

# Northern Health

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

IS009

August 2016

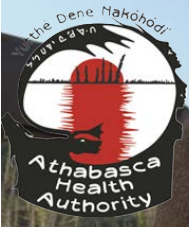


Photo by William Wu

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

## Tradition of Breastfeeding

Breastfeeding is the natural way of feeding babies for humans of every ethnic and cultural background. Canada's First Nations peoples traditionally breastfed their babies for 3 to 5 years.

With the dramatic changes that have been experienced by Aboriginal peoples over the past 200 years, from living situations to the increased availability of non-traditional foods (including formula) and the cultural shifts away from the traditions of the past, breastfeeding went from being the norm to being less common.

Let's restore the tradition of breastfeeding in our communities.

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

Why did the mouse do his homework on a plane?

Because he wanted a higher education.

### Dene Word of the Month

**setsuné**  
grandma



### Trivia of the Month

**Which animals have chins?**

A chin is a protrusion at the front of the mandible bone, which only humans and elephants have.

## In this issue:



International Breastfeeding week is August 1-7th!



Stressed out? Take a few minutes to colour and relax. (pg.5)



FREE Training Opportunity for those who work with or are raising children. (pg.3)

# Q.I. Corner

“Quality Improvement (QI) is a range of tools and strategies used to make something better. It's looking for opportunities for improvement, trying new approaches, and adopting them if they work. **Quality** healthcare is often defined as care that is safe, effective, efficient, timely, client and family-centred, and equitable.”

## What is an RPIW?

RPIW stands for Rapid Process Improvement Workshop/Week. This is an improvement process that brings together a team of staff to examine a problem, eliminate wastes, propose solutions and where new ideas are tried out immediately. The process uses the philosophy of continuous, incremental improvement.



During the month of August a team will be preparing for AHA's first Rapid Process Improvement Workshop (RPIW) in the Stony Rapids Health Facility in the area of food services. An RPIW is an improvement workshop meant to pull together multiple employees from the organization with patients and clients to analyze and improve processes. An RPIW has a fundamental operational goal: to create a more reliable, efficient, patient and family centered driven process.

RPIWs provide a great opportunity to focus on specific issues and test small changes intended to make care and services better and safer for patients. It's incredible what can be achieved over the course of a 5-day workshop. However, the end of an RPIW is only the beginning for the staff in that area as they then work to sustain the gains made and continue to build upon those improvements.

## Join Us!

On the final day of the workshop there is a report out that is open to everyone to attend. If you are interested in learning more about this improvement method, what the team tested and tried and what is ultimately better for patients, clients, residents and staff as a result of this event please join us:

**September 2nd @ 1:00pm in the AHA Stony Facility  
main floor multi-purpose room**

### Who Can I Contact?

For more information or to get involved you can contact Taylor with Quality Improvement:

Phone (306) 439-2604,  
Cell or Text: (306) 261-5290 or Email  
[tbassingthwaite@athabascahealth.ca](mailto:tbassingthwaite@athabascahealth.ca)



Register for Your **FREE** Training

For Health Care Workers  
&  
Parents/Caregivers

Learn how to:

- help children succeed
- make creative spaces for children
- give a child what they need for brain growth
- understand stages & patterns of childhood

**CALL 439-2606 TO REGISTER!**

**FOND DU LAC – AUGUST 22 & 23**  
**BLACK LAKE – AUGUST 24 & 25**



There are 1,825 days between the day children are born and the day they go to Kindergarten; there are 1,825 days they are soaking up information.

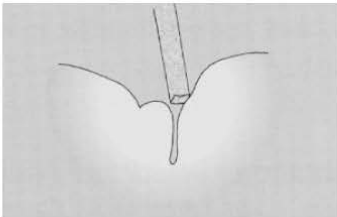
# Seal Out Tooth Decay

## What is a sealant?

A sealant is a clear or shaded plastic material that is applied to the chewing surfaces of back teeth. This is where decay most often starts.

## What does a sealant do?

A sealant prevents tooth decay. It covers the pits and grooves of chewing surfaces and seals out decay-causing food and germs.



Side view of narrow groove on top surface of tooth compared to single toothbrush bristle.

## When should sealants be placed?

Sealants are most useful if they are placed on permanent molars as soon as the teeth come in the mouth.

The first permanent molars grow in between the ages of 5 and 7. The second permanent molars grow in between the ages of 11 and 14.

## How is a sealant placed?

A sealant is placed by a licensed oral health professional. The procedure is simple and painless. It takes only a few minutes. The tooth is cleaned and treated with a solution that allows the sealant to stick to the tooth. Sealants are applied as a liquid and quickly harden to form a shield over the tooth.

**Sealants +  
Fluoride =  
Best Protection  
Against Cavities**

## How long will a sealant last?

Sealants can last for up to 10 years. They can be checked at future dental visits to see if they need to be replaced.

**Black Lake**  
Health Centre Clinic: 284-0038

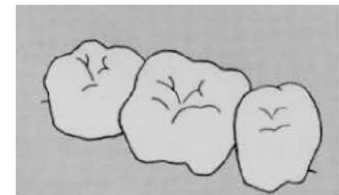
**Stony Rapids**  
School Clinic: 439-2668

**Fond Du Lac**  
Health Centre Clinic: 686-4816  
School Clinic: 686-4828

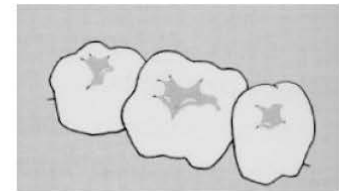
**Uranium City**  
Call Health Centre for next visit

## What about the fluoride?

Fluoride makes teeth more resistant to decay and can repair tiny areas of early decay before they become big cavities. The most common sources of fluoride are toothpaste or fluoridated water. Both sealants and fluoride are recommended for best protection against tooth decay.



Chewing surface of teeth before sealant is applied



Chewing surface of teeth when sealant is applied

Source: Gregory F. George, *Look Mom... No Cavities!*

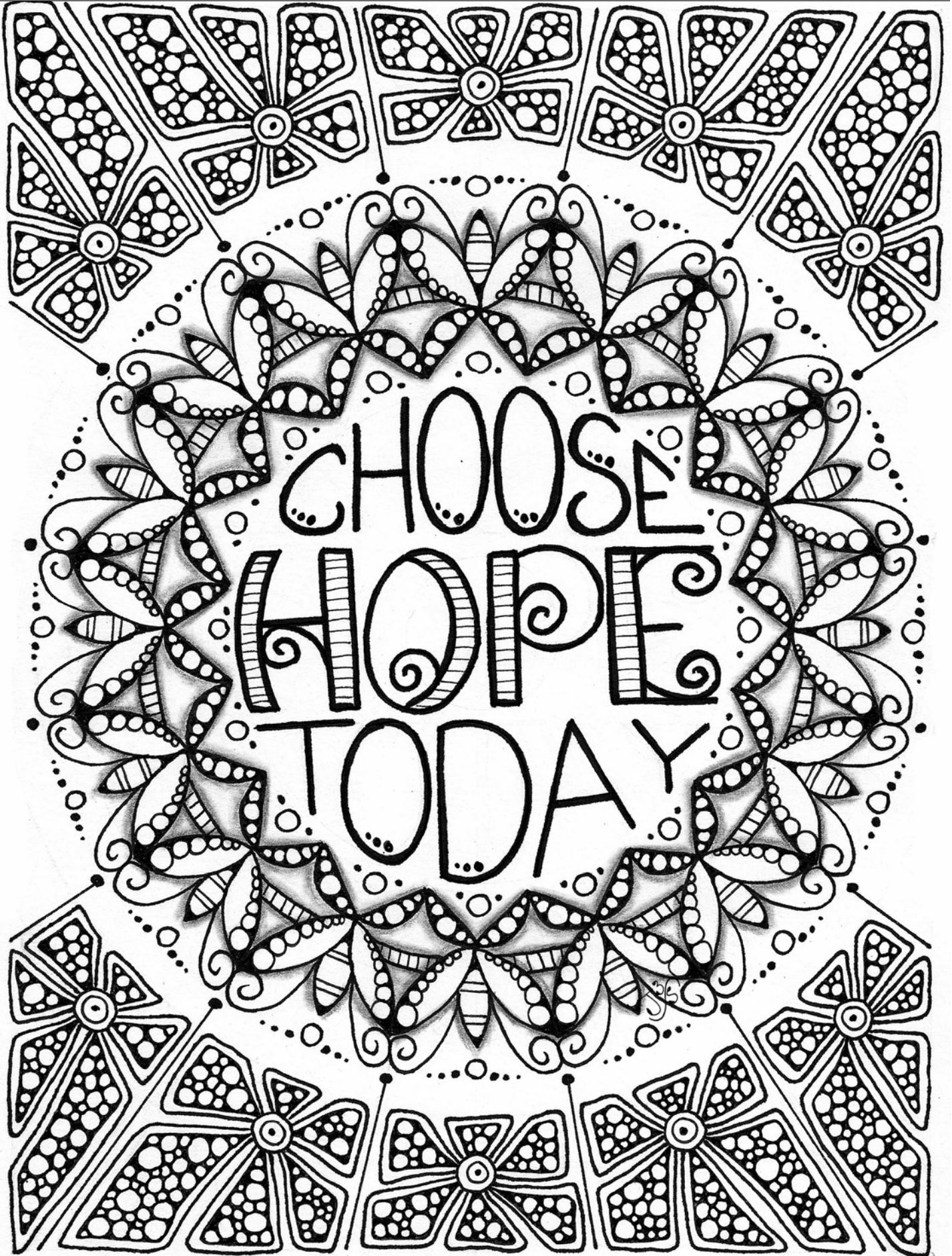


## Did You Know

Ancient Romans rinsed their mouths with urine each day for a whiter smile.

The ammonia helped remove stains left from food and wine.





# INSPIRE THE WORLD'S HUMANITY

Go to [www.worldhumanitariansummit.org](http://www.worldhumanitariansummit.org) to learn all 5 core responsibilities



**WORLD HUMANITARIAN DAY**  
**19 AUGUST #SHAREHUMANITY**

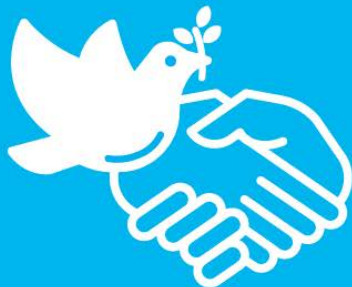


**AGENDA FOR HUMANITY**  
5 CORE RESPONSIBILITIES

#1

## PREVENT AND END CONFLICT

Unless political leaders have the will to prevent or end crises, nothing will change



**AGENDA FOR HUMANITY**  
5 CORE RESPONSIBILITIES

#2

## RESPECT RULES OF WAR

Yes, there are international humanitarian and human rights laws on the books...



### CONFLICTS

- DRIVE -



**HUMANITARIAN NEEDS**



- COST -  
**\$14.3 TRILLION**

- HAVE INCREASED BY -

**10 TIMES**  
SINCE 2000



### LANDMINES AND EXPLOSIVES

2001-2014

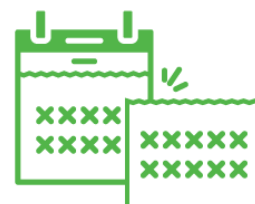
**145,000**  
DEATHS AND INJURIES

1 icon = 1,000



2014

**10**  
CASUALTIES PER DAY



# Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

## Guidelines



For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

### Being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

### Parents and caregivers can help to plan their child's daily activity. Kids can:

- Play tag – or freeze-tag!
- Go to the playground after school.
- Walk, bike, rollerblade or skateboard to school.
- Play an active game at recess.
- Go sledding in the park on the weekend.
- Go "puddle hopping" on a rainy day.

**60 minutes a day. You can help your child get there!**



[www.csep.ca/guidelines](http://www.csep.ca/guidelines)



# WABA | WORLD BREASTFEEDING WEEK

# BREASTFEEDING

## A Key to Sustainable Development

**1** 

Breastfeeding is a natural and low-cost way of feeding babies and children. It is affordable for everyone and does not burden household budgets compared to artificial feeding. Breastfeeding contributes to poverty reduction.

**2** 

Exclusive breastfeeding and continued breastfeeding for two years and beyond provide high quality nutrients and adequate energy and can help prevent hunger, undernutrition and obesity. Breastfeeding also means food security for infants.

**3** 

Breastfeeding significantly improves the health, development and survival of infants and children. It also contributes to improved health and wellbeing of mothers, both in the short and long term.

**4** 

Breastfeeding and adequate complementary feeding are fundamentals for readiness to learn. Breastfeeding and good quality complementary foods significantly contribute to mental and cognitive development and thus promote learning.

**5** 

Breastfeeding is the great equaliser, giving every child a fair and best start in life. Breastfeeding is uniquely a right of women and they should be supported by society to breastfeed optimally. The breastfeeding experience can be satisfying and empowering for the mother as she is in control of how she feeds her baby.

**6** 

Breastfeeding on demand provides all the water a baby needs, even in hot weather. On the other hand, formula feeding requires access to clean water, hygiene and sanitation.

**7** 

Breastfeeding entails less energy when compared to formula production industries. It also reduces the need for water, firewood and fossil fuels in the home.

**8** 

Breastfeeding women who are supported by their employers are more productive and loyal. Maternity protection and other workplace policies can enable women to combine breastfeeding and their other work or employment. Decent jobs should cater to the needs of breastfeeding women, especially those in precarious situations.

**9** 

With industrialisation and urbanisation the time and space challenges become more prominent. Breastfeeding mothers who work outside the home need to manage these challenges and be supported by employers, their own families and communities. Crèches near the workplace, lactation rooms and breastfeeding breaks can make a big difference.

**10** 

Breastfeeding practices differ across the globe. Breastfeeding needs to be protected, promoted and supported among all, but in particular among poor and vulnerable groups. This will help to reduce inequalities.

**11** 

In the bustle of big cities, breastfeeding mothers and their babies need to feel safe and welcome in all public spaces. When disaster and humanitarian crises strike, women and children are affected disproportionately. Pregnant and lactating women need particular support during such times.

**12** 

Breastfeeding provides a healthy, viable, non-polluting, non-resource intensive, sustainable and natural source of nutrition and sustenance.

**13** 

Breastfeeding safeguards infant health and nutrition in times of adversity and weather-related disasters due to global warming.

**14** 

Breastfeeding entails less waste compared to formula feeding. Industrial formula production and distribution lead to waste that pollutes the seas and affects marine life.

**15** 

Breastfeeding is ecological compared to formula feeding. Formula production implies dairy farming that often puts pressure on natural resources and contributes to carbon emissions and climate change.

**16** 

Breastfeeding is enshrined in many human rights frameworks and conventions. National legislation and policies to protect and support breastfeeding mothers and babies are needed to ensure that their rights are upheld.

**17** 

The Global Strategy for Infant and Young Child Feeding (GSIYCF) fosters multi-sectorial collaboration, and can build upon various partnerships for support of development through breastfeeding programs and initiatives.





# BREASTFEEDING

## THE GOAL

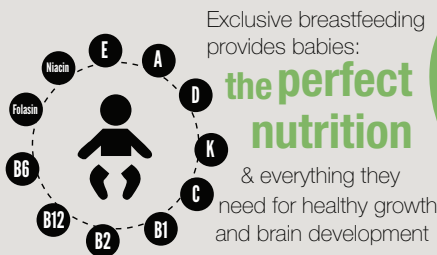
By 2025, increase to at least 50% the rate of exclusive breastfeeding in the first six months

### WHY IT MATTERS

#### BENEFITS OF BREASTFEEDING



Babies who are fed **nothing but breastmilk** from birth through their first 6 months of life get the **best start**



**Protection** from respiratory infections, diarrhoeal disease, and other **life-threatening ailments**



Protection against **obesity & non-communicable diseases** such as asthma and diabetes

### RECOMMENDED ACTIONS

#### LIMIT FORMULA MARKETING

**WHAT?** Significantly limit the marketing of breastmilk substitutes



**HOW?** Strengthen the monitoring, enforcement and legislation related to the International Code of Marketing of Breastmilk Substitutes

#### SUPPORT PAID LEAVE

**WHAT?** Empower women to exclusively breastfeed



**HOW?** Enact six-months mandatory paid maternity leave and policies that encourage women to breastfeed in the workplace and in public

#### STRENGTHEN HEALTH SYSTEMS

**WHAT?** Provide hospital and health facilities-based capacity to support exclusive breastfeeding



**HOW?** Expand and institutionalize the baby-friendly hospital initiative in health systems

#### SUPPORT MOTHERS

**WHAT?** Provide community-based strategies to support exclusive breastfeeding counselling for pregnant and lactating women



**HOW?** Peer-to-peer and group counselling to improve exclusive breastfeeding rates, including the implementation of communication campaigns tailored to the local context

### SCOPE OF THE PROBLEM

Globally, only **38%** of infants are exclusively breastfed



Suboptimal breastfeeding contributes to **800,000** infant deaths

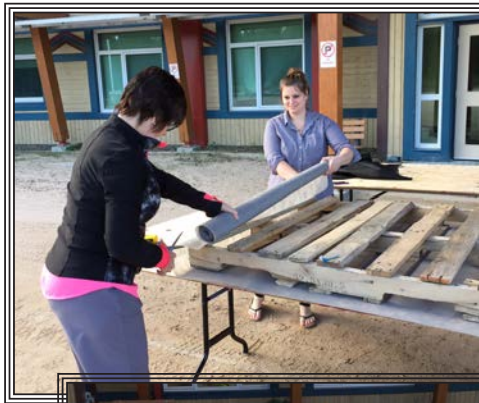


## News Flash

### Riding in Style!

Cessa Fern is a safety champion! As the winner of our Bike Safety contest she is looking good on her new fat tire bike and staying safe by wearing her helmet.

*May the helmet be with you!*



### Gardening Workshops

Pallet gardens were given out in the communities of Stony Rapids, Black Lake & Fond du Lac in July.

Over 2500L of potting soil was given out to community members, along with 250 seed packets.

We hope that you enjoy growing your gardens! Hang on to your pallets, dirt & leftover seeds for next summer!



### Staff Update

We have two new staff members joining our AHA team! Let's make them feel welcome.

- Vernelle Toutsaint will start on August 22 as a full-time Family Health Worker in the Black Lake Health Centre.
- Jared Guspodarchuk has started as a Pharmacist (through Mayfair Drugs) in the AHA facility.



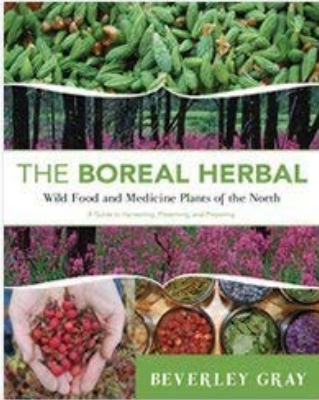
## Look in a Book

“Take a good book to bed with you—books do not snore.”

-Thea Dorn

### Non-Fiction

#### The Boreal Herbal: Wild Food and Medicine Plants of the North - Beverley Gray



Whether you're hiking in remote areas or gardening in your backyard, this easy-to-use handbook will help you recognize and use fifty-five common wild plants that have extraordinary healing properties.

With The Boreal Herbal you will learn how to soothe pain with willow, staunch bleeding with yarrow, treat a urinary-tract infection with bearberry, and create a delicate and uplifting skin cream from sweetgrass.

Author Beverley Gray has also included dozens of healthy and delicious recipes, including Wild-Weed Spanakopita, Dandelion Wine, and Cranberry-Mint Muffins.

### Graphic Novel/Comic

#### Lumberjanes -

Noelle Stevenson, Grace Ellis, Shannon Watters & Brooke Allen

FRIENDSHIP TO THE MAX!

At Miss Qiunzilla Thiskwin Penniquiquil Thistle Crumpet's camp for hard-core lady-types, things are not what they seem. Three-eyed foxes. Secret caves. Anagrams. Luckily, Jo, April, Mal, Molly, and Ripley are five rad, butt-kicking best pals determined to have an awesome summer together... And they're not gonna let a magical quest or an array of supernatural critters get in their way!

The mystery keeps getting bigger, and it all begins here.



### Little Readers

#### Sometimes I Feel Like a Fox - Danielle Daniel



SOMETIMES I FEEL LIKE A FOX

Danielle Daniel

Ages: 6-8, 5 and under

Strong like a bear? Quiet like a turtle? Discover the connection kids have with the 12 Canadian totem animals.

In this introduction to the Anishinaabe tradition of totem animals, young children explain why they identify with different creatures such as a deer, beaver, or moose. Delightful illustrations show the children wearing masks representing their chosen animal, while the few lines of text on each page work as a series of simple poems throughout the book.

**BLACKOUT: Send a picture of your completed bingo card to [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) & win a prize!**



# Kindness BINGO



© 2016 Counselor Keri, Keri Powers Pye, M.A. EdHD, M.Ed., NCC

Smile at 5  
people you  
don't know

Write a  
nice note  
to a friend

Write a nice  
note to your  
teacher

Give  
someone  
a high five

Make a  
thank-you  
card for a  
custodian

Secretly hide  
a nice note in  
someone's  
backpack

Ask a  
parent how  
his or her  
day was

Write a nice  
note to your  
principal

Ask a friend  
how his or  
her day is  
going

Invite  
someone  
new to sit  
with you

Offer to help  
someone who is  
struggling with  
something

Compliment  
5 people

FREE  
SPACE

Volunteer  
to do a  
chore that  
isn't yours

Find  
something you  
have in  
common with  
a peer

Create  
your own  
kind act

Spend  
time with  
a friend

Tell someone  
a reason why  
you are proud  
of them

Make a list of  
your friend's 3  
best qualities  
and give it to  
him/her!

Encourage  
someone who  
looks like  
they're having  
a bad day

Write a thank-  
you note to a  
lunchroom  
worker

Help someone  
who is  
younger than  
you

Tell someone  
they are  
doing a  
great job!

Hold the  
door open  
for someone

Sit with a  
new group  
of people at  
lunch



### Alcohol and Drugs

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

- |            |            |              |            |            |
|------------|------------|--------------|------------|------------|
| Addiction  | Awareness  | Drugs        | Healthy    | Long-Term  |
| Pressure   | Prevention | Smoking      | Alcohol    | Cigarettes |
| Illegal    | Marijuana  | Prescription | Resiliency | Unhealthy  |
| Alcoholism | Decisions  | Short-Term   | Lifestyle  | Support    |
| Risks      | Substance  |              |            |            |

Really High	Overdose
Looks like she/he is napping	Deep snoring for gurgling (death rattle)
Speech is slow or slurred	Cannot talk at all
Will respond to stimulation like yelling, pinching, sternum rub (hard rub of knuckles against the breast bone)	Slow heart beat/ pulse
	Blue lips or fingertips
	Not breathing

#### The Recovery Position

**Support face** Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.

**Lift Leg** Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.

**Roll over** Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.

Canadians should follow **Canada's Low-Risk Alcohol Drinking Guidelines:**

**NO MORE THAN:**

<b>3</b> DRINKS A DAY		<b>2</b> DRINKS A DAY
<b>15</b> DRINKS A WEEK		<b>10</b> DRINKS A WEEK

**For these guidelines, "a drink" means:**

<b>Beer/Cider/Cooler</b> 341 ml (12 oz.) 5% alcohol content	<b>Wine</b> 142 ml (5 oz.) 12% alcohol content	<b>Distilled Alcohol</b> (rye, gin, rum, etc.) 43 ml (1.5 oz.) 40% alcohol content



2016  
YOUTH  
LEADING  
SUSTAINABILITY



>> Adapted from <http://www.un.org/sustainabledevelopment/takeaction/>



International Youth Day is on **12 August**, and this year, the theme is Youth Leading Sustainability!

End extreme poverty. Fight inequality and injustice. Fix climate change. Whoa. The Global Goals are important, world-changing objectives that will require cooperation among governments, international organizations and world leaders. It seems impossible that the average person can make an impact. Should you just give up?

No! Change starts with you. Seriously. Every human on earth—even the most indifferent, laziest person among us—is part of the solution. Fortunately, there are some super easy things we can adopt into our routines that, if we all do it, will make a big difference. We've made it easy for you and compiled just a few of the many things you can do to make an impact.

## THE LAZY PERSON'S GUIDE TO SAVING THE WORLD

### Level 1: Things You Can Do From Your Couch

- Save electricity by plugging appliances into a power strip and turning them off completely when not in use, including your computer.
- Stop paper bank statements and pay your bills online or via mobile. No paper, no need for forest destruction.
- Share, don't just like. If you see an interesting social media post about women's rights or climate change, share it so folks in your network see it too.
- Speak up! Ask your local and national authorities to engage in initiatives that don't harm people or the planet. Ahead of the Climate Change conference in Paris you can sign this petition asking leaders to reach an agreement to lower their carbon emissions.
- Don't print. See something online you need to remember? Jot it down in a notebook or better yet a digital post-it note and spare the paper.
- Turn off the lights. Your TV or computer screen provides a cosy glow, so turn off other lights if you don't need them.
- Do a bit of online research and buy only from companies that you know have sustainable practices and don't harm the environment.
- Report online bullies. If you notice harassment on a message board or in a chat room, flag that person.
- Stay informed. Follow your local news and stay in touch with the Global Goals online or on social media at @GlobalGoalsUN.



## Level 2: Things You Can Do At Home



- Air dry. Let your hair and clothes dry naturally instead of running a machine. If you do wash your clothes, make sure the load is full.
- Take short showers. Bathtubs require gallons more water than a 5-10 minute shower.
- Eat less meat, poultry, and fish. More resources are used to provide meat than plants
- Freeze fresh produce and leftovers if you don't have the chance to eat them before they go bad. You will save food and money.
- Compost—composting food scraps can reduce climate impact while also recycling nutrients.
- Recycling paper, plastic, glass & aluminium keeps landfills from growing.
- Buy minimally packaged goods.
- Avoid pre-heating the oven. Unless you need a precise baking temperature, start heating your food right when you turn on the oven.
- Plug air leaks in windows and doors to increase energy efficiency
- Adjust your thermostat, lower in winter, higher in summer
- Use cardboard matches. They don't require any petroleum, unlike plastic gas-filled lighters.
- Replace old appliances with energy efficient models and light bulbs
- If you have the option, install solar panels in your house. This will also reduce your electricity bill!
- Get a rug. Carpets and rugs keep your house warm and your thermostat low.
- Don't rinse. If you use a dishwasher, stop rinsing your plates before you run the machine.
- Choose a better diaper option. Swaddle your baby in cloth diapers or a new, environmentally responsible disposable brand.
- Shovel snow manually. Avoid the noisy, exhaust-churning snow blower and get some exercise.

## Level 3: Things You Can Do Outside the House

- Shop local. Supporting neighbourhood businesses keeps people employed and helps prevent trucks from driving far distances.
- Shop Smart—plan meals, use shopping lists and avoid impulse buys. Don't succumb to marketing tricks that lead you to buy more food than you need, particularly for perishable items. Though these may be less expensive per ounce, they can be more expensive overall if much of that food is discarded.
- Buy Funny Fruit—many fruits and vegetables are thrown out because their size, shape, or color are not "right". Buying these perfectly good funny fruit, at the farmer's market or elsewhere, utilizes food that might otherwise go to waste.
- When you go to a restaurant and are ordering seafood always ask: "Do you serve sustainable seafood?" Let businesses know that ocean-friendly seafood's on your shopping list.
- Shop only for sustainable seafood. There are now many apps like this one that will tell you what is safe to consume.
- Bike, walk or take public transport. Save the car trips for when you've got a big group.
- Use a refillable water bottle and coffee cup. Cut down on waste and maybe even save money at the coffee shop.
- Bring your own bag when you shop. Pass on the plastic bag and start carrying your own reusable totes.
- Take fewer napkins. You don't need a handful of napkins to eat your takeout. Take just what you need.
- Shop vintage. Brand-new isn't necessarily best. See what you can repurpose from second-hand shops.
- Maintain your car. A well-tuned car will emit fewer toxic fumes.
- Donate what you don't use. Charities will give your gently used clothes, books and furniture a new life.
- Vaccinate yourself and your kids. Protecting your family from disease also aids public health.
- Take advantage of your right to elect the leaders in your country and local community.



## Upcoming Events:

### STONY RAPIDS

- Aug. 10 - Water & Art Activities @ Boat Dock 2:00pm-4:00pm
- Mondays - Yoga Class @ 7:30pm - AHA Multi-Purpose Room
- Saturdays - Recreation Nights - 7:00pm @ Stony Rapids School Gym

### BLACK LAKE

- Aug 11 - Boat Training @Psssp Building 1:30pm
- Aug 8-11 - Swimming Lessons @ The Dock 1:00-4:00pm
- Aug 12 - Teen Awareness @ Health Centre 4:00pm-6:00pm
- Aug 24-25th - Free Training for Health Care Workers, & Parents/Caregivers
- 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

- Aug 22-23rd - Free Training for Health Care Workers, & Parents/Caregivers
- Mondays - Women's Group

## Breastfeeding

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

NIPPLE	ALLERGIES	THRUSH	UTERUS
LATCHING	CROSS CRADLE	SIDELINE	FOOTBALL
IQ	COLOSTRUM	BONDING	SKIN TO SKIN
HINDMILK	FOREMILK	LOVE	FREE
MILK			



## Healthy Cooking on a Budget

### Blueberry Bannock

#### Ingredients:

- 1 cup (250 mL) whole-wheat flour (\$0.55)
- 1 cup (250 mL) all-purpose flour (\$0.55)
- 3/4 cup (175 mL) wild blueberries (local)
- 2 Tbsp (30 mL) baking powder (\$0.58)
- 1/2 tsp (2 mL) ground cinnamon (\$0.27)
- 1/8 tsp (0.5 mL) salt (pantry)
- 1/2 cup (125 mL) milk (\$0.48)
- 1/2 cup (125 mL) water
- 1 Tbsp (15 mL) canola oil (\$0.19)

#### NUTRITIONAL ANALYSIS

Serving Size	1/8 bannock
Servings	8
Calories	130
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	340 mg
Carbohydrates	24 g
Fiber	2 g
Sugars	2 g
Protein	5 g
Potassium	111 mg



**Total cost: \$2.62 Cost per serving (Serves 8): \$0.33**  
 >> Item prices from Stony Rapid stores - Recipe from <http://canolaeatwell.com/>

- 1 In a bowl, combine flour, blueberries, baking powder, cinnamon & salt.
- 2 Stir in milk and water. Using hands, moisten all the ingredients, handling the dough as little as possible.
- 3 Sprinkle the counter with a small amount of flour & place the dough on top.
- 4 Using hands form a disc about 1/2 inch (1 cm) thick and about 9-10 inches (22-25 cm) in diameter. If necessary, sprinkle the disc with flour so it does not stick too much.
- 5 In a large nonstick skillet, heat half the canola oil over low heat. Place bannock in the pan, cover and cook 15 minutes. Remove to a plate. Add remaining canola oil to skillet & place uncooked side of bannock back in the skillet. Cook 10 minutes or until the bannock is golden.

