

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS018

May 2017



Photo by Shania Sayazie

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

Mental Health Week - May 1-7th

>> Source: <http://toolkit.mentalhealthweek.ca>

"Getting loud means speaking up to stop the discrimination and the stigma that often go hand in hand with mental illness. It means using your voice to raise awareness and build support. For someone at home. For someone at work. For yourself."

We all want to be healthy and happy. No one can be truly healthy without positive mental health. It involves how we feel, think, act and interact with the world around us. Mental health is about coping with the normal stresses of life and making a contribution to our community.

Ask for help or seek advice from a professional – give your mental health the attention it needs and deserves.

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

Why did the tomato blush?

Because he saw the salad dressing!

Dene Word of the Month

edlanet'e?
How are you?



Trivia of the Month

Fish tastebuds have the ability to distinguish the difference between sweet, sour, salty, and bitter. Tastebuds are inside the fish's mouth, on its tongue and on the **outside** of the body including fins.

In this issue:



Want to be a fitness leader in your community? Training is in Black Lake May 18-21
pg. 6



In honor of Children's Book Week we are having another Reading Challenge!
pg. 9



Bike Safety Week
May 14-20
Wear a helmet!
pg.7

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.”

Thriving... Not Surviving Change

Our QI corner often focuses on tools and skills for change making. You could say we highlight the hard stuff and our results of efforts made, yet we have not spent much time exploring the softer side of change, the part where we so often make or break. In this issue we are going to spend a bit of time identifying a few basic tips to test yourself and with your own sphere of influence next time a change happens in your life. In the next few issues we will explore how an organization as a whole can use change management principles to better set up a system for success during times of change.



While we may not always know what's around the corner, one thing is for sure... we know change is a natural constant. From shifting seasons to the parent's happy heartbreak in watching our children grow, you can count on one thing – nothing stays the same.

Change management practitioners would emphasize that every individual has influence over whether a change is accepted. From change champions to passive accepters to active resisters, everyone can affect change. When a change is happening, here are a few tips on how not only to survive, but also to thrive:

Change, the constant rhythmic ebb and flow of events, is the rule and not the exception. Whether you like change or not, you at least know to expect something, and that makes the unpredictable more predictable, right?

Transition is what you do with the changes that happen. Essentially, transition tells you that it's time to move on, that you need to let go. Transition implies that while we cannot always control what change happens we have power over our responses to that change, will you react or will you respond? How are those two things different for you?

Look for recognizable stages that accompany transition: loss, uncertainty, discomfort, insight, understanding, and integration. The accompanying emotions for these stages can be many, depending on the individual and how they perceive and negotiate transitions. It may be necessary to take time to grieve for what was first, before you move through the rest of the stages.



Not knowing is part of the process. Before you can find and anchor yourself to something new, you must go through a period of not knowing. You may know you are moving forward but you don't know yet where you're going. The place of not knowing, where you don't know where or how to belong because you are in between is also the place of your greatest potential. What opportunities can you imagine, what can you try?

Question what you mean by reality. Many of us are invested in believing that what we experience as reality is fixed and absolute, probably because we feel reassured and safe when life continues in the same way it always has. Sometimes this is the process of stripping away a veil of idealism surrounding the world we've created for our own purposes, to reveal things in a new way. So in the process of shifting our focus, we shift our consciousness. How exciting. Think about moving from a place of judgment to curiosity about what else might be true.

Surround yourself with positive people who support and encourage you. Spend time with those whose energy reminds you of the power you have to walk through fear and test new opportunities. Change can be scary, grab a friend, get curious and try something new!

Centre Your Attention. Thoroughly explore all information you can about the change. Attend, view, and ask, read all you can. Seek out direct sources as misinformation is likely a given. Actively listen and find out all you can about the change you are experiencing.

Question. Do not hesitate to ask questions of others about the change. Why not ask *Why* at least five times? 😊

Just Me, Myself, and I. Spend some time reflecting on both your practical and emotional reactions. How will the change impact you, are you responding or reacting? Figure out how you feel about the change and **WHY** you feel that way. Know the lens through which you, as an individual, view the change.

Expect the Unexpected. No change goes according to plan. If you enter the change expecting to have to be flexible, you're less likely to be annoyed when the unexpected happens. Have contingencies in place if, for example, something is delayed. Finally, don't be surprised by the changes in other people experiencing a change with you. You may see sides of others' personalities you didn't expect. Surprises are inevitable. Your resilience may be tested - you can be prepared for that. Breathe deeply and float on through.

Deepak Chopra said "All great changes are preceded by chaos." In the case of making your own good change remember you will survive the chaos when you practice listening, asking, introspection, analysis, and resilience. That is how you **thrive** in situations of change. Like my dad always tells me when I'm experiencing something new, "keep your head up kid, your stick on the ice and have some fun out there"!



All great changes are
preceded by chaos.

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

Bananas



CHOOSE 'EM!

Green ones take the longest to ripen, the yellower they are, the more ready-to-eat!

STORE 'EM!

Keep 'em at room temperature until ripe. Got some overripe ones? Freeze 'em for baking and smoothies!

PREP 'EM!

Just peel and eat, they come in their own carrying case!

EAT 'EM!

Whole, or add them to smoothies or baking. They also make a great cereal or yogurt topper!

IN SEASON
ALL YEAR ROUND!



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

Sugary Drink Sense

It is better to eat calories than to drink them

- Calories from drinks don't fill us up.
- Some sugary drinks contain as many calories as a whole meal.
- Excess calories from sugary drinks can lead to weight gain. Excess body weight can increase the risk of diabetes, high blood pressure and heart disease.
- Sipping sugary drinks throughout the day can harm the teeth leading to cavities or pain.



Make healthier drink choices where you live and work. Small changes can make a big difference and help you stay healthy.

THE SWEET TRUTH ABOUT SUGARY DRINKS

LIMIT ADDED SUGAR PER DAY TO
13
TEASPOONS
OR LESS

Most people should have no more than 13 teaspoons of added sugar each day. Added sugar is any type of sugar or syrup that has been added to the food or drinks that you buy or make at home.



Get regular checkups for your teeth:



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



Tobacco use is a leading cause of **preventable** illness, disability and premature death in Canada. Smoking is a major contributing factor to a number of chronic diseases and deaths. Second-hand smoke (environmental tobacco smoke) can cause serious health concerns for children and all non-smokers in our communities.

As part of AHA's ongoing commitment to creating a culture of safety (as outlined in AHA's vision statement) and as our commitment to client centred care, ensuring people are aware of Saskatchewan Tobacco Act. You may notice signs like we have pictured here, please follow the instructions for the health of others.

How the Saskatchewan Tobacco Act relates to Smoke-Free Public Places (such as the AHA Health Facility or its Clinics) as defined by the act:

- *Smoking or holding lighted tobacco is prohibited in enclosed public places and within 3 metres of a doorway, window or air-intake of an enclosed public place.*
- *An enclosed public place is all or any part of a building or other enclosed place or conveyance to which the public has access as of right or by express or implied invitation.*

Smoking is permitted:

- In a designated smoking areas or a minimum distance of 3 metres from any doorway, window or air-intake.
- "Designated area" means an area for patients/clients/residents/staff and visitors containing ashtrays that are compliant with the above point.

Smoking is not permitted:

- In an "enclosed place of employment" means a place of employment that is within a building or another enclosed place which includes a vehicle, garage or any outdoor enclosed structure unless permission has been expressly given.

Thank You for supporting the health of our communities!

A wise man once said a goal not written down is really only a wish.

Bucket List Guidelines

Use this "bucket list" template (or create your own) and fill out your Top 5 While I'm Alive list.

- 1 Take a 'selfie' or photo of your list, or of you holding your list.
- 2 Post your photo to your social media accounts (Facebook, Twitter, Instagram, etc.) using the hashtag #Top5WhileImAlive and tag the Canadian Hospice Palliative Care Association
- 3 Encourage your social media contacts/friends/family to create and share their own list on their social media accounts!

By creating and sharing your bucket list, you are making a commitment to talk about living well - right to the end.



#Top5WhileImAlive

1
2
3
4
5

National Hospice Palliative Care Week 2017

More info at:
www.chpca.net/week

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

YOGA POSE OF THE MONTH:

Cow Pose



This Yoga pose can help relieve back pain by using it together with the cat stretch.

These poses stretches the back, increases flexibility in the back muscles, and relaxes the mind and body.

- 1 Begin on all fours with your hands under your shoulders and your knees under your hips.
- 2 On an inhale, roll your shoulders away from your ears, look up, and arch your spine.
- 3 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!

Aboriginal Fitness Leader Preparatory Program

Fitness 2J2 - <http://www.fitness2j2.com/>

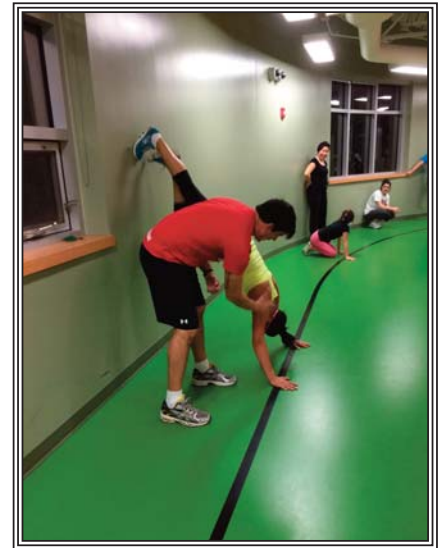
WHERE: Black Lake. At the school for classroom and fitness in the gym.

WHEN: May18-21 2017

Join us for Thursday Night 7-9pm; Friday 9-3pm Friday 6-8pm;
Saturday 9-3pm Saturday 6-8pm; Sunday 9-12pm.

WHY: If you are interested in becoming a fitness leader or better your fitness knowledge. Prepare to become a fitness leader in community.

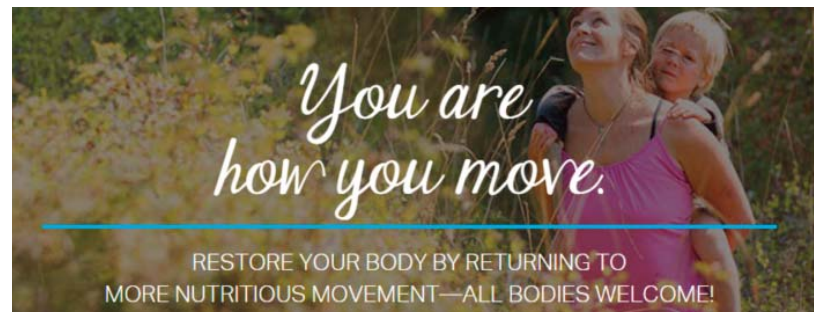
COST: There is no financial cost to you, books and material are covered.
You do need to be committed to all the classroom and gym time.
(Sponsored by AHA Health Promotions)

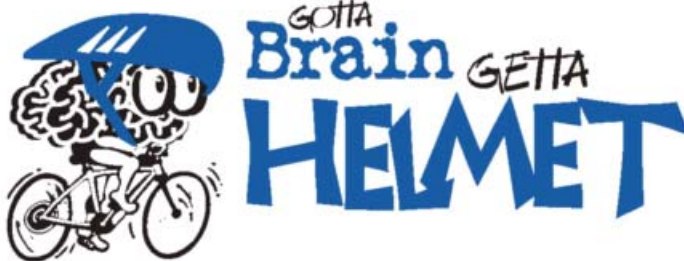


Shoulder Release Over a Ball

So yes, the goal is to get your arms over your head, but it's also to keep your ribcage down—doing both moves the mobility challenge to your shoulder joints.

If you don't have a ball, use the arm of your couch or do it off the end of your bed. Have fun! @nutritiousmovement





Have you checked your helmet lately? Your child's helmet? Use the checklists on the back to help you keep your helmet working & fitting properly.



Photo of David courtesy of Grey Nuns Hospital.



David today ... headstrong.

One summer day ...

One summer day, a young boy named David was riding his bike in a park. David was not wearing a cycling helmet. As he rode over a pile of gravel, he lost control of his bike and fell sideways. David hit his head on a concrete parking marker.

That's right, David simply fell off his bike - no car hit him, no friend bumped him. It is that easy. David was lucky. Today, he leads a normal life working in education. He is a strong advocate of helmet use and legislation. He always wears a helmet when he rides his bike. David would like you to learn from his experience - be headstrong and wear your helmet while cycling. You only have one brain - PROTECT IT.

1319 Colony Street, Saskatoon, SK S7N 2Z1

Bus. 306.651.4300

Fax. 306.651.4301

www.skprevention.ca

saskatchewan
preventioninstitute
our goal is **healthy** children

YOUR HELMET IS SAFE IF:

- ☐ **The structure of the helmet is not damaged**
 - Check the shell & liner of the helmet for cracks or dents.
 - Ensure all fasteners and clips are working properly.
 - Examine retention straps for wear, cuts or frayed edges.
- ☐ **The helmet meets proper safety standards**
 - Check the inside of the helmet for a sticker that displays CPSC, CSA, ANSI or Snell approval for cycling.
- ☐ **The helmet is less than five years old**
 - A helmet should be replaced every 3 - 5 years.
- ☐ **The helmet has not suffered a large impact**
 - Any helmet that has been worn during a crash, a fall, or has been hit hard should be inspected by a qualified retail outlet. Make sure the helmet is still in good condition and will properly protect your head.

YOUR HELMET FITS RIGHT IF IT:

- ☐ Is level from front to back and sits 2 finger widths (approx. 3 cm) above the eyebrows.
- ☐ Sits squarely on top of the head protecting the forehead and the base of the skull (*back of the head*).
- ☐ Fits snugly so it does not slide around on the head.
- ☐ Can only be removed by undoing the retention straps.



The front of your helmet should be 2 finger-widths above your eyebrows.



You should only be able to put one finger between your chin and chin strap.



The straps should form a "Y" around the ear.

(2017)
**CHILDREN'S
CHOICE BOOK AWARDS**

(2017)
**TEEN CHOICE
BOOK AWARDS**

EveryChildaReader.net

K - 2ND GRADE BOOK OF THE YEAR

- ☐ **DON'T WAKE UP THE TIGER**
by Britta Teckentrup (Candlewick/Nosy Crow)
- ☐ **FRANKENCRAYON**
by Michael Hall
(HarperCollins Children's Books/Greenwillow Books)
- ☐ **KING BABY**
by Kate Beaton (Scholastic/Arthur A. Levine Books)
- ☐ **MADELINE FINN AND THE LIBRARY DOG**
by Lisa Papp (Peachtree Publishers)
- ☐ **NANOBOTS**
by Chris Gall (Little, Brown Books for Young Readers)
- ☐ **PEEP AND EGG: I'M NOT HATCHING**
by Laura Gehl, illustrated by Joyce Wan
(Macmillan Children's Publishing Group/Farrar, Strauss
Giroux Books for Young Readers)
- ☐ **THE THANK YOU BOOK**
by Mo Willems (Disney Hyperion)

3rd - 4th GRADE BOOK OF THE YEAR

- ☐ **THE ANT AND THE GRASSHOPPER**
by Carl Sommer, illustrated by Ignacio Noe
(Advance Publishing)
- ☐ **DUCK ON A TRACTOR**
by David Shannon (Scholastic/The Blue Sky Press)
- ☐ **THE HOLE STORY OF THE DOUGHNUT**
by Pat Miller, illustrated by Vincent Kirsch
(HMH Books for Young Readers)
- ☐ **NOODLEHEAD NIGHTMARES**
by Tedd Arnold, Martha Hamilton and Mitch Weiss,
illustrated by Tedd Arnold (Holiday House)
- ☐ **ONCE UPON AN ELEPHANT**
by Linda Stanek, illustrated by Shennen Bersani
(Arbordale Publishing)
- ☐ **WHOOSH!: Lonnie Johnson's Super-
Soaking Stream of Inventions**
by Chris Barton, illustrated by Don Tate (Charlesbridge)
- ☐ **WOLF CAMP**
by Andrea Zuihl
(Random House Children's Books / Schwartz & Wade)

5TH - 6TH GRADE BOOK OF THE YEAR

- ☐ **BOOKED**
by Kwame Alexander (HMH Books for Young Readers)
- ☐ **FUZZY**
by Tom Angleberger and Paul Dellinger
(ABRAMS/Amulet Books)
- ☐ **GARVEY'S CHOICE**
by Nikki Grimes (Boyds Mills Press/Wordsong)
- ☐ **HILO BOOK 2: Saving the Whole Wide World**
by Judd Winick (Random House Children's Books/
Random House Books for Young Readers)
- ☐ **MAKER LAB**
by Jack Challoner (DK)
- ☐ **THE MISADVENTURES OF MAX CRUMBLY:
Locker Hero**
by Rachel Renée Russel (Simon & Schuster/Aladdin)
- ☐ **WET CEMENT**
by Bob Raczka
(Macmillan Children's Publishing Group/Roaring Brook Press)

TEEN BOOK OF THE YEAR

- ☐ **A COURT OF MIST AND FURY**
(A Court of Thorns and Roses, Book 2)
by Sarah J. Maas (Bloomsbury USA)
- ☐ **CROOKED KINGDOM** (Six of Crows, Book 2)
by Leigh Bardugo (Macmillan Children's Publishing Group/
Henry Holt Books for Young Readers)
- ☐ **THE CROWN** (The Selection, Book 5)
by Kiera Cass (HarperCollins Children's Books/HarperTeen)
- ☐ **HARRY POTTER AND THE CURSED CHILD:
Parts One and Two**
by J.K. Rowling, Jack Thorne and John Tiffany
(Scholastic)
- ☐ **THE SUN IS ALSO A STAR**
by Nicola Yoon
(Random House Children's Books/Delacorte Press)
- ☐ **THIS IS WHERE IT ENDS**
by Marieke Nijkamp (Sourcebooks/Fire)
- ☐ **A TORCH AGAINST THE NIGHT**
(Ember in the Ashes, Book 2)
by Sabaa Tahir (Penguin Young Readers/Razorbill)

READING CHALLENGE



Enter To Win A
Kobo Aura H2O



← TITLES GO HERE

- An audiobook ☐ _____
- A comic or graphic novel ☐ _____
- A book written by a Canadian Author ☐ _____
- A book with a character with your first name ☐ _____
- A book with a one-word title ☐ _____
- A book based on a true story ☐ _____
- A book set in a country you've never been to ☐ _____
- A 'how-to' book ☐ _____
- A book with a woman on the cover ☐ _____
- A book with an animal as the main character ☐ _____

**Open to all ages & all residents of
the Athabasca Basin!**

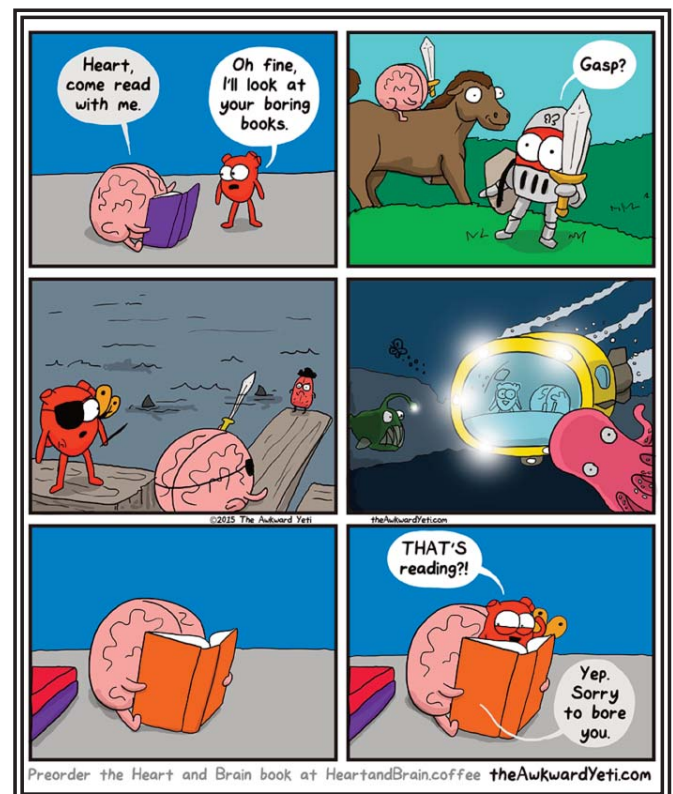
Contest Rules

Send a photo of your list to phuerto@athabascahealth.ca, through the AHA Facebook page or mail the list to:

AHA Health Promotions - Pamela Huerto
PO Box 124
Black Lake, SK S0J 0H0

by **July 31, 2017**, to be entered in a draw to win a Kobo Aura H2O!
This e-reader is waterproof, has a built-in light, and can borrow books from the public library!

You get one entry for each book you read!



News Flash

Congratulations

We would like to congratulate our latest staff to go through the TLR& PART basic programs!

Francis Robillard
Roberta Sayazie

JoAnne McDonald
Penny Griffith

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

Dates For SR/BL: 23-25 **Dates For FDL:** June TBA



Job Opportunities

AHA currently has some positions posted:

- Director of Integrated Health Care Services
- Home Care Nurse PT for Fond du Lac
- Youth Wellness Worker for Black Lake
- Youth Wellness Worker for Fond du Lac

Go to <https://www.athabascahealth.ca/Pages/Job.aspx> to learn more!

Staffing Updates

We are happy to welcome:



Darryl Galusha
Chief Executive Officer
(CEO)
Starts May 29, 2017



Tyla Sylvestre
Community Mental
Health Nurse



Georgina Quinney
Community Health Nurse

Justin Catholic – Transportation Driver
Sylvia Martin - Community Medical Transportation Clerk (FDL)
Darryl Richards - Maintenance Worker

Farewell to:

- Mary Sha'Oullie, Addictions Worker (Hatchet)
- Sylvia Denechezhe, Addictions Worker (Hatchet)
- John B. Sandypoint, Security Worker (Black Lake)
- Joe P. Sandypoint, Security Worker (Black Lake)
- Vernon Boneleye, Security Worker (Black Lake)
- Reggie Boneleye, Security Worker - Casual (Black Lake)
- George Bruno, Maintenance Worker
- Curtis Disain, Security Worker - Casual (Black Lake)
- Clarissa Donard, Security Worker - Casual (Black Lake)
- Kristen Hardstad, Primary Care Nurse (Black Lake)
- Vicky Adam, Family Support Worker (FDL)

Also:

- Taylor Bassingthwaite is now our Director of Quality Improvement →
- Sheila Robillard is our acting CEO



Look in a Book Check out the reading challenge on page 8!

“You’re never too old, too wacky, too wild, to pick up a book and read to a child.” – Dr. Seuss

Non-Fiction



Heirloom Wood - Max Bainbridge

Combining traditional techniques with contemporary design, Max teaches you how to identify wood types, source timber, and set up a basic toolbox, then offers step-by-step carving and cutting techniques for making your own pieces. With little experience and very few tools, you'll learn to create hand-carved bowls, cutting boards, spoons, knives, and spatulas, perfect for adding a touch of the handmade to your home. With further advice on finishing your projects—how to sand, ebonize, scorch, and texture the surfaces, as well as wax and oil your new, beloved kitchen creations—each of your handcrafted projects will be imbued with a tangible history visible through the maker's mark. With beautiful photography and clear how-to instruction, Heirloom Wood gives you everything you need to create timeless kitchen keepsakes to be passed down from generation to generation.

Reading Challenge Tip: This is a 'how to' book!

Graphic Novel

Arctic Comics - Various Authors

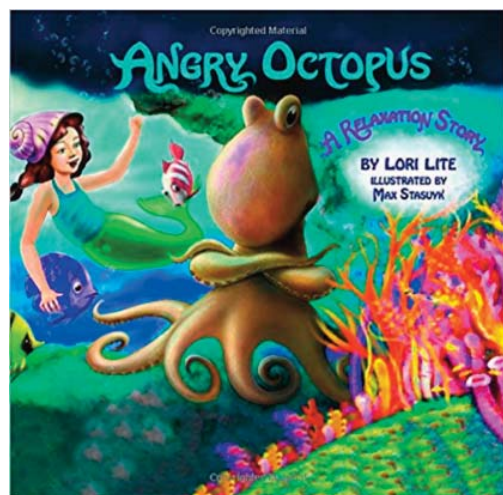
Arctic Comics is a full-colour anthology containing tales of myth, adventure and humour, told at the top of the world

Written and drawn by Inuit, Northerners, and other Canadians

Reading Challenge Tip:
This could count as your comic/graphic novel!



Young Readers



Angry Octopus: A Relaxation Story - Lori Lite

Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage his anger.

This engaging story quiets the mind and relaxes the body so your child can let go of anger, relax, and fall asleep peacefully.

Reading Challenge Tip: Also on Audio/CD and available as an interactive app on the iTunes bookstore.

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

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

Hantavirus

What is Hantavirus?

Hantavirus infection is a rare but serious illness. Typical symptoms are flu-like and include fever, headache, nausea, vomiting, muscle aches, diarrhea, abdominal pain and shortness of breath. These symptoms can occur any time between three days to six weeks (usually around 14 days) after exposure. Infection without symptoms is rare.

Exposure to hantavirus can cause a rare but often fatal disease called hantavirus pulmonary syndrome (HPS). HPS can progress rapidly into serious complications which include the following symptoms: abnormal fall in blood pressure, lungs filling with fluid and severe respiratory failure.

There have been 31 cases of hantavirus pulmonary syndrome reported in Saskatchewan since 1994, 10 of which resulted in death.

Hantavirus illness can affect people of all ages and regardless of gender. People are at risk if they come into contact with deer mice, their droppings or nesting materials. Most people are exposed when cleaning out or demolishing enclosed or poorly ventilated buildings that have had mouse infestations (i.e. grain bins, sheds, barns, garages, ventilation systems, trailers, elevators, etc.) or cleaning equipment such combines or vehicles that have been in storage.

How Does Hantavirus Spread?

Humans are most often exposed to the virus by breathing in air particles contaminated by deer mouse saliva, urine or feces containing infectious hantaviruses. This can occur, for example, after sweeping or vacuuming infected areas.

The virus can also be transmitted by:

- Being bitten by a deer mouse or other infected rodent, if the skin is broken;
- Touching rodent urine, saliva, or droppings;
- Eating food contaminated by infected deer mouse saliva, urine or droppings.



Hantaviruses are rarely, if ever, spread from person to person and this has never been reported in North America. Hantaviruses are not spread from pets or livestock. However, cats and dogs may bring infected deer mice into contact with humans.

How can I Minimize the Risk of Hantavirus

Exposure to hantavirus can be reduced by avoiding contact with rodents and contaminated airborne particles.

- Block openings that might allow rodents to enter a building;
- Store human and animal food, water and garbage in containers with tightly fitted lids;
- Be aware of animal droppings and nesting materials when cleaning a home or other building.



How Do You Clean Rodent Infested Areas?

When cleaning rodent-infested areas people are advised to reduce the risk of contaminated air particles becoming airborne, and prevent direct contact and inhalation.

- Ventilate the building by opening doors and windows for at least 30 minutes before cleaning;
- Use wet mopping methods and wear gloves;
- Wear goggles and a filter mask when cleaning areas contaminated by droppings in a confined space;
- Dampen areas contaminated with rodent droppings with bleach disinfectant and remove droppings with a damp mop or cloth; and
- Avoid using dry cleaning methods such as dusting, sweeping, vacuuming or air-hosing.

Who Can I Call if I Have More Questions?

For more information on hantavirus, visit the Government of Saskatchewan website at www.saskatchewan.ca/residents/health/diseases-and-conditions/hantavirus and HealthLine Online at www.healthlineonline.ca. For advice on symptoms or when to seek care, call HealthLine 811.



Emergency Preparedness Week (EP Week) is an annual event that takes place each year during the first full week of May. This national event is coordinated by Public Safety Canada, in close collaboration with the provinces and territories and partners.

This year, the theme is *Plan. Prepare. Be Aware.* It is meant to help Canadians take action to protect themselves and their families during emergencies.

Through the Get Prepared campaign, Canadians have learned to know the risks, make a plan, and get an emergency kit. This year's theme highlights the importance of having these measures in place but specifically emphasizes the need to keep up to date on current conditions, like the weather, that might impact you. Working together with community leaders, first responders, non-government organizations and all levels of government, we are building a more resilient and safer Canada.

For more information, please contact info@GetPrepared.ca or call 1-800-830-3118.

Saskatchewan
 Saskatchewan Emergency
 Management Organization
 Telephone: (306) 787-9563
www.gr.gov.sk.ca



HONEY GARLIC MOOSE

SERVINGS
8

PRE-PREP TIME
0
MINUTES

PREP TIME
20
MINUTES

COOK TIME
30
HOURS

INGREDIENTS:

- 1 tbsp (15 ml) vegetable oil
- 2 lbs (1 kg) moose meat, well-trimmed of sinew and cut into slices
- 1 large onion, sliced
- 1 large green pepper, sliced
- 1 small red pepper, sliced
- 1 small yellow pepper sliced
- 2 cloves garlic, finely diced
- ¼ cup (60 ml) honey
- Salt and pepper to taste

**You can substitute
beef or caribou
for moose in this
recipe.**

Recipe by: Liz Boyer

Liz is from Batchewana First Nation. She has been married 42 years and has worked at the band office about this long. She is the mother of four children, two sons and two daughters, however, her one daughter, and one son have passed away. She loves cooking and offers a sit-down, family supper every Sunday. Her family's favourite recipe is honey garlic moose with wild rice and corn.

Some adaptations have been made to the original recipe.

METHOD:

1. In a large frying pan, fry the onions on medium heat until soft. Stir frequently.
2. Remove from the pan. In the same pan, fry the moose meat and garlic until the moose meat is browned on all sides.
3. Add in the cooked onions and peppers.
4. Continue cooking until the peppers have reached the level of preferred crispness.
5. Stir in the honey and turn off the heat. Taste the sauce and add more honey if necessary. Season with salt and pepper to taste.





NOTES FROM the cook

Processed meats are high in cholesterol and saturated fat. This recipe uses healthy lean wild meat and veggies.

This recipe is a big hit with my family and friends. Teenagers can help chop the vegetables.



I used to like plain moose meat in my younger years then grew up not liking it anymore. I wanted to start eating it again so I decided to “doctor it up” with garlic and onions and have enjoyed it ever since.

**“I decided
to doctor it up
with garlic and
onions...”**

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

- June 16-18 - Family Conference

BLACK LAKE

- May 17 - Bike Safety @ School
- 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

- May 18 - Brain Waves Program @ School
- Mondays - Women's Group 6:30pm-7:30pm
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom

URANIUM CITY

- May 16 - Brain Waves Program @ School

CHILDREN'S BOOK WEEK WORD SEARCH

Celebrate books and reading with this Book Week inspired word search! Looking for more fun things to do? Head over to EveryChildsReader.net to discover this year's official bookmarks, activities, and more.

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



PICTURE
AUTHOR
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ONE WORLD
PAGES
READING

ILLUSTRATOR
STORYTIME
MANY STORIES
TEACHER
WORDS
BOOKSTORE
PARENT





Healthy Cooking on a Budget

Banana Berry Wake-Up Shake

Ingredients:

- 1 banana (\$0.98)
- 1 cup fresh or frozen berries (any combination) (\$1.58 or free if you picked & froze them last fall!)
- 1 cup milk (\$0.78)
- 3/4 cup vanilla yogurt (\$1.28)



This creamy shake, which can be made the night before, is a great way to use up ripe bananas that have been frozen. When bananas start to get brown, pop them in the freezer and take out as needed.

Total cost: \$4.62 Cost per serving (Serves 2): \$2.31

>> Item prices from Stony Rapid stores

- 1 In a blender, blend fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk to achieve desired consistency.

Shakes are a great way to increase fruit and milk intake!

People with diabetes may want to choose a yogurt that is low in sugar or sugar-free.

