

MESSAGE FROM THE DIRECTOR OF HEALTH

Tansi,

The past couple of years have been different for our children in school. We all know that everyone is excited to return back to a more normal experience, and some will be worried about starting back.

As we return to a more normal school experience, children and parents will approach the new school year with mixed feelings. As parents make sure to take care of you, so that you can be your best in supporting your children through their feelings. Talk to your child about returning to school, remind them of the positive things and check in with them regularly.



Sandra Lamouche
KTC Director of Health

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UPCOMING EVENTS SEPTEMBER

- EVERY TUES:** Cornhole games for all ages at the Woodland Cree Health Center - [Click Here](#)
- SEP 13&20:** Canada Prenatal Nutrition Program at Peerless Trout Health Center - [Click Here](#)
- SEP 14:** Lubicon Lake Band COVID Vaccine Clinic - [Click Here](#)
- SEP 14:** WCFN Well Child Immunizations
- SEP 14:** Vaping Educational Workshop at Peerless Trout Health Center - [Click Here](#)
- SEP 15:** Peerless Trout Healing Center BBQ & Grand opening 5:30- pm - [Click Here](#)
- SEP 19:** Lubicon Lake Band Well Child Immunizations
- SEP 19:** PTFN Cancer Awareness Walk - [Click Here](#)
- SEP 21-22:** PTFN COVID Vaccine clinics - [Click Here](#)
- SEP 21-24:** Treaty 1-11 Gathering, Enoch Cree Nation Arbour
- SEP 22:** Walk with Me Indigenous Suicide Bereavement Workshop, Peace River - [Click Here](#)
- SEP 22:** FASD Workshop at Peerless Trout Health Center - [Click Here](#)
- SEP 27-28:** PTFN Babysitting course 5-8 pm at Trout Youth and Cultural Building - [Click Here](#)
- SEP 30:** National Day for Truth & Reconciliation
- SEP 30:** Orange Shirt Day Walk at Trout Lake 6 pm

OCTOBER

- OCT 5:** Respect: 7 Grandfather Teachings at Fort Saskatchewan Families First Society
 - OCT 6, 13, & 20:** Make your own Art Journal for ages 10 -16, Register at Peace River Library. [Click Here](#)
- For more information about events or newsletters, email: KtcHealthNews@ktcadmin.ca or check our Facebook

KTC HEALTH YOUTH COUNCIL PRESENTS:
DESIGN A T-SHIRT CONTEST

**Congratulations
To the Winners!**

**\$500 Cash/Visa GC
for Chosen Design: Amber Oar**

**Draw for \$100 GC
- Youth Entries: Shaelynn Okemow**

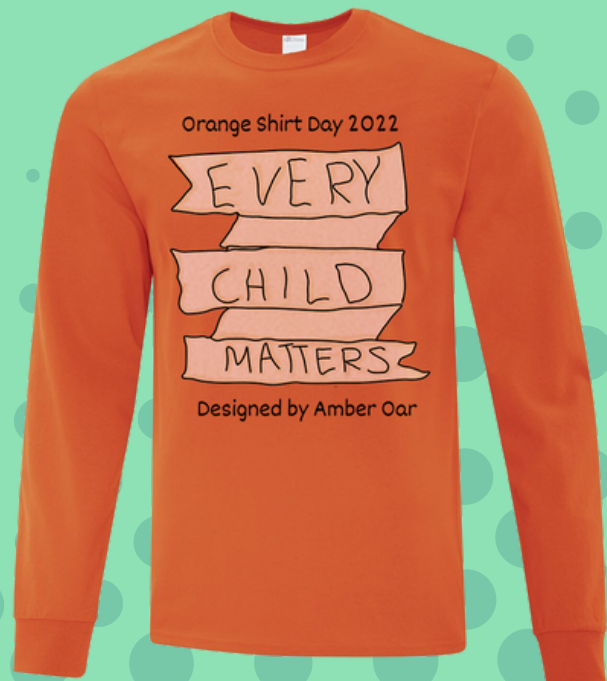
**Draw for \$100 GC-
New Subscribers: Jennifer Laboucan**

**Draw for \$100 GC-
Facebook Shares: Jody Laderoute**

Front

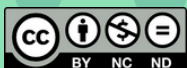


Back



**We are grateful for each and every drawing made for this contest,
and for the beautiful messages of hope each one has.
Thank you to each of you who participated.**

**To view the other submissions,
[click here](#) or scan this**



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SEPTEMBER IS NATIONAL SUICIDE AWARENESS & PREVENTION MONTH

We understand it is a difficult topic for many people. Still, it is so important to talk about, and for every one of our Youth to understand that there is help, and that they are loved.

September is Canada's Suicide Awareness Month, and September 10th is World Suicide Prevention Day. It provides an opportunity for us to increase our awareness and understanding about suicide.

From our mental health team, here are guidelines for talking about suicide and supporting others impacted by suicide, as well as support resources for managing a crisis.

HELPING EACH OTHER :

Nisôhkamâtowin

1. Nitohta

Listen to the person. Their loss and pain is hurting them and they need someone to hear what they have to say. You won't have the answers because sometimes there is nothing we can do except sit with them and offer friendship.

2. Ayamihā

It's okay to pray or to encourage prayer, either together or alone. Our people have always been spiritual, believing in a higher power, whatever that means to them.

3. Kakwecihkemōwin

Ask them about suicide, it lets them know you are able to talk about it. If they say they are thinking about suicide, get them the help they need. Never leave a person with suicidal feelings alone. Use the phone numbers on the list to help you.

SUPPORTS

Onîsôhkamâkew

KTC Mental Health Support:

Available for KTC Member Nations in Cree and English. To start a confidential intake, email

- KTCmentalhealth@gmail.com

AHS Mental Health Line: 1-877-303-2642

Canada Suicide Prevention Helpline:

- 1-833-456-4566
- Or, Text START to 45645

Hope for Wellness: Offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

- 1-855-242-3310 - In Cree and English
- Online Chat: www.hopeforwellness.ca

KIDS HELP PHONE: Counsellors available 24 hours a day, 7 days a week.

- 1-800-668-6868
- Online Chat & Support: www.kidshelpphone.ca
- Or Chat by Text: "CONNECT" to 686868

Addictions Helpline: 1-866-332-2322

Health Centers:

- **Woodland Cree:** 780-629-8963
- **Whitefish Lake:** 780-767-3941
- **Peerless Trout:** 780-869-2362
- **Lubicon Lake:** 780-629-3760
- **Loon River:** 780-649-3490

MEET the Team: KTC Mental Health

[Click Here to Learn about the Mental Health Professionals that make up our Team, Or Scan this QR Code:](#)



SEPTEMBER IS NATIONAL SUICIDE AWARENESS & PREVENTION MONTH

SUICIDE PREVENTION

through Strength

Maskawisiwin

Suicide Prevention includes activities and events that happen in your community to build strength and resilience.

As a family and community member, reach out to others. Encourage their involvement in community activities, invite them to sit and talk, or to attend workshops. Encourage them to take a risk by learning new things. Express joy and happiness to see them.

SUICIDE INTERVENTION

through Supporting

Sihtoskātowin

Suicide Intervention is about helping someone who is going through suicidal feelings or attempts. This is a life saving activity. It is so important. Sometimes, community members are going through difficult times and start to believe that they shouldn't be here on Mother Earth.

You can help save a life. Take training that will guide you through what to do. Or reach out to a helper at the Health Center.

The ASIST (Applied Suicide Intervention Skills Training) and other knowledge is available through your Health Center. Your Community Connections Coordinator can help you find the training that you need. Call them at your community Health Center.

SUICIDE BEREAVEMENTS

through Being There to Help One Another

Wicihitōwin

Suicide Bereavement is about those of us who have survived suicide losses. There is help available for individuals, family members, and community to support each other after a death by suicide. One of the best ways to grieve your loss is to talk about your pain.

We can't change the past but we can be there for the present and the future. As caring people, we can get our friends and family to some other supports they might need; maybe it's a counsellor at the health center, maybe it's participating in an activity that allows us to grieve.

Remember you are not alone!

Om'si Itwe
(Say it this way)

Namōya Kipiyakon

You are not alone.

Kanīsōhkamātin

I'll Help You.

Kanitohtātin

I will listen to you.

Kiya nahiyikohk

You are enough.

Pīkiskwātahtān

Let's talk about it.

MEANWHILE IN ALBERTA: HEALTH NEWS FOR YOU

First doses of MODERNA COVID-19 Vaccine are now available for children 6 months and older.

To attend a Vaccine Clinic or find out more, call your local Health Centre. Here some answers to common questions:

What is the Pediatric MODERNA COVID-19 Vaccine?

It is an mRNA vaccine. It is the same as the MODERNA vaccine for adults, except it is made at a lower dosage for children 6 months to 4 years of age. Children aged 5 years or older are able to take pediatric Pfizer vaccine, or the adult dose MODERNA.

Is the COVID-19 vaccine safe for young children?

Yes, it is safe. The clinical trials show the dosage used in the MODERNA pediatric vaccine is safe for children 6 months to 4 years of age. For those 5 years of age and older, the MODERNA vaccine is shown safe to administer at higher doses.

There is a very strict process to test and approve vaccines in Canada. Health Canada only approves a vaccine if the data from clinical trials show the vaccine is safe and effective and that the vaccine's benefits outweigh any risks. Once a vaccine is approved for use, its safety is continuously monitored.

How many vaccines does my child need?

For the primary series, Children 6 months to 4 years of age need 2 doses. The 2nd dose should be given 8 weeks after the first. Children who are immunocompromised should have 3 doses.

What are the side effects of COVID-19 vaccines in young children?

Serious side effects and allergic reactions are rare. Common side effects include:

- Redness, soreness, & swelling at injection site
- More general symptoms like chills, nausea, fatigue, joint pain, headache, mild fever

Why should my child get the COVID-19 vaccine?

Vaccination helps keep children safe, and is the best way to protect children from severe illness & hospitalization due to COVID-19. While most symptoms are usually mild in young people, some children can get very sick.

Children who get COVID-19:

- Can get a severe lung infection
- Are at risk of developing serious inflammatory conditions, including myocarditis and multisystem inflammatory syndrome in children(MIS-C)

For more info visit:

www.alberta.ca/covid19-vaccine.aspx

The Importance of Booster Shots

- Boosters provide protection that otherwise would have decreased over time after an initial vaccination.
- For COVID-19, vaccines after the primary series are defined as booster doses.
- If you are moderately to severely immunocompromised, you may have received one additional dose in your primary series. All booster doses would be subsequent to that additional dose.

There may be a vaccine booster most suitable for your age group. For more info on what vaccines are available as booster doses, contact your Health Centre.

How is COVID is still out there?

New variants of the virus causes waves of outbreaks, which re-circulates COVID through communities.

The newest variant in Alberta, Omicron BA.5, is believed to be the most contagious variant so far. While this common variant appears to be less deadly than previous variants, it can still cause illness and death in some people. Vaccines are key to preventing severe illness and hospitalization.

MEET THE KTC HEALTH STAFF & PROGRAMS

GET TO KNOW THE KTC HEALTH STAFF:

Janice Fehr, Registered Provisional Psychologist KTC Mental Health Team

janicefehr counselling@gmail.com

Tansi,

I am a mother of five grown children and Kokhom of seven grandchildren! I have roots in Waterhen Lake First Nations in Saskatchewan. Before coming to work with KTC, I worked as a school counsellor in Maskwacis in both an elementary school and a junior/senior high school. I enjoyed my job there however my heart pulled me to go north. I enjoy working with all age groups of children as well as adults! I will be mainly in the Peerless/Trout and Little Buffalo communities.

I have had the opportunity to meet some people in these communities already, and look forward to meeting many more of you!



STAFF RECIPE OF THE MONTH



Go-To Tuna Salad

Submitted by Chantale Strang,
KTC Health Special Projects
Coordinator

"This is my 'go-to' for a quick
and easy lunch!" - Chantale

Ingredients:

- 1 can of light flaked tuna (drained)
- 1-2 tablespoons mayonnaise
- 1 chopped apple
- 1/4 chopped onion
- 1/2 cup grated cheese (I love smoked gouda with this salad)
- 1 cup of baby spinach
- Lemon juice (add to taste)
- Salt and pepper (add to taste)
- Optional - chopped pickles

Instructions:

1. Drain tuna.
2. Wash and pat dry baby spinach
3. Combine tuna with mayonnaise, lemon juice, salt and pepper.
4. Add in apples, cheese and baby spinach.

KTC HEALTH PROGRAMS & SERVICES

Health Administration

- Director of Health
- Finance/HR
- Policy Analyst
- Projects Coordinator

Addictions & Mental Health

- Maskawâtisiwin

Contact kctmentalhealth@gmail.com for mental health support

Children's Clinical Services

- Audiologist
- Behaviour Coach
- Dietician
- Occupational Therapist
- Physical Therapist
- Provisional Psychologist
- Psychologist
- Speech Language Pathologist
- Speech Therapist

Children's Health Services

- Maternal Child Health (MCH) Advisor
- Nîsohtîtan
- Referrals
- Respite Care

Dental

- Community Dental Program
- Children's Oral Health Initiative (COHI)

Indian Residential School (IRS) Health Support

Injury Prevention Coordinator

Nursing

- Home Care Nurse (HCN)
- Nurse Practitioner
- Public Health Nurse (PHN)

For more information about
programs, services, staff,
contacts or newsletters, email:
KtcHealthNews@kctadmin.ca



ANN'S CORNER: **MANAGING DIABETES**



Hello!

**My name is
Ann Zhang.**

**I am the registered dietitian
working with the KTC
Children's Health Team.**

In my current position, I will be working primarily with children and their families to help meet their nutritional needs. I will also be working with the daycare facilities and the HeadStart programs.

I'd like to know what YOU want from me and how I can help YOU live healthy and happy. Your feedback is ultimately the most important part of what I will be doing in my position. Please feel free to contact me if you have any questions or comments.

Here are some guidelines on eating habits if you or someone you love has diabetes. If you have any questions, feel free to contact me by email or phone call. I would be happy to discuss your feeding questions and concerns.

My contact information:

Cell: (780)-264-6093

Email: ann.zhang@ktcadmin.ca

I look forward to having a chat with you!

- Ann Zhang, KTC Dietitian

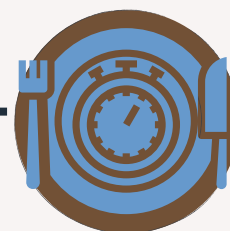
WHEN, WHAT, AND HOW MUCH TO EAT?

TIPS TO MANAGE YOUR DIABETES



WHEN

- **Try to eat your meals regularly, having a routine every day helps to keep your blood sugar level stable.**
- **Space your meals no more than six hours apart. If it is more than six hours, try to have a healthy snack in between meals.**



WHAT

- **Try to limit eating foods high in sugar such as pop and juice, desserts, donuts, ice cream, cakes, and candies.**
- **Try to limit eating foods high in salt (sodium) such as chips, fries, burgers, hot dogs and store-bought pizza.**
- **Try to drink water throughout the day. Water is the best beverage.**
- **Try to eat more vegetables.**



HOW

- **Start eating when you feel hungry, and stop eating when you feel satisfied but not sick.**



Need to talk? Support is available!

Mental Health Support Available for KTC Member Nations in Cree and English, email to book an appointment: KTCmentalhealth@gmail.com



- AHS Mental Health Line: 1-877-303-2642
- Hope for Wellness: 1-855-242-3310
- Text4Hope: text COVID19HOPE to 393939

HEALTHY LIVING: THROUGH DAILY ROUTINES

THE IMPACT OF ROUTINES ON HEALTH

Summer's end signals the time to work to new goals, achievable through daily routines. From WebMD and Podcast host Brooks Duncan, here are health benefits of daily routines and how to incorporate new routines.

Benefits of Routine

- **Lower stress levels** - Plans give a feeling of control
- **Better Sleep** - Healthier sleeps with set bedtimes
- **Better Health** - By sticking to healthy habits
- **Greater Happiness**- By making fun routines, finding time for play, cardio/exercise boosting endorphins
- **Healthy for kids** - Better critical skill development, coping, and a greater sense of safety and security.

When Routine is Especially Important

Routines can make a difference if you're facing challenges, including:

- **Addiction Recovery.** Staying busy staves off boredom, which could lead to relapse. Good habits improve self-image and confidence which are often low while accompanying addiction.
- **Bipolar Disorder.** Sticking to a routine and avoiding disruptions could avoid episodes.
- **Mood disorders:** If you have an off day where you have more or less rest than usual, the shift from your usual heart rhythms may trigger depression, loneliness, and other mental health problems.

Why Set Intentional Daily Routines?

- When you set intentional daily routines, you shut off the usual autopilot that gets you through the day.
- Choosing intentional over autopilot increases your productivity and generates happiness.
- It also helps get rid of habits that stand in our way.
- It helps you assess what's truly important, versus how much if it is just being done because someone else finds it urgent.

Info sourced from: www.webmd.com/mental-health/psychological-benefits-of-routine
www.bccpa.ca/news-events/latest-news/2022/july/how-daily-routines-can-make-you-happier-and-more-productive/



Image Credit: KTC HEALTH

HOW TO ESTABLISH NEW ROUTINES

Make the Time

To make lasting positive change, the answer will always be **making time**.

- **Be realistic about the routine you can fit into your schedule.** What might you have to give up?
- **Look at the general time you want to devote to your new habit,** and see what you already have going on. Move and adjust what you can.
- **Stick to one new activity at a time.** Will it improve physical health? Emotional health? Relationships? Leadership? Or Productivity?
- Tie your new activity to things you already do - known as **Habit Stacking**. This makes it easier to make use of your time for new activities.

Follow a Habit Start-Up Action Plan

- 1) Write it down, decide you will start tomorrow.
- 2) Set an alarm, a recurring task, or calendar event to do it at a specific time.
- 3) Create a visual cue to serve as a reminder.
- 4) Pick a realistic time length. Only have 20 minutes? Your new habit needs to take 20 minutes or less.
- 5) Consider expanding your routine to include another activity after about 1 week of consistency.

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KTC KIDS NEWSLETTER: BACK TO SCHOOL - SUPPORTING QUALITY SLEEP

As parents, we know that quality sleep is essential to our children's success at school. It provides: An improved mood, ability to focus, and the ability to form and retain memories. To help your kids get school-ready with a regular sleep schedule, check out these tips from The Sleep Foundation.

Why Set up a Sleep Schedule?

- Children look to their parents for guidance on healthy habits, including sleep.
- A regular sleep schedule helps the body know when it's time to sleep, and time to wake up.
- A sleep schedule helps prevent fatigue, exhaustion, and day time drowsiness.
- Students with parent-set bedtimes are more likely to get sufficient sleep, go to sleep earlier than their peers, and experience less fatigue through the day.

How much Sleep does your Child Need?

The hours of sleep needed depends on your child's age, activity levels, and individual needs:

Preschoolers (ages 3-5) - 10-13 hours

School-age children (ages 6-13)- 9-11 hours

Teenagers - 8-10 hours

About teens: Studies show in the process of puberty, the internal biological clock of teens shifts by about 2 hours, making teens want to stay up later and sleep in later. To prevent chronic sleep deprivation, support a later course schedule if allowed by their school, allow them to sleep in on the weekend, and support a good bedtime routine and good sleep hygiene.

Daytime Habits for Sleep Hygiene

- Exercise regularly
- Avoid too many extracurricular activities, especially teens, as less activities is linked with more sleep.
- Limit napping
- Avoid caffeine

Info sourced from:
www.sleepfoundation.org/school-and-sleep/back-to-school-sleep-tips
www.sleepfoundation.org/sleep-news/later-school-start-times-what-do-we-think

Worried about your Child's sleep?

Our team can help. Call your Community Health Centre, and a Public Health Nurse can discuss with you and provide resources, or specialist referrals.



Adjusting Sleep Schedules after Break

Adjust the sleep schedule incrementally.

- In the weeks leading up to school, have your child wake up and go to sleep 15 minutes earlier.
- Continue to make this adjustment every few days, until your child is waking up at the desired time for their school schedule.
- If your child doesn't fall asleep after 20 minutes, have them come out of their room and do a quiet, sleep-inducing activity free from blue light until they get sleepy, then help them to bed again.

Supporting a Good Bedtime Routine

- **Take a warm bath/shower** - This not only leaves you relaxed, it also causes a slight drop in body temperature which helps prepare you for sleep.
- **Brushing teeth and washing up** - A good task to ensure they do at the same time each night.
- **Cuddling with a parent**
- **Singing lullabies**
- **Reading with a parent or individually**
- **Journaling or Meditating**
- **Turn off electronics 30 minutes before bedtime**

Need to talk? Support is available!

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- Hope for Wellness: 1-855-242-3310
- Text4Hope: text COVID19HOPE to 393939



- Kids Help Phone: 1-800-668-6868 or text 686868
- Kids Help Phone Facebook Messenger
<http://www.kidshelpphone.ca/messenger>

KTC KIDS NEWSLETTER: ACTIVITIES PAGE

SAY IT IN CREE

Be My Friend

Nihweecheewhagun



PUZZLE OF THE MONTH

Can You Match the Cree words to items in this picture? [Click Here for Solutions](#)



Word Bank:

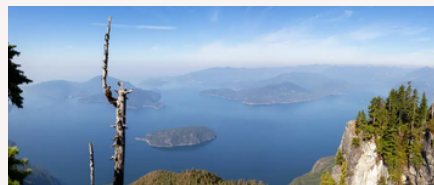
âhkiskew wâwih kohkôs mâyacihkos sîsîp
wâyapîyâs minôs okistikew atim mostos

DID YOU KNOW?

Can you guess how many islands Canada has?
5,000? 10,000?

Nope - Canada has....

52,455 islands!



In fact, if you wanted to travel around the entire length of Canada's coastline, it would take you 33 years!

CRAFT OF THE MONTH

DIY Kids' Sensory Play Bin

Sensory bins are a great way for kids to explore and learn through hands-on tactile play that engage their senses.

Sensory bins should contain items that are non-toxic. Many have small play pieces that help with hand-eye coordination. If your child is younger or has a tendency to put things in their mouth, be sure to supervise their play!

It is very simple to make them using a bin and items found at home. Here are a couple themed bins to try:

Flower Garden Sensory Bin

- Dried beans
- Small pots or plastic cups
- Fake flowers/plants
- Mini toy shovel
- Mini Toy Rake



Wash the Muddy Farm Animals

- Chocolate cake mix
- Water
- Spoon
- Plastic farm animals
- Dish soap
- Toothbrush
- Second Container for "Bath Tub"

For this one, mix the chocolate cake mix with water in one container, then make a second soapy water container. You can also make another space, using oats or popcorn kernels.

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KTC YOUTH NEWSLETTER: CONNECTION TO COMMUNITY

ENGAGING IN ROLE MODEL BEHAVIOR

As a way to rebuild the connections we have with our communities, we need to begin the conversations of healing, and pave the way for kindness. One way of doing this in your community is by becoming a role model, or by recognizing others who already are.

Role models lead by example, providing peer support and positivity through action. They show compassion for others, encourage, and uplift. Being a role model calls on your ability to take on expectations and be held accountable.

Becoming a role model may sound intimidating or not in line with what you want, but you may be surprised at how much you can empower yourselves and others. Here is an exercise that will help you reflect on who in your life provides mentorship and peer support, and how you may embody the traits of a role model.

Create a list of Role Models

Create a list of people you consider to be role models. Include those that are in your life, but you can also think of ones that are celebrities, or are well-known. Maybe it is someone on your sports team, or someone who is doing good for your community. Try to think of specific situations where someone was a role model.

Assess their actions as a Role Model

Ask yourself: are they engaged in the activity? Are they taking the lead? Are they supporting everyone's input with feedback? How else do they support others?

Visualize your own idea of a Role Model

From your observations, you can see natural qualities of a role model. Use these to shape your own role model behavior. Remember that anyone is capable of being a role model in any given situation, and your list may include a parent, a cousin, a friend, teacher, coach, etc. It's okay if you can't be a role model in all different types of situations, but recognize your strengths in being one, and encourage others in their strengths.

1-Respond, 2-Acknowledge, 3-Feedback

To provide peer support and mentorship, model your response with these 3 steps, AND follow these tips.-->



Photo Credit: 2021 KTC Youth Camp

Use phrases of positive support, such as:

- Good job!
- I really value your comments and thoughts.
- Please take your time.
- It's okay if you don't have an answer.
- I like that idea! I also think...(add onto their input)
- Is there anything I can do to help?

Be an empathetic listener:

- 1) Use direct eye contact while listening & give full attention
- 2) Provide feedback on what was said.

The ideas and materials written here are from:

[Thunderbirdpf.org/wp-content/uploads/2021/08/Life-Promotion-Toolkit-WEB.pdf](https://thunderbirdpf.org/wp-content/uploads/2021/08/Life-Promotion-Toolkit-WEB.pdf)

A MESSAGE FROM KTC YOUTH COUNCIL

Do you have ideas to share on creating a healthier community? Are you interested in becoming a leader in your community?

KTC Health is excited to announce it is starting a Youth Advisory Council! This Youth Advisory Council will work with KTC Health to bring ideas from Youth to life.

We are looking for TWO Youths from each of the 5 First Nations to sit on the Youth Council and act as representatives.

The Youth Council is an invitation to **YOUTH** to discuss ideas, concerns and solutions to improve the health and wellbeing of your community, while gaining confidence and leadership skills for the future.

We invite everyone to nominate youth or for youth to apply themselves, click here: <https://bit.ly/3B4E7bl>

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- Text4Hope: text COVID19HOPE to 393939



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<http://www.kidshelpphone.ca/messenger>

