

Northern Health



AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS006

May 2016



Photo by William Wu - Carnival

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

Keep Your Family's Eyes Healthy

Vision loss can happen to anyone, at any age. In fact, 1 in 7 Canadians will develop a serious eye disease in their lifetime.

The good news is that 75% of vision loss is preventable or treatable. Preventive measures and early detection of eye disease significantly lowers your risk of vision loss.

Protect your families' vision health, by getting regular eye exams! And if you have diabetes be sure to get an eye exam once a year as it is a crucial part of your health care.

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

Pam Huerto - phuerto@athabascahealth.ca / 306-439-2647

Riddle of the Month

A cowboy rides into town on Sunday. He stays 3 days & leaves on Sunday.

How is this possible?

His horse is named Sunday.

Dene Word of the Month

senaghé

my eyes



Trivia of the Month

Is a peanut a real nut?

Peanuts actually grow underground, as opposed to nuts like walnuts, almonds, etc. that grow on trees. Peanuts, along with beans and peas are legumes. Legumes are edible seeds enclosed in pods.

In this issue:



We celebrate Vision Health Month! Check out our recipe for healthy eyes.



Bike Safety Week is May 15-21st. Dust off that bike & enjoy the warmer weather!



AHA had it's first mini 5S project. Check out the results in Kaizen Corner.

Q.I. Kaizen Corner

Last month, the community services team at AHA took on their first mini 5S project.

The area chosen was a room that is used by the therapists (Occupational Therapist, Physical Therapist, Speech Language Pathologist & Behavioural/Autism Consultant) that visit the basin every month.

The team first assessed the room using a scoring tool that captures many of the dimensions of quality (e.g. patient and client centeredness, effectiveness, safety, etc.) & gave it a score of only 0.3 out of 3!

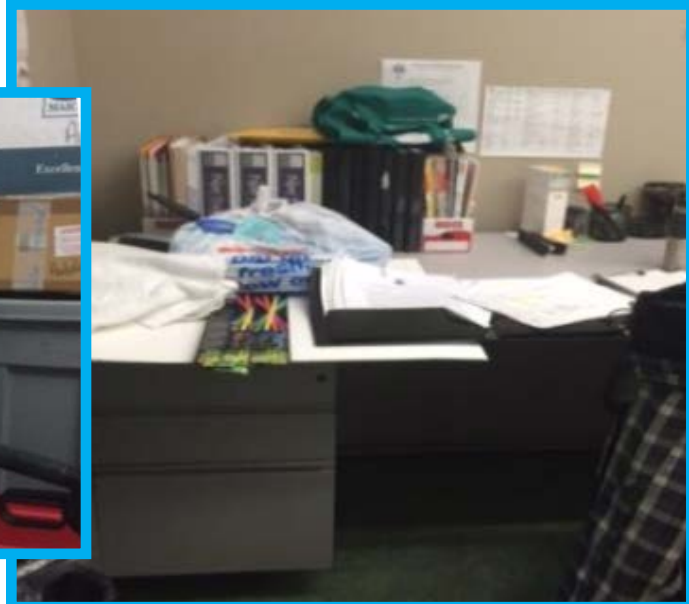
Definitely potential for improvement. The current state of the room was not very useable for the therapists & it wasn't very inviting for clients.

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

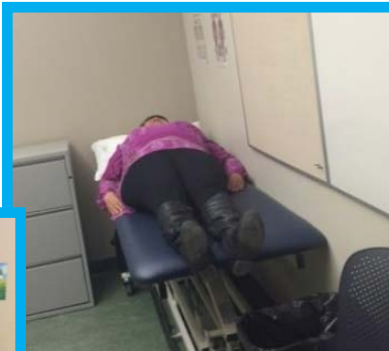


{:before}



But with some hard work & some kaizen skills, the team was able to transform the space into a room that suits the needs of therapists & clients. They also identified some tasks that still need to be followed up on (all this great work was done in only 2 days). A great big thank you to everyone who helped with the project!

{:after}



5S stands for Sort, Simplify, Sweep, Standardize, & Sustain!

The 5S method helps a workplace remove items that are no longer needed (**sort**), organize the items to optimize efficiency and flow (**simplify**), clean the area in order to more easily identify problems (**sweep**), implement color coding and labels to stay consistent with other areas (**standardize**) and develop behaviors that keep the workplace organized over the long term (**sustain**).

If you are an AHA staff member & know a space that could benefit from such an event to talk to

AHA Featured Team Member



Audrey Johnson, Nurse Practitioner (NP)

I started my nursing career in 1979 at Kamsack, SK where I was born. I grew up on a farm near Pelly, SK. Over the years I enjoyed work as a Registered Nurse (RN) in small rural hospitals to Emergency/ICU wards in the city and now in the north in Primary/Acute care.

During these years, I raised a family with my husband in Leask, SK. I have three daughters and one son, a daughter-in-law, a son-in-law and now.....six grandchildren!

In 2005 I decided to go back to school and in 2008 I passed my Canadian Nurse Practitioner Exam. A nurse practitioner is a registered nurse who manages the care of clients and their families, within a primary health care team. The RN(NP) performs a holistic health assessment to reach a diagnosis or a number of differential diagnoses. This diagnosis can be confirmed by the ordering, performing, receiving and interpreting of diagnostic data, such as blood work, x-ray, urinalysis, etc. Once the diagnosis is confirmed a treatment plan is made with the client. The RN(NP) can prescribe and dispense medication for common medical problems and consult with the doctor or pharmacist as needed. Referrals and consultations with specialists and doctors within the primary care team can also be done by the RN(NP). The NP designation also allows me to do minor surgical procedures, such as suturing, incision and drainage, and irrigation of wounds.

I currently work in the Athabasca Health Facility, Fond du Lac clinic and Uranium City clinic as an Independent Contractor.

I love caring for people, getting to know the community and being a team member of the Athabasca Health Authority. Visiting with my co-workers and sharing a few laughs (or a few tears) makes my day. A friendly wave from a community member while walking home from work gives me a good feeling! My advice to all nurses, "If you don't enjoy it, don't do it!"you have to love what you do to be a great nurse!

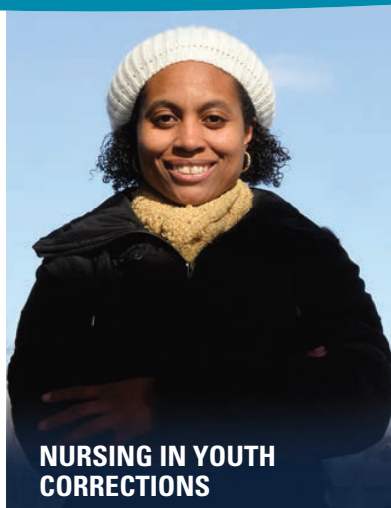
NURSES: WITH YOU EVERY STEP OF THE WAY



FORENSIC NURSING



NURSE PRACTITIONER



NURSING IN YOUTH
CORRECTIONS



NURSING EDUCATION



NURSING IN PRACTICE
AND POLICY

NATIONAL NURSING WEEK 2016

#NNW2016 MAY 9-15

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Do you need a vitamin?

For most people, eating the types and amounts of food recommended by the food guide provides you with the vitamins and minerals your body needs.

For some people, specific supplements are recommended to meet nutrient needs.

Women of childbearing age

All women who could become pregnant should take a multivitamin containing 400 µg (0.4 mg) of folic acid every day to help prevent neural tube defects. This is a birth defect that affects the baby's brain, skull or spine. If neural tube defects occur, they happen during the first month of pregnancy. That's why it's important to take folic acid supplements before you get pregnant.

Folic acid needs are also increased for pregnant and breastfeeding women and these women should also take a multivitamin containing folic acid every day.

Iron needs also increase during pregnancy and so your prenatal vitamin should provide 16 to 20 mg of iron.

Vitamin D

Vitamin D is known as the "sunshine vitamin" yet Northern Canadians can't make enough of this nutrient during winter or, any time of year if sun exposure is limited. Ask your healthcare professional if Vitamin D is right for you.

Men and women over the age of 50

In addition to following Canada's Food Guide, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU). Vitamin D is important for bone strength.

Vitamin B12 may not be absorbed by people over 50 years of age. Vitamin B12 is necessary for making red blood cells and ensuring normal nerve function. Eating foods fortified with vitamin B12 or taking a daily supplement providing at least 2.4 µg of vitamin B12 is recommended for adults over 50.

Postmenopausal women should choose a vitamin and mineral supplement that does not contain any or much iron, for example a supplement made for seniors. A high iron intake, from iron supplements for example, may be associated with iron overload.

What a BEST BITE MULTI Should Contain	
Vitamin A	no more than 4,000 IU
Beta Carotene	no more than 6,000 IU
Vitamin C	60-1,000 mg
Vitamin D	400 IU or more
Vitamin E	30-100 IU
Vitamin K	don't rely on a multi (most have none)
Thiamin (B-1)	1.2 mg or more
Riboflavin (B-2)	1.3 mg or more
Niacin (B-3)	16-35 mg
Vitamin B-6	2-100 mg
Folic Acid	no more than 400 mcg
Vitamin B-12	6 mcg or more
Calcium	don't rely on a multi ¹
Iron	no more than 10 mg ²
Phosphorus	no more than 350 mg
Magnesium	50-350 mg
Zinc	8-23 mg
Copper	0.9-10 mg
Selenium	20-105 mcg
Chromium	35 mcg or more

¹ **Men:** your multi should have no more than around 200 mg of calcium.

² **Premenopausal Women:** your multi should have 14 to 18 mg of iron.

Note: "or more" doesn't mean that a nutrient is safe at any dose, but that levels in multivitamins probably aren't high enough to cause harm.

*You need over 50
different nutrients for good health.
Eating a variety of nutrient-rich foods is the best way
to get the nutrients that you need for health.*

Multivitamins are not recommended to prevent chronic diseases. You may need a multivitamin if you are not getting enough vitamins or minerals from your diet. Multivitamins only help to supplement vitamins and minerals. They do not provide energy, protein, or fibre that you get from food. Multivitamins should not be used to replace healthy eating.

May is
Food Allergy
Awareness Month



Forest Fire Smoke and Your Health

>>Adapted from: NITHA Public Service Announcement



Northern community residents need to take care and be mindful of the air quality while enjoying the summer. With distant fires, or even fires in neighbouring provinces, we can have smoke conditions in our communities. Forest fire smoke can have an effect on our health, especially if we already have lung problems.

During any forest fire season in small northern communities, it is wise to be prepared in case fire becomes an immediate threat in your community – pack one change of clothing, personal toiletries, and health card for each family member to have ‘at the ready’, and be sure you are not running low on your medication.

How do I protect myself?

During a severe smoke event:

- Reduce or avoid strenuous outdoor activities – especially if you experience symptoms such as coughing and throat irritation. Children, elders and those with pre-existing medical conditions, such as heart and respiratory disease, should be especially careful;
- Keep doors and windows closed – if cooling is needed, use a fan or air-conditioning, if available;
- Remain indoors during times that there is smoke in the air;
- Don't smoke and avoid exposure to second hand smoke;
- Don't use wood stoves, gas stoves, and even candles. Don't fry or broil food. These can make the indoor air quality worse;
- When you are in your car or truck, keep the windows closed and put the air system on 'recirculate' so you don't suck smoky air inside;
- If you have neighbors, friends or relatives who live alone, check periodically to make sure they are okay. Elders and people with heart or lung conditions may get sick from the smoke;
- Listen to your local radio station for updates;
- If you are experiencing increasing symptoms, more than irritation in the eyes, nose or throat, call the HealthLine at 811, or see your local health worker;
- Visit HealthLine Online at www.healthlineonline.ca for advice on symptoms and precautions. HealthLine is available 24/7 across the province at 811 (land line) or 1-877-800-0002 (from cell phone).

Getting loud means speaking up to stop the discrimination and the stigma that often go hand in hand with mental illness. It means using your voice to raise awareness and build support.

For someone at home. For someone at work. For yourself.

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK MAY 2-8, 2016

#GETLOUD

GET LOUD to maintain positive mental health.
GET LOUD to get it back.

We all want to be healthy and happy. No one can be truly healthy without positive mental health. It involves how we feel, think, act and interact with the world around us. Mental health is about coping with the normal stresses of life and making a contribution to our community. Ask for help or seek advice from a professional—give your mental health the attention it needs and deserves.

Visit
MentalHealthWeek.ca to
GET LOUD
 for mental health

Your path to mental well-being

Positive mental health isn't about avoiding problems or trying to achieve a "perfect" life. It's about living well and having the tools to cope with difficult situations even during life's challenges.

Each person's path to mental well-being is unique. We all have our own goals, our own challenges, our own talents and our own supports. But positive mental health is within everyone's reach.

Staying mentally healthy is like staying physically fit—it requires effort.

But the rewards are worth it! Everyone has to face stresses and demands, but we all need and deserve breaks. Daily physical exercise, for instance, not only makes you stronger and more fit, but it also improves your mood and your sense of well-being.



**Canadian Mental
 Health Association**
Mental health for all

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support their recovery from mental illness.

Taking charge of your mental well-being

SEEK THE HELP OF A PROFESSIONAL

- If you have a mental health concern, speak with your doctor
- If you need direction in your work life, speak to a career counsellor or human resources expert and make a career plan
- To repair relationships with loved ones and friends, talk to an expert and work through any issues
- For financial challenges, contact a financial planner or debt advisor

POSITIVE MENTAL HEALTH TIPS

- Talk to your doctor if you are experiencing problems with your mental health
- Contact your local CMHA branch at cmha.ca
- Check with your employer: many Employee Assistance Plans (EAPs) and benefit plans will provide access to counselling services
- Reach out to people you trust: personal connections are some of the most powerful healing tools for combatting depression
- Live well: a healthy lifestyle can boost your mood

RESOURCES

While family and friends are important supports, here are other sources of information and inspiration that can help:

- Websites of reputable mental health organizations such as CMHA (cmha.ca), the Mental Health Commission of Canada (mentalhealthcommission.ca) and the Canadian Alliance on Mental Illness and Mental Health (camimh.ca)
- Books about specific mental health problems
- Audio and video resources
- Courses and workshops offered through community centres, schools and universities
- Seek out people you admire for their ability to find balance

How CMHA can help

Every year, CMHA's remarkable cross-Canada team of more than 10,000 staff and volunteers provides more than half a million Canadians with vital services and support.

Contact your local CMHA, or other community mental health organization, to learn more about support and resources in your area.

For more information on mental health programs and services in your community or to donate to CMHA, visit our websites: cmha.ca and mentalhealthweek.ca.

Mental Health Week is a

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

initiative

**WORLD
HYPERTENSION
DAY**

May 17, 2016

Hypertension is the leading risk factor for disease burden worldwide

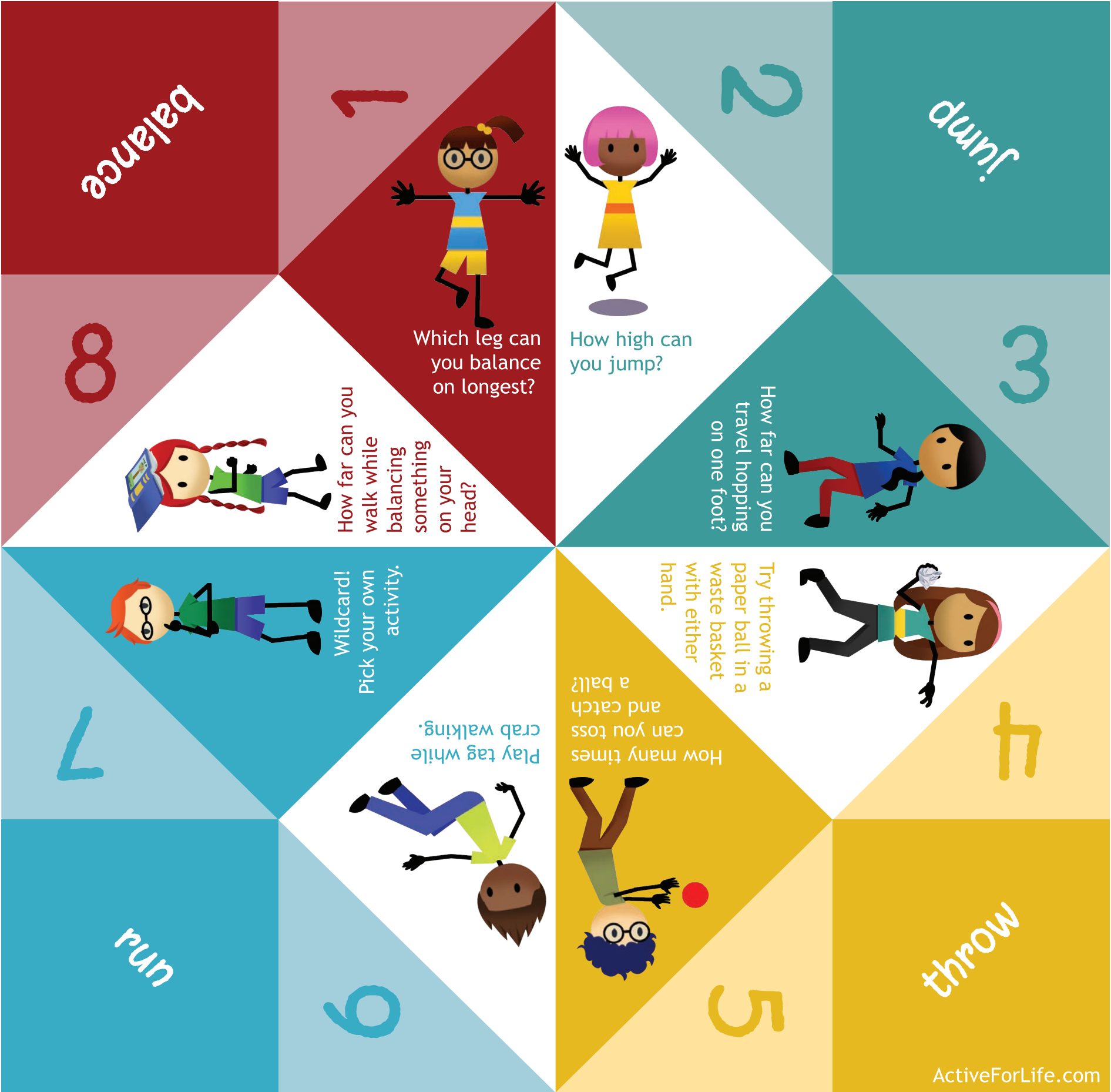
- #1 cause of disease burden in developed countries.
- #2 cause of disease burden (after tobacco) in developing countries.
- #1 cause of stroke and heart failure.
- #2 cause of heart attack.

Source: World Health Organization. A global brief on hypertension: silent killer, global public health crisis. World Health Day 2013. Report, 1-39. 2013. Geneva, Switzerland, World Health Organization

Healthy attitudes can help combat hypertension

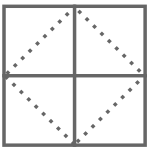
- Eating a healthy diet
- Reducing salt content in the diet
- Increasing physical activity
- Maintaining a healthy weight
- Maintaining a healthy attitude towards alcohol intake

Source: Committee on Public Health Priorities to Reduce and Control Hypertension in the U.S. Population, Institute of Medicine of the National Academies. A Population-Based Policy and Systems Change Approach to Prevent and Control Hypertension. Report, v-173. 2010. Washington, DC, USA, National Academies Press.

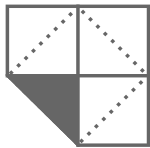


✂ cut along edge of game

How to fold



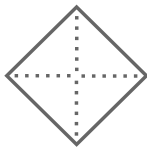
Cut the game out and place face down.



Fold all corners to the centre.



You now have a square.



Turn the square over.



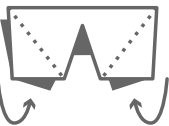
Fold corners to the centre to make a small square.



Like this.



Crease the paper lengthwise and then widthwise.



Insert fingers



Start playing!

How to play

Take our active challenge tip: Go head to head with a friend for even more fun.

BIKE SAFE

MAY THE HELMET BE WITH YOU

This year's theme is:

**BICYCLE SAFETY
WEEK**



**MAY 15-21
2016**



Hey Kids! If you're spotted wearing a helmet while riding your bicycle, you might get your name entered in a draw to win a brand new fat tire bicycle or a sweet Star Wars helmet!
May the Helmet Be With You!

**SWEET
CONTEST**
Alert!



**I Care
about
You**

May 7th Child & Youth Mental Health Day
CELEBRATING 10 YEARS

**HAPPY
MOTHERS
DAY**

KEY

5 – Green	10 – Yellow	16 – Purple	14 – Blue
8 – Pink	13 – Orange	9 – Red	

IN CANADA, ABOUT 2/3 OF SENIORS AND 1/2 OF ADOLESCENTS ARE INJURED EACH YEAR IN **FALLS**

4 OUT OF **5** CANADIANS IN THEIR LIFE WILL SUFFER FROM **LOWER Back Pain**

50,000 CANADIANS have a **STROKE** EVERY YEAR

PHYSIOTHERAPY
WE CAN HELP YOU WITH THAT

MAY IS NATIONAL PHYSIOTHERAPY MONTH

AHA Featured Team Member



Alistair Wilson, Physiotherapist

Alistair started visiting the Athabasca Health Authority as a Physical Therapy Consultant beginning in October 2015. He provides 3 ½ days of clinical service per month. To date his visits have been divided between the Fond du Lac, Black Lake and Stony Rapids communities. Alistair provides clinics out of the community health centers to all age groups, to assist in managing patient conditions when referred by doctors and nursing staff.

Born and raised in the UK, Alistair immigrated to Canada in the early 1980's and moved to a small rural Saskatchewan farming community with his family. When he finished high school he moved to Saskatoon to attend University.

Alistair completed undergraduate degrees from the University of Saskatchewan in Physical Education and Physical Therapy, and is a Certified Athletic Therapist. Alistair has completed extensive post graduate training in Orthopaedic Physical Therapy and holds a Diploma of Advanced Manual and Manipulative Physiotherapy. Alistair has extensive experience working in primary care and functional rehabilitation. He was a partner in a Regina clinic for 12 years before switching his focus to teaching and starting his own practice and consulting business from Regina. He has worked closely with both amateur and professional sports teams and athletes for over two decades, and has been an assistant trainer with the Saskatchewan Roughriders for the past 22 seasons.

Alistair is currently a Mentor & Instructor with the Canadian Physiotherapy Association Orthopaedic Education Division, and holds a position with The University of Saskatchewan College of Medicine Community Faculty, as a Clinical Lecturer in the Department of Academic Family Medicine.

Alistair lives in Regina with his wife and two boys age 14 and 12. With his family he enjoys to travel and camp, and hopes to bring his family to the Athabasca region soon to experience its vastness, beauty and culture.

Alistair's strengths are in treating Musculoskeletal (bone, muscle and joint) injuries but he also works with neurological and respiratory conditions as they may also impact your ability to function. Physical Therapy plays an important role in health promotion and the treatment of injury and disease. Physical therapists teach patients how to improve or take care of their injuries or conditions, so they can participate normally (or to the best of their ability) in as many activities as possible.

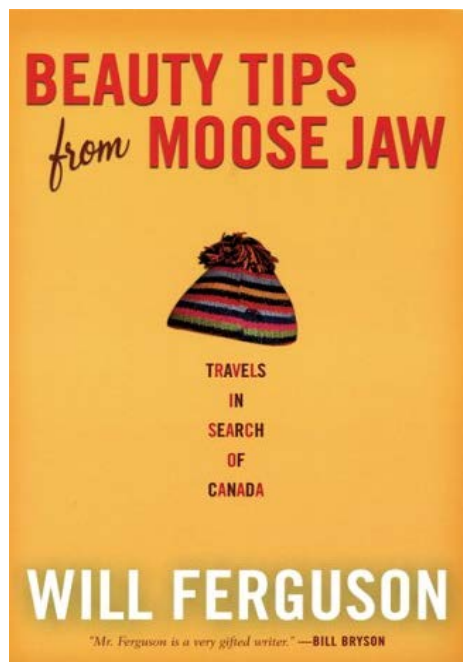
If you think physical therapy might be able to help you, please speak to your doctor or nurse. Remember to stay active and have fun!

Look in a Book

“The purpose of a good education is to show you that there are three sides to a two-sided story.” -Stanley Fish

Are you participating in the reading challenge? Get a form from the AHA facebook page to join us!
You could win a Kobo Aura H20 e-reader + sleep cover!

Adult Non-Fiction



Beauty Tips from Moose Jaw: Travels in Search of Canada - Will Ferguson

Canada's number one humorist, has written a funny, idiosyncratic, and warmly humane book full of sly observations and witty stories culled from his travels. Will Ferguson spent the past three years crisscrossing Canada. In a helicopter above the barren lands of the subarctic, in a canoe with his four-year-old son, aboard seaplanes, and along the Underground Railroad, Will's travels have taken him from Cape Spear on the coast of Newfoundland to the sun-dappled streets of old Victoria.

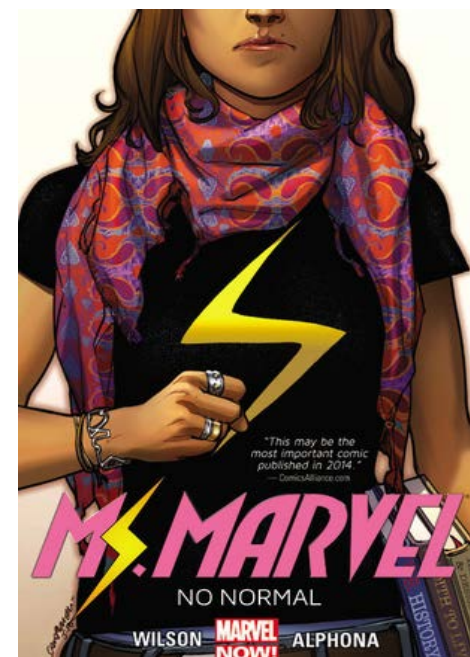
Reading Challenge Tip: This book takes place in Canada AND is about a road trip.

Graphic Novel

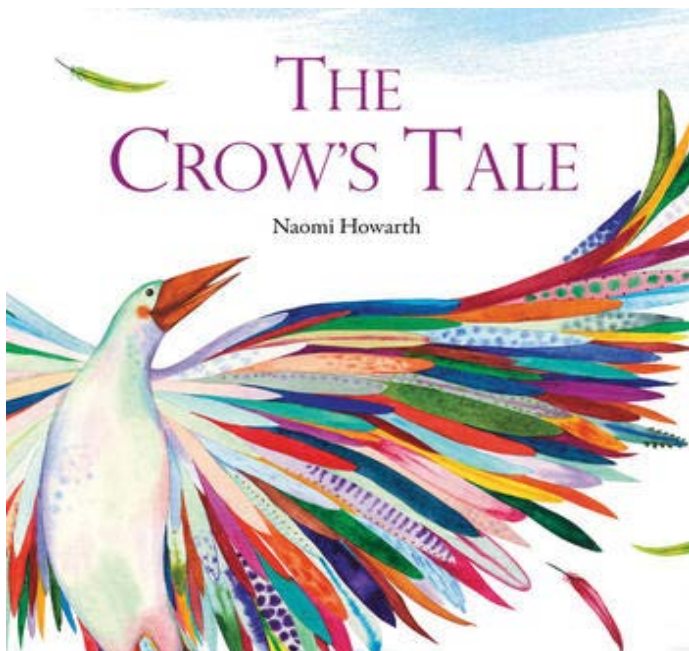
Ms. Marvel Vol.1: No Normal

Kamala Khan is an ordinary girl from Jersey City — until she's suddenly empowered with extraordinary gifts. But who truly is the new Ms. Marvel? Teenager? Muslim? Inhuman? Find out as she takes the Marvel Universe by storm! When Kamala discovers the dangers of her newfound powers, she unlocks a secret behind them, as well. Is Kamala ready to wield these immense new gifts? Or will the weight of the legacy before her be too much to bear? Kamala has no idea, either. But she's comin' for you, Jersey!

Reading Challenge Tip: This might be a book with a character who comes from a culture you're unfamiliar with. (Muslim/East Indian)



Young Readers



The Crow's Tale - Naomi Howarth

In the dark depths of winter, snow is falling and the animals are freezing and famished. Brave Crow sets out on a dangerous journey to find the Sun, and beg for warmth. Will Crow succeed, and what will happen to his colourful rainbow feathers?

Inspired by a Lenape Native American legend, this beautiful debut picture book shows how courage and kindness are what really matter.

Reading Challenge Tip: This book is based on a legend!

Rainy days: Ways you can get your kids active outside anyway

>> Adapted From: <http://activeforlife.com/get-kids-active-on-rainy-days/>

- 1 Puddles. It's all about the puddles. Jump in puddles, jump over puddles, jump around puddles. Kids might even like watching patterns in the water while their friends jump in puddles.
- 2 Watch and follow water rivers as they run down the street.
- 3 Splash each other.
- 4 Make paper boats and sail them in a really big puddle.
- 5 Catch raindrops on your tongue. Then try catching them on your hands. Or fingertips. Or toes. Or nose. (Kids won't realize, but they'll be developing their balance, overall body coordination, and sensory development.
- 6 Play a favourite sport in the rain. (But don't forget the rain will make things slippery)
- 7 Have a shower. If it's raining hard enough and you have a safe, biodegradable soap, put on a swimsuit and wash your hair.
- 8 Water plants. Carry the houseplants outside and let them get a breath of fresh air and a big delicious drink of rainwater.
- 9 Go for a hike. Yes, this one means there's definite adult involvement, but if you dress for the weather everything will be fine.
- 10 Make mud pies.
- 11 Play in the sandbox. It'll be a whole new adventure with the rain coming down.
- 12 Go to the playground. Of course, be careful around equipment that might be dangerous if slippery, but enjoy the novelty of being the only family there.
- 13 Look for earthworms.
- 14 Dance. Put your favourite song in your pocket (to protect it from the rain, of course), listen to the beat of the raindrops, and dance your heart out. If Gene Kelly can do it, so can you.
- 15 Try an animal activity and jump like a frog, fly like a robin, waddle like a duck.
- 16 Blow bubbles. There's something really cool about watching them pop (or not) while the rain falls.
- 17 Rain doesn't mean everyone is stuck indoors. Some of the most fun my kids have is when they're stomping through puddles, playing in the mud, and getting soaking wet on the rainiest of days. Which brings me to our family's final tip: Dry off with the big pile of towels that your oh-so-well-prepared parents remembered to leave waiting for you at the front door.



FOOT HEALTH AWARENESS MONTH

THE DOS & DON'TS FOR DIABETIC FOOT CARE

DIABETIC FOOT CARE DOS

CARING FOR YOUR FEET



Inspect your feet daily, including the bottoms, for cuts, blisters, redness, swelling or nail problems.



Regularly moisturize your feet to avoid itching or cracking.



Get periodic foot exams from a foot and ankle surgeon to prevent complications – they can reduce risk of amputation by 45-85 percent.

A STEP EACH DAY CAN HELP KEEP PROBLEMS AT BAY



Keep the blood flowing to your feet; wiggle your toes and move your ankles for 5 minutes, 2-3 times a day.



Shake out your shoes and feel for objects inside before wearing; you may not feel a small foreign object when your shoe is on your foot.



Maintain healthy blood sugar levels; out-of-control blood sugar levels can lead to nerve cell damage.

DIABETIC FOOT CARE DON'TS

A DEGREE OF PREVENTION

Never use heating pads, hot water bottles or electric blankets; you can easily burn your feet without noticing.



Don't put your feet in hot water – test with your hand first.



Don't try to remove corns or calluses – visit your foot and ankle surgeon for appropriate treatment.



TIPS FOR SAFE STROLLING

Don't wear tight, elastic or thick, bulky socks.



Don't let your feet get wet in snow or rain – wear warm socks and waterproof shoes in the winter.



Don't walk barefoot, even at home! You can easily get a scratch or cut.



CHARCOT FOOT

Charcot Foot is a weakening of the bones and joints that occurs in people with significant nerve damage (neuropathy).

SYMPTOMS INCLUDE:

swelling, redness, heat, insensitivity of the foot, with or without pain.

WHAT TO WATCH FOR...

Keeping blood sugar levels under control can help reduce the progression of nerve damage in the feet.

Check both feet everyday and see a foot and ankle surgeon immediately if you notice signs of Charcot Foot.



American College of
Foot and Ankle Surgeons®
Proven leaders. Lifelong learners. Changing lives.

News Flash

FASD Prevention and Motivational Interviewing (MI)

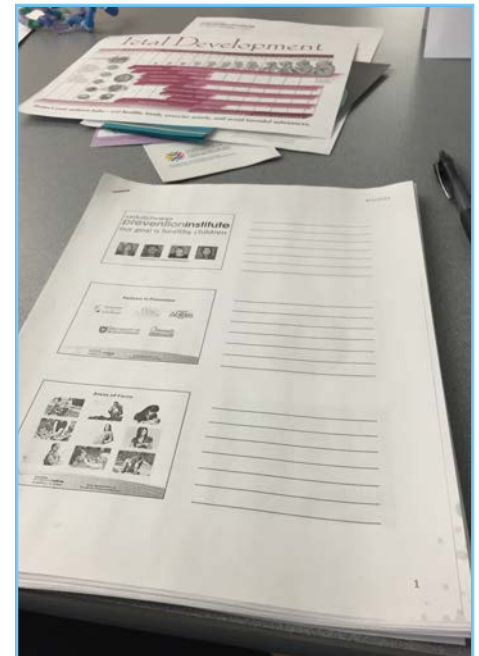
The Saskatchewan Prevention Institute sent out two trainers (Marlene Dray & Bev Drew) to host sessions on Motivational Interviewing in the basin. The first session was held April 4-5th & had 13 attendees from Black Lake & Stony Rapids. The second session was held April 6-7th in Fond du Lac and had 12 attendees.

Motivational Interviewing (MI) is a conversation about making changes.

Many people who come to the health may already be worried about their health or something else. They just don't know where to start to make a change. MI tries to "unstick" people. MI helps people figure out:

- what they need and want
- what kind of life/health they really want to have
- how that's very different from the life they may be living now

Motivational interviewing helps a person see the thoughts and feelings that keep the "unhealthy" behaviors going. MI helps people to develop new ways to think. This helps behavior change. MI helps people recognize their own skills and strengths and that they can make choices for themselves.



Go! Students for Positive Change - Update

The students ended up with \$1700 left over from their fundraising, and donated it to the Saskatoon Friendship Inn!



Farewell to Mr. Travis Fern, Housing / Maintenance Operator. While we will miss you and have fond memories of working with you, we wish you well and hope you attain all the success you deserve.

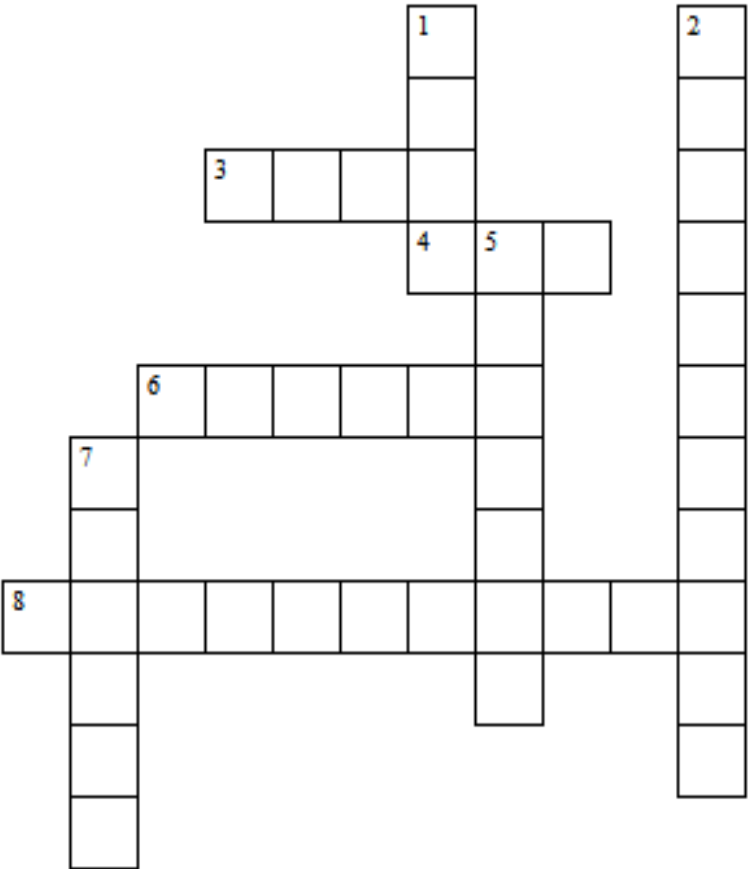


May 5th is STOP! Clean Your Hands Day.

Working together to stop the spread of infection.



#pledgecleanhands
handhygiene.ca



Clues

Across

- 3. There are ____ moments of hand hygiene.
- 4. Stop Clean Your Hands Day is ____^{5th}
- 6. You should perform Hand hygiene ____ contact with the patient of patient environment.
- 8. ____ is the most effective way to reduce preventable healthcare associated infections.

Down

- 1. When washing your hands with soap, use ____ water.
- 2. You should perform hand hygiene after contact with the patient of patient ____.
- 5. You should perform hand hygiene before an ____ procedure.
- 7. Healthcare associated infections affect more than 220000 people every year, and cause 8000-12000 ____.

www.handhygiene.ca



Find these words hidden in the box:

HAND HYGIENE

WASHING

ALCOHOL BASED HAND RUB

PREVENTABLE

INFECTION

CLOSTRIDIUM DIFFICILE

TRANSMISSION

PATIENT SAFETY

MRSA

VRE

ASEPTIC

ENVIRONMENT

BEFORE

AFTER

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

Upcoming Events:

- STONY RAPIDS
- Tues & Thurs - Exercise Class - 7:00pm @ Stony Rapids School Gym
 - 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
 - Child Health Fair - Weds. May 11th

- FOND DU LAC
- Mondays - Women's Group
 - Thursdays - AA Meetings 6:00-7:00pm @ the Clinic Boardroom

- URANIUM CITY
- CAMSELL



- | | | | |
|-------------|---------------|-----------------|-------------|
| ASTIGMATISM | CORNEA | LASHES | OPTOMETRIST |
| CATARACTS | DOUBLE VISION | MYOPIA | PINKEYE |
| COLOR BLIND | EYELID | NEARSIGHTED | PUPIL |
| CONJUNCTIVA | FIELD OF VIEW | OPHTHALMOLOGIST | RETINA |
| CONTACTS | GLASSES | OPTIC NERVE | SCLERA |

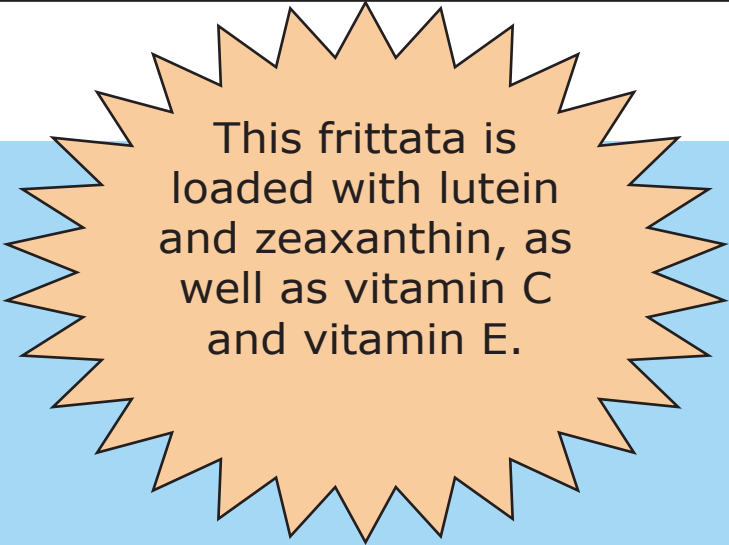


Healthy Cooking on a Budget

Dill & Spinach Frittata

Ingredients:

- 3 eggs (\$1.28)
- 1 tbsp 1% or skim milk (\$0.06)
- ½ orange bell pepper, diced (\$1.62)
- 1 green onion, chopped (\$0.30)
- ¼ cup fresh or frozen chopped spinach (\$0.99)
- 1 tbsp olive oil (\$0.38)
- 1 tbsp fresh dill or 1 tsp dried dill (\$0.22)
- Salt and pepper (pantry)



Total cost: \$4.85 Cost per serving (Serves 2): \$2.43
>> Item prices from Stony Rapid stores - Recipe adapted from <http://cnib.ca>

- 1 Whisk together eggs, milk, dill, salt and pepper and set aside.
- 2 Saute pepper and onion in 1 tbsp olive oil for 1-2 minutes over med-high heat in a non-stick pan. Add frozen spinach and continue cooking until spinach has thawed and cooked. Reduce heat to low and add egg mixture, ensuring that vegetables and eggs are evenly distributed in the pan.
- 3 Cook on low heat until top of frittata begins to cook, approximately 5 minutes. Ensure that the bottom does not burn. Flip frittata by placing a plate over top of pan, flip the pan and slide frittata back into pan and cook on low for another 1-2 minutes. Alternatively, place an oven-proof pan in oven and broil on low for 3 minutes or until top of frittata is cooked.
- 4 Remove from heat and let sit for 10 minutes. The frittata can also be enjoyed at room temperature or even cold the next day.

A Recipe for Healthy Eyes

Eyefoods ingredients: Eggs, orange pepper, green onion, spinach, olive oil

