

# Northern Health

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

IS013

December 2016



Photo By Laura Anderson

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

## In this issue:



Get some ideas from the active toy guide. Have fun & improve health! (pg.8)



Find a new Christmas story, and start a new tradition of reading as a family! (pg.11)



Learn about some of our 5S projects (pg.3)

## Spread Kindness - This season try to spread a little compassion:

- **Express sincere gratitude to a friend** - Do your friends and loved ones know how much you appreciate them? Bring a smile to someone's face by sending a message or placing a phone call to say "thank you."
- **Take a photo of something beautiful, and text it to someone in your life** - Sometimes a simple text is all it takes to brighten the day of someone you love.
- **Practice compassionate listening** - When you're with a friend or family member, listen without responding, judging, or giving advice. Most of us simply want to be heard, and it is a gift when someone truly listens with an open heart.

>>Find more ideas: [chopra.com/articles/compassion-in-action-15-easy-ways-to-spread-kindness](http://chopra.com/articles/compassion-in-action-15-easy-ways-to-spread-kindness)

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

How does Good King Wencelas like his pizza?

Deep pan, crisp and even.

### Dene Word of the Month

ihnaᓃdudhi sweater



### Trivia of the Month

#### Did you know?

The average meal in Canada travels 2,400 km to get to your plate & may contain (on average) ingredients from 5 other countries. (Get Local BC, 2011)

# 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.”

As highlighted in previous QI Corners we are on a shared Improvement journey in health care and here in AHA we all have a role to play. This path is walked at many levels, individually, as teams and with our broader communities where we work in partnership to achieve our vision and mission through improving the Quality of care and caring experience for those we serve.

The essence of the Quality Improvement methods AHA is employing remains the experts are those closest to care, patients, families, clients and residents themselves. QI provides the tools to help us get there. One of the foundational pillars in implementing our Improvement system has been to build Improvement capability in our formal leaders so they can lead improvement at a strategic level (Where are we going? How will we know we’re getting there?) as well as at an operational level (keeping the lights on and ensuring the right people are at the right place at the right time) all while learning to lead teams in Improvement work towards achieving **better care, better health, better teams and better value.**

## Major elements of this work are training and certification:

Our senior leadership team is becoming equipped with in-depth knowledge about and the capability to apply QI principles and methods, through a rigorous certification process called Lean Leader Training. This training takes about 70 days over the course of 18-24 months. AHA is on track to meet our goal to have 100% of our senior leaders enrolled in this training certified by February 2017.

AHA’s management team is also taking Lean Improvement Leader Training (LILT), our first cohort began this fall and has been on track to complete this intensive yearlong training ever since. LILT is an applied program whereby it is designed to develop leaders who manage and direct care, services and processes, and help them use what methods and tools they are learning in their own area to make things better right away. This program is an important step in learning how to lead new work in new ways. Currently we have **6** people in progress and are planning our second cohort to begin in March.



Recently the LILT group led teams in a 5's in their respective areas. You might remember the concept of 5's from a past QI corner; this popular improvement method employs a set of concepts that help an organization ensure safe, clean, and organized workspaces. 5S is also a great activity to be done as a team, laying a solid foundation for future improvement work.

Here are a few examples:

**Tiffany:** A need was identified by patients and family to create a space where discussion with family and staff could take place privately and confidentially.



THE TEAM



BEFORE



AFTER

**Sandra:** Mental Health Therapies Room - Ensuring that the space is open and welcoming for clients.



BEFORE



EW!



AFTER



**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)

## 5 Holiday Treats For Your Teeth >> Resource: <http://www.toothzonenetwork.com/5-tips-healthy-teeth-throughout-holidays/>

Halloween through New Years is an exciting and often delicious time of year, but it can also be a dangerous time of year for your teeth! Keep these five tips in mind to keep your pearly whites healthy throughout the holiday season:

### 1. Stay away from chewy candy

We know that it is nearly impossible to stay away from the delicious holiday candy that shows up this time of year, but did you know those sticky candies are terrible for your teeth? The chewy substances stick to your teeth's enamel which stimulates tooth decay and can even rip out fillings! Try your best to serve delicious, healthy alternatives and only have a few of these tasty treats this holiday season!



Don't forget  
about your  
**teeth**  
this holiday  
season!

### 2. Use a nut cracker

Nuts are a great source of protein but remember: do not use your teeth to crunch down on this healthy snack! The hard nature of the shell of a nut can cause severe tooth and gum damage and can even crack your teeth. Use a nut cracker to remove the shell and you're all set to enjoy!

### 3. Your teeth are not box cutters

Using your teeth to open presents or packages may require a future root canal or repairing of an existing crown. Do your teeth a favor and take the extra second to use scissors or a box cutter to rip open your presents this holiday season!

### 4. Don't chew on hard candy

While we've already warned you to stay away from the chewy treats, you should also avoid chomping on the hard stuff this year! By biting down on hard candy, you run the risk of cracking or chipping your teeth if you crunch on hard candy or even ice cubes. Instead of biting down, let the candy dissolve in your mouth as to reduce the stress on your teeth!

### 5. Drink water

To keep your smile bright this holiday season, avoid drinking coffee, black tea, soda, or red wine that can stain your teeth. Try replacing these beverages with water that can wash away food particles and bacteria. Water also keeps your mouth quenched to avoid a dry mouth which can cause bad breath.

Give your teeth the present of avoiding any dental emergencies over the holidays by following these five simple tips. If you just can't stay away from the yummy candy and need to come in for an appointment, call your dental health team sooner than later! Happy Holidays!



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

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

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

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

## Stress Management

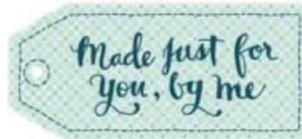
>> Resource: <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

### Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

- 1 **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2 **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships. **(Check out the rosary & gospel evenings in Stony on Thursdays @ 6:00pm)**
- 3 **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- 4 **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside hurt feelings until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- 5 **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:

- Give homemade gifts.
- Donate to a charity in someone's name.
- Start a family gift exchange.



- 6 **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- 7 **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- 8 **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions:
  - Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
  - Get plenty of sleep.
  - Incorporate regular physical activity into each day.
- 9 **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:
  - Taking a walk at night and stargazing.
  - Listening to soothing music.
  - Getting a massage.
  - Reading a book.



- 10 **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

>> Resource: <http://fitwrr.com/>

# YOGA POSE OF THE MONTH:



## Cat - Marjaryāsana

marjarya = cat āsana = posture

- 1 Begin the cat pose on all fours with your hands under your shoulders and your knees under your hips.
- 2 Take a deep breath to inhale.
- 3 Use your exhale to pull your belly button to your spine and press the floor away with your hands and knees, rounding your spine like an angry cat, stretching your lower back and spine.
- 4 Take least 3-5 deep breaths before releasing. Repeat 3-4 times.

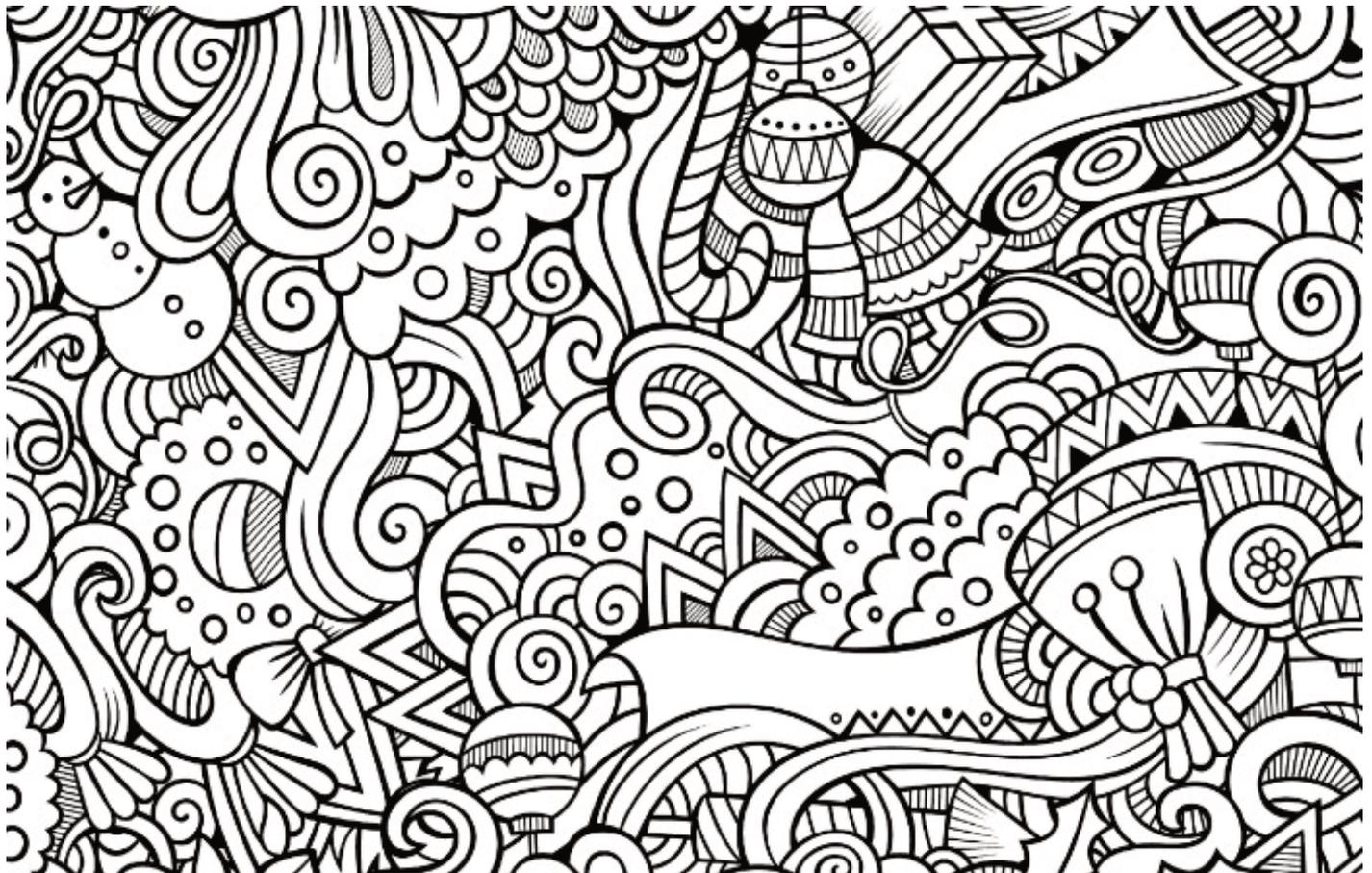
**Benefits:** Relieves the spine and neck. Energizes the body.

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

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

## COLOR ME

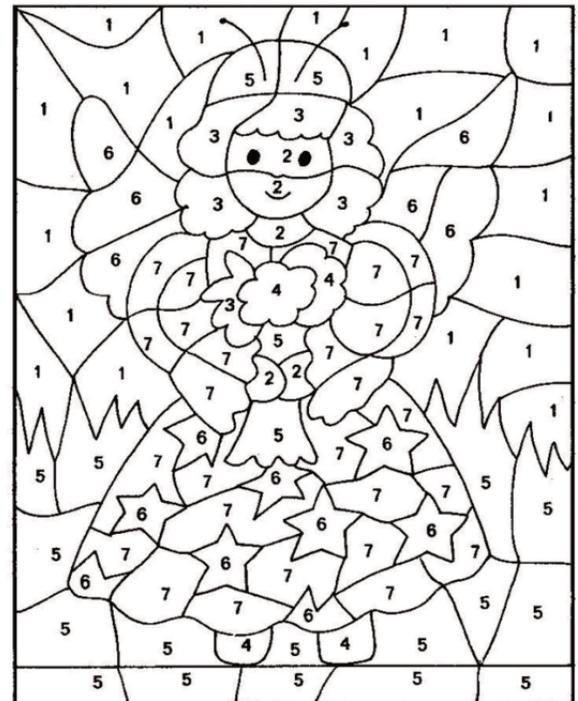
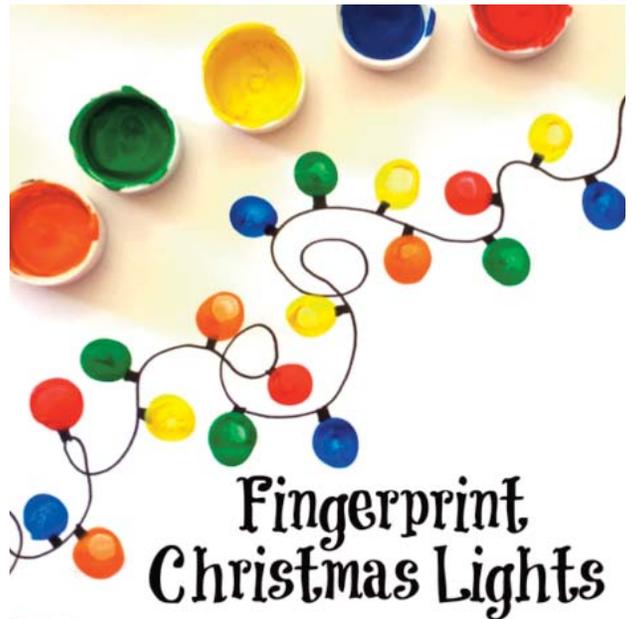
Coloring has therapeutic potential to reduce anxiety, create focus or bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts & focus.



# 30 days of gratitude



#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily are you grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?



1-blue 2-brown 3-orange 4-red  
5-green 6-yellow 7-violet

## ACTIVE TOY GUIDE - Go to [www.saskatchewaninmotion.ca/tools-resources/active-toy-guide](http://www.saskatchewaninmotion.ca/tools-resources/active-toy-guide) for more!

Great gift ideas to help kids of all ages burn off steam, chart an active outdoor adventure and experience the joy of movement. This year, make sure Santa leaves behind a pick or two from the Active Toy Guide to keep the whole family moving all year long!



### ThinkFun Yoga Spinner Game

Give the spinner a whirl and perform the pose on the corresponding Yoga Pose Card. If you can hold the pose for 10 seconds, you keep the card. You will need a little luck and teamwork, and a bit more flexibility and balance to win this entertaining yoga game.



### Wobble Deck Electronic Memory Game

Think Simon Says on a surf board! The Wobble Deck helps kids improve their reflexes, memory and balance as they move and groove to the beat, matching colours, numbers and sounds. Extraordinary fun for all ages!

OUR KIDS AVERAGE  
6-7 HOURS OF SCREEN  
TIME A DAY!



TOY  
EXPERT  
PICK

### Slackers Ninjaline Intro Kit

Train like a Ninja with the patented Slackers Ninjaline™ 36' Intro Kit with seven hanging obstacles. This versatile backyard outdoor hanging obstacle course kit allows the obstacles to be moved further apart as your skills improve. Best of all, it's easy to install and take down, meaning you can take your training with you!



### Educational Insights Magic Moves Talking Wand

Magic Moves Electronic Wand Shake is all about... MOVING! Stomp like a dinosaur! Swoop like an eagle! Ninety fun, physical commands, twinkly light shows, and 26 musical tunes get kids up and keeps them moving - exercising their bodies, creativity and listening skills!



TOY  
EXPERT  
PICK



### Jazzminton Paddle Game

Jazzminton is a fast-paced, action packed paddle game combining the best of table tennis and badminton - without the nets or table! This adaptable game can be played indoors or outside. Try it solo as an excellent test of eye hand coordination.

YOUR kids need at least 60 minutes  
of physical activity every day!



### Spike Ball

The sport of Spikeball is played 2 vs 2, with a taught hoola hoop sized Spikeball net placed between the teams. A player starts by serving the ball down on the net so it ricochets up at the opponents. They have up to three hits between them (just like volleyball) to control the ball and bounce it back off the net. When they miss, you score. Did we mention that there are no boundaries?

## Update: Carpenters

Would you like an opportunity to build something for your community?

Would you like to be paid for your skills?

Would you like to help improve literacy?



*To be decorated by local artists after construction*

We need **3** of these libraries built!

Contact Pam  
by  
Jan. 31st

Based on feedback, we are now looking to have indoor libraries rather than outdoor ones.



If you are interested or would like more information, please contact:  
Pamela Huerto - 439-2647 or [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca)

## News Flash

### Family Violence Prevention Program - Elizabeth Dorion

Training was provided in Fond du Lac on Oct 31-Nov 4. We had several participants who completed the course. The training was on family violence & how to start a support group in your community.

A bullying presentation was provided to the Wollaston Community. The schools did a walk to show that drugs & alcohol are not welcome in the community. We are proud of the Wollaston residents for taking a stand!!

Please watch for more presentations or training opportunities in your community and sign up! Education is the best tool for creating a violence free community!! It is never too late to learn, learning is a lifelong journey.

Merci cho - "Every living being in this world deserves to feel safe and loved"



If you have any questions, please call 439-2625 or Victim Services at 439-2185 if you are experiencing disharmony within your environment.

### Need a New Year's project?

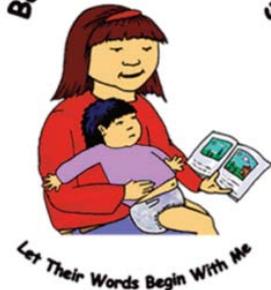
Start planning a walking group today!

A walking group is a great way to start off the new year! It can be as simple as walking 10 minutes through the halls or around the building. Or try a fun, walking team competition for a couple of weeks.



Talk to Pamela Huerto (439-2647 or [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca)) if you would like help or pedometers for your group or competition!

Babies, Books & Bonding



### Congratulations!

Local artist Crystal Seegerts has been awarded the contract with NHCP to illustrate a children's book. It will feature the story of a northern Saskatchewan family as they gather and prepare food for a family meal, the story is tailored to a northern Saskatchewan context, promotes healthy eating and resilience-building family rituals and caters to younger children than most Aboriginal language books currently available. The book will be published in three versions: Cree and English, Dene and English, and Michif and English.

### Congratulations!

We'd like to congratulate Jennifer Conley, Beverly Peel & Judy Friesen on the completion of their Lean Leader Certification.



### AHA Raffle Winners

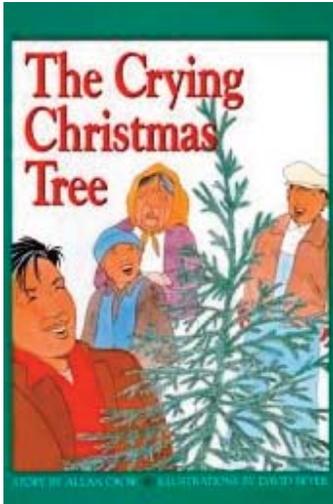
- 1st Prize - Return Trip for 2 + \$500 - Dianne Lauritzen
- 2nd Prize - Apple iPad - Corinne Martin
- 3rd Prize - Meat Pack from Prairie Meats - Kimberly Torrie



## Look in a Book

“The reading of a fine book is an uninterrupted dialogue in which the book speaks and our soul replies.” -André Maurois

### Holiday Reading



#### The Crying Christmas Tree - Allan Crow

All the children laugh when Grandmother brings home a scrawny Christmas tree. There's a wonderful surprise, however, in this charming holiday story.

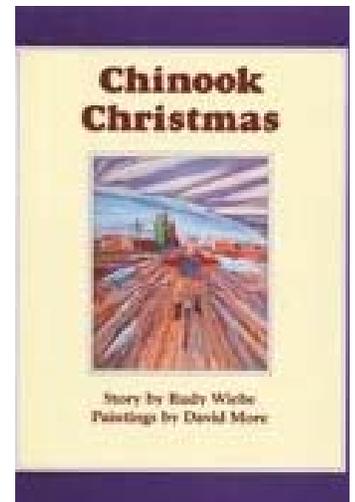
This story teaches about the love of a grandmother for her children and the true meaning of Christmas. The setting and characters feel real and the story rings with the authenticity of personal anecdote. David Beyer's illustrations are simple but evocative.

### Holiday Reading

#### Chinook Christmas - Rudy Wiebe

Christmas in the Prairies means snow and blizzards and bitterly cold winds. But what happens when a warm Chinook wind blows like an unexpected gift down from the Rocky Mountains, turning December into April in the blink of a child's eye? What happens when the Chinook promises a temporary magic? What happens is the people of a small prairie town abandon old habits and emerge momentarily from the grip of the harsh cold to embrace this wonder.

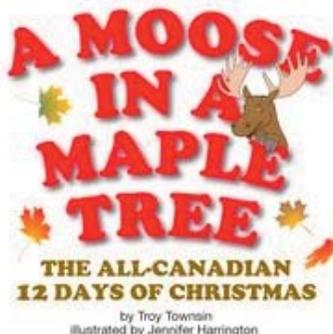
On this special Christmas Eve, Eric and his sister Anni marvel at the surprise of a frozen landscape melted into vivid colours and fresh smells. And when they return home from church, they discover an anonymous gift on their doorstep.



### Little Readers

#### A Moose In A Maple Tree:

#### The All Canadian 12 Days Of Christmas - Troy Townsin



This best-selling children's book is already a favourite of people young and old around the globe and its lyrics have been sung in classrooms and assemblies across the country. The book's endearing use of iconic Canadianisms provides a great tool for young readers developing memory recognition and learning to count. Its comical ending, with all the characters in the tree, provides a captivating look-and-find.

“Because **Safety Starts With You!**”

# Safety Source

## Holiday Safety

### Food Safety

**Clean:** Wash hands, contact surfaces (like kitchen counters) and utensils often to avoid the spread of bacteria.

- Wash your hands with soap and warm water for at least **20 seconds** before and after handling food, and after using the bathroom, changing diapers or touching pets.
- Always wash fresh fruits and vegetables with clean, running water that is safe to drink.

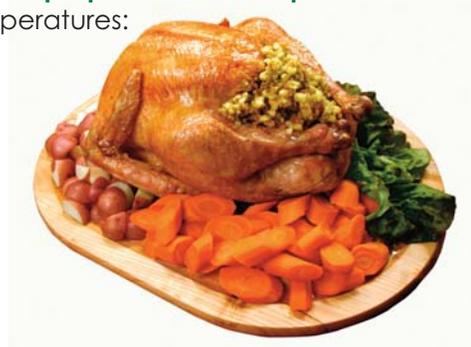
**Separate:** Keep raw foods separate from cooked and ready-to-eat foods to avoid cross-contamination.

- Ideally, use two cutting boards, one for raw meat, poultry and seafood, and one for washed fresh produce and ready-to-eat foods.
- **Never** place cooked food back on the same plate or cutting board that previously held raw food, unless it has been washed with soap and warm water.

**Cook:** Make sure you kill harmful bacteria by cooking foods to the proper internal temperature.

Use an instant-read digital thermometer and cook to these temperatures:

- **82°C (180°F)** for whole poultry
- **74°C (165°F)** for stuffing, casseroles, leftovers, egg dishes, ground turkey and ground chicken, including sausages containing poultry meat
- **71°C (160°F)** for pork chops, ribs and roasts, and for ground beef, ground pork and ground veal, including sausages
- at least **63°C (145°F)** for all whole muscle beef and veal cuts, like steaks and roasts



When you think the food is almost ready, remove it from the heat source and insert the thermometer in the thickest part of the food, away from bone, fat or gristle. Keep cooking if the proper temperature has not been reached.

Be sure to wash the thermometer or any utensils that are used on raw or partially cooked foods in between temperature checks.

Eat hot foods while they are still hot.

>> Resource: [http://healthycanadians.gc.ca/security-securite/home-maison/holidays-temps\\_fetes-eng.php](http://healthycanadians.gc.ca/security-securite/home-maison/holidays-temps_fetes-eng.php)

**Chill:** Keep cold foods cold. Bacteria can grow rapidly when food is allowed to sit in the so-called danger zone: between **4°C (40°F)** and **60°C (140°F)**.

- Eat cold foods while they are still cold.
- Remove bones from large pieces of meat or poultry & divide them into smaller portions before storing.
- Throw out perishable food that has been allowed to sit at room temperature for more than **two hours**. You cannot tell whether food is contaminated with surface bacteria by the way it looks, smells or tastes.  
**When in doubt, throw it out!**



### Decorating Holiday trees

- Place the tree away from high traffic areas & doorways. Make sure tree is well-secured in a sturdy stand.
- Place the tree away from heating vents, radiators, stoves, fireplaces and burning candles.
- Keep metal, sharp or breakable tree ornaments with small removable parts away from young children.

## Holiday lights and decorations

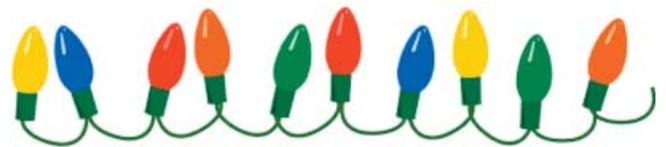
- Use lights that have the mark of an accredited certification agency such as CSA, cUL or cETL.
- Choose the right light for the job: light strings and other decorations are rated for indoor or outdoor use. Ensure that indoor lights and decorations are only used inside
- Check all light bulbs before you put them up. Replace broken or burned-out bulbs with those recommended by the manufacturer.
- Check the light strings & extension cords, discarding any with frayed or have exposed wires, loose connections or broken light sockets.
- **Never** run electrical cords through or across doorways where they may be pinched or trip someone, or under carpets where they can be damaged or overheat.
- Avoid plugging too many lights and decorations into an outlet. Overloaded circuits can overheat and start a fire.
- Turn off all holiday lights before you go to bed or leave your home.
- Keep 'bubble lights' away from children -- they contain a hazardous chemical that may cause irritation or burns if the bulb breaks.
- Choose tinsel, artificial icicles and other trimmings made of plastic or non-leaded metals. Don't let children put decorations in their mouths, as some may be harmful to their health.

>> Resource: <http://healthycanadians.gc.ca/security-secureite/home-maison/holidays-temps-fetes-eng.php>

## Fire Safety

### 1. Smoke/Carbon Monoxide Detectors

- Make sure you have them and that they're working.



### 2. Light up the night without igniting the lights

- Purchase extension cords for the specific job – don't improvise with an indoor cord outdoors, or daisy chain several shorter cords instead of just getting a longer one.
- As with extension cords, indoor-rated light strings and pre-lit trees are for indoor use only. Products marked for indoor use are not designed to hold up against the elements. However it is safe though to use outdoor extension cords and light strings indoors.
- It is not a good idea to connect different types of light strings together. For example, don't plug in a new LED string to your old incandescent light string.
- Do not run extension cords under carpets, out windows or doorways where they could become pinched.
- Inspect light strings/set & extension cords before use, & discard any that show signs of wear or damage.
- Insert plugs fully into outlets. Poor contact may cause overheating or shock.
- If using candles, burn them in proper holders, on sturdy surfaces away from children and pets. Put out candles before leaving the room or going to sleep.
- Do not overload electrical outlets.

### 3. Staying warm

- If you must use a space heater, plug it directly into a wall outlet, not into an extension cord or power bar. Give it lots of room -- at least 1 m (3 feet) of space on all sides, and turn it off before leaving the room or going to sleep.
- Consider replacing old space heaters with newer models that turn off automatically when tipped or overheating.
- Use a barrier to keep children and pets away from gas or wood burning fireplaces when they are in use.
- Never burn gift wrappings, boxes, cartons, or other types of packing in the fireplace.

### 4. Cooking safe

- Don't leave grilling, frying or broiling unattended.
- Keep cooking surfaces clutter-free.

### 5. The Tree

- Real or fake, the good news is Christmas trees rarely catch fire. Nevertheless, if using a real one, make sure to keep it well-watered and away from sources of heat. Never use candles on or near the tree.



#### Who Can I Contact?

For more safety information contact:  
[chuerto@athabascahealth.ca](mailto:chuerto@athabascahealth.ca)

>> Resource: <https://canadasafetycouncil.org/home-safety/home-fire-safety-tips-holidays/>



# BANNOCK

## Lusknikn



### INGREDIENTS:

- 5 cups (1250 ml) white flour
- 1 tsp (5 ml) salt
- 4 tsp (20 ml) baking powder
- ½ cup (125 ml) vegetable oil or melted non – hydrogenated margarine
- 2 ¼ cups (310 ml) water or 1% milk
- 1 tbsp (15 ml) melted non-hydrogenated margarine (once the bannock is baked)

**You can make the bannock in any shape by baking it in different shaped pans.**

### Recipe by: Rosemary Marshall

Rosemary is from Potlotek, Richmond County, Nova Scotia. She was born on Chapel Island, in a family of 11 children, 7 boys and 4 girls. William Butler and Rosemary have 3 wonderful children and a grandson. She is now working as a Mi'kmaw language translator and transcriber for Potlotek Education.

*Some adaptations have been made to the original recipe.*

### METHOD:

1. Preheat the oven to 350°F.
2. In a large bowl, mix together all the dry ingredients.
3. Make a well in the middle of the flour and fill it with some liquid and oil or margarine. Stir it in gently with a spoon or fork.
4. Continue adding liquid until a soft ball of dough forms. You might have to add more liquid or flour as you stir:
5. Leave enough flour on the side of the bowl so you can knead the bread and then pat it into a bread pan.
6. Inside the bowl, gently knead the dough for about a minute.
7. Pat the dough flat into a bread pan of your choosing. We used a 10" round cake pan.
8. Make a cross on the bread and then cut it into sections. The cut is about ¼" deep.
9. Bake for about 45 minutes or until the sides and top are golden brown.
10. Take out of the oven. Spread margarine over the top to make it soft.
11. Cover with a clean dish towel, let cool.





# NOTES FROM the cook

Each time I make Lusknikn it reminds me of my mom, who passed away when we were young. I feel that she is still a part of me and she is still helping me to be the way that I am. I know that who I am is because of who she was.

When I made Lusknikn for my aunt she told me that I make Lusknikn so very carefully. Must be made with love.

When we were young we would stand around our table and watch our mom make Lusknikn. She would have the flour in a large bowl and she would let us add the baking powder, salt and let us mix it up.

**“...Must be made  
with love.”**

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

 **Dietitians of Canada**  
Les diététistes du Canada



## Upcoming Events:

### STONY RAPIDS

- Mondays - Yoga Class @ 7:30pm - AHA Multi-Purpose Room
- Thursdays - Rosary Prayer & Gospel Songs @ AHA Facility 6:00pm-8:30pm

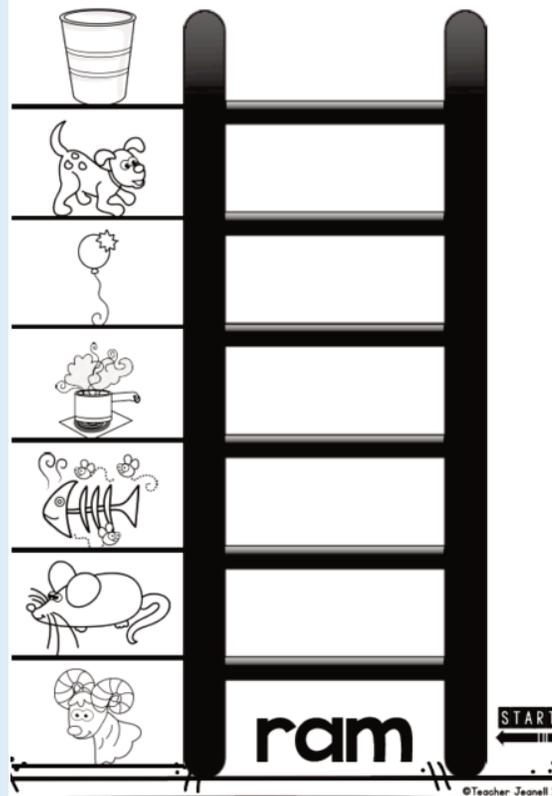
### BLACK LAKE

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

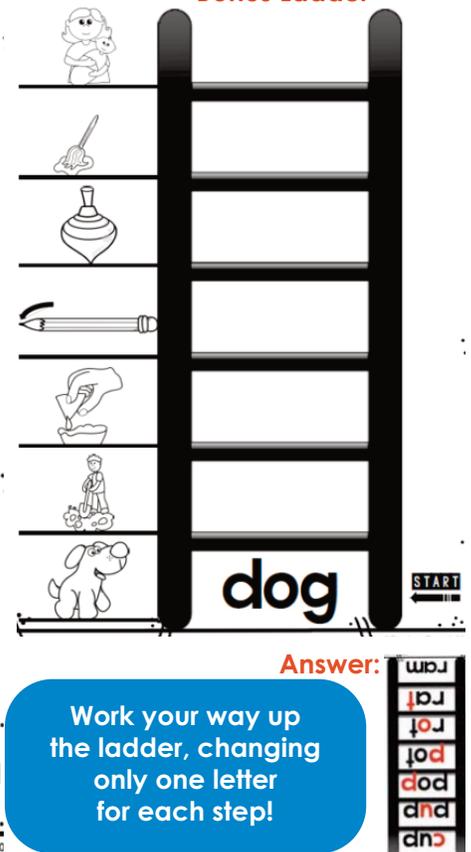
### FOND DU LAC

- Mondays - Women's Group
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Dec. 6 - Elder's Day for 60+ 10:00am-4:00pm @ Band Hall
- Dec. 7 - Health Fair & Makeover Day for Ages 12-17 10:00am-4:00pm @ Band Hall
- Dec. 8 - Health Fair & Makeover Day for Ages 18-59 10:00am-4:00pm @ Band Hall

## Word Ladder



## Bonus Ladder



Answer:

Work your way up the ladder, changing only one letter for each step!



## Healthy Cooking on a Budget

### Maple Roasted Sweet Potatoes

#### Ingredients:

- 2 1/2 pounds sweet potatoes, peeled & cut into 1 1/2-inch pieces (about 8 cups) (\$8.09)
- 1/3 cup pure maple syrup (\$0.71)
- 2 tablespoons butter, melted (\$0.41)
- 1 tablespoon lemon juice (\$0.20)
- 1/2 teaspoon salt (pantry)
- 1/4 teaspoon pepper (pantry)

Don't forget your veggies this Christmas! Aim to fill 1/2 your plate with them.

Roasting sweet potatoes is even easier than boiling & mashing them.

Total cost: \$9.41 Cost per serving (Serves 16): \$0.59

>> Item prices from Stony Rapid stores

- 1 Preheat oven to 400°F.
- 2 Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
- 3 Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.
- 4 **Make Ahead Tip:** Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

**Per serving (1/2 cup):** 92 calories; 2 g fat(1 g sat); 2 g fiber; 18 g carbohydrates; 1 g protein; 4 mcg folate; 5 mg cholesterol; 9 g sugars; 5 g added sugars; 11108 IU vitamin A; 12 mg vitamin C; 32 mg calcium; 0 mg iron; 119 mg sodium; 294 mg potassium  
Carbohydrate Servings: 1 Exchanges: 1 1/2 starch, 1/2 fat

>> Source: <http://www.eatingwell.com/>

