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FIRST NATIONS & INUIT HEALTH BRANCH - ALBERTA ISSUE 5 - FALL 2012

FNIHB newsletter

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

Healthy Families Start at Home

'Healthy Families' is the theme for this fall issue of the Alberta FNIHB Newsletter. Health starts at home. Families play an important part in encouraging and maintaining healthy lifestyles. Seeing healthy behaviours helps children build a positive sense of themselves. Going outside for a daily walk is an example of a healthy behaviour that a family can do together.

Over the next few months, a number of health-related events take place. September is Breakfast for Learning Month. When a child is well-nourished, they perform better in school and they get the fuel they require for their growing bodies. Fall also brings seasonal influenza (flu), a common infection of the airways and lungs that can spread easily among people. It is important to get the new flu shot every year, as the flu virus usually changes from year-to-year. Making influenza immunization an annual event helps

you protect yourself, your family, and your community from infection and illness.

November 14th marks World Diabetes Day, when millions of people worldwide engage in diabetes advocacy and awareness. Follow these five important steps

to make your lifestyle healthier and to start to prevent or reduce the risk of developing pre- and type 2 diabetes: maintain a healthy weight; eat a healthy, balanced diet; ensure regular physical activity; don't smoke; and, keep your health in check. To learn more, visit www.idf.org/worlddiabetesday.



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A Note from **Herman Wierenga**

REGIONAL DIRECTOR, FIRST NATIONS AND INUIT HEALTH BRANCH-ALBERTA REGION

It's the start of another busy fall – summer is over, the days are getting shorter and children are returning to school! I hope you've enjoyed all that summer has to offer. Here at Health Canada, we've been busy putting together the 5th issue of our regional newsletter. We are excited to roll-out another issue to communities across Alberta.

The theme for this issue is Healthy Families, which of course is the cornerstone to healthy communities. This issue has a mix of stories that demonstrates the strength of family which contributes to community building.

This issue is our biggest to date and that's thanks to all your submissions. We hope that the stories inside will provide you inspiration and motivation. There are many things happening in First Nation 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 entitled Alberta On-Reserve Health Services and



Programs, developed by Health Canada and is available upon request. It is a booklet that provides individuals with a complete listing of health programs and services offered to First Nations in the Alberta Region by Health Canada and Alberta Health Services. We hope that this booklet helps to clearly explain services offered to you in this Region and provide you with contacts and information to your health-related questions.

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 Nation 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 1-855-809-6966.

Yummy **FRENCH TOAST**

SERVES: 4



INGREDIENTS:

- 2 eggs
- 1/2 cup or 125 ml milk
- 4 slices of whole wheat bread

INSTRUCTIONS:

1. Break eggs into a mixing bowl. Beat thoroughly with fork. Add milk and beat well.
2. Heat a non-stick frying pan over medium heat. Dip one slice of bread at a time into the milk mixture and let soak for 10 seconds.
3. Place dipped bread slices in the pan. Cook until golden in colour (about 3 to 4 minutes). With a spatula, turn bread over and cook the other side, until golden. Remove from a pan to a serving plate.
4. Repeat with the remaining slices of bread.

OPTION:

Serve with powdered (icing) sugar, cinnamon, low-sugar jam, light maple syrup or fruit slices.

Recipe courtesy of Healthy U and Government of Alberta



Attention Parents – Healthy Smiles Coming this Fall!

The Children's Oral Health Initiative (COHI) is available to children aged 0-12 in First Nation communities in Alberta. This preventative dental program is delivered by Dental Therapists and Dental Hygienists who offer services at community schools, Head Start programs, daycares and health centres.

Sign your child up today! Complete the bright green "Health Canada Children's Oral Health Initiative Authorization Form" and your child will have access to:

- Dental check-ups
- Fluoride applications to help prevent cavities
- Education and information on dental care and hygiene
- Sealants to prevent cavities

Get your form at your local primary school, daycare, Head Start program, or health centre. Whenever possible, the form is

also included with your child's school registration package. Your child can start receiving COHI services once this form is completed and submitted.

Don't wait! Register with COHI today!

Get your form at your local primary school, daycare, Head Start program, or health centre.



For those of you who don't know me, my name is Matthew Bishop and I'm the Acting Regional Physical Activity Coordinator.

MEET MATTHEW BISHOP – OUR NEW PHYSICAL ACTIVITY COORDINATOR

The Physical Activity Coordinator works under the Health Promotion and Disease Prevention (HPDP) Directorate in the Aboriginal Diabetes Initiative (ADI) unit. I've been with the public service since 2007, all with Health Canada. Most recently, I worked in the Tobacco Control Programme in Compliance and Enforcement and Fleet Management in FNIHB.

My physical activity experience consists of coaching, volunteering, and hobbies. Some of my favourite activities are playing all types of

team sports, mountain biking, walking my dog and swimming. I'm excited to begin working closely with all First Nation communities throughout Alberta to help increase healthy living through physical activity.

Feel free to contact me with any questions, thoughts, physical activity experiences, or suggestions on getting more physically involved in your community. You can reach me by email at matthew.bishop@hc-sc.gc.ca, or by calling 780-442-6808.

Lunch Time!

It's that time of year again...the kids are back in school! This means the return of the brown bag lunch! Check out the following tips on how to pack a quick and yummy lunch that your kids will be sure to enjoy.

TIPS FOR PACKING LUNCHES

- Keep servings small. Include peeled and cut up fruit and vegetables that are easy to eat. Cut extra veggies at supper time so kids can include them for lunches.
- Stay away from foods that are messy, get mushy, or have a strong smell.
- Make lunches the night before and store them in the fridge. Pack supper leftovers for lunch, then kitchen clean up happens only once.
- Consider packing the sandwich ingredients separately – (for example, sliced meats and cheese in a baggie; tuna or cottage cheese in a small plastic container; bread, pita, bagels wrapped separately, along with a baggie of vegetables). Set up a lunch drawer that contains all the packaging needs – insulated container, plastic containers, plastic wrap, stickers, napkins, spoons and forks.
- Have a special shelf or area in the refrigerator for lunch supplies.
- Looking for a unique lunch box? Check out different boxes that come in all shapes and sizes such as fishing tackle, sewing, craft, and utility boxes.



Quick Lunch Bag ideas

- Hummus, pita bread wedges, raw vegetables, yogurt, 100% fruit juice
- Banana muffin, boiled egg, dried apricots, milk
- Picnic lunch: cut up cheese, leftover chicken or roast beef, whole grain roll, grapes, pudding
- Whole grain tortilla filled with tuna salad, celery sticks, fruit canned in juice/water, chocolate milk
- Leftover pasta with meat sauce, melon cubes, cheese string, water
- Cold pizza, yogurt, 100% fruit juice, raisins

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Fun in the Garden: EarthBox® Gardening Projects

SUBMITTED BY: CARMEN PRION-FRANK, DIETETIC INTERN



WHAT IS AN EARTHBOX®?

An EarthBox® is a specially designed self-watering garden box. It has a water tank that makes sure your plants do not get too much water, and keeps the roots of your plants healthy. Once it is set up, it is a low maintenance way to grow a variety of plants, including vegetables and herbs.

WHERE CAN EARTHBOXES® BE USED?

EarthBoxes® can be used in many places in your community. They can be placed in schools, senior's centres, health centres, Head Start programs, youth centres and childcare facilities. There are EarthBox® projects in more than 25 First Nation communities in Alberta, and the number continues to grow.

WHY SHOULD I START AN EARTHBOX® GARDENING PROJECT?

- To teach children about where their food comes from
- To link to the school curriculum: plant science, weather, health, food security, water/soil conservation, etc.
- To improve access to healthy foods
- To grow food for school snack programs and lunches
- To use in senior therapy programs

WHERE CAN I PUT IT?

EarthBoxes® can produce food year-round if placed indoors with a grow light. They can also be placed outdoors during the summer, where the plants can use sunlight to grow.

WHAT CAN I PLANT IN IT?

EarthBoxes® are great for growing a variety of plants. Try planting a vegetable garden with lettuce, spinach, radishes and carrots. Herbs are a fun way to spice up your garden. Try planting basil and chives. You can also plant strawberries in your EarthBox®.

Plants can be grown from seeds or seedlings. Buying seeds is a very cost-effective way to grow a garden.

WHAT IF OUR SCHOOL CAN ONLY CARE FOR THEM DURING 10 MONTHS OF THE YEAR?

You can share your EarthBoxes® with other programs that run all year long. Talk to your health centre about partnering with them on an EarthBox® project. EarthBoxes® can also be emptied out for storage until your school year begins again.

For more information about EarthBox® projects, contact:

Judy Halladay
Phone: 780-495-5418
email: judy.halladay@hc-sc.gc.ca

"Since our growing season is so short, it's nice to be able to garden all year round."

- Dorothy, Enoch Health Centre

"We did our EarthBox® planting with the Head Start children yesterday. We all had so much fun....We had 11, four- and five-year-olds all with their own little beach shovels, all digging through the dirt at the same time!!!"

- Joyce, Stoney Health Centre

"It's low maintenance, with good results so far. There is no limit to what you could potentially grow. I look forward to growing some herbs to use in our prenatal classes."

- Dorothy, Enoch Health Centre

"The children were amazed that they grow plants and that they could eat them."

- Donna, Saddle Lake Head Start





Graduation Day: Children in Sunchild get a head start on life

On June 14th, the Sunchild Head Start celebrated the graduation of 14 children from the Program. The children were presented with diplomas and gifts at the graduation and Education Director Nelson Daychief was the guest speaker.

Children in AHSOR gain opportunities to develop self-confidence, a greater desire for learning and an excellent start in their journey towards becoming successful people.

The goal is to support early child development strategies that are designed and controlled by communities.

Parents, guardians and other family members are the most important teachers in a child's life. AHSOR knows this and provides support by helping parents and other caregivers learn and improve skills that contribute to healthy child development. It also works with families to help strengthen family relationships.

Congratulations to all the graduates! We hope you enjoyed your day!



The Aboriginal Head Start On Reserve (AHSOR) Program funds activities that support early intervention strategies to address the learning and developmental needs of young children living in First Nation communities. The goal is to support early child development strategies that are designed and controlled by communities.

AHSOR Programming is centered around six components: education, health promotion, culture and language, nutrition, social support, and parental/family involvement.

COMMUNITY GARDENING/EARTHBOXES®

On Thursday, June 7th, 2012, the young students from the Nakoda Head Start Program visited the Health Centre.

They were entertained by a puppet show that addressed the importance of making healthy food choices. Following the show, the children enjoyed a nutritious snack.

The class then moved outside where the children participated in planting

EarthBoxes®, which were small gardens of carrots, beans, onions and corn. The children were very excited and surprised to see what the seeds looked like because they didn't look anything like what the actual vegetable would eventually grow into.

The EarthBoxes® will be tended by Health Centre staff throughout the summer. During the fall, another group of Head Start students will harvest the EarthBoxes® and taste the results.



Warm Canadian Winter **FRUIT SALAD**

MAKES 4 SERVINGS



Thanks to modern storage techniques, fresh apples and pears are available in Canada all year long. How lucky we are to be able to enjoy fresh fruit in the winter!

INGREDIENTS:

- 1 tsp butter or non-hydrogenated margarine (5 mL)
- 1 tsp pure maple syrup (5 mL)
- 1 cooking apple, such as Granny Smith, peeled and cut into 8 wedges
- 1 pear, peeled and cut into 8 wedges

INSTRUCTIONS:

1. In a large nonstick skillet, melt butter over medium heat. Add maple syrup, swirling to coat pan. Add apple and pear wedges; cook for 2 to 3 minutes per side, turning to brown lightly on all sides.

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Make Self-Care a Priority

SUBMITTED BY: CELINE O'BRIEN, PRACTICE CONSULTANT, COMMUNITY HEALTH NURSING

I am a parent and a nurse who, like others, can get caught up in the busyness of taking care of others and forget to take care of myself.

Raising young children is both fun and demanding. It is important to remember that taking care of ourselves today means we will be around to take care of our children tomorrow. It is through modeling self-care that we teach our children how to take care of themselves.

"Self-first is Not Self-ish!"

Here are a few tips:

PUT YOURSELF FIRST!

Taking a break now will help prevent your body from breaking down later. Learn to recognize some of the signposts leading to burnout: short temper, sleep problems, chronic cold/flu, anxiety, depression, resentment, passion-less. Make a list of the things in your life that give you energy and those that take it. Is there a balanced flow, or are you feeling out of balance?

MAKE SELF-CARE BREAKS A PRIORITY!

No time? Get creative and design your day to include regular time-outs for yourself. Take five minutes to sip your coffee or tea; take deep breaths while driving; call a close friend; hide in the bathroom with your favorite magazine; have a bubble bath with candles instead of bath toys; trade childcare with a friend; watch a sunset. Schedule at least two hours/week **for you** (not necessarily all at once). This time is non-negotiable and not to be used for chores.

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE!

"Build a circle of social contacts to create a supportive environment of people who care for you and respect you" (Health Canada). Often we stay stuck in beliefs and behaviors that do not fuel us or help us achieve our life's purpose. Decide on some small changes you would like to make. Perhaps it is scheduling exercise or taking up an old hobby?

Take care of yourself so that you can take care of others!

Pumpkin PANCAKES

SERVING SIZE - 2 PANCAKES

Preheat oven to 200°F (100°C).
Makes eighteen 3- to 4-inch
(7.5 to 10 cm) pancakes.

INGREDIENTS:

- 1 cup all-purpose flour (250 mL)
- 1 cup whole wheat flour (250 mL)
- 3 tbsp lightly packed brown sugar (45 mL)
- 2 tsp baking powder (10 mL)
- 1 tsp baking soda (5 mL)
- 1 tsp ground allspice (5 mL)
- 1 tsp ground cinnamon (5 mL)
- 1/2 tsp ground ginger (2 mL)
- 1/4 tsp salt (1 mL)
- 1 egg
- 1 1/2 cups 1% milk (375 mL)
- 1 cup pumpkin purée (250 mL)
- 2 tbsp canola oil (30 mL)
- 1 tbsp white vinegar (15 mL)
- Vegetable cooking spray

INSTRUCTIONS:

1. In a large bowl, combine all-purpose flour, whole wheat flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt.
2. In another large bowl, whisk together egg, milk, pumpkin purée, oil and vinegar. Add to flour mixture and stir to combine.
3. Heat a griddle or large nonstick skillet over medium heat. Spray lightly with cooking spray. For each pancake, pour 1/4 cup (60 mL) batter onto griddle and cook for about 2 minutes or until bubbly around the edges. Flip and cook for 2 minutes or until golden brown. Transfer to a plate and keep warm in preheated oven. Repeat with the remaining batter, spraying griddle and adjusting heat between batches as needed.

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Siksika Hosts Annual Baby Fair by Saying I love you!

SUBMITTED BY: PENNY FOWLER, SIKSIKA CPNP PROGRAM



Siksika Community Health Canadian Prenatal Nutrition Program (CPNP) held its Annual Baby Fair on Valentine's Day, February 14th, 2012.

The Theme was "KITSIKAKOMIM" (Blackfoot for "I Love You"). The Gathering was opened with prayer by Elder Eve YellowOldWoman who also shared Traditional Ways of Parenting with emphasis on breastfeeding.

Our Chief, Fred Rabbit Carrier was invited and spoke on the importance of parenting our children, as they are the future leaders of our community. There were 67 participants in attendance and each mom received a self-care beauty kit plus each baby received an educational book.

Guest speakers Shirley Hinds, a Community Health Nurse, spoke on "Loving Your Baby by Protecting Them with Immunizations" and Dr. Janet Northcott spoke on "Loving Yourself-Self-Care to New Moms".

It was a wonderful afternoon which included games such as a baby crawl, diaper changing by dads, and a stroller/car seat decorating contest. Lunch was also served with accompanying entertainment by Darrel Breaker and his wife playing guitar and singing lullaby songs.

To cap off the celebrations, all moms still breastfeeding were given a purse. The New Year's Eve baby was also honoured with mom Tiara Crane and baby Oliver Crane receiving a jogging stroller and layette with bathtub, clothing, towels, etc.

Everyone had a wonderful time and we hope you can join us next year!



Looking for More Than a Job... A Health Career Might Just Be the Answer!

The nice warm days of summer are now behind us, and with the arrival of fall, school and future career opportunities become the focus of our lives, once again. Many students, especially those in high school, start to weigh their options.

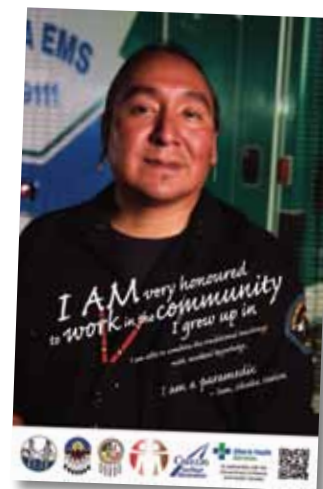
It is a challenging time when we start to assess our strengths and weaknesses. Are our dreams of making it into the NHL or joining a dance company achievable, or should we look at how to integrate our passions into other career choices, such as rehabilitation medicine or art therapy?

A new website, www.healthwarriors.ca, has been created in partnership with the three Treaty organizations and the Northern Alberta Institute of Technology (NAIT), and partially funded by the Aboriginal Health Human Resources Initiative (AHHRI). The Health Warriors Network guides First Nation youth in exploring

health careers. It provides a quick interactive career explorer, a job board with positions currently available at Alberta Health Services and digital stories of First Nations who have chosen health careers.

For Grade 11 and 12 students, a number of organizations have partnered to offer great summer job opportunities in health centres in participating First Nation communities and at Alberta Health Services. The First Nations Summer Health Internship gives students an opportunity to work three weeks at their local on-reserve health centre and three weeks at the nearest Alberta Health Services facilities. For more information, please check out www.nextgen.org.

Over the next few weeks, the Aboriginal Health Careers Media Campaign will be launched. Stay posted as the media campaign will include posters and video clips of



current and aspiring First Nations, Métis and Inuit health professionals.

Copies of the posters will be sent to all health centres and a number of other organizations.

For First Nation communities seeking to host a health career fair, please contact Darcy Jagodzinsky, AHHRI Manager, at 780-495-7843 or at darcy.jagodzinsky@hc-sc.gc.ca.

If you are looking for an opportunity to make a difference, a health career might just be the right path for you!



Stewed FRUIT

SERVES: 6

INGREDIENTS:

- 4 cups or 1 L water
- 1 cup or 250 ml dried apples
- 1 cup or 250 ml pitted prunes
- 1/3 cup or 80 ml dried apricots
- dash cinnamon
- 2 tsp or 10 ml orange juice, unsweetened
- 2 tbsp or 30 ml orange rind, grated (optional)

INSTRUCTIONS:

1. In a saucepan, combine water, apples, prunes, apricots, orange rind (if using) and orange juice. Over medium to high heat, bring to a boil. Reduce heat, cover and simmer for 10-15 minutes until tender but not mushy. Let cool and serve.

Can be covered and refrigerated for up to one week, stirring occasionally.

Recipe courtesy of Healthy U and Government of Alberta



Cooking for Health

The staff from the Diabetes Care and Education Centre wish to give a big “thank you” to everyone who made *Cooking for Health* a success:

- The 160 community members from four Bands who participated in the *Cooking for Health* workshops
- Program Coordinators who arranged for their groups to attend
- Maskwacis Health Services: Medical Transportation, Home Care, Community Health, Roots & Berries
- Maskwacis Radio
- Louis Bull Tribe for use of James Bull Hall
- The businesses that provided goods and services
- One Touch™ for donating conference bags and materials

...a big “thank you”
to everyone who made
Cooking for Health a
success.

Why did participants in *Cooking for Health* want to learn more about cooking at home?

- To make healthy food
- To have enough food for everyone
- To prevent diabetes and other chronic diseases
- To teach their children how to cook and eat healthy foods
- To get away from fast foods
- To save money

What's next for *Cooking for Health*?

The staff at the Diabetes Care and Education Centre will be providing training for facilitators in the four Bands so that *Cooking for Health* can continue in the community.

What participants liked:

- ✓ laughter
- ✓ healthy food
- ✓ eating
- ✓ working as a team
- ✓ hands on cooking
- ✓ the crockpot
- ✓ friendliness
- ✓ the staff
- ✓ learning to use the toaster oven
- ✓ information about diabetes
- ✓ learning recipes
- ✓ the atmosphere
- ✓ active learning – the energy
- ✓ cooking with others
- ✓ the fun
- ✓ meeting people
- ✓ the gifts
- ✓ everything

If you have any questions about *Cooking for Health*, diabetes or healthy eating please call the Diabetes Care and Education Centre at 780-585-2268.

BEAVER FIRST NATION OFFERING SOMETHING FOR EVERYONE

Beaver First Nation has tons of activities happening in their community to help promote a healthier lifestyle. Gym Nights are held on Tuesdays for six to 13-year-olds and Thursdays for 14-year-olds to Elders.

The local school offers its gym for community members to come out and get active. The Health Centre even has bus service to

pick community members up so they can take advantage of the gym. The Health Centre also offers walking groups each day at lunch for individuals who would like to get involved and join others who want to stay fit!

Finally, the Health Centre offers Good Food Boxes which include different types of fresh produce and canned goods. The boxes are made up

using two recipes from a Diabetes cookbook and all the ingredients are included to make healthy meals for the family to enjoy. They also add healthy lifestyle tips for each home and already 123 homes have taken advantage of the Good Food Boxes.

Get out and get involved in activities planned for your community today! Stay tuned because a Kid's Overnight Camp is planned for the fall!



Tommy Quinney Realizes a Dream While Raising Funds and Awareness for Diabetes Research

SUBMITTED BY: CHRISTY HORSE, LPN, MORNINGSKY HEALTH AND WELLNESS

Tommy Quinney, a diabetic, set out on April 29th, 2012 on Highway 16 at the British Columbia border (just outside of Jasper) to walk across Alberta to raise awareness and money for diabetes research.

Tommy hopes the money he raises will help find a cure and encourage the growing number of people being diagnosed with diabetes to become more active.

We would like to congratulate Tommy Quinney for realizing his dream of walking across Alberta to raise awareness and money for diabetes research! Tommy has shown great leadership, perseverance and courage by completing his walk. Tommy is a positive role model for the community and we hope his message about living a healthy lifestyle has reached communities across Alberta. All proceeds raised by his walk have been donated to the Canadian Diabetes Association to help with Diabetes research.

We would also like to thank everyone who pledged money towards diabetes research. Your donations are going towards a very worthy cause! We would also like to send a big thank you to everyone who got active to support Tommy with his walk. We hope it has inspired you to become more active and continue to live a more active lifestyle.

DIABETES WALK 2012

Stoney Nakoda Health Services hosted the community's Annual Diabetes Awareness Walk on Monday June 4th, 2012. The weather was warm and the rain held off until participants had returned to the Health Centre.

Participants' blood glucose levels were tested before and after the walk and people were surprised to see the significant difference in their blood sugars even after a short walk.

Participants were also given a short True or False questionnaire while eating their lunches. The focus of the questionnaire was diabetes by addressing prevention strategies.



Immunizations: Your best shot against disease

SUBMITTED BY: CELINE O'BRIEN, PRACTICE CONSULTANT, COMMUNITY HEALTH NURSING

Did you know that immunizing children is one of the most important ways to promote their health and to prevent illness and disease?

Fall is a great time to get your child's immunization up-to-date, as well as your own. Your Community Health Nurse has a wealth of information related to immunization, growth and development, nutrition, oral health, injury prevention and more. Many of your questions and concerns can be answered by your Community Health Nurse.

Book your child's appointment for immunization today. The average

appointment takes about 30 minutes. If you are not sure if your or your child's immunization is up-to-date, your Community Health Nurse will be happy to review your chart.

If you have school-age children, keep an eye out for the consent form that will come home in your child's backpack.

Have a happy and safe fall!



Macaroni and CHEESE

12, 1/2 CUP SERVINGS

INGREDIENTS:

- 2 cups or 500 ml whole wheat macaroni
- 2 cups or 500 ml milk, skim or 1%
- 1/4 cup or 60 ml flour
- 1/4 tsp or 2 ml pepper
- 1 tbsp or 15 ml non-hydrogenated margarine
- 3/4 cup or 175 ml low-fat cheddar cheese, grated
- 1 can (398 ml) no salt added tomatoes, drained and cut up
- 1 small onion, chopped
- 1/4 cup or 60 ml whole wheat bread crumbs

INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Fill a large saucepan with water and bring water to a boil.
3. Add macaroni and cook until it is almost soft (slightly undercook it).

4. Drain off the cooking water and rinse macaroni in a colander under cold running water. Drain well and set aside.
5. In a medium saucepan combine the milk, flour pepper and margarine. Cook over medium heat, whisking constantly, until mixture bubbles and becomes thick.
6. Remove from heat and add cheese, tomatoes and onions. Stir well to combine. Add the cooked macaroni, stir well, and place all ingredients into a 3 quart (3.5 L) casserole dish.
7. Sprinkle the bread crumbs evenly over the top and bake in the preheated oven for 30 minutes, or until browned on top.
8. Cool for five minutes and serve.

Recipe courtesy of Healthy U and Government of Alberta

We are excited to introduce to you new learning and education opportunities we will be delivering through videoconference each month from September to March!

The Telehealth Speaker Series

This will be our third year of offering this well-received series, which highlights issues of importance to First Nation individuals and communities, staff working in First Nation health centres and provincial staff who work with First Nation people. This year we are inviting First Nation community members to attend as well.

In response to feedback from participants in previous years, this year's presentations will focus on traditional, holistic, and innovative approaches to wellness.

Some of the confirmed speakers for this year are Casey Eagle Speaker, Kathleen Gorman, Ruth Suvee and

Holli-Anne Passmore. This is sure to be an exciting group of sessions to participate in!

FOCUS ON FIRST NATIONS

Alberta is rich with culture – especially among First Nation communities. This series will present a general overview of First Nation traditions, values and cultures that exist throughout Alberta.

Targeting everyone who wishes to learn more about First Nations in Alberta, a new session will be offered every three weeks and highlight a new topic or culture.



MORE TO COME!

This is just the start of what is sure to be an amazing year. Please watch the Telehealth Portal at firstnationsTH.ca for more sessions and how YOU can participate.

FIRST-TIME MOTHERS LEARN NEW SKILLS THANKS TO SADDLE LAKE PRENATAL CLASS

SUBMITTED BY: JOSHALYN BRIGHTEYES

In April 2012, Joshalyn Brighteyes, a Community Health Representative working in Saddle Lake, decided to include a craft activity in her prenatal classes.

"We had four sewing machines and thought it was perfect to get the ladies working on a baby blanket" and so she dedicated the last hour and a half of the class to the project. "It was such a blast! The ladies interacted and had fun getting to know one another better and started sharing their stories."

The class was made up of four first-time mothers, who all completed their baby blankets.

"I found it was successful as the ladies learned something from the class and from one another," said Joshalyn. "I hope in the future the program continues to have these times with the ladies as it felt they found some support, not only from the staff but from themselves."



Dog Bites: A Clear and Present Danger in Your Community



Dog bites are a frequent occurrence in First Nation communities throughout Alberta. Most communities simply do not have the resources to assist with animal care and address overpopulation issues.

Reports of incidents have increased over the last several years – First Nation communities in Alberta reported 1,251 dog bites between the years 2000 and 2010. In 2010 alone, there were a total of 206 dog bites, and 151 people received treatment for resulting injuries.

Two children under the age of five and one adult have died from injuries due to dog bites since the year 2000. While you may be surprised by these

numbers, it is actually estimated that only 10-20% of dog bites in First Nation communities are reported. On-reserve dog bite incidents are 20-100 times above Canada's national average.¹ This disproportionate number of bites can be attributed in part to dog overpopulation, which is why spaying and neutering animals is so important.

This year, Bigstone Wabasca, Siksika, Hobbema and Piikani First Nations hosted clinics by the Alberta Spay Neuter Task Force (ASNTF) in their communities. These clinics, which are most effective when carried out several times per year, provide spay and neuter surgeries for dogs and cats in First Nation communities in Alberta. For example, In May, 232 dogs and cats were spayed or neutered at Siksika's clinic, a record number of surgeries for the Task Force! They also provide vaccinations against rabies, a fatal disease that can be passed from animals to humans through bites.

Nancy Larsen of ASNTF says that the benefit of having dogs spayed and neutered goes beyond animal population control, especially when it comes to bite incidents. Female dogs that have not been spayed go through 'heat', a period of fertility that can attract intact male dogs (i.e. dogs that have not been neutered), which tend to be more aggressive and more likely to bite than neutered dogs.

On-reserve dog bite incidents are 20-100 times above Canada's national average.



Treaty 6 reported the most dog bites in 2010:

Treaty 6 = 91 bites

Treaty 7 = 59 bites

Treaty 8 = 56 bites

However, the incidence rates were not very different between the three Treaty areas. Treaty 8: 3.3 per 1,000 population; Treaty 6: 3.2 per 1,000 and Treaty 7: 2.9 per 1,000.

Rate = number of occurrences divided by the population at risk.

WHAT YOU CAN DO TO HELP PREVENT DOG BITES

- **Spay or neuter your dog**

Your dog will be less aggressive, and won't have any unwanted litters. An intact female dog can produce 192 puppies by age five – not to mention all the offspring fathered by her male puppiesⁱⁱⁱ.

- **Socialize your dog**

Your dog will be less likely to bite if they are comfortable with people and other animals.

- **Pack any food you carry in an airtight container**

Dogs have an excellent sense of smell, and that lunch in your backpack could attract a hungry dog.

- **Care for your dog and feed them regularly**

A happy, well-fed dog is less likely to be aggressive towards others.



IF YOU GET BITTEN BY A DOG:

- Wash the wound with soap and water.
- Loosely cover the wound with gauze.
- Seek medical care immediately.
- Take note of the date, time and place of the incident; where you were bitten; information about the dog, and the sequence of events^{iv}. Your nurse at the Health Centre will want to know so that she can make an assessment and take the appropriate follow-up actions!

We would like to celebrate the efforts of everyone working to manage the issue of dog bites and animal overpopulation in First Nation communities across Alberta. Is your community working on a dog bite initiative that you would like to share in an upcoming FNIHB newsletter? E-mail us at alberta.communications@hc-sc.gc.ca



FACT: SPAY OR NEUTER YOUR DOG: AN INTACT FEMALE DOG CAN PRODUCE 192 PUPPIES BY AGE FIVE.



FACT: NON-NEUTERED MALE DOGS ARE INVOLVED IN 70-77% OF REPORTED DOG BITE INCIDENTS.

ⁱ Dr. Richard G. Herbert, *Animal Related Health Crises in First Nation Communities* (2006)

ⁱⁱ *A Community Approach to Dog Bite Prevention*, American Veterinary Medical Association Task Force on Canine Aggression and Human-Canine Interactions Report (2001)

ⁱⁱⁱ Edmonton Humane Society, Prevent Another Litter Subsidy (PALS) Program http://www.edmontonhumanesociety.com/index.php?option=com_content&view=article&id=378&Itemid=22

^{iv} City of Edmonton, *Dog Bite Prevention* (2011)

Banana LOAF

SERVES: 25



INGREDIENTS:

- 2 ripe medium bananas
- 2 eggs
- 1/4 cup or 60 ml buttermilk
- 2 cups or 500 ml whole wheat flour
- 4 tsp or 20 ml baking powder
- 1/4 tsp or 1 ml nutmeg
- 1/2 cup or 125 ml chopped walnuts
- 1/2 cup or 60 ml butter, unsalted
- 1/2 cup or 125 ml sugar

INSTRUCTIONS:

1. In a medium bowl, cream together margarine and sugar. Mash the bananas and stir in. Beat in eggs one at a time and stir in buttermilk. In a separate bowl, stir in flour and baking powder. Stir liquid ingredients into dry ingredients, and pour into greased loaf pan. Bake at 350°F (180°C) for one hour or until an inserted toothpick comes out clean.

OPTION:

Add 1/2 cup or 125 ml of chopped nuts to recipe.

Recipe courtesy of Healthy U and Government of Alberta



Non-Insured Health Benefits (NIHB) Navigators are **Here to Help You!**

NIHB Navigators support and provide assistance to eligible First Nation and Inuit clients with access to NIHB regardless of band affiliation.

The role of a Navigator is to support First Nation and Inuit clients and communities in gaining an increased understanding of existing health services, jurisdictions and the NIHB Program. A Navigator works to exchange, gather and collate information on

health access issues and identifies ways of improving health services for First Nation and Inuit clients. In addition to assisting clients, Navigators are available to provide community presentations and meet with local services providers.

NIHB NAVIGATORS ARE HERE TO HELP YOU.

To contact a Navigator:

Treaty 6

780-944-0334
nihb@treatysix.org

Treaty 7

Please call NIHB toll-free at
1-800-232-7301

Blood Tribe

403-737-8400 or 403-330-7278
geaglespeaker@onehealth.ca or
gerri.es@btdh.ca

Treaty 8

780-444-9366 or 1-888-Treaty8
navigator@treaty8.org

A Navigator works to exchange, gather and collate information on health access issues and identifies ways of improving health services for First Nation and Inuit clients.



OCTOBER: EYE HEALTH MONTH



Privacy, Security and Youth

Staying safe on the Internet means staying aware. Each of us is responsible for our own – and our families' – privacy and safety on the Internet.

Always know where your children are surfing, which links they are clicking on and the privacy policy of any website that asks for personal information (for example, if signing up for a gaming site). Some Internet sites and emails try to trick users into downloading unwanted files, purchasing products and giving away information. Keeping your children safe may require extra steps such as setting up an Internet filter on your home computer and using passwords to limit full Internet browser access.

RULES TO REMEMBER

Here are four rules to follow when browsing the Internet that will help keep children and young people safe:

- **NEVER** tell passwords or PIN numbers to anyone. Change user names and passwords regularly.
- **NEVER** open email attachments or download files from unrecognized senders or websites.
- **ALWAYS** be aware of what a website may do with personal information or pictures. If a site does not have a privacy policy, don't disclose personal information.

- **REMEMBER** that once you write, upload or add information to the Internet there is no going back – so think before you click.

WHAT TO WATCH OUT FOR ONLINE

Online chatting

- Remember it's easy for people to lie about age, sex, location and intentions during an online chat.
- Chatting allows others to send information you do not want such as inappropriate messages, photos or videos.
- Cyberbullying can happen in online chat rooms.

Photo sharing

- Don't forget – once you send a photo anywhere on the Internet it is out of your control.
- Photos on the Internet can be manipulated, possibly putting the people in the picture in a compromising situation.
- Photos sent to a private individual can easily be further distributed by that person.
- Photos posted online can be viewed and downloaded by anyone – and distributed worldwide.

Webcams

- Be very careful about using webcams – especially with people you or your children do not know.
- Once a webcam broadcasts a video, it can be captured by the other person's computer and saved for later viewing or distribution.
- If your computer has been hacked, another user could remotely control your webcam. Unplug or cover your camera when it's not in use.
- Don't believe anyone who says that appearing in front of a webcam is a way to get a start in modeling or show business – legitimate businesses DO NOT operate like this.

Online gaming

- Many online games allow for live text and voice chats, making it easier for children to accidentally or willingly disclose personal information to a stranger.



Source: www.healthycanadians.gc.ca



Recruiting Youth for Healthy Change July 16th-20th, 2012

In July, Three Eagle Wellness Society hosted the 9th Annual Youth Gathering in Treaty 6 at Alexander First Nation.

The gathering provided youth with positive perspectives, motivation to make change within themselves, and eagerness to provide their peers, family and community members with factual information that can influence positive change. "Recruiting Youth for Healthy Change", this year's theme, reflects the development over the years of the youth gathering.

Respected Elders from across Alberta were also available to the youth throughout the week.

There were approximately 300 youths between the ages of 13 and 18 years who participated in this year's event. They represented communities from Treaty areas 6, 7 and 8. Nine sessions were held which included topics such as anger management; bullying; self awareness, self discovery; and sexual health.

Next year marks a milestone: the 10th Annual Youth Gathering, taking place in Treaty 7 at the Bloods.

Respected Elders from across Alberta were also available to the youth throughout the week. Along with daily sessions, a number of activities were held in the evening for all to participate in such as a Talent Show and a MuchMusic Video Dance.

Next year marks a milestone: the 10th Annual Youth Gathering, taking place in Treaty 7 at the Bloods. If you would like information on next year's youth gathering, contact Marilyn Willier, Prevention of Family Violence Manager for Three Eagle Wellness Society at 780-523-9928 or 3eaglewellness@telus.net.



NOVEMBER: LUNG CANCER AWARENESS MONTH

Community Health Representative 50th Year Celebrations

SUBMITTED BY THE CHR 50TH ANNIVERSARY PLANNING COMMITTEE

The Community Health Representative (CHR) Program is celebrating 50 years of a rich and wonderful relationship with First Nation communities in Alberta.

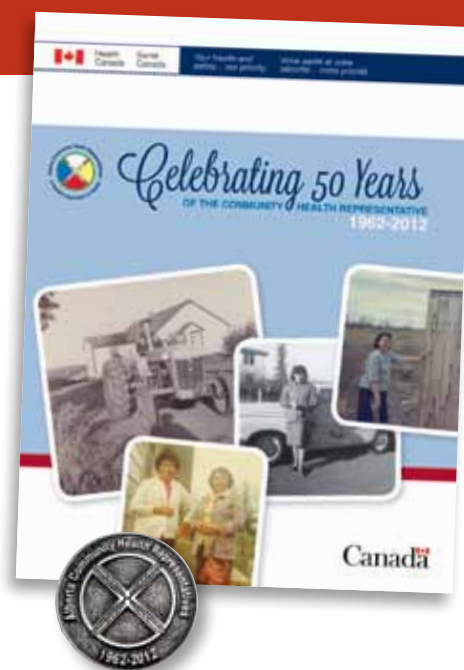
This program has evolved from the time of the first graduates of 1964 to today where 100 CHRs now deliver Health Promotion, Disease and Injury Prevention, and Health Protection on the front-line in Alberta.

To celebrate this important milestone, Health Canada-Alberta Region supported celebratory gatherings honouring the hard work, dedication and leadership of all CHRs in Alberta, past and present.

This summer, current and past CHRs, as well as family members of those no longer with us, were invited to attend these celebratory gatherings which were held throughout the province. Attendees were presented with tokens of appreciation for their significant contributions to the health of individuals, families and communities across Alberta.

Gatherings were held in Cold Lake, Grande Prairie, High Level, Slave Lake, Strathmore and Wetaskiwin. Attendees expressed the appreciation they felt and were honoured for the recognition they received for their hard work and dedication to their communities.

Congratulations to all CHRs!



A commemorative booklet and pin were developed as tokens of appreciation for CHRs from the Alberta Region.



Hearty VEGETABLE SOUP

SERVES: 12

INGREDIENTS:

- 28 oz. or 796 ml canned tomatoes, low sodium
- 2 beef bouillon, low-sodium packages
- 10 oz. or 284 ml can condensed tomato soup, reduced sodium
- 19 oz. or 540 ml can red kidney beans, drained and rinsed
- 1/2 tsp or 2 ml dried thyme
- 2 tsp or 10 ml dry mustard
- 1 bay leaf
- 1/2 cup or 125 ml chopped onion
- 1 cup or 250 ml corn kernels
- 1 cup or 250 ml chopped celery
- 5 cups or 1250 ml water
- 1 cup or 250 ml diced potato, pot barley, or macaroni

INSTRUCTIONS:

1. In a large soup pot, combine all ingredients. Bring to a boil. Reduce heat and simmer for 35 to 40 minutes or until vegetables are tender. Remove bay leaf before serving.
2. Serve with whole grain bread or whole wheat biscuits. Tip: to reduce sodium in this recipe further, use sodium-free beef bouillon instead.

Recipe courtesy of Healthy U and Government of Alberta

theme of the month

event theme

SEPTEMBER

Breakfast for Learning Month
Childhood Cancer Awareness Month
Men's Cancer Health Awareness Month
National Arthritis Month
Ovarian Cancer Awareness Month

September 15-23: AIDS Walk for Life
September 9: Fetal Alcohol Spectrum Disorder
(FASD) Awareness Day
September 10: World Suicide Prevention Day
September 16: Terry Fox Run
September 21: World Alzheimer's Day
September 28: World Rabies Day
September 29: World Heart Day

OCTOBER

Autism Awareness Month
Breast Cancer Awareness Month
Eye Health Month
Learning Disabilities Awareness Month
Lupus Awareness Month
Psoriasis Awareness Month
SIDS Awareness Month
(Sudden Infant Death Syndrome)
The Flu Shot: Influenza Immunization
Awareness Month

September 30-October 6: Mental Illness Awareness Week
October 1: National Seniors Day
October 7-13: Fire Prevention Week
October 10: World Mental Health Day
October 13: World Sight Day
October 15-19: National Infection Control Week
October 16: World Food Day
October 17-23: National School Safety Week
October 22: International Stuttering Awareness Day

NOVEMBER

Crohn's and Colitis Awareness Month
Cardiopulmonary Resuscitation (C.P.R.)
Awareness Month
Diabetes Month
Lung Cancer Awareness Month
November Canada: Prostate Cancer
Awareness Month
Osteoporosis Month
Pancreatic Cancer Awareness Month

November 6-12: National Seniors Safety Week
November 12: World Pneumonia Day
November 14: World Diabetes Day
November 20: National Child Day
November 24-30: National Home Fire Safety Week
November 25: International Day for the Elimination of Violence
Against Women

DECEMBER

December 1: World AIDS Day
December 3: International Day of Disabled Persons
December 6: National Day of Remembrance and Action
on Violence Against Women in Canada
December 10: Human Rights Day

CONTACT INFORMATION | FNIHB

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Alberta | General Inquiries
1-855-809-6966

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