

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS016

March 2017



Breastfeeding Peer Support Training Workshop - Photo by Brenda Mercredi
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

March is Nutrition Month

Healthy living can prevent disease, & diet is a big part of that! Cancer, diabetes, cardiovascular disease (heart disease and stroke) and lung disease are the leading causes of preventable death and disability in Canada. You can dramatically reduce your risk of these Big Four chronic diseases (long-term or ongoing illnesses) by changing the way you live.

We can also make a big impact on the future health of our little ones by starting them off with breast milk! Breast milk contains antibodies that help your baby fight off viruses & bacteria. Breastfeeding lowers your baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, & bouts of diarrhea. This is why we were very excited to host a Breastfeeding Peer Support Training Workshop in the basin this month, so moms can help other moms with breastfeeding!

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

Who made King Arthur's round table?

Sir Cumference

Dene Word of the Month

baghetél apron



Trivia of the Month

How many times can an ant lift its own weight?

New research on heavy-lifting ants reveals that the neck joint of a common American field ant can withstand pressures up to 5,000 times greater than its own body weight.

In this issue:



We have the results of the Family Violence Poster Contest! Pg.5



Learn about the Employee Family Assistance Program (EFAP) for AHA



A bestselling author is coming to your school! (Mar 27-29)

Q.I. Corner

>> Adapted from: <https://ideas.garden.virginia.edu> by Elliott N. Weiss

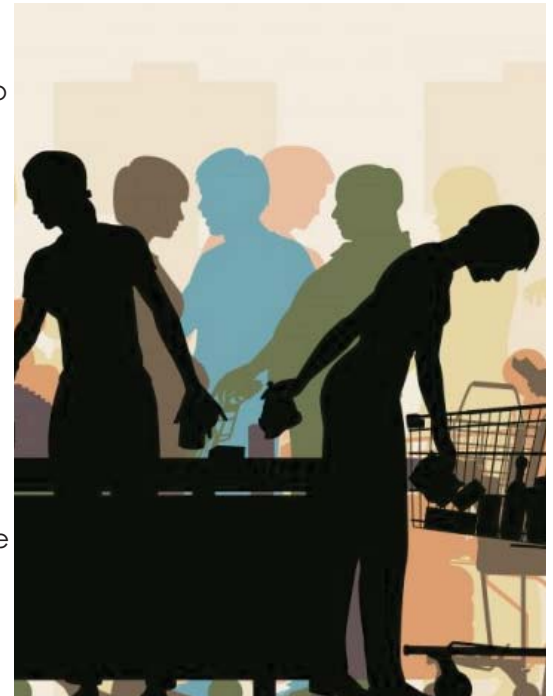
“Quality Improvement (QI) is a range of tools and strategies used to make something better. It's looking for opportunities for improvement, trying new approaches, and adopting them if they work. **Quality** healthcare is often defined as care that is safe, effective, efficient, timely, client and family-centred,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

LIVING LEAN: USING PRINCIPLES OF LEAN THINKING IN EVERYDAY SITUATIONS

In past issues we've discussed the many available QI tools we have to help us make better happen. Lean is one of those tools we have spent time exploring and using right here in AHA. LEAN is fundamentally about respect for all people. Using LEAN tools and methods we create value for the customer, whether it's through a reduction in lead time (i.e. the time from when a service begins to its conclusion), an increase in quality and safety or a reduction in things that typically aren't valued by the customer or provider of a service.

We've heard from you, our customers, that you like learning more about how QI is used in other areas of the world and in day to day life. Our Occupational Health and Safety guru shares with us here a few fun examples of LEAN in action, enjoy!

Although lean principles originated in the business arena, they can be readily applied to everyday scenarios in our lives to improve the way we operate. On a daily basis, lean can improve efficiency at the supermarket, at a restaurant, in school — even at Disney World.



Here are five examples of lean concepts at work:

At the Supermarket: The self-checkout processes at supermarkets varies and offers a simple lesson in lean. In the self-checkout lane at one supermarket, I scan an item and then place it on a conveyor belt, which carries it toward a bagging location. Then I scan the next item, put it on the belt and repeat the process. After paying, I walk to the end of the checking area and must handle each item a second time while I place it in a bag. The customer behind me in line has to wait until I am finished. This is an example of over-processing — each item is handled twice. Additionally, there is extra inventory of scanned items that aren't yet bagged. At a different grocery, I scan the item and put it immediately into a bag, which is located next to the scanner. I scan and bag, scan and bag. I pay, take my bags and leave. Look what happens to my throughput time. This is a great example of single-piece flow. I don't have batch processing here, and I don't have inventory waiting around. I handle each item only once, which makes the process faster for me — and for the person behind me.

At a Restaurant: While out with my friends, I wonder about when I should order my next soda pop. Do I order the next one when my glass is full, empty or somewhere in the middle? This is a question of inventory. To optimize the use of inventory, I must take into account variability; it depends on how busy the restaurant is, the lead time to get the next soda pop and how thirsty I am. In this case, I need to have some inventory, because if there's no inventory, there's no safety stock, and I might have to wait for the next soda pop. But if I order too soon and have too much inventory, I'll end up with warm, flat soda. I must balance a shortage cost (thirst) versus a holding cost (warm soda) to figure out how much inventory to have on hand and when to order more. This is a practical example of inventory management. *(Or just get water, which is free & better for you!)*

my life is...
COLOR CODED

In Preschool: As they say, everything I learned about 5S (sort, simplify, shine, standardize, sustain – loosely translated from the Japanese), I learned in preschool. Objects are color-coded. There's a place for everything. Kids too young to read can tell where toys belong from photographs on the bins. This is smart, lean thinking in action.



At Disney World: One of the most popular rides at Disney World is Dumbo the Flying Elephant. Dumbo is a classic example of the batch process. Riders wait in a long line for the people who just finished to leave, before they can board. Much of the wait time is due to people getting off and on the ride. This process was improved with the Splash Mountain ride. People board from one side of the boat and then exit from the other side at the end. The ultimate ride, though — with respect to flow — is Buzz Lightyear's Space Ranger Spin. Riders board a little spaceship from a moving sidewalk that moves at the same speed as the spaceships, which flow continuously. Riders step off before they even reach the point where the next group boards, so there is very little setup time..

At a Las Vegas Casino: The blackjack table offers a great example of setup reduction. There used to be a "shoe" that held the cards. When the dealer reached a certain point in the stack, an inserted colored card signaled it was time to shuffle. Everyone waited while the dealer shuffled. Now the cards are constantly shuffled by automatic shufflers, so setup time has been essentially removed. Dealers can get more hands played. The number of hands played per hour has increased — which is bad for me but great for the casino!

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

These are several examples of how lean approaches can be applied in real life to save and optimize time and money. It streamlines processes and makes life more efficient, and that's why it works for businesses and individuals.

A Message From Liz Dorian - Family Violence Prevention

Good Day North of 59ers;

Well we sure have had our share of bizarre weather eh, and who says there is no climate change?

I am here today to share more news with you from the world of family violence. Did you know that three northern Saskatchewan communities are deemed the most violent communities in all of Canada? That statistic is sure not a proud one to have.

Did you also know that aboriginal people in Saskatchewan brought up the rate for recreation in sports? That because a lot of younger aboriginal population participate in sports, now **that's** statistic we can be very proud of.

Today I am asking every community member be they first nation, metis or any other ethnic group, who resides north of 59 to start talking about ways we can bring that violence stat down. We can do it if we make an effort!

If you know about someone who is experiencing violence at the hands of their partner, if it's a child or youth experiencing bullying at school – talk to them about it. Let them know there is another way of dealing with the problem. Violence is never ever ok.

We are so fortunate now to have cell service and the internet not only can the World Wide Web be used for harm it can also be used for good. Do some surfing and check out sites that show you information on how to help coping, bullying, mental health or addictions.

Here are a couple of sites to check out:

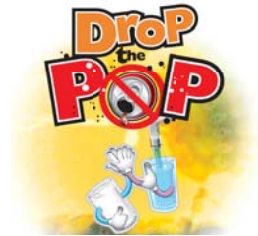
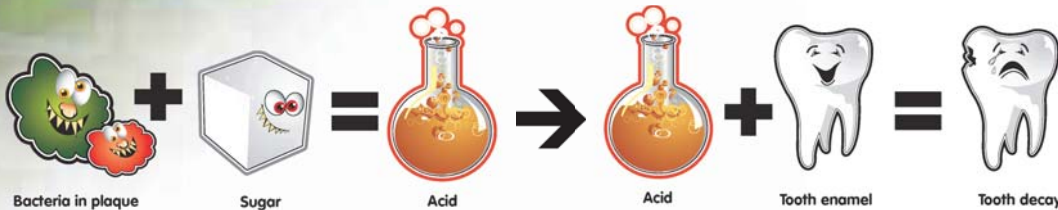
- www.prevnet.ca this site has excellent information on all sorts of bullying and it includes ways you can help to stop it if you see it.
- www.vawlearningnetwork.ca – this site has good information on topics about violence

Take the time to learn about it, take the time to care about it, take the time to stop it. Family violence has never been the aboriginal way, let's take the time to learn about the harms it causes in our communities.

If you need any assistance or would like more information call our office at (306)439-2200 and ask to speak to



How Much Sugar and Acid?



PRODUCT	TEASPOONS OF SUGAR	ACIDITY LEVEL
Pure Water (355 ml)	No sugar	No acid
Coke Classic (355 ml)	10	3
Pepsi (355 ml)	10	3
7-Up (355 ml)	10	3
Diet 7-Up (355 ml)	Sugar substitute	2
Diet Coke (355 ml)	Sugar substitute	2
Diet Pepsi (355 ml)	Sugar substitute	2
Gatorade (1 bottle - 710 ml)	10	3
Orange Crush (355 ml)	10	3
Kool-Aid (355 ml)	10	3
Nestea (Ice-tea) (355 ml)	10	3
Juice of 1 lemon	1	3

*Adapted from Minnesota Dental Association

Sweet and acidic beverages can destroy your teeth enamel.

>> Source: Cree Board of Health & Social Services of James Bay

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

Family Violence Poster Contest Results

The Family Violence Outreach Prevention program held a poster contest in the local community schools of Black Lake, Fond du Lac, Stony Rapids. The question presented to the youth was as follows;

“What can you do in your community to make it a safer, healthier and more vibrant place? Draw a poster on what you think this community would look like? And what do you think has to change?”

We ended up with the youth submitting their posters with various sayings on Family Violence and the posters were placed in the front reception area at the AHA facility in Stony Rapids with sticky notes and staff and visitors were allowed to put a sticky note on which poster transmitted the message from the contest rules.

January 2017 we had all the posters in from each school and prizes were awarded as follows;

Stony Rapids Community School

- 1st - Ellana Janzen (Gr.2) iPod
- 2nd - Harlan Mercredi (Gr. 3) 100.00 Gift Cert.
- 3rd - Melaya MacDonald (Gr.2) 50.00 Gift Cert.

- 1st - Shauntae Sayazie (Gr. 4-6) iPod
- 2nd - Larissa Powder (Gr. 7-9) 100.00 Gift Cert.
- 3rd - Keisha Robillard (Gr. 7-9) 50.00 Gift Cert.

Black Lake School

- 1st - Holly Kasakan (Gr. 4B) iPod
- 2nd - Shanelle Throassie (Gr. 3) 50.00 Gift Cert.
- 3rd - Trisha S. (Gr. 6A) 100.00 Gift Cert.

- 1st - Catie Broussie (Gr. 9) iPod
- 2nd - Paulina Ettibar (Gr. 10) 100.00 Gift Cert.
- 3rd - Robbie Robillard (Gr. 6) 50.00 Gift Cert.

Fond du Lac School

- 1st - Neveya Yooya (Gr. 4A) iPod
- 2nd - Karla Martin (Gr. 1) 100.00 Gift Cert.
- 3rd - Tessa Pacquette (Gr. 3) 50.00 Gift Cert.

- 1st - Christian Isadore (Gr. 10) iPod
- 2nd - Kylie Mercredi (Gr. 8) 100.00 Gift Cert.
- 3rd - Jamie Martin (Gr. 6) 50.00 Gift Cert.



Thank you for your great messages & creative posters!

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

YOGA POSE OF THE MONTH:

Downward Facing Dog



This Yoga postures deeply stretches the hamstrings, back, shoulders, calves and spine while building strength in your upper-body, core and legs.

- 1 Get down on a Yoga mat on your hands and knees; straighten your arms, but do not lock your elbows. Align your wrists directly under your shoulders and your knees directly under your hips. Your middle fingers should be pointing directly to the top edge of the mat.
- 2 As you exhale, lift and straighten (but don't lock) your knees. Stretch your elbows and relax your upper back.
- 3 Spread your fingers wide and press them firmly through your palms and knuckles to distribute your weight evenly across your hands.
- 4 Press your heels toward the floor to feel a deep stretch in your hamstrings and your head toward your feet. Your body should form the shape of an "A."
- 5 Repeat steps 1 through 4 three times and then stay in Step 3 for 5 to 6 breaths.

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

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

2017 Schedule

Mar.1 (Wednesday) – 7:30pm to 8:30pm
 Mar.6 (Monday) – 7:30pm to 8:30pm
 Mar.8 (Wednesday) – 7:30pm to 8:30pm
 Mar.22 (Wednesday) – 7:30pm to 8:30pm
 Mar.27 (Monday) – 7:30pm to 8:30pm
 Mar.29 (Wednesday) – 7:30pm to 8:30pm

Apr.3 (Monday) – 7:30pm to 8:30pm
 Apr.5 (Wednesday) – 7:30pm to 8:30pm



We had some great mini yogis attend one of our recent classes!

YogaKids

Yoga Notes

Interested in Attending Our Classes via Telehealth?

Jack Rennie, our current instructor, is willing to do yoga classes via Telehealth for interested communities. If people are interested in attending this way, we will look into setting things up so that we can connect with you!

Interested in Becoming A Yoga Instructor?

Would you like to teach yoga in your community? If you are willing to teach regular classes for your area, we can looking at training opportunities to help you!

Please contact Pamela Huerto if you are interested in either of these opportunities. 439-2647 or phuerto@athbascahealth.ca.

KATY BOWMAN'S CORE STRENGTH ADVENT

CHALLENGE 1

Roll down to your mid back and then back up, without letting your feet touch down



CHALLENGE 2

Do the same as Challenge 1, while gradually turning your body in a circle.



Rolling Like a (Snow) Ball

First, do it however you can, then you start reeling it in a bit, eliminating momentum. One key way to do that is to grip your hands beneath your legs and don't let them slip. Also, keep the range of motion small--mid back to balanced up on the pelvis. Can you turn yourself in a circle? Then, can you turn yourself the other way?

@nutritiousmovement

WE Day 2017 - Update from Tiffany Hanson

WE Day is a powerful, life-changing event that combines the energy of a live concert with the inspiration of extraordinary stories of leadership and change.

WE Day brings together world-renowned speakers and award-winning performers with tens of thousands of young people to celebrate their contributions and kick-start another year of change.

WE Day has evolved from a single event nearly eight years ago into a series of 14 stadium-sized events held across Canada, the United States and the UK. This past year, 200,000 students attended WE Day and left inspired to create change at local and global levels.

You can't buy a ticket to WE Day. Students **earn** their event tickets by taking one local and one global action through WE Schools, our yearlong educational program that engages and empowers young people to become compassionate leaders and active citizens. Some students collect food for homeless shelters. Others raise money to build classrooms overseas. Every young person makes their own journey to WE Day, but together, they discover their power to change the world.



The WE Day youth group from Stony Rapids consisted of 6 girls ranging from ages 11-15. They are Melanie McDonald, Keisha Robillard, Katie Clarke, Brianna Mercredi, Shauntae Sayazie and Tia Whitdeer, their chaperones were Tiffany Hanson and Carly Tinkler. In preparation for WE Day the girls have did fundraising to pay for their trip to Saskatoon to attend the WE Day concert. They held spaghetti dinners, movie nights, bake sales, and other activities. They also had to earn their tickets to WE Day by helping others and making a change. They held clothing drives and started a food bank asking others for donations.

WE Day was held March 15, 2017 in Saskatoon, all 6 girls and two chaperones attended. They left Monday March 13 and stayed until Friday March 17. During that time they were very busy with volunteering at the Friendship Inn for the day with the Uranium City students, Payton Lenko and Alexander Adams. Volunteering at the Friendship Inn was a great learning experience and they enjoyed it. They went to dinner at Saboroso and the Samurai, they got pedicures, had a movie night, swimming, and the Apex. Overall it was an amazing learning experience for both chaperones and students. We are looking forward to next year's WE Day and are in the process of coming up with ideas on making change and earning our tickets to **WE Day!**



WORLD KIDNEY DAY 2017 -- "KIDNEY DISEASE AND OBESITY"

Every year in March we celebrate 'World Kidney Day'. The kidneys are two of the most remarkable and important organs in the body, but many people do not know why. Our kidneys filter wastes from the blood, balance fluid levels, make urine, produce hormones to regulate blood pressure and help the body make red blood cells, and turn Vitamin D into a form that helps the body use Calcium. It is important for people to know the risks for developing chronic kidney disease—a condition that may lead to kidney failure and the need for dialysis or a kidney transplant to stay alive.

The theme of this year's campaign is obesity and its effect on kidney health. According to the Canadian Obesity Network, one in every four adults and one in every 10 children has clinical obesity. An additional 40% or more Canadians are overweight. Overweight and obesity are the biggest causes of type 2 diabetes, high blood pressure, and many heart diseases. These diseases happen to be the main causes of chronic kidney disease worldwide. Aside from this, researchers now know that being overweight or obese puts a lot of strain on the kidneys—they have to filter more wastes and work harder to regulate blood pressure. Conditions can also develop where fat builds up in the kidneys and their filters are destroyed over time. Overweight people who develop other kinds of genetic kidney diseases have much worse outcomes than those who are a healthy body weight but get the same autoimmune or genetic kidney disease. Lastly, extra weight in the abdominal area can cause too much pressure to build up restricting blood flow to the kidneys. If the kidneys get too much blood flow or not enough they are at risk of damage that cannot be reversed.

The good news is that both obesity and chronic kidney disease are preventable in many people. This is done by following a few basic rules for chronic disease prevention such as: [getting some exercise every day](#), [quitting smoking](#), [limiting your alcohol intake](#), [keeping track of your blood pressure](#), and [getting support from a healthcare professional](#). When it comes to obesity and weight loss, this is a chronic condition that is not any easier to manage than diabetes or heart disease. A huge focus needs to be on proper nutrition, physical activity, and getting help with the reasons why you got to this weight in the first place.

For more information about kidney disease and to assess your level of risk, speak to your healthcare provider or visit the Kidney Foundation of Canada website at www.kidney.ca/risk-assessment.

Submitted by: Kidney Health Community Program - St. Paul's Hospital, Saskatoon, SK



Kidney Info Via Telehealth

We were honored to be invited to the Telehealth sessions broadcast out of St. Paul's Hospital in Saskatoon.

Both the Stony Rapids & Black Lake clinics participated (unfortunately FDL could not)



Dietitian Day & Pharmacist Awareness Month

Director of Community Services, Beverly Peel, acknowledges the contributions of Pamela Huerto, RD, our Health Promotions Manager & Dietitian. (In honor of Dietitian Day, which was March 15)

March is also Pharmacist Awareness Month, so say thank you or give a kind word next time you pickup a prescription!

Mumps

What is mumps?

- Mumps is an infection caused by a virus.
- Mumps was a common childhood illness before vaccine became available in the 1970's. People born before 1970 are likely to be immune from natural infection.

How is mumps spread?

- The virus is spread between people through saliva and respiratory droplets in the air formed when coughing or sneezing.
- Touching an item that was previously touched by an infected person and then touching your eyes or mouth can spread mumps.
- Kissing or sharing eating utensils, water bottles, drinks, lipsticks, cigarettes and other smoking paraphernalia increases the risk of spreading the virus.
- Mumps spreads more easily in crowded environments and where close contact with others commonly occurs such as classrooms, sporting events, bars, and dormitory living.
- **People infected with mumps can spread the virus to others from 7 days before they have developed any symptoms to 5 days after they have developed swollen salivary glands.**

What are the signs and symptoms of mumps?

- Symptoms occur 14 – 25 days following exposure.
- Symptoms may be mild and include fever, headache, muscle aches, tiredness and loss of appetite.
- People with mumps typically have swelling of the cheeks, jawline and neck due to swollen salivary glands. Swelling can occur on one or both sides of the face or neck.
- Up to 30% of people infected with mumps have no symptoms but can still spread the virus to others.

What are the complications of mumps?

- Mumps may cause meningitis or encephalitis (inflammation of the brain) which may lead to permanent brain damage.
- Permanent deafness occurs in less than 5 in 100,000 cases.
- About 3 in 10 males (after puberty) develop swollen testicles. About 1 in 20 females (after puberty) develop swollen ovaries. Infertility from mumps is very rare.
- Most people who get mumps recover completely in a few weeks

How is mumps diagnosed?

- Your health care provider will diagnose mumps from your clinical signs and symptoms. Mumps is confirmed through laboratory testing of urine, blood or a throat swab.

How do you treat mumps?

- There is no specific treatment.
- Get plenty of rest, drink lots of fluids and eat healthy foods.
- Take acetaminophen (e.g. Tylenol, Tempra) as per instructions on container for fever or pain.
- Do NOT take any medication with ASA (e.g. aspirin) if you are under age 20 because of the risk of Reye's syndrome – a serious condition that causes swelling of the liver and brain.
- Since mumps is caused by a virus, antibiotics cannot be used to treat the infection.

How can mumps be prevented?

- The single most important way to prevent mumps is to be immunized with 2 doses of a mumps-containing vaccine i.e. measles-mumps-rubella (MMR) vaccine or measles-mumps-rubella-varicella (MMRV) vaccine.
- Immunization for mumps is routinely offered to children as 2 doses given at 12 months and 18 months of age. Contact public health for a copy of your immunization record.
- Other measures to prevent mumps are:
 - to cover your mouth and nose when coughing,
 - wash your hands frequently with soap and water,
 - clean frequently touched surfaces, and
 - avoid kissing or sharing personal items such as eating utensils, water bottles, drinks, lipsticks and cigarettes.
- If you think you have been exposed to mumps, watch for symptoms and practice the above prevention measures.
- Contact your healthcare provider if you become ill. **Call ahead so they can prepare to see you without exposing others.**
- **Someone with mumps must not go to school, daycare or work and should stay at home for at least 5 days after the salivary glands became swollen.**

For more information, contact your local [Public Health Office](#), your physician, nurse practitioner or



News Flash

Congratulations

We would like to congratulate our very first graduates of the TLR & PART programs!

Theresa Robillard
 Mary Rose Randhile
 Jenny Toutsaint
 Crystal Boneleye

Instructors: Tiffany Adam, Philis Atta & Pamela Huerto

If you are an AHA employee, talk to your manager about when you'll do your training!

Dates For SR/BL:

April 25-27
 May 3-5, 9-10, 23-25

Dates For FDL: June TBA

(Look for calendars posted in your staff room.)



Breastfeeding in the Basin

Did you know? Breastfeeding rates in the Athabasca Basin have been low for the past several years. Only about 2% of moms choose to breastfeed.

AHA held a Breastfeeding Peer Support Training workshop, which included moms & elders with breastfeeding experience that reside in the basin. Georgina Quinney, lactation consultant, led the workshop.

It took place on March 13-17th in Stony Rapids. We are proud of the participants & hope they can help the communities increase rates of breastfeeding!

Breast milk is the best food to help babies to grow & develop!



Staffing Updates

A big hello to:

- Blair Martin, Medical Transportation Coordinator
- Kathy Williams, Nurse, Casual in FDL
- Kelsey Bighead, Home Care Nurse, 1/2 time in FDL

A fond farewell to:

- Judy Friesen, Director of Integrated Health Services
- Delbert Bouvier, Maintenance



World TB Day

March 24

Find TB. Treat TB.

Working together to eliminate TB.

Look in a Book

“If there's a book that you want to read, but it hasn't been written yet, then you must write it.” -Toni Morrison

Elders Wisdom



Those Who Know: Profile of Alberta's Native Elders - Dianne Meili

The reader will experience first-hand the personality, characteristics, and sometimes remote environment of these healers, visionaries, storytellers, and spiritualists through Dianne Meili's faithful re-telling of the interviews she conducted with each during the two years she spent travelling throughout Alberta.

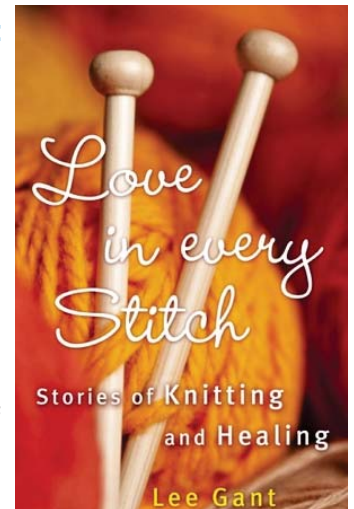
The elders in *Those Who Know* have devoted their lives to preserving the wisdom and spirituality of their ancestors. First published in 1991, Dianne Meili's book remains an essential portrait of men and women who have lived on the trapline, in the army, in a camp on the move, in jail, in residential schools, and on the reserve, all the while counselling, praying, fasting, healing, and helping to birth further generations.

True Stories

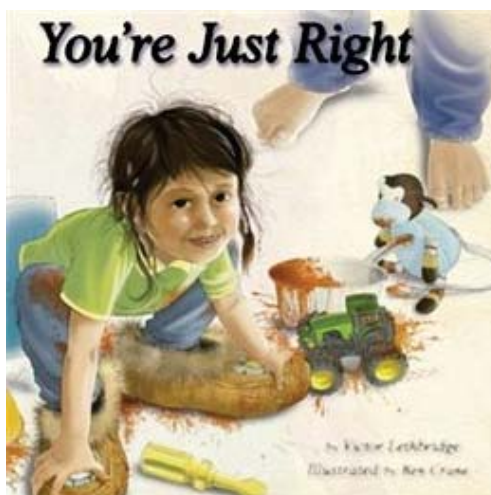
Love in Every Stitch - Lee Grant

As an employee of three different yarn stores, a teacher of countless knitting classes, and a volunteer with at-risk youth, Lee has had the opportunity to gather diverse stories.

The stories Lee shares about herself and fellow knitters from around the world illustrate how each stitch and purl can comfort and calm, heal and renew. A suicidal teenager crochets through pregnancy. A dying woman finds comfort in the company of knitters. A woman finds the courage to face her estranged parents. A woman going blind realizes she can still knit — and experience life. And Lee's life, riddled with more than just anxiety, has at last become stable and productive. This book includes stories of women, men, and teens who have experienced profound change and enlightenment through knitting and crochet.



Young Readers



You're Just Right - Victor Lethbridge

You're Just Right is Victor Lethbridge's third children's book. This 32-page picture book is a charming poem to a First Nation daughter welcomed by loving parents as a gift from the Creator.

She knows her parents have given her the courage and strength to continue on the right path because of their love and encouragement. Building self-esteem and perseverance in a child is an ongoing process and the words in this book celebrate the parent's unconditional love as they tell their daughter that she is just right. This Woods Mountain Lakota storyteller and motivational speaker has written a timeless story suitable for all parents with young children.

This author will be doing workshops in our communities this month. AHA Health Promotions will be purchasing copies of this book for all of our students in the basin & they can have them autographed!

“Because **Safety Starts With You!**”

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

Employee Family Assistance Program (EFAP)

The information provided below is specific to employees with benefits of Athabasca Health Authority. This does not apply to contracted staff or staff without benefits. Employed members of the public should consult their employer for specific information regarding their company's EFAP Program.

What is an EFAP?

Sometimes life's obstacles can feel overwhelming. At times like these, it's comforting to know you have someone to lean on - someone to listen to your concerns and offer guidance and support.

The Employee and Family Assistance Program (EFAP) is a voluntary, professional and confidential assessment, counselling and referral service. They help employees and eligible family members work through personal problems or concerns.

All communication with the EFAP is discreet and will remain confidential between the individual seeking support and their professional EFAP counsellors, unless permission is provided to share information with another individual or group.

When should I contact the EFAP?

EFAP counsellors would like to offer support, regardless of the issues you're facing, even if you just want someone to listen. Common issues for which assistance is requested include:

- Family relationships
- Mental and emotional health
- Grief and loss
- Workplace change, conflict and stress
- Traumatic events
- Problems caused by alcohol, drugs, gambling and other negative coping behaviors

What services are offered by EFAP?

The Athabasca Health Authority's EFAP are provided through First Nation Insurance Services with services being provided by Homewood Health (formerly known as Human Solutions Humaines).

The following services are offered as part of your EFAP package:

- Short-term counselling & advice (12-hour maximum per family per year)
 - Resolve family conflicts
 - Support for caregivers
- Plan Smart Services
 - Life Balance – life work balance
 - Health Smart – health and wellness
 - Career Smart – career advice
- Legal and financial consultation
- Online resources and information

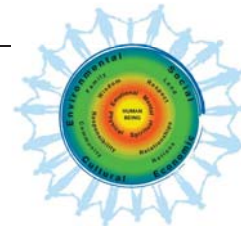


Short-term Counselling

Short-term counselling focuses on a specific issue. Homewood offers this counselling in three modalities – telephone, online and in person – while providing approaches and content that address a full range of mental health issues including but not limited to family and relationship issues, trauma, depression, anger management, life transitions and personal issues.

Plan Smart Services

This vehicle for lifestyle and specialty counselling, including coaching and expert support, has three main subject matter themes: Life Balance, Health Smart and Career Smart.



Online Resources

Homewood offers an online library, interactive tools, assessments and e-courses that allow each user to learn at his/her own pace. With a library of 20 different e-courses, these digital resources address almost everything Homewood's more traditional programs do.

Key Person Advice Line (KPAL)

Designed for human resources, managers, supervisors, and union representatives, the advice line allows key persons to contact a Homewood Health counsellor at any time for consultation should a situation arise at the workplace which requires a professional opinion.

Formal Referrals

A formal referral is an agreement between the key person (manager) and employee. Specifically, it is confirmation of compliance with a treatment plan to help the employee with their work-related performance. Key persons are informed of basic information related to employee access and use of services.

Who can I contact to get more information regarding the AHA EFAP?

You can contact AHA Health Facility and ask for Human Resources @ 1-306-439-2200 or Homewood Health (EFAP provider) can be reached @ 1-800-663-1142.

Have you or your family received care in our healthcare system? Do you have a passion for working together to make things better? Do you have ideas for improvement?

If you answered yes, we ask for your help on our collective mission to create a Patient, Client and Family centered **Place for Northern People to Heal**.

The four core concepts of Patient/Client and Family Centred Care are:

- 1 Respect and Dignity
- 2 Information Sharing
- 3 Participating
- 4 Collaboration



How do I get involved in Patient/Client and Family Centred Care in the Athabasca Health Authority?

AHA is seeking patients, clients and families to work with us on an advisory council offering their wisdom helping to guide improvement opportunities. Our health care workers have many good ideas and solutions; however, we also need the perspective of patients, clients and families to help us truly understand what works well and what could be better in regard to our services.

A Patient and Family Advisor is an individual who has received care or supported a family member through care who can offer insights and input to help provide care and services that are based on patient/client and family identified needs.

What is a Patient and Family Advisory Council? (PFAC)

A group that meets monthly for collaboration between staff and advisors on program decisions to improve client-centered care. It is not a support group, grievance committee, staff meeting, or presentation forum.

Advisory councils:

- Identify opportunities for improving the client and family experience
- Advise on policies and practices to support client and family engagement
- Recommend how to better measure, quantify, and evaluate client and family engagement

Client and Family Centred Care Multi-Year Action Plan

Client and Family Centred Care is part of our Strategic Direction and a multi-year Action Plan has been developed that aligns with our Quality Improvement goals to support the advancement of this philosophy and way of being.

For more information or to express your interest in getting involved with making your AHA better please e-mail Taylor in the Quality Department tbassingthwaite@athabascahealth.ca or give me a call on my cell (306)261-5290.

All welcome. I look forward to meeting you and continuing this journey with your great wisdoms and help guiding us forward.



THREE SISTERS' SOUP



INGREDIENTS:

- 1 medium yellow onion, chopped
- 1 large celery rib, chopped
- 1 tbsp (15 ml) canola oil
- 1 tsp (5 ml) curry powder
- 6 cups (1.5 L) low/no sodium chicken broth
- 2 cups (500 ml) yellow or cooked hominy corn
- 2 cups (500 ml) of red kidney beans, rinsed
- 1 $\frac{3}{4}$ cup (482 ml) of canned or homemade pumpkin puree
- 5 fresh sage leaves or $\frac{1}{2}$ tsp dried

**Fresh ingredients
are best, but
canned can be used
instead.**

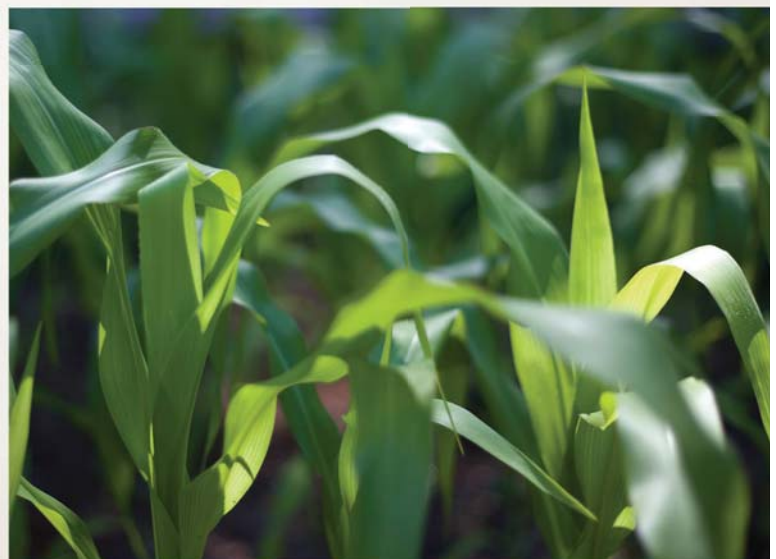
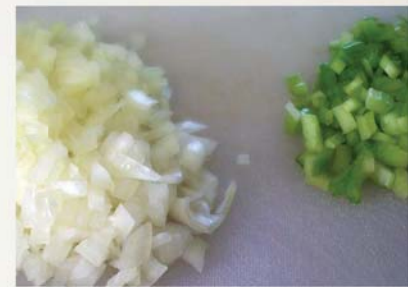
Recipe by: Jessica Drummond

Jessica is a Registered Dietitian from Mitchell, southwestern Ontario who has experience in diabetes, long term care and home care. She is a self professed "Foodie" whose hobby is cooking and she loves trying new recipes.

Some adaptations have been made to the original recipe.

METHOD:

1. Add onions, celery, canola and curry spice to a large saucepot and bring to medium heat on stovetop for 5 minutes or until onions are translucent.
2. Add broth to pot and bring to a slow boil.
3. Add corn, kidney beans and bring to a boil for 10 minutes.
4. Lower to medium heat then add the pumpkin and the sage.
5. Simmer for 20 minutes, stirring occasionally.
6. Remove from heat and serve.





NOTES FROM the cook

I found this recipe from a cookbook when I was involved in making a cookbook in university, but wanted to find a healthy version. This recipe came from the American Heart Association.

Fresh ingredients are best, but canned can be used if they are rinsed to remove the salt.

These three plants are complementary growing partners in the garden.

**“Can be consumed
as a meal and can be
frozen for later.”**

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: Nutrition Sudoku for Kids

STONY RAPIDS

- Yoga Class @ 7:30pm
Mar 1, 6, 8, 22, 27 & 29, Apr 3 & 5
In AHA Multi-Purpose Room
- Tues & Thurs -Exercise @ AHA -7pm
- Breastfeeding Peer Support Training - March 13-17
- Mar. 22 - Healthy Body Weight - Healthy Kidneys - Telehealth - 7pm
- Mar. 29 - Tatanka Workshop @ School

BLACK LAKE

- Mondays - AA Meetings 7:00pm-9:00pm
- Wednesdays - Men's Group
- Thursdays - Women's Domestic Violence H.O.P.E. Group Meetings Health Clinic @ 6:00pm-9:00pm
- Mar. 22 - Healthy Body Weight - Healthy Kidneys - Telehealth - 7pm
- Mar. 28 - Tatanka Workshop @ School

FOND DU LAC

- Mondays - Women's Group 6:30pm-7:30pm
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Youth Conference, March 31- April 2nd
- March 13 - Snowmobile Safety Course @ School
- Mar. 27 - Tatanka Workshop @ School

Nutrition Sudoku for Kids

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Cereal		Egg	Banana	Ice Cream	Dairy	Fish		Hummus
Ice Cream	Grapes	Banana	Fish		Hummus	Avocado	Dairy	Egg
Hummus		Dairy	Avocado	Grapes		Ice Cream		Cereal
Dairy	Cereal	Ice Cream	Egg		Avocado	Hummus		Grapes
Fish		Hummus	Ice Cream		Grapes	Banana		Avocado
Avocado	Banana		Hummus	Fish	Cereal	Dairy	Egg	Ice Cream
Banana	Ice Cream	Cereal	Grapes	Hummus		Egg		Dairy
	Hummus		Dairy	Egg	Banana		Ice Cream	Fish
Egg		Fish	Cereal		Ice Cream	Grapes		Banana

C	A	E	B	I	D	E	F	G	H
I	G	B	F	C	H	A	D	E	H
H	E	D	A	G	E	I	B	C	C
D	C	T	E	B	A	H	F	G	C
F	E	H	I	D	G	B	C	A	I
A	B	G	H	F	C	E	D	E	D
B	I	C	G	H	F	E	A	D	I
G	H	A	D	E	B	E	C	I	F
E	D	I	C	A	I	S	H	B	B

Don't Look Yeh! These Are the Sudoku Answers:

- A = Avocado
- B = Banana
- C = Cereal
- D = Dairy
- E = Egg
- F = Fish
- G = Grapes
- H = Hummus
- I = Ice Cream



Healthy Cooking on a Budget

Egg, Tomato and Cheese Breakfast Pizzas

Ingredients:

- 4 whole wheat pita breads, about 7 inches (18 cm) diameter (\$1.04)
- 1 cup mozzarella cheese, grated (\$5.66)
- 2 small tomatoes, thinly sliced(\$2.17)
- 1/4 tsp pepper & salt (pantry)
- 4 large eggs (\$1.71)
- 1/4 tsp dried basil (\$0.05)
- 2 tsp butter (\$0.05)
- 1 Tbsp chopped fresh chives or green onions(optional)

Tomatoes and basil and, of course, gooey Mozzarella cheese add punch to scrambled eggs all on top of a crispy whole wheat pita bread. Add a glass of milk and a piece of fruit and you're set.

Total cost: \$10.68 Cost per serving (Serves 4): \$2.67

>> Item prices from Stony Rapid stores

- 1 Preheat oven to 400 °F (200 °C).
- 2 Place pita breads on a large baking sheet, overlapping slightly at edges, if necessary. Sprinkle evenly with half of the Mozzarella and top with sliced tomatoes. Sprinkle with pepper to taste. Bake for 3 minutes or until cheese is melted and tomatoes are hot.
- 3 Meanwhile, in a bowl, whisk together eggs, basil, salt and a pinch of pepper until frothy.
- 4 In a nonstick skillet, melt butter over medium heat. Reduce heat to medium-low and add egg mixture; cook, scrambling gently for about 1 minute or until just set.
- 5 Remove pitas from oven. Spoon egg mixture on top, dividing equally. Sprinkle with remaining Mozzarella and chives or green onions. Bake for about 2 minutes or until pitas are crisp around the edges and cheese is melted.

