

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS011

October 2016

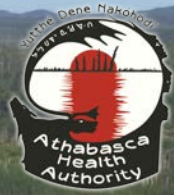
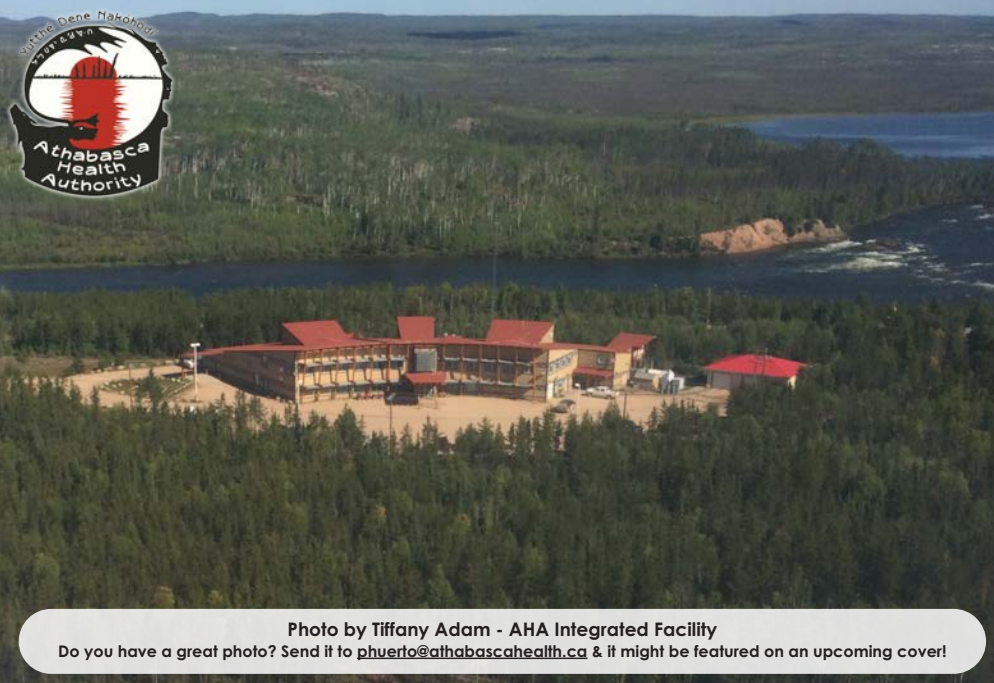


Photo by Tiffany Adam - AHA Integrated Facility

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

Know Your Rights

Safe health care is everyone's right. As a client and member of your care team, you can make your care safer by being SAFE:

- S**peaking Up
- A**sking Questions
- F**amily/friends with you
- E**ducating yourself

Turn to page 12 for the Client Bill of Rights.

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

Joke of the Month

What music do ghosts dance to?

Soul music

Dene Word of the Month

orádzi
Spider



Trivia of the Month

What color is hippo milk?
Hippopotamus milk is pink in color.

Which of the 'seven wonders of the world' is still standing?
The Great Pyramid of Giza

In this issue:



An opportunity for local tradespeople to build something for their community! (pg.10)

The Breakfast Club

Learn all about AHA's first RPIW in Food Services. (pg 2&3)



Patient Safety Week is Oct 24-28. Learn more about making things safer.

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.”

AHA's First RPIW

You may remember reading about "RPIW's" in our August newsletter, described as a tool in Quality Improvement where a team of people work hard to make good changes. RPIW stands for Rapid Process Improvement Workshop, an improvement process that brings together a team including staff and patient advisors to examine a problem, eliminate wastes, propose solutions and try new ideas immediately. The process uses the philosophy of continuous, incremental improvement.



In September AHA ran our first RPIW, and the team did great, we are already planning number 2! We promised we'd share the results so here they are!

The need for change existed because:

- Residents dietary needs to meet dietary orders were not always met
- Inconsistencies in delivery of food in the portions or texture needed for safety reasons
- Less patient adherence to dietary orders with unfamiliar foods, i.e. a patient or resident might prefer foods that are more traditional (think fish not pizza)
- Ordering process passed through several hands and subject to rework (6 handoffs)
- Communication an issue in that different areas did not understand process for other area decisions
- Each person behaved independently with the intent of addressing the situation from their point of view which created rework and gaps in expected orders
- Difficulties receiving orders in a timely and accurate manner
- Multiple menu handoffs impacted the content of the menu, and in the end, the cooks used the materials at hand to make what they could

Putting Patients First

Idea Summary Sheet

Employee/Area	Problems	Measures Taken	Results
Kitchen	- elders want more traditional foods	- get with next policy in place - adjust menu, add some traditional foods	- happier elders

Before Improvement

After Improvement

Putting Patients First

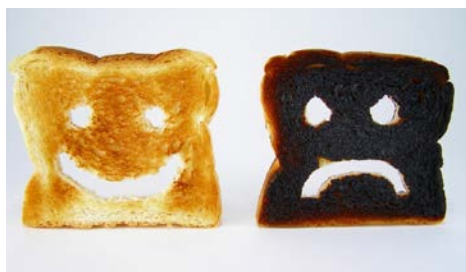
Idea Summary Sheet

Employee/Area	Problems	Measures Taken	Results
Kitchen	Too many people deciding menu	Kitchen follows approved menus	

Before Improvement

After Improvement

For 5 full days the team tested their ideas to make things better for our residents. A couple changes to highlight are that a new menu has been created that meets the needs of those we serve. This new menu will be fully implemented once all the required supporting processes are in place. The team also created visual cues and processes to make sure that residents get their food safely (i.e. portioned and textured as needed if this is a requirement for a particular resident). The team also worked hard to 5's (Sort, Simplify, Sweep, Standardize and Self-discipline) the dry storage room with the kitchen staff to make an improved space for them, they also listened to the needs of the hard working kitchen staff and implemented small changes that can have a big impact (e.g. a magnet installed rather than having knives unsafely placed where the material would deteriorate).



When observing the area the team noticed resident breakfast was centered around the needs of the system and not the resident themselves whereby people were being woken up for a breakfast that they may not have wanted and food may have sat and became too cold, little things like this aren't little to our residents the team felt and so they trialed a great idea brought forward from a provider of care who suggested a "relaxed breakfast". She described that a relaxed breakfast would allow residents to have a brekkie station set up each morning by the fabulous kitchen staff and then the equally fabulous care team would serve the breakfast to the resident when **they** are ready.

So great! In an RPIW the idea is to keep trying and adjusting based on what you're hearing from those in the area and those we serve, and this is what they did- working out the kinks, like when the toaster was placed too closely under the smoke detector and we set it off!

Here are a few measures that help illustrate the success of the event:

- Reduction of 13% of space used in dry storage
- Reduction of 78% of wasted items in the dry storage room (e.g. expired or damaged items)
- Reduction of time to set up patient tray and distance travelled to deliver by 91%
- Patient wait time for food reduced by 79%
- Time for kitchen staff to prepare breakfast reduced from 32:20min->4:20min for an 88% reduction.
- Most importantly patient safety issue addressed and what was once a push system designed to meet the need of the employee has now become a pull system entirely designed to achieve a more resident centered experience.



Words from the AHA RPIW Team:

"Skeptical of process and change, but won us over when we saw real changes made for patients!"

"In four short days we saw significant change in patient satisfaction, organizing menu development, safety, as well as reducing cost and waste."

*"Right people, great team, good tools = Rapid Improvement – **I'll do this again!**"*

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



Toothbrushing & Flossing for Kids

>> Adapted from <http://www.burgchildrensdentistry.com/>

Proper toothbrushing and flossing can prevent early childhood tooth decay and gum disease and maintain proper dental health. When a child's 1st tooth comes in, a soft, damp cloth should be used to clean the mouth at least twice a day. As your child gets more teeth, a soft bristled toothbrush and a small amount of toothpaste may be used to clean teeth. Children under 3 should use a rice size amount of toothpaste. Children over 3 can use a pea sized amount of toothpaste. Fluoride toothpaste is recommended by the Canadian Dental Association. By age 2 or 3, you can begin to teach your child how to brush. When children are 7 to 8 years old, they can generally brush on their own. Flossing can be a difficult skill for kids to master, and children under age 9 need assistance.



Toothbrushing and Flossing Guidelines:

Whether you are assisting your child, or they are brushing and flossing on their own, the following techniques will result in a clean and healthy mouth:

- Use a child size, soft, round bristled toothbrush for gentle, thorough cleaning
- Hold the brush at a 45° angle towards teeth a gums and brush back and forth using short strokes, about half a tooth wide.
- Brush the inside and outside surfaces of each tooth
- Clean the chewing surface of each tooth by holding the brush flat on top of teeth and using short strokes
- Gently brush the tongue to remove bacteria and debris
- Floss between teeth every day



Suggestions for making toothbrushing less of a battle:

- Let your child pick a fun character themed toothbrush to use
- Use a fun, flavored toothpaste
- Have multiple toothbrushes for your child. This will allow your child to pick which one to use each time and will give him/her a sense of control
- Make it a family event, have everyone brush at the same time
- Let your child brush your teeth
- Read fun books about toothbrushing to your child
- Let your child eat or drink something that will "stain" his/her teeth and let him/her brush them clean
- Use a toothbrushing chart to help establish a routine
- Use childfriendly flossing aids
- Show your joyful approval of your child's sparkly clean teeth

In addition to regular toothbrushing and flossing, regular dental visits are necessary to ensure your child's dental health.

Make an appointment today!

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

Fix Your Feet

www.alignedandwell.com

R Calf Stretch



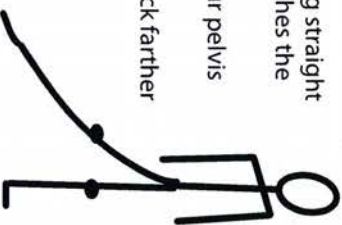
- ✓ Keeping both feet straight.
- ✓ Place the ball of R foot onto half-dome, keeping heel on ground, and body weight over the R heel.
- ✓ Move L foot forward as far as possible, while keeping feet straight, and body weight over the R heel.

Fix Your Feet

May cause your body to become Aligned & Well

Dosage:
Hold or perform each exercise for up to 60 seconds, repeating 2-3 times daily for best results.

R Toe Stretch



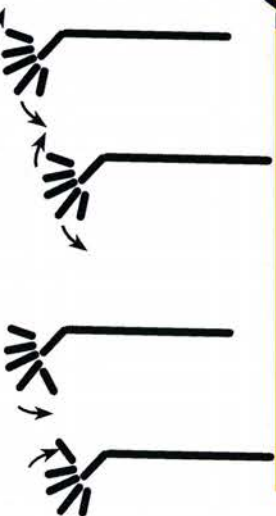
- ✓ From a standing position, reach R leg straight back so that the top of the foot touches the ground.
- ✓ Without arching your back, shift your pelvis toward the back foot.
- ✓ For added stretch, step your foot back farther and stretch again.
- ✓ Repeat on the other side.

Fix Your Feet

May cause your body to become Aligned & Well

Dosage:
Hold or perform each exercise for up to 60 seconds, repeating 2-3 times daily for best results.

R Toe Exercises :



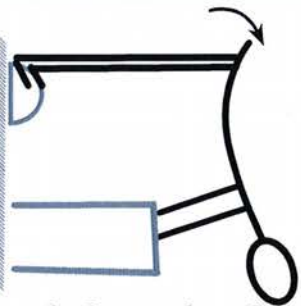
- ✓ Spread toes away from each other.
- ✓ Practice lifting each toe individually.

Fix Your Feet

May cause your body to become Aligned & Well

Dosage:
Hold or perform each exercise for up to 60 seconds, repeating 2-3 times daily for best results.

R Double Calf Stretch



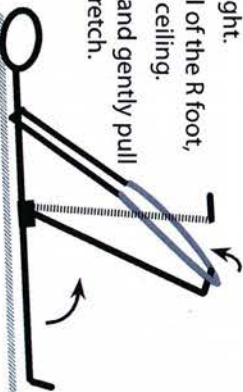
- ✓ Lean forward and let palms rest on the seat of a chair.
- ✓ Moving one foot at a time, step up onto the half dome with both feet keeping the heels on the floor.
- ✓ Make sure feet point straight ahead.
- ✓ Gently lift tailbone to the ceiling to increase stretch down the backs of the legs.

Fix Your Feet

May cause your body to become Aligned & Well

Dosage:
Hold or perform each exercise for up to 60 seconds, repeating 2-3 times daily for best results.

R Strap Stretch



- ✓ Lie on back, with legs straight.
- ✓ Place strap around the ball of the R foot, and straighten leg toward ceiling.
- ✓ Keep both knees straight, and gently pull on strap to increase calf stretch.
- ✓ If you have **NOT** had a hip replacement, use straps to slowly guide leg across the body.
- ✓ Repeat with other leg.

Fix Your Feet

May cause your body to become Aligned & Well

Dosage:
Hold or perform each exercise for up to 60 seconds, repeating 2-3 times daily for best results.

>> Resource: <http://www.pocketyoga.com/>

YOGA POSE OF THE MONTH:

Warrior 1 - Virabhadrasana I

virabhadra = warrior asana = posture

Difficulty: Beginner

Description: From a standing position, the legs are in a wide stance with the feet aligned and flat on the earth. The back foot is in a 60-degree angle towards the front. The hips are squared. The inner thighs are rotated towards each other. The front knee is bent in a 90-degree angle directly above the ankle. The arms extend up to the sky with the biceps by the ears. The hands can be together or separated and facing each other with the fingers spread wide. The ribcage is lifted and the pelvis tucked. The gaze is forward.

Benefits: Stretches the chest, lungs, shoulders, neck, belly and groin. Strengthens the shoulders, arms and back muscles. Strengthens and stretches the thighs, calves and ankles.



Free Yoga Classes at the Integrated Health Facility - **Monday** Nights at **7:30pm**

Open to everyone, come out & give it a try!

New Yoga Equipment

AHA Health Promotions has brought in new yoga equipment to be used by community members during our weekly classes. Don't have your own mat? Don't worry! Come to class & give these a try!



Memory Bracelets

1. Place a bead on your bracelet to represent your loved one's favorite color.
2. Place a bead on your bracelet that in some way represents the month that they were born in.
3. Place a bead on your bracelet to represent their favorite holiday.
4. Place a bead or beads on your bracelet that represent your loved one's favorite sports team.
5. Place a bead on your bracelet that makes you think of the happiest memory with your loved one.
6. Place a bead on your bracelet that best represents their personality.
7. Place a bead on your bracelet that represents their favorite season.
8. Place a bead on your bracelet that reflects the love that you have for them.

World Mental Health Day October 10





COLOR ME

Superheroes - Protect your smile!



SUPERPOWERS: SUPER SPY, MARKSMANSHIP, HAND-TO-HAND COMBAT
WEAPONS: LIQUID LASER, ENAMEL EQUALIZER

AGENT FLUORIDE



SUPERPOWERS: STRENGTH, ENERGY, SPEED
WEAPONS: TELEKINESIS

DR. DIET



SUPERPOWERS: STRINGY WEB, CREVASSE CLEANER
WEAPONS: FLOSS WEBBING, FLOSS LAUNCHERS

FLOSSER



SUPERPOWERS: HYGIENE, FLIGHT, SUPER STRENGTH
WEAPONS: SCRAPER, DRILL BRUSH

INCISOR GIRL



SUPERPOWERS: HYPER BRUSHING, SUPER STRENGTH, FLIGHT
WEAPONS: SUPER BRUSH, TOOTHPASTE ROCKET PACKS

MOLAR MAN



SUPERPOWER: BACTERIA FORCE FIELD
WEAPONS: SUGAR SHIELD

SERGEANT SEALANT



SUPERPOWERS: BIONIC BRUSHING, PASTE PUNCH
WEAPONS: TOOTH BRUSH, TOOTHPASTE DISPENSERS

THE BRISTLER



SUPERPOWERS: RED WRATH, SINISTER SWELLING, PAINFUL PUNCH
WEAPONS: BOW & TARTAR ARROWS
NEMESIS: INCISOR GIRL, THE BRISTLER & FLOSSER

GINGER VITIS



SUPERPOWERS: BAD BREATH, TONGUE & TONSIL TERROR
WEAPONS: BAD BREATH BOOSTERS
NEMESIS: THE BRISTLER & DR. DIET

HALLE TOSIS



SUPERPOWER: STICKY STRENGTH
WEAPONS: BACTERIA MAGNETS
NEMESIS: FLOSSER & THE BRISTLER

PROFESSOR PLAQUE



SUPERPOWERS: INVADING ICKY INFECTION
*THE INFECTOR IS ONE OF THE WORST MOUTH VILLAINS
WEAPONS: PAINFUL PUNCH, SWELLING SWARM, BACTERIA BUGS
NEMESIS: MOLAR MAN, INCISOR GIRL, & THE ENTIRE HALL OF HEROES

THE INFECTOR



SUPERPOWERS: ACID ATTACK, DENTIN DIGGER
WEAPON: CAVITY PICKAXE
NEMESIS: THE ENTIRE HALL OF HEROES

CAVITY MINER

News Flash

Congratulations!

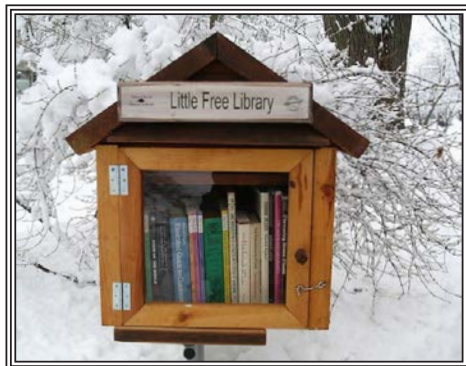
Our Dental Therapies Manager, Penny Griffith, as chair of the Northern Oral Health Working Group (NOHWG) received the Canadian Association of Public Health Dentistry (CAPHD) Merit Award on behalf of the group.

The CAPHD Merit Award recognizes the efforts of groups and individuals, in improving the oral health of all Canadians. These efforts can include, but are not limited to, administrative work, inter-professional education and health promotion.



(Above) Members who were at the CAPHD in Edmonton at the end of September. Patricia Skalicky, Sr. Dental Therapist, Mamawetan HD (La Ronge), Leslie Topola, Manager, Saskatoon HD, Penny Griffith and Cindy Hansen, Sr. Dental Therapist, KYHD (Buffalo Narrows)

(Right) Dr. Alyssa Hayes, the president of the CAPHD presenting the award to Penny Griffith for the NOHWG group.



Opportunity!

If you think you could build something like this, then let our Health Promotions Manager, Pamela Huerto know! 306-439-2647 or phuerto@athabascahealth.ca

We need three built, you can be as creative as you like, and you will be paid! Plus, you'll be helping spread literacy in your community.

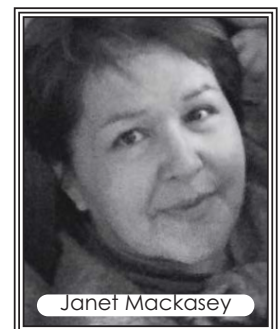
Please let her know before December 31st, 2016.

Brain Waves Program

An informative and fun half-day neuroscience presentation for students in grades 4 to 6. Trained volunteers with an understanding and passion for injury prevention bring the hands-on program, which includes activity booklets, helmet fitting tips, and Jello Brains, to classrooms cross Canada. **Stony Rapids - October 24th * Black Lake - October 25th & 26th * FDL - TBA**

Staff Updates

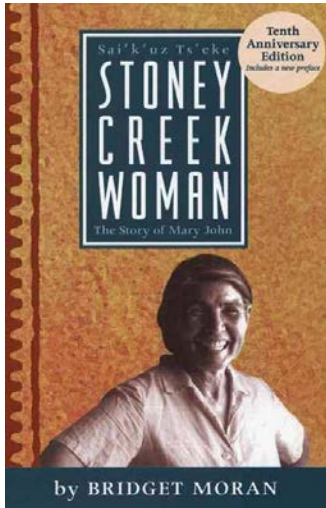
- Judy Friesen will be going half time in the new year, with the new title: Director of Integrated Health Services
- Farewell to Betty Dmyterko, Home Care Nurse in Fond du Lac
- Farewell to William Wu, Human Resources Manager
- Welcome to Janet Mackasey, our new Director of Nursing Services.



Look in a Book

“ Reading is like thinking, like praying, like talking to a friend, like expressing your ideas, like listening to other people's ideas, like listening to music, like looking at the view, like taking a walk on the beach. ” -Roberto Bolaño

Non-Fiction



Stoney Creek Woman: The Story of Mary John - Bridget Moran

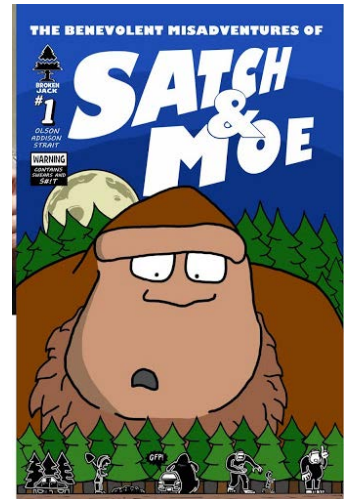
The captivating story of Mary John (who passed away in 2004), a pioneering Carrier Native whose life on the Stoney Creek reserve in central BC is a capsule history of First Nations life from a unique woman's perspective. A mother of twelve, Mary endured much tragedy and heartbreak - the pangs of racism, poverty, and the deaths of six children - but lived her life with extraordinary grace and courage. Years after her death, she continues to be a positive role model for Aboriginals across Canada. In 1997 she received the Order of Canada.

Saskatchewan Comic

The Benevolent Misadventures of Satch and Moe

The comic book features the mythical beast Bigfoot (Satch) and Moe, who the creators describe as "kind of a bum." Moe finds trouble and hides out in the woods where he meets up with Satch. It's an R-rated adventure. Imagine Trailer Parks Boys meets Scooby Doo.

The Benevolent Misadventures of Satch and Moe, is the work of three creative Regina security guards.



Little Readers



The Memory Tree

Ages: 5 & up

Fox has lived a long and happy life in the forest. One day, he lies down in his favourite clearing, takes a deep breath, and falls asleep for ever.

Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And, as they share their memories, a tree begins to grow, becoming bigger and stronger, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.

This gentle and comforting tale celebrates life and the memories that are left behind when a loved one dies.



Client's Bill of Rights

IT'S YOUR RIGHT

It's your right to ASK.

It's your right to have someone with you.

It's your right to get information.

Questions Save Lives!

What question would you ask?

AHA is proud to participate in Canadian Patient Safety Week (CPSW), October 24 to 28, 2016. Along with the Canadian Patient Safety Institute (CPSI), we're spreading the message of ASK. LISTEN. TALK. Organizations such as AHA have helped CPSI live its mission of inspiring extraordinary improvement in patient safety. Together, we're joining CPSI to celebrate the providers, patients and families who make healthcare safer in Canada.

Everyone's involvement helps make the Canadian healthcare system safer. Unfortunately, for one young woman it was too late. In September 2002, Martha was discovered in her bed. She went to sleep and died in the night. "People don't just go to bed and not wake up the next day," says Martha's mom, Maryann. They knew she'd been prescribed Lithium for bipolar disorder in recent months. The dosage was increased just 11 days before her death. In her patient file was a recommendation against prescribing Lithium because of chronic low potassium.

Lithium, the family later learned, is also contraindicated in patients with cardiac issues. Martha had also undergone numerous EKGs in the years before her death, experiencing bouts of accelerated heart rate. Anxiety was often blamed and the test results were then viewed as "normal" for her. A psychiatrist, knowing of Martha's low potassium, wrote the Lithium warning. But her latest psychiatrist didn't agree and prescribed the drug without informing Martha of the concern. Maryann also discovered Martha visited a cardiologist a year before her death.

He'd ordered tests that confirmed the heart defect. But the cardiologist never read the tests. The office never phoned Martha to inform her. Nor was a cardiac warning about Lithium added to her records.

Martha's experience in the Canadian healthcare system illustrates the importance of clear communication between healthcare providers and patients. You can watch a video of Martha's story and other patients that have been harmed in healthcare at <http://www.patientsafetyinstitute.ca>.



This year, CPSW will focus on communication with a theme of Questions Save Lives. What Question would you ask to save a life? Join an important conversation taking place on social media during our Twitter Talk #asklistentalk on October 28th at 10am MDT or 12pm EDT. It is easy to get involved! Healthcare professionals, patients and leaders can download the Questions Save Lives frame at www.asklistentalk.ca, write down their question, snap a photo and share on Twitter. Let's make patient safety a priority at AHA.



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

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

It's your right to receive quality care.

It's your right to speak up.



Saskatchewan

Early Childhood Mental Health

Provincial Network



E-News Edition 20

Mental health in infancy and early childhood affects every aspect of individuals' lives throughout their lifetime, including social functioning, psychological well-being, and physical health.

Early Childhood Mental Health Lunch and Learn Webinar Sessions 2016/2017

Highlighting new research and promising practices

- Free of charge.
- Any changes to the schedule below will be announced on the Saskatchewan Prevention Institute's website.
- Connection information is shown below. Once into the webinar, please click on connect audio via computer.

Attachment 101

Tuesday, November 8, 2016 12:00 - 1:00 p.m.

<https://skprevention.webex.com>

Meeting Number: 662 333 714 Password: ECMH20162

Attachment and Trauma

Tuesday, December 13, 2016 12:00 - 1:00 p.m.

<https://skprevention.webex.com>

Meeting Number: 667 258 144 Password: ECMH20163

Positive Discipline 101

Tuesday, January 10, 2017 12:00 - 1:00 p.m.

<https://skprevention.webex.com>

Meeting Number: 663 419 218 Password: ECMH20171

Foster Parents/Adoptive Parents and Attachment

Tuesday, February 14, 2017 12:00 - 1:00 p.m.

<https://skprevention.webex.com>

Meeting Number: 669 868 708 Password: ECMH20172

Grief and Young Children

Tuesday, March 14, 2017 12:00 - 1:00 p.m.

<https://skprevention.webex.com>

Meeting Number: 667 856 278 Password: ECMH20173



Further dates include: April 11, May 9, and June 13. Topics will be announced in early 2017.

Please feel free to distribute this information to others. If you or someone you know is interested in participating in the ECMH Provincial Network, please contact Lee Hinton at lhinton@skprevention.ca.

saskatchewan
preventioninstitute
our goal is **healthy** children



FISH CAKES



INGREDIENTS:

- 1-2 lbs ($\frac{1}{2}$ - 1 kg) fish
- 2 small onions, chopped
- 1 $\frac{1}{2}$ cups (375 ml) bread crumbs per lb of fish (i.e. 3 cups for 2 lbs of fish)
- 1 tsp (5 ml) salt
- $\frac{1}{4}$ tsp (1 ml) pepper
- Lard or butter for cooking

Optional Sauce:

- 2 tbsp (30 ml) butter
- 2 tbsp (30 ml) flour
- 1 cup (250 ml) milk
- $\frac{1}{2}$ tsp (2 ml) salt
- $\frac{1}{8}$ tsp (0.5 ml) pepper
- $\frac{1}{2}$ tsp (2 ml) curry powder

Try the optional sauce to add some curry flavour to the fish cakes.

Recipe by: Cheryl Herman

Cheryl currently lives in Prince Albert, Saskatchewan and originally lived in a northern community called LaLoche. She has fond memories of growing up. She used to go berry picking and eat outside, cooking fish with potatoes and bannock. Cheryl learned this recipe from her mom.

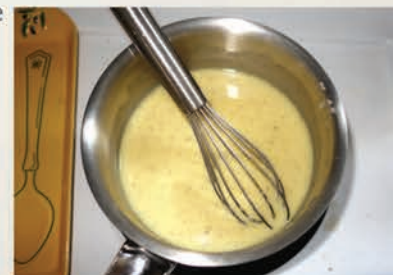
Some adaptations have been made to the original recipe.

METHOD:

1. Cut fish into chunks and mix together in a bowl with onions, bread crumbs, salt and pepper.
2. Put mixture through a meat grinder or a food processor.
3. Form ground mixture into patties – if you make the patties 3 inches in diameter and $\frac{1}{2}$ inch thick with 2 lbs of fish you should get approximately 18 fish cakes.
4. Fry the patties in lard or butter for 5 minutes on each side.

Optional Sauce:

1. Melt butter in a saucepan over medium heat.
2. Slowly stir in flour.
3. Cook and stir about 3-5 minutes.
4. Gradually stir in milk.
5. Add salt, pepper, and curry powder.
6. Stir constantly until mixture is smooth and thick. Cook until just boiling.





*Irene Herman, mother of Cheryl Herman,
at work in the kitchen.*

NOTES FROM the cook

I was never much for eating fish, jack fish in particular, but when my mom made these fish cakes I found a different perspective. These are delicious. Although it might seem a lot of work using a meat grinder, it was a wonderful treat to eat.

Every spring we would snare fish at the rapids. There was an abundance of fish! Our family would make fish fillets, make dried fish and we would use some of the fish to make these fish cakes. This recipe was a family tradition every spring and once or twice at other times of the year.

This delicious fish cake recipe can be served with mashed potatoes and a side of mixed vegetables or corn.

“This recipe was a family tradition...”

This resource was developed through a generous contribution from the Canadian Home Economics Foundation and the Aboriginal Nutrition Network, Dietitians of Canada.

Canadian
Home Economics
Foundation



La Fondation
canadienne
Pour l'Économie familiale



Upcoming Events: WORD SEARCH: Patient Safety

STONY RAPIDS

- Mondays - Yoga Class @ 7:30pm - AHA Multi-Purpose Room
- Chomp Your Way To Health Oct 19 @ Stony Rapids School

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
- Chomp Your Way To Health Oct 18 @ School 1:30-3:00pm
- Women's Health Day - Oct 21 @ Community Hall - 10am-4pm

FOND DU LAC

- Mondays - Women's Group
- MATRIX (Sept 12 - Nov 3) Mon, Tue, Wed - 6:00-7:30pm Clinic Boardroom
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Chomp Your Way To Health Oct 19 @ School 1:30-3:00pm

DIRECTIONS: Find these hidden patient safety-related words. Words may appear vertically, horizontally or diagonally and may read from either direction.

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

- BEHAVIORS
- BONACUM
- CLINICAL
- ERRORS
- EVENTS
- HARM
- INFECTIONS
- NEVER
- OUTCOMES
- READMISSIONS
- VITAL

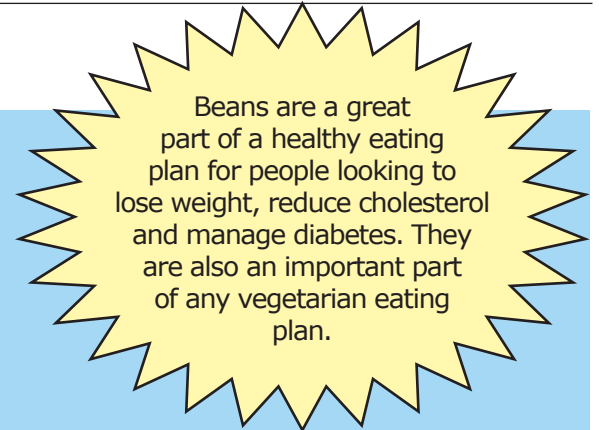
>> Resource: <http://www.lmpartnership.org/tools/word-search-patient-safety/>

Healthy Cooking on a Budget

Cooked Beans

Ingredients:

- 2 cups (500ml) kidney beans, canned with liquid (\$3.79)
- 2 tsp (10ml) vegetable oil (\$0.25)
- 1/2 cup (125ml) onion, chopped (\$0.44)
- 1 Tbsp (15ml) molasses (\$0.16)
- 1 Tbsp (15ml) ketchup (\$0.09)
- 1 tsp (5 ml) prepared mustard (\$0.03)
- dash pepper
- dash chili powder



Total cost: \$4.76 Cost per serving (Serves 4): \$1.19

>> Item prices from Stony Rapid store

- 1 Drain the liquid from the canned kidney beans. Keep the liquid & put aside to add later
- 2 In a non-stick skillet, heat the oil. Add the onion, molasses, ketchup, mustard, onion, pepper & chili.
- 3 Stir in the beans with a large spoon & partially mash beans. Continue cooking. Stir often until the beans are desired consistency. Add a small amount of the remaining bean liquid if necessary.
- 4 Serve with bread, low fat corn chips, rice or salad if desired.

Nutrition Information: Calories 157kcal, Protein 7 g, Carbohydrates 26g, Fat 3g

Source: "The Low Salt, Low Sugar, High Fibre, Low Fat but Big Fun!!! Cookbook" The Sioux Lookout Diabetes Program, Sioux Lookout Ontario

