

MAY 2024, ISSUE NO. 2

BIGSTONE HEALTH COMMISSION

OFFICIAL NEWSLETTER





Monthly Newsletter

**BIGSTONE
HEALTH
COMMISSION**

May 3, 2024



Here's what's to come in this Newsletter!

Dear Community Members,

As we approach Mother's Day, a time to celebrate the nurturing spirits that guide and shape our lives, we want to extend our heartfelt appreciation to all mothers, especially our Indigenous mothers, who play an invaluable role in our families and communities. Your strength, wisdom, and love are the foundation upon which our communities thrive. In the spirit of honoring mothers, we also recognize the significant contributions of mothers in the field of healthcare and those that work at the Bigstone Health Commission and Bigstone Group of Companies.

We are also celebrating Nurse Week this May, and we pay tribute to the nurses who tirelessly care for their communities with compassion and dedication. Your commitment to healing and wellness is an inspiration to us all.

Furthermore, May marks a month of health awareness, where we come together to promote wellness and address pressing health issues. In addition to Mental Health Awareness Month, we acknowledge the importance of having doctors within reach: Dr. Ross has weekly clinics at the Calling Lake Health Centre every Thursday from 9:00 AM to 4:00 PM. It is crucial that we prioritize our well-being and take advantage of the services available within our communities.

Thank you to all our dedicated staff and community members for your unwavering support. Together, let us continue to foster a culture of health, healing, and hope.

With gratitude,

Nora Alook + Team

In this newsletter you can expect:

Happy Mother's Day

Health Awareness in May: Nurses Week & More

Notices & Events

MMIWG2S Awareness Events

HR Insights: Cultivating Talent & Culture

Much More Inside. Happy Reading!



Mother's Day

CELEBRATING MOTHERS, NURTURING HEALTH, BUILDING FUTURES.

SUNDAY MAY 12, 2024



This Mother's Day, we'd like to commemorate the profound commitment to maternal health within our community. It's a day to honor the collective efforts of supporting mothers on their health journeys, from prenatal care through the postnatal period and beyond. Rooted in cultural traditions and modern healthcare practices, this day acknowledges the vital role that caregivers, healers, and community members play in ensuring the well-being of mothers and their children. It's a celebration of resilience, strength, and the enduring bond between mother and child, enriched by the holistic approach to health within Indigenous cultures.

We extend our deepest gratitude to the dedicated mothers on our staff whose unwavering commitment both at work and at home inspires us daily. Your strength, compassion, and resilience enrich our workplace and communities in immeasurable ways. Happy Mother's Day to all of the beautiful moms in our communities.



Health Awareness in May



National Physiotherapy Month

During National Physiotherapy Month, we take the opportunity to honor and appreciate the significant impact of physiotherapists across the country. These dedicated professionals play a pivotal role in restoring mobility, alleviating pain, and enhancing overall well-being through their expertise, compassion, and innovative approaches to care. Their commitment to empowering individuals to achieve optimal health and function is truly commendable, and we extend our heartfelt gratitude for their tireless efforts in improving lives every day.



Nurses Week May 6-12, 2024

During Nurses Week, we honor the tireless dedication and invaluable contributions of nurses who tirelessly care for our communities with unwavering compassion and expertise.

Mental Health Awareness Month

As we embrace Mental Health Awareness Month this May, we embark on a journey of understanding, empathy, and support. It's a time to foster open conversations, break stigmas, and cultivate a culture of compassion. Each individual's mental health journey is unique, and by shedding light on this important aspect of wellness, we aim to create a community where everyone feels valued and understood. Let's come together to amplify awareness, offer resources, and extend our hands in solidarity. Together, we can make a difference and build a future where mental health is treated with the same importance as physical health.





Calling Lake Health Centre

Bigstone Referral:

Referral will not be transporting Calling Lake clients to Athabasca to see a general doctor. Members are encouraged to utilize Dr. Ross and his practice.

Medical Clinic:

Dr. Ross is here every Thursday from 9:00 AM – 4:00 PM.



Prenatal Class with baby food making, May 15th from 11:00 AM – 2:00 PM

Home Care Lunch and Activity:

May 8th from 11:00 AM – 2:00 PM

Prescriptions:

Pick up's for Calling Lake clients will be on Mondays and Thursday.



Immunization Event

GROCERY WINNER



The winner from our Immunization Event that we had from March 25-28, 2024 was Kacie Anderson. Terry Anderson (pictured above) accepted the winnings on behalf of his daughter.

Congratulations to our winner and thank you to everyone who made the event such a success!



Notices & Upcoming Events

Women's Support Group

Start Date: Monday May 13, 2024

Time: 5:30 to 7:30 PM

Location: Bigstone Community Wellness

BIGSTONE COMMUNITY WELLNESS PRESENTS

WOMEN'S SUPPORT GROUP

Location: Bigstone Community Wellness

Time: 5:30 pm to 7:30 pm

Monday May 13, 2024
Monday May 27, 2024
Monday June 10, 2024
Monday June 24, 2024

- Snacks and coffee provided.
- Open to all community members.
- Transportation available.

Topics to be discussed in sharing circle. Self-care, Grief and Loss, Self Love, Co-dependency, P.T.S.D Awareness and grounding techniques.

**CONTACT RECOVERY CARE STAFF:
ROBERT ZABOT OR CRYSTAL GAMBLER GLADU
FOR ANY INFORMATION.**

Bigstone Community Wellness
780-891-3777 or 1-877-767-7060

Find us on Facebook!
www.bigstonehealth.ca



BIGSTONE COMMUNITY WELLNESS PRESENTS:

MEN'S SUPPORT GROUP

Location: Bigstone Community Wellness

Time: 5:30 pm to 7:30 pm

Monday May 6, 2024
Tuesday May 21, 2024
Monday June 3, 2024
Monday June 17, 2024

- Snacks and coffee provided.
- Open to all community members.
- Transportation available.

**Contact Recovery Care staff:
Robert Zabot or Crystal Gambler Gladu
for any information.**

Bigstone Community Wellness
780-891-3777 or 1-877-767-7060

Find us on Facebook!
www.bigstonehealth.ca



Men's Support Group

Start Date: Monday May 6, 2024

Time: 5:30 to 7:30 PM

Location: Bigstone Community Wellness



Notices & Upcoming Events

Lunch & Learn: Domestic Violence

Date: Tuesday May 14, 2024

Time: 12:00 to 1:00 PM

Location: Bigstone Community Wellness
Foyer

Bigstone Community Wellness
Presents

Lunch & Learn



Topic: Domestic Violence
Tuesday May 14, 2024
Time: 12:00pm- 1:00pm
Location: Bigstone Community Wellness Foyer

JOIN US **ENTER TO WIN PRIZES**

Bigstone Community Wellness
780-891-3777 or 1-877-767-7060
Find us on Facebook!
www.bigstonehealth.ca



Bigstone Community Wellness
Presents

Lunch & Learn



Topic: Domestic Violence
Thursday May 16, 2024
Time: 12:00pm- 1:00pm
Location: Calling Lake Community Church

JOIN US **ENTER TO WIN PRIZES**

Bigstone Community Wellness
780-891-3777 or 1-877-767-7060
Find us on Facebook!
www.bigstonehealth.ca



Lunch & Learn: Domestic Violence

Date: Thursday May 16, 2024

Time: 12:00 to 1:00 PM

Location: Calling Lake Community
Church



Notices & Upcoming Events

Traditional Teaching Series: Introductory Cree

Start Date: May 8, 2024

Time: 6:00 to 7:00 PM

Location: Bigstone Community Wellness Boardroom

Bigstone Community Wellness presents:

INTRODUCTORY CREE

as part of the Traditional Teaching Series

Bigstone Community Wellness Boardroom

May 8, 15, 22 and 29, 2024

Time: 6:00 pm - 7:00 pm

Maximum 15 people

Supper Provided and Door Prizes!

BIGSTONE COMMUNITY WELLNESS PRESENTS
Evening Support Group

A Night of Fellowship
WEDNESDAY MAY 22ND, 2024

TIME: 5:30 PM TO 7:30 PM
LOCATION: BIGSTONE COMMUNITY WELLNESS FOYER

- Supper will be provided.
- Worship music.
- Guest speaker.
- Open to all ages.

For more information please contact Deborah Thunder or Savannah Young at Bigstone Community Wellness.

BIGSTONE COMMUNITY WELLNESS
 780-891-3777 OR 1-877-767-7060
 FIND US ON FACEBOOK!
 WWW.BIGSTONEHEALTH.CA



Bigstone Community Wellness
780-891-3777 or 1-877-767-7060
Find us on Facebook!

Evening Support Group: A Night of Fellowship

Date: Wednesday May 22, 2024

Time: 5:30 to 7:30 PM

Location: Bigstone Community Wellness

Foyer



Notices & Upcoming Events

Save the Date: LEAP Core Training

Dates: June 26 & 27, 2024

Time: TBC

Location: TBC

SAVE THE DATES



LEAP Core Training

June 26 & 27, 2024

Wabasca, AB

Venue TBC

LEAP™ Core is an interprofessional course that focuses on the essential competencies to provide a palliative care approach.



For Health Care Professionals and Care Providers
For More Info or to Register Please Call
Eunice, Nurse in Charge at: (780)891-2000

Bigstone Community Wellness presents:
Drumming and Singing as part of the Traditional Teaching Series

Where: Bigstone Community Wellness Foyer
Every Tuesdays 6:00 pm - 7:30 pm

All Ages Welcome!

Any Questions, please contact
Philip Nanimahoo 780-891-3777

Traditional Teaching Series: Drumming & Singing

Dates: Every Tuesday

Time: 6:00 to 7:30 PM

Location: Bigstone Community Wellness

Foyer



Notices & Upcoming Events

Mother's Day Gift Making

Dates: May 9, 2024

Time: 5:00 - 7:00 PM

Location: Bigstone Community Wellness
AGES 5-17. LIMITED SPOTS. PLEASE CALL TO BOOK YOUR SPOT.

MOTHERS DAY is almost here!

Bigstone Community Wellness invites the youth to come out and make Mothers Day gifts to anyone you see as a mother figure in your life, that can either be for your mom, kokom, or auntie.

Located @ Community Wellness Building
Thursday May 9th, 2024
Time - 5/7 pm

Limited 15 spots available, ages 5-17
Snacks & refreshments will be provided.

Please contact Janine Willier @ Bigstone Community Wellness to book a spot.
780-891-3777 or 1-877-767-7060

We look forward to seeing you 😊

Bigstone Community Wellness Presents:

Ladies Group

Self Esteem

When: May 15, 2024
Location: Calling Lake Bigstone Community Boardroom
Time: 5 PM – 7 PM
Ages: 18 years old and up

Snacks will be provided. Please register with Charmaine Cardinal at (780) 331-3810.



Bigstone Community Wellness
Phone: 780-891-3777 Fax: 780-891-2015
Toll Free: 1-877-767-7060
Website: www.bigstonehealth.ca

18+ Ladies Group: Self-Esteem

Dates: May 15, 2024

Time: 5:00 - 7:00 PM

Location: Calling Lake Bigstone Community Boardroom



Notices & Upcoming Events

Mobile Addictions & Mental Health Outreach Services

Dates & Locations: May 8th at North End Park & May 10th at Sam G. Park
Time: 3:00 - 6:00 PM

Bigstone Community Wellness Presents:
MOBILE ADDICTIONS & MENTAL HEALTH OUTREACH SERVICES

Locations:

North End Park May 8, 2024 3:00 pm - 6:00 pm	Sam G Park May 10, 2024 3:00 pm - 6:00 pm
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Come Join Us for Free Services and BBQ.
780-891-3777 or 1-877-767-7060
Find us on Facebook!

Family Paint Night + Meet & Greet with Your New Youth Workers

Dates: May 7, 2024

Time: 5:00 - 7:00 PM

Location: Bigstone Community Wellness

Family Paint Night + Meet & Greet your new Youth Workers!

MAY 7th, 2024
Located @ Community Wellness Building
Time - 5/7pm
Snacks & Refreshments will be provided.
If you have any questions, please contact Bigstone Community Wellness
780-891-3777 or 1-877-767-7060



Tansi,
 We are the new youth workers with Bigstone Community Wellness, we are pleased to invite the youth of Bigstone Cree Nation as well as your families to join us for a fun family paint night! We look forward to meeting you and are excited to be working in the community to host new and upcoming events. We are excited to listen to and answer any questions, ideas or concerns you have. We hope you can make it!

Hiy-Hiy
 We look forward to hearing from you,
 Janine Willier & Dwayne Jr. Auger
 Youth Workers/Bigstone Community Wellness.







Notices & Upcoming Events

Prenatal Classes

Dates: Every Tuesday and Thursday Starting April 30th - May 16th

Location: BHC Training Centre

BIGSTONE HEALTH COMMISSION
PRENATAL CLASSES

EVERY Tuesday & Thursday
 Starting April 30th - May 16, 2024
 @ the BHC Training Centre

SCAN THE QR CODE TO REGISTER!

Scan me

If unable to access QR code
 Call 780-891-2000 to register

Made with PosterMyWall.com

BIGSTONE HEALTH COMMISSION

FOOT CARE

May 28-29, 2024
9:00 AM - 3:00 PM

Who: NON-DIABETIC & DIABETIC Individuals
 Where: BHC Community Kitchen

REGISTER NOW

780-891-2000

Foot Care Clinic

Dates: May 28-29, 2024

Time: 9:00 AM - 3:00 PM

Location: BHC Community Kitchen



Notices & Upcoming Events

Bigstone Community Wellness would like to thank the following for their support & donations for the success in our

Calling Lake Volleyball Tournament on March 23rd, 2024

- Buy Low Foods
- Northern Food Store
- MD of Opportunity #17
- Calling Lake Community Society
- Shelly Clearwater
- Volunteers



Bigstone Community Wellness

Phone: 780-891-3777 Fax: 780-891-2018

Toll Free: 1-877-767-7060

Website: www.bigstonehealth.ca

Find us on Facebook!





Notices & Upcoming Events

May 5th is MMIWG2S Awareness Day

Murdered and Missing Indigenous Peoples Walk & Round Dance



Wabasca

Venue: George D Auger Community Hall

May 3, 2024

Agenda

10:00 am: Opening Prayer / Pipe Ceremony

10:30 am: Acknowledgement Remarks: IRS Staff Member

11:00 am: Walk

11:40 am: Opening Remarks & Introductions: IRS Team / Chief
and Council

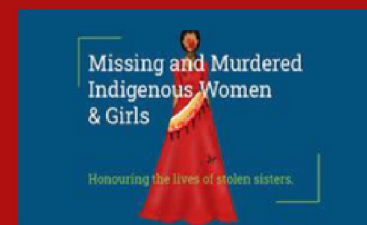
1:00 pm: Guest Speaker

2:00 pm: Keynote Speakers: Family Members

Tealight Candle: Moment of Silence for all
MMIWG-P

5:00 pm: Community Feast

6:30 pm: Round Dance and Give Away



ROUND DANCE HAS BEEN POSTPONED TO A LATER DATE

Bigstone Community Wellness 780-891-3777 or 1-877-767-7060

Find us on Facebook! www.bigstonehealth.ca



Notices & Upcoming Events

May 5th is MMIWG2S Awareness Day

Murdered and Missing Indigenous Peoples Awareness Walk



Calling Lake

Venue: M.D Community Hall

May 6, 2024

Agenda

10:00 am: Pipe Ceremony

11:00 am: Opening Prayer

Opening Remarks & Introductions: IRS Team and Guest Speaker

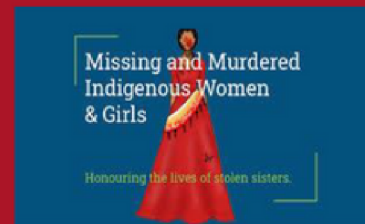
11:15 am: Walk

11:45 am: Blessing of the food / Fire Offering

12:00 pm: Tealight candle: Moment of Silence for all MMIWG-P

12:00 pm: Community Feast

1:00 pm: Keynote Speakers: Family
Members



Bigstone Community Wellness

780-891-3777 or 1-877-767-7060 Find us on Facebook!

www.bigstonehealth.ca



Bigstone Medical Clinics



BIGSTONE HEALTH COMMISSION



BIGSTONE MEDICAL CLINIC - WABASCA



Bigstone Health Commission would like to welcome Dr. Tarig Suliman as he joins our team at the Bigstone Medical Clinic in Wabasca.

Dr. Suliman has been living and enjoying Wabasca for the past 2 years. Ireland was his previous home where he obtained his training and medical membership from prestigious medical institutions: surgical training at The Royal College of Surgeons and family medicine membership at the Irish College of General Practitioners.

He is a well-rounded physician who underwent extensive training in the areas of general surgery, orthopedics, pediatrics, psychiatry, geriatric medicine, obstetric, and gynecology.

DR. TARIQ SULIMAN

We are happy to invite the Wabasca community to book their appointments with Dr. Suliman starting April 30, 2024.



BIGSTONE MEDICAL CLINIC - WABASCA
PO Box 690, Suite 9 911 Stony Point Road,
Wabasca, Alberta T0G 2K0
780-891-3839

WWW.BIGSTONEHEALTH.CA



Home & Community Care



HOME & COMMUNITY CARE

WE OFFER SERVICES FOR YOUR HEALTH

OUR PROGRAM GOALS:

The goals of the Home & Community Care program are to establish and improve inter-program working relationships between the four priority areas as reflected in the 10-year Community Health Care Plan: Mental Health and Addictions, Cancer, Diabetes and Chronic Disease.



OUR SERVICE TEAM:

- Registered Nurses
- Licensed Practical Nurses
- Health Care Aides
- Homemakers

OUR SERVICES:

- Case Management
- Nursing services
- Foot care
- Medication management
- Personal care
- Homemaking services
- Provision and delivery of equipment and medical supplies (such as wheelchairs, walkers, etc.) through NIHB
- Linkages with other programs and health care professionals
- Wound care
- Palliative care

1

REFERRAL

Referrals are accepted from the following: clients, family members, health care providers, hospitals or anyone from the community.

2

SCREENING

A Registered Nurse will contact you for priority screening.

3

HOME VISIT - INITIAL ASSESSMENT

The Registered Nurse will schedule you for a home visit to conduct the initial assessment.





Home & Community Care



BIGSTONE HEALTH COMMISSION HOME & COMMUNITY CARE

Procedure in Requesting Incontinence Supply or Medical Equipment

- 1 Book your appointment with your Physician or Nurse Practitioner
- 2 Request a prescription. Your Physician or Nurse Practitioner will then send the prescription via fax to Bigstone Home Care.
- 3 Once the prescription is received by Home Care staff, one of our nurses will process the prescription and submit it to the provider.
- 4 The provider will submit the prescription to Non-insured Health Benefits (NIHB) for prior approval.
- 5 Approved prescriptions of incontinent supply or medical equipment will then be delivered to the Bigstone Health Center.
- 6 You will be contacted directly by Home Care staff to pick up your incontinence supplies or medical equipment.

Processing times may take up to 2-3 weeks.
For additional inquiries, please contact us at: (780)891-2000.

Bigstone Community Wellness



@bigstonecommunitywellness



(780)891-3777 OR

Toll-free 1(877)767-7060

COMMUNITY WELLNESS

Our Mission at Bigstone Community Wellness is to provide professional guidance in supporting people on their journey to achieve balance in physical, emotional, spiritual and mental well-being. The program primary focus is Integrated Mental Health & Addictions Counselling as recommendations that were made by Health Canada, as well from Chief and Council in 2010 to move forward in the program. The need to move forward from a referral based service to a more clinical counselling approach.

PSYCHOLOGISTS

DR. WALLY RUDE

KATRINA HEWTON

RECOVERY CARE DAY PROGRAM

ROBERT ZABOT

CRYSTAL GAMBLER-GLADU

MENTAL HEALTH THERAPIST

JULINE GEOFFERY-AKOBUNDU

ADDICTIONS COUNSELLORS

BRANDON NOSKEY

JONAH LETENDRE

QUEENA CARDINAL

CHARLA SHAW



A Hoppy Easter from Bigstone Community Wellness



Happy
EASTER





Bigstone Health Benefits

DID YOU KNOW?

When going to a Bigstone approved provider, Over the counter open benefit medications for children such as Vitamins, Tylenol, Advil and/or their generics require a prescription from your doctor to receive these open benefits. A prescribing pharmacist may also assist in getting these benefits covered. Not all Over the counter items are benefits of the program. For example, Vicks VapoRub.

Limited Benefits such as Infant formula (Enfamil A+), Ensure and Pediasure require information from the prescriber to determine eligibility. Once prescribed the prescription should be presented to your pharmacy provider who in turn calls Bigstone Pharmacy Benefits to get the process started.

Medical Supplies for Children such as a thermometer, air boot, or crutches require the provider to send in a prior approval form along with the prescription to check eligibility or receive approval.

Children under the age of 2 without a status number are manually billed under the parent with Bigstone status up until the child's second birthday. Once the child has received their own status, (before the age of 2 or after) please fill out a consent form and mail into Bigstone Health Benefits along with the acceptance letter from Membership or ISC. The status number remains unregistered until received and access to Health Benefits is not available.

Bigstone Health Benefits does not receive status numbers for new members. It is the parent(s) and/ or guardian's responsibility to provide the information required.

Any questions or concerns regarding your child's health benefits please contact Bigstone Pharmacy/MSE Benefits through our direct phone number (780)341-2776.



INTERNATIONAL HUMAN RESOURCES DAY



MAY 20, 2024

Happy International Human Resources Day to the incredible professionals who make workplaces more vibrant, diverse, and supportive. Your dedication to nurturing talent and fostering inclusivity is truly commendable. Here's to the unsung heroes of every organization!

Thank you so much to our amazing HR Team!



HR Insights: Cultivating Talent and Culture

Welcome to Our New Hires



Dwayne Auger Jr.

Full-time Youth Worker
*Bigstone Health Commission –
Community Wellness Dept*
Wabasca, AB
Start Date: April 8, 2024



Lillian McNab

Full-time Director of Finance
*Bigstone Health Commission -
Finance Dept.*
Wabasca, AB
Start Date: April 15, 2024



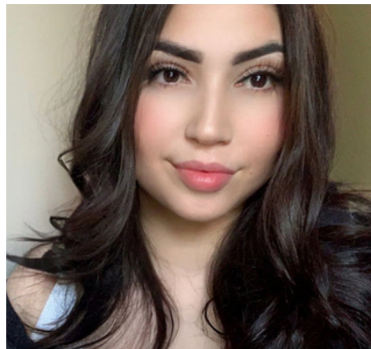
Elmer Nanemahoo

Casual Referral Driver
*Bigstone Health Commission -
Referral Dept.*
Wabasca, AB
Start Date: April 18, 2024



Charla Shaw

Full-time Addictions Counsellor
*Bigstone Health Commission -
Community Wellness Dept.*
Wabasca, AB
Start Date: April 22, 2024



Janine Willier

Full-time Youth Worker
*Bigstone Health Commission -
Community Wellness Dept.*
Wabasca, AB
Start Date: April 22, 2024



Patrick Gladue

Full-time Director of Operations
*Bigstone Health Commission -
Administration*
Wabasca, AB
Start Date: April 25, 2024

Ashton Cardinal

**Part-time Community Wellness
Custodian**
*Bigstone Group of Companies -
Lot 25 Dept .*
Wabasca, AB
Start Date: April 11, 2024

Welcome aboard! We
look forward to working
with you all.



HR Insights: Cultivating Talent and Culture



**BIGSTONE HEALTH COMMISSION &
BIGSTONE GROUP OF COMPANIES
PRESENTS**

Employee's of the Month

April
2024



May Cardinal
Finance



Angela Auger
Community & Public
Health (Wabasca)



Glenn Greyeyes
BMT (Edmonton)

Their contributions have made a significant impact on our organizations and we are grateful for their commitment to excellence. We look forward to their continued success!

Thank you for all your hard work and dedication!
We appreciate all that you do!



HR Insights: Cultivating Talent and Culture

Employment Opportunities

JOB POSTINGS

Below is a list of our current job openings for Bigstone Health Commission and Bigstone Group of Companies:

Wabasca

- Chief Executive Officer – Perm FT
- Health & Safety Manager – Perm FT
- Community & Public Health Manager – Perm FT
- Administrative Assistant – Perm FT
- Health Promoter – Perm FT
- Registered Dietitian – Perm FT
- Medical Clerk – Perm FT
- Social Worker – Perm FT
- Mental Wellness Crisis Response Team Coordinator – Perm FT
- Finance Clerk – Perm FT
- Fleet Assistant – Perm FT
- Operations Manager – Perm FT
- ATB & Registries Clerk – Perm FT
- Health Services Integration Fund (HSIF) Coordinator – Temp FT
- ATB & Registries Clerk – Casual

Calling Lake

- Referral Clerk – Casual

Edmonton

- Resource Navigator – Perm FT
- Dental Benefits Adjudicator – Perm FT
- Medical Transport Driver – Perm FT
- Medical Office Assistant – Casual
- Medical Transport Driver – Casual

HOW TO APPLY

- 1 Go to bigstonehealth.ca and click on "Employment Opportunities" at the top of the page.
- 2 Click on the job you are interested in applying to and scroll down to the Application Form.
- 3 Fill out the form, make sure there are no blank sections. Upload your Resume and all supporting documents.
- 4 Double check everything you entered then click on the "Apply Job" button.

If you do not see a job you're interested in on the website please contact us!

NEED MORE INFO?

Contact: Human Resources Department

Phone: (780)-891-2000

Email:

bhcresumes@bigstonehealth.ca

bigstonehealth.ca



Calling Lake Health Centre

BIGSTONE CREE NATION HEALTH COMMISSION

BCN MEMBERS -CALLING LAKE

BIGSTONE HEALTH COMMISSION PRESENTS

MAY 01/2024

GARDEN CHALLENGE

Enjoy the benefits of growing your own food!

- enhanced mental health
- more nutritious/fresh food
- Cost effective
- helps you stay active

Pick up a garden starter kit at the Bigstone Health Centre

Submit pictures of your garden as it grows to the Calling Lake health Centre or to 780-319-9331 Limited Supplies! 780-321-3810



Calling Lake Health Centre



Why Gardening is Good for Body and Mind

Home > Lifestyle > Wellness

By [Glenda Taylor](#)

Updated: Feb 4, 2022

Around the world, gardening ranks high on the list of favorite hobbies. Growing fresh fruits and vegetables makes beneficial nutrition easily accessible. Numerous studies also show that people experience life-enhancing effects beyond good food when they interact with nature. Gardening is a cost-effective and rewarding way to reap Mother Nature's benefits.

Physical Advantages

Studies show that gardening not only [strengthens the muscles](#), but also improves muscle coordination. Tilling and planting require repetitive grasping, releasing, and flexion of the thumb and forefinger, which train the unused muscles in the hand and enhance overall hand function. An Australian study found that gardening was more physically beneficial than walking. People who garden regularly experience increased strength, balance, and dexterity.

Mental Health Benefits

Horticultural therapy has become a popular [intervention](#) for a variety of mental health issues. Studies show gardening improves depression and anxiety symptoms and decreases fatigue and anger issues. Researchers say that gardening also enhances an individual's life satisfaction, by increasing cognitive function, enthusiasm, and self-esteem.

Pain Relief

Because gardening requires focus on repetitive tasks, it can serve as a type of distraction therapy to deal with [chronic pain](#). Researchers reported that gardening allowed study participants to change their thought patterns on how they perceived their pain, which led to a reduction in the amount of medication they required to find relief.



Calling Lake Health Centre

Stress Relief

Cortisol is the human body's [stress](#) hormone, fueling the "flight or fight" instinct. Once a perceived threat goes away, cortisol levels should even out. If they remain elevated, a person continues to feel stressed. Researchers measured cortisol levels for two participant groups: a gardening group and a reading group. They found that while both activities reduced cortisol levels, the gardening group showed significantly higher decreases than the reading group.

Contributes to Emotional Well-Being

Of the top 15 leisure activities, gardening ranks among the top five. A 2020 study concluded that household gardening leads to high levels of [emotional well-being](#), similar to walking or biking. Researchers found that gardening is the only leisure activity that produces a higher level of emotional well-being for low-income and female participants than for male and medium-income participants.

Sunlight and Vitamin D Levels

According to a 2017 study, up to 97% of Canadians and 40% of Americans have insufficient levels of [vitamin D](#). Outdoor gardening activities increase our exposure to sunlight, which increases vitamin D. Research also shows that exposing skin to sunlight for a short time may help reduce [blood pressure](#) and lower the risk of heart attacks and strokes.

Improves Attention Span

Green outdoor activities like gardening increase concentration levels and strengthen attention spans. One study showed that [ADHD symptoms](#) in children were significantly reduced when they performed activities in green settings, like gardens. The American Society for Horticultural Science found that children who studied a garden curriculum scored higher on science achievement tests than those who studied science using traditional classroom methods.

Healthy Bacteria in the Dirt

Digging in the garden releases [Mycobacterium vaccae](#), a type of bacteria that lives in the soil. When the gardener breathes them in, the bacteria activate neurons in the brain that release serotonin, similar to antidepressants. *M. vaccae* trains the immune system to ignore allergens like pollen and dog dandruff. In one study, researchers administered the bacteria to individuals with lung cancer and found that it lowered pain levels and reduced nausea.



Calling Lake Health Centre

Encourages Healthy Food Consumption

[Vegetable gardening](#) leads to more emotional well-being than gardening ornamental flowers and plants and also encourages healthier eating. People who grow their own food eat more fruits and vegetables, which are cornerstones of a healthy, well-balanced diet. Children who participated in school-based gardening projects ate around 26% more fruits and vegetables.

Community Gardening

Home gardens are not an option in some areas due to space limitations or access. [Community gardens](#) are a popular solution for urban neighborhoods, as well as healthcare and treatment facilities. These gardens provide individuals with easier access to healthy food, while increasing their psychosocial and physical well-being and social connections.



Calling Lake Health Centre



The Childrens Great Pumpkin Contest

Calling Lake Bigstone Cree Nation Members

**Start growing your pumpkins
now for entry into the Great
Pumpkin Contest & Festival in
October.**



***Pick up your starter kit at the Bigstone Health Centre
starting May, 1/2024***

780-331-3810



Calling Lake Health Centre





Calling Lake Health Centre

Kids Grow Pumpkins



Pumpkins are usually orange but can be yellow, white, green or red. Most grow quite large and need a lot of space - but you can get small varieties too.

Pumpkins are popular at Halloween, to scoop out and carve into lanterns with scary faces! But their sweet, orange flesh is delicious to eat too.

Popular pumpkin varieties

'Jack of All Trades'
Bright orange and perfect for carving.

'Zombie'
Warty and grotesque - the ugliest pumpkin imaginable!

'Dill's Atlantic Giant'
Grow your own monster pumpkins - up to 800kg!

What you'll need:

- Pumpkin seeds
- Small pots (e.g. yoghurt pots)
- Multipurpose compost
- Liquid tomato plant feed
- Watering can

Why should you eat them?

Nutritious and low-calorie, pumpkins can be used in sweet or savoury dishes. They're packed with vitamins and nutrients, including:

Vitamin A
Good for your vision, bones, teeth and skin - and important for your growth and immune system.

Vitamin B2
Also known as 'riboflavin', this helps your body make red blood cells.

Potassium
Keeps your heart healthy and helps plenty of blood to get to your brain.

GIGANTIC FACT!

Giant pumpkins are often grown for competitions. In 2010, the world record was 821kg. That's as heavy as two horses!



Start them in small pots on your windowsill. Photo credit: wawirpa, Shutterstock

Step 1: Start your pumpkins indoors

- Plant your seeds in April or May.
- Soak your seeds in water overnight - they'll grow quicker.
- Fill your pots with compost.
- Plant a seed in each pot, on its edge (not flat), 1cm deep.
- Put your pots on a warm, light windowsill and water.



Plant out seedlings in late May / early June. Photo credit: Dennis Pogostin, Shutterstock

Step 2: Plant them out

- When they're big enough to handle, plant your seedlings out into the garden, from late May.
- Pumpkins are hungry plants! Add compost or well-rotted manure into the soil first.
- Plant at least 90cm apart, depending on how big your variety grows.
- You can also plant them out into large pots, if you're growing small pumpkins.



Ready to harvest! Photo credit: Shutterstock

Step 3: Care for your pumpkins

- Protect young plants from slugs and snails.
- They'll grow quickly! Let them trail over the ground, or train them over a strong arch.
- You may need to hand pollinate your pumpkins, so they fruit.
- Keep your pumpkins well-watered.
- Feed with tomato feed every 10-14 days once the fruits start to grow.
- They'll be ready to harvest in time for Halloween!



Calling Lake Health Centre

Sunflower Facts for Kids

Sunflower Info

Name: Common Sunflower
Location and Habitat:
Prairies and dry, open areas
Scientific name:
Helianthus annuus

Sunflower Facts

- Sunflowers are actually "sun followers" this is because they actually follow the sun throughout the day. This type of plant behavior is called heliotropism. Their buds and blossoms start the day facing east and then follow the sun until it sets in the west (the sun rises in the east and sets in the west) when the flowers are producing seeds, the mature flower heads become heavier and stiffer than usual and remain facing east for the rest of the day.
- The sunflower head, which looks like a single flower resembling the sun, is actually made up of smaller flowers. The yellow petals surrounding the head are called "ray florets." Unlike regular flowers, these florets cannot reproduce. But the disk florets, located in the middle of the sunflower head, can produce seeds. They have male and female parts, allowing each disk floret to make seeds and self-pollinate.
- About six to eight hours of sunlight are needed for sunflowers to grow well. As if reaching for the skies, some sunflower plants can grow as tall as 16 feet! Different species grow at varying heights.

Healing Flowers!

Sunflowers serve as home remedies in some cultures. In Mexico, the blooms are used to soothe chest pain. Some Native American tribes, such as the Cherokee and Dakota, use parts of the plant in their medicines for relieving kidney and pulmonary issues.

Sunflower Fun Facts

Sunflowers aren't only yellow. They can be red, and purple. Sunflower seeds can be turned into butter. Great alternative to peanut butter. The largest sunflower listed in the Guinness Books of World Records was 30ft 1inch tall.

They have been out of this world!

U.S. astronaut Don Pettit brought sunflower seeds to outer space during his 2012 trip to the International Space Station. He planted the seeds and documented his out-of-this-world gardening journey by taking photos of the growing sunflowers and sharing his experience through a blog.

www.kidsplayandcreate.com



Calling Lake Health Centre

Kids Grow Sunflowers



Sunflowers are huge, cheerful, fast-growing flowers that last all summer!

What's more, you can eat the seeds - just sprinkle them over cereal, salad or eat them on their own as a delicious, healthy snack. Birds love eating them too.

Popular sunflower varieties

'High Hopes'

Huge flowers on giant stems - up to 4.5m tall!

'Russian Giant'

Yellow flowers, grows up to 2m tall

'Helios Flame'

Yellow with a mahogany centre

'Velvet Queen'

Deep velvet red colour

What you'll need:

- Packet of sunflower seeds
- Containers and multi-purpose compost (if using)
- Garden canes and string
- Watering can

Why should you grow them?

They're edible

You can eat the seeds! Crack the outer 'hull' of the seeds to get at the edible kernel inside.

They attract pollinators

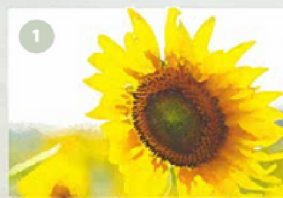
The large outer petals help attract bees - and the thousands of 'florets' at the centre contain nectar, a food source for them.

They feed birds

Birds love sunflower seeds too - especially finches, nuthatches, blackbirds and starlings

SPACE FLOWER!

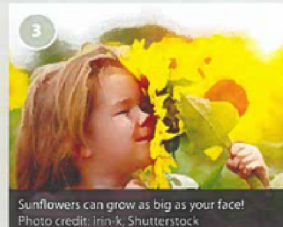
A sunflower was the very first flower grown in space! In 2012, astronaut Don Pettit grew a sunflower plant on the International Space Station!



Sunflowers like a sunny spot.
Photo credit: K-Smile Love, Shutterstock



Plant your seeds about 1.5cm deep.
Photo credit: Bogdan W, Shutterstock



Sunflowers can grow as big as your face!
Photo credit: Irin-k, Shutterstock

Step 1: Prepare the ground

- Choose a sunny spot. Sunflowers like to grow in full sun.
- If sowing in the ground, remove any weeds.
- Rake the soil to a fine, crumbly texture.
- Sunflowers grow best in the ground - but you can also grow small ones in pots. If you're using them, fill with compost.

Step 2: Sow your seeds

- Choose a packet of sunflower seeds - remember to check how tall they'll grow!
- Make some holes 1.5cm deep. Leave a 10cm space between each seed.
- Carefully drop the seeds in and cover with soil.
- Water the seeds gently.
- If growing in pots, use one seed per pot.

Step 3: Care for your sunflowers

- Slugs and snails like to eat the new shoots! Protect them by placing half of a plastic bottle over your seedlings.
- Water your plants regularly.
- Thin your plants out as they grow, to about 45cm apart.
- Feed your sunflowers with tomato feed just before they flower.
- Once your sunflowers grow taller than you, support the stem with a cane and tie it on loosely with string.
- After flowering, leave the faded heads so the birds can eat the seeds - and harvest some for next year's crop!



Emergency Preparedness



BIGSTONE EMERGENCY MANAGEMENT PREPAREDNESS INFORMATION





Emergency Preparedness



PREPAREDNESS



72 hours: Is your family prepared?

How long can your family survive without outside assistance? If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to care of yourself and your family for a minimum of 72 hours.

What kinds of risks do we face in the Nation?

Although the consequences of various disasters can be similar, knowing the risks around your home as well as your community and region can help you better prepare. We face the number of hazards, such as blizzards, wildfires and possible tornadoes. In addition to natural disasters there are other types of hazards, such as power outages and industrial or transportation accidents. Wildfires can threaten communities and restrict movement, Heavy rains can cause significant overland flooding. We need to prepare for all hazards.

Your family's emergency kits

All families should have two emergency kits: a ready-to-stay kit and a ready-to-go kit. These two kits will help you survive 72 hours, whether you stay in your home or need to evacuate.

Ready-to-stay kit

Your ready-to-stay kit should include the items you will need to stay safe at home for a few days. You can keep these things at home in a plastic tub or a special cabinet.

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.





Emergency Preparedness



PREPAREDNESS



When is Shelter-In-Place?

Shelter-In-Place is the practice of going or remaining indoors during a sudden outdoor release of a hazardous substance. It has been demonstrated to be the most effective response during the first few hours of a substance release. Sheltering indoors creates a buffer between you and any toxic hazard that may be in the outside air.

The goal of Shelter-In-Place is to reduce the movement of air into and out of the building until the hazard has passed. It is based on using a building that is constructed tightly enough to withstand typical Canadian winter weather conditions.

An event such as a fire, motor vehicle crash, industrial incident, or a natural disaster may cause a substance release. As a result, emergency responders may request that you Shelter-In-Place.

When asked to take shelter, you need to take the following steps:

- 1) Immediately gather everyone indoors and stay there.
- 2) Close and lock all windows and outside doors. If convenient, tape the gaps around the door frames.
- 3) Extinguish indoor wood burning fires. If possible, close flue dampers
- 4) Turn off appliances or equipment that either blow outside air or suck in outside air such as:
 - Bathroom and kitchen fans
 - Built in vacuum systems
 - Gas stoves
 - Fire places
 - Clothes dryers
 - Air conditioners
- 5) Turn down thermostats by about five degrees Celsius to minimize the on time of furnaces.
- 6) Leave open inside doors.
- 7) Avoid using telephone, except for emergencies, so that you can be contacted by emergency response personnel.
- 8) Stay tuned to local radio, television and Alberta Emergency Alert for possible information updates.
- 9) Even if you see people outside, do not leave until told so.
- 10) After the hazardous substance has passed you will receive an all-clear message. You may receive instructions to ventilate your building by opening all windows and doors, turning on fans and turning up thermostats. Once the building is completely ventilated, return all equipment to normal.



Emergency Preparedness



PREPAREDNESS



Basic emergency kit

- Water – at least two litres of drinking water per person per day; include small bottles that can be carried easily in case of an evacuation order.
- Food that will not spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- Manual can opener
- Crank or battery-powered flashlight (extra batteries)
- Crank or battery-powered radio (and extra batteries)
- First aid kit
- Identification
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal

Recommended additional items

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place candles in sturdy containers and do not burn unattended)
- Change of clothing and footwear of each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Utensils
- Garbage bags
- Toilet paper
- Household chlorine bleach or water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- Small fuel operated stove and fuel (follow manufacturers directions and store properly)
- A whistle (in case you need to attract attention)
- Duct tape (to tape up windows, doors, air vents etc.)



Emergency Preparedness



PREPAREDNESS



Extreme cold-

In Alberta, an extreme cold warning is issued when temperatures or the wind chill index reach minus 40°C or colder. Being exposed even for short periods in these conditions can be dangerous. Protect yourself and your loved ones.

- Stay safe, warm, and protected.
- Stay indoors when possible. If you must travel by car, know your route ahead of time and make sure you have a well-stocked emergency kit in your vehicle.
- Dress in warm, windproof layers. Watch for signs of frostbite. Frostbite can occur in less than 10 minutes in extreme cold.
- When working outside, do not over exert yourself. Sweating can lead to hypothermia, which can be fatal.
- Make sure your pets have warm shelter during a cold snap.

Outage-

An outage is a short or long-term loss of water or electric power. It can affect a single property, a building, or an entire community.

Many of Alberta's hazards, such as high winds, freezing rain, and flooding, can damage power lines causing power outages.

Water outages can be caused by extreme temperature fluctuations and pipe corrosion causing water main breaks, among other reasons.

Before an outage

Be prepared for an outage before it happens.

What to do before

- Download the [Alberta Emergency Alert](#) app for critical, life-saving alerts.
- Find out where your community will post information and updates during an emergency.
- Make sure your [emergency kit](#) is stocked with supplies such as food, battery-powered or crank flashlights and radios, along with extra batteries.
- Develop and practice a preparedness plan for you and your loved ones.
- Store water for your family (including pets) for drinking, cooking, and hygiene.
- Have a backup exit plan if you rely on an elevator.
- Install a carbon monoxide detector with backup battery power.
- Have backup power in place for your generator, heat, and critical medical equipment. Follow all manufacturer's instructions when installing backup units, or have them professionally installed.
- If you have a vehicle, keep the tank full in case fuel stations lose power or close.



Emergency Preparedness



PREPAREDNESS



During an outage-

Outages can leave you without heat, water, lights, air conditioning, information services and vital communication channels. Services such as grocery stores, pharmacies, gas stations, banks and ATMs may be closed during an extended outage

What to do during

- If the power is still on in your neighbourhood but not in your home, check your breaker.
- Call your utility provider to determine if the interruption is widespread or only affecting your property.
- Leave one light on inside and one light on outside so you and the utility worker will know when power has been restored.
- Do not use any household appliances that require water.
- Know when to go. If it is too cold to stay where you are, and it is safe to leave, head to a shelter until it is safe to return.

Outage survival tips-

Extreme heat and cold can have a greater impact on older adults, young children or those with health issues. If you must remain where you are, follow these tips:

- Head to the lowest level of the building, as it will stay warm longer.
- Keep doors and blinds closed.
- Have extra blankets and warm clothes on hand.
- Use a wood-burning or gas fireplace if you have one.
- Turn cell phones to battery-saving mode and only use them for emergency calls.
- Disconnect appliances and electronics.
- Keep freezer and refrigerator doors closed.

Please take precautions for this may help you to protect you and your family



Thank you for reading!

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To develop full capacity within the Bigstone communities. Effectively and efficiently develop, administer and control programs and services that will achieve this vision. To revive, strengthen and protect members' Treaty right to health and to enhance the quality of life of members and others living in Bigstone Traditional lands.