

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS014

January 2017



Photo By Laura Anderson- Yoga at the Lodge

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

Nutrition in the New Year

It's a brand new year. Have you promised yourself that this year you will eat better and exercise more? Even with good intentions it can be hard to stick to your New Year's resolutions. Here are four sensible healthy eating goals that can make this year your healthiest one yet.

- 1 Eat more fish
- 2 Make fruits & veggies part of every meal
- 3 Choose water and milk over pop and fruit drinks
- 4 Experiment with whole grains

>>: www.eatrightontario.ca/en/Articles/Holidays-Celebrations/Make-these-your-top-5-nutrition-resolutions-for-the-New-Year.aspx

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 do you call a lazy baby kangaroo?

A pouch potato!

Dene Word of the Month

Hozu әнеjá!
Good job!



Trivia of the Month

How old is the oldest tree?

Over 5000 years old! This ancient bristlecone pine is the oldest known non-clonal organism on Earth. Located in the White Mountains of California.

In this issue:



It's Snowmobile Safety Week (Jan 21-29), refresh your safety knowledge on pg.12-13



Set a goal for the number of books you want to read this year! Book ideas on pg.11



Family Literacy Day is January 27th. Look inside for some fun activities.

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.”

Science of Improvement: How to Improve

Happy New Year from the Quality Improvement office!

We're in the business of *better* year round yet we know January can signal for many a great time to make good changes in their lives - professionally and personally. Should you often get frustrated when trying to make change or aren't really sure what you are doing is resulting in an improvement check out this tried, tested and easy to use model. The Institute for Healthcare Improvement (IHI) uses the Model for Improvement as the framework to guide improvement work.

The Model for Improvement,* is a simple yet powerful tool for accelerating improvement. The model is not meant to replace change models you may already be using, but rather to accelerate improvement. While this model has been used successfully by hundreds of health care organizations in many countries to improve different health care processes and outcomes it can be used by anyone anywhere with a desire to make something better.

The model has two parts:

- Three fundamental questions, which can be addressed in any order.
- The Plan-Do-Study-Act (PDSA)** cycle to test changes in real settings. The PDSA cycle guides the test of a change to determine if the change is an improvement.

Here's how to use it:

1. Form a Team- Include the right people, this is critical to a successful improvement effort. Teams vary in size and composition. Build your team to suit your needs.

2. Set an AIM. What are we trying to accomplish?- Improvement requires setting aims. A team or individual will not improve without a clear and firm intention to do so. The aim should be time-specific and measurable; it should also define the specific person or group that will be affected. Agreeing on the aim is crucial; so is allocating the people and resources necessary to accomplish the aim.

In 1999, the Institute of Medicine (IOM) in Washington, DC, USA, released *To Err Is Human: Building a Safer Health System*, a report that brought much public attention to the crisis of patient safety in the United States. In 2001, the IOM issued a second report, *Crossing the Quality Chasm: A New Health System for the 21st Century*, which outlines six overarching "Aims for Improvement" for health care:

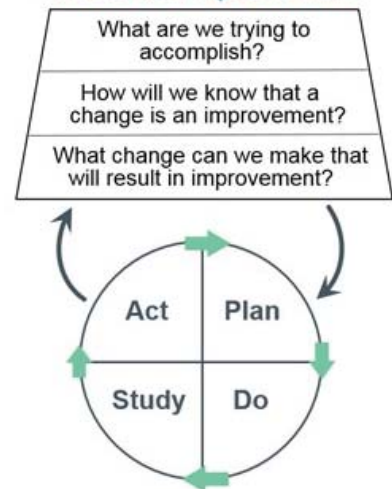
- **Safe:** Avoid injuries to patients from the care that is intended to help them.
- **Effective:** Match care to science; avoid overuse of ineffective care and underuse of effective care.
- **Patient-Centered:** Honor the individual and respect choice.
- **Timely:** Reduce waiting for both patients and those who give care.
- **Efficient:** Reduce waste.
- **Equitable:** Close racial and ethnic gaps in health status.

Many organizations use the six IOM aims to help them develop their aims.

3. Establish Measures - How will we know that a change is an improvement?

Use quantitative measures to determine if a specific change actually leads to an improvement. Ask yourself, how will you know the changes you are making are really improvements and not just change for change sake?

Model for Improvement



Sources:

*Langley GJ, Nolan KM, Nolan TW, Norman CL, Provost LP. *The Improvement Guide: A Practical Approach to Enhancing Organizational Performance* (2nd edition). San Francisco: Jossey-Bass Publishers; 2009.

**The Plan-Do-Study-Act (PDSA) cycle was originally developed by Walter A. Shewhart as the Plan-Do-Check-Act (PDCA) cycle. W. Edwards Deming modified Shewhart's cycle to PDSA, replacing "Check" with "Study." [See Deming WE. *The New Economics for Industry, Government, and Education*. Cambridge, MA: The MIT Press; 2000.]

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

Measurement for improvement should not be confused with measurement for research. This difference is outlined in the table below.

	Measurement for Research	Measurement for Learning and Process Improvement
Purpose	To discover new knowledge	To bring new knowledge into daily practice
Tests	One large "blind" test	Many sequential, observable tests
Biases	Control for as many biases as possible	Stabilize the biases from test to test
Data	Gather as much data as possible, "just in case"	Gather "just enough" data to learn and complete another cycle
Duration	Can take long periods of time to obtain results	"Small tests of significant changes" accelerates the rate of improvement

Three types of measures help create a balanced set of measures for all improvement efforts: outcome measures, process measures, and balancing measures.

Outcome Measures

What is ultimately better as a result of your efforts?

Process Measures

What are the changes we'll need to see to achieve our ultimate goal?

Balancing Measures

(looking from different directions/dimensions)

Are changes designed to improve one area causing new problems in other areas?

4. Select Changes - Ideas for change may come from anywhere! Look to steal great ideas from those that may have already made similar improvements, is there a best practice from research that can give you ideas?

What change can we make that will result in improvement?

While all changes do not lead to improvement, all improvement requires change. The ability to develop, test, and implement changes is essential for any individual or group that wants to continuously improve. After generating ideas, run Plan-Do-Study-Act (PDSA) cycles to test a change or group of changes on a small scale to see if they result in improvement. If they do, expand the tests and gradually incorporate larger and larger samples until you are confident that the changes should be adopted more widely.

5. Testing Changes - Model for Improvement: Plan-Do-Study-Act (PDSA) Cycles - Once a team has set an aim, and developed measures to determine whether a change leads to an improvement, the next step is to test a change in a real setting. The Plan-Do-Study-Act (PDSA) cycle is shorthand for testing a change — by planning it, trying it, observing the results, and acting on what is learned. This is the scientific method, used for action-oriented learning.

Reasons to Test Changes

- To increase your belief that the change will result in improvement.
- To decide which of several proposed changes will lead to the desired improvement.
- To evaluate how much improvement can be expected from the change.
- To decide whether the proposed change will work in the actual environment of interest.
- To decide which combinations of changes will have the desired effects on the important measures of quality.
- To evaluate costs, social impact, and side effects from a proposed change.
- To minimize resistance upon implementation.

6. Implementing Changes - After testing a change on a small scale, learning from each test, and refining the change through several PDSA cycles, you may implement the change on a broader scale — for example, for an entire group or area.

7. Spreading Change - After successful implementation of a change you can spread the changes to other areas or people.

Steps in the PDSA Cycle

Step 1: Plan - Plan the test or observation, including a plan for collecting data.

- State the objective of the test.
- Make predictions about what will happen and why.
- Develop a plan to test the change. (Who? What? When? Where? What data need to be collected?)

Step 2: Do - Try out the test on a small scale.

- Carry out the test.
- Document problems and unexpected observations.
- Begin analysis of the data.

Step 3: Study - Set aside time to analyze the data and study the results.

- Complete the analysis of the data.
- Compare the data to your predictions.
- Summarize and reflect on what was learned.

Step 4: Act - Refine the change, based on what was learned from the test.

- Determine what modifications should be made.
- Prepare a plan for the next test.

ORAL HEALTH TIPS FOR YOUR CHILD'S TEETH



1

Keep their mouths clean.

- Use a soft-bristle toothbrush and fluoride toothpaste to brush twice daily
- Wait at least 20-30 minutes after eating before brushing
- Floss every day
- Look for oral care products with the Canadian Dental Association seal



2

Check their mouths regularly.

Look for signs of unusual activity such as:

- Red, shiny, puffy, or sensitive gums
- Bleeding after brushing/flossing
- Bad breath that won't go away

3

Eat properly.

- Eat a well-balanced diet
- Limit foods and beverages containing sugar
- Good nutrition helps build strong teeth and gums!



4

See your oral health professional regularly.

- 48% of Canadians who haven't seen an oral health professional in the past year have gum disease.
- It is also extremely important for your child's overall health to maintain good oral health, as there are proven links between oral disease and other health problems

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

A Therapist's Prescription for Better Mental Health

- Treat yourself with kindness.
- Say "no" when you need to.
- Step out of your comfort zone.
- Don't compare yourself to others.
- Embrace your mistakes, they don't define you.
- Be truly present.
- Get outside.
- Cut yourself some slack.
- Make rest a priority.
- Make fun a priority, too.
- Savor good memories.
- Make new friends.
- Laugh often.
- Create something.
- Anticipate joy.
- Appreciate what you have.
- Learn from your mistakes.
- Write down your successes.
- Clear out physical and emotional clutter.
- Move your body more.
- Pursue a hobby.
- Put your phone down and connect with the people you're with.
- Confide in trustworthy people.
- Treat your mental health with the same importance as your physical health.
- Slow down.
- Ask for help when you need it.
- You don't have to do it all; Prioritize what matters most.

SharonMartinCounseling.com

Fun Ways to Say Goodbye!



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

YOGA POSE OF THE MONTH:



This amazing full-body strength, arms and core pose will challenge you both physically and mentally. It strengthens the arms, wrists and tones and strengthens the abdominal area.

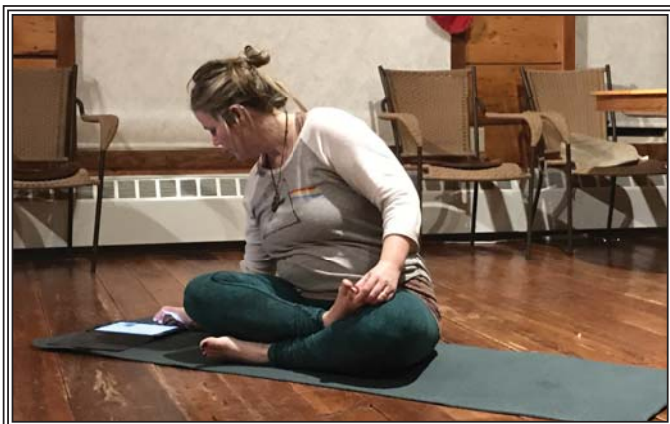
Chaturanga

- 1 Begin by laying facedown on your mat with your arms alongside your body.
- 2 Bend your elbows and slide your hands up to your chest level with your hands flat, facing down.
- 3 Tuck your toes under, and on an exhale, lift your torso in and up and press your hands and toes down, & lift whole body a few inches above the mat.
- 4 Forming a straight long line from your head to heels and continue to lift your knee high, engaging the front of your thighs.
- 5 Try to hold this position for 20-30 seconds, and then relax back down onto the mat and repeat for several times

Free Yoga Classes at the Integrated Health Facility @ 7:30pm

Jan. 16, Jan. 23, Jan. 30, Feb. 3, Feb. 6, Feb. 24, Feb. 27

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



A big thank you to Heather Tomson for teaching our yoga classes!

We wish you well in your new endeavors!

Jack Rennie will continue to teach yoga, however our schedule will have to adapt to his availability. We will have 2 classes per week when he is in the basin.

Keep an eye on the AHA Facebook page (www.facebook.com/AthabascaHealth) & future newsletters for updates & event info!



better sleep

DAREBEE YOGA WORKOUT
© darebee.com

		
20sec hero pose	20sec child's pose	20sec upward dog
		
20sec camel pose	20sec butterfly fold	20sec supine twist
		
20sec bridge	20sec knee-to-chest	20sec corpse pose

OUR PRIVACY COMMITMENT

Privacy Practices

The personal health information of our clients is sacred and deserves to be treated with respect and sensitivity. As health care providers we acknowledge that the personal health information of our clients is protected by Traditional Values, our Professional Code of Ethics and Canadian Law. We believe that an atmosphere of trust between client and caregiver is important in the delivery of health care. We are committed to protecting your privacy and have policies and procedures in place to keep your personal health information confidential, accurate and secure.

Why do we collect your personal health information?

- To provide you with health care
- To ensure you receive safe, appropriate and high quality care
- To support health awareness and health educational activities
- To plan, administer and manage the delivery of health care programs
- To fulfill our legal and regulatory requirements, for example:
 - monitoring of high risk communicable diseases;

Who is my personal health information shared with?

- Health care workers within this facility who provide you with health care
- Public Health Authorities as required by the Public Health Act
- Those authorized or permitted through a subpoena, court order or the law
- Health care providers working outside of this facility who "Need-to-Know"
- Agencies that pay for health services that we provide

Only with your consent do we disclose your information

- To a family or community member that you specifically identify
- To a spiritual or religious advisor who may want to know

Can I see my record of personal health information?

It is your right to request access to your personal health information. To do so, or to know more about our privacy practices and your rights; please contact:

For Further Information:

Privacy handouts are made available in the main reception area and all programs areas of this facility.

You may also contact the person responsible for privacy indicated below.

The name of our
Privacy Coordinator is:

JD Miller

*Respecting Community and
Client Information by Our Actions*



A Key to Your Child's Development

Literacy begins at birth as children learn about language and first experience words. Babies need to hear and experience language and books to become readers later on. How we interact with our children is key to the development of their literacy skills, and family literacy provides ways to engage the whole family. The Centre for Family Literacy suggests the following activities to get you started (www.famlit.ca):



Finger Playing

Fingerplays are a tool many learning experts encourage to help develop children's literacy skills. Fingerplays are songs, stories or rhymes that use hand actions to:

- practice following directions
 - learn more words
 - improve dexterity (ability to use fingers)
- all through a fun and interactive process!

Many cultures around the world have great fingerplays. Try the ones below, or make up your own and get those fingers moving!



Itsy-Bitsy Spider

Song words

The itsy-bitsy spider climbed up
the water spout

Down came the rain

and washed the spider out

Out came the sun that dried up
all the rain

and the itsy-bitsy spider climbed
up the spout again

Actions

lock thumbs and let 8 fingers
crawl up

lift your hands up and wiggle your fingers as you
bring your hands down

push hands and arms forward in an outward
spreading motion

hold your hands together above your head

finger crawl up again

Race to Literacy

Do you play games with your family?

If yes, you are playing with literacy. Following directions, counting, and working with others are ways to practice your literacy skills.

Try this game with your friends and family.

What you need:

- ☐ 2 or more players
- ☐ Dice
- ☐ Racetrack
- ☐ A pencil for each player



How to play:

1. Players begin at the Start square.
2. Taking turns, each player rolls the dice and moves that many spaces.
3. Say the letter you land on and a word that starts with it. If you can't think of one, hop up and down and sing your ABC's.
4. First player to reach the Finish square wins!



Taking it Further

Keep track of the letters you land on and try to make words out of them.

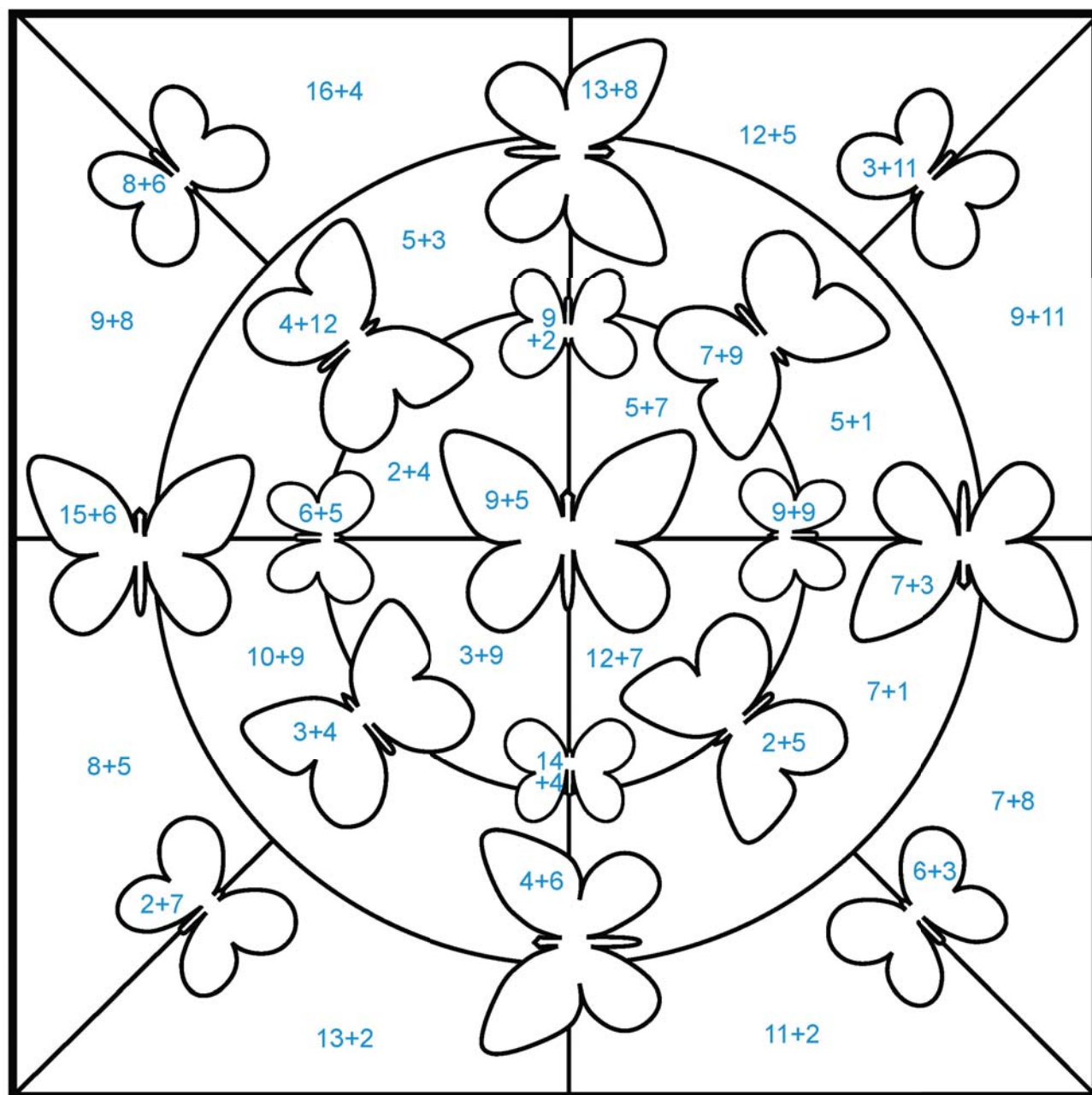
News Flash

Congratulations

We'd like to congratulate Tiffany Adam, Philis Atta, and Pamela Huerto for completing the training necessary to become trainers in Transferring Lifting Repositioning (TLR) & Professional Assault Response Training (PART). We are proud to now have trainers available to us in the north, and look forward to having our AHA staff trained in the programs!



Find the sum for each addition problem. Use the sum to find the correct color at the bottom of the page.



Red: 9, 14

Orange: 7, 16

Blue: 11, 18

Purple: 10, 21

Yellow: 6, 19

Peach: 12

Pink: 8

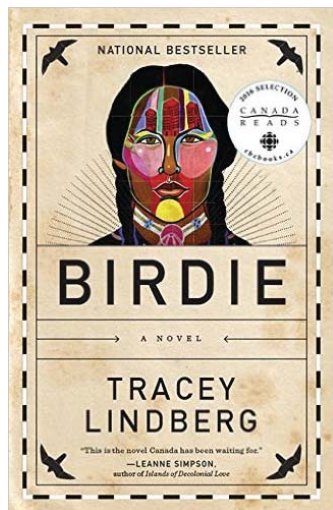
Light Green: 13, 20

Light Blue: 15, 17

Look in a Book

“The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.” -Douglas Wood

Adult Fiction



Birdie - Tracey Lindberg

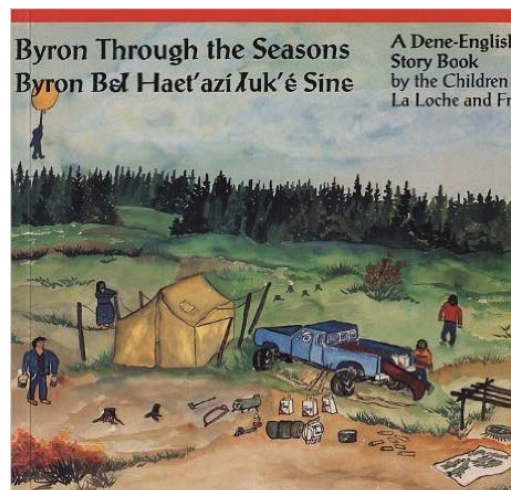
A darkly comic and moving first novel about the universal experience of recovering from wounds of the past, informed by the lore and knowledge of Cree traditions. Bernice Meetoos, a Cree woman, leaves her home in Northern Alberta following tragedy and travels to Gibsons, BC. She is on something of a vision quest, seeking to understand the messages from The Frugal Gourmet (one of the only television shows available on CBC North) that come to her in her dreams. She is also driven by the leftover teenaged desire to meet Pat Johns, who played Jesse on The Beachcombers, because he is, as she says, a working, healthy Indian man. Bernice heads for Molly's Reach to find answers but they are not the ones she expected. Part road trip, dream quest and travelogue, the novel touches on the universality of women's experience, regardless of culture or race.

Young Readers

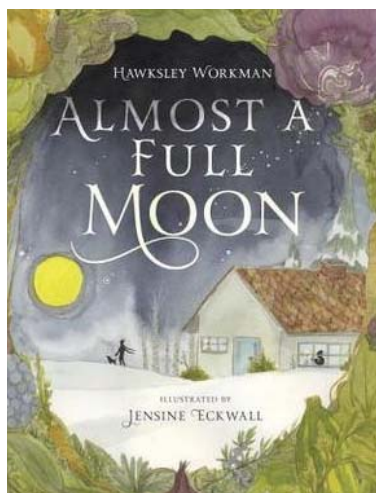
Byron Through the Seasons: A Dene-English Story Book - The Children of La Loche

This Dene-English story book was produced by the students and teachers of Ducharme Elementary School in La Loche, Saskatchewan, with assistance from local advisors and elders. Together, they wrote the story, translated it, and worked on the pictures.

"Byron Through the Seasons" is a story told by Grandfather Jonas and imagined by his grandson, Byron. The balloon diagram in each picture represents the symbolic journey taken by Byron as he listens to stories of what Dene life is like during the four seasons of the year.



Little Readers



Almost a Full Moon - Hawksley Workman

Almost a Full Moon is a warm-hearted story of family, community, food and home. A boy and his grandmother host a gathering in their small cabin in the middle of winter. Friends travel from near and far, and some new friends even turn up. The walls of the cabin are elastic and the soup pot bottomless; all are welcome. Based on the lyrics of Hawksley Workman's song from his holiday album Almost a Full Moon, this book evokes both the cold and the coziness of a winter's night: crisp clean air, sparkling snow, the light of the moon, welcoming windows, glowing candles, family and friends.

"Because **S**afety **S**Starts With You!"

Safety Source

SNOWMOBILE SAFETY WEEK - January 21-29, 2017

SAFE SNOWMOBILING MEANS...

- 1 Never consume alcohol or drugs before or during snowmobiling.
- 2 Become familiar with the snowmobile you ride.
- 3 Operate at safe and reasonable speeds.
- 4 Stay on trails and areas where snowmobiling is permitted.
- 5 Avoid travel on unfamiliar frozen bodies of water.
- 6 Using extra caution at night.
- 7 Keep your snowmobile properly maintained.
- 8 Become familiar with the terrain you will travel on.
- 9 Listen to the weather forecast before you leave.
- 10 Always wear a helmet and proper clothing.
- 11 Never ride alone, and letting someone know where you are going and when you plan to return.
- 12 Carrying emergency supplies and learning survival skills.

>> Resource: <http://snowmobile.org/docs/snowmobile-safety-week-manual-2017.pdf>

DANGERS TO AVOID - ICE



It is critical to evaluate the ice quality and type before traveling out onto it. New ice that is clear and hard is the only kind of ice recommended for travel. Always avoid:

- Slushy ice
- Ice thickness chart for safe snowmobiling
- Ice on or near moving water (i.e. rivers, currents, channels)
- Ice that has thawed and refrozen
- Layered or 'rotten' ice caused by sudden temperature changes

Other risk factors that weaken or 'rot' ice are:

- Snow on ice that acts as an insulating blanket that prevents hardening
- Pressure ridges in the ice due to wind, current, or ice pressure

Know and follow safe ice thickness guidelines, which apply only to new clear hard ice.

GETTING OUT IF YOU FALL THROUGH

Drowning is a leading cause of snowmobiling fatalities. If you ride on ice often, consider wearing a buoyant floatation snowmobile suit. It is also a good idea to wear a set of commercial ice picks, which have spring-loaded sleeves that cover the points and are attached to a cord so they can be threaded through the sleeves of your jacket.

If you fall through the ice, stay calm. Realize that air trapped inside your snowmobile suit (even a non-buoyant one) and helmet may help keep you afloat for several minutes. Extend your arms out forward in front of you and onto the unbroken ice surface in an attempt to catch yourself. Kick your feet to help propel you onto the ice, like a seal. If the ice keeps breaking, continue kicking and trying to move toward shore or the direction from which you came. Use anything sharp like ice picks, keys, or a knife to dig into the ice to help pull you forward. Don't remove your gloves or mitts. Once you are on the ice, crawl or roll away from the hole. Do not attempt to stand up until you are well away from the hole.

>> Resource: <http://www.saferiderssafetyawareness.org/snowmobiling-and-ice.html>

SNOWMOBILE – EMERGENCY KIT

- 1 **Shovel** - Whether you're digging someone out from under an avalanche or unpacking your sled from a ditch, a shovel is one accessory you'll be grateful for.
- 2 **Waterproof matches (or lighter) and flammable material** - Lighting a fire not only helps you stay warm, but also makes it easier for help to find you. Also include flammable material (like drier lint or tinder) to help get things burning.
- 3 **Snowshoes** - Not something you immediately consider when snowmobiling. But trying to stomp to the nearest rescue center in your boots after your ride breaks down will get you nowhere fast.
- 4 **Whistle** - Perhaps the cheapest item in your snowmobile survival kit ... but perhaps the most effective, too. If you're stranded — or, worse, injured — being able to give out a loud signal for others to hear can mean the difference between life and death.
- 5 **Signal mirror** - This is another potential lifesaver if you're injured and need to get out of the wilderness in a jiffy. This small glass mirror can reflect the sunlight to signal an SOS up to 100 miles away.
- 6 **Axe or Saw** - A sturdy axe or saw can help get you or your sled untangled after a snowmobile accident.
- 7 **High-energy food** - After a snowmobile accident or mishap, high-energy foods take on major importance, helping stimulate your body and raise your core temperature amid frigid surroundings. Granola bars, raisins, peanut butter, almonds, and flax seeds are all tidy options to toss into your snowmobile emergency kit.
- 8 **Warm layers** - The riding gear you started with doesn't feel so cozy once you've been sitting still for a couple of hours. That's why it's smart to include sweaters, coats, space blankets, gloves, hats, foot warmers, or anything else you can fit into your snowmobile survival kit.
- 9 **First Aid Kit** - Keep a first aid kit on hand in case of injury.
- 10 **Spare snowmobile parts** - Keep an extra drive belt and set of spark plugs with you (plus some basic tools) in case you need to make a quick repair to your sled.
- 11 **Block and tackle** - This involves pulley blocks and rope that can be used to pull your snowmobile out of a ditch or snowdrift.
- 12 **Tarp** - If using all of the above snowmobile supplies fails to get you help, you may need to use this to make a temporary shelter

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca



SERVINGS
1
ZIPLOC BAG

PRE-PREP TIME
0
MINUTES

PREP TIME
15
MINUTES

COOK TIME
2
HOURS

INGREDIENTS:

- 3 lbs (1.4 kg) round steak of beef or venison partially frozen
- ¼ cup (60 ml) soya sauce
- ½ tsp (2 ml) garlic powder
- ½ tsp (2 ml) onion salt
- ¼ tsp (1 ml) pepper
- 2 tsp (10 ml) liquid smoke

“You can substitute lean beef with elk, caribou, moose or bear.”

Recipe by: Taneisha Dumas

Taneisha Dumas, a university student from Rorketon, Manitoba, sent in this recipe that is simple to make and great for sharing or eating as a snack. Over 30 years ago Taneisha's dad had a hunting partner who passed this recipe on. It was always an item her dad would take along for hunting/ gathering trips into the bush. Now, Taneisha enjoys it especially on long trips.

Some adaptations have been made to the original recipe.

METHOD:

1. Slice partly frozen meat into thin strips, cutting with the grain.
2. Add soya sauce, garlic powder, onion salt, pepper, and liquid smoke in a large zip lock bag or large bowl and mix well.
3. Add the sliced meat to the mixture and marinate for 4 to 6 hours in the refrigerator.
4. Spread strips of meat on wire rack, but cover the bottom of the oven with foil.
5. Bake at 200°F for 1 to 2 hours, checking the level of dryness every so often.
6. Turn off oven and let the jerky cool in the oven.





NOTES FROM the cook

Fall hunting is always the best time to make this recipe when there is lots of fresh meat. However jerky makes a great snack anytime, especially when you are travelling.

Make sure you cut the meat **WITH** the grain. Cut it thin so you can enjoy the flavour more and there is less chewing.

You can substitute lean beef with elk, caribou, moose or bear.

“Make sure you cut the meat with the grain...”

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

- Yoga Class @ 7:30pm
Jan. 16, Jan. 23, Jan. 30, Feb. 3,
Feb. 6, Feb. 24, Feb. 27
In AHA Multi-Purpose Room
- Jan.27 - Cooking Class @ 6pm
- Tuesdays - Exercise @ AHA - 7pm

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
- Jan. 19-22 Fitness Leadership
Training

NEW YEAR'S



FIREWORKS
FRIENDS
HATS
JANUARY
KISS
MEMORIES
MIDNIGHT
CALENDAR
CANDLES
CELEBRATION
CONFETTI
COUNTDOWN
FAMILY
FATHER TIME
NOISEMAKERS
PARADE
PARTY
RESOLUTION
TIMES SQUARE
TOAST
TRADITIONS

©ActivitiesForKids.com

Healthy Cooking on a Budget

Parmesan-Herb Baked Fish Fillets

Ingredients:

- 1 pounds frozen fish fillets, thawed & patted dry (locally caught)
- 1/4 cup light mayonnaise (\$0.75)
- 1/4 cup grated Parmesan cheese (\$1.54)
- 2 Tbsp chopped green onions (\$0.27)
- 1 Tbsp bell pepper, chopped (\$0.26)
- 1/2 dried bread crumbs (pantry)
- 1/2 tsp dried basil (\$0.05)
- 1/4 tsp black pepper (pantry)

It is important to use dried bread crumbs; fresh crumbs will make the dish soggy.

Excellent source of niacin & Vitamin B12. Serve with veggies!

Total cost: \$2.87 Cost per serving (Serves 4): \$0.72

>> Item prices from Stony Rapid stores

- 1 Place fish fillets in a single layer in bottom of prepared baking dish. Set aside.
- 2 In a small bowl, stir together mayonnaise, Parmesan cheese, onions, & bell pepper. Spread mixture evenly over fish fillets.
- 3 In a separate bowl, combine bread crumbs, basil & pepper; sprinkle over top of fish. Bake in pre-heated oven for 10 to 12 minutes or until fish flakes easily with a fork.

Per serving: 216 calories; 7.8 g fat; 0.3 g fiber; 12 g carbohydrates; 23 g protein; 383 mg sodium;

Food Guide Servings: 1 meat & alternatives, 1/2 grain product

>> Source: Dietitians of Canada - Great Food Fast



This recipe will be featured in the new AHA facility lunch menu. Stay tuned for more information!