

Northern Health

AHA Newsletter ~ Newsletter Contact: phuerto@athabascahealth.ca

IS025

December 2017



Ugly Sweater Day - Photo Submitted by Cheyenne MacDonald
Do you have a great photo? Send it to phuerto@athabascahealth.ca & it might be featured on an upcoming cover!

AHA Team Members Making a Difference

We've had some positive remarks shared with us recently, and we want to let our team members know that their hard work is noticed by the community!

"I'd like to give a huge thanks to the staff of AHA for our stay at the Hospital because they made myself and my son feel so comfortable like a home away from home! :)... I'd be more than happy for them to know what an amazing job they ALL did including the cleaning staff doing our laundry!"

"You guys are doing an awesome job" "You guys are cool!"

If you would like to let any of our staff know about something you appreciated, please tell our Quality Department - tbasingthwaite@athabascahealth.ca or call 439-2604. We encourage all feedback but it really makes our day to know we've made a difference for someone!

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:



Learn how to organize your decorations the 5S way on pg.2-3



Find some good tips for using social media. pg. 4-5



Yoga is coming to Uranium City in 2018! More on pg. 6

Joke of the Month

Which reindeer has the cleanest antlers?

Comet

Dene Word of the Month

selachuk
(say-la-chuk)
My Touque



Trivia of the Month

Who drove the first car in the world?

On March 6, 1896, Charles Brady King drove the first automobile in Detroit, several months before Henry Ford piloted his first car.

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.”

You might be aware from previous QI corners as part of our commitment to continuously improve we are focusing on helping our teams at AHA develop new skills as we aim to better our processes. One way we do this is by providing managers with training in improvement. Currently we have a group of managers who are learning more about 5's, they will be supporting and coaching teams of people who work at AHA to implement 5's practices in their respective areas.



In the spirit of the season and to offer you an improvement idea to try at we home this corner we will look more closely at this tool our managers are using to ensure our spaces are well organized, that there is a place for everything and everything is in its place ready to go!

5S Implementation for Organizing Holiday Decorations

Getting your home ready for any holiday can be the key to feeling the spirit of the season, and 5S implementation can help you get things organized once and for all so that every holiday season, the decorations are the easy part! Spend more time with your loved ones and less hunting down that special decoration Marie made in 1984. If you add a little 5S to your storage plan this year, you'll be ready and organized when the holidays come around again next year.

5S Implementation Makes Your Life Easier

5 S practices rely on visual cues and directions to ensure a high level of productivity. The name "5S" is derived from five words that all begin with S:

- **S**ort (or classify)
- **S**implify (or set in order)
- **S**weep (to clean and/or visual check)
- **S**tandardize (or stabilize)
- **S**ustain (or self-discipline/practice)



These concepts are the backbone of 5S implementation – and can be used to organize your holiday decorations easily and efficiently.

Sort through your decorations

Before you take down any decorations this year, go through all your containers or boxes of decorations. If there are items still in the containers that you didn't use and haven't used for years, consider getting rid of them. Make a pile to donate and a pile to throw away. Try donating old ornaments to others who may not have any or a family just starting out or sell to others to make a little money.

This follows the **Sort** rule, and an essential step in 5S implementation.

Use good storage containers

Martha Stewart has said the best containers she has found for her beloved vintage glass balls are regular produce boxes with segregated squares – like those used for oranges or apples, you don't need anything fancy. Stewart recommends creating a cushion for fragile ornaments with tissue or unused newsprint in each compartment, save the packaging from those mandarin oranges this year! Stewart also says small sized plastic bins work well, if you want to pay for them.

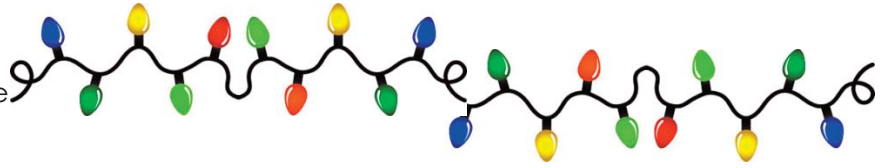
For non-fragile ornaments, try a long, flat box. Lay the ornaments on the bottom, then layer newspaper for a second layer, then a third, and so on. Add more newspaper to fill in the spaces around your ornaments to prevent things from shifting around.

Other recommendations:

- For wreaths, use a circular plastic wreath container or if that seems a bit much, keep 'em from getting squished by hanging 'em on a wire hanger ,cover with a plastic bag then hang on a nail in a storage.

- For lights, wrap around a piece of cardboard, coffee can or carefully loop together and use a twist tie on ends to keep them compact. Another idea is to put each strand in a separate Ziplock bag to keep them from getting tangled together, a favorite at our place is to put each strand in an old pickle jar with lid.
- For an artificial tree, try using old belts, cinch up limbs and make sure all are stored together in one large box.

Having good containers is part of the **Simplify** rule.



Fix, Clean, or Discard

Though not a guarantee the lights will work next year, checking 'em before you store them will help reduce rework next year when you're ready to start decorating. Make use of the little bags of replacement bulbs and fuses that come with light strands to repair strands that aren't lighting. If a strand of lights does not work, put all fuses and extra light bulbs in a Ziploc bag to use as replacements.

Other tips:

- Clean any decorations that are soiled or have gotten dirty while being outside.
- Make sure bows are clean before storing. Stuff balled up newspaper into bow loops to keep them from getting squished and wrinkled while in storage.
- Get out the hot glue gun and repair any ornaments that are broken. If you can't fix it, throw it out

By following the **Sweep** rule of 5S implementation, you can be assured your decorations will be ready again next year.

Label your storage containers

Try colour-coding labels – either with coloured duct tape or markers – and differentiating boxes based on a variety of categories. For example, outside decorations are labeled in red; tree decorations are labeled in yellow; greenery and wreaths are labeled in green; Christmas dishes and linens are labeled in blue. Take the visual cue even further and put an illustration of a tree (or actual picture) on the label for boxes with artificial tree limbs; a photo of a bow for boxes with bows; a photo of your Christmas dishes on the box with them inside, etc.

I like the idea of the color coding, but who is going to remember what color goes with what items next year? I put a photo or illustration of a Christmas tree on the label, so it's easy and quick to identify.

Try storing your boxes in some kind of order. If you always start on the outside lights and decorations, first, make sure those are the last boxes you put up this year, so they're on the outside next year. Think of it this way, just like in a grocery store, first in, first out.

And make sure boxes you need together – like Christmas tree lights and tree ornaments – are stored next to each other so you can easily access everything you need to get the job done.

Standardizing your storage solutions follows the stabilizing. We first must have standards and be stabilized before we can start to make improvements.

Lastly – enjoy your holidays!

Similar to how health systems around the world use 5S practices to improve Quality and Safety while reducing waste in all its forms– you too can use improvement tools, even at home!

Your Quality and Safety team at AHA wishes you great peace, love and meaningful moments this season!



Who Can I Contact?

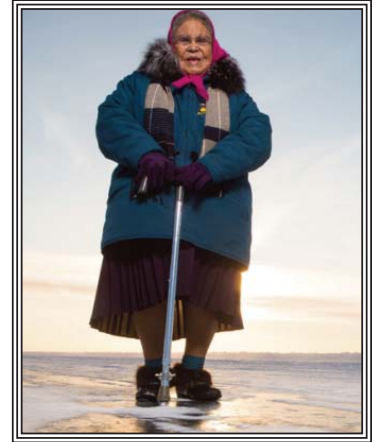
For more information or to get involved you can contact Taylor with Quality Improvement:
Phone (306) 439-2604, Cell or Text: (306) 261-5290
or Email: tbassingthwaite@athabascahealth.ca

Smart Rules for Social Media >> Adapted from: <https://www.wikihow.com/Behave-Professionally-on-Social-Media>

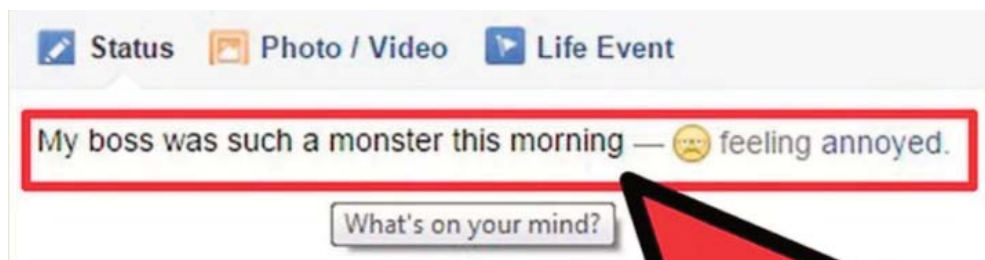
Once upon a time, a good resume and interview were enough to land you the job or a handshake might make you a new friend. That was before Facebook, Twitter and LinkedIn. Today, people are scanning your social media channels in order to get a idea of who you really are and how you behave on a social level. Although some social media users let it all "hang out" and randomly comment and post wherever their emotions take them, those of us aiming to maintain a good reputation should play it smart when it comes to social media.

1 Post statements you'd feel comfortable sharing with your boss or your grandmother in person. Before you make any comment or post, consider how you'd feel if your boss or a respected family member read what you've wrote.

- **Never use foul language or curse words.** One of the fastest ways to look bad is to curse or use derogatory language online. Re-read each comment or post to ensure it is not offensive or contains offensive language. Even innuendos may be enough to cause people to think twice about your character, so take care.
- **Avoid sharing emotionally, religiously or politically charged statements.** If you wouldn't do this in a public place, don't do it online either. Don't make statements that could offend or turn off other people. Steer clear of getting on your soap box about political candidates, religions or starting emotionally charged arguments or heated discussions. All of this can lead to trouble.



2 Never comment about work online. Whining or complaining about work on social media tells others that you're not a professional. On the other hand, if you brag about work you'll appear arrogant and if you share too many details you might accidentally break a privacy law by saying too much about the organization or clients. The only cases where talking about work online is acceptable is to perhaps congratulate a colleague or client for an accomplishment, or to express how much you enjoy your work.

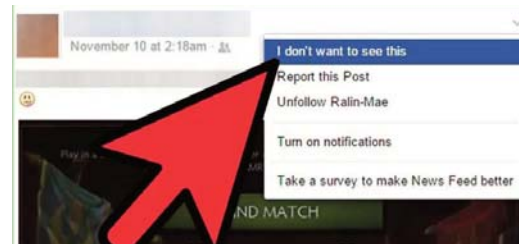


3 Watch your grammar. Double check your statements for typos. Before you post, edit your comments. If you want to be taken seriously, make sure everything you write is grammatically correct and has no typos.

4 Post photos of yourself that you consider to be professional. Photos of you showing your abs, cleavage, drunken evenings with friends or making obscene gestures to the camera should not be posted. Ever.

- **Carefully select your profile picture.** Select from pictures of you participating in a sporting event, at a fun family gathering or a simple portrait would be acceptable. Profile pictures to avoid including wild party pictures or photos of you in a bathing suit or a skimpy outfit (even if you look great). If you must post these, keep them very private and only allow close friends access.
- **Be mindful when posting any photo.** Any photos posted by you should be clean and "G" rated, no matter where it is in your profile. Delete inappropriate photos or don't post photos displaying sexually charged situations or where alcohol or drugs are involved.
- **UN-tag yourself if you've been tagged in inappropriate photos.** You may not have control over what your friends post, but you can UN-tag yourself in photos so your network won't be able to view the photo. You can also consider asking friends to delete the photo if it's particularly embarrassing.

- 5 Think before you share links.** Remain neutral or uncontroversial by not posting links or liking pages that might be considered to be questionable or inappropriate. Be aware that you are as responsible as the original poster for liking or passing on defamatory or other legally dubious statements, photos or content. Just because it is out there, doesn't make it true. Again, it may be helpful to think about whether you would want your boss or grandmother to see the link you are posting.
- Examples of acceptable links include sharing a popular, upbeat news story, sports news or tips on home and gardening.
 - Unacceptable link examples include things like local gossip, intimate pictures of someone, or an article that shames people of a certain race or religion.
- 6 Hide friend's comments or information that is deemed to be inappropriate.** Keeping a good reputation online means that you don't want to associate with people who post inappropriate comments on your page.
- **Steer clear of angry or controversial conversations.** If a friend or colleague posts something angry or emotionally charged on your page, delete the comment and call the friend or send him or her a private message. Also, if a friend is fighting with someone on a social media channel never participate or add a comment. This is simply good manners, to avoid adding fuel to the flames.
 - **Private message friends** who consistently post inappropriate information or comments on your wall. Ask the friend to stop using certain language or talking about particular topics on your wall.
 - **Unfriend or hide all posts from friends who cannot abide to your wishes.** If a friend begins to take up too much time because you constantly have to monitor his or her behavior on your page, you may need to unfriend this person.



- 7 Only link, follow or friend people you know and trust.** Only associate yourself with people with whom you have a relationship and who also want to keep a good presence on social media.
- **Maintain a secure page** that only allows friends in your network to view your information and photos. A secure page provides you with more control over what people outside your network can see, allowing you to maintain a better grasp of how you are presented.

Final Thought:

There is a saying that goes *'The Internet isn't written in pencil, it is written in ink.'*
Realize that you can't take it back – Once you publish something online, you can never truly remove it.



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

YOGA POSE OF THE MONTH:

Standing Forward Fold - Uttanasana



The standing forward fold pose lengthens the spinal column and stretches the back of the legs and the back muscles.

- 1 Begin from Standing Forward Bend (last months pose!), press your palms or fingertips into the floor (or blocks on the floor) beside your feet. With an inhale, straighten your elbows and arch your torso away from your thighs, finding as much length between your pubic bone and navel as possible.
- 2 With your palms (or fingertips) pushed down and back against the floor, lift the top of your sternum up (away from the floor) and forward.
- 3 You may bend your knees slightly to naturally arm your back.
- 4 Look forward, but be careful not to fully compress the back of your neck. Hold the arched-back position for a few breaths. Then, with an exhale, release your torso into full fold.

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

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



Book Stack Press Up

First you have to nail step 1, which is to be able to press up using arm strength (requiring you keep your shoulders down).

Play with the height of your stack to see how it changes things.

Once you have that, scoot your hips back until your trunk is carrying more of your weight (and then if you can, lift one or both legs up)!

Also, little helpers make for strange images sometimes.

@nutritiousmovement nutritiousmovement.com Katy Bowman

Uranium City Yoga Group

AHA Health Promotions is currently working with community members to develop a yoga club for Uranium City.

Two community members have agreed to take basic yoga instructor training, and in return for AHA's investment in their training - they will be giving back 120 hours of free yoga classes to their community! We are happy to announce that Denise Bougie is one of these individuals, and our other instructor will be revealed in the next issue.

Health Promotions will also be supplying them with basic materials to get the group going - mats, blocks, straps, etc.



Difficult Conversations

Talking about sex is difficult for many parents, but it is important that children are provided with age-appropriate, accurate information in order to make informed, healthy choices about their sexual health. The Saskatchewan Prevention Institute has resources that can help with these important conversations! If you work with parents, or if you work with youth and find conversations around sexual health difficult, you may be interested in these resources.

First is a short video (It's Easier Than You Think: Tips for Talking With Your Kids About Sexual Health) that provides parents with tips and expert advice about how to have effective sexual health conversations with their children. To order the DVD or view this video, please visit:

<http://www.skprevention.ca/sexual-health/parents-as-educators/>

Second, the Prevention Institute is offering **free** presentations on this topic to parents or to service providers that work with parents and youth. We will even bring snacks :). If you are interested in hosting one of these presentations, please contact the Prevention Institute at info@skprevention.ca or call 306-651-4300.



TLR/PART Training

On December 1, many of our AHA managers/directors took the TLR Basics course!

Congratulations to:

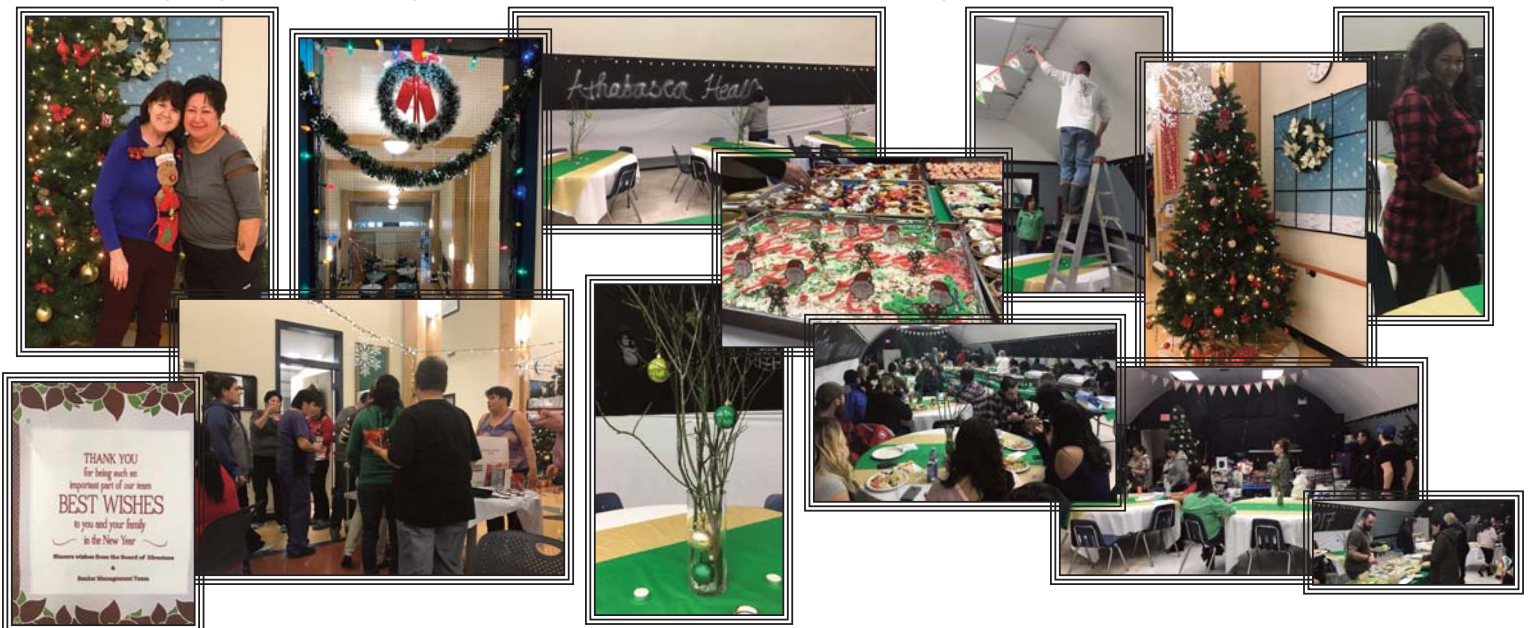
- Bev Peel
- Joe Kneisz
- Charles Huerto
- Taylor Bassingthwaite
- Lena May Seegerts
- Sheila Robillard
- JD Miller
- Eileen MacDonald (75% complete)
- Darryl Galusha (75% complete)



It is our goal to get all AHA staff trained in TLR Basics, PART Basics & PART Intermediate in 2018. Our next training dates are January 16-18. Sessions will also be held in May, September & November. So if you are an AHA staff member (full time, part time or casual) please talk to your supervisor about attending one of the sessions coming up.

Christmas is Coming to the North

The staff at AHA are amazing decorators & have great Christmas spirit! On Dec. 2 our Christmas party was held in the Stony Rapids community hall & from Dec. 4-8 we have our Staff Spirit Week.



OUR KIDS AVERAGE 6-7 HOURS OF SCREEN TIME A DAY.

We know a little active play goes a long way toward their health, happiness and success! This holiday season, do just one thing to increase physical activity for the children and youth in your life. Give them a gift that inspires them to move.

ACTIVE TOY GUIDE



Move fast when the colors flash! Set out the five targets to design your course. Place them on shelves, under tables, on opposite sides of the room – Even switch up the excitement by hiding them. Keep up with the changing colors. Whatever color the Tagger lights up with, run fast to place it onto the matching target!



Ultra Dash



Teeter Popper

An active toy that kids can not get enough of due to its never-ending bubble wrap sound that gets your child up, active and keeps them moving.



Family Scavenger Hunt

This is a great way for the family to go on an adventure as soon as the box is opened! There are two indoor clue card decks and two outdoor clue card decks for kids and adults, so this game is all weather permitting! Ready, SetHunt!



3 in 1 Activity Center Trampoline

This activity center combines two favorite activities with a ball pit and a trampoline. Designed for year-round fun, this three-in-one activity center is customized for both outdoor and indoor play. The transition from pit to trampoline is easy, and a handle bar can be added for younger kids on the trampoline.



Gonge Hilltops

The Gonge Hilltops are a set of five "stones" that can be used to make an obstacle course. They promote balance and coordination as kids step from one to the other, and they can be stacked for storage. This is a long lasting toy because it can be used from toddlers on up to teens.



GET MOVING!

YOUR kids need at least 60 minutes of physical activity every day!



Rody

Hippity hop ride on horse! Made of super strong latex vinyl, inflatable to adjust for the weight of a child. A fun toy for ages 2-4. Great for developing balance and coordination skills.



Gorilla Gym

Climb, swing and play all day in the comfort and safety of your home. Gorilla Gym bring the fun of the outdoors into your home. This unique design installs right in your doorway.



Gigantic 6' Piano Playmat

Let's play some music with our hands and feet! This roll-out play mat is also a keyboard that plays music! You can press the demo button, or record your own music. Press an instrument like the saxophone, the violin or the guitar to hear different instruments as you play.

Wave goodbye to uneventful days with this rolling ride that moves swiftly back-and-forth and up and down while kids hang onto the handy handles and enjoy the ride. It also conveniently folds in half for easy storage.



Ski Scooter

Kids love riding scooters and skateboards, but since summer is over, the amazing SKI SKOOTER from Geospace opens up new worlds of exploration for young riders, the SNOW! The Skooter works on flat terrain as well as hills...just leave one foot on the board and push with the other. In dry, deep snow, Ski Skooter acts like a snowshoe, allowing riders to float on the surface. A cool ride!

Hearthstrong Wonder Wave

Enjoy a game of Disc Golf with friends and family in any outdoors space. Fast setup and compact storage makes this the ideal grab and go game.



Disc Golf



Spike Ball



The sport of Spikeball is played 2 vs 2, with a taught hoola hoop sized Spikeball net placed between teams. A player starts by serving the ball down on the net so it ricochets up at the opponents. They have up to three hits between them (just like volleyball) to control the ball and bounce it back off the net. When they miss, you score. Did we mention that there are no boundaries?

News Flash

New Staff



Chantelle Stenne
Registered Nurse
in Fond du Lac



Tanya Mercredi
Casual Primary Health Care
in Black Lake



Shelley Tamaki
Mental Health Therapist



Melanie Martell
Dental Therapist

Child Mental Health & Wellness Services

Helping Kids Discover Why They Are Sad or Really Mad!

This is a new service which specializes in helping children who might have issues with behaviour or emotional problems. This could include anxiety, shyness or more serious problems.

By working closely with other mental health therapists & specialized therapies (like Autism Services, Speech Language Pathology & Occupational Therapy) we aim to provide:

- additional consultation & individual help to families
- consultation/inservicing to schools
- support to community agencies in the Athabasca Basin



Joe Kneisz
Children Mental Wellness Case
Manager

Better Late Than Never

These ladies also joined our team a little while back.



Shaylene Marten
Part Time Wellness Worker for
Fond du Lac



Carmella McDonald
Part Time Wellness Worker for
Fond du Lac

Photo Op

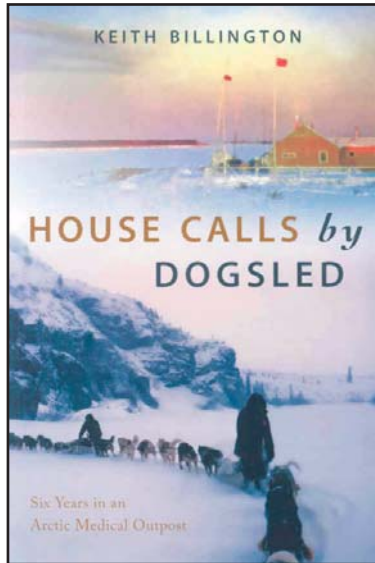
Leonard Adam was kind enough to send us these photos of his "AHA Friends"!



Look in a Book

“Always laugh when you can, it is cheap medicine.” - George Gordon Byron

Recommended



House Calls by Dogsled: Six Years in an Arctic Medical Outpost - Keith Billington

"People go north for a variety of reasons, some stay for a lifetime, while others can't wait to leave at the end of whatever term they have signed on for. The north tends to be either loved or hated with equal passion." These are the words of Keith Billington, who with his wife Muriel, arrived in the Northwest Territories outpost of Fort McPherson, 1,700 miles north of Edmonton, in mid-September 1964. They were among those who loved the North and stayed for six years. Keith, a nurse, and Muriel, a midwife, were barely into their twenties and fresh from England when they arrived, eager to put their brand new skills to work. Their clients were the Gwich'in people, who taught them how to snowshoe, choose a dog team and live off the land.

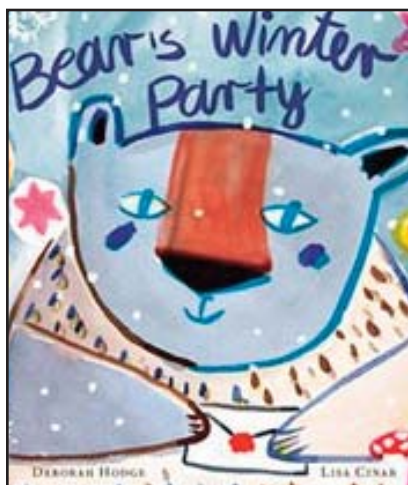
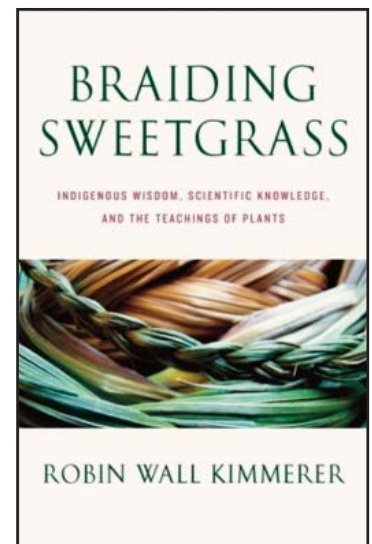
Their story also tells of caribou hunts, fishing in summer lakes and travelling in winter by dog team, of sun-returning parties, and drum-dancing and New Year feasts.

Non-Fiction

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants Robin Wall Kimmerer

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world.

For only when we can hear the languages of other beings are we capable of understanding the generosity of the earth, and learning to give our own gifts in return.



Young Readers

Bear's Winter Party Deborah Hodge, Lisa Cinar (Illustrations)

Bear loves his forest home, but sometimes he gets lonely. It's hard being the biggest animal around. As the days grow shorter and autumn turns to winter, Bear springs into action and comes up with a festive plan to make friends with all the other forest creatures.

Bear makes invitations for all the other forest animals, inviting them to a winter party in his den. He decorates his home and lights a roaring fire, and bakes delicious treats for the creatures he hopes will soon become his friends.

“Because Safety Starts With You!”

Who Can I Contact?

Charles Huerto, Manager of Patient & Staff Safety
306-439-2628

chuerto@athabascahealth.ca

Safety Source

PSYCHOLOGICAL SUPPORT

In the October newsletter we discussed the importance of psychological safety and the thirteen psychosocial factors of the Guarding Minds @ Work study.

If you recall from the October newsletter a psychological factor is:

An element 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, and work methods) and the context in which work occurs (including relationships and interactions with managers and supervisors, colleagues and coworkers, patients, families and the public).

In this article we will be looking at the first of the thirteen psychosocial factors – Psychological Support.

WHAT IS PSYCHOLOGICAL SUPPORT?

Psychological Support as present in a work environment where coworkers and supervisors are supportive of employees' psychological and mental health concerns, and respond appropriately as needed. Equally important are the employees' perceptions and awareness of organizational support.

When employees perceive organizational support, it means they believe their organization values their contributions, is committed to ensuring their psychological well-being and provides meaningful supports if this well-being is compromised.

WHY IS PSYCHOLOGICAL SUPPORT IMPORTANT?

The more employees feel they have psychological support, the greater their job attachment, job commitment, job satisfaction, job involvement, work mood positivity, desire to remain with the organization, organizational citizenship behaviours (discretionary behaviours that are beneficial to the organization and are a matter of personal choice), and job performance.

For some organizations, the most important aspect of psychological support may be that it is especially helpful in protecting against traumatic stressors at work.

When adequate psychological support is present, employees experiencing psychological distress in the workplace will be more likely to seek, and receive, appropriate help. They will be better equipped to stay safe and productive at work while they recover, and, if work absence is required, will be more likely to have a quicker and more sustainable work return.

WHAT HAPPENS WHEN EMPLOYEES LACK PSYCHOLOGICAL SUPPORT?

Employee perceptions of a lack of psychological support from their organization can lead to increases in absenteeism, withdrawal behaviours, strain, conflict and turnover.

Strain can then lead to greater issues such as fatigue, headaches, burnout and anxiety. Lack of psychological support can also result in loss of productivity, increased costs and greater risk of accidents, incidents and injuries.

what's another words for emotional support?



reassurance, security blanket, psychological support



HOW CAN PSYCHOLOGICAL SUPPORT BE IMPROVED?

It is important to discuss how with employees to gain a further understanding of the results and to obtain input into possible interventions

WORK ENVIRONMENT (NORMS, VALUES & PRACTICES)

- Work to eliminate the stigmatization of those facing mental health challenges
- Create a workplace culture where it is safe to discuss mental health issues without fear of discrimination

COMMUNICATION

- Encourage respectful workplace communication where psychological health concerns can be discussed safely and openly
- Ensure widespread awareness of organization benefits and programs that employees can access to address their psychological health concerns
- Share community or online resources to help with psychological health concerns
- Maintain regular and supportive communication with employees who are off work due to mental health concerns

For more information: <https://www.guardingmindsatwork.ca>

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

SOME TOOLS



Online Therapy Unit

SERVICE, EDUCATION AND RESEARCH

OTH offers adults **free** Online Cognitive Behaviour Therapy for depression, anxiety, and or pain. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide. The approach is found to be effective and is a convenient way to receive care.

These courses are **available to all Saskatchewan Residents**. Four courses are available; The Wellbeing Course, The Pain Course, The Cardiac Wellbeing Course, & The Wellbeing for Spinal Cord Injury Course.

AHA Employees have access to The Employee and Family Assistance Program (EFAP) a voluntary, professional and confidential assessment, counselling and referral service. They help employees and eligible family members work through personal problems or concerns. EFAP counsellors offer support, regardless of the issues you're facing, even if you just want someone to listen. Common issues for which assistance is requested include:

- Family relationships
- Mental and emotional health
- Grief and loss
- Workplace change, conflict and stress
- Traumatic events
- Problems caused by alcohol, drugs, gambling and other negative coping behaviors



Homewood
Health | Santé



Award Winning Staff

Family Support Worker, Mary Ann MacDonald, recently received the 'Spirit of Caring' award from PAGC.

We would like to congratulate Mary Ann on her award, and thank her for the work she does in the community of Fond du Lac.



MOOSE

NUTRITIONAL FACT SHEET SERIES



MOOSE IS GOOD FOR US!



Moose is an important food source in northern diets. Moose provides many nutrients which help build and repair body tissues in order to keep us healthy. The moose provides materials for clothing and crafts. With a single animal yielding as much as 300 kg of meat, moose continues to be a staple food source for many families.

WHAT DO WE KNOW ABOUT MOOSE?

Moose hair tufting is a traditional craft that is unique and highly valued. Moose hide tanning is the traditional way to prepare hides. Many people work together to complete the process. Brains and dahsha are important ingredients to successfully tan a moose hide.

Tanned moose hide is used to make footwear and clothing. Smoking or drying helps to preserve the animal parts and increases the nutrient content due to moisture loss during the drying process. Smoked or dried meat is great to take travelling and for snacks.

NUTRIENTS FOUND IN MOOSE



Nutrients per Serving	Meat, dried (35 g)	Meat, roasted (75 g)	Liver, raw (90 g)	Kidney, raw (90 g)	Bone Marrow, cooked (100g)	Blood, raw (90 g)
An excellent food source means it supplies 25% or more of a nutrient per day	Protein Iron	Protein, Iron B Vitamins (B12 & Niacin)	Protein Iron Vitamin A Folate B Vitamins	Protein Iron		Protein Iron
A good source supplies 15 - 24% of a nutrient per day					Iron	
A fair source supplies 5 - 14% of a nutrient per day			Most parts of the moose are eaten, providing us with a rich source of nutrients needed for health.			

- 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.



MOOSE



DID YOU KNOW?

Moose meat has the least amount of fat of all our local animals. The amount of fat in moose meat is low (1%) when compared to 35 - 55% for beef, pork or poultry.

Roasted moose meat is an excellent source of B vitamins, such as niacin and riboflavin. These vitamins help our bodies use energy from foods and are important for healthy skin, hair, nerves and muscles as well as healthy growth and development.

Roasted moose is also an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

HUNTING AND FISHING FOR A HEALTHY LIFESTYLE



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.

PREPARE FOODS SAFELY



- Use safe food handling practices – wash your hands and equipment.
- Eat meat only when properly cooked, dried, or aged.
- To store meat, use only clean containers or bags made for FOOD storage.

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 moose with potatoes, carrots and fruit (frozen or canned when fresh are not 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>

Upcoming Events:

STONY RAPIDS

- Dec. 2 - AHA Christmas Party

BLACK LAKE

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

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

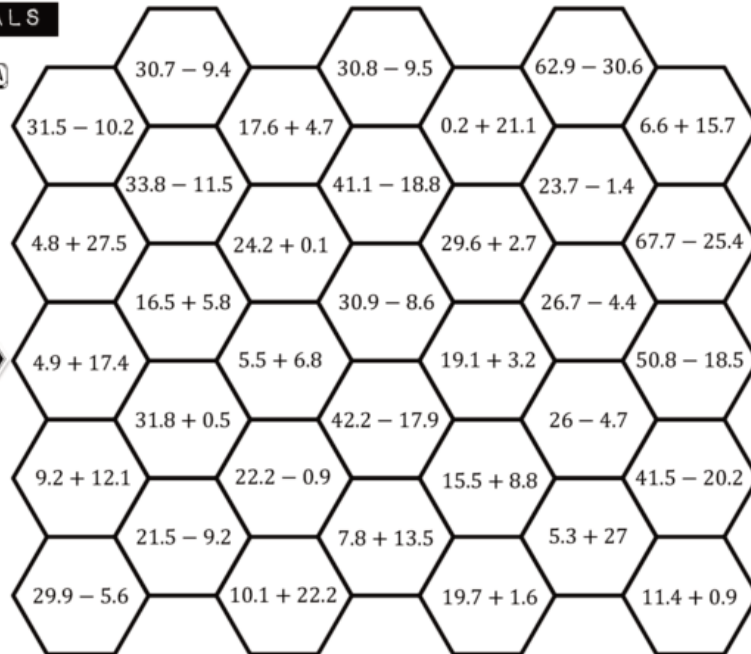
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DECIMALS

MAZE A

start

MATH
MAZE
MATCH



FINISH

Find a path across using only hexagons that match the starting one

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ABORIGINAL AIDS AWARENESS WEEK
December 1st - 6th
aboriginalaidsawareness.com

Answer:

Healthy Cooking on a Budget

Lemon & Herb Roast Chicken and Veggies

Ingredients: >> Adapted from: <http://www.foodnetwork.com/>

- 1 pound small red-skinned potatoes, quartered (\$1.99)
- 2 medium carrots, cut into 1-inch pieces (\$0.80)
- 2 stalks celery, peeled and cut into 1" pieces (\$0.88)
- 1 medium red onion, cut into wedges (\$0.66)
- 2 teaspoons canola oil (\$0.14)
- Salt and ground black pepper (pantry)
- 3 bone-in, skin-on chicken breasts (about 1 3/4 pounds) (\$12)
- 1 teaspoon poultry seasoning (use what spices you have in your pantry)
- 1 lemon, halved (\$2.76)

Poultry Seasoning Recipe:
2 teaspoons ground sage.
1 1/2 teaspoons ground thyme.
1 teaspoon ground marjoram.
3/4 teaspoon ground rosemary.
1/2 teaspoon nutmeg.
1/2 teaspoon black pepper.

Total cost: \$19.23 Cost per serving (Serves 4): \$4.81

>> Item prices from Stony Rapid stores

- 1 Adjust the oven rack to the top position and preheat to 450 degrees F. Toss together the potatoes, carrots, celery, onions, 1 teaspoon of the oil, 1/2 teaspoon salt and a pinches of pepper on a rimmed baking sheet and arrange in a single layer. Roast until the vegetables brown slightly and the potatoes just begin to soften, about 20 minutes, tossing halfway through.
- 2 Meanwhile, rub the chicken breast skin with the remaining 1 teaspoon oil and sprinkle with the poultry seasoning and 1/2 teaspoon salt. Once the vegetables begin to soften, put the chicken breasts on top and roast until the skin is golden brown and the chicken reaches an internal temperature of 165 degrees F, about 20 to 25 minutes.
- 3 Remove the chicken breasts and let them rest for a few minutes. Toss the roasted vegetables with juice from 1 of the lemon halves. Cut the bones from the chicken breasts and slice the meat. Divide the chicken and roasted vegetables among 4 plates. Cut the remaining lemon half into wedges and serve alongside.



You could try it with Ptarmigan too!