

OCTOBER 2024, ISSUE NO. 7

BIGSTONE HEALTH COMMISSION

OFFICIAL NEWSLETTER

In this newsletter you can expect:

Highlights from September

Health Awareness Days in October

Notices & Events

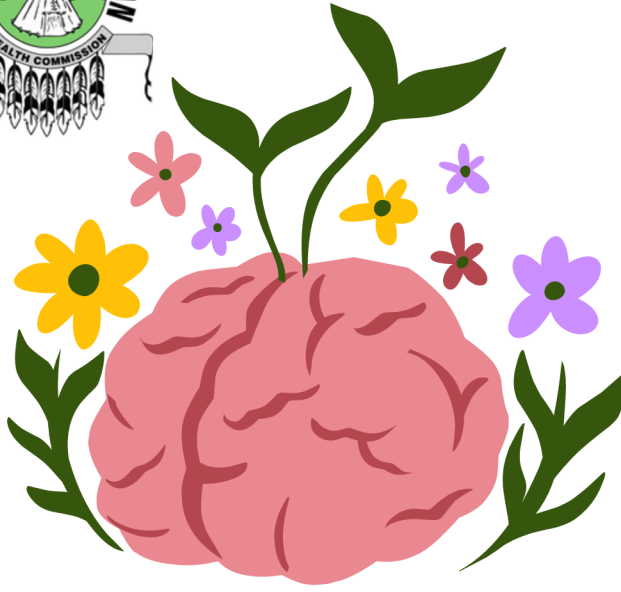
Job Opportunities

Info on Our Programs & Services - Happy Reading!





Health Awareness in October



World Mental Health Day, October 10th

World Mental Health Day is an opportunity to raise awareness about mental health issues and advocate for more support and access to mental health care. Mental health impacts every aspect of our lives, and this day encourages us to break the stigma surrounding mental health conversations, while promoting resources, practices, and support systems that can improve emotional well-being. It's a reminder to check in with ourselves and others, fostering an environment of understanding and empathy.



Global Handwashing Day, October 15th

Global Handwashing Day highlights the importance of proper hand hygiene in preventing the spread of infectious diseases. It's a simple, yet highly effective, way to safeguard health. By washing hands with soap at critical times, such as before meals or after using the restroom, we can reduce the risk of spreading illnesses like the flu or diarrheal diseases. This day encourages people worldwide to adopt regular handwashing habits to protect themselves and their communities.

World Osteoporosis Day, October 20th

World Osteoporosis Day aims to increase awareness about osteoporosis, a condition that weakens bones and makes them more susceptible to fractures. With a growing aging population, it's essential to promote prevention strategies, including a diet rich in calcium and vitamin D, regular weight-bearing exercise, and lifestyle changes like quitting smoking. By raising awareness, we can encourage early detection, proper treatment, and a proactive approach to maintaining bone health.





Welcome To The Team



**Josie C. Auger,
Ph.D**

As a new member of the BHC
Administration Team

We are thrilled to welcome Josie C. Auger as the new Chief Executive Officer of the Bigstone Health Commission! With her extensive experience and leadership, we are excited to embark on this new chapter of growth and innovation. We look forward to working together to continue making a positive impact in our community, and we're confident her vision will inspire us all. Welcome to the team, Josie!



Notices & Upcoming Events

BIGSTONE COMMUNITY WELLNESS PRESENTS

MOBILE THANKSGIVING

IN THE PARK



SAM G PARK
OCTOBER 7, 2024

NORTH END OUTDOOR RINK
OCTOBER 10, 2024 **4:00 pm - 6:00 pm**

DESMARAIS PARK
OCTOBER 17, 2024 **at each location**
except for Chipewyan

CALLING LAKE HEALTH CENTRE **Lake**
OCTOBER 18, 2024

CHIPEWYAN LAKE SCHOOL
OCTOBER 21, 2024 1:00 PM - 3:00 PM

BILL C / CEETOO / SAWMILL ESTATES
AND SESAME STREET
OCTOBER 28, 2024 **SUPPER PROVIDED & DOOR PRIZES**

**FOR ANY INFORMATION,
PLEASE CONTACT ROBERT ZABOT
OR DENISE CARDINAL
@ 780 - 891 - 3777
1 - 877 - 767 - 7060**

Find us on Facebook!



Notices & Upcoming Events

BIGSTONE COMMUNITY WELLNESS PRESENTS:

INDIAN RESIDENTIAL SCHOOL INQUEST SURVIVOR SUPPORT GROUP

**CHIPEWYAN LAKE
CHIPEWYAN LAKE HEALTH CENTRE BOARDROOM**

12:00 pm - 3:00 pm

OCTOBER 9, 2024

NOVEMBER 6, 2024

DECEMBER 4, 2024

Variety of topic discussions
and workshops relating to a
“healing to wellness” program
for Residential School Survivors.

CALLING LAKE

MD HALL COMMUNITY COMPLEX

12:00 pm - 3:00 pm

OCTOBER 23, 2024

NOVEMBER 20, 2024

DECEMBER 18, 2024



LUNCH WILL BE SERVED AT EACH SESSION

WABASCA

BIGSTONE COMMUNITY WELLNESS

BOARDROOM 12:00 pm - 3:00 pm

OCTOBER 16, 2024

NOVEMBER 13, 2024

DECEMBER 11, 2024

FOR ANY INFORMATION,
PLEASE CONTACT:
HELEN ALOOK, SYLVIA GAMBLER AND
CORRIE EDWARDS @

780-891-3777 OR TOLL FREE: 1-877-767-7060

September Highlights



These are the 2024 Milestone Recipients from Bigstone Health Commission and Bigstone Group of Companies at the 2024 Employee Recognition Awards event held at the River Cree Resort and Casino in Enoch, AB on Friday September 6, 2024.



September Highlights



These are the 2024 Milestone Recipients from Bigstone Health Commission, Bigstone Group of Companies and Bigstone Cree Nation for our Employee Recognition Awards event held at the George D. Auger Memorial Community Hall in Wabasca, AB on Friday September 13, 2024.



Notices & Upcoming Events

Bigstone Health Commission

Follow the new
Bigstone Health Commission
Facebook Page to be entered into
a draw for a \$100 Gift Card. Must
Like, Follow & Share the page.

facebook.com/bigstonehealth
Deadline extended to: October 15, 2024



BIGSTONEHEALTH.CA





Notices & Upcoming Events

DIGITAL STORYTELLING WORKSHOP



UNIVERSITY OF ALBERTA



STORY CENTRE Canada

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 Community Wellness
and the Calling Lake Library presents:



FAMILY PUMPKIN CARVING AND PHOTO SHOOT!

WHEN: OCTOBER 24, 2024

LOCATION: CALLING LAKE COMPLEX

TIME: 4PM - 7PM

*LIMITED PUMPKINS, PLEASE CALL
CHARMAINE TO REGISTER AT
(780) 891-8331, OR CHUCK AT
(780) 331-3027*



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OPPORTUNITY
ba."Δ<P"





Bigstone Medical Clinics



Bigstone Inglewood Professional Center

ACCEPTING NEW PATIENTS!!!



Calling all Bigstone band members living in Edmonton!!!

Dr. Giannitsos is currently accepting new patients. If you or a family member residing in Edmonton are looking for a family physician, contact the Bigstone Inglewood Professional Center to book a meet and greet with Dr. Giannitsos.



Dr. Vasiliki Giannitsos 😊



📞 780-509-0235

www.bigstonehealth.ca



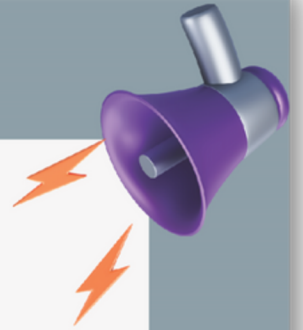
Bigstone Inglewood Professional Center
11148 124 Street NW
Edmonton, Alberta T5M 0J6
780-509-0235




Bigstone Medical Clinics



BIGSTONE MEDICAL CLINIC - WABASCA



Clinic schedule for
October 2024 is now open!
Call to book your medical appointment!

 780-891-3839



Dr. Tarig Suliman



Dr. Sirajaldin Abdulla



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



Bigstone Medical Clinics



**First Choice Vision Care
Wabasca Eye Clinic
Now booking for
October 16 & 17,
2024**

Please call 780-891-4800
to book your eye appointment

PLEASE NOTE: Only eye exams will be done on these days. We appreciate you coming back another day to select a frame.

Thank you!

ONLY CASH AND ETRANSFER PAYMENTS ARE ACCEPTED



Notices & Upcoming Events

BIGSTONE COMMUNITY WELLNESS PRESENTS:

MEN'S SUPPORT GROUP

Location: Bigstone Community Wellness

Time: 5:30 pm to 7:30 pm

Monday September 16, 2024

Tuesday October 1, 2024

Tuesday October 15, 2024

Monday October 28, 2024

- Snacks 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





Notices & Upcoming Events

BIGSTONE COMMUNITY WELLNESS PRESENTS:
WOMEN'S SUPPORT GROUP

Location: Bigstone Community Wellness

Time: 5:30 pm to 7:30 pm

Monday September 9, 2024

Monday September 23, 2024

Monday October 7, 2024

Monday October 21, 2024

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

Topics to be discussed in sharing circle. Healthy Relationships, healthy Boundaries, Co-Dependency, Grief and Loss, Arts and crafts, and Medicine picking.

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 Referral Unit

Bigstone Referral Unit

INFORMATION ON BIGSTONE REFERRAL UNIT HOURS

Bigstone Referral Hours are Monday through Friday from 7 AM to 7 PM and Sunday from 8 AM to 5 PM. Outside of these hours, Dispatch handles referrals, making our service available 24/7, including weekends and statutory holidays.

For assistance, please contact us at 780-891-3018 or toll-free at 1-800-727-7910.

INFORMATION ON ESCORTS AND EXTENDED STAYS

Please note that if you require an escort to your appointment, you cannot act as an escort for someone else. If you choose to drive yourself to an out-of-town appointment and need an escort, the escort will be responsible for driving you back.

Additionally, if a longer stay is necessary, we will need a letter requesting extended accommodation due to the need to stay close to the hospital.





Notices & Upcoming Events

BIGSTONE COMMUNITY WELLNESS PRESENTS:

LUNCH AND LEARN COME MEET THE TEAM SERIES!

**October 8 & 10, 2024
Mental Wellness Crisis Response
Team Program!**

**October 15 & 17, 2024
Indian Residential School Program!**

**October 22 & 24, 2024
Social Work Program!**

Tuesday's Lunch and Learn
Wabasca - BCW Foyer
Thursday's lunch and Learn
Calling Lake - Library



Lunch provided and door prizes!

**For any questions, please contact
Reception @ 780 - 891 - 3777 or
Toll free: 1- 877 - 767 - 7060**

Bigstone Health Benefits



BIGSTONE HEALTH BENEFITS

Resource Navigator

This role was created to further assist the Bigstone Health Benefits Department by providing guidance, assistance, and support to Bigstone Cree Nation clients who may require support with an unmet need.

The Resource Navigator networks with organizations and programs to explore possible options or alternative solutions to health benefits that are not covered, while encouraging and empowering the client(s) to partake in their own health advocacy.

Please be advised this is a new role and we have been working diligently to further assist and enhance our support and services by providing information and/or resources to our clients.

The Resource Navigator does not provide the funding for the client's need.

Bigstone Health Commission
Bigstone Health Benefits
16310 - 100 Avenue, Edmonton, AB, T5P 4X5
Phone: 780-341-2777
Fax: 780-444-6521 Email: bhbnavigator@bigstonehealth.ca

Bigstone Health Benefits

ARE YOU REGISTERED FOR HEALTH BENEFITS?



Register Now and Don't Miss Out on Your Health Benefits

- DENTAL
- MEDICAL SUPPLIES & EQUIPMENT
- MENTAL HEALTH
- PHARMACY
- VISION

Did you know?

Once you receive your Bigstone Treaty Number # you are not yet registered for Health Benefits just yet!

Complete a consent form, make a copy of your Treaty ID and hand it to the staff member assisting you, they will send your consent form right to us!

KNOW YOUR COVERAGE

To allow parents additional time to register their child(ren), health benefits can be billed using the parent's status number until the age of 24 months. After the age of 24 months, the child needs their own status number.

Also, if you turned 18yrs old, you are required to re-sign a consent form for your file!

Contact us for more info or to get you registered!

 (780) 341-2777

www.bigstonehealth.ca



Notices & Upcoming Events



**BIGSTONE COMMUNITY WELLNESS PRESENTS
WABASCA**

RECOVERY CARE DAY PROGRAM

Bigstone Community Wellness is taking registration for the next 5-week program for Wabasca. This program is free and available to anyone (18 years old and over). The program has been developed to bridge the transition from clinical care into a community recovery support program. This program includes group sessions, workshops, presentations, life skills, and many other activities.

START DATE: OCTOBER 1, 2024

LOCATION: BIGSTONE COMMUNITY WELLNESS

WHEN: EVERY TUESDAY, WEDNESDAY AND THURSDAY
FROM 10:00 AM TO 3:00 PM

- LUNCH AND SNACKS WILL BE PROVIDED.
- TRANSPORTATION AVAILABLE.

Contact Recovery Care Staff
Robert Zobot or Crystal Gambler Gladu
for any information.
robert.zobot@bigstonehealth.ca
crystal.gladu@bigstonehealth.ca

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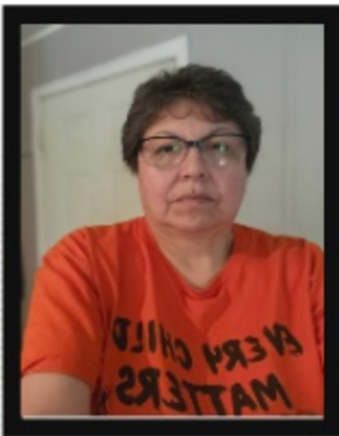
Human Resources



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

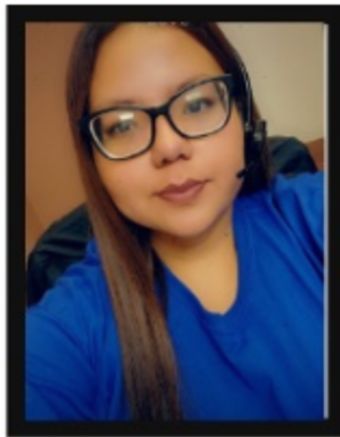
Employee's of the Month

**August
2024**



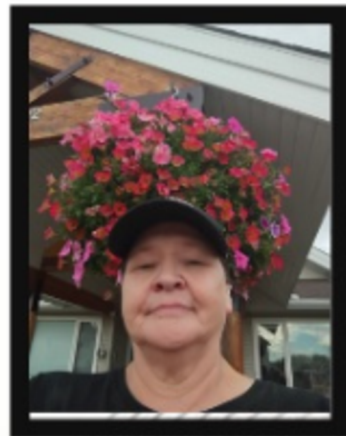
Frances Cardinal

**Bigstone Dental &
Orthodontics Ltd**



Melissa Sinclair

**Bigstone Health
Benefits**



Tracey Gladue

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

Human Resources



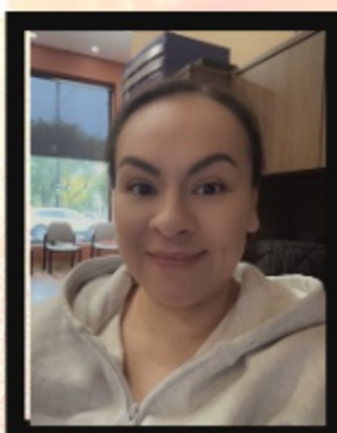
**BIGSTONE HEALTH COMMISSION &
BIGSTONE GROUP OF COMPANIES
PRESENTS OUR:**

Employee's of the Month

**September
2024**



Stephen Okemon
**ATB Financial &
Registries**



Jasmine Brerton
Bigstone Optical Ltd



Nelly Mirabete
**Bigstone Pharmacy
Ltd**

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!**

Human Resources



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

We Are
HIRING!

Wabasca, AB

- Registered Dietitian - FT
- Receptionist - FT
- Youth Worker - FT
- Child & Adolescent Psychiatrist - Contract
- Psychologist - Contract
- MWCT Support Worker - FT
- MWCT Coordinator - FT
- Custodian - PT
- HSIF Coordinator - Temp FT
- Grader Operator - Temp Seasonal
- Medical Office Assistant - Casual
- Referral Driver - Casual
- Referral Clerk - Casual
- ATB & Registries Clerk - Casual
- Receptionist (CW) - Casual

Edmonton, AB

- KWTN Driver - Casual
- KWTN Dispatcher - Casual

Chipewyan Lake, AB


- Youth Worker - FT

Calling Lake, AB

- MWCT Support Worker - FT
- Referral Clerk - Casual

Apply Here!



 1-780-891-2000

 bhcresumes@bigstonehealth.ca

Pumpkin Pie Recipe

The BEST Pumpkin Pie recipe is perfect in every way, and you can choose to serve it with a simple homemade caramel pecan topping that takes it over the top!

Prep Time	Cook Time	Total Time
30 mins	1 hr 5 mins	1 hr 35 mins

Course: Dessert	Cuisine: American, Pie	Servings: 12
Calories: 225kcal	Author: Lauren Allen	Cost: 5

Equipment

Pie Pan

Ingredients

For the Pumpkin Pie:

- 1 9-inch Homemade pie crust , or store-bought, deep dish, unbaked
- 3/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large eggs
- 15 ounce can canned pumpkin or fresh pumpkin puree
- 12 ounce can evaporated milk

Instructions

1. Preheat oven to 425 degrees F. 2. In a large bowl beat the eggs and pumpkin together. In a separate bowl, combine the sugar, cinnamon, salt, ginger and cloves, and add to pumpkin mixture.
3. Gradually stir in the evaporated milk. Carefully pour mixture into unbaked pie shell. 4. Bake at 425 degrees F for for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes longer, or until the pie is set. Check for doneness by giving the pie a gentle wiggle. The center may jiggle just a tiny bit. It will continue to set up as it cools. Or, it is done when a sharp knife inserted in center comes out clean.
5. Cool completely on a wire cooling rack. Serve immediately with whipped cream and caramel pecan topping, if desired.

Notes

Make Ahead Instructions: You can make the entire pie the day before and store it the refrigerator, or prepare the pie crust and filling the day before and store them separately in the

refrigerator until ready to bake the next day.

Storage Instructions: Store-bought pumpkin pies can sit at room temperature because of the preservatives added, but homemade pumpkin pie should be refrigerated if not eaten within 2 hours of sitting out. Leftover pumpkin pie will keep in the refrigerator for 3-4 days. Be sure to allow pumpkin pie to cool completely and then cover it loosely with plastic wrap, for storing.

Freezing Instructions: Cooked pumpkin pie can be frozen for up to 3 months, covered well. You can also freeze the pie crust for up to 3 months. Thaw pumpkin pie overnight in the refrigerator before serving.

Caramel Pecan Topping:

- 1/2 cup light brown sugar, packed
- 2 tablespoons heavy whipping cream
- 1 tablespoon light corn syrup
- 1 tablespoon butter
- 1/2 cup chopped pecans
- 1/2 teaspoon vanilla extract

Add brown sugar, cream, corn syrup, and butter to a small saucepan over medium high heat. Bring to a boil, then reduce heat and simmer, uncovered, for about 5 minutes, stirring frequently.

Remove from heat and stir in chopped pecans and vanilla. The topping will thicken as it cools.

Spoon topping over cooled pumpkin pie slices and top with whipped cream.

Pumpkin pie filling recipe is from Libby.

Nutrition

Calories: 225kcal | Carbohydrates: 32g | Protein: 5g | Fat: 9g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.004g | Cholesterol: 47mg | Sodium: 251mg | Potassium: 227mg | Fiber: 2g | Sugar: 20g | Vitamin A: 6754IU | Vitamin C: 2mg | Calcium: 112mg | Iron: 1mg



Recipe Link



Recipe Video

<https://tastesbetterfromscratch.com/pumpkin-pie-with-caramel-pecan-topping/>



Thank you for reading!

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



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.