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**Welcome to CSFS Health e-News: December 2008**

National Day of Remembrance and Action on Violence against Women – December 6<sup>th</sup>

## **Staff Changes in Health:**

- ARP would like to welcome Dawn Badine to our team. She is the new Assistant/Intake worker for our program. Dawn brings over ten years of experience to our team, and we are thrilled to have her join us. You can reach Dawn in our Vanderhoof office if you would like to book ARP in your community.
- Welcome Shelly Carswell from Fraser Lake BC, She is currently hired on as casual and covering for Cynthia's work area

## **Job Opportunities with CSFS:**

- Carrier Sekani Family Services (Vanderhoof Office) is looking for full and part-time workers for their Aboriginal Supported Child Development Program. Contact Shari A. Burrows at 1.888.567.2333 or Email: [shari@csfs.org](mailto:shari@csfs.org) for more information.

## **UPDATES**

### **ABORIGINAL PATIENT LIAISON/HOME CARE:**

The RCA'S, Grace, and I attended The Front Line Workers Training, thank you to Marilyn Janzen, for her pyramid presentation and it was very good.

We have Aunties in Action luncheon for all our PGRH volunteers set for December 04<sup>th</sup> at PGRH.

I am working out of Prince George CSFS main office as. I am on medical travel restrictions until Jan. 02, 2009. Weather and road conditions and permitting I will be traveling to be with the clients I miss.

Grace, Lorna & I are working on the teddy bear and phone cards project, which we do each year for the Aboriginal patients who are in the hospital during the Christmas Season.

These phone cards allow patients to call their loved ones and prevent loneliness in the hospital

We are all attending the planning session coming up next week so there will be no RCA coverage in the Communities during December 10-11, 2008.

### **ADMINISTRATION:**

This years Front Line Workers Training was held at the Coast Inn of the North November 25-27, 2008. Some workshops covered included: Code of Ethics, Confidentiality and Quality Improvement. Participants were invited to attend CSFS 1<sup>st</sup> Annual Appreciation Dinner. Frontline Workers including CHR's and NNADAP were presented with a rose and personal words of Thanks from various Directors.

CSFS Health Planning Session is scheduled for December 10 and 11<sup>th</sup>. Staff will be addressing strategic planning issues identified at manager strategic planning session.

**The Health Department Staff would like to wish everyone a safe and Happy Holiday.**

**For the Christmas Holidays office will be open, with 50% department coverage. Coverage will be limited.**

### **ADDICTIONS RECOVERY PROGRAM:**

ARP has not been receiving a high number of requests for community functions. Community members and front line workers can call Dawn to book us in your community. We will also book one on ones while in communities.

ARP is in the planning stages of the Sexual Abuse Intensive for January 12-16, 2009. We are accepting intakes at this time. CSFS will cover two hotel rooms plus lunch everyday. Costs above and beyond is the responsibility of the individuals.

### **ECD:**

Early Child Development staff will be in Takla January 6 and 7, 2009. We will be meeting with the Family Preservation Worker. Anyone interested in a developmental screening for his or her children 2 months to six years of age, or for information on parenting/child development contact Shari A. Burrows at 1.866.567.2333 to set up an appointment. We offer several parenting programs for parents and caregivers along with support to parents with children who require extra support.

### **NURSING:**

Our community health nurses have been busy over the last month doing flu immunizations in each community for clients and staff. In addition routine TB testing for each community is almost complete. There have been numerous presentations in each community to promote healthy lifestyles for a variety of age groups that have been well attended. Please watch for notices in your community of upcoming events.

As services to communities are limited during the holidays some numbers that may be helpful are; Poison Control:1-800-567-8911 and the 24 hour BC Health Guide Nurse Line: 1-866-215-4700

We would like to take this opportunity to wish each of you a very happy and meaningful Christmas as you celebrate with those you love.

Best wishes from the Community Health Nursing Staff

## Healthy Recipe:

### Smoked Salmon Chowder

This Hearty chowder can be served as an entrée. Serve with a side of bannock

2 tbsp canola oil  
2 cups potatoes, diced  
2 tbsp all-purpose flour  
4 cups Salmon Stock  
1 cup smoked salmon, coarsely chopped  
Preserved vegetables from Salmon stock  
1tsp fresh parsley, minced  
Pinch of dried dill weed  
Dried Seaweed (for garnish)  
Sour Cream (for garnish)

In a large pot on high, heat oil. Add potatoes and sauté for 6 minutes. Reduce heat to medium, stir in flour and stock and bring to a boil, stirring constantly. Add salmon, vegetables, salt, pepper, parsley, thyme, and dill weed. Cook for 3 minutes, stirring continually. Garnish each serving with a sprinkle of seaweed and a dollop of sour cream.

Makes 4 servings

## Dates to Remember:

The sexual abuse intensive will be January 12 – 16<sup>th</sup>. Please call for an intake package. Carrier Sekani Family Services wishes you and your family all the best this holiday season.

# December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
			Health Planning Session	Health Planning Session	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
		ARP Nadleh Grief and Loss	BLB Christmas Blues		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
				OFFICE CLOSED	OFFICE CLOSED
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		