

# Northern Health

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

IS030

May 2018



Flying Over - Photo Submitted By Dr. Ayub  
Do you have a great photo? Send it to [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) & it might be featured on an upcoming cover!

## Mental Health & You

>> Adapted from: <http://mentalhealthweek.ca/>

This month we have mental health week from May 7-13. Being active and taking care of your body will help you take care of your mental health. You've probably heard it before: Exercise will make you feel better. It will make you feel good.

Well, it's true. It can reduce stress, boost your energy and strengthen your immune system.

Exercise doesn't have to be work, and it doesn't have to be hard. Maybe exercise is the wrong word for you. Depending on what makes you feel good, and on your level of mobility, try these: **Play, Run, Row, Lift, Jump, Throw (whether it's a frisbee, a ball or even a javelin), Dance (like no one's looking), Cycle, Walk, Garden, Stretch, Take the stairs.**

Enjoy the warmer weather & get moving, for both your mental & physical health!

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

## In this issue:



Award-Winning author Victor Lethbridge returns to visit our local schools -pg. 9



Local artist illustrates children's book for the north - pg. 9



AHA Employees are going to get moving with a new wellness program - pg.7

### Joke of the Month

What does a house wear?

Ad-dress

### Dene Word of the Month

dene ni  
(den-neh nee)

mind



### Trivia of the Month

#### Do snails have eyes?

Land snails have two sets of tentacles that stick out, the longer set of tentacles are the ones that have the snail's eyes. This way they can move their tentacles around to get the best view. Water snails, on the other hand, have eyes at the tentacles' base and they have only one pair of tentacles.

I feel like I'm reaching **MY POTENTIAL.**

I feel like I **BELONG.**

I make the world a **BETTER PLACE.**

I **DON'T WORRY** about what others think of me.

I **ENJOY** my life.

Knock me down and I'll **GET BACK UP** again.



**#GetLoud**  
about what mental health really is.

## What is Mental Health? >> Resource: <https://www.mentalhealth.gov>

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

### Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

## Where to Find Help

Please call one of the following numbers:

- Athabasca Health Facility Phone: (306) 439-2625
- Black Lake Clinic Phone: (306) 284-2033
- Fond du Lac Clinic Phone: (306) 686-2150

We have Mental Health Therapists available for confidential counselling sessions and referrals.  
*Eileen MacDonald, Mental Health Manager, Athabasca Health Authority*

CMHA

Mental Health Week

May 7-13, 2018

## Mental health is about more than mental illness

It's more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Everyone deserves to feel well, whatever their mental health experience. And we all need a support system to lean on.

## ASIST & safeTALK

AHA was proud to provide safeTALK & ASIST programming to the Black Lake community last month. Two sessions of safeTALK occurred at the Father Porte Memorial D n  School on April 25 and two-day workshop on ASIST followed on April 26 & 27th.

The safeTALK sessions were facilitated by our Fond du Lac Youth Wellness Worker, Shaylene Marten. These sessions had a total of 18 participants & went very well.

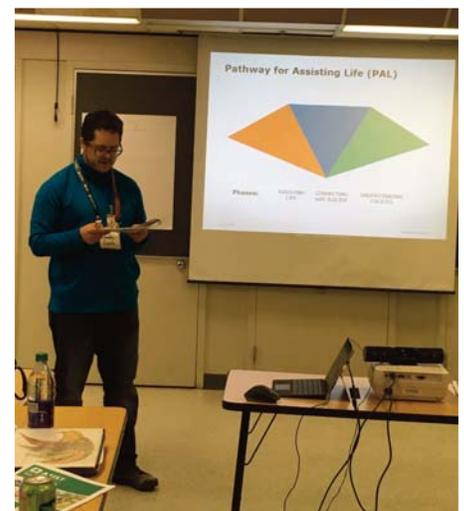


**safeTALK** - safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

The ASIST workshop was co-facilitated by Charles Huerto & Jacqueline Hounjet (Team Leader ASIST Training for Trainers). Charles Huerto is the Manager of Patient & Staff Safety at AHA and has been recently trained in the ASIST program. A total of 10 community members attended in the ASIST workshop.

**ASIST** - Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

*If you are in crisis, please call the RCMP or go to the AHA facility emergency room. Or call 1-833-456-4566 toll free. Canada Suicide Prevention Service (CSPS) is now available 24/7, via toll-free phone, text or chat to anyone thinking about or affected by suicide.*

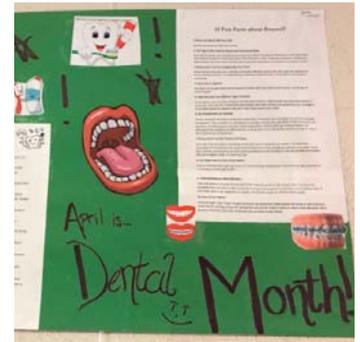


## Dental Health Month

Last month our dental therapists, Rose Mercredi-Zinck & R jeanne Lameman visited the local schools to do fun activities & promote oral health!

An AHA staff contest was also hosted, and **Crystal Boneleye** was the winner of a very fancy bluetooth electric toothbrush!

Here are some photos from the visit to the Ben McIntyre School in Uranium City:



**Get regular checkups for your teeth:**



**Black Lake**  
Health Centre: 284-0038

**Fond Du Lac**  
Health Centre: 686-4816  
School Clinic: 686-4828

**Uranium City**  
Call Health Centre  
for next visit



It's in our nature to play.

Help me develop physical literacy and I will be

**ACTIVE FOR LIFE**

## It's good for movement, and it's good for the mind.

Active outdoor play sparks children's curiosity and learning, and it helps them to develop physical literacy as they move within natural environments. It's also essential for their mental wellbeing.

When it comes to outdoor play and children's mental health, the research shows:

- Children's overall stress levels decline when outside
- They rest from the mental fatigue of school
- They demonstrate greater resilience and self-regulation
- They develop skills for dealing with stress later in life
- ADHD effects are mitigated with as little as 20 minutes in nature

Get Outside and Play ... because Mental Health Matters!

To learn more about getting kids active in the outdoors, visit the Alberta Council for Environmental Education at [getoutsideandplay.ca](http://getoutsideandplay.ca). To find out more about physical literacy, including tips for fun outdoor games and activities, visit [activeforlife.com](http://activeforlife.com)

**ACTIVE FOR LIFE**



**ACEE** Alberta Council for Environmental Education  
ADVANCING ENVIRONMENTAL EDUCATION IN ALBERTA



**OACT**  
Active Community Together

### #JerseysForHumboldt

Our hearts go out to the community of Humboldt, and our thoughts remain with those who are injured and the family members and health care providers supporting them. Many of our staff chose to wear jerseys on April 12th to show their support.

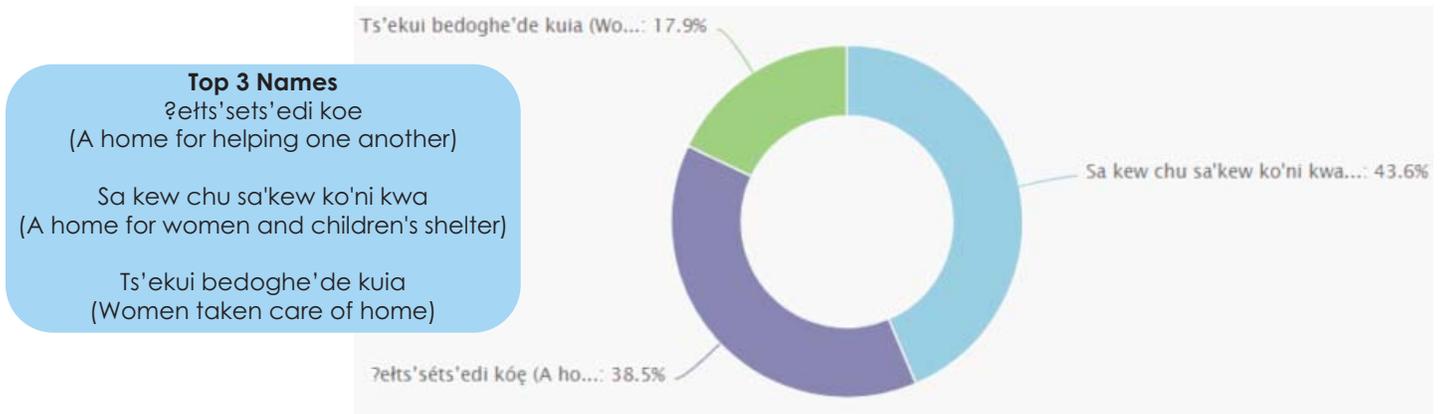


### Name the Women's Safe Shelter!

A Women's Safe Shelter will soon be under construction in the basin. We need a good name for this place of refuge so we asked the community what it should be called.

The shelter will be named..... **Sa kew chu sa'kew ko'ni kwa (A home for women and children's shelter)**

Cheryl McDonald suggested the winning name & has won a \$50 iTunes gift card.



**Top 3 Names**  
 ?elts'sets'edi koe  
 (A home for helping one another)

Sa kew chu sa'kew ko'ni kwa  
 (A home for women and children's shelter)

Ts'ekui bedoghe'de kuia  
 (Women taken care of home)



Community Fun - Stony Rapids Poker Rally March 10, 2018

Time to Clean Your Medicine Cabinet



Keep expired & unused meds out of the landfills, waterways & curious little hands by bringing them into your Health Center for safe disposal.

The pharmacists are in! Nicole & Sara will be around the afternoon of May 7<sup>th</sup> to the 10<sup>th</sup> visiting home care clients & helping out around the Athabasca Basin. Bring your expired/unused meds, burning medication questions or just stop by to say hello!

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

# YOGA POSE OF THE MONTH:

## Warrior 2 - Virabhadrasana II



It's great for leg and core strength and it's suitable for people at all levels.

- 1 From a standing position, step your left foot to the back of your mat and lower the inside of your foot so that your back foot is at an angle.
- 2 Bend your right knee 90 degrees and straighten your back leg.
- 3 Reach right arm straight over right leg and left arm straight over left leg.
- 4 Relax shoulders and breathe gently in and out. Hold 30 seconds and switch sides.

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

## Yoga in the Basin!

In April, AHA Health Promotions supported four community members in their journey to become local yoga instructors for the Athabasca Basin!

As you can see, these ladies worked hard to learn these skills & bring them back to their communities! Congratulations to Adison Messett & Carly Tinkler who both received their Basic Yoga Teacher Certification, and to Denise Bougie who had an excellent review as well! Denise has just one more step to certification, and this was because of flight schedules not a lack of skill.

Namaskar Yoga went above & beyond to help train our group of Northern yogis, and will be providing extra support to Margaret Paquette Powder who was unable to complete the course due to illness. Denise will also be a big part of facilitating Margaret's training once she becomes an approved mentor & we look forward to seeing the yoga group develop in Uranium City.

Each of these community members has made a commitment to provide 60 hours of yoga services to the Athabasca communities, and Adison & Carly are already off to a great start as they have been offering yoga classes in Black Lake & Stony Rapids.

AHA Health Promotions has also ordered additional equipment to help support yoga in all our communities.

Watch for more information about classes near you! And if you give yoga a try & think you'd like to teach alongside them, talk to Health Promotions Manager, Pamela Huerto - 439-2647 or email [phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca). We would like to have two trained instructors in each of our communities!



## Growing Our Own Food

Last year, as a Nutrition North Canada (NNC) project, AHA Health Promotions brought garden towers into the Athabasca Basin to help northerners grow their own food!

2017		
	Stony Rapids	Uranium City
Garden Towers	84	21
Grow Light Sets	12	12

This year we are expanding on the program, and getting even more of our communities involved. Back in February we took requests for towers & accessories from all our communities. And now we are currently in the process of matching up community members with towers & the items to make the most of them!

2018 - So Far				
	Stony Rapids	Uranium City	Black Lake	Fond du Lac
Garden Towers	7	4	3	29
Grow Light Sets	15	3	2	24

Those with grow lights are able to also use the garden towers indoors & grow food for their family all year round!



Other accessories include AquaJet watering systems, and extension kits to make the towers even taller (hold an extra 18 plants). And to get everyone started off, we are also giving out a few seeds & a fun family gardening book!

We still have 34 towers to deliver, and then there is a waiting list as well! If you are interested in a garden tower please contact Pamela Huerto ([phuerto@athabascahealth.ca](mailto:phuerto@athabascahealth.ca) or 439-2647) to be put on the list. And if you are a new tower owner, or even if you just want to try growing a little lettuce in a container, you can join us on our Facebook page for Northern gardeners - [www.facebook.com/athabascaGardening](http://www.facebook.com/athabascaGardening)

This unique program is designed to mobilize entire workforces, not only the physical activity keepers. Here are the main components:



### DIGITAL PLATFORM

Participants receive content, notifications, and social support to help reach their daily step goal and embrace healthy behaviour.



### MONTHLY THEMES

There are 12 monthly themes and challenges to encourage and support participants in reaching their step goals and being more physically active at work.



### ENVIRONMENTAL CUES

Visible reminders are set up in physical spaces throughout workplaces to remind participants about the program and cue healthy behaviours that contribute to moving more at work.



### REWARDS & SWEEPSTAKES

When participants track activities and earn points, their healthy behaviour is recognized through rewards and sweepstakes entries.

## Let's Get Moving at AHA!

AHA is committed to improving the health of our employees. We have invested in the UPnGO program to help our staff become more active & meet their health goals!

More information will roll out over the next few weeks, but if you are an AHA employee be sure to fill out the baseline survey that was emailed to you before May 12th (& you'll get entered in a draw for gift cards too!).

### Program Launch:

May 23rd at 2:00pm

in Uranium City, Black Lake, Fond du Lac & Stony Rapids  
(virtual launch)

As part of this new program, we need individuals to help lead the way. We're searching for enthusiastic and energetic people who can give a little extra time to cheer on your colleagues and lead by example in our journey to get moving. Let Pamela Huerto know if you'd like to be a **champion!**



*Tip Sheet:*  
**Managing Stress**

**Take time to relax.** Try to make time in your day to to unwind, reflect and enjoy.

**Reduce tension.** When your body feels relaxed, you feel more positive and healthy. Relaxation exercises can help you achieve this by stretching your muscles, getting more oxygen into your body, and encouraging pleasant thoughts.

**Sleep tight.** Try to set a regular time for bed. If you're not tired, read a book or take a stretch and make yourself an herbal tea.

**Eat healthy.** Canada's Food Guide offers great tips and advice.

**Move more.** Run, walk, or maybe even climb a mountain. Being active helps to strengthen your body, reduce the risk for chronic disease and manage stress more effectively.

**Think positively.** It's not only what we do that can add more stress to our lives. Sometimes it's what we think. The more you can focus on the positive, the better you'll feel.

**Drink less alcohol and coffee.** Both are hard on your body and may actually make your feelings of stress worse.

**Find the source of the stress.** Busy work schedule? Problems at home? Money worries? Once you know what's causing your stress, you can do things to feel better.

**Talk about it with someone you trust** - a family member, a friend, or a health professional. This will let you look at the issue without feeling judged. It also helps to put problems in perspective.

**Treat yourself.** You might have a bubble bath, curl up with a good book, drive to your favorite spot for a picnic, or sleep in late on Saturday. It doesn't have to be expensive but must make you feel good.

## Highlighting Local Talent!

Crystal Seegerts, student at Father Porte Memorial Dene School & daughter of our very own Florence Seegerts (in medical records) previously applied & was selected to draw the illustrations for a very special book!



“Are You Hungry?”, is a multilingual children’s board book featuring the story of a northern Saskatchewan family as they gather and prepare foods for a family meal. Written by Metis dietitian, Calyn Stange (Burnout) and illustrated by Crystal Seegerts, Are You Hungry? is available in Michif, Cree and Dene versions.

We will be celebrating Crystal’s achievement & doing a Dene book reading along with award winning author Victor Lethbridge (more on that below):

- Book Reading in Dene, Meet the Illustrator - Father Porte School @ 1:00pm May 15
- Book Reading in Dene - Stony Rapids School @ 1:00pm May 16

The Northern Healthy Communities Partnership published the book, which will be provided to children at their 18-month immunization appointments, through the Babies, Books and Bonding program. This program aims to increase early literacy skills and parent-infant bonding. Are You Hungry? will be the first Indigenous-language book distributed through the program. One thousand copies in each of the three languages were printed and will be distributed over the next three years.

Want to purchase your own copy? Email Amanda Frain - [nhcp@pophealthnorthsask.ca](mailto:nhcp@pophealthnorthsask.ca)

## Award Winning Author Visiting Local Schools

Victor Lethbridge (Tatanka Workshops) is returning to the basin to visit our students. His focus is on influencing positive change and decision-making with youth and inspiring them to achieve their individual potential while discovering new insights and possibilities.

The use of storytelling, video projection, music, and humor are used to address making healthy choices for participants with regards to high-risk behaviour and life-style choices. The workshops bring hope, healing and empowerment to individuals and communities.

- Fond du Lac School - May 14th
- Black Lake School - May 15th
- Stony Rapids School - May 16th

Victor will also be highlighting Crystal Seegert's project in his session with the elementary students in Black Lake & Stony Rapids (see above).

AHA Health Promotions will be purchasing a copy of one of Victor's books for each student!



# News Flash

## AHA Team Updates



Victor Echodh  
Addictions Worker  
Full Time Term April 11, 2018



Derrick Robillard  
Maintenance Worker  
Full Time April 30, 2018



Tanya Mercredi  
Primary Care Nurse/Home Care  
Part Time April 9, 2018



Tanya Opekokew  
Medical Transportation Officer  
Full Time March 5, 2018

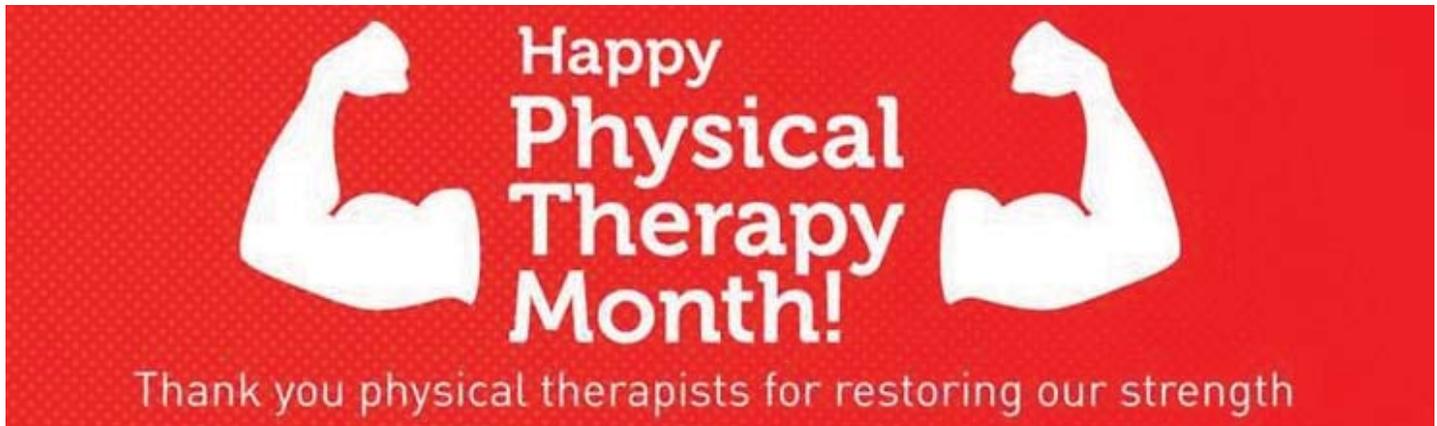
### Physiotherapy Services Return in July

My name is Joelle Birkham. I am delighted to be providing Physical Therapy services to your region starting in July. I am excited to meet the people and to learn as much as I can about your land and culture. It is also my hope that I can use some of my skills and experiences to improve the quality of life for those who experience physical pain.

I was born and raised in small town southern Saskatchewan. In fact the hamlet of Griffin, where I grew up had a population of less than 50 people and I went to a school where 3 grades were in one classroom with one teacher! I went to university in Saskatoon and upon completing my physical therapy degree I moved to Prince Albert for seven years. I got my first taste of Northern Saskatchewan and fell in love. After meeting my husband, we decided to move further north and have made our home in Île-à-la-Crosse for the last eleven years. We have been blessed with a beautiful daughter and try to spend most of our time outside gardening, canoeing, camping, skiing and just enjoying nature.



I look forward to meeting you all.

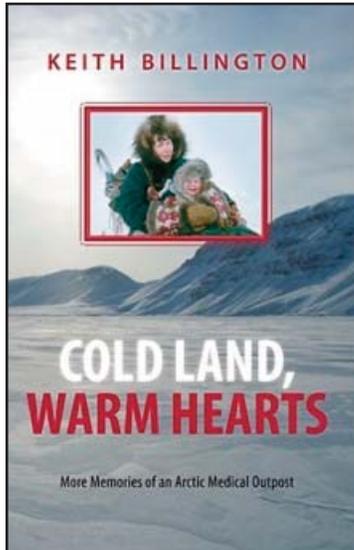


## Look in a Book

“Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read.”

-Groucho Marx

### Recommended



#### **Cold Land, Warm Hearts: More Memories of an Arctic Medical Outpost by Keith Billington**

Billington dishes up more of the hair-raising and heartwarming stories about medical emergencies and Native traditions that made his first book such a hit. In one story, he and his RCMP escort get more than they bargain for during a patrol of hunting camps as they find their loaded dogsleds plunging over a massive waterfall, which is only navigable owing to the fact it is frozen solid.

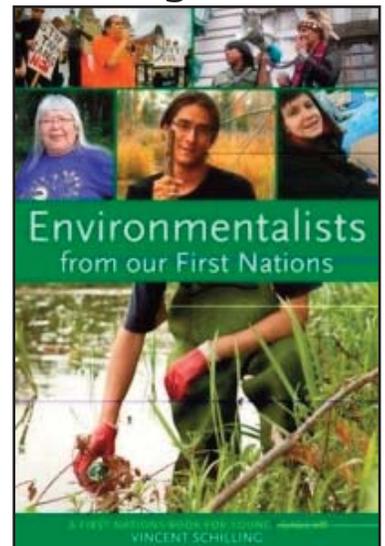
Grippingly written and infused with great warmth, Cold Land, Warm Hearts is an absorbing adventure story that rounds out the Billingtons' Arctic saga with a deepened understanding of the far North and its people

#### **Environmentalists from our First Nations by Vincent Schilling**

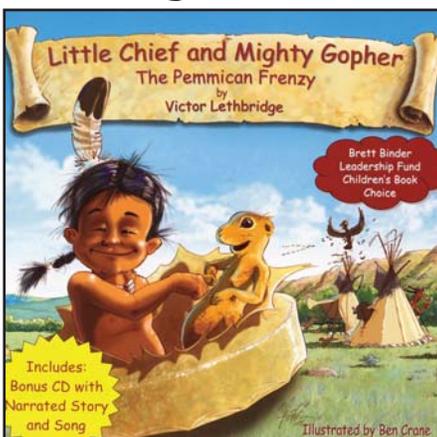
Like the other books in the First Nations Series for Young Readers, this book offers ten short and engaging biographies of First Nations/Native activists who advocate not only for the environment but for Native rights. Their stories are full of highs and lows, triumphs and setbacks. Environmental trailblazers, these men and women are role models for children everywhere.

The men and women profiled here are united by their work to protect the environment and to support indigenous rights. Their stories take us from the Arctic National Wildlife Refuge in Alaska to the Black Mesa in Arizona.

### Young Adult



### Young Readers



#### **Little Chief and Mighty Gopher: The Pemmican Frenzy by Victor Lethbridge**

Written by aboriginal author Victor Lethbridge and beautifully illustrated by Ben Crane, "Little Chief and Mighty Gopher: The Pemmican Frenzy" tells the story of a young boy who finds friends and acceptance in unexpected places. This is a funny, heartfelt story of hope, empowerment and determination suited to young readers, the young at heart and those who struggle with bullying and rejection.

**Author will be doing workshops in our schools this month.  
AHA Health Promotions will be purchasing copies for each student!**

"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

Clean Hands Day 2018 - SAVE LIVES: MAY 4TH, 2018



clean your hands:  
THE BUG STOPS HERE!

#thebugstopshere

Clean your hands: the bug stops here! #thebugstopshere

It's time for patients and providers to come together for clean hands – STOP! Clean Your Hands Day returns Friday, May 4th, 2018. #thebugstopshere

This year's theme is Clean your hands: THE BUG STOPS HERE! Cleaning your hands is one of the best ways to prevent infection. We want the bug to stop here.

**Join us this year as we ask everyone to STOP! Clean Your Hands to stop bugs in their tracks.**

Whether you're a patient, provider or work in a healthcare setting – if you're involved in the healthcare system, take the time to have a conversation with yourself and ask what you can change today to improve for tomorrow.

For more information: <http://www.handhygiene.ca>

## WHY IS HAND HYGIENE IMPORTANT?

- Hand hygiene refers to removing or killing microorganisms (germs) on the hands.
- When performed correctly, hand hygiene is the single most effective way to prevent the spread of communicable diseases and infections.
- In health care, hand hygiene is used to eliminate transient microorganisms that have been picked up via contact with patients, contaminated equipment or the environment.
- Hand hygiene may be performed either by using soap and running water, or with alcohol-based hand rubs.

## Did you know?

- Washing your hands correctly (or using an alcohol-based hand rub) is the most effective thing you can do to protect yourself against a number of infectious diseases, such as influenza (the "flu") and the common cold.
- Not only will it help keep you healthy, it will help prevent the spread of infectious diseases to others.
- Every year in Canada, 8,000 to 12,000 patients die from complications of healthcare-associated infections. Hand hygiene when performed properly, has been shown to prevent the transmission of microorganisms (bugs) that cause healthcare-associated infections (HAIs).

## HOW TO PROPERLY WASH YOUR HANDS

Although hand washing might seem like a simple task, you should follow these steps to thoroughly rid your hands of germs.

## Using Soap

Wash your hands frequently with soap and water for at least 15 to 20 seconds. Alcohol-based hand cleansers are useful when soap and water are not available. In most cases antibacterial soap is not necessary for safe, effective hand hygiene.

Remove any hand or arm jewelry you may be wearing and wet your hands with warm water. Add regular soap and rub your hands together, ensuring you have lathered all surfaces for at least 15 seconds. How long is 15 seconds? The length of time it takes to sing Happy Birthday.

- Wash the front and back of your hands, as well as between your fingers and under your nails.
- Rinse your hands well under warm running water, using a rubbing motion.
- Wipe and dry your hands gently with a paper towel or a clean towel. Drying them vigorously can damage the skin.
- Turn off the tap using the paper towel so that you do not re-contaminate your hands. When using a public bathroom, use the same paper towel to open the door when you leave.
- If skin dryness is a problem, use a moisturizing lotion.
- If you have sensitive skin or are in a position where you must wash your hands constantly (as a healthcare worker must), you might want to use an alcohol-based hand rub instead.

## Using Alcohol-Based Hand Rubs

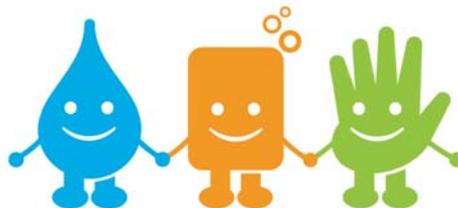
An alcohol-based hand rub can be used if soap and water are not available.

- If your hands are visibly soiled, it is best to use soap and water. If it's not possible to wash with soap and water, use towelettes to remove the soil, then use an alcohol-based hand rub.
- Use hand rubs according to the manufacturer's instructions. Make sure your hands are dry, as wet hands will dilute the product.
- Use enough product to cover all the surfaces of your hands and fingers.
- Rub your hands together until the product has evaporated. If dry skin is a problem, use a moisturizing lotion.

## WHAT ARE SOME COMMON MISTAKES?

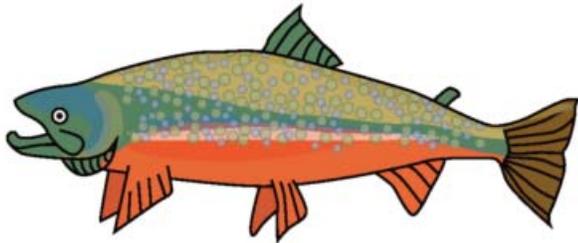
Here are further steps you can take to protect yourself and your family:

- Wash your hands often, especially after coughing, sneezing or using tissues, before and after eating, before preparing food, after handling raw meat, after petting an animal, and after using the bathroom.
- When you cough or sneeze, use a tissue or raise your arm up to your face and aim for your sleeve. Do not sneeze into your hand. Throw away tissues as soon as you use them
- Keep the surface areas in your home and office free of germs by cleaning them. Doorknobs, light switches, telephones, and keyboards are especially important to keep clean.
- If you have children, teach them good hygiene and how to wash their hands properly. Young children should be supervised while washing their hands.
- If you use bar soap, keep it in a self-draining holder that can be cleaned thoroughly before a new bar is added.
- Don't use a single damp cloth to wash a group of children's hands.
- Don't use a standing basin of water to rinse your hands.
- Don't use a common hand towel.
- Don't use sponges or non-disposable cleaning cloths unless you change them daily and launder them using detergent. Germs thrive on moist surfaces.
- Don't leave hand or arm jewelry on when performing hand hygiene. Jewelry is very hard to clean and hides bacteria and viruses from the mechanical action of the washing/rubbing.
- Don't use artificial nails, nail enhancements or long (>3-4mm) nails, as they trap bacteria and are difficult to keep clean.
- Don't wear chipped nail polish, as bacteria may become trapped along the edges



# FISH

## NUTRITIONAL FACT SHEET SERIES



**FISH ARE GOOD FOR US!**



Fish are important and commonly eaten traditional food sources in the north. Many kinds of fish are available in our waters. Fish parts are used for decorative craft designs and medicinal purposes.

Northern fish include Walleye, Pickerel, Cisco, Tullibee, Loche, Burbot, Pike, Jackfish, Whitefish, Lake Trout, Inconnu, Grayling, Suckers, Coni, Cod, Herring, Sculpin, and Arctic Char.

Although there are slight differences in the nutrients found in fish, they all add important nutrients to our diet. They are excellent sources of protein, calcium and B Vitamins. Fish such as Trout and Arctic Char provide omega-3 fats.

### WHAT DO WE KNOW ABOUT FISH?

Northerners eat most parts of fish, including the flesh, heads, eggs, liver, stomach and bones. Fish eggs are enjoyed fresh and many say "they are eating a million fish".

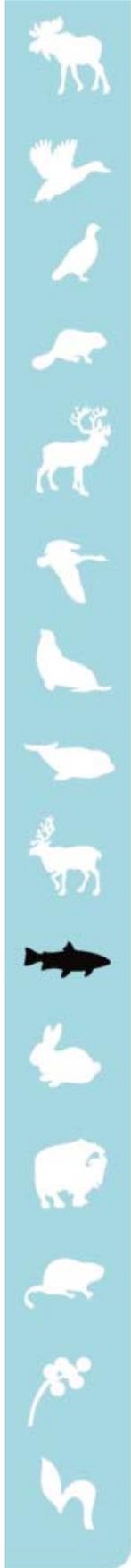
Fish eggs can be added to bannock. The flesh can be eaten raw, frozen, boiled, roasted and dried. Smoking or drying helps preserve fish and increases the amount of nutrients due to moisture loss during the drying process. It's great to take for a snack.

### NUTRIENTS FOUND IN FISH



Nutrient Content per Serving	Flesh, baked (75g)	Fish eggs, baked (75g)	Whitefish head, baked (75g)	Pike Liver, raw (90g)	Arctic Char, cooked (75g)
An <b>excellent food source</b> means it supplies 25% or more of a nutrient per day	Protein Omega-3 fat B Vitamins Vitamin D	Protein	Protein Calcium Omega-3 fat	Protein Vitamin A B Vitamins (nicain, riboflavin)	Protein Omega-3 fat
A <b>good source</b> supplies 15 - 24% of a nutrient per day			Iron		Vitamin D
A <b>fair source</b> supplies 5 - 14% of a nutrient per day	Iron Magnesium Potassium	Iron Magnesium		Iron	Vitamin A

- The table shows the nutrients found in most northern fish. Nutrients found in most northern fish are quite similar.
- The nutrient values for trout have been used as the reference fish.
- 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?**

Fish meat, heads, eggs, and liver are excellent sources of protein. Protein builds and repairs muscles, skin and blood, helping to keep us healthy.

Fish oils are excellent sources of healthy fats called omega-3 Fats which can help prevent heart disease and cancer. Arctic Char and Trout are excellent sources of omega-3 Fats.

Fish heads and bones are excellent sources of calcium. We need calcium for strong bones and teeth.

Fish liver is an excellent source of vitamin A. Vitamin A is needed for healthy skin, bones and eyes, keeping our bodies healthy.

Fish eggs are fair sources 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.

Arctic Char is a good source of vitamin D. Vitamin D helps us have healthy bones and teeth, keeping us strong and healthy and to help prevent diseases such as rickets and diabetes.

**PREPARE FOODS SAFELY**

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

**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.

**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. Boil fish heads in broth and add rice, onions, carrots, and peas for a tasty chowder. For a healthy meal, serve with bannock and fruit (frozen or canned when fresh is not in season). Have water with your meal.

**CONTAMINANTS**

Mercury and other contaminants may be a concern when consuming certain traditional foods such as fish 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 Office and Local Elders
- Territorial Nutritionist, Department of Health and Social Services: <http://choosenwt.com>
- Environmental Health Officers

## Upcoming Events:

### STONY RAPIDS

- May 7 @ 7:30pm Gentle Yoga  
AHA Health Facility
- May 16 - Victor Lethbridge & Book  
Launch @ School 10:30-3:30pm
- May 25 - Pink Shirt Day Event  
@ Stony Rapids School - 2:45pm

### BLACK LAKE

- May 9 - Flying Career Fair @  
School 9:30am-3:30pm
- May 15 - Victor Lethbridge & Book  
Launch @ School 10:30-3:30pm

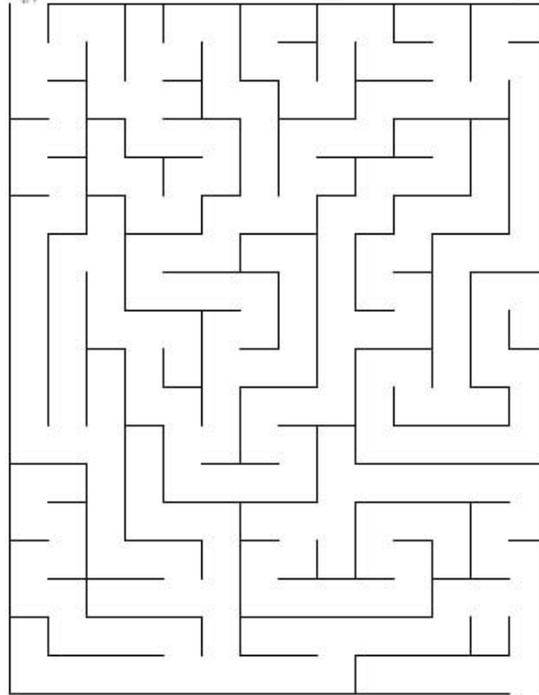
### FOND DU LAC

- Community Addiction Recovery  
Program (CARG)  
Thurs 6:00-7:00pm  
Clinic Boardroom
- Mondays - Women's Group  
6:30pm-7:30pm
- May 10 - Flying Career Fair @  
School 9:30am-3:30pm
- May 14 - Victor Lethbridge @  
School 10:30-3:30pm

### URANIUM CITY



## Mother's Day Maze



Happy  
Mother's  
Day



## Healthy Cooking on a Budget

### Easy Baked Fish

**Ingredients:** >> Adapted from: Healthy Eating Calendar - Karen Graham

- 500 g (1 lb) frozen or fresh fish  
(bones removed) (locally caught)
- 1 cup spaghetti sauce  
(from a jar, can or homemade) (\$1.76)
- 1 teaspoon dried oregano (\$0.25)

### Topping

- 1/2 cup cheddar cheese, grated (\$1.63)

Fish contains omega-3 fats,  
which help to keep your blood  
vessels healthy!

Total cost: \$3.64 Cost per serving (Serves 4): \$0.91

>> Item prices from Stony Rapid stores

- 1 Place fish in a casserole baking dish.
- 2 Mix spaghetti sauce with oregano, and pour over the fish.
- 3 Bake at 450 degrees in the oven, uncovered for 20 minutes or until fish flakes easily when tested with a fork.
- 4 Sprinkle cheese on top. Return to oven & broil until cheese is melted.

Fish are excellent sources of protein, calcium & B vitamins.

Remember: Fill half your plate of veggies!

