

JULY 2024, ISSUE NO. 4

# BIGSTONE HEALTH COMMISSION

OFFICIAL NEWSLETTER





# Monthly Newsletter

## BIGSTONE HEALTH COMMISSION

July 5, 2024



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

Dear Community Members,

Welcome to the July edition of the Bigstone Community Wellness Newsletter! As we reflect on June, it's wonderful to see our community's engagement in the various health initiatives we rolled out. Your enthusiasm and participation in our fitness challenges and health workshops were truly inspiring.

Don't forget to check out our Notices & Events for upcoming activities. There's always something happening at Bigstone Community Wellness!

For those planning a summer getaway, our Camping Tips section offers advice to ensure your outdoor adventures are safe and enjoyable.

We are also excited to announce several Employment Opportunities within our team. If you're passionate about health and wellness, take a look at the job postings inside and consider joining us in making a difference.

There's so much more inside this edition, so I hope you enjoy reading and find the information valuable.

Wishing you a healthy and happy July!

Warm regards,

*Nora Alook + Team*

#### In this newsletter you can expect:

June Highlights

Important Health Awareness Days in July

Notices & Events

Camping Tips

Employment Opportunities

Much More Inside. Happy Reading!



# *Indigenous Peoples Day Highlights*



For Bigstone Community Wellness, this day holds special significance as it underscores our commitment to supporting the health and well-being of Indigenous peoples. By participating in this important day, we celebrate our heritage, promote awareness, and foster a sense of unity and pride within our community. It's an opportunity for us to reflect on our shared history, recognize our resilience, and advocate for the rights and traditions of Indigenous peoples everywhere.



# BABYSITTER TRAINING COURSE CALLING LAKE



Wednesday July 17, 2024  
9:00am to 4:00pm

Class In person at  
Calling Lake Library

Attendance required for certification. Students must be a minimum of 12 years old or turning 12 within 2024.  
**\*\*Lunch is provided\*\***

Student Manual and Certificate from Canada Safety Council provided.

**MUST REGISTER, ONLY 12 SPOTS AVAILABLE**

**CONTACT CHARMAINE CARDINAL**

780-891-8331 | charmaine.cardinal@bigstonehealth.ca

Or stop by the ATCO trailer behind the Bigstone Healthcare Centre



# Let's Get Vaccinated!

Immunization for **ALL AGES**



## Locations:

- CHIP Lake**  
June 19, 2024 (11:00AM-2:00PM)
- Sandy Lake**  
June 26, 2024 (4:00PM-7:00PM)
- Reserve C**  
July 03, 2024 (4:00PM-7:00PM)
- Reserve B**  
July 10, 2024 (4:00PM-7:00PM)
- Reserve D**  
July 17, 2024 (4:00PM-7:00PM)
- Reserve A**  
July 24, 2024 (4:00PM-7:00PM)



Bringing the service to you with our mobile vaccination van  
**\*Get immunized & be entered to win a DOOR PRIZE**

**JOIN US FOR A BURGER/HOTDOG & REFRESHMENTS**

For more information, please call Bigstone Health Commission at 780-891-2000

**SAVE THE DATE**



Join us for a  
**Community Debrief**

Friday, July 5th, 2024

George D. Auger Community Hall

Time: 1:00pm-6:00pm



**Supper Provided @ 4:30pm**  
**Resources Available**

## Bigstone Community Wellness

780-891-3777 or Toll Free: 1-877-767-7060

Find us on Facebook  
www.bigstonehealth.ca



## Bigstone Community Wellness Presents: Youth Beading Night!

Bigstone Cree youth are invited to come hangout and learn how to make a beaded keychain

**Date/Time/Calling Lake Location: July 5<sup>th</sup> 1:30- 6:30pm in the Calling Lake Library Boardroom**

**Beading Kit & Materials Provided**

**Limited 10 Spots Available**

**Ages: 12-17**

**Calling Lake please phone Charmaine Cardinal to secure a spot! 780-891-8331**

**Snacks & Refreshments will be provided**

**See you there! 😊**



## *Notices & Upcoming Events*

**BIGSTONE COMMUNITY WELLNESS PRESENTS**

# **RECOVERY CARE DROP IN**

**Location:** Calling Lake Community Church

**When:** Monday-May 27, 2024

Monday-June 3, 2024

Monday-June 10, 2024

Monday-June 17, 2024

Monday-June 24, 2024

Monday-July 8, 2024

Monday-July 15, 2024

Monday-July 22, 2024

Monday-July 29, 2024

**Time:** 11:00 am to 2:00 pm

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

**Contact Recovery Care Staff**

**Robert Zobot 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](http://www.bigstonehealth.ca)**

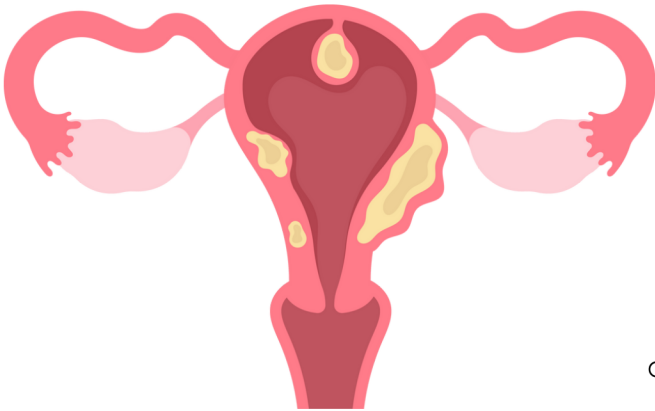




*Health Awareness in July*

**Uterine Fibroid Awareness Day: July 21, 2024**

Uterine Fibroid Awareness Day aims to educate the public about uterine fibroids—a common yet often overlooked health issue affecting many women globally. These non-cancerous growths in the uterus can cause significant pain, heavy menstrual bleeding, and fertility problems. Raising awareness helps encourage early diagnosis, effective treatment options, and support for those affected. Through educational campaigns and community outreach, this day promotes greater understanding and advocacy for women's reproductive health.



**Injury Prevention Day:  
July 5, 2024**

Injury Prevention Day emphasizes the importance of safety measures to prevent accidents and injuries in everyday life.

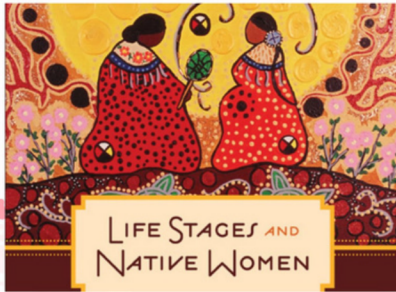
**International Self-Care Day:  
July 24, 2024**

International Self-Care Day, celebrated on July 24th, highlights the significance of self-care practices for maintaining health and well-being. This day encourages individuals to prioritize activities that promote physical, mental, and emotional health, such as exercise, healthy eating, mindfulness, and regular medical check-ups. By fostering awareness and understanding of self-care, the day aims to empower people to take proactive steps in managing their health and improving their quality of life.



BIGSTONE COMMUNITY WELLNESS PRESENTS:

# Lunch and Learn



WABASCA JULY 16, 2024 12:00 pm - 1:00 pm BIGSTONE COMMUNITY WELLNESS FOYER	CALLING LAKE JULY 18, 2024 12:00 PM - 1:00 PM CALLING LAKE COMMUNITY CHURCH
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- LUNCH PROVIDED
- DOOR PRIZES AVAILABLE



Bigstone Community Wellness  
780-891-3777 or 1-877-767-7060  
Find us on Facebook!  
[www.bigstonehealth.ca](http://www.bigstonehealth.ca)



## Bigstone Community Wellness Presents: LUNCH AND LEARN

### ATTACHMENTS IN RELATIONSHIPS AND FAMILIES

WABASCA JULY 9, 2024 12:00 pm - 1:00 pm BIGSTONE COMMUNITY WELLNESS FOYER	CALLING LAKE JULY 11, 2024 12:00 pm - 1:00 pm CALLING LAKE COMMUNITY CHURCH
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- LUNCH PROVIDED
- DOOR PRIZES AVAILABLE



Bigstone Community Wellness  
780-891-3777 or 1-877-767-7060  
Find us on Facebook!  
[www.bigstonehealth.ca](http://www.bigstonehealth.ca)



Bigstone Community Wellness Presents:

# Ribbon Skirt Making

Bigstone Community Wellness invites youth ages 12-17 for 3 days of learning how to make and sew your own ribbon skirts

Wabasca Location: Date & Time | July 9th, 10th, 11th  
3:00-7:00 pm

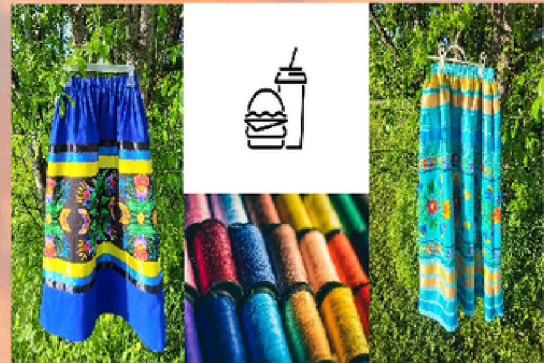
Where: Bigstone Community Wellness Boardroom

Please phone [Janine Willier @ BCW](mailto:Janine.Willier@BCW) to secure a spot  
780-891-3777

Limited 10 spots available

Snacks & refreshments will be provided

See you there! 😊





# Notices & Upcoming Events

**BIGSTONE COMMUNITY WELLNESS PRESENTS**

## **MENTAL HEALTH FIRST AID FIRST NATIONS COURSE**



**Date: Monday July 29th to  
Wednesday July 31st / 2024**  
**Venue : Calling Lake Community Hall**  
**Time : 10am-4:00pm**

**MHFA is the spark that awakens the courage to have open and honest conversations about mental health with family, friends and others.**

**Crisis First Aid Interventions for:**

- Suicidal behavior
- Overdose
- Self-Harm
- Psychosis
- Acute stress reaction
- Panic attacks

**Course Requirements:**  
**Participants must be 18+yrs.**  
**Must attend full course to receive certificate**

**Certified MHFA First Nations Course Facilitators:**  
**Love Cardinal**  
**and Todd Kachuk**

**THIS COURSE IS FREE AND OPEN TO  
COMMUNITY MEMBERS**

**Limited Space is available please register with:  
Deborah Thunder @ 780-891-3777  
Email: dthunder@bigstonehealth.ca**

**Bigstone Community Wellness**  
Phone: 780 - 891-3777  
Fax: 780 - 891- 2015  
Toll Free: 1-877-767-7060  
[www.bigstonehealth.ca](http://www.bigstonehealth.ca)  
Find us on Facebook @  
Bigstone Community Wellness  
Bigstone Health Commission



**Opening  
Minds**

MENTAL HEALTH  
COMMISSION  
OF CANADA







# Calling Lake Health Centre

## June Highlights

We had a bike rodeo June 6th.

A bike course was drawn out in the arena where kids got the chance to ride the course, learn bike safety and put their names in for prizes.



Homecare hosted a lunch in honor of Father's Day on June 11th



## Upcoming Events:

CLHC will be having a Sun Safe BBQ on July 12th. Details to Come.  
Homecare will be hosting a meal / picnic on July 9th at Memorial Park between 11:00am and 2:00pm for all Homecare clients.



## Notices & Upcoming Events

# Women's Support Group at Bigstone Community Wellness

### BIGSTONE COMMUNITY WELLNESS PRESENTS: **MEN'S SUPPORT GROUP**

**Location:** Bigstone Community Wellness

**Time:** 5:30 pm to 7:30 pm

- Monday June 3, 2024
- Monday June 17, 2024
- Monday July 15, 2024
- Monday July 29, 2024

- Snacks and coffee provided.
- Open to all community members.
- Transportation available.
- June 17th, Men's group will participate in Fathers Day event at Eagle Point Golf Course
- Men's group will be taking a break in August .

**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](http://www.bigstonehealth.ca)



### BIGSTONE COMMUNITY WELLNESS PRESENTS

## WOMEN'S SUPPORT GROUP

**Location:** Bigstone Community Wellness

**Time:** 5:30 pm to 7:30 pm

- Monday May 27, 2024
- Monday June 10, 2024
- Monday June 24, 2024
- Monday July 8, 2024
- Monday July 22, 2024

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

**Topics to be discussed in sharing circle. Self-care, Grief and Loss, Mindfulness, Meditation, Arts and crafts, and Medicine picking. We will be taking a break for the month of August.**

**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](http://www.bigstonehealth.ca)



# Men's Support Group at Bigstone Community Wellness



## *Notices & Upcoming Events*

**First Choice Vision Care**



**Eye Exam Clinics**

**Now booking for**

**August 21 & 22, 2024**

**Call 780-891-4800**

**to book your appointment**

**First Choice Deal of the Month!**

**Purchase one full eyeglass set and a Superflex frame,  
receive single vision lenses free!**

\*only SV w/ scratch coat lenses available for this offer. Any additions will have an extra charge. All frames have 2 year warranty!

**PLEASE NOTE: Only eye exams will be done on these days as we only have 1 staff member and it is a very busy day. We appreciate you coming back another day to select a frame. Thank you!**

**ONLY CASH AND ETRANSFER PAYMENTS ARE ACCEPTED**



# CAMPING ADVENTURE

01

## PREPARE PROPERLY

Plan, pack, and dress to ensure a comfy, warm, and fun camping experience from day to night.



02

## SAFETY FIRST

Learn first aid, recognize plants, and respect camp rules for a secure and enjoyable adventure.

03

## CAMPFIRE CARE

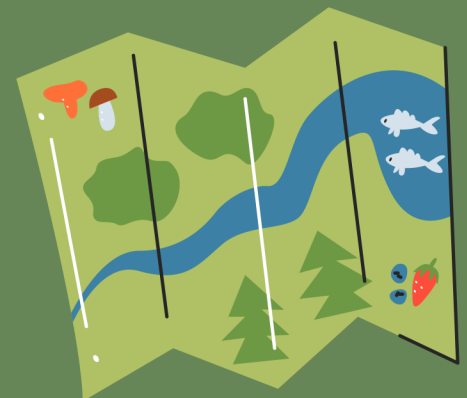
Safely build and maintain a fire, following campfire guidelines to enjoy the warmth and light responsibly.



04

## LEAVE NO TRACE

Clean up after yourself, removing all waste, and cherish the earth's beauty by preserving it for future adventures.





# Notices & Upcoming Events

## MOBILE ADDICTIONS & MENTAL HEALTH OUTREACH SERVICES

# July

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 <b>Northend Beach</b>	4	5 <b>Sam G Park</b>	6
7	8	9	10 <b>China Town Park</b>	11 <b>Calling Lake Health Centre</b>	12 <b>Ceetoo Park</b>	13
	15	16	17 <b>Bill C Park</b>	18 <b>Eli Cardinal Park</b>	19 <b>Calling Lake Public Beach</b>	20
	22	23	24 <b>Desmarais park</b>	25 <b>Chipewyan Lake</b>	26 <b>Lions Club Campground Beach</b>	27
	29	30	31			

**Wabasca**  
4:00 pm – 7:00 pm  
**Chipewyan Lake**  
11:00 am – 2:00 pm  
**Calling Lake**  
2:00 pm – 5:00 pm



**MEALS PROVIDED AT EACH LOCATION!**

**COME JOIN US FOR FREE SERVICES!**

**July 3, 10, 17 and 24, 2024**  
In partnership with Bigstone Community & Public Health

**Forms/Documents**  
Any forms that need to be filled out. Come see our addiction counsellors. They will be happy to help you out.

**Counselling**  
If you need to talk to a counsellor, come to our location. We can provide one on one counselling with privacy





*Notices & Upcoming Events*



**BIGSTONE MEDICAL CLINIC - WABASCA**

Clinic schedule for July 2024 is now open!

Call to book your medical appointment!



**Dr. Tarig Suliman**

Bigstone Medical Clinic - Wabasca  
PO Box 690, Suite 9 911 Stony Point Road,  
Wabasca, Alberta T0G 2K0  
780-891-3839



## HR Insights: Cultivating Talent and Culture

# Employment Opportunities

### JOB POSTINGS

#### Wabasca

##### Bigstone Health Commission:

- Administrative Assistant (Perm FT)
- Community Health Representative (Perm FT)
- Health Promoter (Perm FT)
- Registered Dietitian (Perm FT)
- Maternal Child Health Family Visitor (Perm FT)
- Child & Adolescent Psychiatrist (Contractor)
- Child & Adolescent Psychologist (Contractor)
- Mental Wellness Crisis Response Team Support Worker (Perm FT)
- Health Services Integration Fund Coordinator (Temp FT)
- Custodian (Perm PT)

##### Bigstone Group of Companies:

- Bigstone Ltd – Operations Manager (Perm FT)
- Bigstone Ltd – Operator (Seasonal)
- Bigstone Business Services Ltd – ATB & Registries Clerk (Casual)
- Bigstone Lot 25 Corp – Custodian at Community Wellness (Perm PT)
- Bigstone Pharmacy Ltd – Pharmacy Assistant (Perm PT)

#### Calling Lake

##### Bigstone Health Commission:

- Addictions Counsellor (Perm FT)
- Medical Office Assistant / Receptionist (Perm FT)
- Referral Clerk (Casual)

#### Edmonton

##### Bigstone Group of Companies:

- Bigstone Medical Transport Ltd – Driver (Perm FT)
- Bigstone Medical Transport Ltd – Driver (Casual)

### HOW TO APPLY

- 1 Go to [bigstonehealth.ca](http://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](mailto:bhcresumes@bigstonehealth.ca)

[bigstonehealth.ca](http://bigstonehealth.ca)



# Notices & Upcoming Events



## Bigstone Cree Nation Annual Family Campout

**July 28, 2024— August 2, 2024**

(Camp Set Up July 28th / Camp Take down August 2nd)

Location: Highway 754 (Doucette tower Road - follow signs)

**Camping Spots available on a first come first serve basis**

*This is a family friendly atmosphere*

*Absolutely No alcohol or drugs permitted on site*

*Everyone Welcome...bring your family & friends*

-All meals  
Provided daily  
-Please bring your  
own feast bag

Vendors & Artisans are welcome  
@ flat rate of \$200 for the week  
Contact 780-891-2297 or  
780-891-3333 to register



- Entertainment/music/karaoke
  - Tipi Village set up
  - Healing Therapy Sessions
  - Dry meat making
  - Fish making
  - Bannock on a stick
  - Canning/Jamming/Pickling
  - Wiener Roasting around the fire
  - Rattle & Belt making
  - Moose Caller making
  - Moose calling competition
  - Jigging & Fiddling
  - Hand games demonstrations
  - Children's Activities
  - Drum making
- Any Questions please Contact Kim**  
780-891-2297 or 780-891-3333  
**Neepinise Family Healing Centre**  
**\*\*Transportation may be provided\*\***





## Notices & Upcoming Events

The background of the event poster is a dark, silhouetted scene of a Western landscape. In the center, two people are standing on horseback, facing away from the viewer. To the right, a cowboy hat is shown in profile. In the foreground, the silhouettes of several people on horseback are visible, some appearing to be in motion. The overall color palette is dark with a warm, orange-brown glow from the sun setting or rising in the background.

 Bigstone Health Commission  
5th ANNUAL

# GOLF TOURNAMENT

SATURDAY  
JULY 13TH  
2024

EAGLE POINT GOLF COURSE  
2600 EAGLE RIDGE,  
WABASCA

 **FORMAT: TEXAS SCRAMBLE  
FOUR PERSON  
2 MALE, 2 FEMALE**

**THEME: WESTERN  
PRIZE FOR BEST DRESSED  
TEAM**

**FREE EVENT FOR  
WABASCA, CALLING  
LAKE, AND CHIPEWYAN  
RESIDENTS**

MUST COMPLETE HEALTH SCREENING TO PARTICIPATE  
CALL 780-891-8896 TO REGISTER



**BIGSTONE HEALTH COMMISSION  
AND BIGSTONE GROUP OF  
COMPANIES PRESENTS OUR:**

# Employee's of the Month

**June 2024**



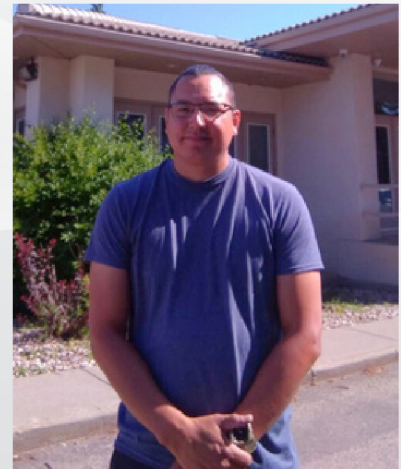
*Mavis Cardinal*

**Inglewood Medical Clinic**



*Isabel Meneses*

**Bigstone Optical Ltd.**



*Darwin Halcrow*

**Maintenance**

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 of your hard work and dedication. We appreciate all that you do!



# Notices & Upcoming Events

## DIGITAL STORYTELLING WORKSHOP



**Who? DIABETIC POPULATION (18-65 YEARS OLD)**

Maximum 12 registrants only. All registrants will be screened and only successful registrants will be included. (Wabasca - 10 participants and Calling Lake - 2 participants)

**When? October 8-10, 2024**

**Where? George D. Auger Community Hall**



- Researchers from U of A will conduct this workshop to give the participants an opportunity to share their experiences and journeys on how they are managing their Diabetes through digital platform (video making).
- Participants in this workshop will be trained on video making and editing. Please note all participants will own their videos to share and use.
- Honorarium will be provided for all the 12 participants.
- Please scan QR code for a sample of storytelling video.



### REGISTER NOW:

Please call Bigstone Health Commission at 780-891-2000 to register and look for Janice Yellowknee or Taylor Courtorielle

## Notices & Upcoming Events



### BIGSTONE MEDICAL CLINICS

## PODIATRY SERVICES

### AUGUST 2024



#### Wabasca:

August 19, 2024 (Monday)

#### Calling Lake:

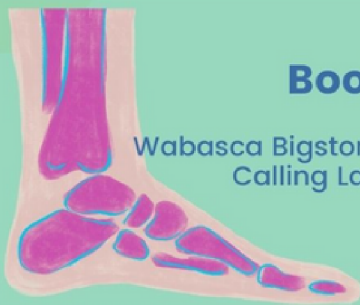
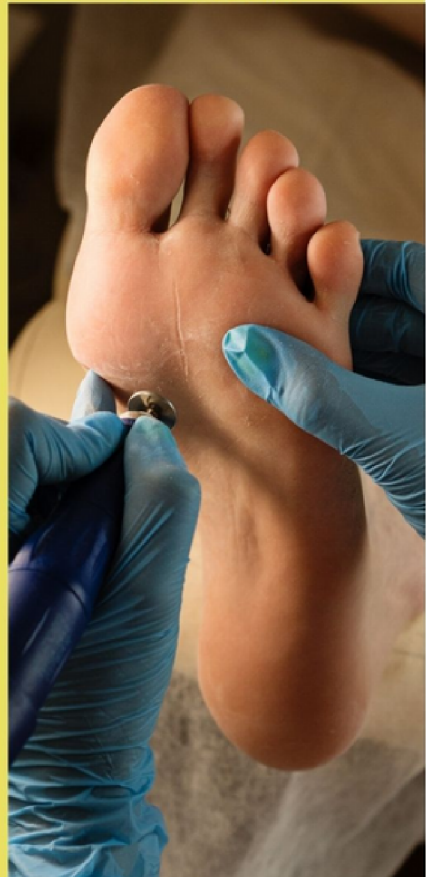
August 20, 2024 (Tuesday)

See a podiatrist if you need help with:

- Diabetic foot checks
- Foot/heel pain
- Cracks or cuts in your skin
- Scaling or peeling on your soles
- Circulation issues
- Varicose veins
- Thick, discolored, or ingrown toenails
- Warts, corns, callus
- Bunions and hammertoe
- Arthritis (osteoarthritis/rheumatoid)
- Lower leg assessment
- Compression garments
- Custom foot orthotics
- Routine or diabetic foot care
- Sport medicine or foot injuries



Dr. Artur Kruszelnicki,  
B.SC, D.P.M.



### Book your appointment

Wabasca Bigstone Medical Clinic - 780-891-3839  
Calling Lake Medical Clinic - 780-331-3810

[www.bigstonehealth.ca](http://www.bigstonehealth.ca)



*Thank you for reading!*

<p><b>BIGSTONE HEALTH COMMISSION</b></p>	<p>(780)-891-2000</p>
<p>bigstonehealth.ca</p>	<p>45 Duran Trail, PO Box 1020 Wabasca-Desmarais, AB T0G 2K0</p>



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.