

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS017

April 2017



End of an Era - Farewell to CEO, Jennifer Conley

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

Oral Health Month

>> Source: <http://www.cda-adc.ca>

Although the mouth is part of the body, we often think of it as something separate. We often ignore bleeding or tender gums, while an irritation or pain elsewhere in the body would mean a trip to the doctor.

The reality is that oral health problems could be a sign of something serious such as oral cancer. Every year approximately 3,200 Canadians are diagnosed with oral cancer and 1,050 deaths from oral cancer occur. This devastating disease has a low survival rate because it is often diagnosed very late.

Everything that happens in your mouth affects your whole body, which is why it is so important to visit your dental team regularly. They have the training, skills and expertise to properly address all your oral health care needs. Regular dental exams help prevent small problems from getting worse.

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 an empty jar of Cheese Whiz?

Cheese Wasi

Dene Word of the Month

dłie
squirrel



Trivia of the Month

Canadian Fact:

The world's most northernly sand dunes are in Athabasca Provincial Park in northwest Saskatchewan. They are 30 meters high!

In this issue:



How is AHA working towards safety? Read about the latest RPIW on pg. 2-3



5 Steps to a Healthy Mouth on pg. 4



Learn how to grow a bean on pg. 5 & a recipe for them on pg. 16!

Q.I. Corner

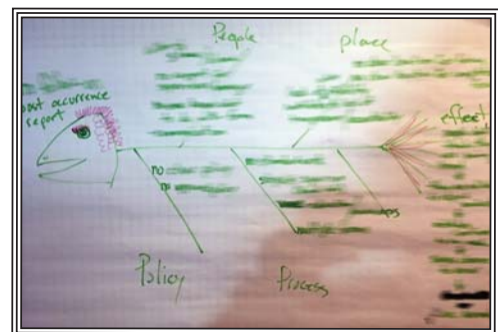
“Quality Improvement (QI) is a range of tools and strategies used to make something better. It's looking for opportunities for improvement, trying new approaches, and adopting them if they work. **Quality** healthcare is often defined as care that is safe, effective, efficient, timely, client and family-centred,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

SAFETY

Safety is the #1 value of the Athabasca Health Authority and we are committed to providing a safe environment for all individuals. Recently a team of people including a very special client advisor came together for a Rapid Process Improvement Workshop (RPIW) to make good change in an area critical to our Safety work. You may remember from a past QI Corner an **RPIW** is a week-long event (with months of pre data collection) that brings together patients, family members, employees and clinicians to focus on solving one problem and to propose and test solutions and implement sustainable change. The change is checked to make sure it is still working after 30, 60 and 90 days and we make adjustments as necessary to continue to improve to meet stated goals.



This was RPIW #2 for AHA and was led by two formal leaders who completed the Provincial Lean Leader Training program. The theme of this improvement was to clearly define **a process for submitting, monitoring and correcting safety occurrences**. In five short days the team was able to accomplish their aim, building and testing what would work well and where they needed to keep focusing their efforts. They made tests of continuous good change by first seeking out and then listening to feedback from those who are doing the work every day and from the voices of those we serve, who guided the team to keep focus on why this work is so important and how to make it meaningful. The team created a robust reporting process with root cause (RC) and QI follow up built right in (you'll remember from past QI corners RC is all about really getting to the underlying cause whereby we can put measures in place to make sure an incident does not happen again or is stopped before it ever impacts a person). Over the next few months training, awareness raising and all required follow on work will be taking place to ensure we continue to improve the responsiveness of our Safety system. Going forward this RPIW in addition to the other elements of our Safety system will continue to be monitored to identify what is working well and where the next opportunity for improvement is set to emerge!



A HUGE thank-you to the RPIW #2 team; you gave your time, energy, wisdom, experiences, creativity and passion to making this work, work. It is people like you; people who are willing to suspend judgment and get to curious to collaboratively problem solve who make our little QI office a hopeful place to be- a sincere appreciation.

Everyone has a role to play in Safety, keeping it safe, identifying when something is unsafe and ensuring we catch and improve any problems.

Are you a patient, client and/or family member?

As a client and member of our circles of care, you can help by being **SAFE**:

- S** *Speaking Up
- A** *Asking Questions
- F** *Family or friends can attend with you
- E** * Educating yourself

You're part of the team for safer health care. The more you know, the safer your health care will be. There are five important tips to keep your health care safer:

Give information about your medical history and any medications you are taking to your health-care team

Get information about your care and medication. If you don't understand something, ask.

Bring a friend to help you ask questions, listen, and understand.

Keep it clean by asking visitors and caregivers to clean their hands before every visit.

Know what to do after every appointment, hospital stay or doctor office visit. If you don't understand something, ask.

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



Everyone plays a vital role in safety.

Apples



CHOOSE 'EM!

Pick firm and unblemished apples.

STORE 'EM!

Apples like the cold! They'll last up to 30 days in the fridge.

PREP 'EM!

Wash or peel. Chop 'em up for easier eating. Toss the soft ones into baking.

EAT 'EM!

Whole, grated over a salad, make a sauce... or bake a pie!

IN SEASON
ALL YEAR ROUND!



More fresh facts, ideas, and recipes at halfyourplate.ca



ORAL HEALTH Good for Life™

5 Steps to a Healthy Mouth

1. Keep your mouth clean

- Use a soft-bristle toothbrush and fluoride toothpaste.
- Floss every day.
- Eat a well-balanced diet.
- Limit foods and beverages containing sugar or carbohydrates.
- Ideal snack foods: cheese, nuts, vegetables, and non-acidic fruits.
- Look for oral care products with the Canadian Dental Association (CDA) Seal.



2. Check your mouth regularly

Look for signs of gum disease:

- Red, shiny, puffy, sore or sensitive gums
- Bleeding when you brush or floss
- Bad breath that won't go away



Look for signs of oral cancer:

- Bleeding or open sores that don't heal
- White or red patches
- Numbness or tingling
- Small lumps and thickening on the sides or bottom of your tongue, the floor or roof of your mouth, the inside of your cheeks, or on your gums

3. Eat well

- Good nutrition helps build strong teeth and gums.
- Munch on mouthhealthy snacks like cheeses, nuts, vegetables, and non-acidic fruits.

4. See your dental therapist or dentist

- 48% of Canadians who haven't seen a dental therapist or dentist in the past year have gum disease. Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

5. Don't smoke or chew tobacco

- Smoking and chewing tobacco can cause oral cancer, heart disease, gum disease, and a variety of other cancers.



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

Grow a



bean plant

You need: • a broad bean seed • a saucer • some water • a glass jar • a piece of kitchen roll or a napkin

1 Soak the broad bean seed in some water on a saucer for one hour.



2 Swirl some water around in your jar then tip it out but leave the jar wet – don't dry it.



3 Roll up a piece of kitchen roll or a napkin and put it inside the jar, pressing it against the glass. Then, slip your bean seed in between the napkin and the glass.



4 Stand your bean on a sunny windowsill and use a plant spray or spoon to sprinkle a little water on it every day.



5 Your bean should sprout after about 4 days.



6 After about 10 days, your bean seed should have grown roots, a stem and leaves!



Plants need sunlight.

leaf

stem

seed

root



For broad bean plants to carry on growing and produce beans for you to eat, they need nutrients from soil – so plant your sprouted bean in a pot of compost and water it often.

You could keep a diary – draw a picture of your plant each day!



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

YOGA POSE OF THE MONTH:

Cat Pose



The cat pose stretches the lower spine, hips and back.

The cat pose is a tilt movement that elongates your spine and eases tension in your back.

- 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.

Keep an eye on the AHA Facebook Page & North of 59 Yoga Facebook group for upcoming workshops & classes!

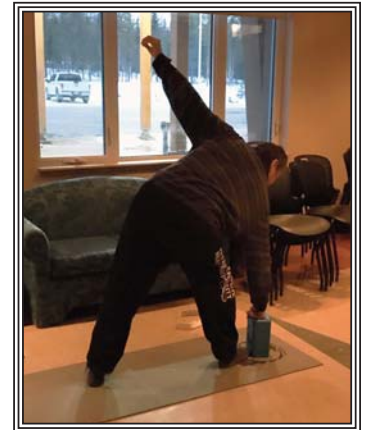
Yoga Notes

Instructor Jack Rennie will be away for the summer, but may be doing some yoga workshops for AHA in May. Keep an eye on Facebook for details:

AHA - <http://www.facebook.com/AthabascaHealth/>
 North of 59 Yoga - <https://www.facebook.com/groups/1724100924495251/>

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, 439-2647 or phuerto@athbascahealth.ca.



Elder Lawrence getting his yoga on!

KATY BOWMAN'S CORE STRENGTH ADVENT



KITCHEN COUNTER PRESS-UP

Kitchen Counter Press-Up

In order to engage the muscles in your trunk well, you have to be able to be able to engage your shoulders well, which means you have to be able to stabilize your elbows.

If you can't stabilize your elbows (if they hyperextend when you put your weight on them, THIS IS WHERE YOU STOP. If this is you, there is an entire tutorial for you to follow here:

<https://nutritiousmovement.com/hypermobility-and-12-steps-to-stronger-more-stable-shoulders>

If you can keep your elbows stable, pull your body up off of the floor, and then lift your hips up as high as you can--no momentum.

Check your hands--how do you have to turn them to be able to use your shoulders?

@nutritiousmovement

Believe it or not, most Americans didn't brush their teeth until **soldiers brought the Army's enforced brushing habit** back home from World War II.

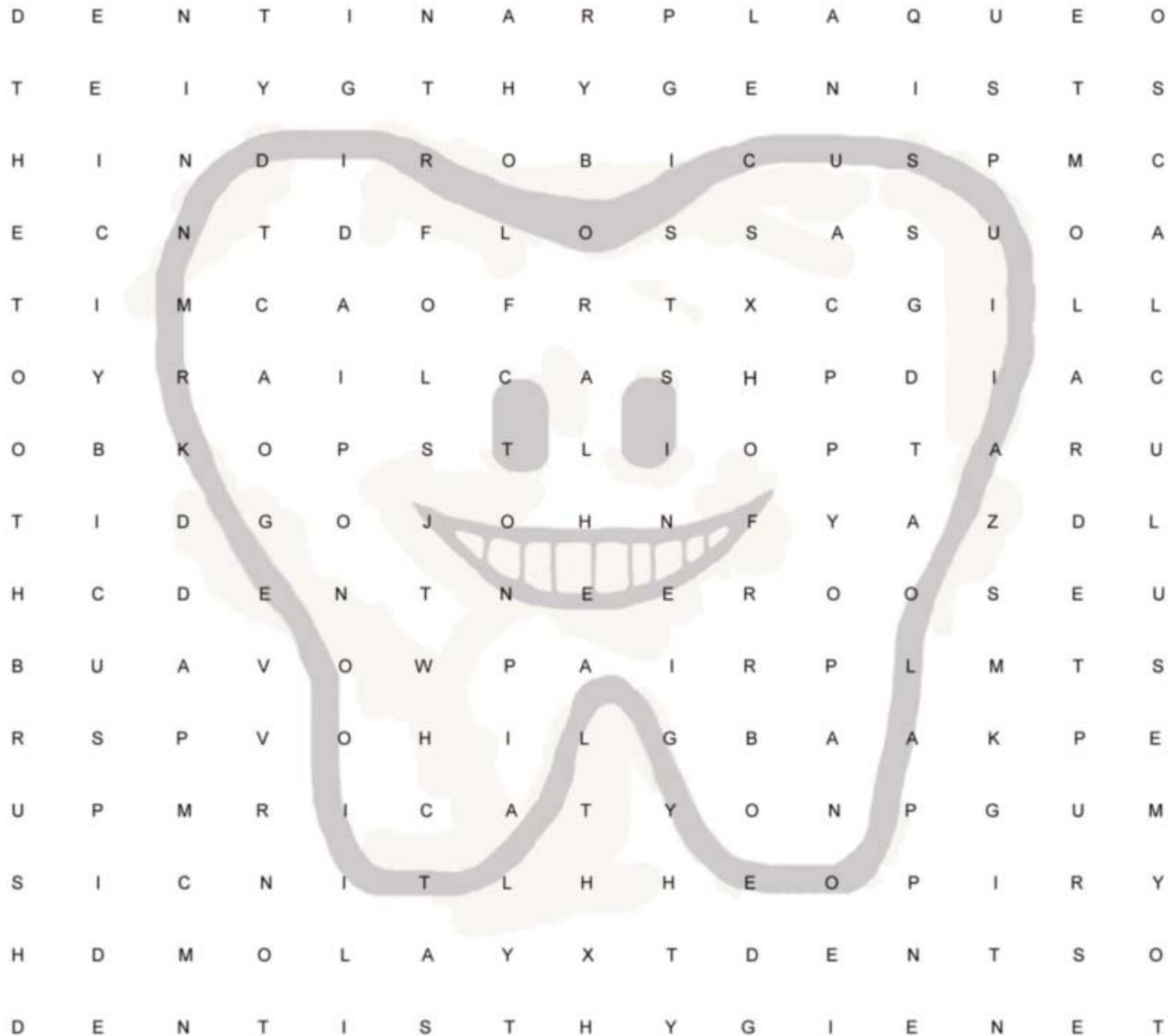


DENTAL HEALTH WORD SEARCH

Every year in China, people celebrate a special holiday called "**Love Your Teeth Day**".



>> Source: dental-therapists.com



BICUSPID , CALCULUS, CROWN , CAVITY , DENTAL THERAPIST, DENTIN ,
DENTIST, ENAMEL, FLOSS, HYGIENE, HYGIENIST, GUMS , ROOT ,
ORAL HEALTH, MOLAR, PLAQUE, TOOTH BRUSH, TOOTH PASTE

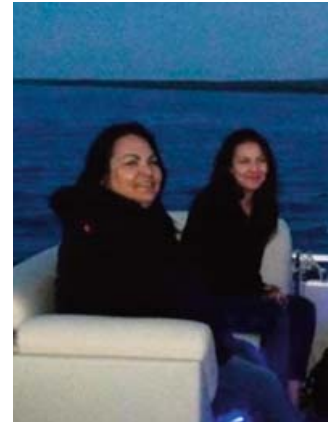
NATIONAL VOLUNTEER WEEK

APRIL 23 - 29, 2017

Volunteering, Eh? How do you recognize volunteering in 2017?

We Bid Farewell to CEO, Jennifer Conley

We will miss your laughter and beautiful smile.



When I think of Jennifer, I think of her ability to attract and retain a high quality team. I think a good proportion of the senior staff here are here due to her recruiting efforts. I also think she has a strong vision for where she wants AHA to go, and has done a great job in accomplishing much of that vision in her tenure here.



I am very new to this organization but from my short duration all I heard about Jennifer was how much she loved working for everyone and to a greater extent "her people". I am not aware of the reasons behind her resignation but whichever road she chooses to travel I can bet her trip will be very smooth and BLESSED!! All the best to her and her family

Jen was very kind & helpful to me.

She has the presence of a good leader.

I can only thank Jennifer. Thank her for the commitment she showed to AHA; I heard her countless times speak up around the province, even if her voice would quake, she would speak truth to power for the people of the basin, advocating for voices often unheard. Jennifer worked hard, and I know it was hard for her at times, especially as a momma bear... full respect and love for whatever comes next. Well done, you left it all on the field



Thanks for the awesome memories! Saying goodbye to a true friend is really tough, But good friends never say good bye, they simply say see you soon.



Make sure you keep in touch! - Your friends at Athabasca Health Authority

Always working behind the scenes, we will also miss Alyssa Ahenakew, Executive Administration Assistant. Her efforts were key to organizing events & keeping things running smoothly!

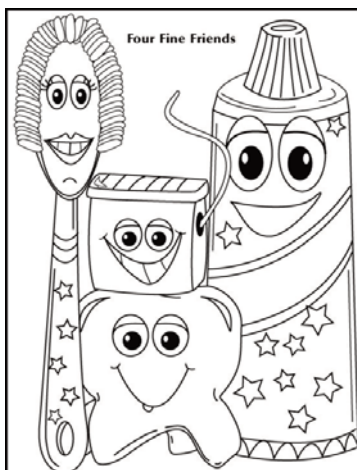


I love Alyssa – organized, neat, and helpful

I'm so thankful for Alyssa's hardwork, organization, and daily greetings and smiles! She's a very caring and welcoming person, Good luck on any new adventures to her and her family

I don't know what I'll do without Alyssa, she was a lifesaver in so many ways! She always provided a bright spot on any day, and a helping hand whenever it was needed.

Dental Therapist Week is April 23-29th



What is a dental therapist? Dental therapists are primary oral health care professionals who are trained to perform basic clinical dental treatment and preventive services within a variety of practice settings. As members of a multidisciplinary team, dental therapists provide restorative dental treatment services, disease prevention and oral health promotion programs to maintain and improve health. Dental therapists also advocate for the needs of clients, assist them in accessing care and refer them to other health professionals for services beyond the scope of the dental therapist's practice.

Is it time for you to go visit your local dental therapist?

News Flash

Congratulations

We would like to congratulate our latest staff to go through the TLR Basics program!

Janet Throassie
Brenda Mercredi
Shirley Donard

If you are an AHA employee, talk to your manager about when you'll do your training! (TLR & PART)

Dates For SR/BL: May 3-5, 9-10, 23-25

Dates For FDL: June TBA



Food Skills & Gardening Workshop

A workshop was hosted in Saskatoon to give practical, food-based skills and gardening training for Saskatchewan First Nations community workers.

We were fortunate to have two participants from the Athabasca Basin - Doreen Toutsaint & Pamela Huerto.

Topics included food mapping, canning, school gardens, small & large game preparation, fish filleting, seed planting, foraging, saving seeds, drying meat, a grocery tour, food sustainability, and much more!

We hope that this knowledge can be spread throughout our communities & we can work towards healthier, more accessible food for all.

Check out page 5 for a mini gardening project!



Staffing Updates

A fond farewell to:

- Tiffany Hansen, Youth Outreach/Addictions Worker
- Liz Dorion, Family Violence Consultant

Also:

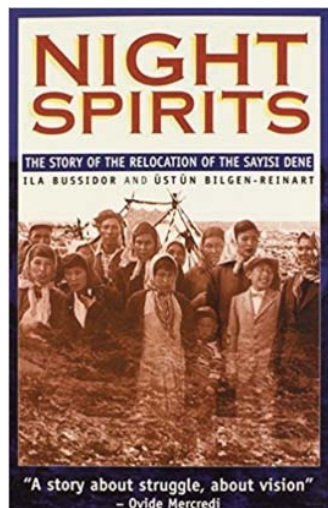
- Charles Huerto, OH&S Consultant renewed for 6 months
- The Dental Program will now be managed by Bev Peel, Penny Griffith will be working as a Dental Therapist for AHA.



Look in a Book

“Joy multiplies when it is shared among friends, but grief diminishes with every division. That is life.” -R.A. Salvatore

Non-Fiction



Night Spirits: The Story of the Relocation of the Sayisi Dene - Ila Bussidor

For over 1500 years, the Sayisi Dene, 'The Dene from the East', led an independent life, following the caribou herds and having little contact with white society. In 1956, an arbitrary government decision to relocate them catapulted the Sayisi Dene into the 20th century. It replaced their traditional nomadic life of hunting and fishing with a slum settlement on the outskirts of Churchill, Manitoba. Inadequately housed, without jobs, unfamiliar with the language or the culture, their independence and self-determination.

The survivors offer a stark and brutally honest account of the near-destruction of the Sayisi Dene, and their struggle to reclaim their lives. It is a dark story, told in hope.

Graphic Novel

Will I See? - David A. Robertson

Based on the story by Iskwé and Erin Leslie

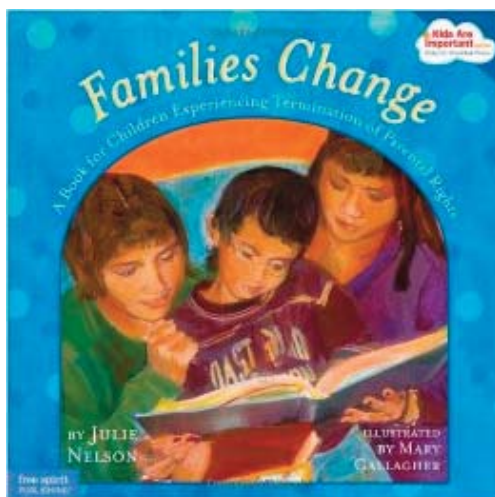
May, a young teenage girl, traverses the city streets, finding keepsakes in different places along her journey. When May and her kookum make these keepsakes into a necklace, it opens a world of danger and fantasy.

While May fights against a terrible reality, she learns that there is strength in the spirit of those who have passed. But will that strength be able to save her? A story of tragedy and beauty, *Will I See?* illuminates the issue of missing and murdered Indigenous women.



<http://www.portageandmainpress.com/product/will-i-see/>

Young Readers



Families Change: A Book for Children Experiencing Termination of Parental Rights - Julie Nelson

All families change over time. Sometimes a baby is born, or a grown-up gets married. And sometimes a child gets a new foster parent or a new adopted mom or dad. Children need to know that when this happens, it's not their fault. They need to understand that they can remember and value their birth family and love their new family, too. Straightforward words and full-color illustrations offer hope and support for children facing or experiencing change. Includes resources and information for birth parents, foster parents, social workers, counselors, and teachers. Story suitable for all parents with young children.

"Because **Safety Starts With You!**"

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

National Day of Mourning

The National Day of Mourning, held annually in Canada on April 28, is dedicated to remembering those who have lost their lives, or suffered injury or illness on the job or due to a work-related tragedy.

What is workplace tragedy?

On any given workday in Canada, three people will die from a job-related fatality, life-altering injury or occupational disease. **Even one is too many.**

These individuals leave behind families, friends and co-workers devastated by this tragic loss and woven together by a need for grief counseling, crisis intervention support, healthy coping skills, assistance with workplace investigations and inquiries, community building, and a common voice to help prevent other Canadian families from experiencing the same pain and suffering.

Statistics and beyond

The most recent statistics from the Association of Workers' Compensation Boards of Canada (AWCBC) tell us that in 2015, 852 workplace deaths were recorded in Canada. Among those dead were four young workers aged fifteen to nineteen years; and another eleven workers aged twenty to twenty-four years.

Add to these fatalities the 232,629 claims accepted for lost time due to a work-related injury or disease, including 8,155 from young workers aged fifteen to nineteen, and the fact that these statistics only include what is reported and accepted by the compensation boards, and it is safe to say that the total number of workers impacted is even higher.

What these numbers don't show is just how many people are directly affected by these workplace tragedies. Each worker death impacts the loved ones, families, friends and coworkers they leave behind, changing all of their lives forever.

Observance

The National Day of Mourning is not only a day to remember and honour those lives lost or injured due to a workplace tragedy, but also a day to renew the commitment to improve health and safety in the workplace and prevent further injuries, illnesses and deaths.

On April 28th the Canadian flag will fly at half-mast on Parliament Hill and on all federal government buildings. Employers and workers will observe Day of Mourning in a variety of ways. Some light candles, lay wreaths, wear commemorative pins, ribbons or black armbands, and pause for a moment of silence at 11:00 a.m.

DAY OF MOURNING APRIL 28

A day to remember lives lost.
A day to resolve to make workplaces safer.



History

In 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress, the Parliament of Canada passed the Workers Mourning Day Act making April 28 an official Day of Mourning. Today the Day of Mourning has since spread to about 100 countries around the world and is recognized as Workers' Memorial Day, and as International Workers' Memorial Day by the International Labour Organisation (ILO) and the International Trade Union Confederation (ITUC).

Threads of Life

The Association for Workplace Tragedy Family Support, known as Threads of Life, is a Canadian registered charity dedicated to supporting families after a workplace fatality, life-altering injury or occupational disease. Their network of family members and corporate partners believes traumatic workplace injuries, occupational diseases and deaths are preventable.

Their mission, vision and values capture what they do and aim to achieve. They are guided by a board of directors comprised of family members affected by workplace tragedy and experts from Canada's workplace health and safety community. Much of their work is accomplished by volunteers, and they document their progress in annual reports.

LifeQuilt

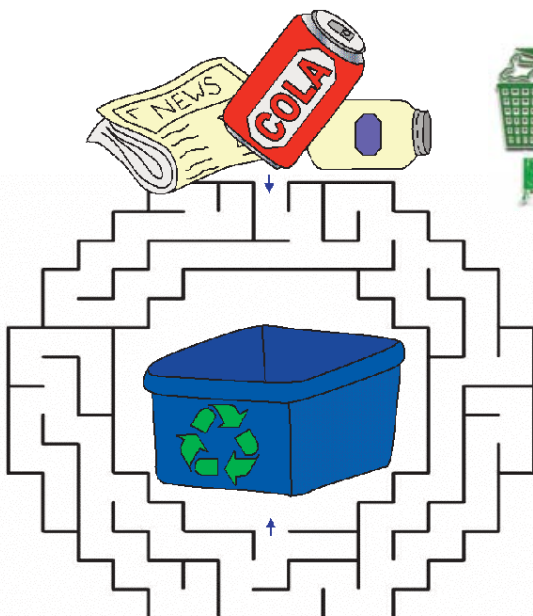
The LifeQuilt, a project by Threads of Life, is a unique and permanent memorial dedicated to the thousands of young women and men between the ages of 14 and 24, who have been killed and injured on the job. The quilt commemorates 100 young workers killed on the job with individual, personalized quilted blocks. One hundred injured young workers are recognized on the centre panel.

The entire quilt tapestry measures roughly 3 x 6m (9' x 18'). Flanking the focal image are one hundred commemorative blocks, like the young people they represent, each commemorative block is unique.



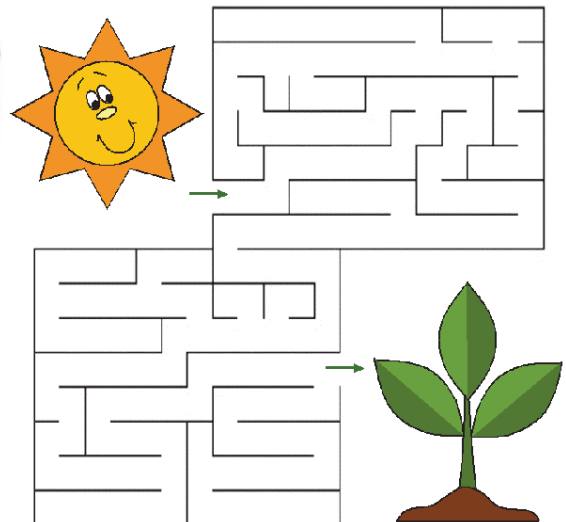
Earth Day Maze

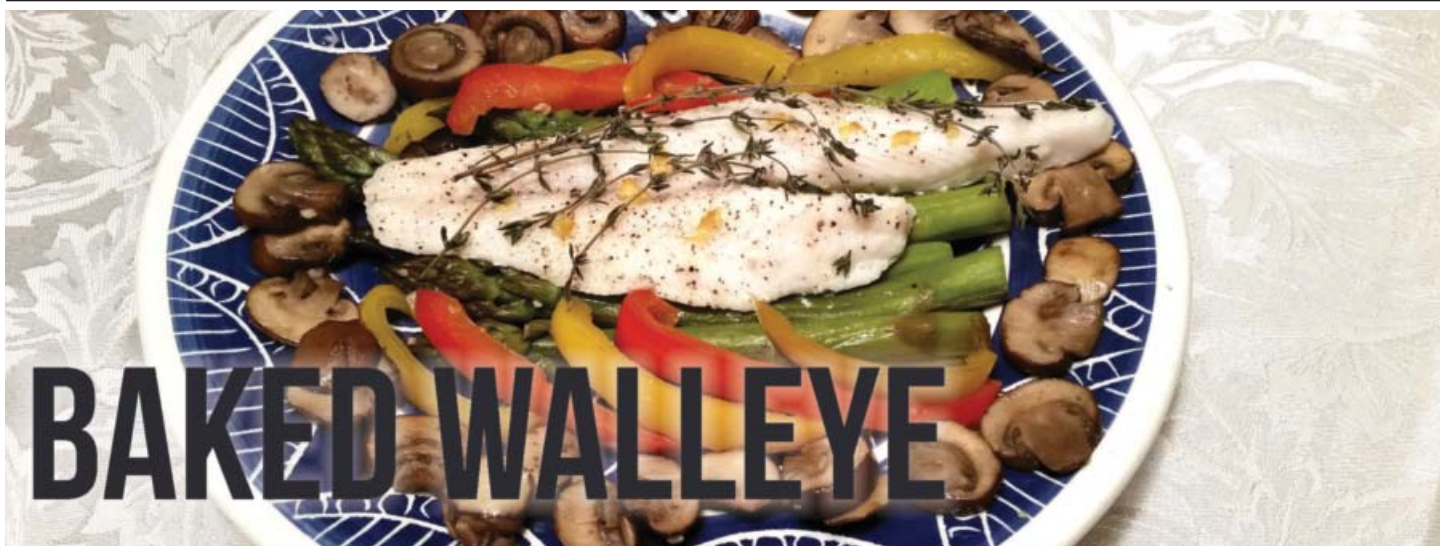
Help get the recycling into the bin.



Earth Day Maze

Help the sunshine make the sprout grow.





INGREDIENTS:

- 2 walleye fillets, 4 ounces (120 g) each
- 2 garlic cloves, minced
- 1 tbsp (15 ml) butter, melted
- 1 tsp (5 ml) pepper
- 1 tsp (5 ml) basil or oregano or thyme, dried or 1 tbsp (15 ml) fresh
- Zest of one lemon

Serve with vegetables and rice. Try brown rice for extra nutrients!

Recipe by: Eugene Jeong

Eugene moved to Canada in 2004 to study nutrition at McGill University. Her work life included the Community Kitchen in downtown Thunder Bay where everyone shared knowledge and skills about health and traditional cooking.

METHOD:

1. Preheat oven to 400°F.
2. Mix melted butter, minced garlic, pepper, herbs and lemon zest. Pour the mixture over the fillets.
3. Bake 15 minutes or until the fish is opaque.

Steps to fillet the fish:

- Cut behind the front fin towards the backbone.
- Once you hit the backbone, turn your knife towards the tail.
- Cut straight down the backbone to the tail.
- To remove the ribcage on the fillet, place your knife at the edge of the rib cage and slice about 1 inch deep.
- Slice down $\frac{1}{8}$ th of an inch on the other side of the ribcage. Remove the ribcage.
- Remove any other bones.



Some adaptations have been made to the original recipe.

© Dietitians of Canada, 2016. www.dietitians.ca/IndigenousRecipes
All rights reserved. May be reproduced for educational purposes.



NOTES FROM the cook

Our finished meal gives you a very tasty and healthy meal for two.

Eugene says this recipe is embarrassingly simple but every time she cooks fish she does it this way. This recipe can help in the prevention and management hypertension, diabetes and heart disease. It can be used to learn about different herbs and spices. Don't be afraid to try different herbs and spices! Some omit the garlic and others like to add chopped shallots to add flavour.

Help others be aware of food safety practices. Remember to bring ice to store the fish you catch. Safe handling means no more than 2 hours above 4 degrees C. (If you have to transport the walleye at all, when you filet, leave one inch of skin on the fish.)

“If you have to transport the walleye at all, when you filet, leave one inch of skin on the fish.”

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 - April 3 & 5th @ 7:30pm in Multi-purpose Room @ AHA

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
- May 18- 21 - Aboriginal Fitness Leader Preparatory Program

FOND DU LAC

- Mondays - Women's Group 6:30pm-7:30pm
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom

Dental Health - Word Jumble

Unscramble the letters using the words from the word bank below.

>> Source: apples4theteacher.com

- | | | | |
|------------|-------|--------------|-------|
| 1. DACEY | _____ | 11. NDSTTEI | _____ |
| 2. EANLEM | _____ | 12. HELHAYT | _____ |
| 3. YNEHGIE | _____ | 13. NERSI | _____ |
| 4. ISLME | _____ | 14. ALOMR | _____ |
| 5. CAVYIT | _____ | 15. GRS AU | _____ |
| 6. WECH | _____ | 16. DREOLFUI | _____ |
| 7. ELPPA | _____ | 17. NLTEAD | _____ |
| 8. OLSSF | _____ | 18. ESPAT | _____ |
| 9. PICH | _____ | 19. SURHB | _____ |
| 10. SGMU | _____ | 20. EULQPA | _____ |

apple	decay	rinse	molar
brush	dental	fluoride	paste
cavity	dentist	gums	plaque
chew	enamel	healthy	smile
chip	floss	hygiene	sugar

YOUR TEETH ARE WORTH IT!
This Oral Health Month show your teeth some love.



Healthy Cooking on a Budget

Dilled Green Beans

Ingredients:

- 6 cups fresh or frozen green beans, trimmed (\$4.69)
- 2/3 cup water
- 4 Tbsp butter (\$0.61)
- 1 1/4 tsp dill weed, dried (\$0.08)
- Salt & Pepper (pantry)



Frozen, canned or dry products that contain little or no added sugar, fat or salt can be healthy and sometimes more affordable alternatives. They are often harvested and packed at the height of the season when nutrients are at their peak.

Total cost: \$5.38 Cost per serving (Serves 8): \$0.67

>> Item prices from Stony Rapid stores

- 1 Place green beans in a saucepan with water and dill.
- 2 Cover; bring to a boil.
- 3 Separate green beans with a fork, reduce heat and simmer for 10 minutes or until tender.
- 4 Drain.
- 5 Stir in butter, adding salt & black pepper to taste.
- 6 Serve and enjoy!



Tip: Substitute your water for chicken or vegetable broth for a bit more flavor!