

# NorthernHealth

AHA Newsletter ~ Newsletter Contact: [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca)

IS026

January 2018



Proud Hunter - Photo Submitted by Tiffany Adam

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

## Bringing in a New Year

>> Adapted from: <https://www.eatrightontario.ca>

Despite our best efforts, it can be hard to keep those New Year's resolutions. We often set our goals just a bit too high. When we don't meet them, we may give up. Here are three strategies to help you stick to the new changes in your life.

- 1 Make your goals measurable - Don't just say you want to lose weight or eat healthier. Instead, make your goals something that you can measure. Set your goals with a number & timeframe. ("I will eat an extra vegetable for dinner every evening")
- 2 Keep it small and simple - Small steps and simple changes are easiest to achieve and will make a big difference as you move towards a healthier lifestyle.
- 3 Get support - Get the support of family and friends when it comes to meeting your goals.

If you have stories, updates, events or information you'd like included in the next monthly issue please contact: Pam Huerto - [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) / 306-439-2647

### Joke of the Month

What do you call a boomerang that doesn't come back?

A Stick

### Dene Word of the Month

**nejise**  
(nay-gee-say)

Your Mittens



### Trivia of the Month

**What is the blue in blue cheese?**

Blue cheese is a term used to describe cheese produced with cow, sheep, or goat milk & ripened with cultures of the mold *Penicillium*. The final product is characterized by green, grey, blue or black veins or spots of mold throughout the body.

## In this issue:



Did you know there is a new WHMIS program?  
Read more on pg.7



Jan. 27 is Family Literacy Day! Find some fun games on pg. 8 & 9



More yoga coming in 2018. Perfect for that flexible northern spirit!  
pg.6

# Q.I. Corner

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

## Improve Yourself in the New Year

How's your New Year's resolution coming along? Not as well as you hoped? Are you falling behind? Did you skip that workout last week? Were you late meeting your friend just that once?



Well, we're here to help! And we convinced our friend, The Model for Improvement, to lend us a hand.

**We want to invite you to improve yourself and share the journey (and the positive results!) with our community!** We challenge you to set an aim, & from there if you choose to share your goal, we (the QI team) will help you test some change ideas and track what's working and adjust as needed.

What's in it for you? You'll get support from the community and the accountability that comes with sharing goals publically. Post your "personal aim statement" to the AHA Facebook page ([www.facebook.com/AthabascaHealth](https://www.facebook.com/AthabascaHealth)), or send it to our Quality Improvement director, Taylor Bassingthwaite ([tbassingthwaite@athabascahealth.ca](mailto:tbassingthwaite@athabascahealth.ca)), and let your friends/family/peers/colleagues know what **you** plan to change this year. If we get some responses, we'll move forward with future segments on how to keep working towards those aims & improving yourself!

Here are a few things that other people have shared that might give you some ideas!

*"By next week, I will decrease my intake of Pepsi to one per day."*

*"In 30 days, I will be getting eight or more hours of sleep each night."*

*"I will add 14 servings of fruits and vegetables to my diet each week by December."*

*"I would like to have perfect attendance at work in the month of February by arriving five minutes early every day for 30 days."*

*"In three months, I will lower my blood cholesterol level from 125mg/dL to 90mg/dL."*

*"I would like to be able to run a 5K in less than half an hour by Christmas."*

*"I would like to increase the length of my study time by 50% to improve my grades."*

*"I will complete Rosetta Stone for Turkish Level 1 by November 30, and Level 2 by December 31."*

*"Starting tomorrow, I will give my undivided attention to each one of my children for one hour a day."*



*"Six weeks from today, I will have started 20 peripheral IV's without supervision."*

*"I would like to have coffee with my wife at least twice a week."*

*"By December 30, I will have 100% of my daughter's closet reorganized."*

*"I will completely stop smoking cigarettes by March."*

**Feeling inspired?! Don't forget to let Taylor know your aim, or share with us on Facebook!**

#### 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](mailto:tbassingthwaite@athabascahealth.ca)

## 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!

*"Good job, you guys are awesome!"*

*"Great job to all responders and medical staff."*

*"The staff showed tremendous skill, teaming and compassion this week. It was incredible to witness and staff from Fond du Lac, Stony, and Black Lake should be commended. Truly incredible."*

*"Thank you guys so much for everything you do for us ♥ I'm so grateful"*

*"Thank you for your heroism that day and everyday!"*

*"You are all my everyday heros!"*

If you would like to let any of our staff know about something you appreciated, please tell our Quality Department - [tbassingthwaite@athabascahealth.ca](mailto:tbassingthwaite@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!

## Staff Appreciation

Spirit week was held December 4-8th, and staff had a great time - dressing in theme, enjoying snacks, & playing games. Thanks for being awesome!





## Christmas Fun

A few pictures from the AHA Children's Services Family Supper held December 22, 2017.



## AHA Christmas Raffle

Winners were:

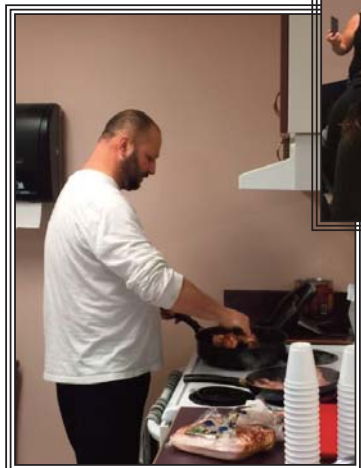
- 1st – Alphonse Donard (Travel Pkg)
- 2nd – Alma Deranger (iPad)
- 3rd – Raymond Donard (Meat Pack)

Thank you all for participating!



## Black Lake Festivities

Staff at the Black Lake clinic started their day off festively with a Christmas breakfast on Dec. 21.



# Prevention of Hypothermia

## Remember C-O-L-D

**Cover** your head, neck, and face. Wear hats, scarves, and mittens.



**Overexertion** leads to sweating, which causes damp or wet clothing.

**Layer** clothing to protect against wind and cold. Include a snug inner layer, loose insulating middle layer, and wind and waterproof outer layer.



**Dry** clothing. Wear waterproof clothing and insulated boots and gloves.



**Joint Effort of Health Promotion Staff of:**

Mamawetan Churchill River Regional Health Authority (306) 425-4807  
Keewatin Yatthe' Regional Health Authority (306) 833-5500  
Prince Albert Grand Council (306) 953-7248  
Battlefords Tribal Council (306) 937-6700

Meadow Lake Tribal Council  
Agency Chiefs Tribal Council  
Ahtahkakoop First Nation

(306) 236-5817  
(306) 883-3880  
(306) 468-2747



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

# YOGA POSE OF THE MONTH:

## Extended Side Angle - UTTITA PARSVAKONASANA



*Extended Side Angle pose opens the side of the body from the feet to the fingers, energizes the body and strengthens the legs.*

- 1 From Warrior II pose (with right knee bent), bring the right elbow down to the right knee and inhale the left arm up towards the ceiling and then exhale the arm over the ear, making a straight line with the left side of your body.
- 2 Keep the right knee bent directly over the ankle, sink the hips down towards the floor, and reach the left fingers away from the left foot.
- 3 Breathe and hold for 3-6 breaths.
- 4 To release: inhale and reach the left fingers up and back into warrior II or straighten the legs coming into 5 pointed star.
- 5 Repeat on other side.

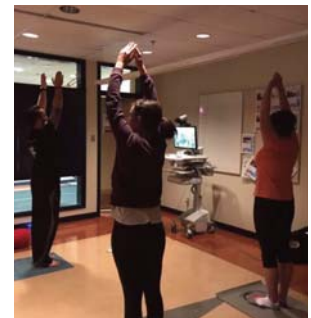
Keep an eye on the AHA Facebook Page & North of 59 Yoga Facebook group for updates!



### Yoga by Telehealth?

Telehealth can link patients to specialized and general health care providers across the province. It saves on travel, expenses, time & improves patient access.

But it can also be used for health promoting activities like a yoga class! Here we have people from Fond du Lac tuning in for a live yoga class with the participants in Stony Rapids & our instructor, Jack Rennie!



### Yoga in the Basin!

AHA Health Promotions is currently working to develop more opportunities for yoga classes in the basin.

Margaret Powder will be joining Denise Bougie in training this April to become a yoga instructor for our Uranium City group.

And Alex Pinfeld, already a practiced yoga participant, will receive basic certification in February so that she can teach classes for the Fond du Lac community.

Each of our new instructors has agreed to give 60 hours back to their community in return for the training. That means we've got 180 hours of yoga coming to the basin for 2018!



Margaret Powder



Alex Pinfeld

## WHMIS 2015 - What is it?

The Workplace Hazardous Materials Information System (WHMIS) is Canada's national hazard communication standard. WHMIS is an example of synchronization and cooperation amongst Canada's federal, provincial and territorial governments. The coordinated approach avoided duplication, inefficiency through loss of scale and the interprovincial trade barriers that would have been created had each province and territory established its own hazard communication system.

Having so many different systems was inefficient but also unsafe due to the inconsistency of having different systems and ways of classifying, labeling and providing information regarding hazardous substances. The key elements of the system, which came into effect on October 31, 1988, are cautionary labelling of containers of WHMIS controlled products, the provision of material safety data sheets (MSDSs), worker education and site-specific training programs.

### I'VE HEARD THERE HAVE BEEN SOME CHANGES TO WHMIS AND THERE IS AN OLD WHMIS AND A 'NEW' WHMIS. IS THIS TRUE?

Yes, it is true! Old WHMIS refers to the original WHMIS passed in 1988 however the basis for hazard classification and communication in WHMIS was recently changed on February 11, 2015. The Government of Canada published in the Canada Gazette a new modified version of the WHMIS (1988) system called WHMIS 2015. WHMIS 2015 was created "to incorporate the Globally Harmonized System of Classification and Labelling of Chemicals (GHS) for workplace chemicals."

With the incorporation of the Globally Harmonized System of Classification and Labelling for chemicals (GHS) in WHMIS, the hazard classification and communication requirements of WHMIS have been aligned with those used in the United States and other Canadian trading partners such as Europe. WHMIS is in a period of transition between two hazard communication regimes - WHMIS 1988 and WHMIS 2015 (which incorporates the GHS).

### SOUNDS INTERESTING – WHAT'S THE DIFFERENCE BETWEEN THE NEW AND OLD WHMIS?

I'm so glad you asked! The significant changes to the federal WHMIS legislation:

- "Controlled Products" will be called "Hazardous Products"
- Different hazard classes and more of them
- Different classification criteria
- New supplier labels
- New pictograms
- New 16-section product safety data sheets (SDSs)



**WHMIS 2015**  
**GHS Adoption**  
**in Canada is Here**

### COMPARISON OF OLD AND NEW WHMIS LABEL CONTENT

WHMIS 1988 Hazard Class	WHMIS 1988 Symbols	WHMIS 2015 Symbols	WHMIS 2015 Hazard Class
A			Gases Under Pressure
B1 to B6			Flammables, Self-Heating, Emit Flammable Gases, Pyrophoric Gases, Liquids & Solids, Organic Peroxides
C			Oxidizing Gases, Liquids, Solids
D1			Acute Toxicity - Oral, Dermal, Inhalation
D2			Eye Irritation, Skin Irritation, Skin/Respiratory Sensitization, Carcinogenicity, Mutagenicity, Reproductive Hazards
D3			Biohazardous Infection Materials
E			Skin/Eye Corrosion, Corrosive to Metals
F			Self-Reacting Substances, Organic Peroxides
N/A	N/A		Explosive Substances (Explosives are still covered under WHMIS exclusions for now)
N/A	N/A		Aspiration, STOT (Single Exposure, Repeated Exposure)
N/A	N/A	N/A	Combustible Dusts
N/A	N/A	N/A	Simple Asphyxiants
N/A	N/A	N/A	Use appropriate symbol
N/A	N/A	N/A	Physical Hazards Not Otherwise Classified, Health Hazards Not Otherwise Classified

Changes to WHMIS labels will be the most visible change in workplaces.

### AHA Employees - WHMIS 2015 Training

**Training is MANDATORY for all employees!**

Please sign up for a session by Jan. 22, 2018

**Feb 6th - 9:00-11:30am OR 1:00-3:30pm**  
@ Athabasca Health Facility

**Feb 7th - 9:00-11:30am OR 1:00-3:30pm**  
@ Black Lake Clinic

**Feb 8th - 9:00-11:30 OR 1:00-3:30**  
These sessions will be delivered via Telehealth for  
Fond du Lac and Uranium City



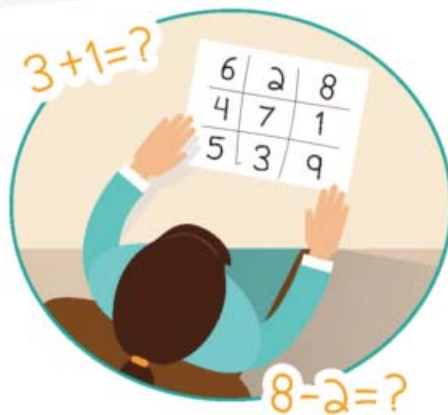
# January 27th is Family Literacy Day!



## ANIMAL WHO?

Here's how:

1. Choose your favourite animal and don't tell anyone in the group.
2. Tell everyone what letter the animal begins with — you can even make the shape of the letter with your body.
3. Tell the group where your animal lives.
4. Show the group how your animal moves and also make the sound the animal makes. Did anyone guess your animal?



## NUMBERS SLAM-IT GAME

Here's how:

1. Write numbers 1 to 9 on a sheet of paper in front of each player.
2. Make up math questions with answers equaling numbers 1 to 9.
3. Choose one person to be the caller. They call out the math questions one at a time.
4. Listen to each question and slam your hand over the answer on your sheet. The first player who has the right answer gets a point!
5. First person to 10 points wins and is the next caller.

## FIND THE DIFFERENCES

Look at the two pictures and find what is different.



Write down  
the differences below.

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Add a few differences of your own to the pictures — see if someone can find them!





Family Literacy Day® is a national awareness initiative created by ABC Life Literacy Canada in 1999 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family.

What will you do on Jan. 27?

## DEAL ME A STORY

Here's how to play:

1. Get an old deck of cards and enough different stickers to have one per card.
2. Put a sticker on the back of each card and then shuffle them.
3. Start the game! The first player draws a card and begins a story based on the sticker.
4. Take turns! Each player draws a card and continues the story with the picture on their card. Have someone write down your story.



## WHO AM I?

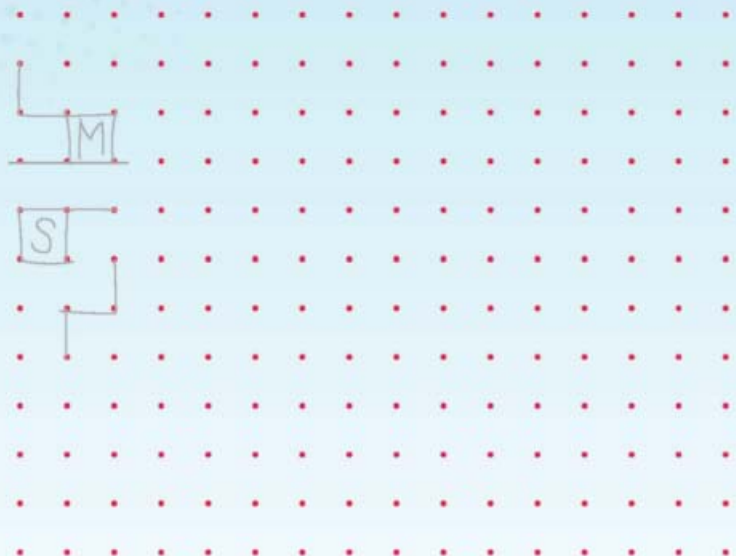
Here's how to play:

1. Get pieces of paper and make signs, each with the name or picture of a person, place or thing.
2. Mix up the signs and place one on each player's back with tape.
3. Pick a player to go first. Take turns giving them clues about the sign on their back.
4. Give clues until the player guesses who, where or what they are.
5. Continue the game with the next player. Who guessed the quickest?

## DOTS TO SQUARES

Here's how to play:

1. Player 1 draws a line between one dot and a dot beside, above or below it.
2. Player 2 also draws a line between any two dots beside each other.
3. You want to be the player who draws the last side of a square. When that's you, write your first initial in the square. Then you get to go again.
4. When you've connected all the dots, count everyone's initials. Who has the most? They're the winner!



## News Flash

### Welcome to the Team!



Stacey Gladue  
Registered Nurse  
in Fond du Lac



Raelene Adam  
Started: December 10, 2017  
Community Homecare Health  
Nurse for Black Lake



Amanda Short  
Started: December 11, 2017  
Community Mental Health Nurse



Rosanne Robillard  
Executive Assistant for Senior  
Management Team

### Breastfeeding Peer Support Training

Community nurse, Georgina Quinney, hosted a second peer support training program at the AHA Facility.

We're excited to have these experienced moms helping our new moms with breastfeeding!



### Thank You

We would like to thank everyone who gave assistance when the plane crashed outside of Fond du Lac.

AHA is extremely proud of the staff & community members who banded together to save the lives of these passengers – you did an amazing job.



Fond du Lac Nursing Team



Bouquet given by PAGC in appreciation to AHA Nursing ,  
AHA Support Staff & Rangers for their response to the recent  
plane crash.



# Look in a Book

“Folks are usually about as happy as they make their minds up to be.”

-Abraham Lincoln

## Recommended



### #IndianLovePoems - Tenille K. Campbell

Covering Indigenous adventures from Wahpole Island to Northern Saskatchewan to the coast of Vancouver, #IndianLovePoems is a poetry collection that delves into the humour and truths of love and lust within Indigenous communities. Sharing stories in search of The One, or even better, that One-Night-Stand, or the opening of boundaries -- can we say medicine wheel -- this collection fearlessly sheds light on the sharing and honesty that comes with discussions of men, women, sex, and relationships, using humour to chat about the complexities of race, culture and intent within relationships. From discovering your own John Smith to sharing sushi in bed, #IndianLovePoems will make you smile, shake your head, and remember your own stories about that special someone.

## Non-Fiction

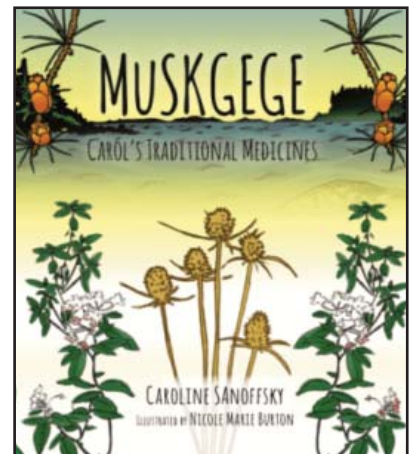
### MUSKGEGE – CAROL'S TRADITIONAL MEDICINES

written by: Caroline Sanoffsky

illustrated by: Nicole Marie Burton

“We are all visitors to this land, our land has so much to offer, our land is overflowing with the medicines our bodies need, but we are only passing through. With respect, our purpose is to watch, to learn, to grow, to love, to teach. Then we will return home.” – Caroline Sanoffsky

Muskgege is a written record of traditional knowledge, passed down through the generations. It features descriptions and illustrations of 36 wild plants that can be used to make medicines. It is a beautiful and compelling reminder of the important role nature plays in First Nations culture.



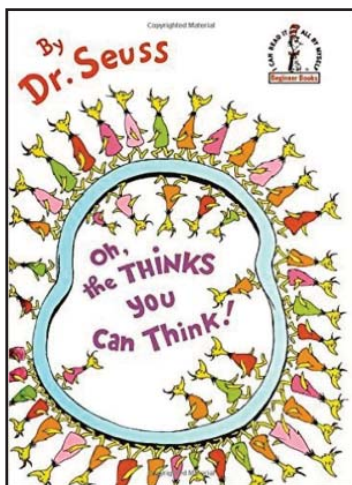
## Young Readers

### Oh, the Thinks You Can Think!

By Dr. Seuss

The possibilities are endless in Dr. Seuss's classic Beginner Book! Young readers will delight in Oh, the Thinks You Can Think! which celebrates the imagination and encourages young readers to think . . . about thinking! “Think left and think right and think low and think high. Oh, the Thinks you can think up if only you try.”

Originally created by Dr. Seuss, Beginner Books encourage children to read all by themselves, with simple words and illustrations that give clues to their meaning.



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

Who Can I Contact?

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

[chuerto@athabascahealth.ca](mailto:chuerto@athabascahealth.ca)

# Safety Source

## ORGANIZATIONAL CULTURE

In the December 2017 newsletter we discussed the importance of psychological support being one of the thirteen psychosocial factors of the Guarding Minds @ Work study.

We also mentioned in the December 2017 newsletter that a psychological factor is:

An element that impacts 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 – Organization Culture and why it is important to maintaining a psychologically supportive work environment.

## WHAT IS ORGANIZATIONAL CULTURE?

GM@W defines: Organizational Culture as the degree to which a work environment is characterized by trust, honesty, and fairness.

*In general, organizational culture has been described as "a pattern of basic assumptions invented, discovered, or developed by a given group."*

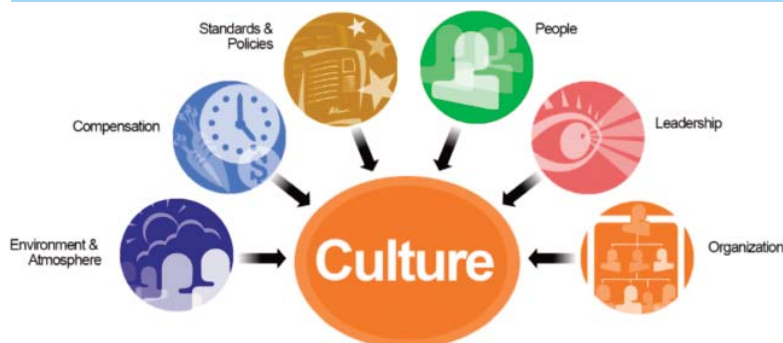
These assumptions are a mix of values, beliefs, meanings and expectations that group members hold in common and that they use as behavioural and problem-solving cues. The critical task is to determine which of these assumptions enhance the psychological health and safety of the workplace and the workforce.

## WHY IS ORGANIZATIONAL CULTURE IMPORTANT?

Organizational trust is essential for positive and productive social processes within any workplace. Trust is a predictor of cooperative behaviour, organizational citizenship behaviours, organizational commitment, and employee loyalty, all of which in turn help retain and attract employees.

When an organization has a health/wellness-focused culture, employee well-being, job satisfaction and organizational commitment are all enhanced. A work culture with social support also enhances employee well-being and can provide a positive environment for employees who may be experiencing psychological conditions such as depression and anxiety.

## WHAT HAPPENS WHEN A WORKPLACE DOES NOT HAVE GOOD ORGANIZATIONAL CULTURE?



Culture 'sets the tone' for an organization; if that culture is negative it can undermine the effectiveness of the best programs, policies and services intended to support the workforce.

An unhealthy culture creates more stress in the workplace, which lowers employee well-being. If an organization has a culture of 'profit at all costs' and constant chaotic urgency, it can create an environment in which burnout is the norm.



Organization culture varies from organization to organization and no two are the exactly alike even when they are entities of the same organization. No one-sized solution will work for all organizations but here are some ways organizational culture can be improved.

- Create a respectful work environment where values of honesty, tolerance and fairness are modeled, encouraged and reinforced
- Engage with fellow staff in maintaining an open environment that promotes togetherness and open communication
- Ensure meaningful participation in the development of organizational mission, values and codes of ethics

- Provide opportunities for teams to learn and develop together in order to strengthen relationships (e.g., team-building exercises)
- Identify role models or mentors for new/junior employees to strengthen and ensure the continuity of organizational culture

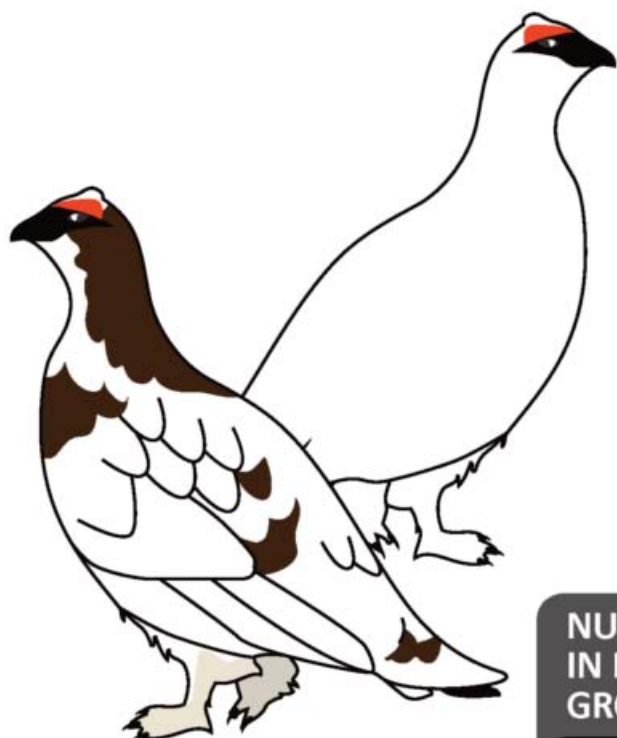
- Encourage ongoing opportunities for staff at all levels to interact and get to know each other (e.g., staff lunches)
- Encourage face-to-face communication, particularly about potentially difficult issues
- Communicate explanations for decisions and ensure respect, sincerity, care and empathy when the implications of decisions may be seen as negative by some employees
- Communicate to staff about management decisions and solicit their input as appropriate

- Respond in a timely and effective manner when challenging interpersonal issues/conflict arise in the workplace
- Create a mission statement that incorporates values of trust, honesty and fairness, and display it prominently for staff and the public
- Create values-based policies and procedures that guide organizational decision-making
- Hold all members of the organization accountable for their actions, and in particular ensure that managers/leaders are held accountable to the same or higher standard



# PTARMIGAN AND GROUSE

## NUTRITIONAL FACT SHEET SERIES



**PTARMIGAN AND GROUSE ARE GOOD FOR US!**



Ptarmigan live year round in the North. Their feathers change with the season – white when there is snow and darker in the summer. Ptarmigan are generally an easy bird to hunt and provide nutrient-rich meat. Northerners like to store them in the freezer for year round use.

### WHAT DO WE KNOW ABOUT PTARMIGAN AND GROUSE?

Ptarmigan meat is rich and dark and has much more iron than chicken meat. Ptarmigan is usually eaten baked, fried, boiled, or in soups. The parts of the ptarmigan that are eaten most are the meat, heart, gizzards and liver.

### NUTRIENTS FOUND IN PTARMIGAN AND GROUSE



Nutrients Contents per Serving	Ptarmigan meat, cooked (75 g)	Grouse meat, cooked (75 g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Very high Iron Niacin	Protein
A <b>good source</b> supplies 15 - 24% of a nutrient per day		Iron
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Omega-6 fats Vitamin A	

- 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.





# PTARMIGAN AND GROUSE

## DID YOU KNOW?

Ptarmigan and grouse meat are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood as well as helping us fight sickness.

Ptarmigan meat is an excellent source of iron. One serving provides 50% of the iron we need in a day. Grouse meat has less iron than ptarmigan but is still a good source. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow and keeps us from getting tired.

Ptarmigan meat is fair source of vitamin A. Vitamin A is needed for healthy skin, bones and eyes. It also helps keeps our bodies healthy.

## 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 help 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.
- To prevent the spread of bacteria such as Salmonella, wash hands after working with raw meat and before handling cooked meat. The bacteria Salmonella is often found in birds.

## 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 wild birds. For a healthy meal, try ptarmigan soup with rice and carrots. Have fruit (frozen or canned when fresh is not in season) and water with your meal.



## FOR MORE INFORMATION CONTACT:

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

## Upcoming Events:

### STONY RAPIDS

- TLR/PART Training - Jan.16-18 for AHA staff @ facility
- WHMIS 2015 Training - Feb. 6 for AHA staff @ facility

### BLACK LAKE

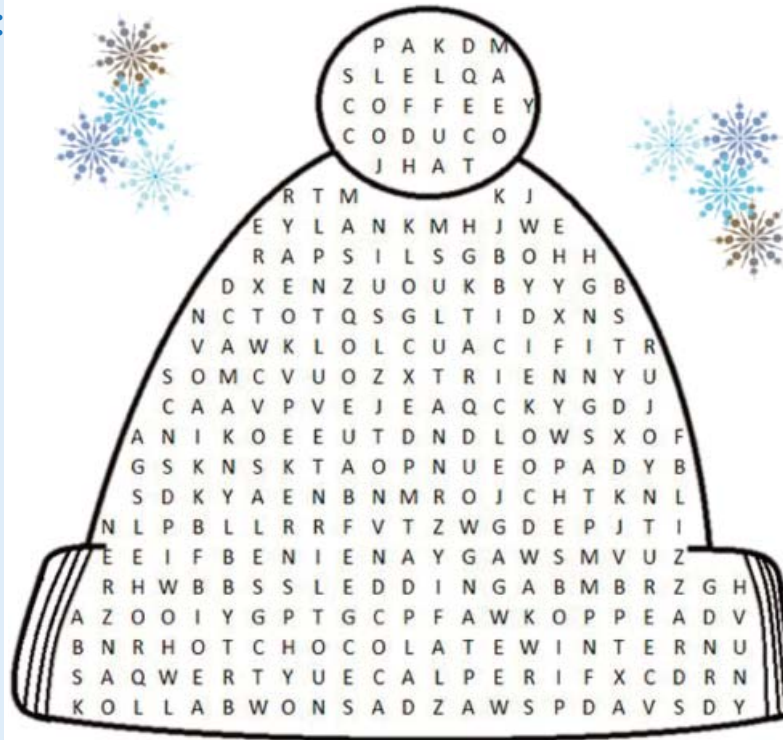
- Mondays & Wednesdays - Mens Group
- Thursdays - Womens Group
- WHMIS 2015 Training - Feb. 7 for AHA staff @ clinic

### 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
- WHMIS 2015 Training - Feb. 8 for AHA staff via Telehealth

### URANIUM CITY

- WHMIS 2015 Training - Feb. 8 for AHA staff via Telehealth



### Winter Word Search

BLIZZARD  
COAT  
COFFEE  
DECEMBER  
FIREPLACE  
GLOVES  
HAT  
HIBERNATE  
HOT CHOCOLATE  
ICICLE  
JOYNTURE  
SKIING  
SLEDDING  
SNOWBALL  
SNOWFLAKE  
SNOWMAN  
WINTER



### International Snowmobile Safety Week

Jan.20-28, 2018

## Healthy Cooking on a Budget

### Banana Oatmeal Pancakes

**Ingredients:** >> Adapted from: Karen Graham 2018 Calendar

- 1 small banana (\$0.51)
- 2 egg (\$0.96)
- 1/2 cup dry minute oats (\$0.29)



Find this recipe & more in the 2018 Karen Graham Calendar.

**Pick up a copy at your local health clinic!**

Compliments of  
AHA Health Promotions

Total cost: \$1.76

Cost per serving (Serves 2): \$0.88

>> Item prices from Stony Rapid stores

- 1 With a fork, mash banana in a bowl.
- 2 Add the egg & oats and beat with the fork until well mixed.
- 3 Preheat a lightly greased frying pan at medium-high heat.
- 4 Add the mix to the hot pan & flatten with a fork to about 6" in size. Cook until lightly browned on both sides.

**Did You Know?** Bananas are a good source of potassium. Potassium is an important mineral that your body needs to be healthy. Making sure you eat enough foods high in potassium is important for the health of your bones, kidneys, nerves and muscles.

