

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS020

July 2017



Photo by Taylor Bassingthwaite - "Kids Enjoying the Awesome New Floating Dock in Black Lake"
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

Take Care of Yourself

>> Source: <http://www.fgwrc.ca>

July 24th is International Self Care Day

What is Self Care? - Self care is care provided "for you, by you." It's about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that nurture you. Self care is about taking proper care of yourself and treating yourself as kindly as you treat others.

First Care for Yourself - On an airplane, an oxygen mask drops in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important things you can do for yourself. It is also one of the easiest things to forget. But you benefit greatly from self care and so do others in your life.

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 get
between sunrise
& sunset?

Sun-burned
(Wear sunscreen!)

Dene Word of the Month

sa
Sun



Trivia of the Month

**How many teeth
does an elephant
have?**

Elephants usually have 26 teeth: the incisors, known as the tusks, 12 deciduous premolars, and 12 molars.

In this issue:



See what's growing in the north on pg.8



Challenge yourself to go plastic free this month!
Tips on pg.9



Keep up on events, health tips & recipes
@
www.facebook.com/AthabascaHealth

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.”

“Change is the only constant.”

– Heraclitus, Greek philosopher

What was true more than 2,000 years ago is just as true today. We live in a world where “business as usual” is change. Whether it's watching our seasons come and go or thriving in change at work with new initiatives, opportunities, teams or technologies the one thing we can be sure of is things can't stay the same, and how wonderful is that? As we've discussed in previous QI corners, when experiencing moments of change as individuals we have choices, like if we'll choose to react or respond. This QI corner we are going to look a little more closely at what you or those you care about may experience during times of change. As formal or informal leaders in our families or work lives (QI works anywhere remember) if we can better prepare for change and anticipate some of what people may experience we can also help others through making improvements. Of course we know all improvement requires change but not all change is improvement, some of the popular models below can help you get to the sweet spot in change making where we all together achieve ‘better’.



Whether you're considering a small change to one or two processes, or a system wide change to an organization, it's common to feel uneasy and intimidated by the scale of the challenge. Create the “buy-in” and support you'll need to make your change a success.

You know that the change needs to happen, but you don't really know how to go about delivering it. Where do you start? Whom do you involve? How do you see it through to the end?

There are many theories about how to “do” change. Many originate with leadership and change management guru, John Kotter. A professor at Harvard Business School and world-renowned change expert, Kotter introduced his eight-step change process in his 1995 book, “Leading Change.” We look at his eight steps for leading change above.



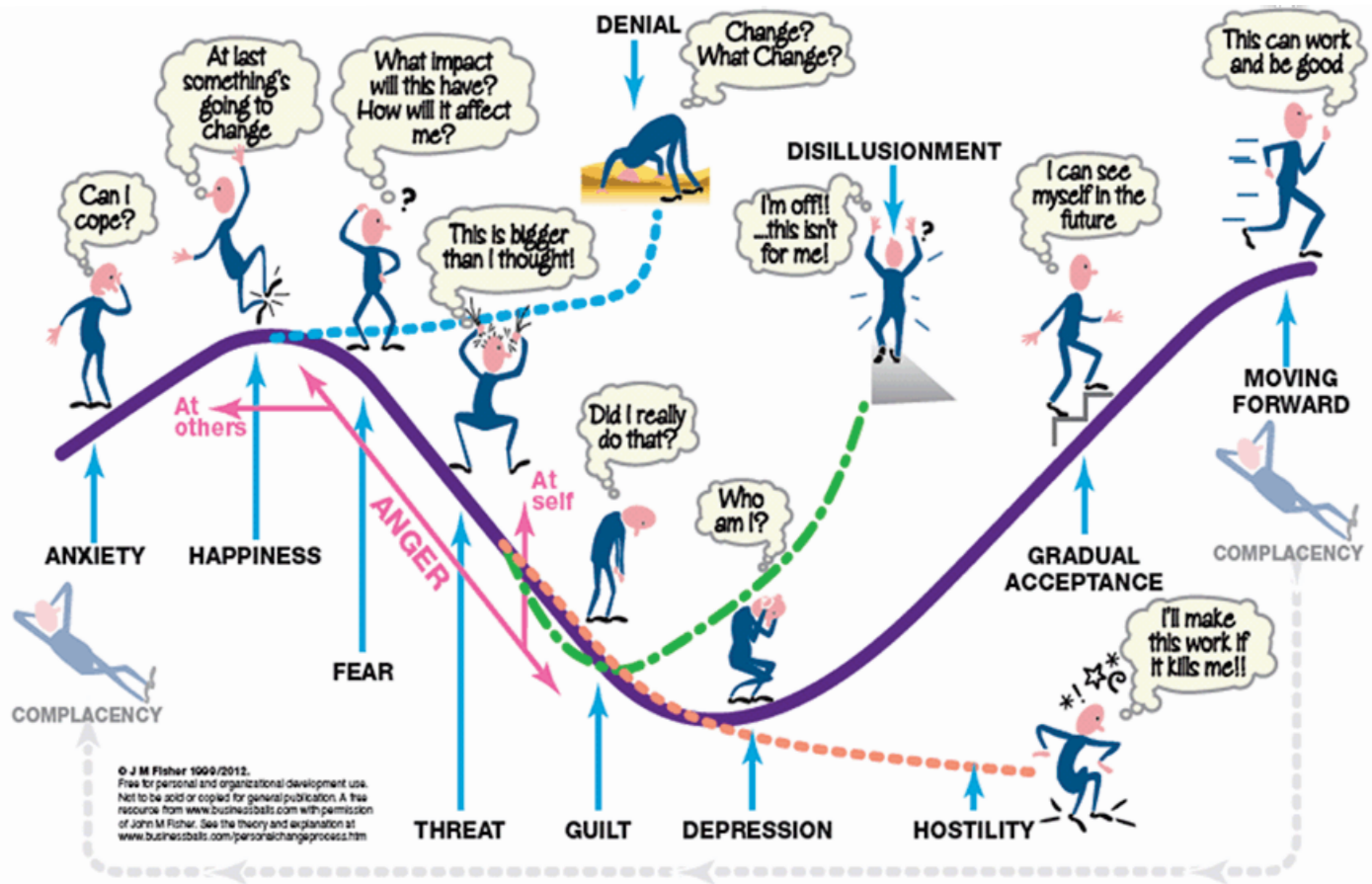
© Garry Ridge
Kathy Breedlove
April 20, 2011

The Katgar Model

The Katgar model for change provides some detail on the elements that are essential to successful change in an organization they can be applied elsewhere too. The central tenets of leadership described in this model center on why change is needed. Effective leaders develop a shared vision with input from all. They then craft and implement a plan for action that supports the purpose for the change. The glue that holds the entire process together is a leader's passion for how the change will positively impact others. The Katgar Model for Change identifies five essential elements that leaders can focus on to ensure success.



Originally presented in 1999, John Fisher's model of personal change - The Transition Curve - is an excellent analysis of how individuals deal and often feel during change. This model can be a useful reference for individuals dealing with change and for people trying to help others thrive not survive with personal change.



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

Broccoli



CHOOSE IT!

Go for firm, bright, compact flower heads with slender stems.

STORE IT!

Can be stored in a plastic bag in the fridge but best eaten right away!

PREP IT!

Wash it and peel the stems. Make sure you eat all the parts of the broccoli!

EAT IT!

A versatile veggie, you can boil, roast, or grill for delicious flavour!

IN SEASON
JUNE-OCTOBER!



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

Sugary Drink Sense - At Home

- Keep the fridge stocked with a pitcher of cold water and milk.
- Keep sugary drinks out of the home most of the time

- Be a role model for healthy habits. When we make healthy drink choices, our friends and family are more likely to make those choices too.

Choose Most



Water

Satisfy thirst with water.
Try these ideas:

- sparkling water with a splash of 100% unsweetened fruit juice
- slices of fruits or vegetables, such as cucumber, lemon, lime and orange
- fresh herbs, like mint



Plain Milk or Soy Beverages

Low-fat milk and unsweetened fortified soy beverages contain lots of nutrients our bodies need, including calcium and vitamin D.



Homemade Decaffeinated Iced Tea with No or Less Added Sugar

Add ginger, cinnamon sticks, cloves, fresh mint or lemon for more flavour.



Choose Least



Water with Powdered Drink Mixes

These can be high in calories and added sugar and can take the place of healthier choices.



Chocolate, Strawberry & Other Flavoured Milks

Chocolate, Strawberry & other Flavoured milk contains added sugar and calories. Check the Nutrition Facts table and choose those with less added sugar. Or make them at home using only a little syrup or powder. Less is best.



Store-Bought Iced Tea or Iced Tea Made with Powdered Drink Mixes

These can be high in added sugar and calories.



From a study conducted 3 years ago, the Athabasca Health Authority (AHA) region has the highest referral rate for dental surgery in the country. A balanced and nutritious diet is good for your general health and your dental health. Without the right nutrients, your teeth and gums can become more susceptible to decay and gum disease. Help us highlight these important topics with our community members!

"An ounce of prevention is worth a pound of cure." - Ben Franklin

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

The 7 Habits of Happy Kids



Habit 1- Be Proactive: You're In Charge

I am a responsible person.
I take initiative.
I choose my actions, attitudes, and moods.
I do not blame others for my wrong actions.
I do the right thing without being asked, even when no one is looking.

Habit 2- Begin with the End in Mind: Have A Plan

I plan ahead and set goals.
I do things that have meaning and make a difference.
I am an important part of my classroom and school.



Habit 3- Put First Things First: Work First, Then Play

I spend my time on things that are most important.
I say no to things I know I should not do.
I set priorities, make a schedule, and follow my plan.
I am self-disciplined and organized.



Habit 4- Think Win-Win: Everyone Can Win

I want everyone to be a success.
I don't have to put others down to get what I want.
When a conflict happens, I look for a third solution.
I believe that we all can win!



Habit 5- Seek First to Understand, Then to be Understood:

Listen Before You Talk

I listen to other people's ideas and feelings.
I try to see things from their viewpoints.
I listen to others without interrupting.
I share my opinions and ideas.



Habit 6- Synergize: Together Is Better

I know that everyone is good at something.
Everyone needs to get better at something.
We can all learn something from each other.
Working in groups helps to create better ideas than what one person can do alone.



Habit 7- Sharpen the Saw: Balance Feels Best

I take care of my body by eating right, exercising and getting sleep.
I learn in lots of ways and lots of places, not just at school.
I take time to help others.



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

YOGA POSE OF THE MONTH:



You might as well call this Yoga pose the belly blaster, because it works the muscles of your stomach. This pose is like rowing without being in a boat and paddling.

Tip: Don't hold your breath during this exercise.

Boat Pose

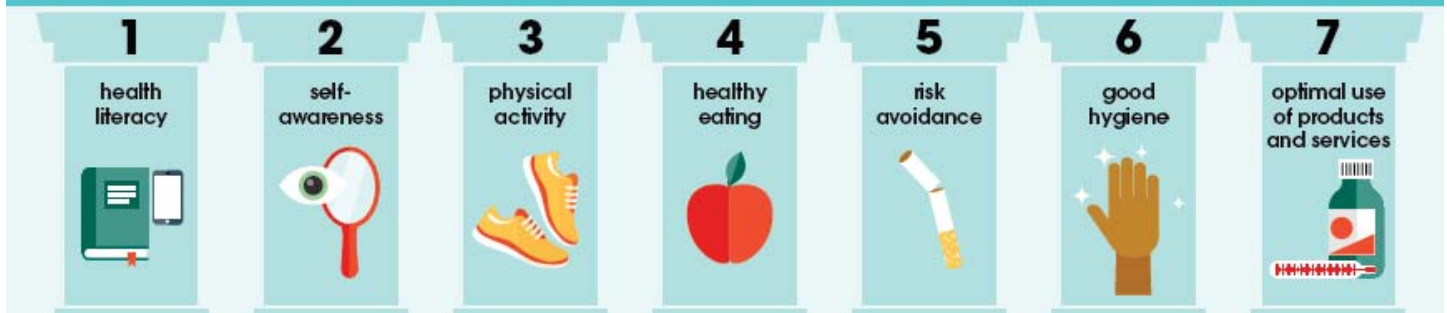
- 1 Sit on your Yoga mat with your knees bent in front of you and your feet flat on the ground.
- 2 With your palms facing up, reach your arms forward so that your hands brush the sides of your knees.
- 3 Lean backwards until your torso is at a 45-degree angle to the floor.
- 4 Slowly lift your feet off of the mat as you straighten your legs, forming a "V." shape
- 5 Pull your shoulders down and back and open your chest and engage your abdominal muscles to hold the position. Remain here for at least 3-5 deep breaths. Repeat 6-8 times

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

What is Self-Care?

Self-care is **what Canadians do for themselves 24 hrs a day, 7 days a week** to maintain health, treat minor ailments and manage chronic diseases.

The Seven Pillars of Self-Care*



- 1 Health literacy – includes: the capacity of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions
- 2 Self-awareness of physical and mental condition – includes: knowing your body mass index (BMI), cholesterol level, blood pressure; engaging in health screening.
- 3 Physical activity – practicing moderate intensity physical activity such as walking, cycling, or participating in sports at a desirable frequency.
- 4 Healthy eating – includes: having a nutritious, balanced diet with appropriate levels of calorie intake.
- 5 Risk avoidance or mitigation – includes: quitting tobacco, limiting alcohol use, getting vaccinated, practicing safe sex, using sunscreens.

- 6 Good hygiene – includes: washing hands regularly, brushing teeth, washing food.
- 7 Rational and responsible use of products, services, diagnostics and medicines – includes: being aware of dangers, using responsibly when necessary.

Why is Self Care Important for Women?

Women spend much of their lives nurturing others. When we find ourselves focusing more on others than ourselves, we become worn out, stressed out and run down. For those of us who spend time helping and caring for others, it is too easy to neglect our own needs. It's like "running on empty" when we don't take the time to re-fuel.

We spend so much time and effort caring for our partners, children, pets, friends, family members, employers and employees. Add to that the numerous volunteer activities, errands, housework, family functions, meetings, etc.—and there isn't much time left for caring for ourselves. Women need to balance the stress and activity of daily life with activities that bring a sense of peace and well being to their minds and bodies. Women who neglect their own needs and forget to nurture themselves often become unhappy, have low self-esteem and feel resentment.

Self care means treating yourself as a worthwhile person and showing that you are valuable, competent and deserving.

IDEAS FOR PRACTICING SELF-CARE

PHYSICAL

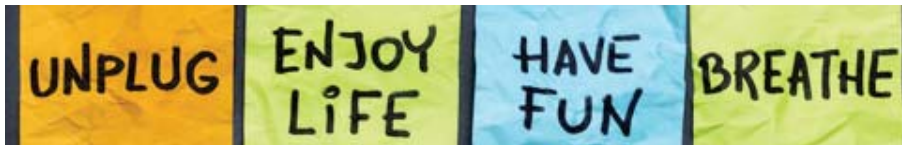
go for a walk
dance
hike
swim
get a hug
play with a dog
clean & reorganize your room
take a bath

MENTAL

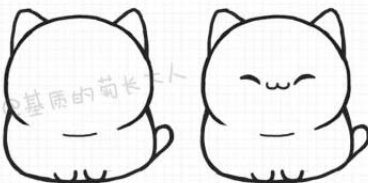
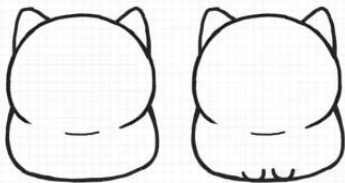
read a book
learn a new skill like photography or drawing
do a DIY project
color
turn your phone off

EMOTIONAL

meditate
practice Yoga
light a candle
talk with a friend
go on a date
journal
write down a list of things you're grateful for



©基质的菊长大人



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Fun doesn't have to be complicated.

Just a piece of paper or a rock & paint can be entertaining!



Rock
PHOTO HOLDERS
onelittleproject.com

















Gardening in the North!



My Challenge Choices (Getting started)

PLASTIC FREE JULY
WHAT TO AVOID
HOW TO AVOID IT
YOUR IMPACT
 Ocean/Landfill/Global warming

YES, I'LL DO THIS

Fill the yellow bin with plastics for 'recycling'	Avoid as much plastic packaging as you can		<input type="checkbox"/>
Pre-packed fruit and veg	Choose loose products (skip the little plastic bag or put in a reusable bag)		<input type="checkbox"/>
Lightweight plastic bags	Remember your reusable shopping bags or use a cardboard box		<input type="checkbox"/>
Personal care products containing plastic microbeads	Check the products you buy for microbeads (polyethylene, polypropylene, nylon) visit beatthemicrobead.org		<input type="checkbox"/>
Bottled cleaning products	Opt for refills, bulk store products or make your own alternatives. Choose glass or cardboard packaging		<input type="checkbox"/>
Bagged dry foods	Buy from a bulk store (fill your reusable container) or opt for cardboard boxed product		<input type="checkbox"/>
Pre-packed meat or fish	Shop at the deli counter or butcher or fishmonger for paper wrapped cuts or BYO reusable container		<input type="checkbox"/>
Takeaway drink straws	Refuse plastic straws (or opt for a paper straw if they have them). BYO reusable straw		<input type="checkbox"/>
Takeaway coffee cups	Bring your reusable cup or sit and enjoy a real cup		<input type="checkbox"/>
Takeaway utensils and containers	Support vendors offering compostable alternatives (bamboo or card), BYO reusables or sit and enjoy 'dine-in'		<input type="checkbox"/>
Bottled water	Fill a reusable bottle from the tap		<input type="checkbox"/>
Bottled soft drinks	Reduce the amount (helps your health), or make your own with a sodastream or choose glass bottles (and recycle)		<input type="checkbox"/>
Bin liners (or 'reusing' plastic shopping bags)	Have a sealed container for 'wet' scraps and compost or freeze until bin day. Line the kitchen bin with paper		<input type="checkbox"/>
Scooping your pet poo in plastic bags	Buy cornstarch based compostable bags online or at a pet suppliers or consider a dedicated pet poo composting system at home		<input type="checkbox"/>
Milk containers (plastic)	Choose waxed card or glass bottled brands (depending on your local glass recycling). Make your own nutmilk		<input type="checkbox"/>
Plastic food wrap for leftovers and sandwiches	Use a reusable lunch box to store food, store food in containers or use beeswax wraps		<input type="checkbox"/>
Littering: cigarette butts, balloons	Dispose of cigarette butts in the bin (they are plastic and wash into the ocean environment) Avoid releasing balloons (what goes up, must come down)		<input type="checkbox"/>
Ignoring other people's litter	Pick up that plastic bag blowing in the street, empty food containers, straws etc.		<input type="checkbox"/>

Avoid landfill waste

Reduce your eco-footprint



News Flash

Welcome Summer Students!



Cheryl Mercredi



Sheldon Echodh



Chris Toutsaint



Jennifer Kasagan



Richy Eddibar



Shantelle Robillard

A Fond Farewell

To Penny Griffith, Dental Therapist & former Dental Program Manager



Congratulations

To Doris MacDonald for completing the Health Care Aide program. We're glad to have her back!



Name our Robot! Contest

AHA has a medical robot to facilitate virtual care when and where you need it, but it needs a name. What should we call it?

The person who suggests the winning name will get a \$50 Northern gift card.

Give a suggestion or vote:
<http://www.namecontests.com/ce8bqdcx>



Look in a Book

“Everybody talks about wanting to change things and help and fix, but ultimately all you can do is fix yourself. And that's a lot. Because if you can fix yourself, it has a ripple effect.” - Rob Reiner

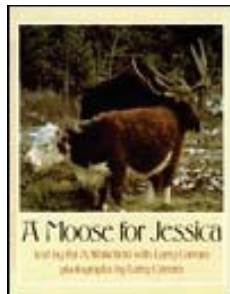
Are you participating in the Reading Challenge? You could win a Kobo eReader or other fun prizes! If you need a form you can get it here <https://goo.gl/oHxzNB> or email phuerto@athabascahealth.ca & ask for a copy.



Enter To Win A
Kobo Aura H2O

kobo

True Story



A Moose For Jessica

The true, full story of a courtship that made headlines and captured hearts around the world when a bull moose turned his affections from the wild and made advances toward a cow in Vermont. Full-color photographs.

Reading Challenge Tip: Based on a true story AND features animals as the main characters.

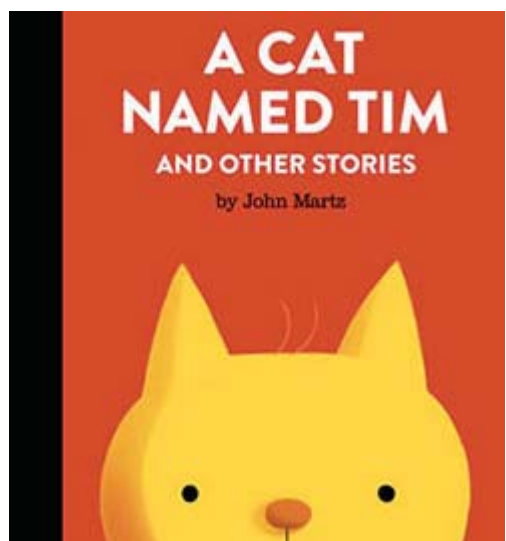
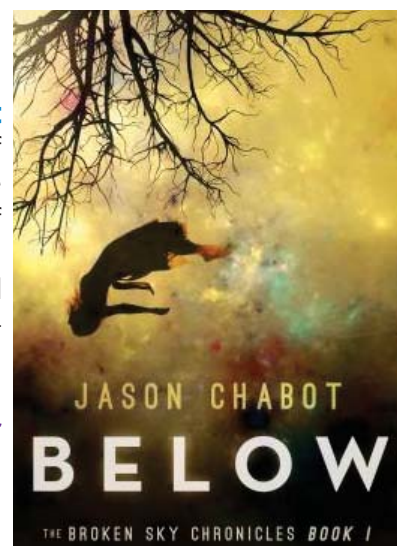
Fantasy

Below - Jason Chabot

The first volume in this thrilling trilogy opens on the barren plains of Below, where Hokk and his fox sidekick, Nym, live in exile amid the remnants of our modern age. Overhead, on the floating islands of

Above, Elia is trapped in a life of endless toil and drudgery as a laundress for the Mirrored Palace. Their journey together will propel them across endless plains and through shattered cities in a centuries-old battle for the very earth and sky around them . . .

Reading Challenge Tip: Has a one-word title, AND a woman on the cover



Young Readers

A Cat Named Tim & Other Stories - John Martz

Grades 1-4 / Ages 6-9

In Tim's world, a cat can paint on the ceiling and a happy pig couple can wait months for the bus. A duck and a mouse love to go flying, in a plane, of course. Every page is an adventure and each character is colourful in this collection of comics.

Reading Challenge Tip: Has an animal as the main animal AND is a comic.

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

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

National Injury Prevention Day is July 5

What is NIPD?

A new annual recognition day to help build awareness of the devastating impact of injury. Injury is the number one killer of Canadians aged 1 – 44, where **one child dies every nine hours**. National Injury Prevention Day to shine a light on largely predictable and preventable injuries. Our goal is to help save more lives through education, knowledge and empowerment.

INJURY PREVENTION TIMELINE

Spotlight on: Child Safety

1969

Hazardous Products Act – Juvenile Product Safety standard introduced



1971

The Flammability Requirements for Children's Sleepwear and Bedding Act introduced



1971-1980

Sharp decline in infant mortality due to choking



1987

The Flammability Requirements for Children's Sleepwear and Bedding Act amended based on published research, requiring loose garments to be made of pure synthetics (e.g. polyester, nylon), as they don't burn at temperatures associated with ignition devices found in the home

1994

Why do I have to hold the tab down on a lighter to keep the flame lit?

In 1994, Child Resistant Lighters were regulated to prevent burns



TODAY

Despite these improvements, preventable injury remains a leading cause of child death

Help Parachute **stop the clock** on preventable injury



Parachute
 PREVENTING INJURIES. SAVING LIVES.

Help spread the word about #NIPD and
 #StopTheClock on preventable injury

July 5, 2017

NATIONAL INJURY PREVENTION DAY

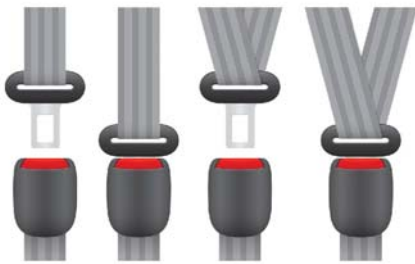


INJURY PREVENTION TIMELINE

Spotlight on: Seat Belts

1950 TO 1971

Passenger car registrations quadrupled, as well as motor vehicle collision deaths in 15–19 year olds



EARLY 1970S

Increased focus on safety features in vehicles, and the implementation and enforcement of legislation

In 1971, seat belts were required in all new vehicles manufactured

POST-1971

Passenger car registrations continued to increase, but mortality rates declined



1976–1977

Seat belt legislation came into effect across Ontario, Quebec, Saskatchewan & B.C.

Motor vehicle collision fatalities in children 0–19 years declined significantly

TODAY

Despite improvements, transport injuries remain a leading cause of death

Help Parachute **stop the clock** on preventable injury



Parachute
PREVENTING INJURIES. SAVING LIVES.

Safety Initiatives

Uranium City saw the need for CPR & First Responder training in their community, and recently arranged training opportunities. The result is that there are now 24 individuals who are fully trained in CPR! And 6 people will be also able to participate in an upcoming First Responder training that is being held in July. AHA would like to acknowledge the initiative that these individuals have shown! Good job!





CORN SOUP



INGREDIENTS:

- 2 cups (500 ml) white Indian (hominy) corn
- 1 cup (250 ml) cooked or canned red kidney beans, drained
- ¼ cup (60 ml) hard wood ashes or 2 tsp (10 ml) baking soda
- ½ pound (225 g) salt pork, cut in half inch cubes
- 2 large onions, sliced
- 3 cups (750 ml) of potatoes, diced, boiled then drained
- 4 cups (1L) of whole milk (optional)
- 2 cups (500 ml) of water
- Salt and pepper to taste

You can substitute any type of meat or vegetable stock for the salt pork.

Recipe by: Anonymous

This recipe was submitted by an attendee at the Aboriginal Nutrition Network's Revitalizing Connections Gathering in Thunder Bay in May 2014.

Some adaptations have been made to the original recipe.

METHOD:

1. Cover corn with water and simmer with ash or baking soda for 2 hours.
2. Rinse corn and remove loose skins. Set aside.
3. In the same pot, fry salt pork with the onions until onions are softened.
4. Add corn, beans, potatoes, water and milk.
5. Bring to a simmer. Ready to serve.





NOTES FROM THE dietitian

Goes very well with bannock or oven bread.

It can be difficult to find Indian corn, but other varieties can be substituted. Canned, cooked hominy corn can commonly be found at the supermarket.

It is interesting to watch the corn as it turns from its dried white form to dark yellow when either hard wood ashes (the traditional way) or baking soda is added to the cooking water. This process helps to release additional amino acids and B vitamins from the corn.

“Watch the corn as it turns from white to dark yellow.”

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

- July 10-28 Literacy Camp @ Stony School
- Edwin Mercredi Memorial Fast Pitch Tournament Aug 17-19

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

FOND DU LAC

- Mondays - Women's Group 6:30pm-7:30pm
- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Women's Fitness Class @ Gym Tues & Thurs 7:00-8:00pm

URANIUM CITY

- Beacon Bible Camp July 3-7, 2017



Water Doesn't Have to be Boring!

Stay Hydrated This Summer!

ORANGE & BLUEBERRIES

- 1 Liter of water
- 1 Orange
- 200g Blueberries
- Ice
- Mint



CUCUMBER & STRAWBERRIES

- 1 Liter of water
- 1 Cucumber
- 6-8 Strawberries
- 1/2 Lime
- Mint



Healthy Cooking on a Budget

Fish Roll Ups >> Adapted from: peakmarket.com

Ingredients:

- 2/3 cup fresh spinach (\$3.25)
- 1 small onion, chopped (\$0.65)
- 1 tbsp butter or margarine (pantry)
- 1 cup mushrooms, chopped (\$1.80)
- 1/4 cup bread crumbs (pantry)
- 1 lb fish fillets (locally caught)
- salt, pepper & thyme to taste
- 1/2 lemon (\$1.38)

D.I.Y. Breadcrumbs

Preheat oven to 250°F. Slice a loaf of bread into large crouton-sized chunks, or thin slices. Place on a large cookie sheet and bake for about 10 minutes or until the bread is completely dried out. Put in food processor or use a grater.

Total cost: \$7.08 Cost per serving (Serves 4): \$1.77

>> Item prices from Stony Rapid stores

- 1 Steam spinach until tender; drain well.
- 2 In small skillet on medium high heat, cook onion in butter for about 5 minutes or until brown. Add mushrooms and cook for 3 minutes.
- 3 In food processor, combine spinach, mushroom mixture and bread crumbs. Process until coarsely chopped.
- 4 Season fish fillets with salt, pepper and thyme.
- 5 Divide spinach filling over each fillet; roll up and secure with toothpicks. Place fish, seam side down, in lightly greased baking pan. Squeeze lemon over fish. Bake, uncovered, in preheated 425 F (220 C) oven for 10 minutes per inch (2.5 cm) of thickness or until fish flakes easily with fork.
- 6 Remove toothpicks and serve

