

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS024

November 2017



Cree River - Photo by Charles Huerto

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

Diabetes Awareness Month

Today, there are 11 million Canadians living with diabetes or prediabetes.

Every **three minutes**, another Canadian is diagnosed. Chances are that diabetes affects you or someone you know. Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone that controls the amount of glucose (sugar) in the blood. Diabetes leads to high blood sugar levels, which can damage organs, blood vessels and nerves. The body needs insulin to use sugar as an energy source.

Take control of your health. Assess your risk for Type 2 Diabetes right now by going to <http://diabetestest.ca>. For every test completed, \$3 will be donated to diabetes research.

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

henasni
I remember



Trivia of the Month

Why do wolves howl?

- a) Because they're hungry.
- b) Because they can't sleep.
- c) Because they are talking with other wolves.

Answer: C. Wolves howl to communicate with one another. They often howl to warn away other packs from their territory or to inform other wolves in their own pack of their whereabouts.

In this issue:



It's Cold Out There!
Read pg. 8-9 for tips on staying safe this winter



Follow our Facebook page at:

www.facebook.com/AthabascaHealth



Yoga Classes at the AHA Health Facility. Check Facebook for class times!

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.”

Lean Improvement Leaders Training (LILT)

Athabasca Health Authority's commitment to our Vision and Mission is supported by our key strategic priorities, one of which is the implementation of a continuous improvement system. To create, nurture, sustain and spread a system like this there are three main drivers for our focus as we move forward in our quality improvement journey.



You may remember Quality improvement is something that Saskatchewan has focused on for a number of years, and as a province, we are leading the way in implementing QI at a system level. AHA is part of this work. Our agreed upon methodology is focused on **DEVELOPING** people to be able to **IMPROVE** processes. Ultimately, those two elements together allow us to deliver **INCREASED VALUE** to healthcare users (patients, residents, clients, and their families) – keeping in mind that value is defined from the perspective of the patient/resident/client.

Arguably, the foundational element that must be strong in order to accomplish any improvement is the people part. We're focusing, in a number of ways, on developing improvement leaders in our system.

What does it take to be an Improvement Leader?

An improvement leader has an important role to play in leading improvement in work areas. In Quality we always say, "Everyone has two jobs to do each day, one is to do their work and the second is to improve it". There is knowledge, skills, and behaviours important for doing this work, this most important work of moving our organization forward for those we serve. Formal leaders throughout our AHA system are learning how to develop themselves, support development of others and improve their business and system processes at all levels.



Our learners are given the opportunity to better understand themselves; their strengths, limitations, and motivations. This is an important first step in developing competency as an improvement leader.

They will then begin to explore their role in leading teams, and strategies to build the improvement mindset in others.

And, finally, they will focus on how we can support teams with improvement work and what factors enable people to be more open to change.

AHA's Quality Department is supporting QI training and education; currently we have 2 cohorts of formal leaders in this particular program, 'Lean Improvement Leader Training' (LILT). Our second cohort just began this fall. On the next page are the names & pictures of those who are participating, talk to them about how it's going, what they're learning, what they've been trying and if you're keen to make things better too, ask them how you can get involved with improving alongside!



Cohort 1



Tiffany Adam



Pamela Huerto



Cohort 2



Brenda Mercedi



Blair McKay



Larry LeBlanc



Janet Mackasey



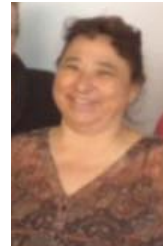
Lena-May Seegerts



Charles Huerto



Darryl Galusha



Elaine Richards

Who Can I Contact?

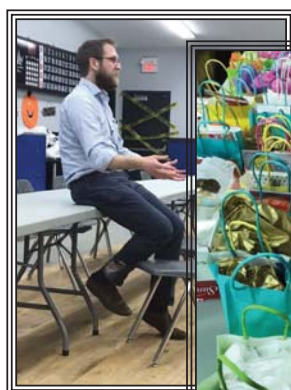
For more information or to get involved you can contact Taylor with Quality Improvement:
 Phone (306) 439-2604,
 Cell or Text: (306) 261-5290 or Email
tbassingthwaite@athabascahealth.ca

2nd Annual AHA Women’s Wellness Day - Black Lake



This year AHA held the **2nd Women’s Wellness Day** event in Black Lake, sponsored by the Health Promotions department. Other AHA Community departments also collaborated. It was a very informative day with great speakers & activities:

- Dr. Renee Morissette, from the Women’s Health Centre gave us valuable information on the hot topic of menopause.
- Jack Rennie led us through a fun introduction to yoga.
- Carla O’Reilly, author of ‘The Smiling Mask’ shared her very personal & emotional story of her struggle with postpartum depression.
- And Dr. Wagner pulled us all into a great discussion on anxiety & depression, and what things we can do to help cope with emotions.
- All participants received a fun gift bag & many left with great prizes like a copy of ‘The Smiling Mask’, a beautiful painting entitled “Dene Woman” Yoga Pretzel kits, and much more.



Check out the yoga & recommendations on pg. 6 too!

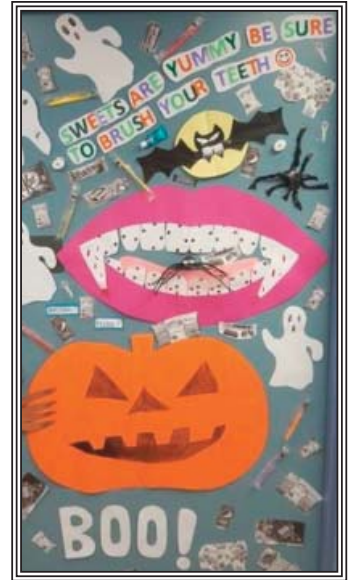
AHA Halloween Door Decorating Contest Winners



Black Lake Clinic
Ian Robillard
Youth Wellness



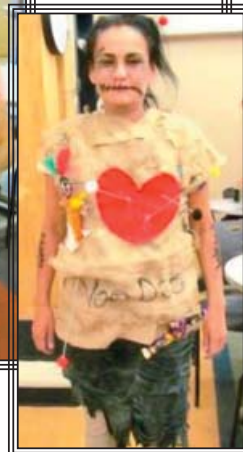
AHA Facility
Joanne McDonald,
Stores Dept.



Fond du Lac Clinic
Doris Robillard/Ruby Adam
Health Promotions/Dental Dept.

We had some amazing entries but these are the winners!

More Halloween Fun



Costume Contest Winners
Francis Robillard, Brenda Mercredi & Bev Peel



INFECTION PREVENTION AND CONTROL – IT'S A TEAM THING!



ACROSS	DOWN
1) Tiny organisms that can be good for us, harmless, or dangerous.	2) Hand _____ is the most effective protection method against germs.
3) Viruses and bacteria can cause this, making us sick.	4) This is a safe and effective way to protect yourself from getting sick from a number of diseases.
5) Another word for "touch".	6) You can use this product to clean your hands if soap and water are not available.
7) When people cough or sneeze without covering their nose and mouth, germs spray into the ____.	8) Getting vaccinated helps to _____ yourself and others who may be unable to get certain vaccines, which also helps stop the spread of disease in your community.
9) Even hands that look _____ may carry germs.	10) To find out more about how to protect yourself and your loved ones from germs, see a _____ or other local healthcare provider.
11) When you are vaccinated, your body learns how to do this against specific germs.	12) _____ touching your eyes, nose, and mouth with your hands to prevent picking up germs.
13) What you should cough and sneeze into, instead of your hand, to prevent the spread of germs.	14) In addition to cleaning, you also need to do this to items and surfaces that are touched often.
15) To prevent the spread of germs, you should try not to _____ personal items.	16) Eating healthy foods, being active and getting enough rest keep your body, mind and spirit _____.



1 in 5 PEOPLE
DON'T WASH THEIR HANDS

OF THOSE THAT DO, ONLY
30%
USE SOAP!



✗ Wrong



✗ Wrong



✓ Right



Keep Calm AND Get Vaccinated

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

YOGA POSE OF THE MONTH:

Standing Forward bend - Uttanasana



This pose frees the tension from your neck and relaxes the muscles. It also improves overall circulation to the head.

- 1 Begin standing in mountain pose with your feet together.
- 2 Take a deep inhale to reach your arms up over your head, framing your face.
- 3 As you exhale to engage your abs by bringing your navel to your spine and swan dive over your legs with a flat back.
- 4 Place your hands on the floor slightly in front of or beside your feet. Press all four corners of both feet into the ground and lift your hips up and back toward the ceiling. Relax your head and neck. 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>



Sit & Shift

Start sitting on folded knees (modify as needed). Let your weight shift (without rising your seat) until your hips rest to the right of your heels. Then use your waist to pull yourself back to your starting position and lower yourself to the left of your heels. An intermediate step: Stack towels to raise the height of the floor (and thus reduce the work in the waist) and use your arms to help generate momentum at first).

"You can still be moving while sitting or standing ... Movement means changing position."

KATY BOWMAN

@nutritiousmovement nutritiousmovement.com Katy Bowman

Women's Wellness Takeaways

During our discussions at the Women's Wellness Day some applications & services were recommended:



MindShift™ will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

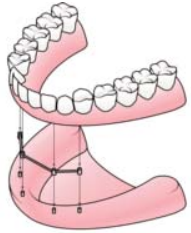


Daylio - Diary, Journal, Mood Tracker. Daylio enables you to keep a private diary without having to type a single line.



Smart Thinking in the North!

The AHA medical transportation & finance teams figured out a way to revise their billings into the Medical Transport Record Systems (MTRS) program that had never been tried before. It worked & now this method is going to be used across the country! Way to think outside the box!



Dentist Services Now Available

What is a denturist? Denturists are primary dental health care providers who provide Denture Care Services directly to the public. Denturists are trained in the assessment, diagnosis and treatment of patients who are missing some or all of their teeth.

The dental schedule is posted each month on our Facebook page (www.facebook.com/AthabascaHealth).
Check the schedule or call to find out when he will be in your community!

Get regular checkups for your teeth:

Black Lake

Health Centre: 284-0038

Stony Rapids

School Clinic: 439-2668

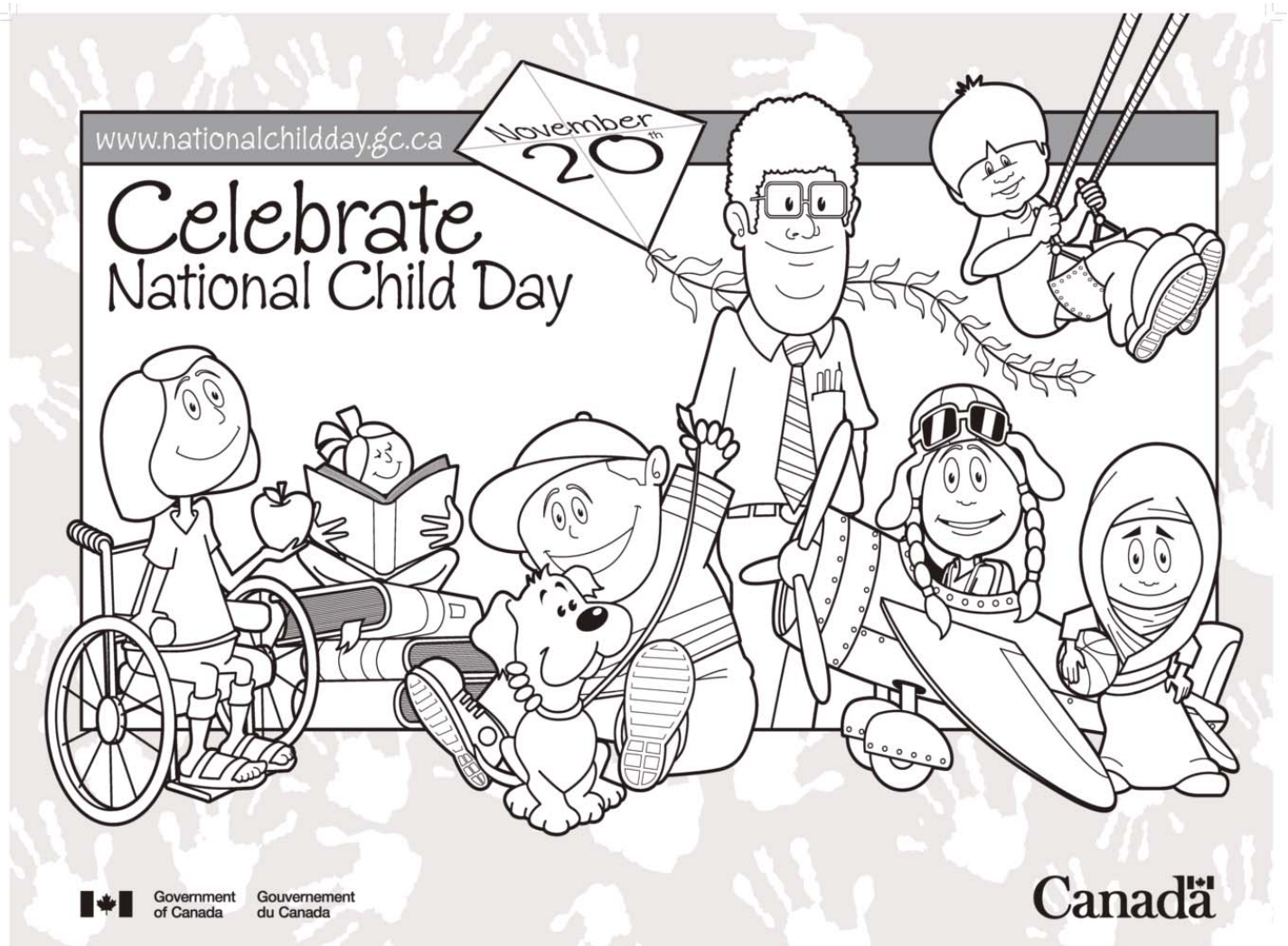
Fond Du Lac

Health Centre: 686-4816
School Clinic: 686-4828

Uranium City

Call Health Centre
for next visit

National Child Day - is celebrated in Canada on November 20 in recognition of the UN Declaration on the Rights of the Child and the UN Convention on the Rights of the Child. It is the perfect time for young Canadians to express themselves and shape their own future. Go to <http://rightsofchildren.ca/> to learn more



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facts on

Cold Winter Temperatures: Children are at Risk

Children are at Risk

Cold winter temperatures cause a number of health risks. Those of us living in cold climates must be aware of the dangers and know how to prevent cold weather-related injuries in our children and ourselves. Infants and small children have the greatest risk of cold weather-related injury. Generally, the younger and smaller the child is, the more rapidly the body will cool.

The human body works to maintain a constant temperature. However, other measures, such as proper clothing for cold temperatures, help to control body temperature and prevent cold weather-related injuries. The two most common types of cold injuries are frostbite and hypothermia.

Frostbite

Frostbite occurs when body tissue freezes. Usually frostbite affects hands, feet and face.

Frostbite can be superficial, affecting the skin or tissue just under the skin, or deep, affecting the deeper tissue, nerves and muscles.

Signs of Superficial Freezing

- The person notices a tingling or pain in the area.
- Skin may appear white and feel hard.
- The tissue underneath will feel soft.

As soon as any of the signs of superficial freezing appear, it is very important to warm the area. Use body heat to warm the affected area.

Signs of Deep Freezing

- The frozen area has no pain and no feeling.
- The skin will appear white.
- The skin and tissue underneath will feel hard.



DO NOT

- Rub the area with snow because this will not allow temperatures to rise above freezing.
- Blow into a mitt or glove to warm fingers — the moist air will condense and make the fingers colder.

Prevention of Frostbite

When temperatures drop below freezing, the only protection from frostbite is adequate clothing including hat, footwear and mitts or gloves. Make sure that boots are not too tight, as tight boots can impair blood circulation. Make sure that clothing remains dry - change out of wet clothing as quickly as possible. Avoid contact with metal objects or fluids which do not freeze such as gasoline or antifreeze, because this contact will speed the freezing process. Be aware of the wind chill factor. Wind greatly speeds up the process of body heat loss.

For More Information

Contact:

1319 Colony Street
 Saskatoon, SK S7N 2Z1
 Bus. 306.651.4300
 Fax. 306.651.4301
 info@skprevention.ca
 www.skprevention.ca

The Saskatchewan Prevention Institute is supported by:

Government of Saskatchewan
 Kinsmen Telemiracle
 Foundation
 Saskatchewan Abilities Council
 University of Saskatchewan
 Community-At-Large

Hypothermia

Very Low Body Temperature

Clinical hypothermia occurs when the body loses more heat than it can produce and keep and the core body temperature drops below 35°C (95°F). Normal body temperature is 37°C (98.6°F). Any drop in body temperature must be treated promptly.

There are several stages in the hypothermic condition. These range from the early stage where the person may feel the need to warm up, to the critical state where the person becomes unconscious.

Hypothermia in children is not common, however, the effects are very severe. People who live in cold climates should be aware of what hypothermia is, how to prevent it and what to do if someone becomes hypothermic.

Signs of Hypothermia

- Early signs of hypothermia include feeling the need to warm up through increased activity and feeling tired.
- In mild hypothermia, the person may be unable to control shivering and movements may become uncoordinated.
- In moderate hypothermia, the person may exhibit stiff movement, slurred speech, tiredness, unusual behaviour and shallow breathing.
- In severe hypothermia, the person may exhibit slurred speech and increased lack of coordination. There may be denial of the problem. The person may slip in and out of consciousness.
- In critical hypothermia, the injured person may appear lifeless. There may be no noticeable breathing.

If hypothermia is suspected, it is necessary to get the person medical treatment as quickly as possible. Call 911 or an ambulance or transport the person to the nearest medical facility. Before medical help is available, use body heat to warm the person if possible. Handle the person gently to avoid tissue damage and to avoid forcing cold blood back to the heart. In other words, do not forcefully move stiff limbs. If the person is conscious, give warm fluids and sweetened foods. Do not give alcohol or other drugs as they may cause the body temperature to drop further.

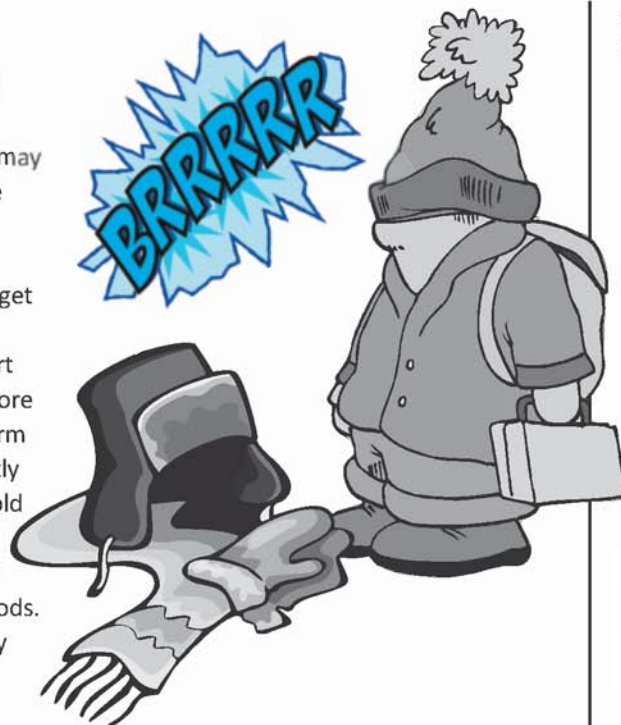
Prevention of Hypothermia

Knowledge of dangers, careful planning and sound decision making are the best prevention techniques for hypothermia. Generally, one should limit exposure to cold temperatures and dress appropriately.

Take the Following Precautions to Avoid Hypothermia:

- Cover the head. The most serious and greatest type of body heat loss occurs when the warmer body heat is lost to the colder surrounding air. At temperatures below 5°C, over half of the body's total heat production can be lost through a bare head.
- Avoid contact with cold surfaces. Body heat will transfer to the cold surface. This cold surface can include wet clothing.
- Protect the body with wind-proof clothing. Wear a hat to prevent rapid heat loss from the head. Wind removes the warm air which insulates the body.
- Avoid overheating by overdressing or overexerting. Any moisture next to the skin will cause body heat loss because the body's heat will be used to evaporate the moisture. Babies and young children can be easily overheated by being dressed too warmly for the situation, such as being bundled up while shopping, and then will cool quickly when taken out into the cold air. Layer clothing so that clothing can be adjusted to the temperature as needed. Layers of clothing can also help in keeping the person dry.
- Wear a scarf over the nose and mouth to minimize the heat loss due to respiration. Cold, dry air is breathed in and replaces the warm, moist air which is breathed out. Tuck the scarf inside the jacket.

Infants are totally dependent on adults for proper care in cold temperatures. Children may not be able to make judgments that are best for their safety. With proper precautions, cold temperatures do not have to threaten our safety. When faced with the prevention or treatment of cold injuries, prevention is the best choice.



Information for this fact sheet was adapted from:

Canadian Health Network, Public Health Agency of Canada, *Prevent Frostbite!*, 2005

Canada Safety Council, *Cold Facts*, 2005

Enform, *Hypothermia*, retrieved May, 2005

Health Studies Branch, Division of Environmental Hazards and Health Effects, Center for Environmental Health and Injury Control, Center for Disease Control, *Hypothermia Prevention*, JAMA, v. 261, no. 4. January 27, 1989.

S. Ayers, Ed., *Textbook of Critical Care*, 3rd Edition, W.B. Saunders Company, Philadelphia, 1995.

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News Flash

New Staff



Eileen MacDonald
 Manager of Mental Health
 & Addictions

Staff Training

Congratulations to Mary Ann McDonald, Brenda Mercredi, Georgina Quinney, Pamela Huerto, & Vernelle Toutsaint for completing their Collective Kitchen Leadership Training! Keep an eye out for Collective Kitchens starting up in your community!

(This training was made possible by the Nutrition North program & AHA Health Promotions. CHEP Good Food Inc. provided the training in Saskatoon & generously sent food donations back with participants to be used in our northern kitchens!)



Congratulations!

Congratulations to Virginia Robillard, Janet Throassie, Brenda Mercredi, Margaret Bigeye, Alexandra Pinfeld, Charles Huerto & Tiffany Adam for completing their FoodSafe Level 1!

The course covered important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing.



PROTECT YOUR CREW, GET THE FLU SHOT, NOT THE FLU.

Are you a smoker?
 Smoking or chewing tobacco; increases your risk of getting the flu and worsens your flu symptoms. Quit smoking and get the flu shot!

For more information please visit your nearest health centre
 Visit www.nitba.com for up to date flu, health information, advisories, and alerts.

2017 Flu Shots

AHA Facility - AHA Staff are doing amazing, around 60% got their flu shot within the first 8 hours!

Audrey Johnson, Nurse Practitioner, will be at the Stony School from 1:00-3:30pm on November 9th for students, parents and teaching staff. And then she will be in the AHA Facility from November 10th-18th for any staff or community members that still need a flu shot!

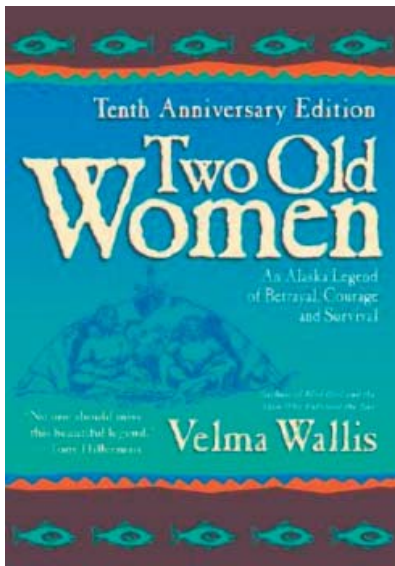
Fond Du Lac Clinic -We've only had 40 flu shots given out so far! We can do better than that! Go to your clinic & get your shot to protect yourself & those around you

Black Lake & Uranium City/Camsell - Visit your local clinic to get your flu shot! Let's make sure the whole Athabasca Basin is protected.

Look in a Book

“Knowledge has to be improved, challenged, and increased constantly, or it vanishes.” - Peter F. Drucker

Recommended



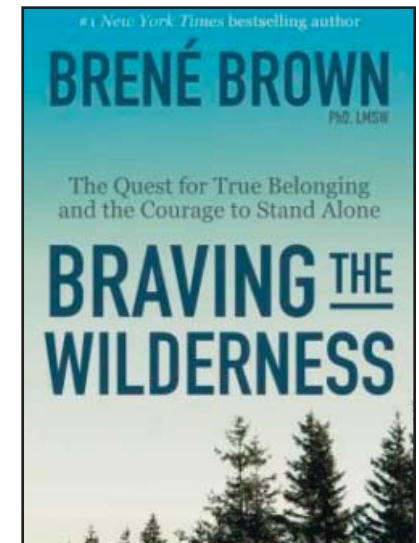
Two Old Women - Velma Wallis

Based on an Athabascan Indian legend passed along for many generations from mothers to daughters of the upper Yukon River Valley in Alaska, this is the suspenseful, shocking, ultimately inspirational tale of two old women abandoned by their tribe during a brutal winter famine.

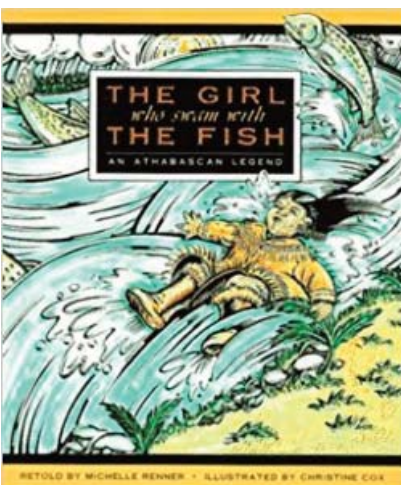
Though these women have been known to complain more than contribute, they now must either survive on their own or die trying. In simple but vivid detail, Velma Wallis depicts a landscape and way of life that are at once merciless and starkly beautiful. In her old women, she has created two heroines of steely determination whose story of betrayal, friendship, community and forgiveness "speaks straight to the heart with clarity, sweetness and wisdom" (Ursula K. Le Guin).

Non-Fiction

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone Brene Brown



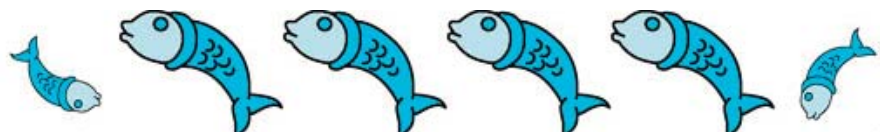
"True belonging doesn't require us to change who we are. It requires us to be who we are." Social scientist Brene Brown, PhD, LMSW, has sparked a global conversation about the experiences that bring meaning to our lives--experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging.



Young Readers

The Girl Who Swam with the Fish: An Athabascan Legend Michelle Renner, Christine Cox (Illustrator)

A young Athabascan girl wonders what it would be like to be a fish. Suddenly, she finds herself on a watery odyssey as she learns about the salmon's journey from stream to ocean and back again.



“Because Safety Starts With You!”

Who Can I Contact?

For more safety information contact:
chuerto@athabascahealth.ca

Safety Source

FALLS PREVENTION

Winter is here and the conditions for getting from place to place are become quite slippery. Falling in winter time can lead to variety of injuries from mild bruising to broken bones.

HERE ARE SOME TIPS ON HOW TO GET TO WHERE YOU'RE GOING SAFELY:

- **Plan ahead.** Plan your trips out around the weather. If you don't need to go out, don't. Wait for the weather and sidewalks to clear.
- **Allow yourself enough time to get where you are going.** Your chances of falling increase when you are running late and rush.
- **Take the path of least resistance.** Look for the safest route to your location, AND the safest route into the building. Choose alternate routes when necessary. For example, if the sidewalk or entrance you typically use is icy, find a different route that perhaps has been shoveled or has better sunshine for melting.
- **Ask for help.** Have someone help you cross the street or navigate an icy patch.
- **Be your own advocate.** If entrances or sidewalks are not safe, ask people to help remove the snow or use deicer. Businesses and property managers can help eliminate the dangers.
- **Choose the right shoes.** Be aware of your footwear and choose the boots or shoes that give you the greatest traction.
- **Pay attention.** Walk consciously. Be alert to the possibility that you could quickly slip on an unseen patch of ice. Avoid the temptation to run to catch a bus or beat traffic when crossing a street.
- **Heed parking lots.** Be extra careful getting in and out of your car. Hold on to your door or car as you get out to give yourself extra support. Watch for cars stopping and sliding in parking lots.
- **Keep your vision sharp.** Poor vision can make it harder to get around safely. Have your eyes checked every year and wear your glasses or contact lenses to help you see the most clearly.
- **Walk like a penguin.** When walking on ground that is slippery from ice and / or snow, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.



- **Keep your hands free.** Wear gloves so you can keep your hands out of your pockets to help you balance. Avoid carrying heavy loads or children that may cause you to become off balance.
- **Remove snow immediately.** Keep your porch stoops, steps, walks and driveways free of ice by frequently applying ice melting granules. This is the best way to prevent formation of dangerous ice patches. Waiting for it to melt can sometimes take days!
- **Shoe Grips.** For the winter shoe grips are a great thing to wear for traction when walking on icy or snowy paths and roads. There are two different styles: one for ice and one for snow. Shoe grips fit on the bottom of your shoes or boots and come in different sizes to fit your shoe size. They sell for about \$30. Ask at your local sporting goods or department store, shop online, or stop at a camping or medical supply store next time you're in the city



FALLS AND OLDER ADULTS

HOW CAN FALLS AFFECT OLDER ADULTS?

- Falls put older adults at risk of injury, disability, and death.
- 40% of all nursing home admissions among Canadian seniors occur as a result of a fall (Public Health Agency of Canada, Division of Aging and Seniors, 2005).

- Older adults who have fallen may lose confidence in their ability to move around. Being less active can affect their health and independence for the worse and further increase their risk for more falls.

WHEN DO OLDER ADULTS FALL?

Falls happen during day-to-day activities:

- Standing up too quickly
- Rushing (e.g., to get to the bathroom, to answer the phone)
- Changing direction quickly to avoid bumping into someone or tripping over something
- Stepping out of a wet tub or shower without using the wall bar for support
- Walking on icy roads, gravel, uneven pavement, a slippery floor, or loose throw rugs
- Reaching for something while standing on unstable support like a rickety chair
- Bending down while carrying a heavy purse or grocery bag
- Moving in one direction while looking in another direction (e.g., looking to one side to watch for traffic while crossing a road)

OTHER FACTORS THAT CONTRIBUTE TO FALLS

As we age, our bodies experience many changes. For example:

- Vision: We don't see things as brightly or sharply as we used to.
- The inner ear: We sway more when standing and moving.
- Muscle strength and endurance: We tire more easily.
- Reaction time: Our reaction time is slower.

These changes affect how we stand and walk. Our stance becomes narrower, the length of our steps becomes shorter, and we don't lift our feet as high. It becomes harder to avoid things that get in our way. All these factors increase the risk of losing balance, tripping, and falling.

Some other factors that contribute to falls:

- Health conditions such as arthritis, osteoporosis, diabetes, and depression combine with normal aging changes to affect our stability for standing and moving around.
- Some medications have side effects that can increase the risk of falling.
- Inadequate nutrition—not eating a healthy diet, not having enough food, or being dehydrated—can contribute to falls as well.
- Being inactive affects muscle strength, flexibility, coordination, balance, and posture, which can increase a person's risk of falling

PHYSICAL ACTIVITY: A WAY TO REDUCE FALLS AND THEIR CONSEQUENCES

Older adults who are regularly physically active:

- Have better balance
- Are less likely to fall
- Have a better chance of avoiding injury if they do fall
- Have a better chance of recovering from a fall-related injury

MYTHS ABOUT BEING ACTIVE AND FALLING

MYTH 1: FALLING IS A NORMAL PART OF GETTING OLDER. BEING ACTIVE WON'T MAKE A DIFFERENCE.

Fact: Falling can be avoided as we age. However, older adults do have more risk factors for falling, and these risk factors are often related to health changes associated with aging. One of these risk factors is being inactive. Older adults who are not physically active are more likely to have falls. Older adults need to work on strength, balance, posture, and flexibility to keep their stability.

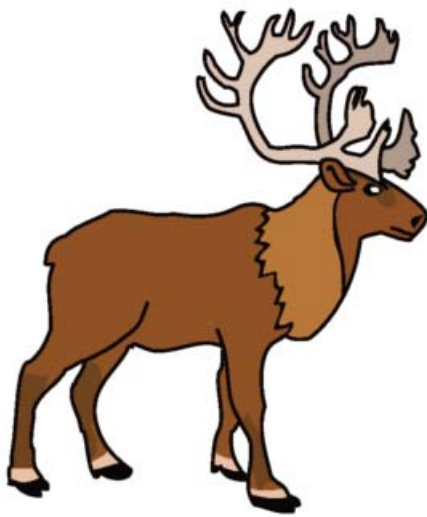
MYTH 2: I HAVE FRAGILE BONES. I SHOULD AVOID BEING ACTIVE SO I DON'T GET HURT.

Fact: Being active helps to build and maintain healthy bones and reduce the risk of breaking bones. Physical activity plays an important role in preventing and managing osteoporosis. A person with fragile bones can be active—safely!



CARIBOU

NUTRITIONAL FACT SHEET SERIES



CARIBOU IS GOOD FOR US!

Caribou is an important part of our Northern diet and culture and has been for generations. Most parts of the caribou are eaten, providing us with a rich source of nutrients we need to help build and repair body tissues as well as giving us energy.

A single animal, the caribou, provides a remarkable array of materials used to provide tools, clothing, shelter and crafts, as well as food. There is no waste of the caribou.

In some areas, caribou hunting is managed to help herds continue to recover and increase in size. For that reason, caribou may not be as available to all northerners as in the past. Check with your Local Renewable Resources Offices regarding hunting restrictions in your area.

WHAT DO WE KNOW ABOUT CARIBOU?

Northerners have traditionally relied on caribou as a major food source. Caribou can be eaten raw, frozen, aged, roasted, dried or made into jerky, sausage, roasts and steaks. Smoking or drying helps preserve the meat and increases the amount of nutrients due to moisture loss during the drying process.



NUTRIENTS FOUND IN CARIBOU

Most parts of the caribou are eaten, providing us with a rich source of nutrients needed for health.

Nutrients per Serving	Meat, dried (35 g)	Liver, baked (75g)	Bone Marrow, cooked (75g)	Stomach Contents (75g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron	Protein Iron Vitamin A	Iron	Iron B Vitamins
A good source supplies 15 - 24% of a nutrient per day			Vitamin A	Vitamin A
A fair source supplies 5 - 14% of a nutrient per day		Magnesium Potassium	Protein	Protein Calcium

- Reference Serving Sizes are from Canada's Food Guide (dried = 35g, cooked = 75g, raw = 90g).
- The Recommended Dietary Allowance (RDA) amounts are based on the needs of a 14 – 18 year old girl (see FAQs).
- Excellent, good and fair sources of nutrients have been standardized for any type of food source.



DID YOU KNOW?

Caribou eaten raw, frozen, boiled or dried, is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin and blood.

Caribou liver and stomach contents supply vitamin A. Vitamin A is needed for healthy skin, bones and teeth as well as to help fight sickness.

Most caribou parts are excellent sources of iron. Iron keeps us from getting tired by making healthy blood that flows through our bodies, giving us energy to be active and grow strong.

Elders tell us that caribou kidneys are healthy for us. They may have about the same nutrient values as liver.

Caribou stomach meat is low in fat (14%) compared to store-bought meats, such as beef, pork and chicken (35 – 55%). The types of fats found in traditional animals are also healthier for us as they are usually lower in saturated fat.

Caribou an excellent source of B vitamins, which help our bodies use the energy from foods. B vitamins are also important for healthy skin, hair, nerves, muscles and healthy growth and development.

PREPARE FOODS SAFELY

Brucellosis is a naturally occurring disease found in caribou. Infected animals may show signs of swollen joints or body parts. The chances of getting Brucellosis are low, but it does happen. If you are handling an infected animal, be sure to follow these steps:

- wear gloves - do not touch diseased parts
- wash hands well with soap and water after handling
- boil knives and other tools after butchering
- do not eat diseased parts
- make sure meat is well cooked, dried or aged
- do not feed diseased parts to dogs
- use clean containers made only for FOOD or meat storage
- meat eaten raw should be harvested by an experienced hunter



Getting out on the land is part of our northern way of life. It is great to be active. Hunting, fishing, gathering, and eating traditional foods helps keep us healthy.

STORAGE TIPS

Meat	How to Store	Refrigerator	Freezer
Raw	Store Separately	1 – 2 days	4 – 12 months
Cooked	Store separately from raw	Reheat cooked meat only once/ keep for 3 days	1 - 3 months

HEALTHY EATING

Prepare foods in traditional ways to avoid too much added sugar, fat and salt. Aging, drying, or roasting are healthy ways to prepare meat. Try roasted caribou with potatoes, peas and fruit for desert (frozen or canned when fresh are not in season). Have water to drink.

CONTAMINANTS

Cadmium and other contaminants may be a concern when consuming certain traditional foods in specified regions. Check the Department of Health and Social Services website for health advisories.

FOR MORE INFORMATION CONTACT:

- Community Health Representatives
- Registered Dietitians
- Band Offices and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

The updated Traditional Food Fact Sheet Series is a collaborative effort of Ecology North and the Department of Health and Social Services (2014). They were updated in 2002 and originally developed in 1996.

A Note About Lard: The high number of calories, total fat and saturated fat in a single serving of lard means that it is not a very healthy choice. Try to enjoy your caribou without lard if you can.

Upcoming Events:

STONY RAPIDS

BLACK LAKE

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

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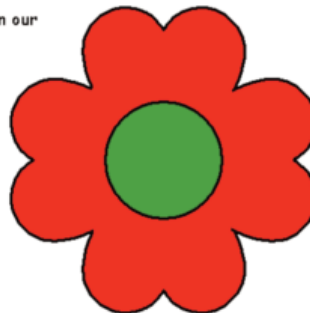
- Community Addiction Recovery Program (CARG)
Thurs 6:00-7:00pm
Clinic Boardroom
- Mondays - Women's Group
6:30pm-7:30pm
- Women's Fitness Class @ Gym
Tues & Thurs 7:00-8:00pm
- Family Healing Conference
Nov 17-19

URANIUM CITY

Unscramble the letters to find the words in our

Remembrance Day Anagram

Word List: army, bravery, courage, freedom, November, peace, poppies, soldier, veteran, war, wreath



- ar w _____
- aberrvy _____
- acgerou _____
- deefmor _____
- aceep _____
- pppeios _____
- mary _____
- beemnrvo _____
- aenvrt _____
- deirols _____
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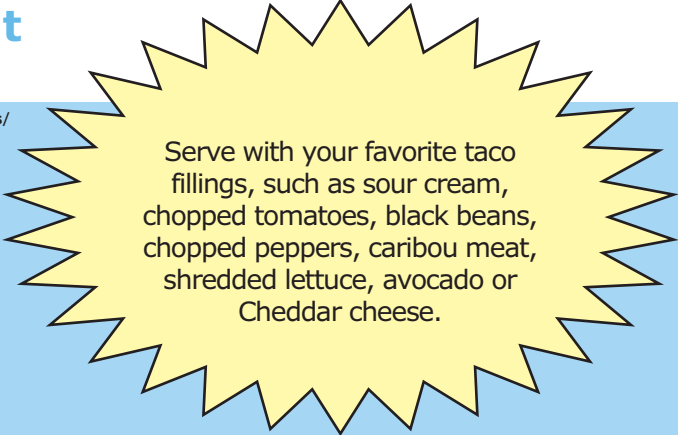
NOVEMBER IS LUNG CANCER AWARENESS MONTH

Healthy Cooking on a Budget

Tasty Lentil Tacos

Ingredients: >> Adapted from: <http://allrecipes.com/recipe/222610/tasty-lentil-tacos/>

- 1 teaspoon canola oil (\$0.02)
- 2/3 cup finely chopped onion (\$0.61)
- 1 small clove garlic, minced (\$0.22)
- 2/3 cup dried red lentils, rinsed (\$1.02)
- 1 tablespoon taco seasoning, or to taste (\$0.26)
- 1 2/3 cups chicken broth (\$0.14)
- 2/3 cup salsa (\$2.21)
- 12 taco shells (soft or hard) (\$3.89)



Serve with your favorite taco fillings, such as sour cream, chopped tomatoes, black beans, chopped peppers, caribou meat, shredded lettuce, avocado or Cheddar cheese.

Total cost: \$8.37 Cost per serving (Serves 6): \$1.40

>> Item prices from Stony Rapid stores

- 1 Heat oil in a skillet over medium heat; cook and stir onion and garlic until tender, about 5 minutes. Mix lentils and taco seasoning into onion mixture; cook and stir for 1 minute.
- 2 Pour chicken broth into skillet and bring to a boil. Reduce heat to low, cover the skillet, and simmer until lentils are tender, about 15 minutes.
- 3 Uncover the skillet and cook until mixture is slightly thickened, 6 to 8 minutes. Mash lentils slightly; stir in salsa.
- 4 Serve about 1/4 cup lentil mixture in each taco shell.

Lentils are now available at your local Northern Store! (Spotted in FDL, BL & SR) ->

Make your own taco seasoning: 1 TB chili powder, 1/4 tsp garlic powder, 1/4 onion powder, 1/4 red pepper flakes, 1/4 oregano, 1/2 tsp paprika, 1 1/2 tsp cumin, 1 tsp salt, 1 tsp black pepper. Mix & store!

