

NorthernHealth

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS023

October 2017



A View From Above by Tyla Sylvestre

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

World Mental Health Day - October 10 2017

Mental health in the workplace - During our adult lives, a large proportion of our time is spent at work. Employers and managers who put in place workplace initiatives to promote mental health and to support employees who have mental disorders see gains not only in the health of their employees but also in their productivity at work. A negative working environment, on the other hand, may lead to physical and mental health problems, harmful use of substances or alcohol, absenteeism and lost productivity.

Depression and anxiety disorders are common mental disorders that have an impact on our ability to work, and to work productively. Globally, more than 300 million people suffer from depression, the leading cause of disability. More than 260 million are living with anxiety disorders. Let us raise awareness of mental health issues and mobilize efforts in support of better mental health.

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 eat his homework?

Because his teacher said it was a piece of cake!

Dene Word of the Month

thénaze stars



Trivia of the Month

How many teeth are in a dogs mouth?

The average adult dog has 42 teeth: 22 in the mandible or lower jaw, and 20 in the maxilla or upper jaw.

In each jaw there are 6 incisors, 2 canines, and 8 premolars. There are 6 molars in the lower jaw and 4 in the upper jaw.

In this issue:



Get your flu shot after October 24! Protect yourself, your family & your community.



Join us for our 2nd Annual Women's Wellness Day in Black Lake on October 27th



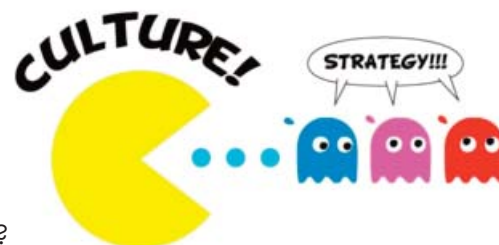
Read part 2 of an interview from one of our speakers for the 2nd Annual Women's Wellness Day! Pg. 7

Q.I. Corner

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

A Culture of Improvement

If you've ever read QI corner before 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 building a culture of improvement, you might be wondering, what does that mean?



Typically when we aim to do this kind of work we focus on 2 aspects, developing our people and improving our processes. We know that it is the culture of an organization that drives success and as such we want to achieve a culture of improvement, here's a little bit more about what that looks and feels like:

An improvement culture:

Is patient centred. In an improvement culture, patients are at the centre of everything the team does and should be considered important partners in their care. As improvement leaders, you want to foster a team environment where all members of the team are continually striving to see things from the patient's perspective.

Believes in human potential. An improvement culture values people and encourages their development because there is the recognition that it is the staff who have the best and most intimate knowledge of the patients, and ultimately, it is their creativity, energy, and innovation that drives success.

Promotes teamwork. In an improvement culture, there is the acknowledgement that teams are far superior as a whole than as the sum of their parts. There is genuine appreciation for each other's strengths and abilities, and people work together and communicate openly to share knowledge within the team for the benefit of patients.

Encourages innovation. In an improvement culture, teams are constantly seeking to understand problems and search for new ways to improve. People are encouraged and enabled to improve services, and experimentation and flexibility are valued.

Values learning. An improvement culture encourages people to be proactive problem solvers and learners. It requires that people take responsibility and accountability for their own learning, are self-aware and learn from their mistakes, and perform to the best of their ability.

Fosters trust. In order to give their best, take risks and develop their skills, it is important that people in an improvement culture trust that their contributions will be appreciated and valued by others. For improvement leaders, this means trusting that people will use their time and resources to better their work and themselves.

An improvement culture...



Relationship is the foundational part of all Improvement cultures. Stay tuned for our next QI corner where we will explore how...

Who Can I Contact?

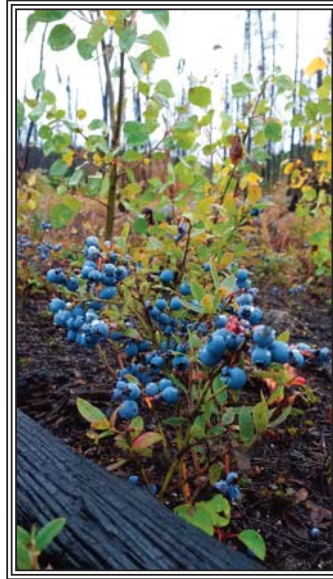
For more information or to get involved you can contact Taylor with Quality Improvement:

Phone (306) 439-2604,

Cell or Text: (306) 261-5290 or Email

tbassingthwaite@athabascahealth.ca

Around the Basin



2017 Reading Challenge



Courtney Lenko, a resident of Uranium City, was our 2017 Reading Challenge winner. She has now received & is enjoying her Kobo Aura H2O eBook reader with Sleep Cover.

Our runner up prize went to Charlotte Bigeye. Charlotte won hand carved cat & mouse bookends from India!

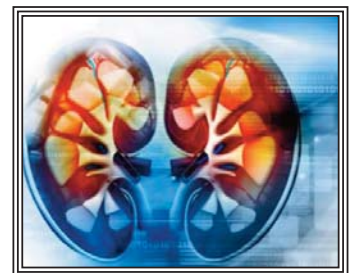
We hope you join the 2018 reading challenge next year!

Lunch & Learn

AHA is hosting another Lunch & Learn at the health facility. This webinar will be held in the facility cafeteria & is open to all staff & community members. The topic is **Treatment Options for End-Stage Kidney Disease**. Lunch will be free for those attending the presentation.

Kidney failure, or end-stage kidney disease, can happen to anyone with chronic kidney disease. First Nations people are 2-3 times more likely to progress to kidney failure than non-First Nations people. When the kidneys are no longer able to keep the proper balance of fluid and electrolytes we need to stay alive, certain treatment options will be offered. Learn about treatment therapies available to clients and how you can support these individuals in your community.

**October 11th
Noon - 1:30pm**



Kinda Famous

Did you know that people all over the country have been talking about our gardening projects in the Athabasca Basin? We've had articles published in both National Aboriginal Diabetes Association (NADA) & NOSH (Food & Culinary Network Newsletter for Dietitians of Canada). Plus, some ladies from the Canadian government came for a visit & were impressed by our projects as well. Good job everyone, I hope that next year will be even better!



GET THE FACTS – not the flu

Get a flu shot,
if you can



AHA Staff Flu Clinics

Come & get your vaccine at the Health Facility on:

- October 23 4:00pm - 5:00pm
- October 24 9:00am - 5:00pm

Wash your
hands often



Cough and sneeze
into your arm,
not your hand



Clean objects
that many people
touch



If you get sick,
stay home



**All staff & community members
are welcome to stop by any AHA
clinic for a flu shot after
October 24th!**

**PROTECT YOURSELF, YOUR FAMILY
AND YOUR COMMUNITY**

Talk to your health care provider or visit:

www.healthy Canadians.gc.ca/flu

Filling Up on Fibre!

Written by: Lori Malinowski, Nutrition Student

Adapted by: Calysta Adams, RD & Renee Nagus, RD



Looking for that super food to help improve your health? Give fibre a try! Fibre is found in all plant foods and cannot be broken down by the human gut. Fibre comes in two types: insoluble and soluble. Most fibre-containing foods have a mix of both.

Insoluble fibre is found in the skins of vegetables and fruit and the bran portion of whole grains. The benefits of insoluble fibre include:

- Improving regularity.
- Lowering risk for certain cancers, such as colon cancer.
- Maintaining a healthy digestive system.

Soluble fibre interacts with water to form a sticky, gummy gel. It is found in some vegetables, fruit and legumes (beans, peas and lentils). Soluble fibre provides multiple benefits including:

- Helping you feel full for longer after meals.
- Lowering blood cholesterol levels.
- Managing blood sugar levels.
- Lowering risk for intestinal ulcers.
- Managing diarrhea and loose stools.
- Improving gut health by increasing the amount of healthy bacteria.

Many Canadians do not consume enough fibre. How do you know if you're getting enough? Ask yourself two questions.

• **Do you consume 7 to 10 servings of whole vegetables and fruit each day?** Whole vegetables and fruit include the skins and flesh of produce. It is best to choose whole vegetables and fruits instead of juice as juice contains little or no fibre.

• **Do you make at least half of your grain product choices whole grain each day?** The bran found in whole grains contains fibre. Examples of whole grains include barley, brown rice, oats, quinoa, whole grain breads, whole wheat pasta and wild rice. Refined grains such as products made with enriched wheat flour and white rice have had most of their fibre removed.

To maximize the benefits of fibre, aim to meet fibre recommendations by slowly increasing your own fibre intake, consuming enough fluids and staying physically active. Every little bit of fibre adds up during the day, so try

one of these easy ideas to increase the fibre in your diet.

• **Power-up your breakfast.** Choose a high fibre cereal and top with fruit, nuts, seeds or ground flax. Replace juice with a piece of whole fruit.

• **Make snacks count.** Offer fresh fruit, raw veggies with hummus or whole grain crackers. Try adding a handful of spinach to fruit smoothies. Top your favourite yogurt with berries and oats.

• **Trade-up your choices.** Swap white bread, bagels, pasta and rice for whole wheat options.

• **Experiment with legumes.** Add beans, peas and lentils to your cooking staples. When cooking with ground meat, try replacing half the meat with black beans or lentils.

• **Revamp your family meal.** Start meals with a small salad topped with a variety of nuts and seeds. Serve regular and sweet potatoes with the skins on. ♦

Recipe Corner: Revved-up Oatmeal

2/3 cup oats (steel-cut or large flake)
1 1/3 cups water
1/4 cup nuts
1/4 cup seeds
1/4 tsp cinnamon
1 chopped apple (skin included)



1. Place all ingredients in a microwave safe bowl.
2. Cook on high for 3-5 minutes or until oats are soft and water is absorbed.
3. If desired, top with a scoop of your favourite yogurt and fresh berries.

Makes 2 servings.

References

Food Sources of Soluble Fibre Fact Sheet (2013). Dietitians of Canada. Accessed on October 27, 2015 from <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Fibre/Food-Sources-of-Fibre.aspx>

Oatmeal image accessed from www.womansday.com via Google Images.



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

YOGA POSE OF THE MONTH:



The seated forward bend pose improves hamstrings and back flexibility

Seated Forward Bend - Paschimottasana

- 1 Begin in the seated position with your legs stretched and out in front of you, flexing your thighs.
- 2 Take a big inhale to lengthen, and use your exhale to engage your navel to your spine and lean your torso forward, reaching your hands forward as far as it feels comfortable on your legs, your hands outside of your feet, close to your heels.
- 3 Allow your head to relax down toward your legs. Breathe here for at least 2-3 deep breaths.

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

>> Adapted From: <https://nutritiousmovement.com>



The Sock Balance Challenge!

Give this a try: Stand on one leg (no touching down if possible) and put on your socks keeping your leg bones straight up and down (and not dropping your knee out to the side as pictured bottom left).

Then take them off the same way. Try it 10x in a row, going back and forth. Then try putting them on/taking them off 10x on the same leg before switching. Then try lying down—watch that knee try to escape.

Good news: you can do this one a couple times a day FOR THE REST OF YOUR LIFE and you'll not only reap the physical benefits of the movement but you'll also be getting dressed.

@nutritiousmovement nutritiousmovement.com Katy Bowman



Optometrist Clinic

The Optometrist (Dr. Trent Miller) will be in Black Lake on October 16-19th and at Stony School on the 20th. In the past children have been screened during the day with opportunities for adults in the evenings. More details will be posted soon!



Why children especially need our help?

**World Sight Day
October 10**

70%

of the school day
involves visually based tasks.



Children with vision problems are

3 TIMES MORE LIKELY
to fail at least one grade.

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

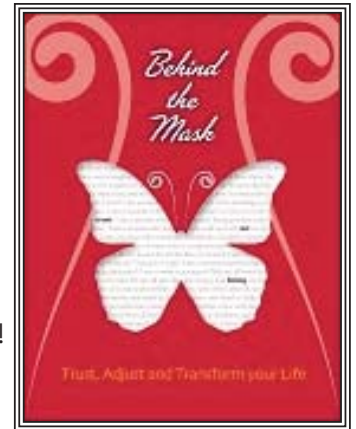
Our women's wellness day is fast approaching, and we wanted to share part two of our interview with author and inspirational speaker, Carla O'Reilly, who will be speaking on October 27th:

Q: Tell us about the Smiling Mask documentary and sequel, *Behind the Mask*?

We had spoken at a couple of medical conferences and the nurses kept saying, "You should really create a movie!" We took this to heart and found a film maker named Dianne Ouellette. She created the Smiling Mask documentary which is honest, heartwarming and healing and also shares interviews with our spouses.

(Note: *The Smiling Mask* DVD will be included in the materials given out to prenats in our communities compliments of AHA!)

Our sequel is called ***Behind the Mask-Trust, Adjust and Transform your Life!*** We share the healing tools of self-awareness, forgiveness, acceptance and love. ***Behind the Mask*** is a wellness workbook that readers can use to begin their own healing journey! Again our audiences kept asking us "How did you heal?!! We decided to share all the alternative healing therapies that we tried and turn it into a book! ***Behind the Mask***, also includes questions and exercises for the reader to work through.



Q: Let's get to the best part, how did you come up with T.U.R.N. O.N. T.H.E .S.W.I.T.C.H.? T.U.R.N. O.N. T.H.E .S.W.I.T.C.H. was a lightbulb moment I had! I had been hired to speak by a power company in Alberta called Atco Electric, who wanted to share mental health education with their staff at their upcoming health and safety days.

I started to brainstorm and voila! T.U.R.N. O.N. T.H.E .S.W.I.T.C.H. was born. I am looking forward to sharing the 15 wellness tools that changed my life!

Q: Can you share what transformed your life from suffering from a mental illness to becoming a mental health advocate? What was your turning point? I think my big turning point was learning that I had the power to choose my thoughts and change them to positive. This was crucial in my healing.

I had been living in a world of darkness for so long and I had become suicidal. I had a lot of help from balcony people (I talk about a balcony people in tool number 15. Balcony people cheer your every victory and hold your hand when you need support), and made a choice to fight my way through my mental illness.

Q: What has your experience taught you about life, mental illness, parenting, and postpartum depression?

Suffering with a mental illness has definitely taught me empathy and that we have an opportunity to rise above any adversity.

I have had so many amazing experiences and made so many amazing connections with people I would have never crossed paths with. I view my illness as a gift to help others. I am grateful for all that I have and especially a second chance to thrive in life and help others.

I think there is always more education and empathy needed about mental illness and still so much to learn, but at the end of the day healing begins with love and forgiveness.

When I speak about PPD and parenthood I think it is so important for parents to be easy on themselves and not judge. We set such high standards and after all there is really no training given on how to be a perfect parent.

Q: What has been the best medicine for you? Simply forgiveness, laughter, self-education and lifelong learning, setting big goals and little goals and having those big grandiose dreams! HOPE IS TRANSFORMING, no matter how bad life seems you can always have hope!

Q: What would you say is the key to T.U.R.N. O.N. T.H.E .S.W.I.T.C.H.? A: The most powerful healing tool is gratitude!!! Being grateful for everything you have is the most life changing habit you can have; it will change your life!

Q: What piece of advice would you give to your audience? Everyone can have an amazing life!!! What is your passion? Take some time to find it, then obsess about it! You will make the world a better place! Check out my website at www.thesmilingmask.com



A row of nine diverse children of various ethnicities and genders, all smiling and holding hands. They are wearing different colored clothing: yellow, blue, red, green, and white. The children have different hairstyles and skin tones, representing a multicultural group.



All you do is simply write some ideas down on paper and cut them into strips. Then put them in a jar or can. You can use the ideas on this page or make your own!

Next time your child complains of being bored, have them draw out an activity out of the jar – problem solved!

I'm Bored Jar

"I'm bored, I'm bored, I'm bored," you whine.
I've had enough, I've drawn the line!
Come choose a paper from within,
And work or play you shall begin!

HiP Homeschooling

CLEAN YOUR ROOM	
MAKE A CARD	
CLEAN THE TOY ROOM	
PLAY LEGO	
FEED/WATER THE PET	
MAKE UP A SONG AND PERFORM IT	
UNLOAD THE DISHWASHER	
COLOR A PICTURE	
CLEAN THE FRONT ENTRANCE	DANCE PARTY!
IMAGINE YOU'RE A PILOT. WHERE ARE YOU GOING TO GO?	VACUUM THE DOWNSTAIRS
DUST THE LIVING ROOM	PUT ON A PUPPET SHOW
BOWLING: USE TINFOIL BALLS AND BOWL!	DO A LOAD OF LAUNDRY
VACUUM THE UPSTAIRS	PLAY HIDE & SEEK
HAVE A TEAPARTY	TIIDY THE YARD
READ A BOOK	PUT TOGETHER A SKIT
PRETEND YOU'RE ON A SAFARI	BRUSH YOUR TEETH!
CLEAN THE BATHROOM	PLAY A BOARD GAME
BUILD A FORT	WASH THE DIRTIEST WALL YOU CAN FIND

*Join us for a day devoted to the
health of women!*

- **10:00am - Dr. Morissette**
A Discussion on Menopause
- **11:30am - Jack Rennie**
Beginner's Yoga Class
- **Lunch**
Free Lunch for Participants
- **1:00pm - Carla O'Reilly**
*Truths about Postpartum Depression
and Parenthood; 15 inspirational tools
from Turn on the Switch*
- **2:30pm - Dr. Jason Wagner**
Anxiety & Depression - How to Cope
- **3:15pm - Wrap Up & Door Prizes**

2nd Annual **Women's Wellness Day**

Black Lake Hall

October 27th

10:00am - 4:00pm



News Flash

A New Visiting Therapist - Rendalyn Preun - Physiotherapist



Hello, my name is Rendalyn Preun and I will begin working with Athabasca Health Authority as the new physical therapist this October. As a physical therapist, my role will involve working with the residents of the Athabasca Basin to improve their mobility and function. Although I was born and raised in Manitoba, I pursued my undergraduate degree in Kingston, Ontario and my Master of Physical Therapy from the University of Saskatchewan. Since graduating, I have worked in a variety of settings, including outpatient clinics and acute care, in both Manitoba and Saskatchewan. I am looking forward to exploring this new (to me) area of Canada and to serving the communities of the basin!



Staff Updates



Rose Mercredi Zinck
Dental Therapist.
Full time September 5, 2017.



Charles Huerto
Manager of Patient and
Employee Safety.
Full time October 2, 2017.



Keep Up the Good Work!

Our AHA maintenance team has been hard at work trying to get our new garage finished before winter settles in!



10 Year Anniversary

Brenda Mercredi was recently acknowledged for her 10 years of work with the **KidsFirst NORTH** program!

**KidsFirst
NORTH**



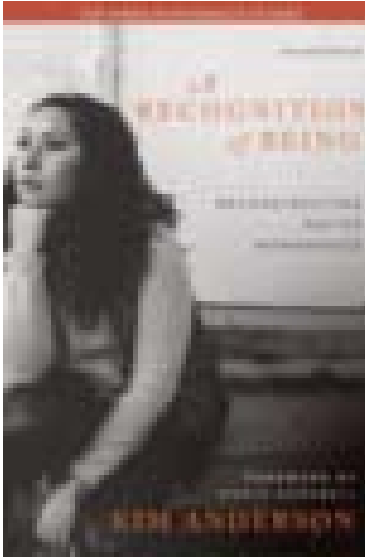
KidsFirst NORTH is a program which assists families to become the best parents that they can be and to support the healthy development of children. The program enhances knowledge, provides support, and builds on family strengths through home visiting and community based programming.



Look in a Book

“I declare after all there is no enjoyment like reading! How much sooner one tires of anything than of a book!” - Jane Austen

Culture



A Recognition of Being - Kim Anderson

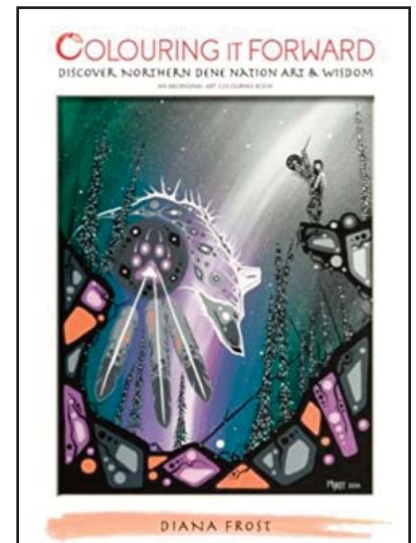
Kim Anderson has written a critical and inspiring history of Native womanhood. Anderson traces the construction of the negative female stereotypes forced on Native women during colonization. Through interviews with forty contemporary Native women across Canada, she explores the issues shaping their lives and the many ways they are reclaiming positive and powerful images of themselves.

**Come together with local women for the
2nd Annual Women's Wellness Day
being held in Black Lake on October 27th! Speakers will be focusing on
health topics for women, and we'll get moving with a little yoga too!**

Colouring Book

Colouring It Forward: Discover Northern Dene Nation Art & Wisdom Diana Frost

The Colouring It Forward - Discover Northern Dene Nation Art & Wisdom features the beautiful art created by Chipewyan artist Michael Fatt and Gwich'in artist Christiana Latham as well as stories from the late George Blondin, a recognized Northern Dene elder and wisdom keeper born in the Northwest Territories. Part of the proceeds from purchases will go to these two artists, to Mr. Blondin's estate and to foster community projects for First Nations people.



Early Readers

The Darkest Dark - Chris Hadfield

Inspired by the childhood of real-life astronaut Chris Hadfield and brought to life by Terry and Eric Fan's illustrations, The Darkest Dark will encourage readers to dream the impossible.

Chris loves rockets and planets and pretending he's a brave astronaut, exploring the universe. Only one problem—at night, Chris doesn't feel so brave. He's afraid of the dark. But when he watches the groundbreaking moon landing on TV, he realizes that space is the darkest dark there is—and the dark is beautiful and exciting, especially when you have big dreams to keep you company.

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

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

PSYCHOLOGICAL SAFETY

WHAT IS PSYCHOLOGICAL SAFETY?

There's a new idea in occupational health: this idea is psychological health and safety. Psychological health and safety is about safeguarding the psychological health of employees.

Psychological health comprises our ability to think, feel and behave in a manner that enables us to perform effectively in our work environments, our personal lives, and in society at large. Psychological safety is different - it deals with the risk of injury to psychological well-being that an employee might experience. Improving the psychological safety of a work setting involves taking precautions to avert injury or danger to employee psychological health. It is important to note that psychological health problems occur on a spectrum, from mild psychological difficulties on one end to severe psychological disorders on the other. The most common psychological health problems in the workplace are anxiety and depression. These conditions account for a large proportion of the negative impacts on employees and employers.

WHY IS PSYCHOLOGICAL HEALTH & SAFETY IMPORTANT?

There are a number of reasons employers should assess and address the psychological health and safety of their workplace:

- 1 There are current and emerging legal and regulatory mandates that articulate employer responsibilities in this area
- 2 There are compelling financial incentives for employers to reduce costs and improve the bottom line
- 3 There is scientific and practical evidence of the impact of workplace factors on employee mental health

DOES WORK CAUSE MENTAL DISORDERS?

There is no simple answer to this question. The answer hinges on: what we mean by saying a disorder is "caused" by a situational trigger; where we draw the line between mental distress and mental disorders; and, our emerging knowledge concerning the relationship between factors in a person's life and the development of mental health problems. But there are a few things we can state with some confidence:

- With the exception of psychological trauma related to an extremely stressful event such as being robbed or assaulted on the job, we can rarely draw a direct link between a person's work situation and their developing a mental disorder.
- Workplace factors may increase the likelihood of the occurrence of a mental disorder, make an existing disorder worse, and impede effective treatment and rehabilitation.
- Workplace factors may contribute directly to mental distress (demoralization, depressed mood, anxiety, burnout, etc.). Mental distress may not reach the level of a diagnosable mental disorder, and yet be a source of considerable suffering for the employee, productivity loss for the employer, and legal consequences if "toxic work conditions" are judged to have contributed to an employee's suffering and disability.
- A supportive work environment can reduce the onset, severity, impact and duration of a mental health disorder.
- Organizations that make the effort to identify psychosocial risks and to create a psychologically healthy workplace reap benefits in productivity, sustainability and growth.

ARE MENTAL DISORDERS COMMON?

It is estimated that 1 out of 10 Canadians suffer from a diagnosable mental disorder within any given year - 1 out of 5 people will experience a mental disorder over the course of their lifetime. These can include very serious but uncommon conditions, such as schizophrenia, but are more likely to include conditions such as

depression, anxiety or substance use. These figures increase sharply if we include the range of psychological distress that can be a precursor to a diagnosable disorder. Mental disorders touch all of us, whether we face direct challenges ourselves, or are impacted through our families, friends, or colleagues.

WHAT ARE PSYCHOSOCIAL FACTORS?

Psychosocial factors are elements that impact employees' psychological responses to work and work conditions, potentially causing psychological health problems. Psychosocial factors include the way work is carried out (deadlines, workload, work methods) and the context in which work occurs (including relationships and interactions with managers and supervisors, colleagues and coworkers, and clients or customers).

WHAT PSYCHOSOCIAL FACTORS DOES GM@W* ADDRESS?

There are 13 Psychosocial Factors assessed by GM@W*:

- PF1: Psychological Support A work environment where coworkers and supervisors are supportive of employees' psychological and mental health concerns, and respond appropriately as needed.
- PF2: Organizational Culture A work environment characterized by trust, honesty and fairness.
- PF3: Clear Leadership & Expectations A work environment where there is effective leadership and support that helps employees know what they need to do, how their work contributes to the organization, and whether there are impending changes.
- PF4: Civility & Respect A work environment where employees are respectful and considerate in their interactions with one another, as well as with customers, clients and the public.
- PF5: Psychological Competencies & Requirements A work environment where there is a good fit between employees' interpersonal and emotional competencies and the requirements of the position they hold.
- PF6: Growth & Development A work environment where employees receive encouragement and support in the development of their interpersonal, emotional and job skills.
- PF7: Recognition & Reward A work environment where there is appropriate acknowledgement and appreciation of employees' efforts in a fair and timely manner.
- PF8: Involvement & Influence A work environment where employees are included in discussions about how their work is done and how important decisions are made.
- PF9: Workload Management A work environment where tasks and responsibilities can be accomplished successfully within the time available.
- PF10: Engagement A work environment where employees feel connected to their work and are motivated to do their job well.
- PF11: Balance A work environment where there is recognition of the need for balance between the demands of work, family and personal life.
- PF12: Psychological Protection A work environment where employees' psychological safety is ensured.
- PF13: Protection of Physical Safety A work environment where management takes appropriate action to protect the physical safety of employees.



*GM@W is a unique and free, comprehensive set of resources designed to protect and promote psychological health and safety in the workplace. Commissioned by the Great-West Life Centre for Mental Health in the Workplace in 2012

For more info please see: <https://www.guardingmindsatwork.ca/info>



Recognized food-service skills in 1 day!
FoodSafe certification opens up a world of possibilities. Register today!
Sign up at the front desk in the AHA Facility or call 439-2200

October 17th @ AHA Facility

The course covers all aspects of food safety from the point of receiving to service to the customers, and focuses on creating a culture of food safety in order to prevent foodborne illness. Safe food handling skills benefit everyone, as we all handle and prepare food in our daily lives at home.



CHAR ANTIPASTO



INGREDIENTS:

- 2.5 lb (1 kg) fresh or frozen char (half a medium-sized fish)
 - fresh fish can be stored in the fridge up to 2 days
 - frozen fish should be thawed in the fridge for up to 2 days
- 2 green peppers finely chopped
- 1 red, yellow and orange pepper, finely chopped
- 1 head cauliflower, finely chopped
- 1 head celery, finely chopped
- 1 large onion, finely chopped
- 1 can (398 ml) medium chopped green beans, drained
- 2 cans (284 ml each) mushroom pieces, drained
- 2 large cans (796 ml each) diced tomatoes, including juice
- 1 can (341 ml) corn niblets, drained
- 1 jar (1L) garlic dill pickles, drained and finely chopped
- 1 jar (375 ml) sweet pearl onions, drained
- 1 jar (375 ml) stuffed Manzanilla olives, drained
- 1 tbsp (15 ml) minced garlic
- 2 tbsp (30 ml) hot chili sauce
- 1 bottle (1L) ketchup
- 1/3 cup (100ml) white vinegar

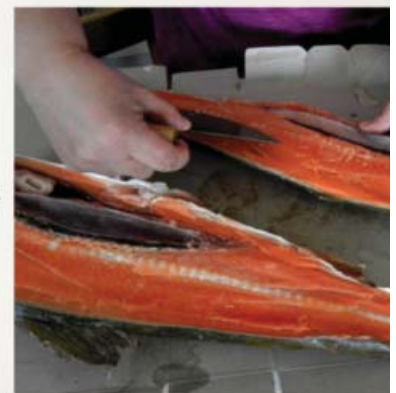
Recipe by: Millie Kuliktana

Millie, from Kugluktuk, Nunavut, calls herself a retired educator but as health permits, Millie is actively involved in the caring for her extended family and sharing of her talents, passions and energy within the lucky western Arctic community of Kugluktuk, Nunavut and beyond.

Some adaptations have been made to the original recipe.

METHOD:

1. Place the fillet skin down into a pan of water. Poach the fillet at 350°F in the oven for approximately 30 minutes. *Timing depends on the thickness. It is done when you see the white scum on top and it starts to flake.*
2. Meanwhile, in a large pot, add the rest of the ingredients.
3. Once the char is ready, add it all into the pot.
4. Mix well and bring to a full boil on stove and simmer for at least 20 minutes.
5. Fill sterilized jars with the hot antipasto leaving ¼ inch headspace.
6. Secure the lids and screw caps onto jars.
7. Place filled, sealed jars into a hot bath and bring to a rolling boil for 10 minutes.
8. After cooling, check that the lids curve downwards and do not move when pressed. Label and date each jar before storing in the refrigerator.



NOTES FROM the cook

I am an educator. I grew up in the best of both worlds and adapted life skills from both worlds into my life. Now I am a mom and grandmother who loves to feed her family.

Food Safety: Since this fish dish is not made using a pressure canner, it is best to store it in the fridge and eaten within a few weeks. Throw out unopened jars with a broken seal, or once opened has a strong, fishy smell. Throw out jars that have been open for more than 3-4 days.

I decided if I put my mind to it I can make some char antipasto and not just wish I had some. This is the first time my recipe has been put down in writing. I hope you enjoy it!

**“The secret ingredient
is the hot chili sauce.”**

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

- Lunch & Learn - Treatment Options for End-Stage Kidney Disease - Oct 11 @ Noon - AHA Facility
- FoodSafe Course - Oct. 17 @ AHA Facility

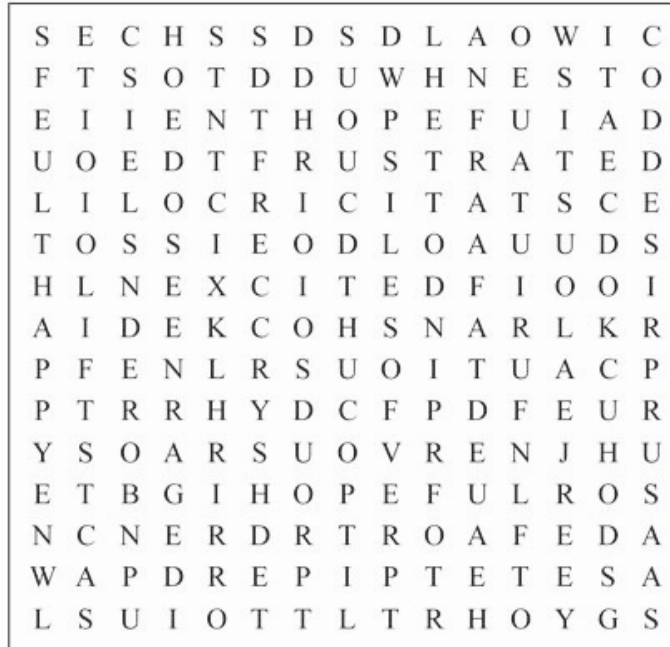
BLACK LAKE

- Mondays & Wednesdays - Mens Group
- Thursdays - Womens Group
- 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

URANIUM CITY



10 October is World
Mental Health Day



Healthy Cooking on a Budget

Baked Apples

Ingredients: >> Adapted from: <https://altonbrown.com/baked-apples-recipe/>

- 3/4 cup rolled oats (\$0.39)
- 3/4 cup flour (\$0.41)
- 2/3 cup brown sugar, packed (\$0.73)
- 1 teaspoon ground cinnamon (\$0.54)
- 1/2 teaspoon ground ginger (\$0.56)
- Pinch of salt
- 1/2 cup cold unsalted butter, diced (\$1.22)
- 4 apples (\$2.84)
- 4 teaspoons honey (\$0.63)

This mixture is called a streusel and it's one of the most powerful multitaskers in the dessert universe and can be baked onto or on top of just about anything. You can make extra and freeze it so that you always have some on hand.

Total cost: \$7.32 Cost per serving (Serves 4): \$1.83

>> Item prices from Stony Rapid stores

- 1 In a bowl combine all the dry ingredients and diced butter. Rub mixture briskly between finger tips until it forms small moist clumps in a loose sandy mixture. Refrigerate while preparing the apples.
- 2 Cut a small layer off the bottom of each apple to create a flat, stable bottom surface. With a small paring knife, cut a cone out of the top of the apple, moving about 1-inch outside of the core, similar to removing the top of a pumpkin when carving a Jack O'Lantern. Remove the top and discard. With a teaspoon, remove the remaining core and seeds taking care not to puncture the base of the apple.
- 3 Place apples on a baking sheet or pie dish and fill each center with a teaspoon of honey. Spoon in mixture, packing lightly until heaped and overflowing over sides of the apples.
- 4 Bake in oven at 350 degrees on the top or middle rack for 40 minutes or until filling is golden brown and the tip of a paring knife can be inserted into the side of the apple with little or no resistance. Let apples stand for 10 minutes before serving.

