

MESSAGE FROM THE DIRECTOR OF HEALTH

Tansi,

As we celebrate National Indigenous History Month, I am reminded of a message once shared to me by the Elders that has always stayed in my heart. I had the honour of visiting with our Elders and I had asked them "What does community mean to you?", they responded by saying "add a dash between the comm & unity":

COMM-UNITY

When we come together, there is unity; when there is unity, we are bringing strength from the Home Fire. I encourage you to visit with your Elders who help our people find a place in their own culture and community, and help bring strength from within your own home fire.

*"United, we assert our collective rights;
honouring our past while building a
'ka miyopayihk' (prosperous) future"*
- KTC Vision Statement

**- Sandra Lamouche,
KTC Director of Health**

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Get KTC Health Newsletters in your Mailbox!



UPCOMING EVENTS

IMMUNIZATION CLINICS

JUN 20 Well Child Clinic, WCFN

JUN 22 Well Child Clinic, Lubicon

DENTAL CLINICS

JUN 22 WCFN Dental Day

OTHER JUN 20 Loonskin Bay Cultural
Camp Grand Opening

JUN 21-23 LRFN Wellness Camp

JUN 22 PT Health Center, Baby
food making for Mom & Tots

JUN 22, 29 WCFN Paint sessions:
Prenatal, Postnatal, MCH Parents

JUN 23-25 WCFN Wellness Camp

JUN 30-JUL 3 LLB Cultural Camp

JUL 4-7 Lubicon Treaty Days

JUL 5-6 Wellness Blitz visiting
Homes - at Lubicon Treaty Days

JUL 6 Postnatal & MCH Parents
Beach Day at Shaws Point Resort

JUL 7-9 Wellness Blitz visiting
Homes at Woodland Cree

JUL 11-13 Whitefish Lake Treaty Days

JUL 14-16 WCFN Treaty Days

JUL 17-21 Treaty 8 AGM, WCFN Host

JUL 24-28 PTFN Treaty Days

AUG 1-2 High Prairie Stampede

AUG 21-26 LRFN Treaty Days

For more info about events or newsletters,
email: KtcHealthNews@kctadmin.ca

MEET THE KTC HEALTH STAFF & PROGRAMS

Presentations on Awareness with Special Needs

Belinda Thomas, Nisohtitan, drove forward successful collaboration for 2 presentations on ADHD done recently in the Woodland Cree and Lubicon Lake communities. Belinda has a special message about these presentations:

Us Nisohtitans wanted to bring in Presentations on Awareness with Special Needs, with details on how to access supports provided by our 5 Nations. The series will bring in various presenters with a deep knowledge on these topics.

For myself, it was great working with and alongside the Woodland Cree First Nation and Lubicon Lake Health Centre. Working together and having everyone's input sure makes a huge impact and makes everything a success.

Within the 2 nations we had 37 members participate in our ADHD presentation. I asked a few Elders what they would like to see for future Presentations, and one Elder responded with "I will leave that up to you professionals, as your are doing a great job on bringing out this one to us." I was flattered to hear this, and it sure encouraged me more, with a sense of relief.

I am grateful to work for KTC Health in knowing that we are helping out with useful information, and where they can reach out for extra supports concerned for Parents, Caregivers, Kookums, and Moosums.

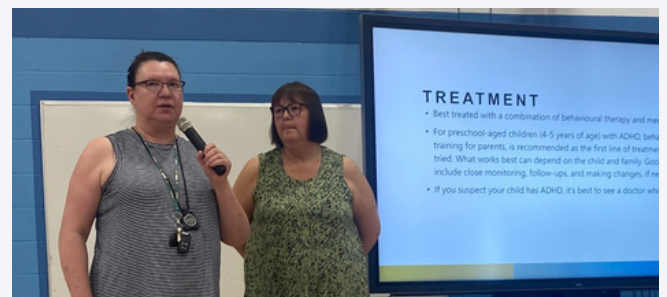
**- Belinda Thomas, Nisohtitan
Nikan Kakike Awasisak Team**

Sandra Skare and Janice Fehr from the Nikan Kakike Awasisak Team (Child First Team) presented on managing ADHD in WCFN and LLB communities. The Nikan Kakike Awasisak Team can help with referrals for ADHD assessments and provide ADHD resources. To access, please contact: referral@KTCadmin.ca



Nisohtitans are planning for more presentations in the next month on:

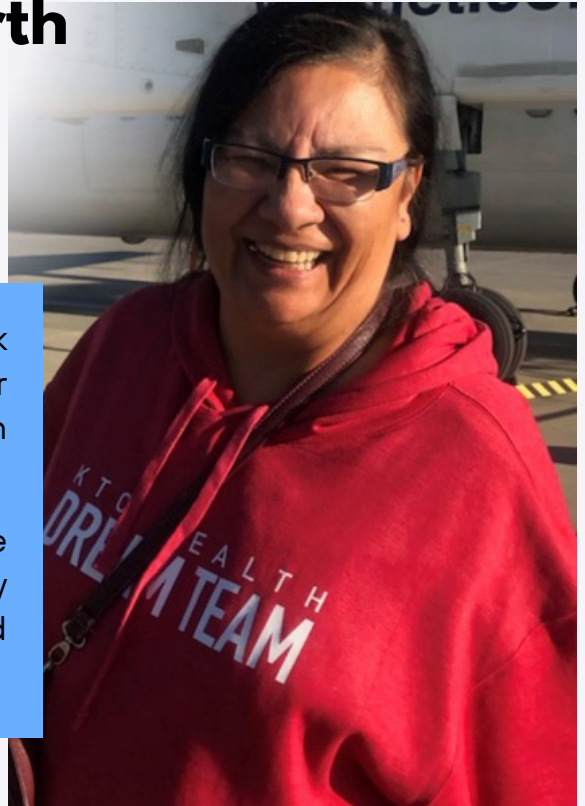
- ASD – Autism
- FASD – Fatal Alcohol Syndrome Disorder
- ADHD - Attention-deficit/hyperactivity disorder
- Cerebral Palsy
- Down Syndrome



MEET THE KTC HEALTH STAFF & PROGRAMS

My Name is Debbie Hackworth

Maskawâtsiwin Worker
Maskawâtsiwin Team, KTC Health
Debbie.hackworth@ktcadmin.ca



I am one of the Maskawâtsiwin workers for KTC. I work primarily in Lubicon, but we work as a team and join other members when needed in the other Nations. I have been with KTC for almost 2 years.

I appreciate the family community we have with the whole KTC staff, and I am looking forward to the many adventures, the new learning, and growing with KTC and our Maskawâtsiwin team.

The Maskawâtsiwin team, meaning strength of character, was established as a result of the increased mental health and addiction needs exacerbated by the COVID-19 pandemic.

To find out more about the Maskawâtsiwin program, contact Jodi Sperber at:
Jodi.Sperber@KTCAdmin.ca

KTC HEALTH PROGRAMS & SERVICES

Health Administration

Director of Health
Finance/HR
Policy Analyst
Projects Coordinator

Indian Residential School (IRS) Health Support

Addictions & Mental Health

Maskawâtsiwin Team
Addictions Specialist
For mental health support:
ktcmentalhealth@gmail.com

Nursing

Home Care Nurse (HON)
Nurse Practitioner
Public Health Nurse (PHN)

Dental

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

Nikan Kakike Awasisak Team

Children's Health Services

Nîsohtîtan
Referrals
Respite Care
Maternal Child Health (MCH) Advisor

Children's Clinical Services

Behaviour Support
Mental Health Support
Dietitian
Occupational Therapy
Physical Therapy
Speech Language Therapy
Multi-disciplinary Assessment
Team for FASD and ASD



TEDDY BEAR FAIRS



What is a Teddy Bear Fair?

Teddy Bear Fairs are a one-day, fun health and wellness event for children from ages 0-6 (and even up to age 12 years). They are hosted in the children's home First Nation Communities. The fair provides health information, screening, and referrals to appropriate health services and programs.

Teddy Bear Fairs are a partnership between: Indigenous Services Canada, First Nations & Inuit Health Branch, Alberta Health Services and First Nation communities.

What is the purpose of it?

Each fair provides a comfortable, non-invasive time and place for children and caregivers to access health supports that may otherwise only be accessed in larger urban centers. By hosting a Teddy Bear Fair, the First Nation removes many barriers for parents and caregivers in accessing multiple health services and screenings for their children.

Who will children & families see?

At a fair, you can always expect screening for your child with the following specialists:

- Occupational Therapist (OT)
- Physical Therapist (PT)
- Speech-Language Pathologist (SLP)
- Behavioral Specialist
- COHI Reg. Dental Hygienist
- Nurses (RN/LPN)
- Community Health Representatives
- Optometrists & Audiologists (as available)

The fairs also feature interactive stations and information from:

- First Nations Health Consortium
- FASD Network
- Nutritionists
- Local RCMP/Victim Services
- Injury Prevention, and many others.

Some nations also use their fair as an opportunity to tie in seasonal family offerings, such as back-to-school haircuts & backpacks, holiday giveaways and crafts, Elder stories and teachings, vaccine clinics, family photos, and more.

Scroll to the next page for Upcoming Teddy Bear Fair Dates, and How to Schedule One!

KTC HEALTH REGIONAL PROJECTS

TEDDY BEAR FAIRS

Who do I contact about hosting a Teddy Bear Fair?

The Teddy Bear Fair Coordinator is currently booking 2023 fairs for all First Nations interested, across Alberta.

If you have not been contacted, health directors and health center staff are welcome and encouraged to reach to the TBF coordinator, Sarah Hall, to book their Teddy Bear Fair using the information below. Thank you!

Sarah Hall

Regional TBF Coordinator

sarah.hall@kctadmin.ca

(780)231-6682

UPCOMING DATES

Wednesday, July 12

Peerless trout FN

Tuesday, August 15

Fort MacMurray FN #468

Wednesday, August 16

Fort McKay FN

Wednesday, August 23

Kapawe'no FN

Tuesday, August 29

Paul FN

Friday, September 1

Horse Lake FN

Wednesday, September 13

Driftpile FN

Thursday, September 14

Sucker Creek FN



June is for..

Men's Health Awareness



Addressing Challenges in Men's Mental Health

by Simba Uzande, Registered Mental Health Therapist for PTFN and Loon River.

Mental health issues in men are prevalent due to the societal pressure to appear strong and emotionless.

This pressure can lead to unaddressed issues and higher rates of challenges such as depression, anxiety, substance abuse, and suicidal ideation. Unfortunately, men also show lower rates of accessing mental health supports.

Men, in particular, may experience difficulty in recognizing and processing emotions, especially when under stress.

They may struggle to reach out for help when needed, which can lead to mental health issues going unresolved or even worsening. When it comes to mental health, men may need to be more open to discussing their thoughts and feelings with family, friends, medical practitioners and mental health professionals.

Mental Health Supports for men are available in KTC communities, and I hope support services targeted towards Men's Mental Health continue to expand.

Together as a community we can support each other to reduce the stigma surrounding men's mental health. This can be done by initiating the first step to seek support for yourself or encouraging loved ones to take the steps in seeking support.

Promoting men's mental health produces the following benefits:

Reduced Isolation Male-focused mental health supports can encourage men to connect with others and break down the barrier of stigma.

Improved Self-Advocacy Inviting men into the process of creating mental health resources & treatments can empower them to seek help more readily.

Increased Openness Reaching out for help involves vulnerability and trust. When men feel supported by services designed with them in mind, that trust is more easily extended.

Reduced Risk Engaging in mental health supports can help men identify mental health signs and symptoms, and build the necessary skills and coping strategies to manage mental health challenges more effectively.

Increased Awareness Having talks about about mental health can lead to improved understanding, more empathy and insight into men's mental health experiences, and ultimately, improved care for men.

There are three male mental health counsellors across the KTC communities, who look forward to offering support.

This support is offered through confidential individual or group mental health services to men in our communities. Anxiety, depression, relationships, trauma substance abuse and other life stressors are issues that these male counsellors may support.

All KTC Communities
Ryan Hoard, email:
hoard.ryan@gmail.com

Atikameg & Woodland
Keegan Pohl, email:
keeganrpohl@gmail.com

PTFN & Loon River
Simba Uzande, email:
simbauzande@linkmhs.ca

KTC Mental Health Referral
kctmentalhealth@gmail.com

For Men's Health Month, Take...

10 STEPS TO MAKE MEN'S HEALTH A PRIORITY

YOUR HEALTH DESERVES TO BE ON THE FRONT BURNER!

When the men in our lives prioritize their health, they choose to take care of their loved ones by taking care of themselves first.

Regular EXERCISE

Combats health conditions & diseases, improves mood & energy, keeps bones & joints healthy.

Get at least 150 minutes of aerobic exercise each week. Mix in strength training to maintain muscle mass.

Eat a diet that's MEDITERRANEAN

Best diet for heart health.

Focus on fresh fruits/vegetables, whole grains, & lean proteins; avoid red meat and high-fat foods.

Get your BLOOD PRESSURE checked

A blood pressure lower than 120/80 mmHg reduces risk of heart & stroke disease.

Regularly starting at 20. Avoid salty foods, watch your weight, & manage stress to help lower it.

Get an Annual CHECKUP

Correct issues before they become serious.

Your health care provider will help you stay up-to-date with immunizations & screenings.

Stay current on VACCINATIONS

Vaccines offer protection at all life stages.

Be sure to get your flu shot every year, and follow recommendations on COVID-19, tetanus, and whooping cough boosters. Get a shingles vaccine at age 50 (Please see your pharmacist regarding this vaccine), and a pneumococcal vaccine at 65.

Keep an eye on BLOOD GLUCOSE

To reduce risk of diabetes.

Starting as late as age 45, test every three years.



Control CHOLESTEROL

Reduce risk of heart & stroke disease.

Starting at age 20, do a fasting cholesterol test at least every 4-6 years. Lifestyle changes and medication can reduce your cholesterol and triglyceride levels.

Get a COLONOSCOPY

To catch and treat colorectal cancer early.

Regularly starting at age 45. You can have colorectal cancer and not know it, so locating and removing polyps before they grow and potentially become cancerous is important.

Don't ignore your FEELINGS

Bottled up feelings can manifest into unhealthy behaviors.

It's OK not to feel OK. Reach out to a mental health specialist for help.

Get Screened for PROSTATE CANCER

2nd-most common cancer among men.

From Age 40, talk to your health care provider about getting a prostate-specific antigen (PSA) test & a digital rectal exam.

Info from:
www.virtua.org/articles/10-step-mens-health-checklist

HOW TO BECOME A REGISTERED NURSE

with Northwestern Polytechnic's Bachelor of Science in Nursing

DID YOU KNOW?

- **Admission into the 4 yr BSc Nursing program is now on a first-come first-serve basis, as long as you meet the minimum grade requirements.**

You now only need an average of 65, with no mark lower than 60%, in the required high school courses.

Required Courses:

- English 30-1
- Biology 30
- Chemistry 30 or Science 30
- Mathematics 30-1 or 30-2

As well as any ONE of the following:

- Aboriginal Studies 30
- Chemistry 30
- Science 30
- Mathematics 31
- Physics 30
- Computer Science - Advanced Level CTS
- Social Studies 30-1
- Phys Ed. 30
- 30-level language
- Fine Arts Course

- **Students 21 years of age or over will only need to meet the 65 average requirement with a grade of no less than 60 in the following courses:**

- English 30-1
- Biology 30
- Chemistry 30 or Science 30
- Mathematics 30-1 or 30-2

- **NWP's BSc Nursing program is actually a delivery of the same BScN degree offered at the University of Alberta...**
so completing it is equivalent to attending a top university.

- **NWP reserves 12 spots for qualified applicants of Indigenous Ancestry.**

If they are not filled by March 30th each year, then the seats are offered to the general applicant pool. So it may not be possible to get a specifically-reserved spot for Fall 2023, but you can still apply in the general pool, OR apply for a reserved spot for next year by March 30, 2024.

- **The BSc. Nursing Program is at the Grande Prairie Campus.**

While this one's offered at the Grande Prairie Campus, they offer other nurse programs at both Grande Prairie & Fairview. These programs are: 1 yr healthcare aide certificate and 2yr LPN diploma, and have different admission requirements.

- **Applications for Fall 2023 are STILL open!**

You have until July 31st to apply, if you want your path to becoming a nurse to start this Fall.



Visit:

[www.nwpolytech.ca/
programs/ua-nursing.html](http://www.nwpolytech.ca/programs/ua-nursing.html)

Or email NWP at:
studentinfo@nwpolytech.ca

**MORE
INFO**

MEANWHILE IN ALBERTA: LOCAL AIR QUALITY

How to minimize health risks from pollution using Local Air Quality Measurements

During events of extreme pollution, like wildfire smoke, people can take steps to minimize potential health risks associated with local air quality. Use the Air Quality Health Index (AQHI) to determine the health risk for yourself, your children, or elderly people. The AQHI provides a number on a 1 to 10 scale, indicating the relative health risk associated with air quality:



Health Risk according to AQHI Level:

Health Risk	Air Quality Health Index	Health Message Advisories	
		At Risk Population	General Population
Low Risk	1-3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4-6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7-10	Reduce or reschedule strenuous outdoor activities. Children & elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	10+	Avoid strenuous activities outdoors. Children & Elderly should also avoid physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

At-Risk Populations Include:

- Children
- People participating in sports or strenuous work outdoors
- People with lung disease, heart disease, and diabetes
- Seniors

If you are experiencing moderate to severe symptoms from air pollution, be sure to consult your doctor.

Pregnant women are encouraged to continue to exercise outdoors when the air quality is good, and pay attention to AQHI in the same way as if they were not pregnant.

Save these links to check Air Quality:

- weather.gc.ca/airquality/pages/
- airquality.alberta.ca/map/
- [WeatherCAN App](#)

KEEPING KIDS COOL IN THE HEAT

Extreme heat, and heat related illnesses, are especially dangerous for infants and young children.

PREPARING FOR EXTREME HEAT

Tune in regularly to local weather forecasts and alerts so you know when to take extra care. You can even get official Government of Canada weather forecasts and alerts straight to your phone by downloading the WeatherCAN app.

Watch your Child's health closely.

Stay alert for symptoms of heat illness, including:

- Changes in behavior (sleepiness or temper tantrums)
- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing & heartbeat
- extreme thirst
- decreased urination or unusually dark yellow urine

Children most at risk include those with..

- breathing difficulties (asthma)
- heart conditions,
- kidney problems,
- mental or physical disabilities, developmental disorders,
- diarrhea, and those who take certain medications.

**Heat stroke is
a MEDICAL
emergency!**

If you are caring for a child who has a high body temperature and is unconscious, confused or has stopped sweating, **call 911 or your local emergency number immediately.**



Photo Credit: Mighty Peace Tourism

Keep your child hydrated.

- Give plenty of cool liquids to drink - especially water - *before* your child feels thirsty.
- Make it fun: leave a colorful glass by the sink, and remind your child to drink after every hand wash.
- Make it healthy: Provide extra fruits and vegetables as they have a high water content.
- Make it routine: Encourage your child to drink water before and after physical activity.

If your home is extremely hot...

- Take a break from the heat and spend a few hours with your child in a cool place. It could be a tree-shaded area, swimming facility, spray pad or an air-conditioned spot such as a shopping mall, grocery store or public library.
- Bathe your child in a cool bath until your child feels refreshed. Always supervise your child in the bath.

Info from: www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/keep-children-cool-extreme-heat/extreme-heat-brochure-keep-children-cool-en.pdf

KTC KIDS NEWSLETTER: ACTIVITIES PAGE

SPOKEN IN CREE

tapwewin

honesty



PUZZLE OF THE MONTH

Spot the 10 differences between two pictures.



ACTIVITY OF THE MONTH

Make your own Paint Brush

You will Need:

- Several twigs
- string, twine, or elastic bands
- materials for bristles - pine needles, spruce needles, cypress leaves, even tree buds. Grab all different kinds!

Steps:

- 1) Gather needles and leaves from trees, try to take only what you think you'll need. Also get several sticks for paintbrush handles.
- 2) Spread the bristle material evenly around the stick and start attaching it by wrapping twine or elastic bands around.
- 3) Wrap several times around the handle and bristle material, then, if using string or twine, tie it firmly and cut off any excess string.

4) You've just made your very own brush!

Each paintbrush will create a different pattern while painting. Give them a try! Some can even be stored and used again!



www.applegreencottage.com/DIY-nature-paint-brushes-kids/

DID YOU KNOW?

Alberta is home to over 200 different types of bees, that come in all colors and sizes! Some make their homes in the ground, others nest in tunnels or cavities.



Need to talk? Support is available!

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



- Kids Help Phone: 1-800-668-6868 or text 686868
- Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone

KTC YOUTH: SUMMER WELLNESS CHECKLIST

Summer is a great time to think about self-care.

With long sunny days and warmer weather, there's tons of chances to switch up your routine and enjoy what the season has to offer. Try this self-care checklist for some ideas on taking care of yourself this summer!



DITCH THE COUCH, RELAX OUTDOORS

Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.



GO FOR A STROLL

A long walk is a great way to clear your head and enjoy a warm summer afternoon.



EXPLORE THE FARMER'S MARKET

Take advantage of the seasonal produce, and take in the creations of jewelry makers or other craft workers.



JOIN A COMMUNITY GARDEN

Or start your own! Working with plants and soil can be meditative and therapeutic.



TIDY ONE SMALL SPACE

Maybe a drawer or the top of your desk - one space free of clutter can help you feel calmer.



START OR CONTINUE A JOURNAL

Writing is a great way to express how you feel and check in with your emotions. Or it can be just a place to doodle or draw!



Image Credit: 2021 KTC Youth Camp



MAKE A FEEL-GOOD SUMMER PLAYLIST

Bring on the summer tunes! Music can effortlessly improve your mood and motivate you to get moving.



HAVE A PICNIC

Enjoying a meal outside can be an easy way to get some fresh air and sunshine.



TRY A NEW EXERCISE

Get those endorphins flowing to help calm your mind and improve your mood.



LOOK OUT FOR COMMUNITY EVENTS

Search online or in the newspaper for events going on around town, like the Paint Nights with KTC's Mental Health specialists.



RECONNECT WITH SOMEONE

Call an old friend, or even a grandparent or parent.



PRACTICE MINDFULNESS

Try meditation, or make a list of 10 things you are thankful for.

Info from: www.mentalhealthfirstaid.org/external/2018/07/15-activities-for-your-summer-self-care-checklist/

Need to talk? Support is available!

- KidsHelpPhone.ca/Indigenous
- Text 686868 (youth) or 741741 (adults)
- Call 1-800-668-6868
- Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone



You can connect with an Indigenous volunteer crisis responder when available by messaging FIRST NATIONS, INUIT, or METIS over text or messenger.

KTC YOUTH NEWSLETTER: ACTIVITIES PAGE

SPOKEN IN CREE

kisewât'siwin

kindness

PUZZLE OF THE MONTH

POSITIVE Affirmations

Choose 3 Words for Today

M J R S T V U R O Z
 E W S U C C E S S A
 N I A B Q G H L W P
 E T V X B A I S C A
 R A Q W A Y Y C O T
 G W E A L T H J M I
 Y G A Q A O G K F E
 K I N D N E S S O N
 C A N I C Q X V R C
 P R A W E J T U T E

Let the 3 words you choose be with you throughout today.



ACTIVITY OF THE MONTH

Tie-Dye Headbands

You will need:

- Basic Tye Dye Kit (dollar store)
- Plain White T- Shirt
- sewing machine or sewing kit
- scissors
- paint brush
- masking tape

1. Start by cutting out the fabric. About 10x30 inches should work. Then pinch small sections and wrap the middle with elastic bands or masking tape, creating knots in different spots on the fabric.
2. Next, dip dye, these knots, creating a fun pattern. Use a paint brush to add random designs to your liking.
3. Once the fabric dries, with the right side facing inward, fold in half and sew along the length of the fabric, creating a long tube.
4. Flip the tube right side out and tie a knot in the middle of the fabric.
5. Measure it around your head to make sure it's a tight fit, then finally, sew the ends together. Cut off the excess, and stitch up any holes that remain.

www.sincerelykinsey.com/2013/09/urban-tie-dye-headband-diy.html

Need to talk? Support is available!

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