

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS021

August 2017



Pine Channel BBQ - Directors Taylor Bassingthwaite & Janet Mackasey
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

The Way of the Past is the Way of the Future

World Breastfeeding Week is August 1-7

The benefits of breastfeeding add up! From acting as a baby's first vaccine to promoting cognitive development and higher educational achievement to preventing leading causes of child mortality such as diarrhea and pneumonia, breastfeeding helps all of us. (More benefits on page 9)

Currently, breastfeeding rates in the Athabasca Basin are low; 2015/16 CBRT report indicates that less than 2% of new moms breastfeed for more than 6 months.

The 2017 World Breastfeeding Week theme is about working together for the common good! So it's on all of us to make sure women who want to breastfeed are supported to do so!

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 boy
take a ruler to
bed with him?

He wanted to see how
long he slept!

Dene Word of the Month

el
Pine Tree



Trivia of the Month

How fast does the human heart beat per minute?

For adults, a normal resting heart rate is between 60 and 100 beats per minute (bpm), depending on physical condition. For children ages 6 to 15, the normal resting heart rate is between 70 & 100 bpm. Athletes and those in excellent physical condition can have resting heart rate of 40 bpm.

In this issue:



How to make better drink choices while dining out. pg.4



The best ways to store vegetables on pg.8



Fond du Lac might have a new yoga instructor this fall! Pg. 6

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.”

If you sometimes find yourself reading QI corner you are likely aware of the Athabasca Health Authority's commitment to our Vision of Healthy People Healthy Land through a Mission of Creating a Space for Northern People to Heal. A few of our key strategic priorities to getting us there include implementing a continuous improvement system. To create, nurture, sustain and spread a system like this we need to set those who are in service of the AHA communities up for success. One way we can do this is by training and education; currently we have AHA employees learning how to use, lead and champion Quality Improvement. They have all been doing such great work for those they are so committed to helping that we wanted to share with you a little bit about their Quality Improvement journey so far. Here are a few words from one of our learner/teachers.



Tiffany Adam – Clinical Services Coordinator

When you started taking QI training what were you expecting?

I honestly didn't know what to expect; was skeptical of the process.

I honestly felt like you (Taylor) were trying to sell us something that was for your benefit. I thought “look at how Lean went belly up and now we are doing the same thing for our communities?”

What has surprised you so far or stood out for you about Quality Improvement?

How this has been beneficial to my role and in building confidence, not just in my role as a manager but also for the team members that I lead.

I have really seen a difference in my leadership style and am grateful to have been introduced to the tools early in my management career.

The biggest thing that really stands out to me is how this an approach to really help empower the people we serve to work towards a health care system that is unique to them.

How have you taken the tools and skills you are learning and applied them to your everyday work and world?

I have been able to encourage my team to identify areas that they would like to improve and support my team in these changes.

I am very much proud of the team I have as they are coming with more and more ideas and making the improvements themselves and further to that members of the communities are coming more and more with their ideas as well.

What mistakes have you accomplished that gave you insight?

Initially as a manager I may have had the misunderstanding that I am here to give the work, but with the tools learned I really understand and appreciate that we need to help and support one another to be truly successful. It hasn't been an easy transition from Primary Care to Management but I have survived not just because of the skills and tools that I learned but because I have an amazingly supportive team.

I have been given trust/respect and opportunities to make my mistakes to help me grow in my role (thanks to the support of the management team) and this is what I want to be able to give to my team.

What is the next great thing you are going to try to improve? What are you most looking forward to?

Well quite honestly the nursing team (SCA, Nursing and Paramedic) have been coming forward with more and more ideas to improve their areas, so with an open mind, I am excited to see where they will lead me.

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

AHA in the Community



Pine Channel BBQ



Black Lake
Treaty Day



Fond du Lac Treaty Day

Sugary Drink Sense - Eating Out

- Ask for plain water most of time or try sparkling water with a slice of lemon or lime once in awhile.
- Order milk instead of sugary drinks at meals.
- Choose drinks with no added sugar most of the time.
- Many restaurants, including quick service restaurants, provide product nutrition information online. Look for the Informed Dining Program at the food establishments you visit.



Sugary Drink Sense for Eating Out

Make healthy drink choices when eating out

Many coffee shops provide nutrition information about their products online. Choose drinks with little or no sugar more often.

Choose Most



Decaffeinated Coffee with Little or No Added Sugar

A latte or cappuccino with low-fat milk and little or no added sugar. Spices like cinnamon and nutmeg add flavour and are calorie and sugar-free.



Decaffeinated Tea with Little or No Added Sugar

Enjoy black, green or herbal teas.



Choose Least



Decaffeinated Specialty Coffees or Iced Coffees Made with Added Syrups and Whipped Cream

If you have one, choose drinks made with sugar-free syrups and no whipped cream.



Decaffeinated Bubble Teas, Iced Teas and Sugary Specialty Teas

These drinks can be high in calories and added sugar.



For more information, visit:

Dietitians of Canada www.dietitians.ca
 Healthy Families BC www.healthyfamiliesbc.ca
 Health Canada www.healthycanadians.ca/eatwell



The
Gift of Smiles

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

Sun Safety

- Colour the pictures of things you will take to the beach.
- Write the names of the item in the thought cloud.
- Circle the items that keep you sun safe.



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

YOGA POSE OF THE MONTH:

Chair Pose - Utkatasana



The Yoga chair pose is a simple, yet powerful half standing, half sitting imaginary position that builds strength and endurance in your legs, buttocks and core.

- 1 Begin standing in the mountain pose.
- 2 Bend your knees, sink your hips back like you are sitting down in a chair, and reach your arms high, framing your face.
- 3 Look in front of your knees and make sure you can see your toes. If you can't, sit your hips back until you can.
- 4 Drop your shoulders down away from your ears and look up slightly. Breathe here for at least 3-5 deep breaths.

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



AHA will be supporting Angela Stenne of Fond du Lac in taking the Basic Asanas course this September through Namaskar Yoga Saskatoon. This will allow Angela to become certified to teach basic yoga in her community!

Thank you for being a champion in your community Angela!

grades 3-6

Warm up games

'Plant the trees'

Quick agility running back and forth

Setup

8

10+

Using the cones, split the playing area into 3 sections

Divide class into 2 teams - 1 at each end section (leave middle)

Put out the bean bags in the middle section

Gameplay

1. On "GO", teams bring as many items back to their side/section - you can run into the other teams' section, and pick up 1 object
2. Bring it back and put it in your side (but you cannot throw)
3. After 2-3 minutes, the teacher calls out "STOP"
- the team with the most bean bags in their side wins
4. Play multiple rounds

Variations

Change the way you must carry the items:

Balancing the bean bag on your head (using balls)

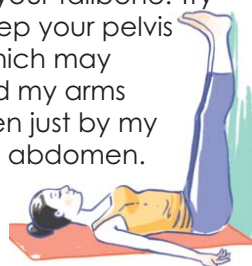
Jump with the ball between your legs

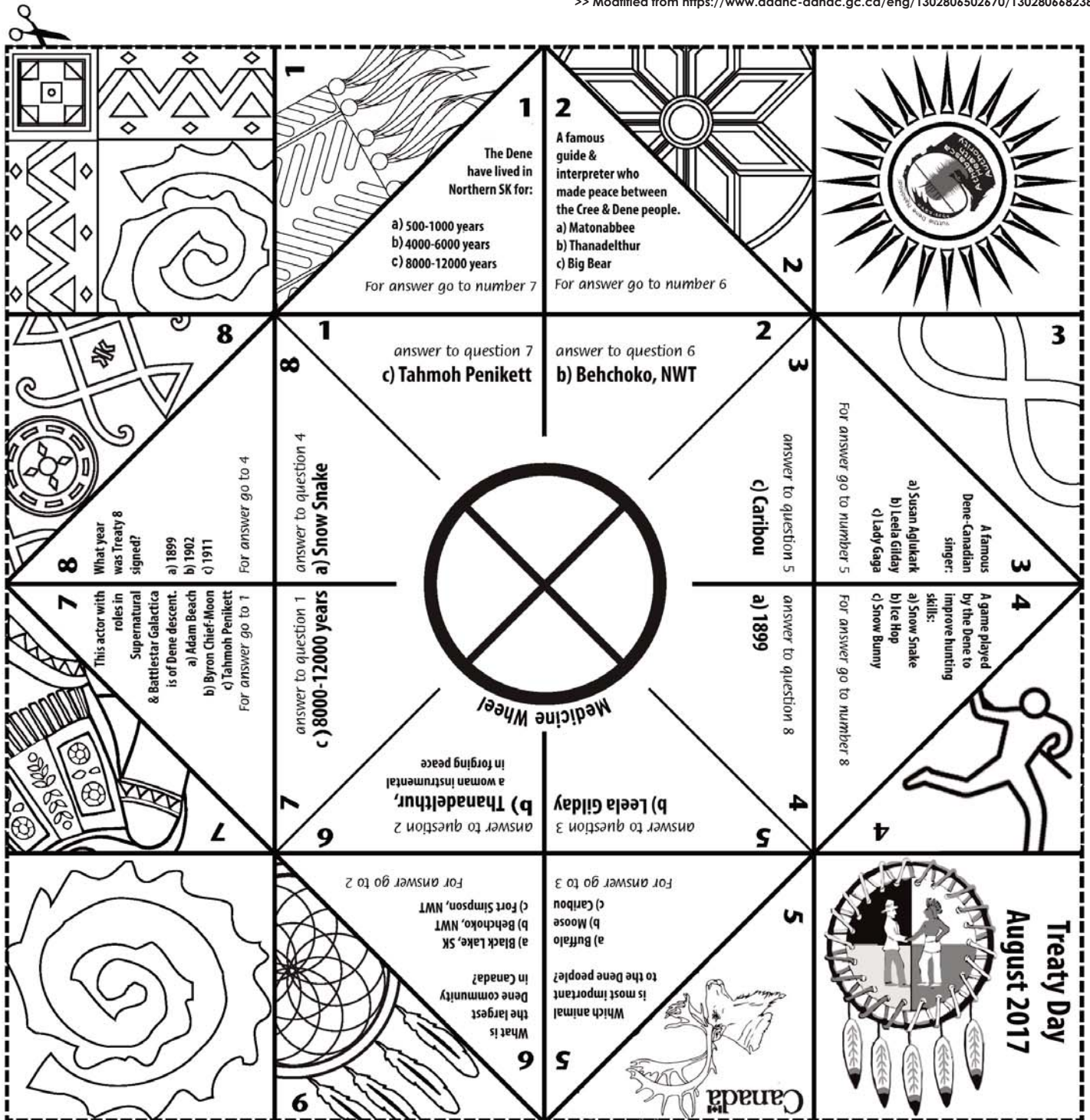


Legs on the Wall

For those that notice that the tension in the legs and hips affect your movement at the spine (and thus your abdominal strength), this one's for you! It's not about how WIDE you go, but also how going wide changes how much you have to tuck your tailbone. Try to keep your pelvis

level (top of the sacrum just off the floor, which may require you back away from the wall). I add my arms overhead because my arms are all too often just by my side and it helps me relax any tension in my abdomen.





You might recognize this cruncher from our June newsletter (Credit to the Gov of Canada), but we've made it a little extra special in honor of treaty day. The kids enjoyed colouring & making them at the Black Lake & Fond du Lac events, & we thought we'd share it with you too! You'll find that it now has Dene trivia & a few minor changes. See if you can spot them all!

How to fold:

- 1 Illustrations Facing Down - Fold all four corners together so that they meet in the middle of the paper, crease firmly and leave them there.
- 2 Flip Over - Again fold all four corners together so that they meet in the centre of the paper, give a good crease and leave them there.
- 3 Fold in half in one direction, then in half in the other direction.
- 4 Finish - Stick your thumbs and first two fingers into the four pockets on the bottom of the cruncher and start crunching.



Storing Fresh Vegetables

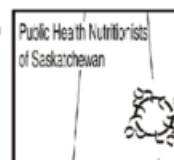
Fresh vegetables are an important part of a healthy diet. Storing them properly is the best way to ensure they stay fresh and taste great when you go to use them. It can also save money on your grocery bill by reducing waste in your kitchen.

The chart below summarizes the best way to store some common vegetables. A couple of them might surprise you!

Vegetable	How to Store	How long the veggie should last
Bell Peppers	Store peppers in a loosely closed plastic bag in the fridge.	Up to 1 week
Broccoli	Store broccoli unrinsed in an open plastic bag in the crisper drawer in the fridge.	Up to 1 week
Carrots	Store carrots, green tops removed, in the crisper drawer in a loosely closed plastic bag or in their original plastic bag.	Several weeks
Cauliflower	Store cauliflower in a plastic bag in the crisper drawer of the fridge.	Up to 1 week
Celery	Wrap celery in aluminum foil and store it in the fridge.	Several weeks
Cucumbers	Store cucumbers in a loosely sealed plastic bag in the fridge.	Up to 1 week
Garlic	Store garlic heads in a cool dark place with plenty of air circulation – a small basket in the pantry is ideal.	A couple of weeks
Lettuce Romaine, Green Leaf	Separate the leaves, wash in cold water and dry. Wrap in paper towel and store in a sealed plastic bag in the fridge.	1 to 2 weeks
Mushrooms	Store loose mushrooms in a paper bag in the crisper drawer of the fridge. Wash just before using.	Several days
Cooking Onions	Store onions in a cool, dark, place such as the pantry.	3 to 4 weeks if stored properly
Potatoes	Keep potatoes in a paper bag in a cool, dark, well ventilated location such as a cellar or pantry, away from onions.	Several months if stored properly Except new potatoes
Sweet Potato	Store sweet potatoes in a cool, dark, well-ventilated spot such as a cellar or pantry. Do not store them in a plastic bag.	1 to 2 weeks
Tomatoes	Do not refrigerate tomatoes. The cold damages the flavour and texture. Store tomatoes in an open container at room temperature.	3 to 4 days until ripe, then use in 1 to 2 days
Zucchini	Store zucchini in a loosely closed plastic bag in the fridge .	Several days

Written by the Public Health Nutritionists of Saskatchewan with support from Saskatchewan Health Regions (2014)

Distributed by





the benefits of breastfeeding

Did you know?

Many Canadian children are not benefiting from something that is free and available to them!

Something that:

- helps produce healthier, smarter babies
- decreases human suffering by reducing illness
- saves families money
- saves our health care system a lot of money

Sounds too good to be true? It isn't. It's breastfeeding.

It is estimated that less than 10 per cent of Canadian infants are meeting the WHO/UNICEF guidelines for infant feeding. The cost to babies, mothers, families, communities, health care systems and the environment when babies are not breastfed is substantial.

For the baby and growing child, breastfeeding:

- reduces infectious diseases in early and later childhood
- promotes optimal brain development
- provides protection for premature infants against life-threatening illnesses

For the mother, breastfeeding:

- reduces the risk of breast and ovarian cancer
- decreases the risk of developing osteoporosis
- enables a mother to sustain her infant independently

For the family and community, breastfeeding:

- reduces costs to families
- protects the environment
- improves health and well being of our population
- decreases health care costs (fewer physician and hospital visits)
- requires fewer resources and staff time in hospitals when mothers and babies room-in together
- contributes to long-term health care savings
- improves productivity and reduces absenteeism among breastfeeding mothers as a result of healthier children



News Flash

Welcome!



Ian Schindler,
Advance Care Paramedic



Melinda Denechezhe,
Licence Practical Nurse



Monica Bouvier,
Licence Practical Nurse



Nichole Bouvier,
Administrative Assistant

Michael Wolfe, Primary Care Nurse
Melissa Throassie, Transportation Clerk
Reynold Ali, Senior Health Nurse

Jared Bishop, Advance Care Paramedic
Lynn Bryan, Dental Therapist
Rosanne Robillard, Executive Assistant

A Farewell To:

Sandra Hansen, Mental Health & Addictions Manager
Alistair Wilson, Physiotherapist



Garden Check-In

Things are looking pretty green!



In Uranium City



In Black Lake



In Fond du Lac



In Stony Rapids

Look in a Book

“Each day means a new twenty-four hours. Each day means everything's possible again. You live in the moment, you die in the moment, you take it all one day at a time.” - Marie Lu

Biography



Buffy Sainte-Marie: It's My Way

Buffy Sainte-Marie is a symbol of the free expression movement of the 1960s and her powerful songs inspired countless people seeking hope and change. In this ambitious biography of an international cultural icon, Blair Stonechild seeks to bring together the many facets of a remarkable life, and to develop a sense of the woman behind it all. In doing so, Stonechild also traces some of the tumultuous history of the Cree people, and offers a fascinating, and challenging, view into the impoverished Saskatchewan reserve where Sainte-Marie was born, and an exploration of the story and context of a Native culture which Buffy continues to inspire today.

2013 Saskatoon Book Awards: Aboriginal Peoples Writing Award winner

Graphic Novel

The Peacemaker: Thanadelthur -

The Peacemaker is the story of Thanadelthur, a young Dene woman enslaved by the Cree, who becomes a guide for the Hudson Bay Company. In 1715 she negotiated a peace between longstanding enemies, the Cree and Dene.

The Peacemaker is one book in the Tales from Big Spirit series. Tales from Big Spirit is a unique six-book graphic novel series that delves into the stories of some of the great Indigenous heroes from Canadian history—some already well known and others who deserve to be.



Young Readers

Green Green: A Community Gardening Story - Marie Lamba

Green grass is wide and fresh and clean for a family to play in, and brown dirt is perfect for digging a garden. But when gray buildings start to rise up and a whole city builds, can there be any room for green space? The neighborhood children think so, and they inspire the community to join together and build a garden for everyone to share in the middle of the city.

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

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

Sun Safety

Most of us like to work, play, and relax outside on a sunny day. The warm rays of the sun can feel good on our skin. But too much sun and heat can be harmful, so be careful! The sun's burning rays are also called ultraviolet radiation or UV rays. UV rays can cause:

- Sunburns
- Skin cancer
- Eye damage
- Premature skin aging
- Weakening of the body's immune system

Sun Safety Tips

- **Cover up.** Wear light-coloured long sleeved shirts, pants and a wide brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.
- **Limit your time in the sun.** Keep out of the sun & heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade. Take an umbrella to the beach.
- **Protect yourself.** Reflections off snow, water, sand, and concrete can increase the effect of UV rays. You need to protect yourself on cloudy days, when you're swimming, and even while skiing.
- **Use the UV Index forecast.** Tune into local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.
- **Use sunscreen.** Put sunscreen on when the UV index is 3 or more.
- **Drink plenty of cool liquids (especially water) before you feel thirsty.** If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.
- **Avoid using tanning beds.** If you do use them, understand the risks and learn how to protect yourself.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER



Sunscreen Safety Tips

- **Choose a high SPF.** Protect your health by using a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15. The sunscreen should also say "broad-spectrum" on the label.
- **Look for "water resistant."** Look for claims on the label that the product stays on better in water (water resistant, very water resistant).
- **Read application instructions.** For best results, be sure to follow the instructions on the product label.
- **Use lots of sunscreen.** Use the recommended amount of sunscreen.
- **Apply it early.** Apply sunscreen 20 minutes before you go outside; reapply 20 minutes after going outside and at least every 2 hours after that. Use a generous amount. Cover exposed areas generously, including ears, nose, the tops of feet and backs of knees.
- **Reapply often.** Reapply sunscreen often to get the best possible protection especially if you are swimming or sweating heavily.
- **Protect yourself.** Sunscreen and insect repellents can be used safely together. Apply the sunscreen first, then the insect repellent.
- **Sunscreens and babies.** Do not put sunscreen on babies less than 6 months of age. Keep them out of the sun and heat as their skin and bodies are much more sensitive than an adult's.
- **Test for an allergic reaction.** Before using any tanning product on you or your child check for an allergic reaction, especially if you have sensitive skin. Apply it to a small patch of skin on the inner forearm for several days in a row. If the skin turns red or otherwise reacts, change products.

Summer Water Safety

Swimming Facts

- Young children ages 1 to 4 and men ages 15 to 44 are at the greatest risk of drowning.
- Drowning is one of the leading causes of unintentional death for Canadian children ages one to four.
- A small child can disappear in seconds and can drown in only a few centimetres of water-enough to cover the mouth and nose. Typically these drownings occur in backyard pools, toddler pools, the bathtub, or at the beach.
- Small children are also the most vulnerable group for near drownings. For every death, there are an estimated four to five additional near-drowning incidents, which require hospitalization and often result in varying degrees of brain damage.
- Infants and toddlers drowned mainly in bathtubs and pools, whereas older children and youth drowned mainly in large bodies of water.
- Other factors for adults in water-related fatalities included current and alcohol consumption.



Prevention

Active Supervision

- The absence of adult supervision is a factor in most child drownings.
- Keep young children and inexperienced swimmers in view and within arm's reach at all times when they are in water. This will reduce the risk of serious injury
- Whether it's a pool, the bathtub, a water park, or the beach, always watch children actively around water-even if they can swim.
- Choose a safe place to swim, such as a supervised beach or public swimming pool. Check with your municipality for health and safety notices before wading into the water. This can include warnings about water pollution levels or a strong undertow.
- Consider requiring all non-swimmers to wear a lifejacket to keep them at the surface to assist you while supervising.

Backyard Pools

- Backyard pools are especially dangerous for small children. Ensure adequate barriers are in place such as four-sided fencing along with a self-closing, self-latching gate.
- Empty portable toddler pools after each use.

Bathing Children

- When bathing infants or toddlers, an adult should remain with the child at all times- children should never be relied upon to supervise other children in the bath.
- When a child is in the bathtub, never leave to answer the phone or for any other momentary distraction.

Diving

- Diving headfirst into water should be avoided unless the individual is properly trained and is sure that the water is deep enough.
- Avoid diving in home pools and always enter the water feet-first.



Open Water

- Open water is very different than swimming in a pool – distance is deceiving, and you often have to contend with cold water, waves, currents, drop offs, sandbars, water visibility, undertows, and underwater obstacles, as well as motorcrafts.
- Always swim with a buddy and check the weather conditions before venturing into the water.
- Be aware of currents, water temperature, and depth when swimming in open water.
- Never underestimate the power of current. Swimmers or waders can be swept away in an instant, particularly if non-swimmers or weak swimmers get caught by current in rivers or out of their depth in abrupt drop-offs.
- Be cautious about swimming in currents, and know what to do if caught in a current.
- Wind and waves frequently come up suddenly, posing a major threat for swimmers and boaters far from sheltered waters in lakes and on the ocean.
- Advance verification and ongoing observation of weather conditions is essential.
- Obey signs & signals posted on the beach which indicate whether the water is safe to enter.



SASKATOON BERRY PUDDING



INGREDIENTS:

- 2 cups (500 ml) Saskatoon berries (fresh or frozen)
- ½ cup (125 ml) white sugar
- 2 cups (500 ml) water
- ½ cup (125 ml) flour

The Saskatoon name comes from the Cree word misâskwatômina which means ‘the fruit of the tree of many branches’.

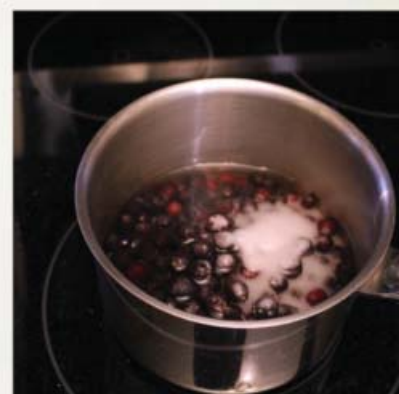
Recipe by: Anonymous

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. Combine the berries, 1 ½ cups of water and the sugar in medium size pot.
2. Bring it up to a boil on high heat.
3. Turn it down to low and let it simmer for 30 minutes.
4. Put the flour into a small bowl. Add ½ cup of water and mix well.
5. Add the flour mixture to the berries and cook the mixture on low for 10 minutes to make it thicker.





NOTES FROM THE dietitian

Saskatoon berries are also known by other names such as shadbush, juneberry and prairie berry. Although they look similar to blueberries, they have a unique earthy flavour that is delicious in preserves and pies or right off the bush.

Since berries are packed with tiny seeds, their fibre content is typically higher than that of many fruits. Frozen berries are just as nutritious as fresh as they are frozen at their peak ripeness.

According to the Saskatoon Berry Institute of North America, the Saskatoon name is an Anglicization of the Cree word *misâskwatômina* which means “the fruit of the tree of many branches”. Saskatoons are used in traditional foods such as pemmican.

**“The fruit of the tree
of many branches.”**

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

- 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
- Treaty Day Activities - Aug 2
- Women's Wellness Day - Oct 27

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
- Treaty Day Activities - Aug 3

URANIUM CITY



WATER SAFETY PICTURE MATCH SCRAMBLE

Unscramble the words and then draw a line to the correct picture. Put the numbered letters below to unscramble the message.

t l e i f k e c a j

2

n s u e n s e r c

8 1 10

f e s t a y g i n r

3 6

g e f u a l r i d

9 4

c t l i p a s r e t a w t t l e b o

11

7

5

MESSAGE:

1 2 3 4 5 6 7 8 9 10 11



Water Doesn't
Have to be
Boring!

Stay Hydrated This
Summer!



Healthy Cooking on a Budget

Banana Boats

>> Adapted from: nutritionstripped.com

Ingredients:

- banana (\$0.51)
- fillings (endless possibilities)
 - cinnamon, sugar, mini marshmallows, fruit, nuts, chocolate, coconut, peanut butter
- aluminum foil (\$0.01)

A great campfire treat! Can also be baked in the oven.

Bananas taste great hot or cold & are packed with vitamin B6 to keep your blood healthy!

Total cost: \$0.52 Cost per serving (Serves 1): \$0.52

>> Item prices from Stony Rapid stores

- Heat your grill or enjoy the experience of making these over an open fire (using a grill rack over the firepit).
- Using a sharp knife cut the banana in half, keeping the peel, and gently opening from the slit. Place the split banana on a large piece of foil, and top with your filling choices, where it's been cut.
- Next wrap the foil around the banana making sure that all the contents are tightly wrapped around and won't pour out of the foil over the flame.
- Place the foil wrapped banana on the open flame or grill and cook for 5-8 minutes or until the banana is soft (check by opening the foil and stabbing with a fork).
- Serve hot and enjoy!

