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FIRST NATIONS & INUIT HEALTH - ALBERTA ISSUE 2 - SPRING 2011

FNIH newsletter

environmental health • community nursing • health protection • diabetes initiatives • nutrition

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Put a little Spring in your step!

As the long winter season draws to a close, we can finally look forward to spending more time outside. Since the summer is filled with numerous opportunities to get involved in healthy activities, it's the perfect time to start thinking about how to live healthier. The theme for this spring issue of the Alberta FNIH Newsletter is 'Healthy Living.' In this issue, we have provided examples of sensible ideas and activities that you can incorporate into your day-to-day life. We hope these stories inspire you to start improving your health today!

We encourage all community members to remember that health issues, such as diabetes, obesity and heart disease are increasing in Aboriginal communities. Please take some time to learn how to protect the health and well-being of you and your family. In doing so, you'll help prevent these diseases from affecting the rest of your life.

Here's to your health! Enjoy!



A Note from Herman Wierenga

Regional Director, First Nations and Inuit Health – Alberta Region

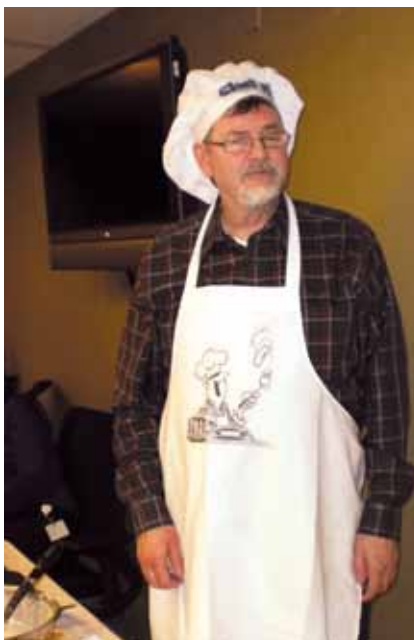
First Nations and Inuit Health – Alberta is pleased to roll-out another edition of our regional newsletter to First Nations communities across Alberta. We hope you enjoyed reading our first issue themed back-to-school. We're sure the second issue will provide you with more tips and ideas for the spring and summer months ahead.

We wanted to welcome spring with our healthy living theme! We hope these stories will provide you inspiration and motivation. There are many great things happening in First Nations communities across Alberta and this is the perfect medium to promote your activities and events.

I would also like to take this opportunity to promote a new resource tool developed by First Nations and Inuit Health. It is a kit that provides individuals with a complete listing of health

programs and services offered to First Nations in Alberta. We hope that this kit helps to clearly explain our business and provide you with contacts and information to answer your health-related questions.

Take some time to learn more about what's happening across Alberta. Also, go out and enjoy all that spring and summer have to offer!



SHARE YOUR STORIES WITH US

We really want to hear from you... We're always on the lookout for stories about programs and activities taking place in your community. So, why not take this opportunity to show off a little bit? Tell other First Nations communities what you have been up to. Let's learn from each other. Send in your submission for the next issue today! Please send any ideas or story submissions to Health Canada – Alberta Region Communications at Alberta.Communications@hc-sc.gc.ca or call 780-495-6815.

HEALTHY SNACKING!

Here are some snack ideas that both children and adults will love:

Homemade Granola

INGREDIENTS:

- 2 cups of rolled oats
- 1 cup of chopped nuts or seeds (sunflower seeds, sesame seeds, sliced almonds, chopped walnuts or any others you have handy)
- 1/3 cup of honey or syrup
- 1/4 cup of oil
- pinch of salt

INSTRUCTIONS:

Mix everything together and bake on a baking sheet for 25 minutes at 350°C. Store in an airtight container.



Yogurt Parfait

In a clear cup, layer frozen berries with yogurt then top with granola.



Meat Loaf “Muffins” with Barbecue Sauce

INGREDIENTS:

- 1 1/2 lb (750g) lean ground beef
- 3/4 cup (175 ml) oatmeal or dry bread crumbs or cracker crumbs
- 1/4 cup (50 ml) wheat bran
- 1 can (5.4 oz/160 ml) 2% evaporated milk
- 1 egg
- 1 tsp (5 ml) chili powder
- 1/2 tsp (2 ml) garlic powder
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper

Barbecue Sauce

- 1 (250 ml) cup ketchup
- 1/4 cup (50 ml) finely chopped onion
- 2 tbsp (25 ml) brown sugar
- 1/2 tsp (2 ml) hot pepper sauce (optional)

INSTRUCTIONS:

Preheat oven to 375°F (190°C)

12 cup muffin tin, greased

1. In a large bowl, combine ground beef, oatmeal, bran, milk, egg, chili powder, garlic powder, salt and pepper. Divide mixture evenly among muffin cups, pressing down lightly.
2. Barbecue Sauce: In another bowl, combine ketchup, onion, sugar and hot pepper sauce (optional). Spoon about 1 tbsp (15 mL) sauce over each muffin.
3. Bake in preheated oven for 25-30 minutes or until meat is no longer pink in center.

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New First Nations and Inuit Immunization Awareness Initiative

Share Your Vaccination Story

Are you a First Nations or Inuit parent, community member or health care provider? Are you a health care provider working with First Nations or Inuit communities? Do you have a story to tell about vaccination (also know as immunization and getting shots)?

By taking the time to share your story, you might inspire other community members to get their child vaccinated.

You could pass on:

- Experiences that you, your family or your community has had with vaccinations.
- How any of the vaccine-preventable diseases have affected you, your family or your community.



- Why you chose to get your child vaccinated.
- Tips on how you have made vaccination experiences better for your child or any other children.

Share your stories:

We encourage you all to share your immunization stories online and find information on vaccine-preventable diseases at www.healthcanada.gc.ca/vaccinate or www.santecanada.gc.ca/vaccinez.



A Day in the Life of... Alberta's Health Assessment and Surveillance Team



If we didn't have health assessment and surveillance, how would we know how we are doing? Health Assessment and Surveillance is one of the most important functions of any public health organization. Health Assessment and Surveillance (HAS) units monitor, assess and identify trends related to the health and well-being of First Nations people. With such an important role, HAS units need to be made up of a diverse and dedicated group of people. Here in Alberta Region, Health Canada's small, but powerful HAS Unit is just that:

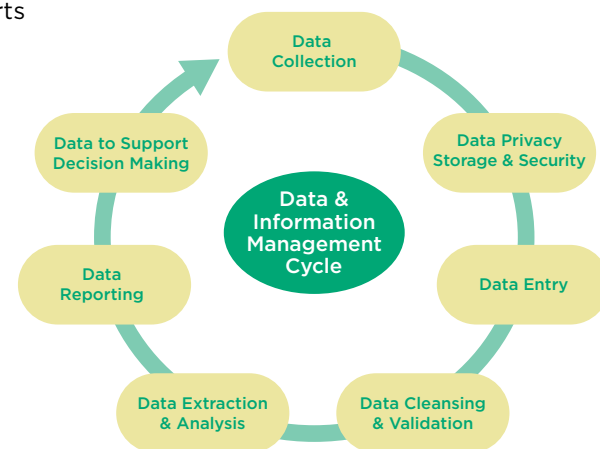
- 1 Manager (Lewinda Knowles)
- 2 Senior Epidemiologists (Chandrani Wijayasinghe, Shelly Vik - Acting)
- 3 Epidemiologists/Biostatisticians/Researchers (Deepa Menon, Ibrahim Agyemang, and Grace Wang)

- 2 Data/Information Analysts (Winkie Szeto and Trincy Buwalda)
- 2 Librarians (Suzanne Munro and Charmaine Sipe)
- 1 Administrative Officer (Donna Tocher)

As part of First Nations and Inuit Health (FNIH), the HAS Unit reports to the Medical Officer of Health.

Emphasizing collaboration and knowledge sharing, HAS provides First Nations and community service providers with access to health information. HAS also makes it possible for them to use the information when making population health decisions, develop healthy public policy, and create healthy environments.

One of the major activities of HAS is data management, which is the process of understanding information needs and working to make data available to support the health programs of First Nations and Inuit. The chart below illustrates how this activity is carried out in daily work:



Some facts about HAS

To do its work, the HAS Unit must gather data from many different sources, such as NIHB Drug Benefits and Vital Statistics (births and deaths), Communicable Disease Control, Environmental Health, as well as Screen for Limbs, I-Sight, Cardiovascular and Kidney (SLICK).

HAS produces and disseminates a variety of reports:

- Alberta First Nations Health Status Reports
- Regional and First Nations Community-specific Health Protection Reports
- Outbreak Summary Reports

HAS also supports these Health Canada functions:

- One Health Website
- Outbreak and Environmental Investigations
- Communities and Program requests for data

Baked Beans On Toast

Baked beans are a great source of protein, iron and fibre. They are an easy, healthy and cheap snack.



INSTRUCTIONS:

- toast 4 pieces of whole wheat bread
- butter the toast (optional)
- open a can of baked beans
- scoop a spoonful of beans onto the toast
- top with grated cheese
- melt the cheese in the microwave, toaster oven or broiler

MOH CORNER – HEALTHY LIVING IS NOT DRUDGERY, IT CAN BE EASY!

SUBMITTED BY DR. WADIEH YACCOUB, MEDICAL OFFICER OF HEALTH AND DIRECTOR, HEALTH PROTECTION, FNIH, HEALTH CANADA

According to the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being. Interestingly enough, we've known for a long time now, that health is not simply defined as just the absence of disease. Healthy Living refers to the steps, actions and strategies one puts in place to achieve our best health.

Healthy living is not accidental, it is purposeful. It is about taking responsibility and making smart health choices for today and for the future. Eating right, getting physically fit, emotional wellness, spiritual wellness and prevention are all apart of creating a healthy lifestyle. Omission of one part, affects the whole.

Leading a healthy lifestyle should not be a burden. It should be something you look forward to each and every day. Find an activity you enjoy and make it a daily practice.

Regular physical activity can improve your overall sense of well-being by improving self-esteem, reducing the effects of stress, increasing energy and contributing to positive mental health. As you live healthy, you feel better, more alert, and you are more productive.

Healthy Living can also help you live a longer life as it can reduce the risk of chronic conditions such as coronary heart disease, stroke, hypertension, Type 2 diabetes and osteoporosis.

Lead by example – promote a healthy lifestyle to family, friends and co-workers. Get them involved, be active, and stay active. There are so many benefits to leading a healthy life, so why not start today?

(Data requests can be emailed to ALB_HAS_requests@hc-sc.gc.ca)

- Distribution of library resources and forms to the community
- Information literacy for frontline healthcare workers in First Nations communities

HAS works with Community partners; Provincial partners, such as Alberta Health & Wellness and Alberta Health Services; and Nationally, HAS partners with other FNIH Regions.

A day in the life of the HAS unit is filled with knowledge gathering, assessing, interpreting and sharing. There is also a great deal of collaboration involved, both within Health Canada, with provincial partners and beyond. Graphic representations of important data, like charts, make it easier for all of us to understand this important information and to put it to good use in our communities. So, when you see a health program working well, you can now be confident in

knowing that the Alberta HAS Unit had a part to play in ensuring those involved had the best information available. After all, knowledge gives us the tools we need to be better, for First Nations in Alberta and all Canadians.

Sipping, Snacking and Tooth Decay

You'd better eat that - it's good for you! Many parents will use this common refrain at dinnertime. There's also another old favourite used by parents regularly: Don't eat that - it'll rot your teeth! Now more than ever, kids are faced with a wide array of food choices — from fresh produce to sugar-laden processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health.

North Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that - junk food and drinks gradually have replaced nutritious beverages and foods for many

people. Alarming, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. Common activities may contribute to the tendency toward tooth decay. These include - grazing habitually on foods with minimal nutritional value, and frequently sipping on sugary drinks.

When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth.

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your children's risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless - Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- Monitor the beverages your children are drinking - Instead of soft drinks all day, children should also choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

Source: The American Dental Association. Sample Articles. www.ada.org

TIPS FOR HEALTHY EATING AND ACTIVE LIVING!

1. Eat well, following Canada's Good Guide
2. Break-the-fast! Start your day with a healthy meal
3. Plan regular meal and snack times
4. Healthy portion sizes - Think quality, not quantity!
5. Snack smartly and drink healthy
6. Fruit is Mother Nature's sweet - enjoy!
7. Eat with the seasons and include more traditional foods
8. Follow your ancestors' footsteps - Eat healthy, be active!
9. Eat and play together as a family
10. Be active everyday for a strong mind, body and spirit



Health Canada's First Nations, Inuit and Métis Food Guide

The cover design

- The cover design shows traditional foods, and traditional food gathering activities as well as store bought foods.

The inner circle

The inner circle contains images of Aboriginal peoples harvesting and enjoying traditional foods. This imagery:

- relays the cultural, spiritual, emotional and physical significance of traditional foods, demonstrating the link of food to land, culture and traditions, and family and community
- shows traditional foods from the air, land and water
- promotes physical activity
- provides an opportunity for telling stories



The outer circle

- The outer circle shows store-bought foods that are typically available and affordable, in remote communities and cities.

How to use Canada's Food Guide

The Food Guide shows how many servings to choose from each food group every day and how much food makes a serving.

- First, find your age and sex group at the top of the columns in the chart titled 'Recommended Number of Food Guide Servings per Day'.
- Next, look down the column for the number of Food Guide Servings you need every day from each of the food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives).
- Finally look at the examples of the amounts of food shown as a 'Food Guide Serving' in the rows to the right of the chart.

	Recommended Number of Food Guide Servings per day			
	Children 2-3 years old	Children 4-13 years old	Teens and Adults (Females)	Teens and Adults (Males)
Vegetables and Fruit Fresh, frozen and canned.	4	5-6	7-8	7-10
Grain Products	3	4-6	6-7	7-8
Milk and Alternatives	2	2-4	Teens 3-4 Adults (19-50 years) 2 Adults (51+ years) 3	Teens 3-4 Adults (19-50 years) 2 Adults (51+ years) 3
Meat and Alternatives	1	1-2	2	3

Eating Well with Canada's Food Guide First Nations, Inuit and Métis



This chart shows recommendations for the number of Food Guide servings for each of the four food groups, for four age and sex groups. It is the start of a healthy eating pattern.

Veggies Sprout Nutrition Study in Alexander

U of A, province to study mini-gardens and kids' health

Alexander students planted their own gardens this week as part of a two-year project to improve their health.

Grades 1 to 7 students got their hands dirty Monday to plant 25 indoor gardens at the Kipohtakaw Education Centre in Alexander. The gardens, called Earthboxes, are part of a two-year study by the community and the University of Alberta on children's health.

The students, many wearing headbands with paper vegetables on them, got to work piling dirt and planting seeds after getting instructions from principal Ray Soetaert. "You are going to be showing the rest of the community what it's like to grow your own food," he said.

Students will spend the rest of the school year looking after the boxes, Soetaert said in an interview, and will get to eat their produce through the school's hot lunch program. Teachers will also use the boxes in their lessons.

Many young Canadians are overweight and at risk of diabetes, Soetaert said, and these gardens could be the solution. "First Nations people are very close to Mother Earth ... what better way to learn that than to grow your own food?"

Health study

The project is part of a multiyear study of children's health under way in Alexander, according to Noreen Willows, professor of food and nutritional science at the University of Alberta and one of the researchers in that study.

Initial work by the team's researchers suggested they could improve student health by getting them to eat more nutritious foods, Willows said. "Anything that can be done to encourage children to eat more fruits and vegetables will have a number of positive outcomes," she said, such as lowering the risk of cancer and diabetes, for example, and better weight control.

Research suggests one of the main determinants of a child's willingness to try new foods is familiarity, Willows said. "If children know what something is, they're more likely to try it." She and fellow researcher Anna Farmer theorized that having students grow and eat fruits and vegetables at school would make them more likely to eat or ask for them at home.

Enter the Earthbox Kids program. Run by Alberta Agriculture's Brent Andressen, the program has students raise their own fruits and vegetables in indoor planters to help them understand the source of their food. The boxes have previously been deployed at St. Albert's Albert Lacombe School, Andressen said — this is the first time that they have been used on an Alberta aboriginal reserve.

Today's students often know little about food production, said David DyckFehderau, coordinator for the Alexander Earthbox project. "I heard a story [from Andressen] where a child wanted to plant cheese seeds. She just didn't know where food comes from."

Alexander students will get to watch celery, tomatoes, radishes, herbs and more spring out of their garden



Grade 1 students Byron Arcand (left) and George Abraham-Burnstick (right) pile on the dirt as they and their classmates prepare Earthboxes at Alexander's Kipohtakaw Education Centre. The boxes are part of a two-year study by the community and the University of Alberta to see if small gardens can encourage children to eat more fruits and vegetables

boxes over the next few months, DyckFehderau said. "We're hoping to make a full salad." As they do so, teachers will get to use the plants in their science and health lessons.

Willows said she and her team plan to survey the students' nutrition habits to see if their diets improve after two years with the boxes. They also plan to track how teachers use the boxes in their lessons to create a model for other on-reserve schools.

The boxes could have other benefits, according to DyckFehderau. A test run of the boxes at the reserve's elders' lodge this summer helped bring elders and youths together to tend them and got staff more interested in home gardening. Some elders also found it relaxing just to watch the veggies grow.

The students should be able to harvest their first vegetables in a few months, Willows said.

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www.stalbertgazette.com

TELEHEALTH – CONNECTED, INFORMED, HEALTHIER

Health Canada – First Nations and Inuit Health Telehealth services can be found in most First Nations communities across Alberta. Telehealth technology provides First Nations individuals an opportunity to communicate via television-like screens, as if they were in the same room, even though they are in different communities. Individuals can talk freely back and forth while still being able to see and hear one another.

This technology has been used in various ways including medical appointments, dietitian's consultations and educational purposes. One of its biggest benefits is family visitation, where families have the opportunity to see and interact with loved ones in the hospital without having to leave their community.

As Telehealth is a free and private service in your community, you can have peace of

mind when dealing with loved ones away in the hospital. The process is very simple and all you need to do is call your local health centre to set-up an appointment.

For more information on Telehealth services, please contact your local health centre and they can guide you through the process.

Healthy Living and Non-Insured Health Benefits (NIHB)

Taking the necessary steps to maintain your mental health and well-being is an important part of healthy living. Physical and emotional well being are often closely related.

As you may know, Health Canada's Non-Insured Health Benefits (NIHB) program provides a limited range of medically necessary health-related goods and services to eligible, registered First Nations and recognized Inuit, when they are not

already provided through private insurance plans or other publicly funded health and social programs.

Crisis Counselling:

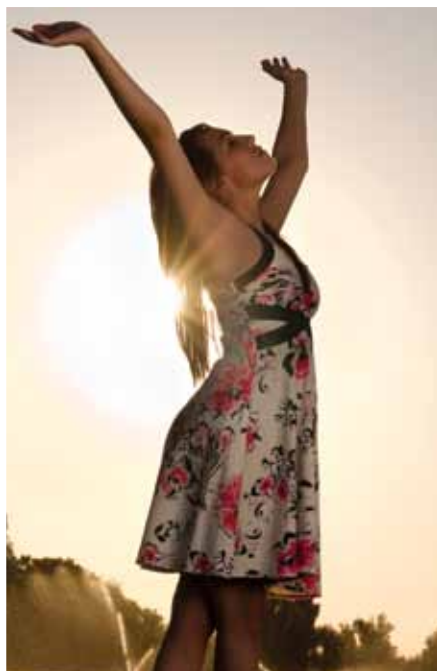
Short-term Crisis Counselling is one of the benefits covered by NIHB. Short-term crisis intervention mental health counselling may be provided by a recognized professional mental health therapist when no other services are available to the recipient. Therapists providing this counselling must be registered with a regulatory body from the disciplines of clinical psychology or clinical social work, in the province or territory in which the service is

provided. In some cases, Traditional Healers may be considered.

What is covered?

- The initial assessment;
- Development of a treatment plan; and
- Bringing therapists into the community, where possible.

If you are an eligible recipient, you can contact the Mental Health Unit at **780-495-2694** (follow prompts) or **1-800-232-7301** (follow prompts) to find out if community mental health programs are available in your community. If no programs are available, a list of approved providers can be supplied to you.



TIPS FOR MENTAL WELL-BEING

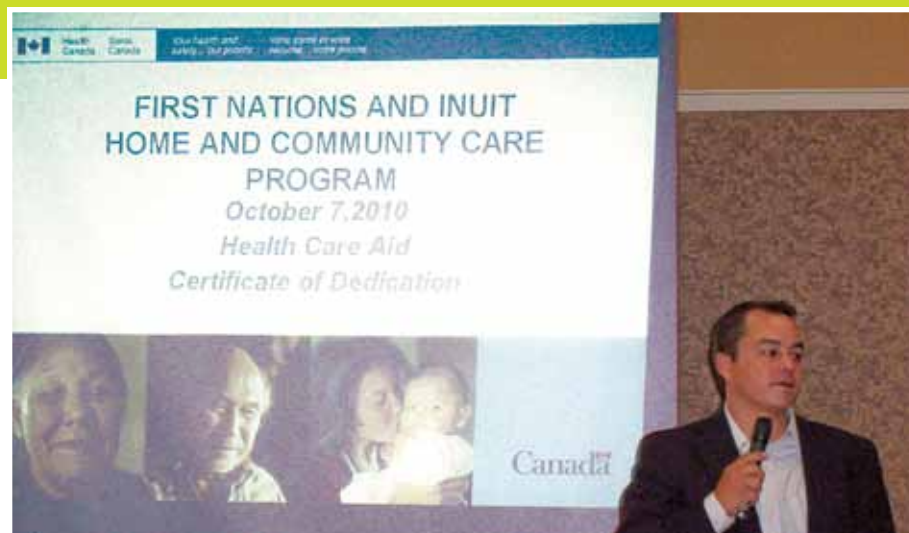
- Try to focus on the positive. While everything does not always go the way we planned, we are able to react to situations in a positive way that focuses on solutions.
- Participate in cultural activities that you feel safe in doing, such as a sweat lodge, canoeing, or traditional ceremonies.
- Make sure to talk to someone you trust when you are feeling stressed or depressed. It is also just as important to maintain ongoing healthy communication with your friends and family so that you are less likely to become stressed or depressed.

Homecare Reaches for Excellence with New Home Care Aides Certification

SUBMITTED BY LORENE WEIGELT,
REGIONAL HOME AND COMMUNITY
CARE COORDINATOR, HEALTH CANADA

In 2006, there was an incident that involved the tragic death of a resident in a Long Term Care facility. This incident prompted the province to look at the education of Home Care Aides (formerly Personal Care Aides) and it was found that the standard for education for a Home Care Aides (HCA) certificate differed depending on where you took the course. The province then took steps to standardize the requirements for HCA certification.

In order to determine the level of education for each HCA, the province administered the PLAR. The results showed that some HCAs were able to challenge the exam, while others were missing certain modules from the provincial curriculum (eg. dementia or palliative care). Once



this was determined, an accredited college had to be chosen that would provide training for the HCAs in the province. Ultimately, Norquest College was chosen to administer this training.

The first part of the training was offered online. This way, people could stay in their communities. The second part of the training involved labs where people were required to have hands-on training and where they were tested on their abilities. Today, we are proud to say that all HCAs in our communities have met the provincial curriculum standards and have been awarded a Certificate from NorQuest College.

Shawn Atleo, National Chief of the Assembly of First Nations says it best: "Education is the key to Aboriginal (and Canadian) potential." He spoke to the HCAs at the training in October 2010.

Each year, FNIH hosts a conference for HCAs where new standards are reviewed and ideas are shared. In 2009, Alice Reid was a guest speaker and offered "Inspiration as a Health Care Aide." We also conducted a workshop on Accurate Documentation and Charting in addition to Wound Care for HCAs. In 2010, the focus was on Mental Health, Palliative Care, and Diabetes Education.

Diabetes forum held in Bigstone

SUBMITTED BY JANICE YELLOWKNEE, CHRONIC CARE NURSE, ABORIGINAL DIABETES INITIATIVE PROGRAM



The Bigstone Health Commission hosted a two-day diabetes forum on November 25 & 26th, 2010. Although, attendance was lower than expected, the evaluations received indicated positive feedback. On the first day of the agenda, the forum chaired by Alice Reid opened with a prayer by Elder Albert Yellowknee followed by welcoming remarks from Chief Gordon Auger, and health commission representatives Noreen Whitstone and Lorraine Muskwa.

Julia MacLaren, a certified diabetes educator from Health Canada- Alberta, provided an easy to understand introduction to diabetes. Her presentation included a game, where she introduced BOB, a visual resource that explains how the body works and how diabetes can affect different organs in the human body. Dr. Ellen Toth, a specialist in Endocrinology lectured on the complications that arise from diabetes and the importance of medication compliance. Dr. Toth's research and interest fall

O'Chiese Thanks Midwives for All of Their Work

SUBMITTED BY SANDRA LIVINGSTON RN, BSN

The O'Chiese First Nation is grateful for the opportunity to have midwifery services available to the community. Barb Bodiguel,

She spoke to the women about how grateful she is that the women allow her into their lives to help deliver their babies

Registered Midwife and Nicole Matheson, Student Midwife, are available to community members



to provide prenatal, antenatal and postpartum care. The program is a collaborative effort between Health Canada and the Rocky Mountain House Primary Care Network.

In December, moms and babies in the community were invited to celebrate the Christmas season and to show their appreciation to Barb and Nicole for their expertise. Barb presented a

beautiful print of a mother and babe in a swing cradle to the women of O'Chiese. She spoke to the women about how grateful she is that the women allow her into their lives to help deliver their babies.

2010 brought 28 new babies into O'Chiese and we're eager to see what 2011 will bring!



into two main areas: Diabetes in Aboriginals and Clinical Diabetes Care.

The second day of the forum focused on Nutrition and Fitness. Jennifer Pasanen, a Registered Dietician and a new face in the Health Commission, gave an overview on the importance of eating well to help manage diabetes, food portions, and the Canada Food Guide. Lindy Beaucham-Chester, a Certified Personal Trainer, provided fitness instruction and her voice to promote the prevention of Type 2

Diabetes. She led the group in fun and simple exercises demonstrating that an individual doesn't always need a vigorous workout to stay active.

Personal stories were also shared on the last day. Sophia Cardinal traveled from Slave Lake to tell her story on how diabetes affected her family. She talked about her mother, a double amputee due to diabetes, and how hard it was to see a loved one so tragically hit by this disease. Her mother lost her fight to diabetes in

2001. The day ended on a happy note with Edward Wapahoo, a certified life coach presenting an awesome dialogue on how to get motivated and to find inner peace with one's self.

Finally, we would like to thank the sponsors, Laracina and Royal Camp, who provided lunches during the two-day session and the companies who donated the wonderful door prizes. The grand prize winner Jeannie Auger won a \$200.00 Sobeys gift card and a \$100.00 Home Hardware gift card.

Andrea from FITMOM Visits the Enoch Moms' and Tots' Group

SUBMITTED BY SABRINA WOOD, COMMUNITY HEALTH NURSE

In the fall of 2010, Andrea Page from FITMOM came to the Enoch Moms' and Tots' group for a fitness class. What was unique about this class was that the exercises involved both moms and babies. The babies that attended ranged from 2 weeks old to 16 months old. The exercises included flexibility training, weight training, and a bit of cardio. Andrea showed the moms that exercise, to varying degrees, could be incorporated in mom and baby playtime, at any

age. The moms and babies enjoyed the class because of the mom and baby bonding, but also because

The exercises included flexibility training, weight training, and a bit of cardio.

the exercises were easy and fun to do for any fitness level. What was most inspiring for the moms was to see that the instructor was a mom, too. Not only is Andrea in great

shape, she also talked about how she was previously overweight. She was able to be a mom, find the time to exercise, lose the baby weight and look and feel great. Andrea provided inspiration for all the moms in the group.

FITMOM provides programs in prenatal, postnatal and beyond fitness, yoga, personal training and birth services.

www.fitmommagazine.com/fitmomcanada



TIPS FOR PHYSICAL WELL BEING

- Take a daily 15 - 60 minute walk. If you walk with someone, it feels less like exercise, and more like fun!
- Drink lots of water throughout the day.
- Eat traditional foods that are low in fat and sugars.
- Make sure to get a yearly physical examination to help prevent or identify health issues early.
- Participate in an Aboriginal cultural activity that you feel safe doing, such as canoeing, dancing, or fishing.
- Join a gym, youth or Elders group, or visit your local community centre for lots of free or cheap activities.

Playing With Your Food

SUBMITTED BY KIMBERLEY LOH, TEAM LEAD, EARLY CHILDHOOD DEVELOPMENT UNIT, HEALTH CANADA



The whole family can all enjoy a healthy meal and have fun at the same time. Here are some fun table time games that can be played during meal time. A Harvard Graduate School study links frequent positive fun meals with:

- Improved family communication
- Improved nutrition and eating habits
- Develops protective factors related to tobacco, alcohol, drugs and low grades

Here are a number of fun suggestions to try at the dinner table:

1) Animal Zoo

- The youngest child begins by naming an animal that starts with "A", such as antelope.
- The next person chooses an animal whose name starts with "B", such as buffalo.
- Each person around the table adds an animal until the family gets all the way to Z... you can also try this game by substituting names of animals for names of people in your neighbourhood!

2) Heard a Good Story Lately?

- Go around the table and ask each person to talk about a *positive news story*. It could be something from the news on TV, radio or the newspaper. It could also be a story you heard from a teacher, friend or community member.

3) Acronym Challenge

- One at a time, everyone says his or her name, and then lists their favourite foods to make an acronym.

- Here's an example of an acronym. JAMI could say: Jelly, Apple Muffin and Ice Cream.
- To add an additional challenge to the game, ask the family to repeat everyone's favourite food acronym!

4) Pass the Pepper

- Pass a pepper shaker or other item around the kitchen table.
- Before passing it to the next person, the individual holding the pepper shaker has to tell the BEST and WORST thing that happened during the past week.
- To make this more entertaining, you can also state the funniest, strangest or most exciting thing that happened!

5) Situation Challenge

- Pose the following question to your family and let everyone offer an answer:

You find a brown wallet on the sidewalk. There is no one around. Inside the wallet you find several things including \$60, a rare baseball card and a smiley face sticker. What would you do?

- Have the children respond first; then the adults.
- Discuss your answers together as this provides an opportunity for teaching/ learning/ communicating!

These excerpts were all taken from Family Time Fun Dinner Games to be used for families with kids aged 5-12.

www.familydinnergames.com

Banana Muffins in a Bag

Equipment: 3 large ziploc bags
Small muffin pans

INGREDIENTS:

- 1 3/4 cups of all purpose flour
- 1 tsp baking soda
- 1/4 tsp salt
- 3/4 cups sugar
- 1/2 cup of margarine
- 2 eggs
- 1/4 cup sour cream (or yogurt)
- 3 soft bananas

INSTRUCTIONS:

Ziploc Bag #1: Dry ingredients
Mix flour, baking soda and salt.

Ziploc Bag #2: Wet ingredients
Pour sugar, soft margarine, eggs, sour cream (or yogurt). Close the bag and pass closed bag to the children so they can mash it with their hands.

Ziploc Bag #3: Bananas
Put bananas in the bag and make sure it is zipped closed. Let the children squish the bananas with their hands until there are no lumps.

Pour the bananas into the wet ingredients. To do this, snip the corner of the banana bag and squeeze it into the bag of wet ingredients. Mix that around then snip the corner of the wet ingredients bag and squeeze it into the dry ingredients. Let the kids work the bag until all of the ingredients are mixed. Don't over mix or the batter will become lumpy. Snip the corner of the bag and pour the batter into muffin tins. Bake at 400°C for 20 minutes.

Reference: Kids in the Kitchen by Michelle Margarit

Sweet Seasonal Spring

SUBMITTED BY KATHERINE BARKWELL, NUTRITION STUDENT, ABORIGINAL DIABETES INITIATIVES, FNIH

Spring is just around the corner and you know what that means. No more scraping off the car, no more frostbite, no more treacherous walkways, and no more tasteless produce! Canadian springs herald the arrival of seasonal fruits and veggies. Seasonal foods not only look and taste better, but they tend to be cheaper and easier to find.

Here's what to look for when shopping for fresh produce:

Asparagus

My mother grows asparagus in her garden, and it's one of the first plants out of the ground. Thankfully there are many ways to enjoy



Asparagus Salad

INGREDIENTS:

- 1/4 cup (50ml) light mayonnaise
- 2 tbsp (25ml) milk
- 1 tsp (5ml) grated lemon rind (optional)
- 1 tbsp (15ml) lemon juice
- pinch each salt and granulated sugar
- 1 lb (500g) asparagus, cooked
- 2 tbsp (25ml) chopped fresh chives or green onions

INSTRUCTIONS:

Step 1: In bowl, whisk together light mayonnaise, milk, grated lemon rind, lemon juice, salt and granulated sugar.

Step 2: Arrange asparagus on plates and drizzle with dressing.

Step 3: Sprinkle with chopped fresh chives or green onions.

Source: www.canadianliving.com

asparagus, since too much of anything gets boring fast. Look for firm, green bunches and rinse well before cooking. Cook it in a small pot with about 1" (3 cm) of water in the bottom. It takes about five minutes to steam, and it's done when you can easily pierce it with a fork. To spice it up a little, try tossing the cooked asparagus with 1 tsp oil (olive or canola) and 1 tsp Italian herb mix. Cooked asparagus can also work in salads.

Strawberries

A favourite for many, strawberries go well with many things and are nutritious to boot. Hint: the closer to home the strawberries were grown, the better they'll taste. The best strawberries are found at U Pick gardens. Picking strawberries yourself with family and friends makes for a fun afternoon. Top the outing off by eating the berries with low-fat yogurt and a little cinnamon on top. Sliced strawberries go nicely with spinach salad too. All you need to do is toss together fresh baby spinach, sliced strawberries, sliced white button mushrooms and a low-fat poppy seed dressing.



Spinach

Spinach's strong green colour advertises its powerful nutrient content. Baby spinach can be found all year round, but it can be grown locally in the summer months. Instead of eating it boiled, use spinach leaves in salads (ex. with strawberries), pasta, casseroles, and even soups. Spinach also makes a mean party dip.



Spinach Dip

INGREDIENTS:

- 10 ounces of frozen chopped spinach, thawed
- 1 cup of yogurt cheese (or plain unsweetened yogurt)
- 1/2 cup of green onions, chopped
- 1/2 cup of parsley, chopped
- 3 tablespoons of freshly squeezed lemon juice
- 1/2 teaspoon of salt
- Pinch of dried dill

INSTRUCTIONS:

Step 1: Drain the spinach until it is almost dry.

Step 2: Combine with all other ingredients and mix thoroughly.

Step 3: Cover and leave in refrigerator for at least 36 hours before serving.

Source: www.spinachrecipes.org

Try making the dip with plain yogurt for a lower fat version.

Peppers

Sweet peppers are not only delicious, they are easy to add to many recipes. They can be sliced and eaten raw, added to salads, or tossed into stir fries. Look for colourful red, orange, and yellow varieties. Half of an orange bell pepper counts toward the Canada Food Guide's recommendation for eating an orange veggie every day!

References: [www1.agric.gov.ab.ca/\\$Department/deptdocs.nsf/all/apa10857/\\$FILE/](http://www1.agric.gov.ab.ca/$Department/deptdocs.nsf/all/apa10857/$FILE/)



Hello, from Alexander First Nation!

SUBMITTED BY LEANNE BOURQUE, CHR

I would like to start off with a great big HELLO! :)

This is my first year employed with Alexander First Nation. Even though I was originally registered to this band, I was raised elsewhere. I graduated in June of 2010 from the Community Health Representative (CHR) Program and applied for the position as CHR. I was hired to fulfill the position in a community where my heart lives. Shortly after my arrival, we were blessed with an RN for Community Health: Giovanna St. Onge. Both Gio and I were new to the community, clients, and Health Centre. Now, with all that said and done, we are a staff of two devoted and motivated people that are eager to meet with, and find our place in, our new community. We have confidently accomplished quite a bit in the past six months and I wanted to share that with you here.

Bi-weekly, our prenatal and breastfeeding postnatal clients receive groceries that are chosen based on the Canada Food Guide. Their groceries consist of meat, potatoes, fruits and vegetables (fresh, frozen, or canned), cheese, yogurt, milk, cereal, eggs. Although it may sound quite basic, we do purchase different foods for our moms to try. They have tried tofu (it wasn't a great hit), but they appreciate the fact that it's not repetitive with what they receive. It is vital to us that baby and mom are getting their required nutrients and adequate food intake. A lot of label reading and comparing is required. While groceries are being received, prenatal assessments are also completed by one of our community health team members. This assessment includes mom's

Blood Pressure (BP), weight, blood glucose, haemoglobin (to rule out iron deficiency) and other pertinent prenatal markers.

Besides FOOD, prenatal classes have consistently taken place. We have two classes, two times a week, in a series of eight modules. We want to accommodate the moms that can't make it for our day class. This is why we have the same class offered in the day and then in the evening. Dedicated clients that attend prenatal classes receive a layette (kit consisting of a complete outfit—clothing and accessories—for a new baby) from the Alexander Health Centre. This works as a nice incentive for the moms and it also shows our appreciation for the healthy growth and development of their babies.

Our moms are amazing women! They have warmed up to us without hesitation. It's so rewarding when they deliver and their babies are born healthy with avoidable complications. I do want to add that when we both started CPNP together; our breastfeeding moms were minimal. In the past six months, our numbers have increased! Breastfeeding support is introduced before and after the arrival of the babies. Moms receive a breast pump and hands-on teaching at the initial well baby visit.

As for our sewing project, we have decided to make breast pads and body pillows. The project is easy and cost effective. Plus, it introduces a sewing skill that moms could possibly enjoy as a hobby.

Besides medically focused prenatal care, we also focus on traditional parenting. We believe



in implementing and preserving our traditional heritage and carrying on the values of our Elders. We do have Elders that have made themselves available to our program to educate our clients and CPNP staff.

Giovanna and I share ideas in regards to the well-being of our clients. We value and respect each other as colleagues and friends. Our clients have individual connections with both of us. We have enjoyed sharing and learning with our moms that are the foundation of our CPNP program. We look forward to sharing our accomplishments and will continue doing our best for our Community, Alexander First Nation. Thank you and God Bless.

Here are a couple of our recipes/snacks:

TUNA CHEESE MELT

- Multigrain bread and/or baguette
- Canned tuna (packed in water)
- Mayonnaise
- Pickles
- Cheese

VEGGIE SANDWICH

- Multigrain Bread and/or baguette
- Cream cheese
- Mayonnaise
- Cucumber
- Tomato
- Alfalfa Sprouts
- Mustard



theme of the month

Daffodil Month: Cancer Awareness
Oral Health Month



Seniors Month

For more information on these days, weeks and months,
please visit www.hc-sc.gc.ca

event theme

APRIL

2 - World Autism Awareness Day
7 - World Health Day
17-24 - National Organ and Tissue Donor Awareness Week
23-30 - National Immunization Awareness Week

MAY

1-7 - National Summer Safety Week
1-7 - National Mental Health Week
9-15 - National Nursing Week
12 - Canada Health Day
24-27 - Aboriginal Awareness Week
31 - World No-Tobacco Day

JUNE

May 31-June 5 - Safe Kids Week
14 - World Blood Donor Day
21 - National Aboriginal Day

A Message From The Alberta Health Services New Tobacco And Smoke-Free Environment Policy

SUBMITTED BY BARB OLSEN, DIRECTOR, ADDICTION AND MENTAL HEALTH,
POPULATION AND PUBLIC HEALTH, ALBERTA HEALTH SERVICES



Alberta Health Services (AHS) is committed to providing a safe and healthy environment for patients, visitors, staff, physicians and volunteers.

AHS supports this commitment by implementing a Tobacco and Smoke-Free Environments policy, effective April 1, 2011. The policy outlines that the use of tobacco products is not permitted on Alberta Health Services sites.

For some AHS sites, this policy will be new. AHS is working with these sites to transition to a tobacco free environment, and in some cases, will implement

special considerations for patients, residents, families and visitors.

Consideration is also provided for non-recreational tobacco use in traditional spiritual and cultural ceremonies. Ceremonies involving the burning of tobacco or any other substance, such as sweet grass or incense, will continue to be permitted in designated spaces as determined by the Site Manager.

Patients and residents identified at the time of admission as tobacco users will be informed of the policy and offered comfort measures to help manage nicotine withdrawal symptoms for the duration of

their stay at an AHS site. Such comfort measures include nicotine replacement therapy.

To help with enforcement, AHS Protective Services Peace Officers and security will be enhanced at AHS facilities.

We appreciate your support and cooperation. For more information on the implementation of this policy, or if you have any questions or concerns, please contact Barb Olsen, Director Addiction and Mental Health with Population and Public Health, at barb.olsen@albertahealthservices.ca.

CONTACT INFORMATION | FNIH

First Nations and Inuit Health
Alberta | General Inquiries
780-495-2703

Non-Insured Health Benefits
Toll-free
1-800-232-7301

For all other inquiries, please contact
Health Canada - Alberta Region
general inquiry line at 780-495-6815