

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS022

September 2017



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

Take a Minute, Change a Life

September is Suicide Awareness Month and within the month September 10 is marked as International Suicide Prevention Day

The theme of the 2017 World Suicide Prevention Day is: 'Take a minute, change a life.'

Every year, more than 800,000 people die by suicide and up to 25 times as many make a suicide attempt. Behind these statistics are the individual stories of those who have, for many different reasons, questioned the value of their own lives.

As community members, it is our responsibility to look out for those who may be struggling, check in with them, and encourage them to tell their story in their own way and at their own pace. Offering a gentle word of support and listening in a non-judgemental way can make all the difference! (more on pg.14-15)

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

In this issue:



Farewell to Georgina MacDonald, our founding CEO pg.3



September 9th is FASD Awareness Day. Learn more on pg. 4!



Read an interview from one of our speakers for the 2nd Annual Women's Wellness Day! Pg. 7

Joke of the Month

Why did the clown go to the doctor?

He was feeling a little funny!

Dene Word of the Month

jîe Berries



Trivia of the Month

What animal sound does the burrowing owl mimic?

- A. A rattlesnake's rattle
- B. A coyote's growl
- C. A crow's caw

Answer: To keep predators away, the burrowing owl makes a noise that sounds like a rattlesnake's tail. Watch out!

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.”

Hearing the Voices of Those We Serve

Many times over the last year we've discussed the Athabasca Health Authority's Mission as an organization; to create a space for northern people to heal and we've described our shared Vision, one that would ultimately see healthy people and healthy land.



We've explored what Quality and Quality care and experiences mean and



we've looked at how Quality Improvement gives us a range of tools, strategies and methods to achieve our goals towards our shared Mission. You may remember from past newsletters the concept of patient, client, family and community centered care, a very important dimension of quality in healthcare. AHA is increasingly focusing on Patient and Family Centered Care as we move ahead in our collective improvement journey, one way we do this is by listening to hear from those we are in service of. It is often patients, clients, families- our communities who have the wisdom and ideas most meaningful for improvement. This is why we have spent time over the summer hearing from those we serve, who have graciously and openly shared their experiences, helping to collaboratively inform those opportunities that exists to make us even better!

Currently the Quality Department is reviewing nearly a hundred stories from people of the basin about their experiences with the healthcare system and their ideas for improvement. The results of our review will be available this fall and shared with our board (and others) to help strategically prioritize goals towards meeting our ultimate mission and vision. A list of recommendations based on what we have been told will be put forward to help guide us on our shared journey, this review will also act as a baseline for where we're at today to help us better understand as we move forward in change making if the ideas we are trying are in fact making good change. This of course is not a one-time kind of thing, to start we'll aim to complete a similar review annually and of course the Quality Department is always interested in hearing from you, please connect with us anytime.

We'd like to give a special shout out to a group of people working with AHA on a Summer Student Internship who spent time learning about Quality, QI, Patient and Family Centered Care and who took seriously the role the voices of those we serve play in making good Improvement work happen. These interns also learned a little bit about Qualitative research for Improvement....and I must say, were a very funny crew who kept us laughing!

The ideas, and the recommendations inspired by the stories heard will be shared in the fall. We commit that **one** way we'll communicate this information is in the QI corner (of course QI tells us we have to communicate seven times in seven ways to be effective).



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

A Tribute

Georgina L. MacDonald - Founding CEO of AHA

In addition to the one being named in our contest, we have added another robot to the AHA Family. She specializes in ultrasound & will be named Georgina, after the first CEO of AHA. This is a tribute to the hard work and dedication that Georgina provided in the creation of AHA. Her robotic namesake will now assist in improving the quality of care to all expectant mothers in the basin! This announcement was made on August 25, and sadly Georgina passed away a few days later. AHA held a small service to honor her on August 30th, and a public viewing on September 1st.



In February of 2001, Georgina was hired as the CEO for the Athabasca Health Authority, which was located in the Black Lake Band office during the construction of the facility. In the summer of July 2003, with great joy, she opened the doors of our beautiful facility on the Chicken Indian reserve of Black Lake. Georgina worked for AHA until 2007.

She will be missed, but we are glad that her name will live on with this high tech helper that will continue to provide care for people in the north. According to her daughter, Georgina felt "pretty darn special" that her name was used in this way, but she thought that Georgina the robot "needs some clothes though". 😊

“ Such a great loss, Georgina you were an amazing, awesome lady, you touched so many hearts, everyone you have met over the years, I am so lucky that I have met you, worked with you at AHA, you taught me so much, I loved your hugs, I will truly miss you, my sincere condolences to her children and grandchildren, you were her heart.....may you rest in peace lovely lady.....”

“ Such an amazing lady who had a vision of health for the people of the North! ”

“ Georgina truly cared for the people of the North ”



“ She was truly a wonderful woman. We all could learn from her what humility, empathy, unselfishness and caring is truly about. To top it all she had a great sense of humour, I will miss her smiling face.”

“ Georgina was a Legend. She never backed down from a challenge and she treated everyone of her staff with dignity and respect. Georgina is true inspiration to all that have had the honour to know and work with her. 20 years ago (December 1997) Georgina was the Health Director in Fond Du Lac, Sk. She called me and asked me to come and work in her community as a Mental Health Therapist. 20 years later I am still here. Georgina - you have inspired me and helped make me who I am today. In honour of Georgina MacDonald I named my daughter Georgina. I cannot thank you enough for all you have done for all of us. I promise to live my life completely and respectfully - in honour of you. We love you so very very much.”

Georgina will be missed but not forgotten.



ꞓla Marsi. Hónëché ꞑah.

Hóniché hët kóntuë nëdaꞓ hi
tałtsiazë tasëthëni hënë hasi.

Tałtsiazë nok'ë nigha
ts'ën th'u bëkëniłnih
ha ëtu hoꞑasi bëgha
asië heruldën.

Illustration by
Julianne Herney




saskatchewan
preventioninstitute
our goal is **healthy** children
RESOURCE 3-053 03/2017

WWW.
HOWTOHELP.CA

Alcohol use during pregnancy can lead to lifelong effects.

People with FASDs can experience a mix of the following problems:

Physical issues

- low birth weight and growth 
- problems with heart, kidneys, and other organs 
- damage to parts of the brain 



Which leads to...

Behavioral and intellectual disabilities

- learning disabilities and low IQ 
- hyperactivity 
- difficulty with attention
- poor ability to communicate in social situations
- poor reasoning and judgment skills 

These can lead to...

Lifelong issues with

- school and social skills 
- living independently
- mental health
- substance use 
- keeping a job
- trouble with the law



AHA Robot Naming Contest

The communities gave us over 100 suggestions for names, but by popular vote, the name selected for our robot at the AHA Facility is - **Dr. Nezu!**

Here are just a few of the many names that were suggested:

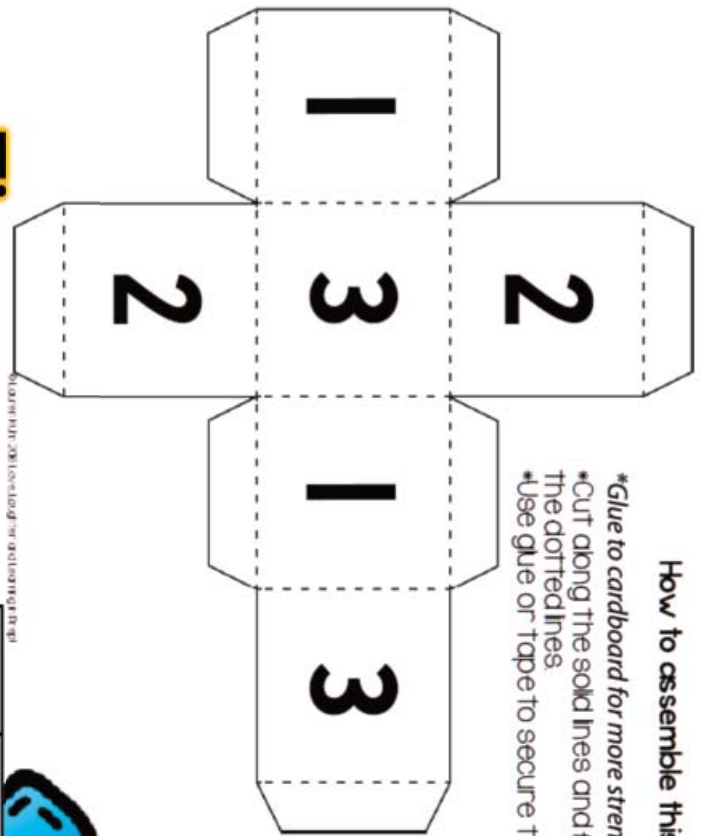
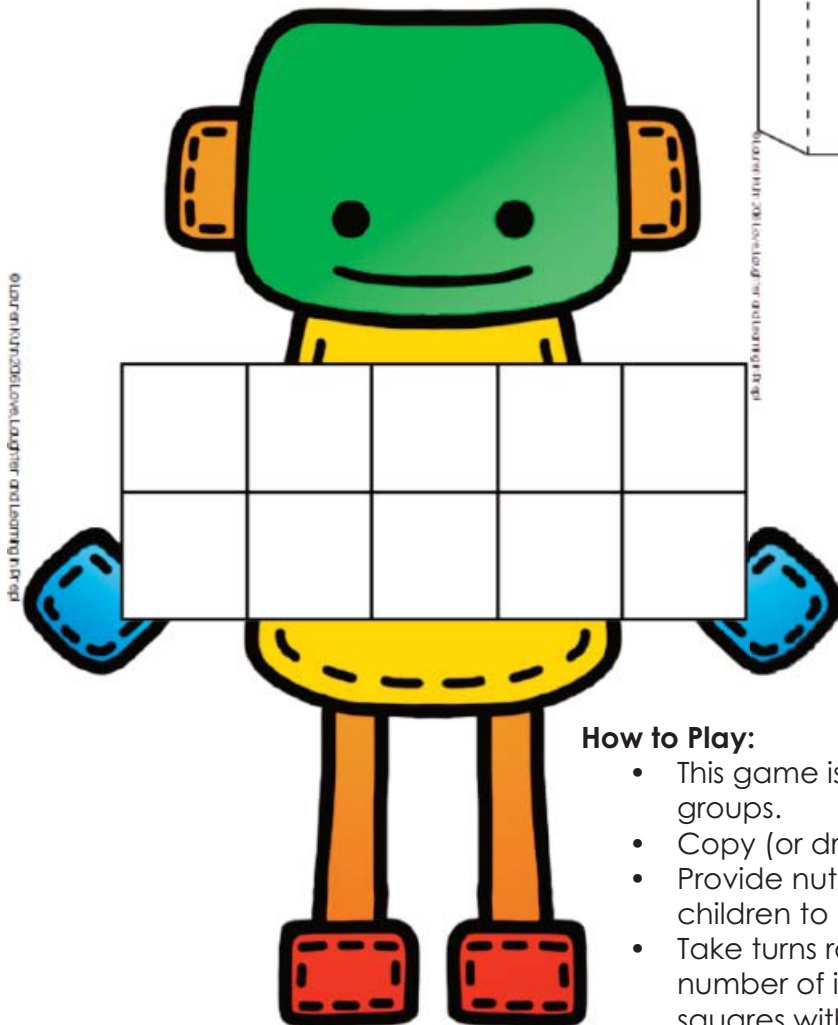
- R2TreatYou
- Dr. Stony Chabonie
- RoboDoc
- Zeebo
- Robota
- SkyBot
- Dr. AHA
- Dr. Chicken 224
- Cam
- Georgina
- Nydea k'oya
- Dr. Nákuhónié Déné
- CL4P-TP
- Dr. Everyready

Winner:
Dr. Nezu!



Congratulations to Jasmine Sayazie for suggesting the winning name. She has received a \$50 Northern Store gift card for her prize.

Robot Race to 10!



How to assemble this die:

- *Glue to cardboard for more strength
- *Cut along the solid lines and fold along the dotted lines.
- *Use glue or tape to secure the cube.

How to Play:

- This game is meant to be played in pairs or small groups.
- Copy (or draw!) a robot frame for each player.
- Provide nuts & bolts (or any small hardware) for children to place in their 10 frame squares as they play.
- Take turns rolling the dice. Each player picks up the number of items shown on the dice & fills in their frame squares with them.
- The first to collect 10 nuts & bolts to fill their frame is the winner!

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

YOGA POSE OF THE MONTH:

Corpse Pose - Savasana



Corpse pose (Savasana) is usually the last pose you do in a Yoga class. Is also called the final and relaxed pose.

This Yoga pose is one of the simplest and most difficult of all Yoga asana postures.

- 1 Lie down flat on your back faceup, separating legs and letting feet splay apart on a Yoga mat. Place arms along sides, palms facing up.
- 2 Place a small pillow or folded blanket under your head, if you need one, and another one under your knees for added comfort to help you relax.
- 3 Close your eyes and relax.
- 4 Take a couple of big deep breaths, and lengthening of your spine as you exhale.

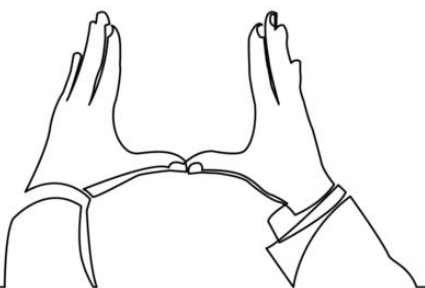
Keep an eye on the AHA Facebook Page & North of 59 Yoga Facebook group. Yoga will be starting up again in Stony Rapids & Fond du Lac soon!

>> Adapted From: <https://nutritiousmovement.com/the-eyes-have-it/>

Eyes Need Exercise Too!

EYE BREAK!

What's the farthest thing you can see?



The length of your muscles create physiological states in the body. These physiological states of the body are given names that sound all formal and scary and disease-like. *Myopia* is the medical term for nearsightedness. *Myopia* could also be called *muscles in the eye that are too short* — but that doesn't sound as smarty pants as *myopia*.

Tension in the eye comes from the failure to use our eyes in their relaxed, long-muscle orientation. Looking at far away places or gazing at layers of trees upon hills all utilize different muscle patterns than looking at computers and books and iPhones and Kindles. And, the latest generation of kids will have worse vision than we do.

Natural movement is what our bodies require to perform optimally, and that includes our eyes. But if you can't be outdoors all of the time, shoot for a couple hours a day.

In addition to getting your eyes outdoors (hey I know, why don't you blend your outdoor vision relaxation with 14 hours of weekly walking?) there are corrective exercises too. Just like you can train and restore the big muscles in the body, you can do corrective exercises for the little bitty ones

I have worked on my own eye-muscle meditation for the last year. I sit quietly (without any glasses or contacts) and close my eyes. I imagine I am an inspector of my eyeballs and teeny tiny muscles. With my eyes closed, I let my brain go exploring for tension patterns that are so habitual for me, I don't even realize I am constantly gripping my eyes. Once I find tension spots, I let them go — kind of like finding out your jaw is clenched (hey! when did my jaw get all clenched!) and relaxing it.

I use this technique for headaches too and have found that all I need for eye and headaches are about 18 minutes of eye-socket spelunking. Try it. It is awesome, effective, and free.

2nd Annual Women's Wellness Day - Black Lake on October 27th

On October 27th we will be hosting our 2nd annual Women's Wellness day! We are excited to announce one of our speakers this year is author & Mental Health advocate, Carla O'Reilly. She will be presenting **T.U.R.N. O.N. T.H.E. S.W.I.T.C.H!!**

In 2008, Carla O'Reilly, Elita Paterson and Tania Bird joined forces and sparked a healing wave across Canada when together they Co-Authored, ***The Smiling Mask-Truths about Postpartum Depression and Parenthood***. With a mission to provide awareness, acceptance and understanding of postpartum difficulties, they have become awareness advocates and have destroyed the mask of PPD encouraging families across the nation to come forward and use their voices to destroy this silent and secretive illness!

Together the Smiling Mask team has spoken over 200 times, including print, media and radio across Canada including keynoting in 10 medical conferences. The team's tireless work in the area of mental health advocacy has been recognized by receiving the 2010 YWCA Women of Distinction Award and the Canadian Association of Family Resource Programs Legacy Award for outstanding work in the area of mental illness.

Carla was kind enough to give us an interview for our newsletter!

Q: Can you tell us why you are so passionate about Maternal Mental Health and Mental Health in general?

A: I suffered with postpartum psychosis after the birth of my son thirteen years ago. Postpartum Psychosis is the most rare and serious form of PPD (postpartum depression) and occurs in up to 1 in 1000 births. I battled the depression for four years. In the midst of my darkness, I made a choice to help others and in turn my healing began. My mantra is 'We have two hands, one to help ourselves and one to help someone else!'

Q: Tell us about the Smiling Mask Project? How did it begin?

A: My friend Tania Bird and I met a local PPD support group, and I realized I finally found my twin! We had both suffered with postpartum psychosis and felt ashamed and alone. Our connection and friendship was very strong and we set out to raise awareness along with Elita Paterson and started speaking and writing *The Smiling Mask*. We wrote *The Smiling Mask* in 40 weeks and called it the birthing of our second baby, as we all chose to have one child.

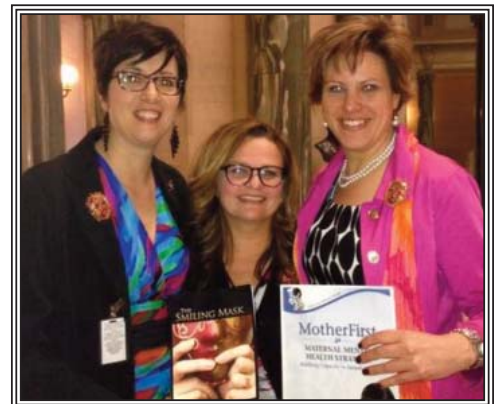
For almost 10 years we have raised awareness both provincially and nationally. We are part of a provincial working group in Saskatchewan that includes all the health regions, making positive change and ensuring that maternal mental health is a priority. www.skmaternalmentalhealth.ca

Q: Why is maternal mental health so important?

A: We believe, a healthy mother=a healthy family and a healthy child. If a mother is struggling with PPD the whole family is affected and it can have serious effects on the child's healthy growth and development. Providing support groups, counselling and proactive education to moms is so important

Q: Can you share 5 things about Postpartum Depression that everyone should know?

- A:
- 1 Postpartum Depression affects up to 1 in 5 mothers annually in Saskatchewan
 - 2 There are several risk factors that can put a mother at risk for developing PPD:
 - History of depression, within the mother or within the family
 - Traumatic labor and delivery
 - Lack of social support, isolation
 - Living in an abusive relationship
 - Traumatic events during the pregnancy
 - 3 There are several types of perinatal mood disorders: Postpartum depression, postpartum with panic and anxiety, Postpartum OCD, Post-Traumatic stress disorder and postpartum psychosis
 - 4 Postpartum depression is preventable and treatable, women will find healing with support groups, counselling and support from family and friends.
 - 5 There is hope, there is healing and this illness is not something you should be ashamed of.



Stay tuned for our October issue where Carla O'Reilly will share some of the healing tools from TURN ON THE SWITCH!

what's *fit activity* your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

Back to School Nutrition Basics

As you prepare to send your children back to school, ask yourself, "What's on the menu to fuel their active minds and bodies?" Eating a nutritious breakfast, lunch and snacks each day helps to keep your child healthy and ready to learn. Keep these back-to-school nutrition basics in mind to help your kids do their best this year.

1. Break the fast

By the time children wake up to go to school, most have gone for 8 to 12 hours without anything to eat. No wonder breakfast is often referred to as the most important meal of the day. Consider the benefits of breaking the overnight fast with a balanced breakfast:

Breakfast gives kids more of the nutrients they need

A nutritious breakfast provides children with energy and essential nutrients for healthy growth and development. Research shows that children who skip breakfast may not make up for the nutrients they miss out on at that meal.



People who eat breakfast have healthier body weights

Skipping breakfast is not a smart weight control strategy. In fact, studies have shown that children and adults who do eat breakfast regularly have healthier weights than those who skip breakfast.

Skipping breakfast may affect success in school

Studies suggest that eating breakfast is associated with improved memory, better test grades, greater school attendance and better behaviour. Children who don't eat breakfast may feel tired and have trouble concentrating.

2. Lunch wise

What parent hasn't had a lunch box returned only to find their child barely touched their lunch. It's a common complaint. So what's a parent to do? Getting your kids involved in planning their own lunch is one of the best ways to ensure they'll actually eat it. Even young children can choose from healthy options.

Kids who help plan and prepare their lunch are more likely to eat it

Lunch is a perfect opportunity to help your child develop healthy meal planning skills for life. Guide your child in choosing from a variety of healthy lunch options based on Canada's Food Guide. Try to pack a lunch that includes **at least three of the four food groups**.

Make sure you consider their favourite foods

Ask your child to make a list of their favourite foods from nutritious choices in each of the four food groups. Use it to create a shopping list to stock your kitchen cupboards and fridge.

3. Snack smart

Children need plenty of nutritious snacks to keep them going between meals. However, children often choose less nutritious snack foods that are higher in calories, fat or sugar. Try to plan snacks that include **at least two of the food groups** from Canada's Food Guide.



Children have small stomachs and need refuelling

Because children have smaller stomachs than adults, they usually can't eat as much as adults at one time. Nutritious snacks can help keep them satisfied between meals and also provide energy and important nutrients.

Plan snacks around your child's school day

Find out when your child's school has scheduled break and snack times, and don't forget about snacks for after-school activities.

Check out pg. 16 for a great breakfast recipes! Or try the berry drink on pg. 15 to start the day off right!



News Flash

Welcome to the AHA Team!



Tianna Smith
Lab & X-Ray



Ian Robillard
Youth Wellness Worker



Faces to Go With the Names (we know we mentioned them before, but now you'll recognize them!)



Blair Marten
Transportation Coordinator



Justin Catholic
Maintenance Transportation
Worker



Sylvia Marten
Transportation Clerk



Lynn Bryan
Dental Therapist



Keep Up the Good Work!

Brenda Mercredi & Vernelle Toutsaint are both enrolled in the SIIT Applied Certificate in Home Visiting Training program. They will be taking seven modules over the next 6 months to improve their skills as Family Support Workers!

Certifiably Awesome

A few more educational superstars! These ladies received certifications that will help them in their work with clients. Congratulations, your hard work paid off!

Myrna Fern

- Certification - Indigenous Wellness & Addictions Worker

Elaine Richards

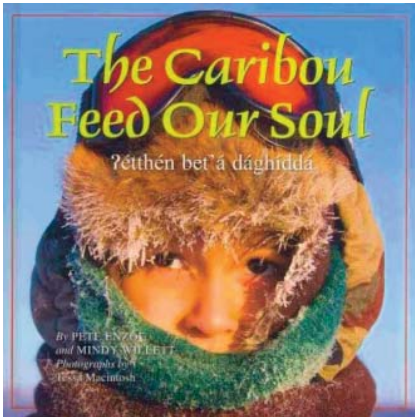
- Certification - Indigenous Addictions & Violence Prevention



Look in a Book

“Books permit us to voyage through time, to tap the wisdom of our ancestors.”
- Carl Sagan

Culture



The Caribou Feed Our Soul / ?étthén bet' á dághíddá (The Land Is Our Storybook) - Pete Enzoe & Mindy Willett

Pete Enzoe is Chipewyan Dene from Lutsel K'e, Northwest Territories, on the East Arm of Great Slave Lake. He is a hunter, fisher, and trapper. He sees his role in life as protector of the caribou and spends much of his time “reading” the land as he travels his peoples' traditional areas. Pete also helps scientists to monitor the herd's health and migration.

Pete takes readers on a respectful caribou harvest. Along the way, he shares creation stories about how his people are descendants of the caribou. He also describes the spiritual areas his community is trying to protect, including Thaidene Nene, which means “land of our ancestors.” Pete's stories help the reader to understand the rich history of the Chipewyan Dene and their relationship with the caribou today.

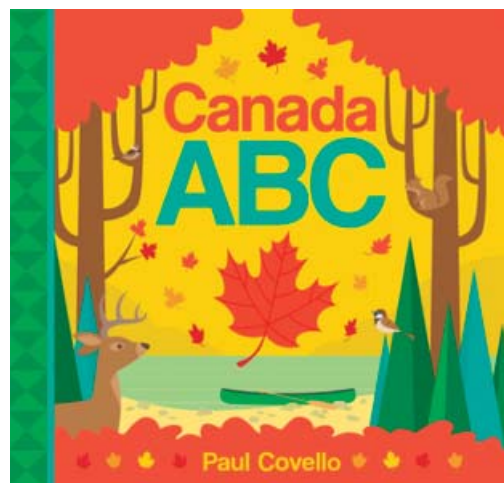
Young Readers

A Day of Signs & Wonders - Kit Pearson

Emily dreams of birds. She feels constrained by nearly everything—her overbearing sisters, the expectation to be a proper young lady, and even her stiff white pinafore.

Kitty feels undone. Her heart is still grieving a tragic loss, and she doesn't want to be sent away to a boarding school so far away from home.

When the two girls meet by chance, on a beach on the outskirts of Victoria, BC, in 1881, neither knows that their one day together will change their lives forever.



Early Readers

Canada ABC - Paul Covello

Paul Covello's gloriously bright and detailed board book for the very young highlights Canada's iconic symbols, souvenirs and events, including the Dogsled, Inuksuk, Loonie, Totem Pole and the Zamboni machine.

“Because **Safety** Starts With You!”

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

OCCUPATIONAL HEALTH COMMITTEE (OHC)

WHAT IS AN OCCUPATIONAL HEALTH COMMITTEE?

Employers are legally required to set up and maintain an OHC at workplaces with 10 or more workers. If your workplace has between 5-9 workers and is a prescribed workplace as described in the regulations, you are required to appoint an Occupational Health and Safety representative.

An OHC works with employers and workers to create a healthy and safe work environment by detecting Occupational Health and Safety (OHS) hazards and developing practical approaches to eliminate or control those hazards. OHCs are essential for bringing health and safety concerns into the open, focusing attention on them, and recommending ways to correct and resolve them.

WHO IS ON AHA'S OHC?

OHC CO-CHAIRS

- **Throassie, Janet** – Employee – AHA Health Facility
- **Mackasey, Janet** – Employer – AHA Health Facility

AHA HEALTH FACILITY MEMBERS

- **Adam, Tiffany** – Primary Care – Nursing
- **Bassingthwaite, Taylor** – Quality Improvement
- **Bryan, Lynn** – Community Services – Dental Therapist
- **Donard, Shirley** – Food Services
- **Mackasey, Janet** – Primary Care – Director
- **Mercredi, Brenda** – Community Services – Children's Services
- **Peel, Bev** – Community Services – Director
- **Richards, Darryl or Fern, Vern** – Maintenance
- **Throassie, Janet or Robillard, Theresa** – Housekeeping



BLACK LAKE MEMBERS

- No current members – If you would like to be part of the committee please inform your Senior Nurse Manager.

FOND DU LAC MEMBERS

- **Marten, Sylvia** – Medical Transportation
- **Pinfeld, Alex** – Primary Care - Nursing

URANIUM CITY MEMBERS

- No current members – If you would like to be part of the committee please inform your Senior Nurse Manager.

RESOURCES

- **Huerto, Charles** – OHS Consultant

WHAT DOES THE OHC DO?

Some of the duties include:

- Helping employers identify, eliminate, or control hazards;
- Making recommendations to the employer for improving workplace health and safety;
- Talking with workers about health and safety concerns and helping resolve the concerns;
- Receiving and distributing information, including OHS Division publications;
- Inspecting the workplace regularly;
- Investigating reportable incidents (meaning accidents and dangerous occurrences);
- Helping establish and promote health and safety programs, policies, and training;
- Investigating refusals to work; and
- Helping employers comply with OHS legislation.

An OHC's role is to give advice and make recommendations for correcting hazards to the employer.

When working with an OHC, employers are required to:

- Consult and co-operate with the OHC;
- Respond to concerns or recommendations raised by the OHC; and
- Inform the OHC or OHS representative, in writing, of the action(s) they have or will take to correct the hazard(s) or, if the employer has not corrected the hazard(s), the reasons for not taking action.

Go for a scavenger hunt before the snow comes!

NATURE SCAVENGER HUNT

- | | | | | | |
|--------------------------|---|-----------|--------------------------|---|--------------|
| <input type="checkbox"/> |  | Flower | <input type="checkbox"/> |  | Butterfly |
| <input type="checkbox"/> |  | Water | <input type="checkbox"/> |  | Grass |
| <input type="checkbox"/> |  | Tree | <input type="checkbox"/> |  | Green Leaf |
| <input type="checkbox"/> |  | Spiderweb | <input type="checkbox"/> |  | Brown Leaf |
| <input type="checkbox"/> |  | Bug | <input type="checkbox"/> |  | Ant |
| <input type="checkbox"/> |  | Rocks | <input type="checkbox"/> |  | Fern |
| <input type="checkbox"/> |  | Bird | <input type="checkbox"/> |  | Cloud |
| <input type="checkbox"/> |  | Tree Bark | <input type="checkbox"/> |  | Sand or Dirt |

www.stayathomemum.com.au

All Things Green!

Very happy to see things growing all over the north!




I A S P

International Association for Suicide Prevention

● September 10, 2017

World Suicide Prevention Day



● Take a minute, change a life.

Every year, more than 800,000 people die by suicide and up to 25 times as many make a suicide attempt. Behind these statistics are the individual stories of those who have, for many different reasons, questioned the value of their own lives.

Each one of these individuals is part of a community. Some may be well linked in to this community, and have a network of family, friends and work colleagues or school mates. Others may be less well connected, and some may be quite isolated. Regardless of the circumstances, communities have an important role to play in supporting those who are vulnerable.

This sentiment is reflected in the theme of the 2017 World Suicide Prevention Day: **'Take a minute, change a life.'** As members of communities, it is our responsibility to look out for those who may be struggling, check in with them, and encourage them to tell their story in their own way and at their own pace. Offering a gentle word of support and listening in a non-judgemental way can make all the difference.

Taking a minute can change a life

People who have lived through a suicide attempt have much to teach us about how the words and actions of others are important. They often talk movingly about reaching the point where they could see no alternative but to take their own life, and about the days, hours and minutes leading up to this. They often describe realising that they did not want to die but instead wanted someone to intervene and stop them. Many say that they actively sought someone who would sense their despair and ask them whether they were okay.

Sometimes they say that they made a pact with themselves that if someone did ask if they were okay, they would tell them everything and allow them to intervene. Sadly, they often reflect that no one asked.

The individuals telling these stories are inspirational. Many of them recount reaching the point where they did try to take their own lives, and tell about coming through it. Many of them are now working as advocates for suicide prevention. Almost universally, they say that if someone had taken a minute, the trajectory that they were on could have been interrupted.

Life is precious and sometimes precarious. Taking a minute to reach out to someone – a complete stranger or close family member or friend – can change the course of their life.

No one has to have all the answers

People are often reluctant to intervene, even if they are quite concerned about someone. There are many reasons for this, not least that they fear they will not know what to say. It is important to remember, however, that there is no hard and fast formula. Individuals who have come through an episode of severe suicidal thinking often say that they were not looking for specific advice, but that compassion and empathy from others helped to turn things around for them and point them towards recovery.

Another factor that deters people from starting the conversation is that they worry that they may make the situation worse. Again, this hesitation is understandable; broaching the topic of suicide is difficult and there is a myth that talking about suicide with someone can put the idea into their head or trigger the act.

The evidence suggests that this is not the case. Being caring and listening with a non-judgemental ear are far more likely to reduce distress than exacerbate it.

Resources are available

There are various well-established resources that are designed to equip people to communicate effectively with those who might be vulnerable to suicide. Mental Health First Aid, for example, is premised on the idea that many people know what to do if they encounter someone who has had a physical health emergency, like a heart attack (dial an ambulance, administer cardiopulmonary resuscitation), but feel out of their depth if they are faced with someone experiencing a mental or emotional crisis. Mental Health First Aid teaches a range of skills, including how to provide initial support to someone in these circumstances. There are numerous other examples too; relevant resources can be found on the websites of the International Association for Suicide Prevention (<https://www.iasp.info/resources>) and the World Health Organization (<http://www.who.int>).



Light a Candle near a Window at 8 PM on World Suicide Prevention Day: <https://goo.gl/JTS9mL>

Download the World Suicide Prevention Day 2017 **Suggested Activities**: <https://goo.gl/ge3Nnx>



INGREDIENTS:

- 1 cup (250 ml) crushed or pureed strawberries (approximately 15 berries)
- 4 cups (1L) water
- Sugar or honey to taste
- Ice (optional)

Tip: Substitute any wild berry that is in season, blueberries, Saskatoon berries or goose berries. More honey or sugar may be needed when using tarter berries.

METHOD:

1. Rinse berries and remove the leaf tops.
2. Puree in food processor or use a knife chop and crush to a smooth pulp.
3. Mix the crushed strawberries and water in a pitcher.
4. Put the mixture in the refrigerator to chill for 30 minutes or pour over ice.
5. Serve with sugar or honey on the side to be sweetened to personal taste.
6. Pour into ice filled glasses and garnish with a strawberry. Enjoy!

This resource was developed through a generous contribution from the Canadian Home Economics Foundation, the Aboriginal Nutrition Network, and Dietitians of Canada.



La Fondation canadienne Pour l'Économie familiale



Dietitians of Canada
Les diététistes du Canada



Nutrition Bingo in Uranium City



Winners
Joanne Larocque
Biosta Kitchen Sprouting System

Gisele Classen
Food Dehydrator

Courtney Lenko
Ninja Pro Blender



We hope you had fun, and that you enjoy some healthy treats with your prizes! (Prizes from AHA Health Promotions)

Upcoming Events:

STONY RAPIDS

- Lunch & Learn - Supporting those with CKD - Sept 6 @ Noon - 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
- Women's Wellness Day - Oct 27

FOND DU LAC

- Community Addiction Recovery Program (CARG) Thurs 6:00-7:00pm Clinic Boardroom
- Mondays - Women's Group 6:30pm-7:30pm
- Women's Fitness Class @ Gym Tues & Thurs 7:00-8:00pm
- FASD Awareness Walk - Sept. 8 Noon-3:00pm. Start at the clinic.

URANIUM CITY

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April is a student at Stonehill elementary school. Every subject she has is 60 minutes long. Lunch happens at _____ AM everyday. During lunch April has an apple, juice box, and a sandwich that is split into _____. April is given _____ minutes to eat lunch. After lunch she has social studies class. It takes her _____ minutes to go from lunch to class. Mr. Borts, the social studies teacher, gives each student a pencil. Mr. Borts only had two pencils left after giving one to every person in class. He ended up giving away _____ percent of his pencils. April looked at her pencil and it was _____ millimeters long. Mr. Borts gave all of his students a quiz. He told the students they have half of the class or _____ minutes to finish the quiz. Thankfully, April finished the quiz with only _____ minutes to spare. She finished it in _____ minutes.

Choose which numbers would make the most sense to complete the story.

11	28
20	120
95	5
30	2

Answer: 11, 2, 20, 5, 95, 120, 30, 28

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SEPTEMBER 17, 2017
SUNDAY

THE TERRY FOX
FOUNDATION



Healthy Cooking on a Budget

Good Morning Egg Roll-Up

Ingredients: >> Adapted from: www.cookspiration.com

- 1 egg (\$0.48)
- 2 tbsp diced bell pepper (\$0.32)
- 2 tbsp grated carrot (\$0.09)
- pinch of black pepper (pantry)
- 1 small flour tortilla (whole wheat if you can) (\$0.63)
- 1 tbsp grated cheese (\$0.20)

Feel the need for speed in the morning? This super, quick breakfast cooks up in a flash. Prep your veggies the night before to cut down on prep time. Or make the egg mixture the night before, and warm it up on your tortilla in the morning. So simple, so good!

Total cost: \$1.72 Cost per serving (Serves 1): \$1.72

>> Item prices from Stony Rapid stores

- 1 In a small bowl with a fork, beat together egg, red pepper, carrot and pepper.
- 2 Spray a small 8 inch (20 cm) nonstick skillet with cooking spray and place on medium heat. Pour egg mixture into pan, swirling pan to coat evenly. Let cook for about 2 minutes or until edge is light golden. Using a spatula, lift around edges and flip egg over and cook for another 30 seconds or until set and light golden.
- 3 Slide egg onto flour tortilla and sprinkle with cheese. Roll up and enjoy!

Shortcut microwave version: Spray small microwavable rimmed dinner plate with cooking spray. Pour egg mixture into centre of plate and cover lightly with microwave safe plastic wrap. Place in microwave and cook on HIGH for 30-second intervals until set.

