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FIRST NATIONS & INUIT HEALTH BRANCH - ALBERTA ISSUE 7 - FALL 2013

FNIHB newsletter

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

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Sharing Your Truth in a Safe and Healthy Way

Welcome to a special edition of the FNIHB newsletter. This issue was developed to provide information to assist former Indian Residential School (IRS) students, their families and communities to prepare for the upcoming Truth and Reconciliation Commission of Canada (TRC) National Event happening March 27-30 in Edmonton.

In this edition you will find helpful information on the TRC and the upcoming National Event as well as tips on things you can do to help yourself prepare. Inside you will also find several articles on available support services and programs.

Some of the topics addressed in this newsletter may trigger memories or thoughts about residential school.



Health Supports are available through the IRS Resolution Health Support Program. To access support through this Program please call **1-888-495-6588**.

This issue of the FNIHB newsletter deals with topics that may cause trauma invoked by memories of past abuse. The Government of Canada recognizes the need for safety measures to minimize the risk associated with triggering.

A National Indian Residential School (IRS) Crisis Line has been set up to provide support for former residential school students, their families and anyone impacted by the legacy of IRS. You can access emotional and crisis referral services by calling the 24-Hour National Crisis Line: **1-866-925-4419**.

This issue of the FNIHB newsletter deals with topics that may cause trauma invoked by memories of past abuse. For **immediate emotional assistance** you can reach the National Crisis Line 24 hours a day, 7 days a week at **1-866-925-4419**.

A Note from Herman Wierenga

FORMER REGIONAL EXECUTIVE, FIRST NATIONS AND INUIT HEALTH BRANCH-ALBERTA REGION

Welcome to another edition of the FNIHB Newsletter. In this issue we focus on providing information to assist survivors of Indian Residential Schools (IRS) and their families prepare for the upcoming Truth and Reconciliation Commission of Canada (TRC) National Event happening March 2014 in Edmonton.

Over my career I have been moved by the experiences of people who attended residential school. I have heard from many of today's leaders whom are themselves survivors. I have heard from Elders, sharing their memories often in hushed tones. And, I have heard from the children of survivors whose parents could only recently share their memories.

It is important to the survivors, First Nations and all Aboriginal people, the Government and for all Canadians, that we acknowledge this shameful chapter in Canadian history. We cannot change the past, but we must learn from it. On June 11, 2008 the Prime Minister apologized to Aboriginal people on behalf of all Canadians. I encourage you to read the full text of that apology and work

toward achieving the commitment to "forge a new relationship."

Our task in government is based on the Settlement Agreement and the Apology. FNIHB-Alberta Region has put in place the IRS Resolution Health Support Program which offers support to survivors and their families in the form of cultural and emotional support, as well as professional counselling services. This is tremendously important work as we provide support to thousands of people who have been impacted by the legacy of IRS. Most of these health support providers are employed by Aboriginal organizations and I believe these people are making a difference in the lives of survivors and their families. As 2014 will be Alberta's turn to host a TRC National Event, the supportive and healing skills of the health support providers will be required.

In closing, as many of you know, I have retired as Regional Executive of FNIHB. I have spent nearly eight years in this position, a total of 14 years with Health Canada, Medical Services Branch/FNIHB-



Alberta Region and 31 years in the federal public service. Working in First Nations health has been extraordinarily rewarding, challenging and, yes, often frustrating. I am proud of the progress communities and FNIHB-Alberta Region have made together in improving health but I fully realize that significant gaps remain. By working together I am convinced that we will see more progress in reducing health status inequities.

I wish all of you the best as you work to make more progress towards the goal of healthy First Nations communities.

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 **1-855-809-6966**.

This newsletter contains submissions provided by various contributors. The views and opinions expressed in these submissions are those of the author(s) and do not necessarily reflect those of Health Canada or the Government of Canada.

Health Supports Available to Former Students and Their Families

Health Canada's Indian Residential Schools Resolution Health Support Program (IRS RHSP) provides health support services to former Indian Residential School (IRS) students and their families.

All former IRS students who attended one or more of the recognized residential schools are eligible to receive emotional, cultural, professional counselling and transportation services from the program, regardless of status or place of residence. Family members of former IRS students are also eligible for this program. This includes a spouse or partner, anyone raised by or in the same household as a former IRS student, and anyone who has experienced effects of intergenerational trauma associated with a family member's time at residential school.

Emotional Support is provided by resolution health support workers (RHSWs) who listen, talk and provide support to former students and their family members.

Cultural Support is provided by Elders and/or traditional healers. Specific services are chosen by the former student and/or family member and can include traditional healing, ceremonies, teachings and dialogue.

Professional Counselling is provided by psychologists and social workers who are registered with Health Canada. These counsellors have extensive training through their formal education, are registered with their provincial or territorial professional association and have significant experience working with former residential school students. A professional counsellor will listen, talk and assist individuals in finding ways to heal from IRS experiences.

Transportation assistance may be available when professional counselling and cultural support services are not locally available.

All RHSP services are **safe, confidential, respectful, and non-judgmental.**

RHSWs, cultural support providers and professional counsellors are available to assist former students and their families before, during and after they participate in any activities related to the Indian Residential School Settlement Agreement. This includes assisting individuals as they prepare for the upcoming Truth and Reconciliation Commission of Canada (TRC) Alberta National Event.

Health supports will also be present throughout this event and available to provide support to anyone in attendance. If you or someone you know needs support, please ask an identified support worker for assistance.

For more information on the Indian Residential Schools Resolution Health Support Program (IRS RHSP) please call **1-888-495-6588**.



ALBERTA TRC NATIONAL EVENT COMING THIS MARCH!

March 27-30, 2014 | Edmonton | Shaw Conference Centre
trc.ca | See page 6 for more information

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The Truth and Reconciliation Commission of Canada

COURTESY OF THE TRUTH AND RECONCILIATION COMMISSION OF CANADA



The Truth and Reconciliation Commission of Canada (TRC) was established in 2008 to:

- tell Canadians about the history of Indian Residential Schools (IRS) and their impacts on Aboriginal children who were sent to the schools by the Canadian government; and
- guide a process of reconciliation between and within Aboriginal families, communities, churches, governments and Canadians.

The Commission is documenting the truth of what happened through records held by those who operated and funded the schools, as well as through testimony by officials of the institutions that operated the schools and former IRS students, their families, community members and anyone else who has been personally affected by the residential schools and their impacts.

The Commission is documenting the truth of what happened...

The Commission is **not** a legal process or a judicial body. It does not have any powers to subpoena anyone and it will not cross-examine anyone. Participation in any TRC activity is voluntary.

The TRC is a requirement of the 2007 Indian Residential Schools Settlement Agreement, the largest Canadian class-action settlement of its kind, negotiated on behalf of former students, churches, the Government of Canada, the Assembly of First Nations and other Aboriginal organizations.

The TRC will ensure that people can describe their experiences in a safe, respectful and culturally-sensitive way.

It has a five-year mandate under the direction of the Chair, Justice Murray Sinclair, and Commissioners Chief Wilton Littlechild and Marie Wilson.

SHARING YOUR EXPERIENCE

Former residential school students, their families, communities, churches, former school employees and anyone else affected by residential schools are encouraged to share their experiences with the TRC.

The TRC will ensure that people can describe their experiences in a safe, respectful and culturally-sensitive way. Students, researchers and members of the public will be able to access the statements, to learn about the residential schools. They will not be allowed to see any personal information that could identify the person who gave the statement, unless he or she has given permission for personal information to be disclosed.

You may share your residential schools experience through:

- a written or recorded statement;
- a private one-on-one interview; or
- a public discussion.

The TRC also accommodates those who wish to express themselves through music, art, dance, or other drama formats.

Part of the TRC's mandate is to host National Events in regions across Canada to facilitate truth-gathering, and to promote awareness and public education about the residential schools legacy and its impacts. Attending a National Event is an opportunity to share your experience with the TRC.

Part of the TRC's mandate is to host National Events in regions across Canada...

The TRC will keep the statements it receives in a secure database and record office. Information from the statements will be used by the TRC to research and write a report about the history of the schools and the impact they had on people and communities. The TRC may also use some statements (those for which permission has been given) in books, films, videos and audio clips to educate the public and raise awareness about residential schools.

At the end of its mandate, the TRC will give all of the statements it has received to the National Research Centre, hosted by the University

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of Manitoba and its partners, where they will be safely stored in accordance with modern archival standards.

On request, a copy of your statement will be available to you at the time you provide it. You also have the right under the *Privacy Act* to request a copy of your statement. If you think you made an error or left something out of your statement, you can contact the TRC and request that a correction be made. If the TRC does not make the correction, it will attach a note to your statement that identifies which information you wanted changed.

There will be an opportunity to share your experiences even after the TRC completes its mandate.

RECONCILIATION

The TRC views reconciliation as an ongoing individual and collective process that will require participation from all those affected by the residential school experience. This includes First Nations, Inuit and Métis former students, their families, communities, religious entities, former school employees, government and the people of Canada.

The TRC hopes to guide Aboriginal peoples and all Canadians toward reconciliation and renewed relationships based on mutual understanding and respect.



**Truth and
Reconciliation**
Commission of Canada

Cranberry Orange BREAKFAST COOKIES

INGREDIENTS:

- 1/2 cup (125 ml) softened butter, unsalted
- 1/2 cup (125 ml) granulated sugar
- 1 large egg
- 1 1/2 tsp (7 ml) orange zest (grated peel)
- 1 tsp (5 ml) vanilla
- 1/3 cup (80 ml) milk, skim
- 1/2 cup (125 ml) all-purpose flour
- 1/2 cup (125 ml) whole wheat flour
- 1 tbsp (15 ml) baking powder
- 2/3 cup (170 ml) dried cranberries
- 1/2 cup (125 ml) old fashioned oats
- 1/3 cup (80 ml) coarsely chopped walnuts



INSTRUCTIONS:

1. Line 2 baking sheets with parchment paper.
2. Preheat oven to 350°F (180°C).
3. Beat butter and sugar in a small bowl with an electric mixer until light and fluffy. Add egg, zest and vanilla and beat until well combined. Stir in milk and then add remaining ingredients. Stir until combined.
4. Drop 1 rounded tablespoon of mixture on prepared baking sheets about 2 inches (5 cm) apart. Bake on the centre and top racks in preheated oven for about 15 minutes or until golden (swap baking sheets around halfway through cooking). Repeat with the remaining mixture.
5. Place the cookies on a wire rack to cool. Cool completely before storing.

Recipe courtesy of Healthy U and Government of Alberta

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Alberta TRC National Event Coming this March!

COURTESY OF THE TRUTH AND RECONCILIATION COMMISSION OF CANADA

The Truth and Reconciliation Commission of Canada's (TRC) seventh and final National Event is taking place March 27 to 30 in Edmonton at the Shaw Conference Centre.

A National Event is an opportunity to celebrate regional cultural diversity and honour those touched by the residential schools. A National Event also engages the Canadian public and provides education about the history of the Indian Residential Schools (IRS) system, the experience of former students and their families, and the ongoing legacies of the institutions within communities.

To date, six national events have taken place in different regions across Canada.

SHARING YOUR STORY DURING THE UPCOMING ALBERTA NATIONAL EVENT

All former IRS students, their families, residential school staff and others are welcome to make a **private** or **public** statement during the upcoming National Event:

A National Event is an opportunity to celebrate regional cultural diversity and honour those touched by the residential schools.

Private Statement: This is an opportunity to **share your experiences in complete confidence** with only a health support worker and statement gatherer in the room. Your statement will be audio- or video-recorded depending on your preference. There is no fixed time limit on these sessions however there is a recommended 1.5 hour maximum.

Public Statement: One way to make a public statement is to take part in a **Commissioners Sharing Panel**. These panels allow former residential school students to share their truth with the Commissioners of the TRC in the main forum of the event. The typical length of time for providing a statement to the Panel is less than 15 minutes. Advanced registration is needed to make a statement at the Commissioners Sharing Panel.

You can also provide a public statement within a **Sharing Circle**. Sharing Circles are facilitated by members of the TRC Indian Residential School Survivors Committee and registration is located on-site. Your time to make your presentation will be limited depending on the number of people wishing to give statements. Your statement will be audio- and video-recorded.

Bearing witness validates the experiences of those who share their truths...

For both Commissioners Sharing Panels and Sharing Circles, members of the media and the public may come to bear witness. Bearing witness validates the experiences of those who share their truths, and contributes to healing for both the speaker and those who are listening.

Health supports will be present for both public and private statements. See page 3 for more information on Health Canada's Indian Residential Schools Resolution Health Support Program.

ALBERTA TRC NATIONAL EVENT DETAILS *Courtesy of the Truth and Reconciliation Commission of Canada*

DATE: March 27-30, 2014

LOCATION: Edmonton, Shaw Conference Centre

ACCOMMODATIONS:

Closer to the event, a list of hotels offering discounted rates for people attending the Alberta National Event will be available at trc.ca

OTHER DETAILS:

This event is open to the public and admission is free of charge.

Emotional, cultural and professional counselling support services will be available on-site throughout the National Event.

FOR MORE INFORMATION:

The Truth and Reconciliation Commission of Canada (TRC)

Telephone: 204-984-5885

Toll Free: 1-888-872-5554

(1-888-TRC-5554)

Fax: 204-984-5915

Email: info@trc.ca

Website: trc.ca

Preparing for the Upcoming Alberta TRC National Event

There are a number of things you can do to help prepare for the upcoming event, things like:

- learning strategies on how to maintain a healthy diet while away from home;
- incorporating physical activity into your daily routine;
- exploring ways to help offset the cost of attending the National Event;
- learning to recognize strong emotional reactions and practicing self-care; and
- knowing where to turn for support.

Read on for helpful information and tips related to these topics.



Oat and Apple GRANOLA

INGREDIENTS:

- Canola oil for oiling pan
- 4 cups (1 L) old-fashioned oats
- 1/2 cup (125 ml) sunflower seeds
- 1 cup (250 ml) frozen apple juice, unsweetened concentrate, thawed
- 1/4 cup (60 ml) honey
- 1 tbsp (15 ml) canola oil
- 1/4 cup (60 ml) dried apples, diced
- 1/4 cup (60 ml) raisins, cranberries, blueberries or cherries

INSTRUCTIONS:

1. Preheat oven to 350°F (180°C).
2. Lightly oil an 8 inch or 22 cm square baking pan with sides.
3. In a large bowl, combine oats and sunflower seeds.

4. In large measuring cup, blend apple juice concentrate, honey and canola oil.
5. Drizzle liquid mixture over the oats mixture and toss until evenly moistened. Spread on baking sheet.
6. Bake granola for 30 to 35 minutes, stirring every 5 minutes, until light golden and crisp.
7. Remove from oven and transfer to bowl. Toss with dried fruit; cool completely.
8. Store in tightly covered container for one week or freeze for up to 2 months.

Recipe courtesy of Healthy U and Government of Alberta



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Eating Away From Home

When combined with regular physical activity, making healthy choices while eating away from home can help you to prevent, delay or manage diabetes. For more individualized information on healthy food choices, solutions to challenges and/or tips to manage diabetes, talk to a diabetes educator or healthcare professional.

MAKE HEALTHY CHOICES

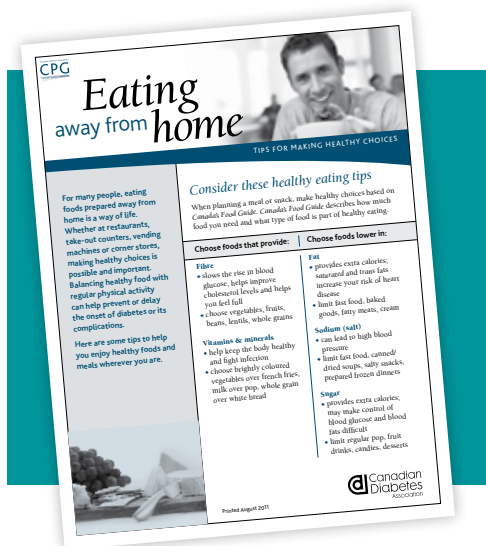
Here are some tips to help you make wise food choices wherever you are. Remember that portion size is an important part of healthy choices.



= choose more often



= choose less often



To access the complete Canadian Diabetes Association's "Eating Away from Home" resource visit diabetes.ca

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COOKING METHODS



- Baked, steamed, poached, grilled, roasted or stir-fried
- Tomato-based sauce, sauces on the side



- Fried, breaded, battered
- Au gratin (with cheese), sweet or creamy sauces
- Dishes with soy sauce or MSG

SNACKS ON-THE-GO



- Vegetables, fruit, low-fat cheeses or yogourt, boiled eggs
- Whole-grain crackers with peanut butter
- Unsalted nuts or seeds



- Cheese puffs, chips, cookies, donuts, buttered/salted popcorn, chocolate bars, candy

BEVERAGES



- Water, milk (skim, 1%)
- Sugar-free/diet drinks
- Clear tea, herbal tea, black coffee



- Milkshakes, fruit drinks, regular pop
- Alcohol, specialty drinks (e.g. iced cappuccino)

FAST FOOD



- Garden salad
- Mini subs, pita sandwiches, plain burgers/wraps/sandwiches (ask for extra vegetables)
- Vegetarian or cheese pizza with whole-grain crust



- Burgers/sandwiches with bacon, cheese and high-fat sauces
- French fries, fried chicken, fried fish, poutine, hash browns
- Pizza with pepperoni, sausage, bacon or extra cheese

STARTERS



- Raw vegetables, salads (garden, spinach, fruit)
- Vegetable juice, clear or vegetable soups
- Seafood cocktail, sushi
- Whole-grain breads and rolls



- Salads with high-fat dressings or toppings
- Cream soups
- Wings, egg rolls, onion rings, nachos

DESSERTS



- Fresh fruit, frozen yogourt, skim milk latte



- Cakes, pies, pastries, ice cream, cheesecake

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MAIN COURSES



GRAINS AND STARCHES (amount equal to 1/4 of your plate)

- Oatmeal, high-fibre/lower-sugar cereals
- Whole-grain breads, rice, pasta, barley, couscous
- Plain or sweet potatoes

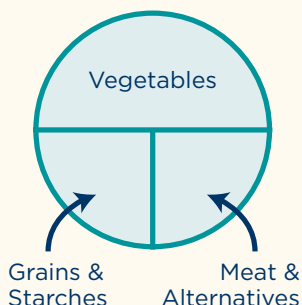
MEAT AND ALTERNATIVES (amount equal to 1/4 of your plate)

- Lean meats, poultry, fish, eggs, low-fat cheese
- Tofu, soy products, vegetable protein
- Legumes (e.g. lentils, chickpeas, beans)

VEGETABLES (amount equal to 1/2 of your plate)

- Salads (Greek, garden, spinach), plain vegetables
- Vegetables on sandwiches, wraps, pizza

PLATE METHOD



GRAINS AND STARCHES (amount equal to 1/4 of your plate)

- Sugary, low-fibre cereals
- Large bagels, muffins, croissants, white bread
- French fries, hash browns, fried rice

MEAT AND ALTERNATIVES (amount equal to 1/4 of your plate)

- High-salt and/or high-fat meats (e.g. ribs, wings, sausages, wieners, poultry with skin on, processed luncheon meats)

VEGETABLES (amount equal to 1/2 of your plate)

- Salads with creamy, high-fat dressings and toppings like bacon bits, croutons, cheese

PLAN AHEAD TO MANAGE YOUR DIABETES

People with diabetes can also use their meal plan to make good choices. The following table provides some general information for people taking insulin. If you take certain pills to manage your diabetes, these tips may also apply. Talk to your healthcare professional for more information.

* for more information on these Canadian Diabetes Association resources visit diabetes.ca

Source: Canadian Diabetes Association's "Eating Away from Home." Reprinted with permission from the Canadian Diabetes Association

TYPE OF FOOD OR BEVERAGE

GENERAL TIPS:

If you adjust your insulin, you need to know how much carbohydrate is in your meal or snack.

You can check:

- the label on pre-packaged foods
- *Beyond the Basics* resources*
- nutrition information (restaurants, websites, pamphlets)

Know how alcohol can affect your diabetes and plan for this. For more information, refer to *Alcohol + Diabetes: Is alcohol a choice for me?**

SPECIAL TIPS FOR ME

Complete this section with your healthcare professional.

PORTIONS

GENERAL TIPS:

Learn to estimate portion sizes. If the serving size is larger or smaller than your usual portion, you will need to adjust either the portion size or your insulin to keep your blood glucose level stable.

SPECIAL TIPS FOR ME

TIMING

GENERAL TIPS:

If your meal will be earlier or later than usual, you may need to adjust your insulin or change the timing of a snack to avoid having a high or low blood glucose level. Avoid skipping meals or snacks.

SPECIAL TIPS FOR ME



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Healthy Snacking Can Be Part of Healthy Eating



Healthy snacking is another way to help you get all the nutrients you need to stay healthy and feel energized. Snacks can keep your blood glucose (sugar) levels stable throughout the day if you find your energy level drops between meals. This can help to curb your feeling of hunger between meals and stop you from eating too much at mealtimes. Remember, not everyone needs snacks. In fact, too much snacking, could lead to unwanted weight gain.

Snacks can keep your blood glucose (sugar) levels stable throughout the day.

The keys to healthy snacking are to:

- Choose the foods you snack on wisely.
- Watch the portion size of the food you eat.
- Snack when you are hungry.

Keep a variety of healthy ready-to-eat snacks on hand.

STEPS YOU CAN TAKE

- Plan healthy snacks by using Eating Well with Canada's Food Guide (healthcanada.gc.ca/foodguide). Try to include foods from at least two of the four food groups for each snack.
- Keep a variety of healthy ready-to-eat snacks on hand. Examples are:
 - Fruit with low-fat yogurt.
 - Vegetables with low-fat dip or low-fat cottage cheese.

- Whole grain crackers with hummus, peanut butter or low-fat cheese.

Don't snack directly from a large container, bag or box.

- Buy small packages of food or take small portions from larger packages. Don't snack directly from a large container, bag or box.
- Eat slowly.
- Save snacks that are higher in calories, fat, sugar, or salt (sodium) and lower in fibre for special occasions. These foods include cookies, cakes, donuts, chocolates, ice cream, chips and deep-fried foods. Choose small portion sizes of these snacks and try to combine them with a healthier option. For example:
 - Have one cookie with a piece of fruit rather than 2 or 3 cookies.
 - Portion out a small serving of chips and have it with some raw vegetables.
 - Put a small scoop (golf ball size) of ice cream in a bowl and top it with fresh or frozen fruits.
- Drink water often. Limit servings of regular pop and fruit drinks. They are high in calories and low in nutrients.
- Learn to recognize true hunger and fullness. Skip the urge to nibble when you are bored, tired, upset or stressed. Try something else like walking the dog, going for a jog, reading a book, writing in a journal or listening to your favourite music.

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HEALTHY SNACK IDEAS

Here are some healthy snack ideas for you:

SMALLER SNACKS

- 1 medium fresh fruit (e.g. banana, apple or orange).
- 250 ml (1 cup) fresh, frozen or canned fruit (in water or light syrup) e.g. peaches, mandarins, grapes, blueberries, strawberries or raspberries.
- 1 large stalk of celery with 60 ml (1/4 cup) low fat, low sodium cottage cheese.
- 175 ml (3/4 cup) low fat yogurt.
- 500 ml (2 cups) air-popped or low fat microwave popcorn.
- 3-4 plain cookies such as arrowroot, ginger snaps, or graham crackers.
- Low salt pretzels (30 twists or 18 g).

LARGER SNACKS

- 250 ml (1 cup) of mini carrots, cut up cucumbers, zucchinis, cherry tomatoes or other raw vegetables with low fat salad dressing or dip.
- 30 ml (2 tbsp) of nuts such as unsalted peanuts, almonds, hazelnuts, cashews walnuts or soy nuts.
- 60 ml (1/4 cup) dried fruit (e.g. apricots, prunes, dates or raisins).
- 1 slice of whole grain or whole wheat bread or flat bread such as pita, naan, or roti with 15 ml (1 tbsp) of hummus.
- 1/2 whole grain or whole wheat bagel with 15 ml (1 tbsp) of peanut butter or nut butter.
- 7 whole grain crackers or 2 melba toasts with 30 grams (1 oz) of low fat, low sodium cottage cheese or canned light tuna.
- 250 ml (1 cup) fruit smoothie made with low fat yogurt, soy milk or low fat milk and a blend of your favourite fruits.
- 1 English muffin with 15 ml (1 tbsp) of melted low fat cheese and apple slices.

- 250 ml (1 cup) of low fat plain milk or chocolate milk and a banana.
- 250 ml (1 cup) of unsweetened applesauce and 1 small bran muffin.
- 60 ml (1/4 cup) of homemade or prepackaged trail mix (dry cereal, dried fruit and unsalted nuts and seeds).
- 250 ml (1 cup) fresh fruit low fat yogurt parfait. Layer vanilla yogurt with mandarin oranges or berries. Sprinkle with a spoonful of trail mix (above).
- 60 ml (1/4 cup) of unsalted nuts and 1 medium fresh fruit (e.g. plum, nectarine or pear).

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- Avoid snacking while watching TV, working or playing on the computer, reading, or driving. This is called “mindless eating” and can often cause people to eat more than they would if they were paying attention.
- Limit snacks to no more than three per day.

TIPS ON READING FOOD LABELS

Use the food labels on pre-packaged foods to help you make healthier choices. Look for a Nutrition Fact

table. It will tell you the serving size and the amount of the listed nutrients in each serving. It will list the calories, total fat, saturated fat, trans fat, cholesterol, sodium and fibre.

The percent Daily Value (% DV) column in the Nutrition Facts table shows you if a specific amount of food has a little or a lot of a nutrient. 5% DV or less is a little and 15% DV or more is a lot of the nutrients. Compare foods. Choose foods with a lower % DV of fat, saturated and trans fats, cholesterol, and

sodium. Choose foods with a higher % DV of fibre, vitamins A and C, calcium and iron.

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PHYSICAL ACTIVITY TIPS FOR OLDER ADULTS (65 YEARS AND OLDER)

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

- 1 Take part in at least **2.5 hours of moderate- to vigorous-intensity aerobic activity each week.**
- 2 Spread out the activities into sessions of **10 minutes** or more.
- 3 It is beneficial to **add muscle and bone strengthening activities** using major muscle groups at **least twice a week.** This will help your posture and balance.

TIPS TO HELP YOU GET ACTIVE

- Find an activity you like such as swimming or cycling.
- **Minutes count:** increase your activity level 10 minutes at a time. Every little bit helps.

- **Active time can be social time:** look for group activities or classes in your community, or get your family or friends to be active with you.
- Walk wherever and whenever you can.
- Take the stairs instead of the elevator, when possible.
- Carry your groceries home.

Start slowly.

Listen to your body.

Every step counts.

THE HEALTH BENEFITS OF BEING ACTIVE

- Improve your balance.
- Reduce falls and injuries.
- Help you stay independent longer.
- Help prevent heart disease, stroke, osteoporosis, type 2 diabetes, some cancers and premature death.

Aerobic activity, like **pushing a lawn mower, taking a dance class, or biking to the store**, is continuous movement that makes you feel warm and breathe deeply.

Strengthening activity, like **lifting weights or yoga**, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- Examples of **moderate activity** include walking quickly or bike riding.

What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say



Community Fundraising

SUBMITTED BY DAWN REDMOND AND KELSEY BIG PLUME, TSUU T'INA HEALTH AND WELLNESS CENTRE

As the Truth and Reconciliation Commission of Canada (TRC) Alberta National Event is taking place this March, your community may be looking at ways of assisting members who are interested in attending. Community fundraisers are a great way to help offset the cost of travel, accommodations and meals.

The Tsuu T'ina Health and Wellness Centre has been involved in a number of local fundraising events. Here are a few suggestions that may be of interest to your community:

GARAGE SALE

A community-wide garage sale is a great way to raise funds. Select a date and invite community members to donate new or gently used items to be sold at the sale. Price the items accordingly and invite everyone to come to the event.

BAKE SALE

A bake sale is a great fundraising activity that can be incorporated as part of another event, like a garage sale! Invite community members to

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more than a few words without needing to catch your breath.

- Examples of **vigorous activity** include jogging or cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger.

- Examples of **muscle-strengthening activities** include climbing stairs, digging in the garden, lifting weights, push-ups and curl-ups.
- Examples of **bone-strengthening activities** include yoga, walking and running.



EVERY STEP COUNTS!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommendations.

MORE PHYSICAL ACTIVITY PROVIDES GREATER HEALTH BENEFITS!

That means the more you do, the better you'll feel. Get active and see what you can accomplish! Move more!

IS PHYSICAL ACTIVITY SAFE FOR EVERYONE?

The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

Source: phac-aspc.gc.ca

Canadian Physical Activity Guidelines were developed by the Canadian Society for Exercise Physiology and are available at: csep.ca/guidelines

bring baked goods which will be priced and sold during the other fundraising events.

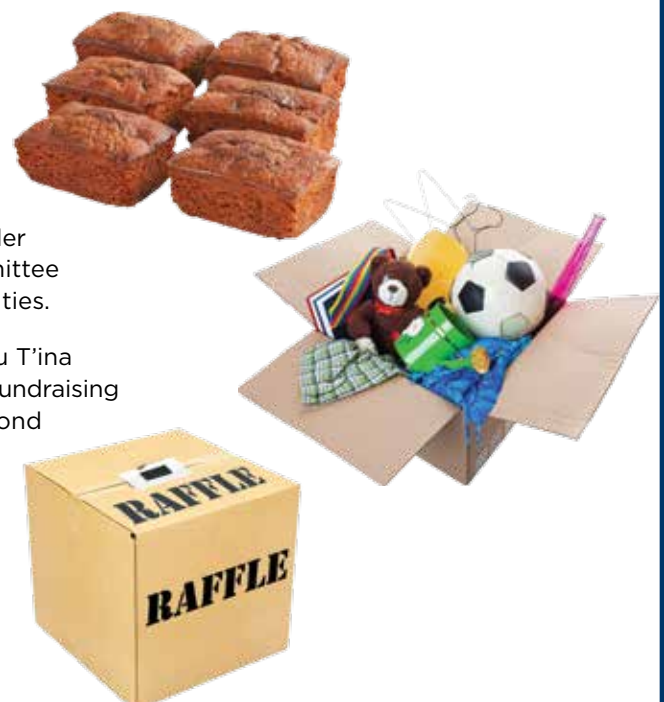
RAFFLE

Raffle prizes can either be purchased by an organizing committee or provided through donations. Examples of items include a tablet, camping set, HDTV, sports equipment, healthy food package, etc. Create raffle ticket booklets and sell tickets within a set time period.

FUNDRAISING TIP

To ensure your fundraising events are successful, consider forming an organizing committee to plan and coordinate activities.

To learn more about the Tsuu T'ina Health and Wellness Centre fundraising efforts contact Dawn Redmond at dredmond@onehealth.ca or Kelsey Big Plume at kbigplume@onehealth.ca



Strong Emotional Reactions: What they look like and strategies to cope

Thinking about how residential school affected you can lead to positive or negative thoughts or memories. This article is intended to help you recognize the reactions you may have.

Revisiting painful memories can be an important step in the healing process. It can also lead to difficult thoughts, feelings and behaviours.



For some people, strong emotional reactions are normal. This can happen immediately, or hours, days or weeks after. Your reaction may even surprise you.

When past emotions or memories are triggered, you need to be kind to yourself and others. It is helpful to have a plan of how to take care of yourself as a way to honour what you have been through.

IMPORTANT THINGS TO KNOW:

If you experience any of the symptoms listed in this article, or other reactions, please know that this is not uncommon. If these symptoms last longer than a few weeks, consider talking to someone who can help you.



It is important to reach out and talk to others for support to help you to deal with these feelings as soon as possible.

DO NOT remain alone if you are having thoughts of hurting yourself or hurting others. Tell someone you feel safe with; talking with someone you trust can really help.

Healing is possible. Though it can sometimes be difficult and painful, healing is a journey that can make life better and more enjoyable.

SOME COMMON REACTIONS YOU MAY EXPERIENCE:

SPIRITUAL

- Moral distress
- Questioning your religion
- Questioning your values
- Doubting the goodness of humanity
- Feeling disconnected

BEHAVIOURAL

- Flashbacks
- Agitation
- Appetite changes
- Addictions
- Quick to anger
- Isolating self
- Mood swings
- Shock
- Conflict in relationships
- Can't concentrate

PHYSICAL

- Trouble sleeping
- Nightmares
- Stomach aches
- Nausea
- General body aches
- Headaches
- Crying
- Panic attacks

EMOTIONAL

- Sadness
- Anger
- Frustration
- Feeling alone
- Mistrust of others
- Feelings of guilt
- Shame
- Blame
- Fear
- Hopelessness
- Overwhelmed

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SELF-CARE STRATEGIES TO HELP YOU PREPARE FOR SHARING YOUR STORY

There are many things you can do to help prepare yourself for the possibility of experiencing a strong emotional reaction. Here are just a few self-care strategies that you may find helpful:

- Nurture yourself as you would a good friend
- Practice a healthy lifestyle (avoid addictive substances)
- Take walks and exercise
- Get out on the land
- Smudge, pray, sing
- Sew, drum, dance
- Spend time with family and friends
- Laugh, cry, talk
- Meditate, sleep, get plenty of rest
- Seek spiritual or religious guidance
- Eat healthy foods
- Ask for help
- Seek counselling

Considering Giving a Statement to the TRC? Support is Available!

Providing a statement to the Truth and Reconciliation Commission of Canada (TRC) can be a difficult and emotional process for some people. Talking to someone you trust about your experience before speaking with the TRC may help you remember details that you would like to share.

The Indian Residential Schools Resolution Health Support Program

This includes providing support to anyone participating in TRC-related activities.

(IRS RHSP) provides health support services to former IRS students and their families. This includes providing support to anyone participating in TRC-related activities.

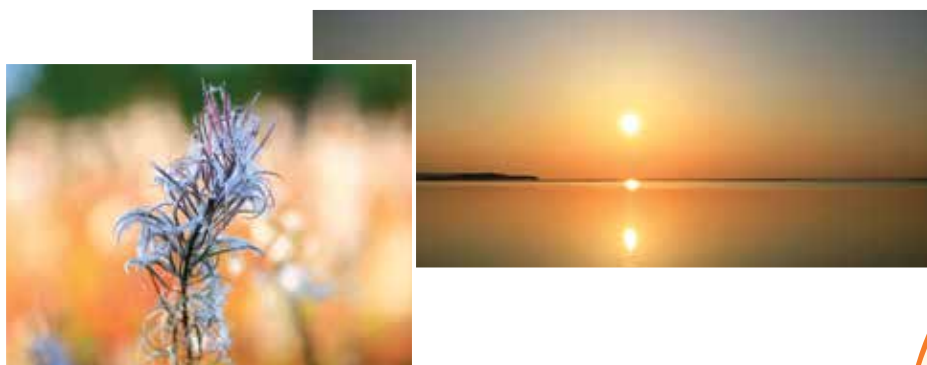
If you are thinking about providing a statement to the TRC, an IRS RHSP Health Support can work with you throughout the process. This includes providing support:

- while you are preparing what you would like to say to the TRC;
- while you are giving your statement; and
- after you have given your statement to the Commission.



For more information on the IRS RHSP turn to page 3 or call **1-888-495-6588**.

With contributions from the Truth and Reconciliation Commission of Canada



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FNIHB-Funded Mental Health Programs and Services

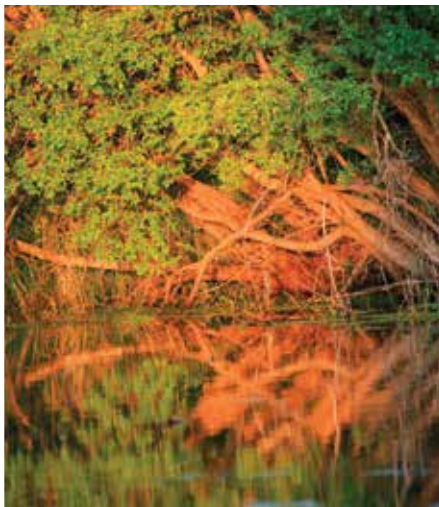
Being well means maintaining balance physically, emotionally, mentally and spiritually. Issues like grief and loss, intergenerational trauma, relationship concerns and job loss can affect individuals and their families. Generally, these issues do not become a problem if a person has healthy coping skills and supports to help them overcome these difficult and emotional situations. There are times, however, when a person has trouble coping and does not know where to turn for help.



First Nations communities across Alberta have access to **Community Mental Health Programs** funded by Health Canada:

Brighter Futures supports culturally-appropriate, holistic and community-directed mental health, child development, parenting and injury prevention services at the community level. These areas are supported through information and awareness activities on a variety of topics including depression, family violence, stress management, parenting and life skills.

Building Healthy Communities develops community-based approaches to youth solvent abuse and mental health crises, such as suicide.



National Aboriginal Youth Suicide Prevention Strategy (NAYSPS) supports a range of community-based solutions and activities that contribute to improve mental health and wellness among Aboriginal youth, families, and communities. The program extends to First Nations youth living on-reserve, Inuit youth and off-reserve Aboriginal youth.

Contact your local Health Centre to find out how these programs work in your community.

MENTAL HEALTH SERVICES COVERAGE

Coverage for short-term crisis intervention mental health counselling is available through Health Canada's Non-Insured Health Benefits (NIHB) program. This coverage is available on a temporary basis until other services (e.g. provincial and/or social programs) can be accessed.

To learn more about coverage available to you for mental health services, contact the NIHB Regional Office at **1-800-232-7301** or visit healthcanada.gc.ca/nihb

ALBERTA TRC NATIONAL EVENT COMING THIS MARCH!

March 27-30, 2014 | Edmonton | Shaw Conference Centre
trc.ca | See page 6 for more information



FNIHB-Funded Addictions Services

Some people face challenges with alcohol, tobacco and drugs that harm their daily lives. Health, for both individuals and communities, can only result through a combination of physical, emotional, spiritual and mental well-being. Health Canada provides support to First Nations communities as part of their efforts to help community members who are struggling with addictions and substance abuse.

HEALTH CANADA PROGRAMS

The National Native Alcohol and Drug Abuse Program (NNADAP) and the National Youth Solvent Abuse Program (NYSAP) are two programs offered to First Nations and Inuit by Health Canada. NNADAP is an example of a Health Canada program now largely controlled by First Nations communities and organizations. Since its origins in the 1970s, the program's goal has been to help First Nations and Inuit communities set up and operate

NYSAP provides culturally-appropriate specialized treatment and recovery programs...

programs aimed at reducing high levels of alcohol, drug, and solvent abuse among on-reserve populations.

NYSAP is a residential inpatient treatment program that compliments community-level activities aimed at preventing youth solvent abuse. It provides culturally-appropriate specialized treatment and recovery programs for First Nations and Inuit youth with chronic solvent abuse problems. NYSAP also includes an outreach program that educates community workers and families on solvent abuse and provides follow-up with clients and their families.

FIRST NATIONS TREATMENT CENTRES IN ALBERTA

In Alberta there are currently five Health Canada funded treatment centres for adults (18 years and older) and two centres for youth (12 to 17 years) that provide inpatient treatment services. These centres provide both mainstream and culturally-appropriate approaches to treatment. Programming in these centres vary but may include programs for youth, families, couples counselling, residential schools, trauma and abuse survivors, and people with concurrent disorders.



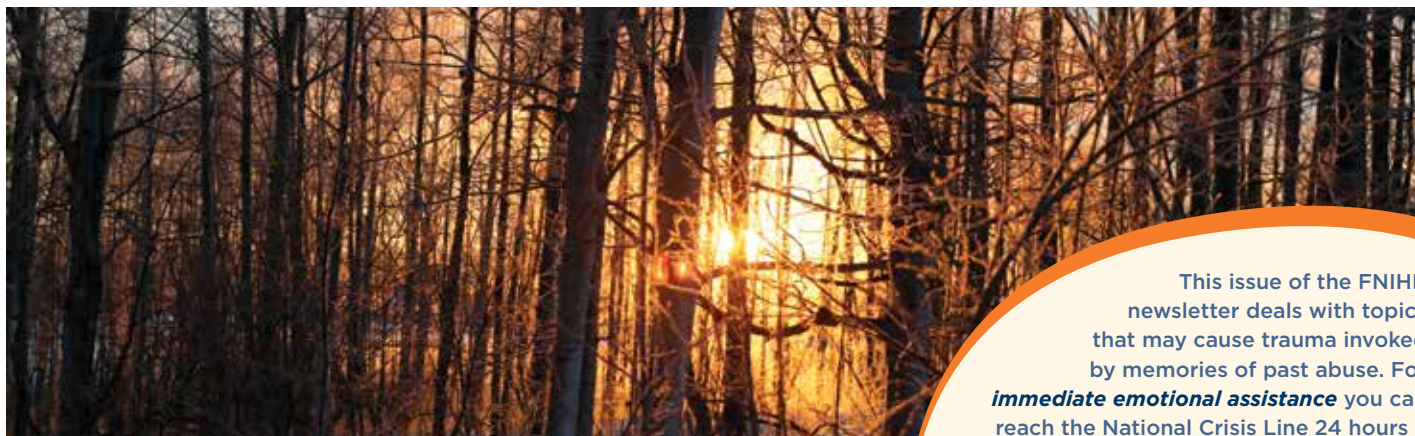
These centres provide both mainstream and culturally-appropriate approaches to treatment.

YOU ARE NOT ALONE

If you or someone you know is struggling with an addiction, there are steps you can take to get help:

If you live on-reserve, contact your local Health Centre and ask to speak to a NNADAP worker. He or she will arrange a meeting with you and, if appropriate, go through an in-depth assessment to identify the suitable treatment.

If you live off-reserve, call the Alberta Health Services Addiction Helpline at **1-866-332-2322**, which is available 24 hours a day, and ask them how to access addiction services.



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THE ALBERTA FIRST NATIONS TELEHEALTH NETWORK SPEAKER SERIES PRESENTS:

Healing and the intergenerational impacts of Indian Residential School

The 2013-14 Telehealth Speaker Series continues to focus on healing. This 4th season will address intergenerational trauma related to the legacy of Indian Residential School (IRS), and explore how traditional and modern techniques can be used to support healing.

Speakers from a variety of groups and organizations will address topics such as:

- What is intergenerational trauma?
- How the intergenerational impacts of IRS affect the mental, physical and spiritual well-being of people and families.
- Skills and techniques to help break the cycle of intergenerational trauma.
- What traditional and western support services are available and how to access them.

A LIGHT EMERGES: PROJECT OF HEART BRINGS CANADIANS TOGETHER FOR TRUTH THROUGH EDUCATION

SUBMITTED BY CHARLENE BEARHEAD, NATIONAL COORDINATOR, PROJECT OF HEART

There is a wave of enlightenment that is sweeping across the country. It is bringing people together from all facets of our communities. Teachers and students, Elders and youth, Aboriginal and non-Aboriginal people are coming together for one common interest: our collective truth as Canadians.

The history and legacy of Indian Residential School (IRS) in Canada has been the country's hidden history for far too long. It is the silence that

There is a wave of enlightenment that is sweeping across the country.

has deafened us; the literal skeletons in the closet of Canada that has driven us to the furthest corners of the room from one another.

Over 600 classroom teachers and their students, along with various community organizations all across Canada have taken on the challenge



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Project of Heart tiles



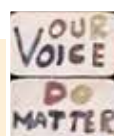
One 90-minute session will be broadcast each month through the Alberta First Nations Telehealth Network.

Keep an eye on the Alberta First Nations Telehealth Portal (firstnationsth.ca) for scheduling information.

For details contact the Telehealth Team at videoc@hc-sc.gc.ca



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of breaking this silence. They are shedding the light that will guide all of us back to one another by collectively seeking the truth and taking social justice actions to create a new history, one based on respect, caring and honesty. These are the learners, Aboriginal and non-Aboriginal alike, who are engaging in Project of Heart.

Participants in Project of Heart research and learn about the history of IRS in Canada and create beautiful tiles, made as memorials to the children who died in residential schools. These tiles are exhibited in places like the Canadian Museum of Human Rights, regional museums, libraries, schools and other community sites. After creating the tiles, the learners invite a former IRS student to speak with them about his or her own experience, to share cultural teachings and their own messages of hope and strength. The former student also offers a prayer for the children lost, the learners and our future generations.

The learners also choose a social justice action in which they can participate to support the human rights of Aboriginal people in Canada and build genuine relationships for a better future.

Participants in Project of Heart research and learn about the history of IRS in Canada and create beautiful tiles...

Project of Heart was inspired in 2007 by Ottawa-based teacher Sylvia Smith and since the spring of 2012, has been hosted in this province by Native Counselling Services of Alberta (NCSA). The Project has been presented to Alberta teachers during seven teachers' conventions and to date over 50 local schools have participated in the Project.

The Project was recently featured at the Wetaskiwin Building Bridges event on May 16 and during the Red

Deer Remembering the Children Truth and Reconciliation Commission of Canada (TRC) event held in early June. Building Bridges engaged 170 grade 10 students from Wetaskiwin and Hobbema as well as community members of all ages from the local area. During the Red Deer event, over 750 grade 4-11 students from Red Deer Public Schools, Red Deer Catholic Schools, Samson Cree Nation, Ermineskin First Nation and Lloydminster schools participated in two days of education sessions presented by Project of Heart and NCSA.

Resolution health support workers from all areas of Alberta and across the country, contribute significantly to the education and support of students and adults who participate in Project of Heart.

For more information on Project of Heart go to projectofheart.ca or e-mail the National Coordinator Charlene Bearhead at charlene-bearhead@ncsa.ca



Truth and
Reconciliation
Commission of Canada

ALBERTA NATIONAL EVENT

MARCH 27-30, 2014

SHAW CONFERENCE CENTRE | EDMONTON

Edmonton



The Truth and Reconciliation Commission of Canada

will host its final National Event in Edmonton. This is an opportunity for all Canadians, both Aboriginal and non-Aboriginal, to learn more about and bear witness to the legacy of the Residential School system.

Photo: United Church of Canada Archives, 93.0.49P429, 1950s, Alberni School.



Join the TRC for the Alberta

National Event March 27-30, 2014 for:

- Statement Gathering
- Traditional Ceremonies
- Survivor Gatherings
- Witnessing Survivor Statements
- Education Day
- Cultural Performances
- Films, and more

Call toll free 1-888-872-5554

For live webcasts visit trc.ca

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CONTACT INFORMATION | FNIHB

First Nations and Inuit Health
Branch Alberta | General Inquiries
1-855-809-6966

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

