action while prioritizing change initiatives. We know if everything is a priority then nothing really is!
- Patient and Family Centered Care-How YOU can get involved!
- Making Care Safer – Why Improvement? Aren't we good enough?
- Mistake Proofing – A look at the concept and methods to avoid errors through the lens of our first team running a Kaizen event currently in the area of patient safety.
- Safety Management System – A system to ensure no harm to patients and staff. What it means for you.
- Daily Visual Management, Huddles and Standard Work - Ways to lead new work in new ways!
- QI methods, tools, tricks and techniques for Improvement – a few ideas that you can practice right away to start using QI to make something better today!

RISE UP TO HIV



VOICES IN UNITY
STRENGTHENING COMMUNITY

Kaizen/Lean FAQ

Why are we using Lean? What is the need for change?

Our current system does not work nearly as well as it could or needs to. We know from a variety of sources (Patient First Review, CIHI reports, patient experience surveying, and performance metrics), that we are not serving patients, clients, families and communities as well as we should. While we have been on an improvement journey in this province for more than 10 years, our system is still not as safe as it must be.

Staff believes they are working as hard as they can and many are optimistic that working differently will result in better care. Historical increases in health budgets have not yielded dramatically better care. Clearly, our old top-down approach, where we depended on formal leaders for all the answers, is not working. The essence of the Lean philosophy is that the experts are those closest to the care. Wisdom is sought by patients, clients and families and engages and empowers team members to bring forward and implement solutions that result in better care. Lean provides the tools to examine our processes to determine what adds value in the eyes of the people we serve.

What Is It?

Lean is a set of operating philosophies and methods that help create value as defined by those we are in service of by reducing "waste" (as defined by them) including the waste of time waiting for service. It is often referred to as a learning and management system.

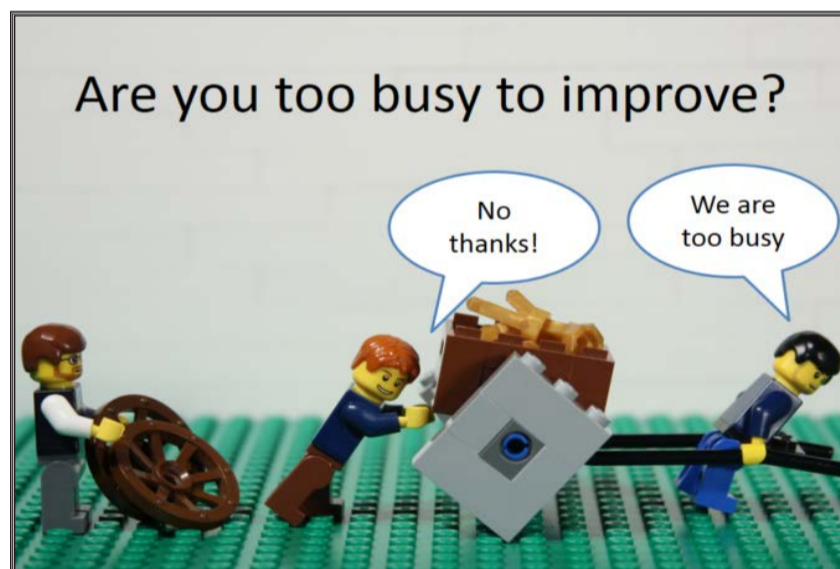
Lean :

- Eliminates "wastes" or lack of efficiency in processes, such as waiting, duplicating tests or multiple forms requiring the same information, or staff time spent searching for supplies.
- Eliminates defects – which include errors such as harm to patients – and opportunities for defects that could lead to patient (and staff) harm or dissatisfaction;
- Removes activity that doesn't add value as perceived by our patients; and,

Lean is based on the premise that we aim to do differently we do not add more of the same expecting altered results. Doing Kaizen means we can continuously improve health care

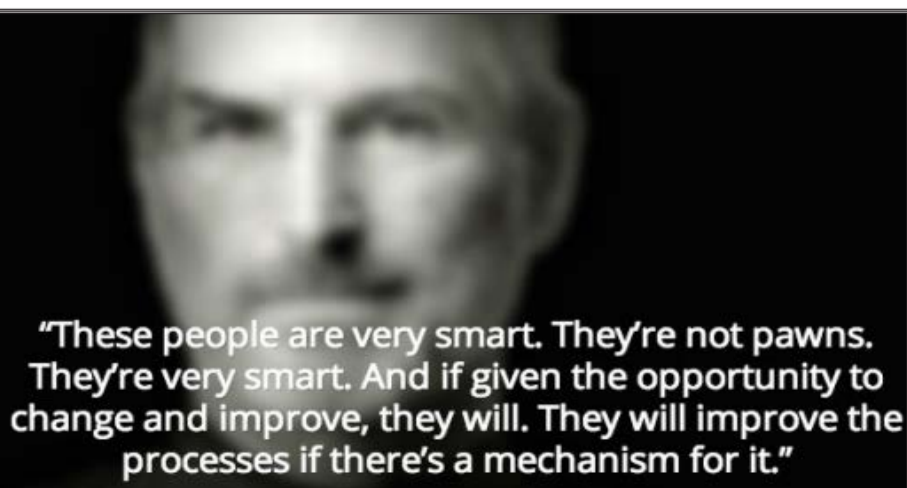
What do you see in an organization that embraces Lean?

- Strong effective leadership, formal and informal leaders are essential for achieving success
- Formal leaders regularly going to where the work is done (Gemba) to see and learn; asking questions and listening to those closest to the work for their ideas on how to make improvements. Formal leaders in a lean organization do not practice command and control they remove barriers to improving and empower the whole system.
- Respect for those who do the work and acknowledgement of their expertise and wisdom
- A lot of "try storming" – test an idea on a small scale and learn.
- Failures are treated as opportunities to learn – also known as "Fail Forward Fast"
- Standard Work – by documenting in writing the steps involved in work, everyone knows what is expected of them. If there is no standard, then there can be no improvement.
- Everyone is empowered to "stop the line" to prevent mistakes and mistake proof processes to eliminate defects.
- Attack the process not the people
- Get to root cause



I heard Lean comes from manufacturing. We don't make cars. How does this apply to health care?

Just like cars on a moving assembly line, patients should experience a smooth flow from one process to the next in their care experience. When we look at the patient's journey as they make appointments, see their caregiver, get a test or medication, and get surgery or treatment, our goal is to eliminate waiting, miscommunication, duplicate work and confusion. At every step in the journey, care givers should have all the equipment, information and supplies they need to deliver care. This will result in higher quality results and a more satisfying experience for the patient and caregiver.



Kaizen/Lean FAQ Continued

What is the proof that Lean works in health care?

Virginia Mason, Thecadcare, Seattle Children's Hospital are among the more well-known health systems that are consistently showing that application of Lean tools and principles results in shorter waits, fewer defects, more satisfied patients and staff, and better financial performance. We know from our own experience here in Saskatchewan that this approach can improve patient experience, staff engagement, and reduce waste.

What are the major elements of this change?

A single improvement method: Our health care system has adopted the principles and methods embodied in Lean as our common approach for making health care better in this province. Committing to one methodology offers the opportunity for us all to learn together, so that we can think and act as one system.

Training: the province is equipping leaders and managers with in-depth knowledge about and the capability to apply Lean principles and methods, through a rigorous certification process called Lean Leader Training. This training takes about 70 days over the course of 18-24 months. AHA currently has one certified Lean Leader and five more who will complete their training within the next 6 months.

Continuous incremental improvement (kaizen events): the way we organize and deliver care can be improved through a number of different improvement events, including Rapid Process Improvement Workshops (RPIWs), Kanban, 5S campaigns, and mistake-proofing projects as well as by applying foundational tools to prepare the soil for Kaizen like daily visual management, huddles and standard work.

Creating a culture of continuous improvement: Lean is about creating a system where everyone—clinicians, administrators, support staff, provincial agencies, patients and family members – understand they have a role in identifying opportunities to make care safer and better, and that leadership's role is to remove barriers to improvement.

How long will Lean take?

There is no end date – there will always be an opportunity to make care safer, timelier, more effective and more efficient. The investment in and application of Lean methodology is not a time-limited project, but rather a new way of managing and delivering health care, and a new way of relating to and working with patients, clients, families and communities as partners in their care.

What will this mean for me?

Patients, clients, family members and communities: must be closely involved in lean improvement efforts their wisdom is essential, their voices need to be invited adding their important ideas and perspective to improvement efforts.

Frontline staff: Frontline staff has a key role to play in identifying and fixing broken processes. They know the systems and processes best. It is crucial for frontline staff to regularly be engaged by leadership in conversations about how to improve care processes to improve things for patients. Once new processes have been created through improvement events staff identify further opportunities for further improvements.

Physicians: Physicians, like other front-line staff, have a key role to play in identifying and fixing broken processes.

Managers: Managers are learning how to lead in a different way. In a Lean system, managers and leaders are no longer the only problem solvers, but rather have a critical role to play in removing barriers so that frontline staff can implement the solutions they identify. Supervisors are going to where the work is done/the care is delivered, to ask questions, to listen and to observe.

“IT IS NOT NECESSARY TO CHANGE. SURVIVAL IS NOT MANDATORY.” - W.E. DEMING



Poster Contest

A poster contest was held at Father Gamache Memorial School for National Addictions Awareness Week in Fond Du Lac.

The students created a number of excellent posters, and it was difficult to choose, but the winners are as follows:

Grade	1st	2nd	3rd
3	Keira Mercredi	Kaydence Fern	Kiera Mike
5	Dixie McDonald	Brianna McDonald	Terace Jr. Donard
6	Dustina Cook	Sharnelle Toutsaint	Spencer Paquette
7	Katie Fern	Aaliyah Fern	Sasha Lidguerre
8	Riel Adam	Dusty Augier	Jason Nateweyes
8 & 9	Justin McDonald	Winston Pische	Ajay Robillard
9	Christian Isadore	Megan Pische	Cassie Beavereye

1st Prize - \$30.00
2nd Prize - \$25.00
3rd Prize - \$20.00

Winners may go to Brysons' to buy something worth the amount of their prize.
Prizes donated by Athabasca Dene Child and Family Services.



Snowmobile Safety

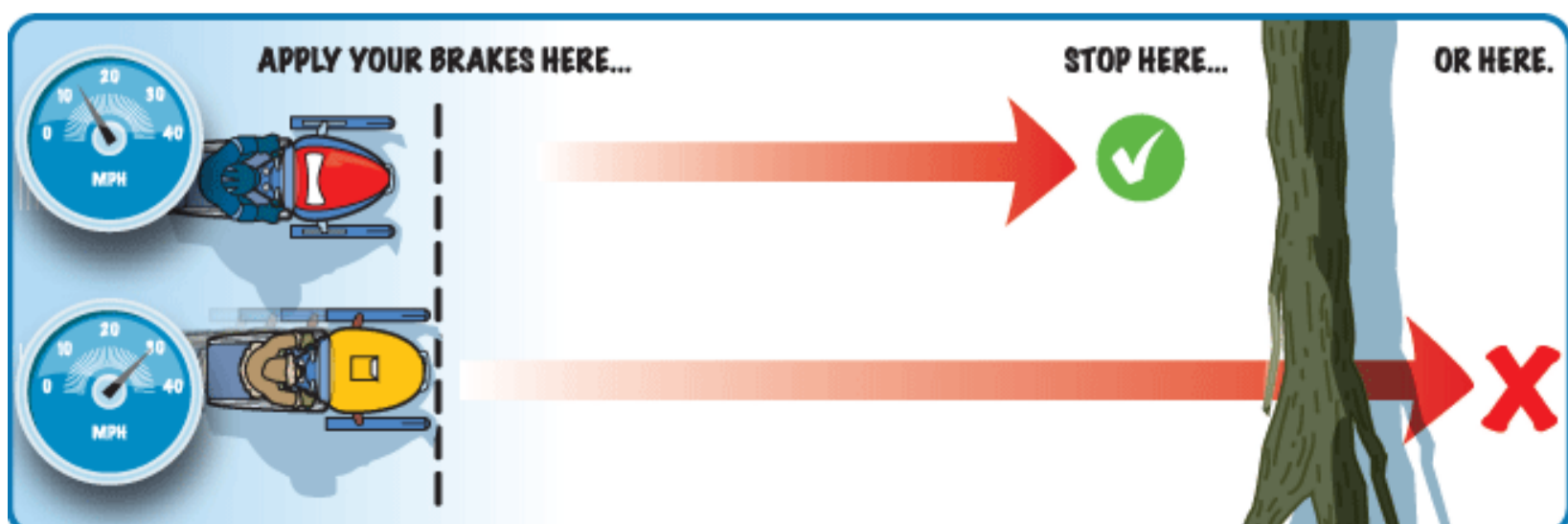
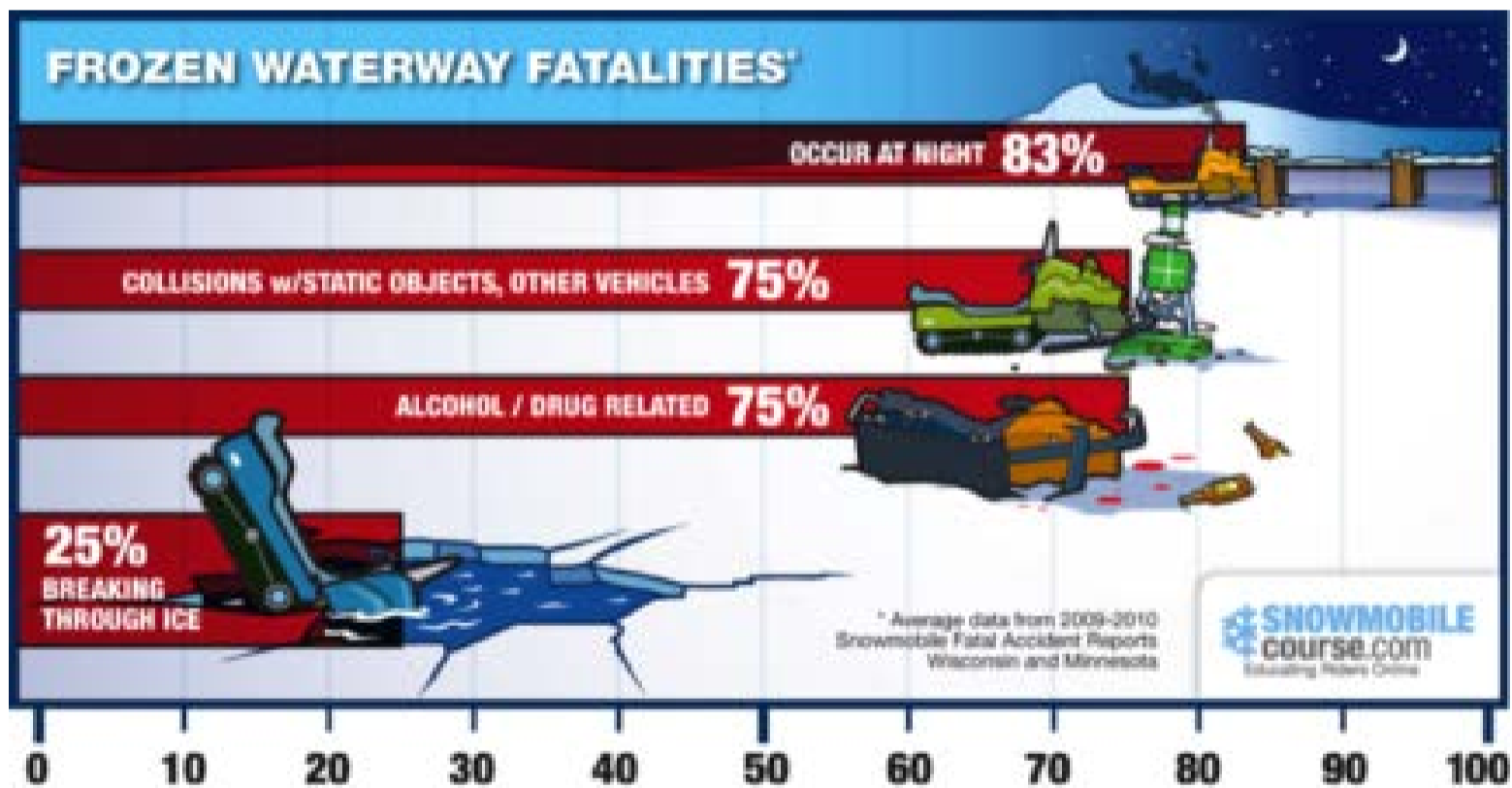
Have Fun, Be Safe!

Before You Set Out:

- Let family/friends know your planned route, destination & your expected arrival time.
- Check the weather conditions.
- Inspect the machine to make sure everything is working properly.
- Wear appropriate clothing to prevent hypothermia including gloves, boots, helmet & visor.
- Wear a helmet—it's the law!
- Carry a first aid kit or a survival kit & a cell phone with you.
- Get Trained – Consider taking the online course at <http://www.sasksnow.com/safety>

When Riding Please Remember:

- Drinking/drugs and riding do not mix
- Cross safely at all crossings
- Respect the environment & personal property
- Do not ride alone
- Check ice conditions before crossing any bodies of water
- Ice should be at least 12 cm or 5 inches thick to cross
- Slow Down—make sure you have time to stop



All I Want for Christmas is my Two Front Teeth

Did you Know...

- Tooth decay is the number one chronic health problem of children
- Dental disease is progressive and infectious
- Dental disease is the fourth most expensive disease to treat in most industrialized countries
- Untreated dental disease often leads to secondary medical conditions in children and is a major factor in children falling behind in school and social activities
- Dental disease is painful, advanced dental disease contributes to social isolation for children

Tips For Healthy Teeth At Christmas Time

Christmas is a time when we all want to join in the festivities, relax and treat ourselves and our loved ones. For most of us this includes indulging in sweets. The holiday season can inevitably be tough on your teeth. The extra treats are all additional times when your teeth are vulnerable to developing decay.

You might be surprised to know that it is less about how much you eat (the volume or amount) and more about how often you eat (the frequency). It is much better to eat three meals per day than to snack ten times per day, even if you are eating the same type of food! The reason for this is every time you eat the sugar in your food is broken down by the bacteria in your mouth to form acid. The acid attacks the teeth and in time causes decay. Over time, this may progress to form a hole or cavity in your tooth, which left untreated, may lead to toothache.

So how can you avoid these problems and still enjoy the Christmas treats?

- 1 It is better to enjoy your sweet treats at meal times rather than spread them out throughout the course of the day. If you are having chocolate, eat it at one sitting rather than having a few pieces periodically.
- 2 Brushing your teeth before bed is essential.
- 3 Sugar-free chewing gum can also help as it makes the mouth produce more saliva which will help to neutralize the acid in your mouth.

Easy steps to prevent damage to your teeth and ensure that you have a happy, healthy Christmas!

>> Resources: <http://www.thealex.ca/wp-content/uploads/2013/12/xmas-1-pager.pdf> & <http://www.thedentalstudio.ie/tips-healthy-teeth-christmas-time/>



Together we can make the difference

➤➤➤ **Have Fluoride painted on your child's teeth**

Hey parents—**Lift the lip**—what do you see?

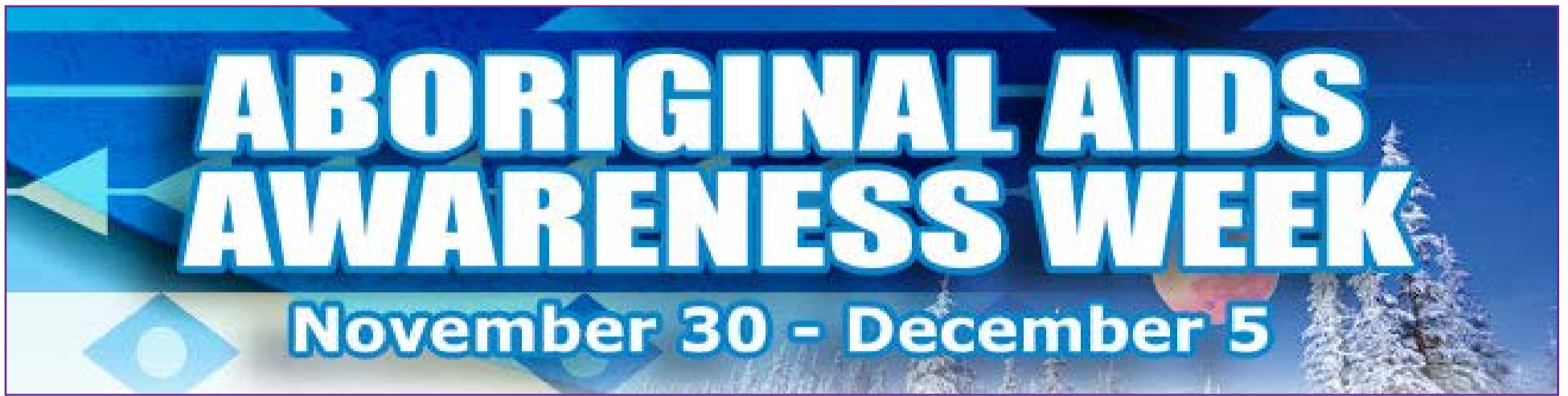
Have your child **use a cup** starting around **6 months**—your dental team will give you a cup to get you started—**FREE CUP**

Nothing in the bottle but milk formula or water

**Eat your fruit
Don't drink it!**

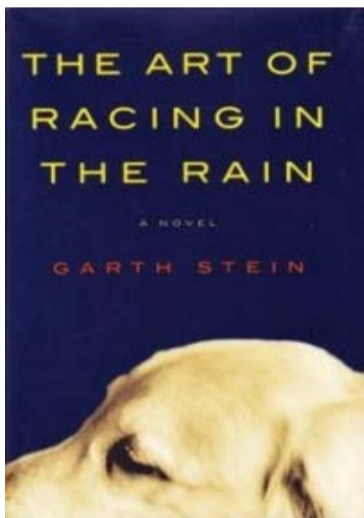
Call your dental therapist

Carolyn Rose Penny
Black Lake 306.284.0038
Fond du Lac 306.686.4816
Fond du Lac school 306.686.4828
Stony Rapids 306.439.2668



Look in a Book “Here’s to books, the cheapest vacation you can buy.”
Charlaine Harris

Adult Fiction



Enzo knows he is different from other dogs: a philosopher with a nearly human soul (and an obsession with opposable thumbs), he has educated himself by watching television extensively, and by listening very closely to the words of his master, Denny Swift, an up-and-coming race car driver.

A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope. *The Art of Racing in the Rain* is a beautifully crafted and captivating look at the wonders and absurdities of human life...as only a dog could tell it.

Comic/Graphic Novel

MOONSHOT The Indigenous Comics Collection brings together dozens of creators from North America to contribute comic book stories showcasing the rich heritage and identity of indigenous storytelling.

From traditional stories to exciting new visions of the future, this softcover collection presents some of the finest comic book and graphic novel work on the continent. **MOONSHOT** is an incredible collection that will amaze, intrigue and entertain!



Beginning Readers Booklist

Lots of Ladybugs: Counting by Fives by Michael Dahl
How the Chipmunk Got His Stripes by Joseph Bruchac
Spiders by Nic Bishop
Tyrannosaurus Math by Michelle Markel
Whoever You Are by Mern Fox
Be Glad Your Nose is on Your Face and other Poems by Jack Prelutsky

2015 Active Toy Guide

>> Resources: <http://www.saskatchewaninmotion.ca/> - Go online to check out the complete guide!

This holiday season, do just one thing to increase physical activity for the children and youth in your life. Give them a gift that inspires them to move.



MATRIX AIRLESS NIGHTBALL FOOTBALL

Go out for a pass! Lighting up the sky in a myriad of neon green and blue lights, this football streaks through space, leaving a vibrant impression. Easy to catch, easy to throw, kids have no problem expending energy.



ZIPFY

Be king or queen of the hill with the Zipfy Mini Luge! Zipfy (pronounced zip'fee) has a unique handle that works like a joystick for navigating turns as it speeds down snow covered hills.



POCKET DISC

Do yourself a favor and grab a Pocket Disc to toss with your buddy, kid or pet. Have fun at the beach, your backyard or inside with the wide variety of discs available.



FRANKLIN SPORTS JR POP-UP SOCCER NET

This net sets up in seconds and can be easily transported. It's ideal for soccer and other sports.



MAGIC MOVES ELECTRONIC WAND

Magic Moves is all about...MOVIN'! Stomp like an elephant! Soar like an eagle! Exercise little ones' minds and bodies with this fun and interactive wand.



POOF-SLINKY SNO-STOMPERS

Who needs an excuse to go run around in the snow? Track-making children use imagination and pretend they are animals in the wild leaving large footprints.





CROSS BOULE

Experience bowling in a 3rd dimension and play WHEN and WHERE you want. Whether you are on asphalt, sand, grass, water or in the snow ... every surface you will face new challenges. Utilizes the most interesting spots in the city or in nature. Simply toss and have fun!!



SNO-CASTLE KIT

This ideal Sno Castle kit lets you mold snow bricks and design your own snow kingdom!



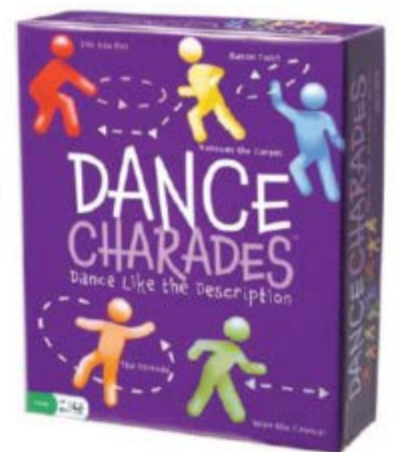
TEETER POPPER

Arouse curiosity, stimulate the senses and engage the imagination with the new Teeter Popper! Play with Teeter Popper by rocking it, rolling it, sitting in it, or standing on it for endless fun.



SNO PAINT SNO ART KIT

The ultimate kit for any artist who loves the snow. Imprint the fun molds into the snow and colour them in with your Sno-Crayons.



"I love to dance so I feel like this game was made for me!"
 — Caidence -11

DANCE CHARADES



Can you dance while: opening a present, playing an accordion, riding a horse? In this new party/family game the object is to dance like the description! Use the music provided or play your own favorite tunes!

Vaccines Are Now Available

How Can I Prevent Spreading the Flu?

- 1 You can NOT get influenza from the vaccine. Get immunized to protect yourself & others!
- 2 Stay home when you are sick.
- 3 Wash hands often with soap & water, or hand sanitizer.
- 4 Cough & sneeze into your sleeve or a tissue.
- 5 Clean & disinfect all surfaces regularly.

Who Can Get the Free Vaccine?

Anyone who is 6 months of age or older.

**FREE
FLU
SHOT**



“The flu vaccine is a safe, effective way to protect yourself & those close to you.”

- Caused by a virus which is easily spread by coughing & sneezing.
- Can result in hospitalization & death especially in children, elderly & those with serious health conditions.
- Symptoms include fever, chills, cough, muscle aches, headache, fatigue, or a runny/stuffy nose.
- Infected people can spread the virus before showing symptoms.

Vaccines are very safe. It is much safer to get the vaccine than the influenza illness. Common reactions are generally mild & last 1-4 days:

- Soreness, warmth, redness or swelling at injection site and/or limited movement of immunized arm or leg.
- Headache, muscle aches, fever, chills, fatigue, joint pain, irritability, sweating and/or loss of appetite.

Protecting Yourself, Protecting Others.

IF YOU HAVE FLU SYMPTOMS, Use these guidelines to help make the best decision for you and your loved ones.

SITUATION			WHAT TO DO
The person does not have a fever (temperature less than 38° C or 100.4° F), but does have these symptoms:	<ul style="list-style-type: none"> • sore throat • runny nose 	<ul style="list-style-type: none"> • stuffy nose • cough 	It's probably a cold. Get some rest.
The person has a fever over 38° C (100.4° F). The fever came on suddenly and is accompanied by these symptoms:	<ul style="list-style-type: none"> • cough • significant fatigue • headache 	<ul style="list-style-type: none"> • sore throat • muscle aches 	It's probably the flu. Stay home and rest.
The person has a fever over 38° C (100.4° F) and belongs to a group at risk of developing complications (children under 2 years of age, pregnant women, and individuals with chronic diseases).			See a doctor today.

December is HIV/AIDS Awareness Month



>> Resources: <http://mindourmen.ie/>

Over the past decade there has been a large increase in the number of new cases of HIV in Saskatchewan. In 2012, Saskatchewan reported the highest rate of newly diagnosed cases of HIV in Canada, at more than twice the national average. In northern Saskatchewan, HIV cases rose from about 7 new cases a year, 10 years ago, to 14 to 21 new cases between 2011 and 2013. The number of new cases of HIV diagnosed in northern Saskatchewan each year has been decreasing since then.

HIV can infect both men and women of any age - young and old. The number of people living with HIV differs across different communities in northern Saskatchewan.

HIV can spread by sharing needles, syringes, drug use equipment, or used for tattooing, piercing or acupuncture. HIV can also spread through sexual contact and blood and body fluid exposure. HIV can pass from a mother to her baby through pregnancy, delivery or breastfeeding.

“It is estimated that 1 in 4 people living with HIV in Canada are not aware of their infection.”

THINK
TEST. TAKE CONTROL.

Suicide Prevention



>> Resources:
<https://www.livingworks.net>

Do you feel you're at risk? Are you concerned about someone being suicidal? If someone were to ask you right now if you are having thoughts of suicide, what would your honest answer be? If yes, this is likely a difficult time for you. You do not need to go through this alone.

Being alone with thoughts of suicide is one thing that is known to increase the risk of harm or death. Find someone who is comfortable talking about suicide—someone who will work with you to prevent the risk of these thoughts leading to suicidal actions. One of the quickest and best ways to find out if the helper has these abilities is to tell them that you are having thoughts of suicide and watch their reaction. Don't expect them to be comfortable immediately, but do expect them to show more concern for you than for themselves. If they don't measure up, there are others who will. **Don't give up.**

Many of our communities members have now been trained in either Applied Suicide Intervention Skills Training (ASIST) or safeTALK training, so there are people that you can talk to you. Once you have found someone, don't expect that the helper is going to keep the danger secret or not want extra help. You want a helper who is honest about how much they can do. Lastly, be honest. Don't say anything just to please the helper or promise anything you can't or won't do. Everyone needs to take the time to find what will really help. **Suicide is not the only way out.**

If you are in a crisis, consider phoning the Suicide hotline: 1-800-SUICIDE (784-2433).

Mental Health & Addiction Services are provided in the Athabasca Basin and Athabasca Health Authority. Please call or drop in.
Mental Health & Addictions Manager - (306) 439-2650
Addictions Services (Youth Worker) - (306) 439-2649

Bullying

>> Resources: Share It Forward: Tips for Parents of Young Children <http://shareitforward.ca/2015/09/>

Bullying is a misuse of power and control that threatens the safety and well-being of others. Children who learn that they can get away with violence and aggression often continue to do so into adulthood, and become adult bullies. If children who bully are not given guidance, and new behaviours are learned and adopted, bullying may lead to involvement in criminal behaviour, and become a way of life. We all want a better outcome for our kids.

Your child may be a bully if he/she:

- Comes home with money or unfamiliar items
- Has a hard time talking about feelings
- Has difficulty playing games – likes to win
- Reacts to questioning or conflict with verbal or physical aggression
- Causes intentional harm to animals or smaller/younger children
- Refuses to accept responsibility for negative behaviour
- Defends aggressive behaviour by insisting that he/she was provoked
- Lacks empathy for others
- Shows no remorse for hurting others
- Breaks rules or defies authority



“Everyone has the right to be respected and the responsibility to respect others.”

What Parents and Caregivers Can Do:

- Take bullying seriously. Understand the harm it can do to your own child as well as others.
- Don't defend bullying behaviour. It's not normal or acceptable.
- Teach your child how to resolve conflict in non-aggressive ways.
- Teach respect, tolerance and compassion for others.
- Limit your child's exposure to violent games, TV shows and movies.
- Spend positive time with your child daily.
- Get to know your child's friends.



The Amazing Race

Raising Addictions Awareness in Stony Rapids

Our new Youth Outreach & Addictions Worker, Tiffany Hanson, organized a great event to bring awareness to National Addictions Awareness Week (November 15–21).

The event was held in the Stony Rapids school gym. Eight teams of four members each were given clues and activities to perform. Activities ranged from shooting hoops to feeding each other mystery food items!

Prizes were awarded and fun was had by all!

Combat Stress

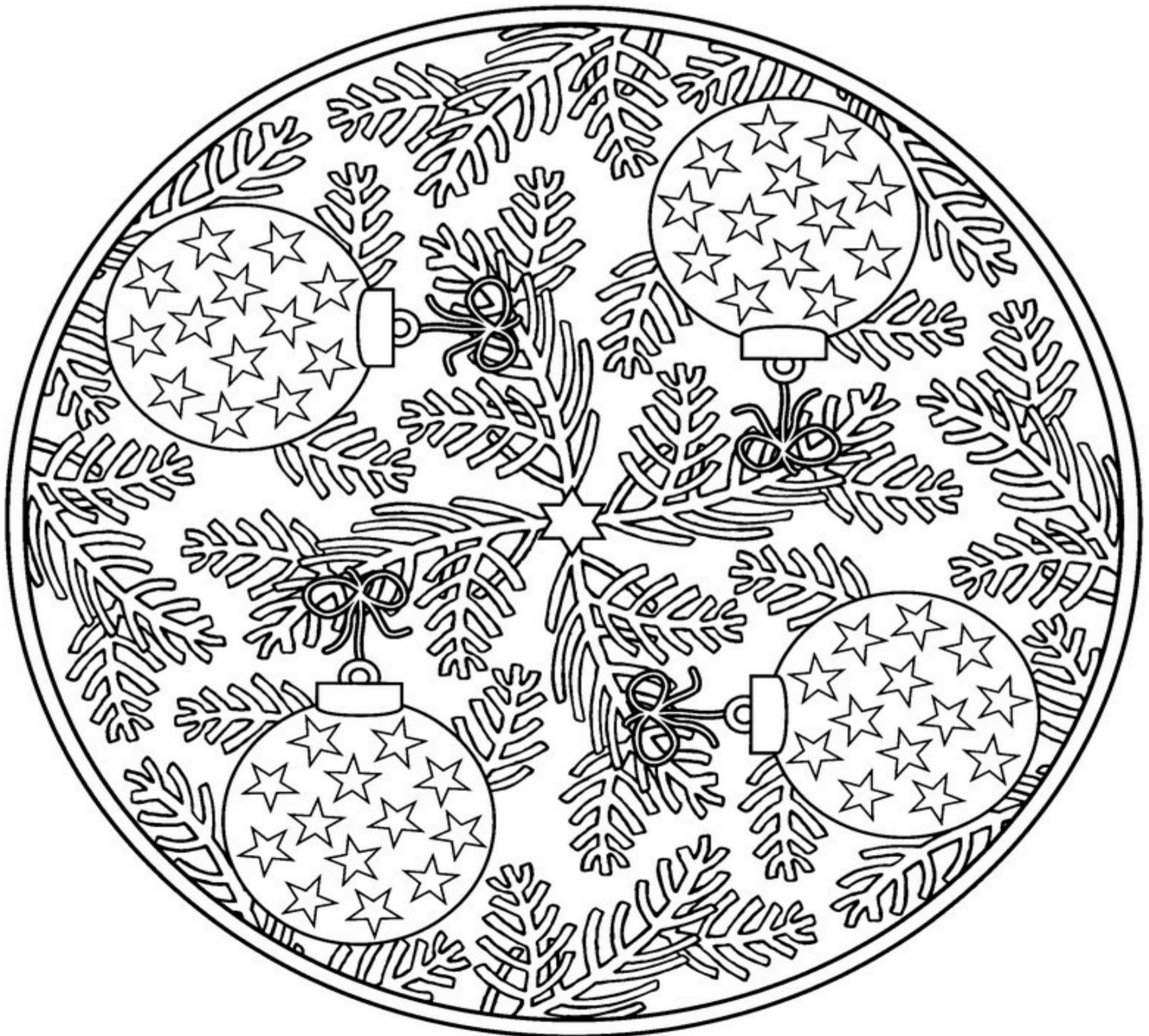
>> Resource: http://www.huffingtonpost.com/2014/10/13/coloring-for-stress_n_5975832.html

Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils. However, it turns out coloring can be beneficial for adults -- namely for its de-stressing power.

The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In fact, publishers have lately been launching coloring books specifically for adults.

In simplest terms, coloring has a de-stressing effect because when we focus on a particular activity, we focus on it and not on our worries. But it also brings out our imagination and takes us back to our childhood, a period in which we most certainly had a lot less stress.

Take a moment, & de-stress this holiday season with this coloring page!



Did You know?

The Athabasca Health Authority has a Client Bill of Rights!

Client's Bill of Rights



IT'S YOUR RIGHT

It's your right to ASK.

It is your health. Ask if you don't understand. Repeat your questions, ideas & concerns.

It's your right to have someone with you.

Family & friends can help & support you.

It's your right to get information.

Gather information about your condition; the signs & symptoms. Know the medications you take, why you take them & any side effects. Know what you can do to improve your health.

It's your right to be treated with honesty, respect & kindness.

Tell someone if you have been mistreated.

It's your right to make decisions about your health.

Participate in all decisions about your care by saying what's important to you.

It's your right to receive *QUALITY* care.

Quality care means it is safe, effective, accessible, timely, equitable, efficient and patient & family-centered.

It's your right to speak up.

If something doesn't feel safe, seem right or makes you uncomfortable in any way, tell someone. The center of your health care team is YOU!

New Hires/Transfers at AHA!



Alistair Wilson, Physiotherapist
started Independent Service Contract
October 13th, 2015

Tiffany Hanson, Youth Outreach/ Addictions
Worker,
started October 13th, 2015



Pam Huerto RD, Health Promotions Coordinator,
started October 19th, 2015

Jan Bachman, LPN,
orientated & starting Independent Service Contract
December 16th, 2015



Laura Olsen, Lab/ X-Ray Technician,
orientated week of September 22 and started Independent Service
Contract November 10, 2015

DECEMBER 6

National Day of Remembrance
and Action on Violence
Against Women



Holiday Health & Safety Tips

>> Adapted from: <http://www.cdc.gov/family/holiday/>

Wash Your Hands Often - Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Manage Stress - The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

Handle and prepare food safely - As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

Eat healthy, and be active - With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

Be Smoke-Free - Avoid smoking and breathing other people's smoke. If you smoke, quit for the new year! Call 1-877-513-5333 to speak to a Quit Coach, build a Quit Plan, and get 1-to-1 guidance. Or talk to your health care provider for help.



Upcoming Events:

STONY RAPIDS

Dec 5 - Santa's Visit
Transwest Terminal - 10:00am-11:00am
Ages 10 & under welcome!

Dec 12 - Christmas Bazaar & Silent Auction
Community School - 1:00pm-4:00pm
Crafts, bake sale & draws.

Dec 12 - Gingerbread House Making
Community Hall - 3:00pm
Family fun!

BLACK LAKE

Thursdays - Women's Domestic Violence
H.O.P.E. Group Meetings
Health Clinic @ 6:30pm

FOND DU LAC

URANIUM CITY

CAMSELL

Cooking on a Budget

Hearty Lentil Stew

Ingredients:

- 2 tablespoons vegetable oil (\$0.38)
- 1 onion, peeled & diced (\$1.25)
- 1 large carrot, diced into chunks (\$0.40)
- 2 ribs celery, diced onto chunks (\$0.88)
- 1 can tomatoes (400g/14oz) (\$1.93)
- 3/4 cup or 150g red lentils (\$1.35 - Scott's)

Directions:

Heat oil in a medium saucepan. Add onion and cook covered on medium low heat until the onion is soft. Add 1 1/2 cups of water and remaining ingredients except the lentils. Simmer until the vegetables are tender (about 45 mins).

Add lentils and simmer for another 10 minutes or until lentils are just cooked through but not mushy. Taste and season. Can be served with steamed rice.

Total cost: \$6.19 Cost per serving (assuming 3 people): \$2.06

>> All items purchased in Stony Rapids - either Scott's or the Northern Store

Lentils are high in fibre and protein. They are a good source of folate, potassium and iron. They are also naturally low in fat and sodium.

