

# Northern Health



AHA Newsletter ~ Newsletter Contact: [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca)

IS005

April 2016



**A Fond Farewell to Jessica Miller & Well Wishes for Baby Miller**

Do you have a great photo? Send it to [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) & it might be featured on an upcoming cover!

April is Oral Health Month. Oral health is an important part of overall health.

Brushing and flossing, following a healthy diet, and visiting your dentist or dental therapist regularly are all part of ongoing oral care for healthy teeth and gums.

Good oral health contributes positively to your physical, mental and social well-being and to the enjoyment of life's possibilities, by allowing you to speak, eat and socialize unhindered by pain, discomfort or embarrassment.

If you have stories, updates, events or information you'd like included in the next monthly issue please contact:

Pam Huerto - [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) / 306-439-2647

## Joke of the Month

What bird can lift the most?

A crane.

## Dene Word of the Month

**seghú**

my tooth/teeth



## Trivia of the Month

**How many languages are there in the world?**

There are approximately 6,900 distinct languages in existence today, though there may be languages spoken in remote areas that we have yet to discover.

## In this issue:



What exactly are electronic medical records (EMR) & what do they mean to you?



Enter To Win A  
Kobo Aura H2O

kobo

Join our reading challenge & you might win a Kobo Aura H2O e-reader!



Learn what the youth of Uranium City have been up to!

# Q.I. Kaizen Corner

## Mistake Proofing:

In previous QI Corners we've looked at AHA's Vision, Mission and the methods that help us get to our collective goals. We've talked about Quality Improvement (QI) and how the use of QI tools and methods can help us as a system address one of the most important dimensions of Quality: Safety. In this newsletter you're going to have an opportunity to learn a little bit more about one of those methods - [Mistake Proofing](#).

Error is something that has garnered greater attention over the past ten years; we know harm happens in healthcare. The good news is that healthcare organizations are not only becoming better at 'seeing' harm we are also becoming better equipped at ensuring mistakes are caught before they can hurt someone and that when harm has occurred the same mistakes are not repeated resulting in even further harm to someone else.

We know harm in our system is not a reflection of staff's competence or desire to help patients, families and their communities. Every day you can find health care staff doing everything they can to meet the needs of patients, with many going above and beyond. So if it's not a 'people problem' you might wonder, *how does this happen?* More often than not our challenges rest in processes and structures we have in place or the lack thereof. However if safety and learning are a priority and safety systems are designed we can ensure mistakes are caught before they become defects (i.e. a mistake that has moved along a process to the point of actually resulting in harm).

### Who Can I Contact?

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



The process of Mistake Proofing is one method we can use to reduce or eliminate the risks of defects occurring. It works by analyzing the flow of service from the perspective of the patient, client and family whereby we really get to the root of a problem. Through a series of trying new processes and testing ideas generated from best practices, clients, and teams measures are taken using many QI tools and approaches to make process improvement. A team works to address a particular defect identified as a project because we know harm has happened in that flow before or because the likelihood is high that one could happen. A project will not conclude until the ultimate goal is achieved, which for Mistake Proofing is always the same – 0 defects.

You can be assured AHA recognizes there are risks of mistakes, and that we are developing our processes to stop those mistakes from getting to the patient and client. Safety is everyone's business and we are all responsible for creating a safe patient and client environment and a safe workplace for our staff.

[In this newsletter \(pg. 7\) you can also read about what our first Mistake Proofing team has been up to. Stay tuned to a future edition of QI corner for the final results!](#)



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!



# AHA Featured Team Members



Rose Mercredi Zinck, Carolyn Pearson, & Penny Griffith

We would like to introduce our community Dental Therapists to you!

Rose Mercredi Zinck works in Fond du Lac and is in her clinic at the school most days. She can also be found doing home visits with families of children under 5, or working at the Health Centre with adults.

Carolyn Pearson works in Black Lake & Stony Rapids school clinics with the school children and at the Black Lake Health Centre with adults. She can also be found in Uranium City working in the school a couple of times per year.

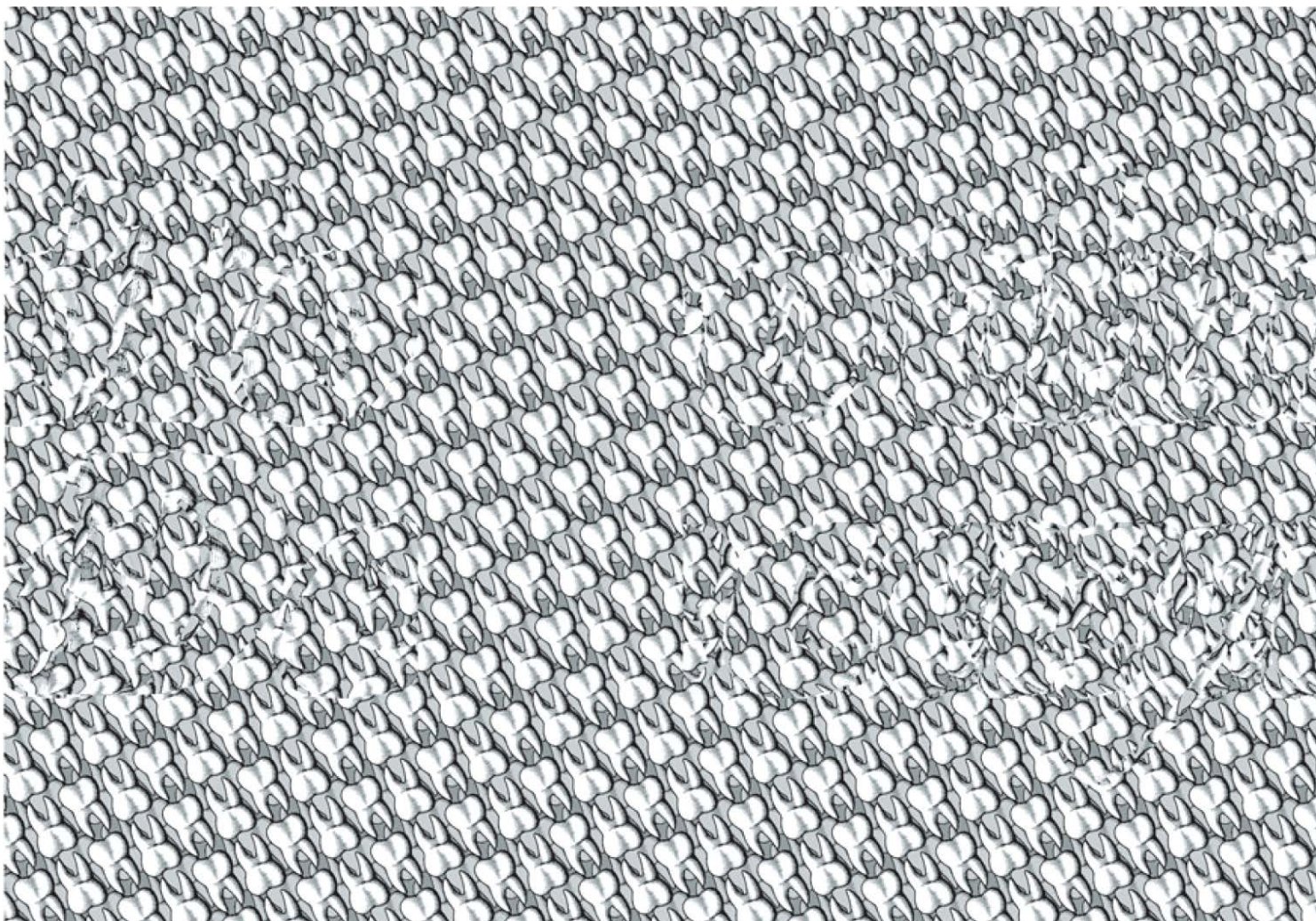
Penny Griffith manages the dental program and also sees the children less than 5 years of age in Black Lake & Stony Rapids. She also may be in Uranium City from time to time.

Our Dental Therapy program offers prevention, education, fluoride varnish programs, and exams, treatment (fillings) and general dentistry to the 4 communities of the Athabasca Basin. We also attend baby clinics, pre & post-natal classes & do classroom visits in our schools.

## What is a dental therapist?

Dental therapists are primary oral health care professionals who are trained to perform basic clinical dental treatment and preventive services within a variety of practice settings. As members of a multidisciplinary team, dental therapists provide restorative dental treatment services, disease prevention and oral health promotion programs to maintain and improve health. Dental therapists also advocate for the needs of clients, assist them in accessing care and refer them to other health professionals for services beyond the scope of the dental therapist's practice.

**DENTAL THERAPISTS  
WEEK**  
*April 24-30, 2016*

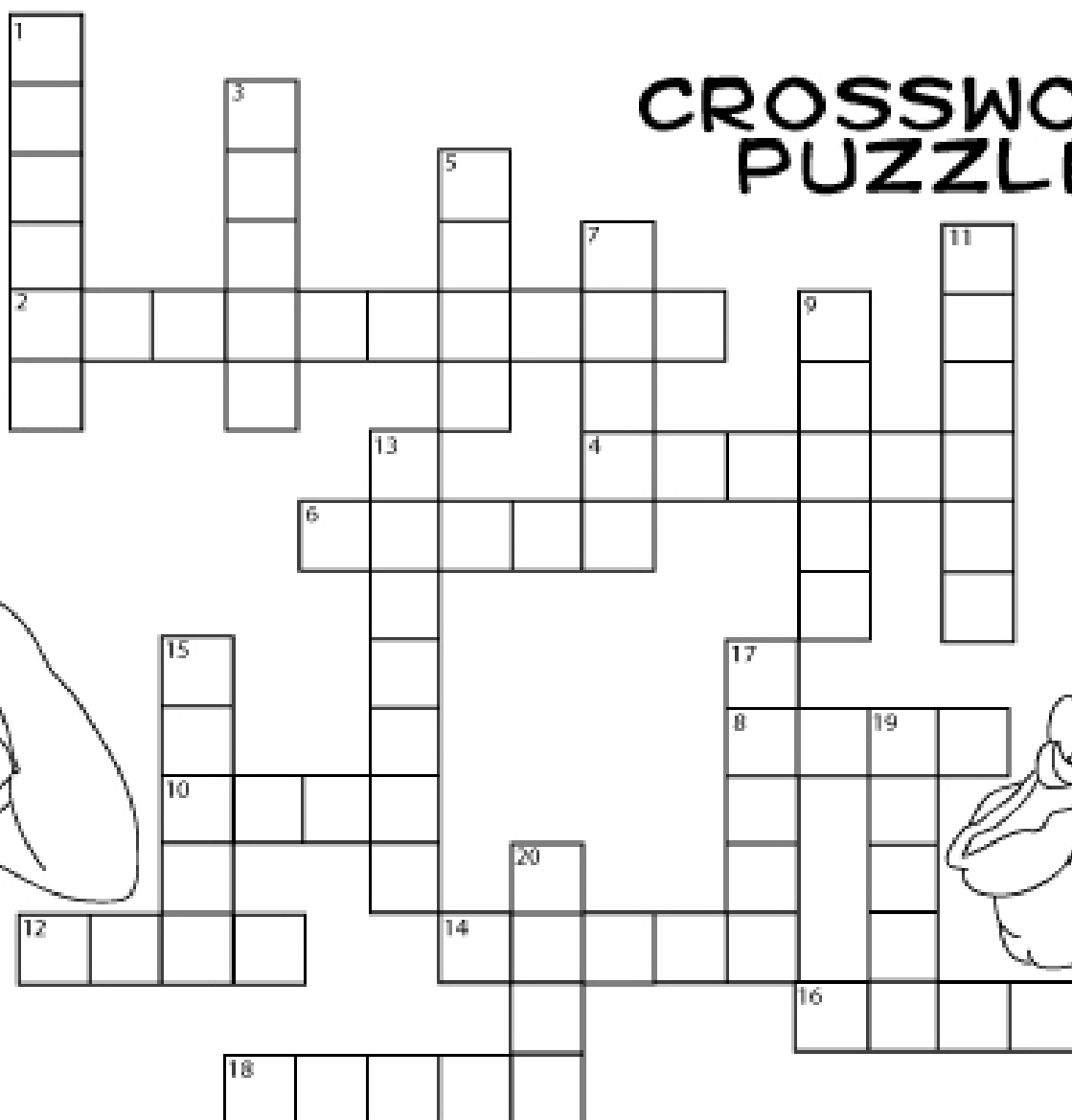
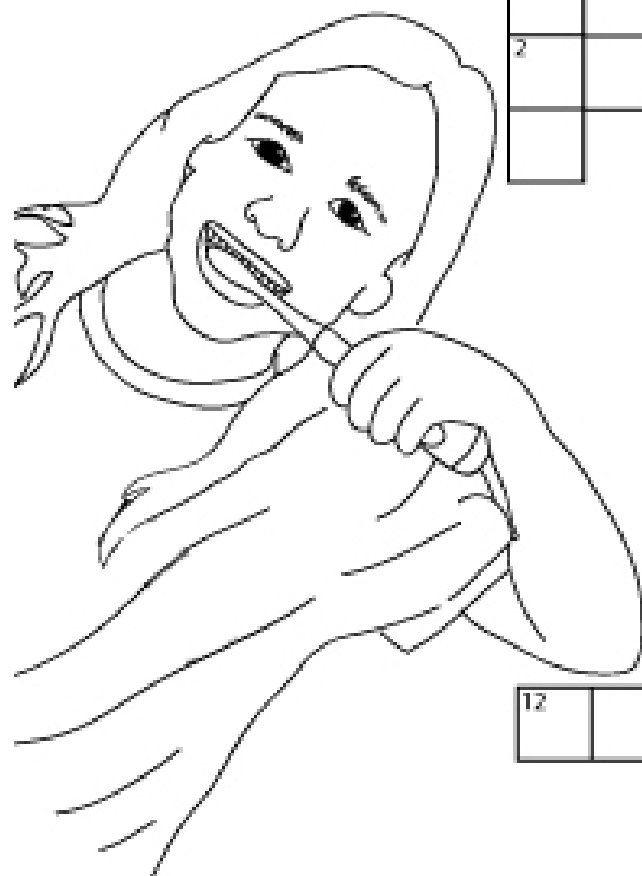


**NOT EVERYONE CAN SEE IT, BUT YOUR DENTAL TEAM CAN**  
Book your appointment today!

Tips: Relax your gaze on the pattern and allow your eyes to drift out of focus. Give the image time to form and then try to look around it without snapping back into normal focus. It might be easier to trick your eyes by bringing the picture to your nose and easing it away without refocusing your eyes.



# CROSSWORD PUZZLE



## Across

- 2 The \_\_\_ likes to leave a gift under your pillow when you lose a tooth.  
 4 Drinking milk will make your teeth \_\_\_\_.  
 6 You chew food with your \_\_\_\_.  
 8 Drinking \_\_\_ will give you strong bones and teeth.  
 10 Going to the dentist will make sure you have healthy teeth and \_\_\_\_.  
 12 Everyone should take good \_\_\_ of their teeth.  
 14 Crest and Colgate are types of tooth \_\_\_\_.  
 16 Teeth help you \_\_\_ your food.  
 18 Eating too much \_\_\_ is not good for your teeth.

## Down

- 1 When a tooth has decay it is called a \_\_\_\_.  
 3 The dentist is a \_\_\_ doctor.  
 5 The \_\_\_ machine takes pictures of your teeth.  
 7 You need to \_\_\_ your teeth at least twice each day.  
 9 Use \_\_\_ to clean in-between your teeth.  
 11 You lick an icecream cone with your \_\_\_\_.  
 13 The doctor who checks your teeth is called a \_\_\_\_.  
 15 Candy has too much \_\_\_ which is bad for your teeth.  
 17 Taking care of your teeth will give you a beautiful \_\_\_\_.  
 19 Kids like to \_\_\_ and play outside.  
 20 These are the first teeth in your mouth which are called \_\_\_ teeth.

## WORD BANK

SUGAR  
TEETH  
X-RAY  
CHEW  
GUMS

DENTIST  
CARE  
SMILE  
CAVITY  
TOOTHFAIRY

BABY  
PASTE  
LAUGH  
BRUSH  
STRONG

TOOTH  
CANDY  
TONGUE  
MILK  
FLOSS

Stay super!

# BEAT DIABETES

WORLD HEALTH DAY  
7 APRIL 2016 | #DIABETES

## WE Day 2016

Before flying off to attend the 2016 WE Day, the Go! Students for Positive Change group fundraised over \$4000 dollars! This year they are again planning to donate any additional funds they have to the Friendship Inn of Saskatoon.

During their time in Saskatoon they volunteered at the Friendship Inn. While there, they performed tasks such as making sandwiches and serving lunch to visitors.

The following day was the WE Day event. The students were able to meet up with some of their friends and had an amazing day!



“It was a wonderful feeling to be in a room with 15000 people that share the same goal: to make the world a better place.” - Lily, age 12

“My trip to We Day was pretty good. I was happy to help the Friendship Inn the day before We Day.” - Zander, age 11

“We Day was such an inspiring experience! The celebrity speakers, plus the crowd full of excited kids, made it a truly unforgettable day. It helped me realize that we don't need to be famous to make a difference, and small gestures can have a huge impact. Instead of focusing on what I couldn't do, I started to see the things that I could do.” - Hannah, 14







## Did you know?

Soft drinks—even the sugar-free ones—contain acid that erodes tooth enamel. If you must, drink them quickly and use a straw to avoid extended contact with your teeth.

## Celebrate Spring!

>>Adapted from: <http://www.evergreen.ca/>

Get the kids connected and playing in nature with these activities that you can do at home!

### 1. Roasting Apples

Do a fire-building session where the kids cut up apples and roast them on a stick over the fire they have made. Or at home, you can wrap your apple in tin foil, sprinkle some butter and cinnamon in it and roast it in your oven. The house will smell so delicious even without that lovely campfire-scent.

### 2. Seed Balls

For those who love to watch the birds and squirrels play we have a yummy snack recipe that will keep them happy all year-round. How you do it: mix soil, clay, water and seeds of any kind all together then form it into a ball and throw it in your garden. Watch for your seeds to grow.

### 3. Nature Detectives

Create a list of 10 things to find on a big walk outside. These can be as specific or general as you like (for example, you can find something fuzzy or find a dogwood branch). This is a fun way to get kids of all ages to interact with Nature and work on their identification. To help your nature detective you can also put together a Nature Explorer Kit.

## Make a Nature Explorer Kit



Get your kids outside exploring nature with their own nature kit. They're sure to find amazing treasures that they'll be excited to share with you.

You can easily make this popular do-it-yourself nature kit with things around the house.

Here's what you need:

- Clear containers or jars for small insects and spiders
- Several small plastic bags for collecting plants, fungus, rocks
- String
- Magnifying glass
- Sewing tape measure
- Field or tracking guide (birds, trees, plants, insects, mushrooms)

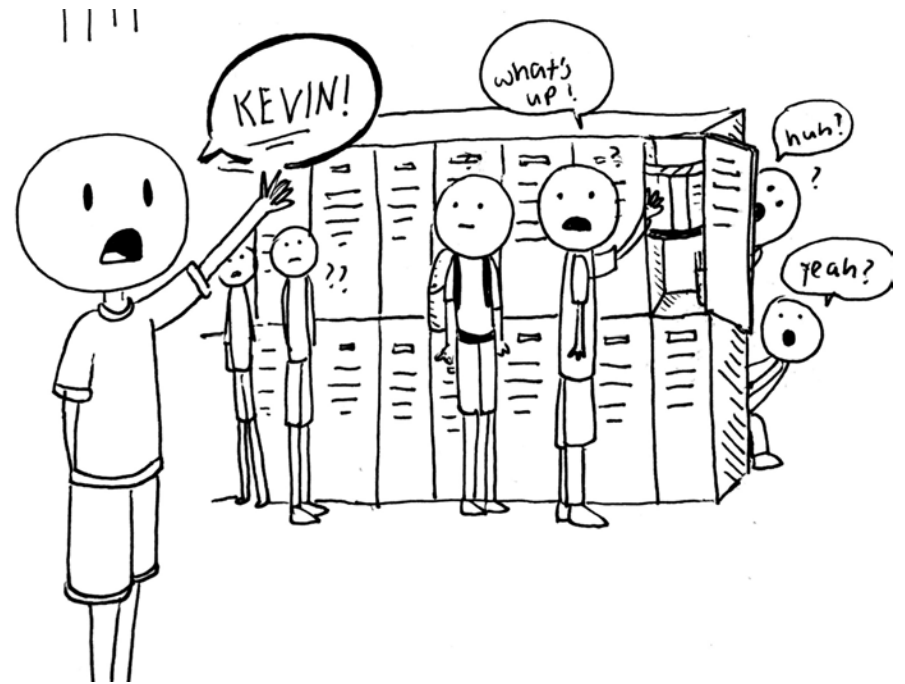
Now send them out to explore nature and see what they'll bring back from their adventures!

## Mistake Proofing - Wristband ID

If you've been to the health facility in Stony Rapids recently, you may have been given a wristband for identification.

This is part of our first mistake proofing project that is currently happening at the facility. We are trying to find the best way to avoid any client mix-ups so that anyone who comes to the health facility is kept safe and given the proper treatment.

This is part of our two patient identifiers system. Wristbands will now be part of providing care at AHA.



Why Is This Important? For every 100 people that register at the Stony facility, 8 of those people share the same first & last name with someone else! This means that every month, 22 people have a chance of being wrongly identified, leading to risks for harm & waste for patients, clients, providers & the system as a whole.

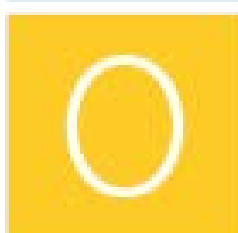
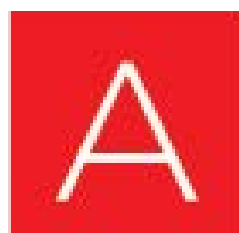
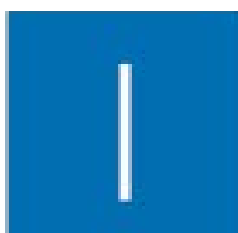


Wristbands are used in nearly all health facilities for identification.

Client identification is the first step in a long series of procedures designed to keep people safe when they enter the facility.

Whether it is a large city hospital with a busy trauma center or a small facility specializing in long-term care, staff need to know which clients are getting what treatment. And they need that information in the quickest and most convenient way possible.

Keep an eye out for more mistake proofing projects at AHA. We are dedicated to improving your care!



National  
Immunization  
Awareness  
Week

Don't Wait, Vaccinate!



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

## WHAT'S IN YOUR MOUTH?

There are 26 words hiding in this puzzle. Some are easy to find, but some aren't. That's exactly like your mouth, where you can't always see what's between your teeth or under your gums. But your dentist can, so make sure to open wide and help your dentist find whatever's there... or even better, nothing at all!

BICUSPID  
 BITE  
 BRACES  
 CAVITY  
 CHEW  
 CLEAN  
 DECAY

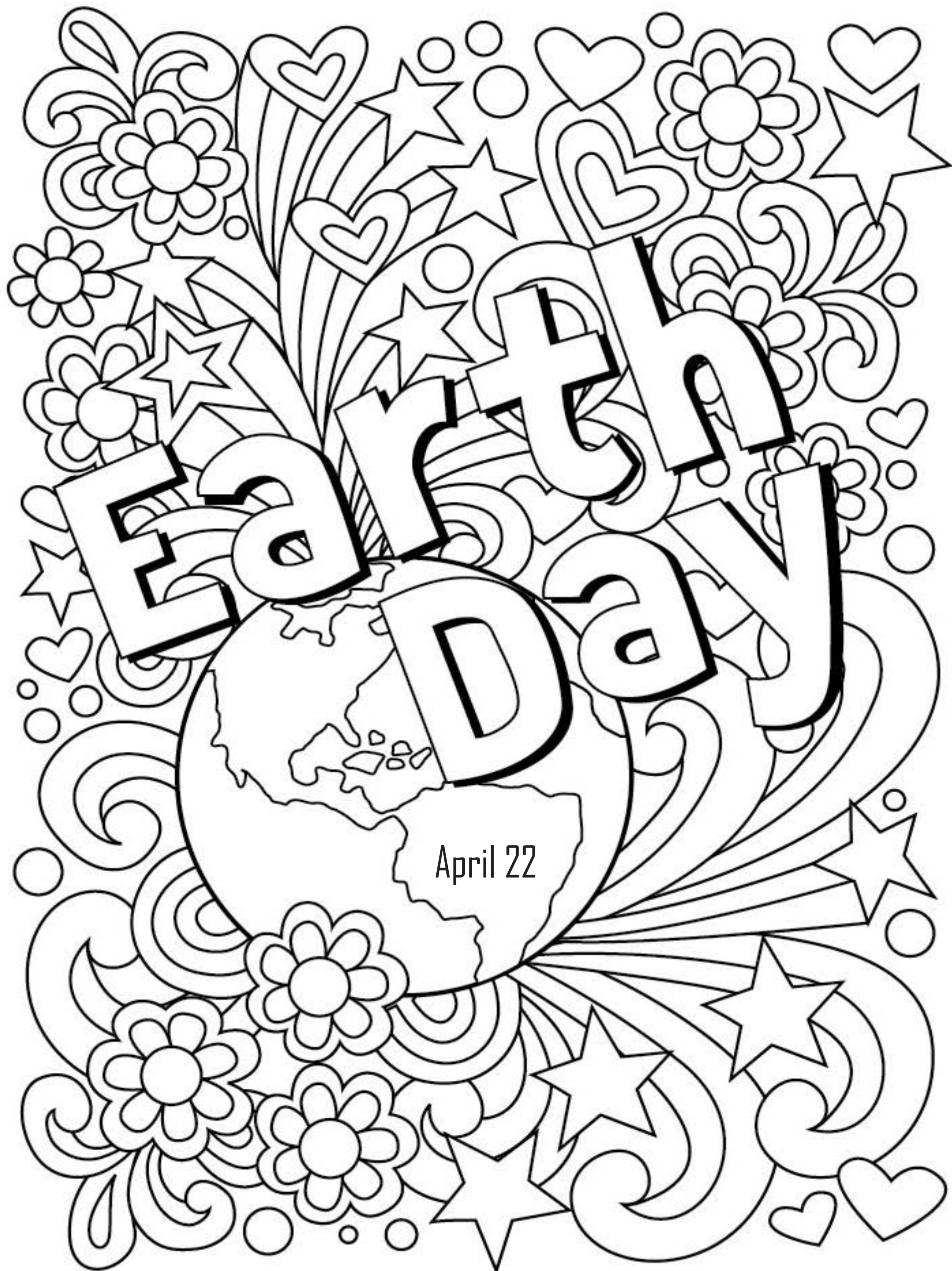
DENTIST  
 FAIRY  
 FLOSS  
 FLUORIDE  
 GRIN  
 GUMS  
 HEALTHY

MOLAR  
 MOUTH  
 RINSE  
 SEALANT  
 SMILE  
 TASTE  
 TEETH

TONGUE  
 TOOTH  
 TOOTHBRUSH  
 TOOTHPASTE  
 X-RAY











Canadian  
Cancer  
Society

Société  
canadienne  
du cancer

# 10 ways to reduce your cancer risk

Did you know that about half of all cancers can be prevented?

Learn about the impact of cancer and how to reduce your risk with **It's My Life!**



## 01 Be a non-smoker

Quitting smoking is the best thing you can do for your health. Within 10 years of quitting, an ex-smoker's risk of dying from lung cancer is cut in half. If you don't smoke, do your best to avoid smoke. No amount of second-hand smoke is safe.

## 06 Practise sun safety

In Canada, sunlight is strong enough to cause skin cancer. Stay in the shade, wear protective clothing, a wide-brimmed hat and sunglasses and apply sunscreen properly. Also, don't use tanning beds! Tanned skin is damaged skin.



## 02 Have a healthy body weight

Besides not smoking, having a healthy body weight is one of the best things you can do to prevent cancer. Check with your doctor about what a healthy body weight is for you and how you can work toward it.

## 07 Ask about vaccines

Hepatitis B infection increases your risk of liver cancer. HPV infection can lead to cervical, penile and other cancers. Check with your doctor about whether a hepatitis B or HPV vaccine is a good idea for you.



## 03 Eat well

Enjoy a variety of vegetables and fruit every day. Limit red meat and avoid processed meat. Eat lots of fibre. Eating a healthy diet can help reduce your cancer risk.

## 08 Test for radon

Radon is a colourless, odourless, tasteless radioactive gas found naturally in the environment. About 16% of lung cancer deaths in Canada are related to indoor radon. Test your home for radon by buying a test kit and take steps to lower radon levels if needed.

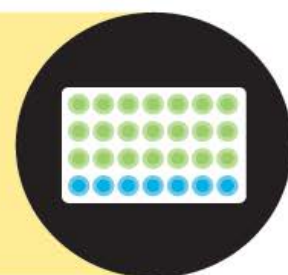


## 04 Move more and sit less

Aim for 30 minutes of daily activity that gets your heart going each day to help protect against cancer. Too much sitting is different from not enough physical activity and can also increase your cancer risk. Try to take frequent, short breaks from sitting.

## 09 Be aware of hormones

Taking hormone replacement therapy for menopause or the birth control pill increases the risk of some cancers and decreases the risk of others. If you're concerned, talk to your doctor about the risks and benefits.



## 05 Limit alcohol

It's sobering news, but drinking any type or amount of alcohol increases your risk of developing cancer. The less alcohol you drink, the more you reduce your risk of cancer.

## 10 Get screened

Screening tests help find cancer before you have any symptoms and even help prevent cancer by finding changes in your body that would become cancer if left untreated. Find out about organized screening programs for breast, cervical and colorectal cancers in your area.



Find out more about **It's My Life!** and ways to reduce your cancer risk at **[itsmylife.cancer.ca](http://itsmylife.cancer.ca)** or call **1-888-939-3333**.





# Look in a Book

“All men who have turned out worth anything have had the chief hand in their own education.” -Walter Scott.

# READING CHALLENGE



Enter To Win A  
Kobo Aura H2O

kobo

← TITLES GO HERE

- A book based on a fairy tale or legend ☐ \_\_\_\_\_
- A book recommended by someone else ☐ \_\_\_\_\_
- A mystery ☐ \_\_\_\_\_
- A book about a road trip ☐ \_\_\_\_\_
- A book about a culture you are unfamiliar with ☐ \_\_\_\_\_
- A book with a blue cover ☐ \_\_\_\_\_
- A book written by a celebrity ☐ \_\_\_\_\_
- A self-improvement book ☐ \_\_\_\_\_
- A book that takes place in Canada ☐ \_\_\_\_\_
- A book that was written before you were born ☐ \_\_\_\_\_
- A science-fiction or fantasy novel ☐ \_\_\_\_\_
- A book that has been or is being made into a movie ☐ \_\_\_\_\_

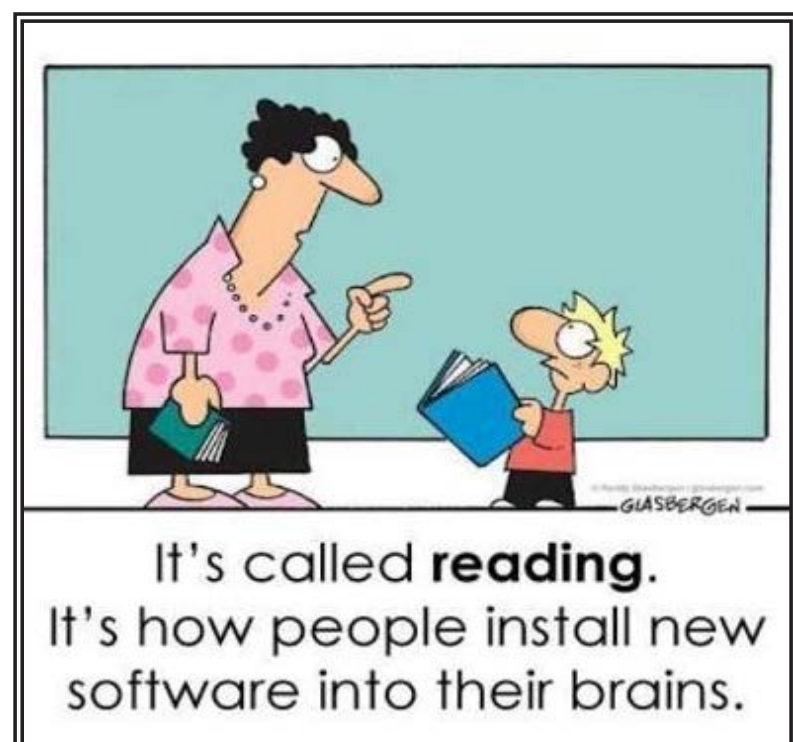
## Contest Rules

Send a photo of your completed list, with the qualifying titles for each task filled in, to [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) or mail the list to:

AHA Health Promotions - Pamela Huerto  
PO Box 124  
Black Lake, SK S0J 0H0

by **June 30, 2016** to be entered in a draw to win a Kobo Aura H2O! This e-reader is waterproof, has a built-in light, and can borrow books from the public library!

And for you multi-taskers who found titles that ticked more than one box: well done! It's A-OK to use the same book for multiple categories.





# APRIL IS AUTISM AWARENESS MONTH



## Did you know . . . ?

- **Autism** is a complex developmental disability that generally appears before the age of 3.
- **Autism** impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function. Individuals with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities.
- **Autism** now affects 1 in 68 children.
- Boys are nearly five times more likely than girls to have **autism**.
- There is no medical detection or cure for **autism**.
- An early diagnosis followed by early intervention provides the best opportunities for a child with **autism**.

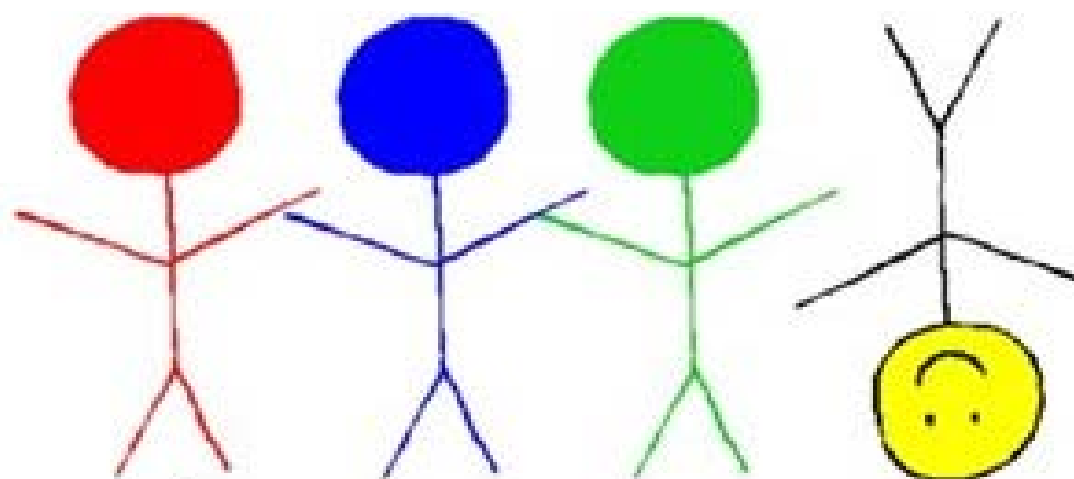
LIGHT  
IT UP BLUE  
Shine a light on  
AUTISM AWARENESS



inkhappi.com

Saturday, April 2nd, 2016 was  
World Autism Awareness Day!

Light It Up Blue! is a campaign to bring awareness to Autism Spectrum Disorder. Thank you to all those in the community who showed their support for individuals with autism by wearing blue or picking up a blue glow stick necklace!



Embrace Differences



# ? TEETH TRIVIA? ? ?

1. Which animal has the greatest number of teeth?  
A) Dog B) Cat C) Pig D) Armadillo E) Snail
2. Number of yards of dental floss the average person buys a year  
A) 18 B) 50 C) 100
3. What percentage of Canadians regularly see a dental professional  
A) 50% B) 74% C) 90%
4. Number of teaspoons of sugar in a regular can of pop?  
A) 5 B) 8 C) 10
5. An elephant grinds down its own molars how many times in its lifetime?  
A) 1 B) 6 C) 10
6. The toothbrush was first patented when?  
A) 1600's B) 1700's C) 1800's
7. What's the average amount the Tooth Fairy pays per tooth?  
A) 25 cents B) \$2 C) \$1
8. Which is the more popular toothbrush colour? Red or blue?  
\_\_\_\_\_
9. Average amount of time most people brush?  
A) 30 seconds B) 60 seconds C) 90 seconds
10. In the news – what dental product was recently used to facilitate a jail break?  
\_\_\_\_\_
11. The largest mammal on earth has no teeth. What is it?  
\_\_\_\_\_
12. How many types of bacteria make up dental plaque  
A) 25 B) 300 C) 3000
13. Mummies have been found in Egypt with tooth fillings  
True or False
14. The first toothbrushes were tree twigs.  
True or False
15. George Washington's false teeth were made of wood?  
True or False
16. One of the ingredients ancient Romans used to make a paste to clean their teeth was honey.  
True or False
17. Irene Newman became the world's first dental hygienist in what year?  
A) 1890 B) 1905 C) 1925
18. What animal will go into the open mouth of a crocodile to clean its teeth?  
\_\_\_\_\_
19. Percentage of Canadian adults with a history of cavities.  
A) 50% B) 75% C) 96%
20. Percentage of Canadians that have not seen a dental professional in the last year.  
A) 55% B) 26% C) 30%
21. Is there someone whose job includes squeezing Prince Charles's toothpaste onto his toothbrush.  
Yes or No
22. At birth the only fully developed human organ is the tongue.  
True or False
23. The average woman smiles how many times a day?  
A) 25 B) 50 C) 62
24. Which actress was voted as having the 2012 best smile in Hollywood?  
A) Halle Berry B) Julia Roberts C) Jennifer Lopez
25. The average toothbrush has how many bristles?  
A) 200 B) 1000 C) 2000

3x Triple bonus points - ODONTALGIA means what?

## ANSWERS

1. E. Snail | 2. A) 18 – Should be 122 | 3. B) 74% | 4. B) 8 | 5. B-6 | 6. C) 1800's – H.N. Wadsworth got the first patent for an American toothbrush in 1857 | 7. B) \$2 – 1950 was 25 cents. In 1988 it was \$1.00. | 8. Blue | 9. C) 60 seconds (recommended minimum 2 minutes) | 10. Braided dental floss | 11. Blue | 12. B) 300 | 13. True | 14. True | 15. False – Gold Human Teeth, hippopotamus tusk, elephant ivory | 16. True – Honey and eggshells | 17. B) 1905 | 18. A bird | 19. C) 96% | 20. B) 26% | 21. Yes – the royal valet | 22. True | 23. C) 62 | 24. C) Jennifer Lopez | 25. C) 2000 | Triple bonus points – ODONTALGIA means toothache

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G.U.M.  
HEALTHY GUMS. HEALTHY LIFE.™

TD

**JOIN THE FIGHT**  
SUPPORT CANADIANS  
LIVING WITH CANCER



**APRIL IS THE MONTH TO FIGHT BACK**

Join the fight. Wear a daffodil. Find a pin location near you. [fightback.ca](http://fightback.ca)



## News Flash

### New Staff Member

Marie Arcand, Housekeeper



### New Staff Member

William Jun Wu, Human Resources Manager



### Farewell To

Vince Vandale, Addiction Worker



### Farewell To

Jessica Miller, Human Resources Manager



## Nutrition Month Events - Pam Huerto, Dietitian

Thank you for coming out to the nutrition events hosted at your local Northern stores! Nearly 300lbs of split red lentils were given out between the communities of Fond du Lac, Black Lake & Stony Rapids.

If you enjoyed the food samples that were given out, check the AHA Facebook page for recipes!

I really enjoyed meeting you all!

Thank You: To AHA for supporting this event & supplying the lentils and food samples, to the Northern stores for bringing in the lentils (at a discount) & allowing us to host the events in-store, and to Canadian Lentils for supplying the cookbooks & information sheets.



## Saskatchewan Prevention Team Visits

Kate Dunn & Travis Holeha from the Saskatchewan Prevention Institute visited the AHA communities from March 21-24th.

During their time here, they visited the health centres in Stony Rapids, Black Lake, & Fond du Lac.

Each community was given three beautiful new car seats in order to safely transport children of all sizes! Staff were also trained on how to properly use & install the car seats.

saskatchewan  
**preventioninstitute**  
our goal is **healthy** children



# What is Electronic Medical Records (EMR)?

Electronic health care brings all the old paper-and-film aspects of medical records and information – from X-ray images to your prescription history – into the digital world. That means a complete electronic record of your medical history can be made readily available to doctors, specialists and other clinicians involved in your treatment and care.



EMR gives your healthcare team, a quick & clear picture of your medical information so they will be able to give you the best care possible!

Electronic medical record (EMR) software is the computer software healthcare professionals use to collect, manage and store your medical information. The digital equivalent of the old paper files and charts that used to be kept in an office cabinet. Now, details about the care you receive from a family doctor, specialist, nurse, dietician or other health provider is captured electronically using EMR software. This makes accurate, clear and concise information about your health care status available to all members of your health care team.

## For Clients:

Electronic health records are already having a positive impact on patient care across the province. Patients will notice a difference in their health care experience through:

- Improved care through safer, more accurate and complete information shared among all health care providers.
- Reduced wait times for laboratory test results and clinical diagnosis.
- Improved security of confidential health information through modern, encrypted data protection systems.
- More opportunities to participate in your care. For example, your care provider could show you a graph & discuss your data with you.



## For Healthcare Providers:

For healthcare providers, the impact of electronic medical records is far reaching, allowing care givers to improve the services they provide through:



- Immediate, accurate, secure access to client medical information.
- Rapid access to a wide array of data ranging from lab reports and test results, medication records, and digital diagnostic images.
- Ability to coordinate and share data, when appropriate, among all AHA health centres.
- Reduced potential for adverse drug interactions due to electronic prescribing and record-keeping.
- Improved practice efficiencies through automated workflows.
- More time to focus on clients.

AHA is currently working on implementing an EMR system! A data governance committee has been formed to ensure data is handled securely, and various healthcare team members are tailoring the system to your needs & being trained in how to use it.



## Upcoming Events:

### STONY RAPIDS

- April 4&5th - Motivational Interview Training
- Saturdays - Recreation Nights - 7:00pm @ Stony Rapids School gym

### BLACK LAKE

- Mondays - AA Meetings 7:00pm-9:00pm
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm

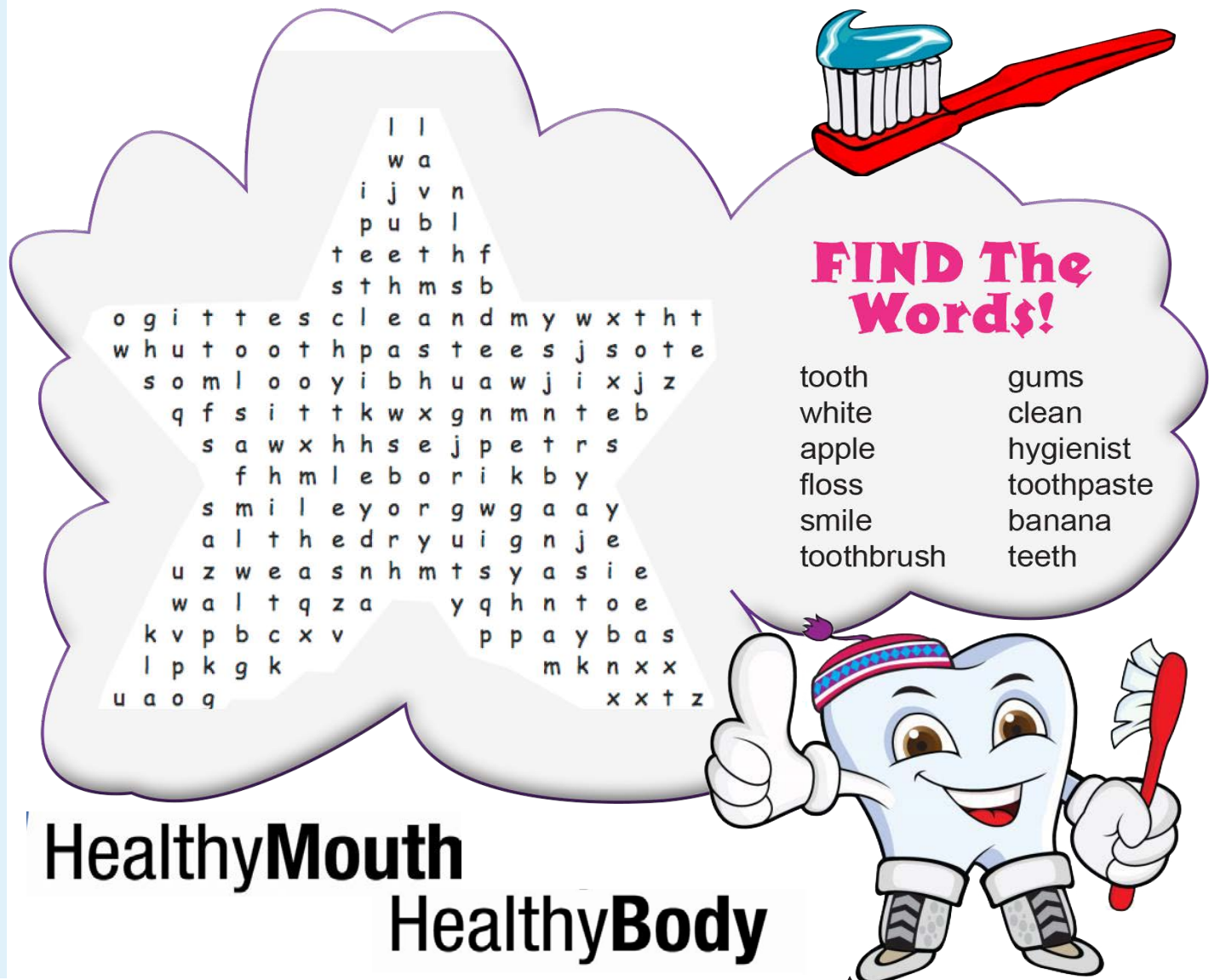
### FOND DU LAC

- April 6&7th - Motivational Interview Training
- Women's Group - Mondays

### URANIUM CITY

### CAMSELL

For Oral Health Month, your dental therapists will be making smoothies at your school!



**FIND The Words!**

tooth	gums
white	clean
apple	hygienist
floss	toothpaste
smile	banana
toothbrush	teeth

**HealthyMouth**  
**HealthyBody**

## Cooking on a Budget

### Caribou Stew (Time: 45 min prep & and 2 hours to cook)

#### Ingredients:

- 1 Tbsp oil (\$0.19)
- 1 1/2 lbs caribou meat (local)
- 1 large onion, chopped (\$0.88)
- 2 stalks of celery, chopped (\$0.88)
- 3 small carrots, chopped (\$0.80)
- 2 medium potatoes, chopped (\$2.06)
- 3 cups of water (free)
- 1 cup red lentils (optional - free if you got a bag)
- 1 can of tomato or cream of mushroom soup (\$1.25)
- 2 Tbsp of flour or cornstarch (pantry)
- 1/2 cup cold water (free)
- Salt & pepper to taste (pantry)



Caribou is high in iron. Iron is important for healthy blood and for energy.

If you got lentils from our nutrition month events, add some to the stew!

Total cost: \$6.06 Cost per serving (Serves 8): \$0.78

>> Item prices from Stony Rapid stores - Recipe adapted from Qamanituaq Cooks

#### Directions:

- 1 Cut the meat into small chunks.
- 2 Pour oil into a pot and place on the stove on a medium-high heat. Add the chunks of meat. Cook until brown, stirring occasionally. Add more oil at any time, if necessary.
- 3 Add onions to the pot and fry until golden brown.
- 4 Add celery, turnip, carrots, potatoes, water, lentils and soup. Stir well.
- 5 Cover the pot and turn up the heat until the stew begins to boil. Turn the heat down to low and let the stew simmer for one to two hours. Stir occasionally. Add more water at any time, if necessary.
- 6 Mix the flour or cornstarch with the cold water. Make sure there are no lumps. Add this mixture slowly to the stew and stir well until the stew is thick. Add salt and pepper to taste.

Per 1 cup (without lentils) : 200 Calories; 21 g Protein; 5 g Fat; 17 g Carbohydrate; 5 mg iron  
(with lentils): 35 g Protein; 7.5mg iron; 4g Fibre

