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Welcome to CSFS Health e-News: January 2009
Alzheimer Awareness Month

Staff Changes in Health:

- It has been an honour working with Carrier people for Carrier people. While I embark on a new path, I will never forget the good memories I've shared with many of you. I will take with me the many teachings that the Elders and community members have given me – these are truly great gifts that will be with me forever.

I know there is no word for good-bye in Carrier so to all you I would like to say “Nanusten” – we will see each other again.

Best wishes for the holidays. Lincoln “goozie” Heaney

- CSFS Home Care Program would like to welcome Rick Stevens to the Program. Mr. Stevens has been hired on as a Casual Staff for the Home Care Program. Rick will be orientating in all our communities to familiarize himself with the Home Care clients and member communities.

Rick resides in Vanderhoof. He has a wealth of knowledge and experience from his past positions as First Aid attendant in various work sites. He has graduated from CNC as a Resident Care Aide with Honours.

We welcome you Rick!

- CSFS Early Child Development would like to welcome Carling Groves to their program. Carling will be working with Dawne Persson in the Aboriginal Supported Child Development Program. Carling lives in Vanderhoof and comes to us with several years experience working in the childcare field. She graduated from 2005 from the College of New Caledonia with an Early Childhood Certificate.

Job Opportunities with CSFS:

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

UPDATES

ABORIGINAL PATIENT LIAISON/HOME CARE:

All the RCA's attended the Health Planning Session in Prince George, it was a very useful and look forward to the outcome.

We send get well wishes to Cynthia Munger.

APLW had the Aunties in Action luncheon on December 4th it was an excellent turnout from the Northern Health Authority and 13 volunteer aunties were honoured.

Grace and I will be making our rounds at PGRH on the 24th to visit all Aboriginal Patients in the Hospital and will be giving them a Teddy Bear and a phone card, we want to ensure that they are not forgotten. (With the phone cards, they can phone their loved ones for Christmas Day.)

We wish all CSFS Staff and their families a very Merry Christmas and a Prosperous New Year. Keep safe and healthy. From Sarah and the Home Care Team and Grace APLW

ADDICTIONS RECOVERY PROGRAM:

I would like to take this opportunity to wish everyone a Happy New Year.

The Sexual Abuse Intensive is being held January 12-16, 2009 in Prince George; it is being facilitated by Jane Middleton-Moz and King Lions. We hope that everyone has their intake packages in. This training focuses on the trauma of sexual abuse. This week will be a lot of hard work, with various exercises to help people "move" some of the feelings about what has happened to them. This week involves a lot of crying, it is tough to look back at the things that we have kept hidden, or secret for years. However we can not change or heal what we do not acknowledge. It is our hope that by the end of the week people will feel empowered to continue with their healing journey, and to help stop the silent epidemic of sexual abuse.

I would like to make it very clear that ARP does not have the staff to commit to the follow up for this session. It will be up to clients to seek the support that they need after this session is complete. If you are planning on attending this intensive, you need to keep in mind that it is your responsibility, as well as your referral worker to have an after care plan in place before you attend the training.

Carrier Sekani Family Services Mental Health Staff are in most communities and are available for appointments. ARP is available to do group work at community requests.

NURSING:

The Community Health Nursing Staff would like to take this opportunity to wish everyone a very Happy and Healthy 2009. 2008 has been a busy year and we are happy to say that with the exception of Takla Landing that our Community Health Nursing positions are filled. We continue to recruit for nurses with advanced practice skills for the

Takla nursing positions and for a Diabetes Nurse Educator. Word of mouth is a wonderful way to get the message out so if you are aware of qualified people wishing to make a career change of location please “spread the word” about these positions.

Just another quick reminder that it is not too late to get a flu shot. Eating healthy foods and getting adequate rest help to keep your immune system strong. If you have a cold or flu stay at home so as not to; “share the germs” with others. Extra cleaning of commonly touched surfaces such as door knobs, light switches and taps will also prevent spreading those germs. For the mature people in the community remember the new way to cover a cough or sneeze is to cough into your elbow, not your hand.

With all this snow and the need to shovel more frequently be sure to pace yourself and not attempt to do all the shoveling at once or ask for assistance. By not overdoing the shoveling you can reduce the risk of heart attack and by clearing and sanding walkways reduce the number of falls. It is also a great time for those younger folks in the community to assist the elders with snow removal.

ECD PROGRAM:

Dawne, Erin, Carling, and Shari would like to wish you all the best for 2009.

Starting this month, we will be submitting comments on positive self-esteem and children. Many people believe that love is enough. Unfortunately, this is a myth, many children who are loved and who know they are loved have low self-esteem. The kind and quality of love given is what counts. What children need is genuine, focused love, which means focusing on children by listening intently to what they are telling us or by giving our undivided attention to what they are showing us. Children need to have us focused on them in the here and now. The cornerstone of a love that nurtures is **safety**. With safety the child can grow, flourish, and develop a healthy self-esteem. Over the next few months, we will be commenting on the ingredients of psychological safety, which protects children from low self-esteem. Next issue look for the trust building tools.

The Canadian Prenatal Nutrition Program is accepting women who are pregnant, or who have an infant under 7 months of age. Programs are running the second, third, and fourth weeks of each month. Vanderhoof group meets Tuesday mornings, Fort St. James group meets Wednesday morning, and the Fraser Lake group meets Thursday morning. Call Erin at 250.567.2900 extension 121 for more information or to register.

One of the things we would like to add in our next newsletter is a Health Related topic of the month. If you have any suggestions leave a message at the Vanderhoof office @ (250) 567-2900

Healthy Tips:

- To help fight cancer add mushrooms to your diet:
 - ~ Mushrooms rank up there with broccoli as an excellent source of disease fighting antioxidants enjoy the popular Portobello or cremini mushrooms for maximum benefits.

- Which has less salt?
 - ~ You would think that potato chips have more salt than pancakes, right? That's why you may be astonished to learn that Aunt Jemima's Original Pancake Mix has more salt per serving than Wise Potato Chips!

 - ~And if you think that chicken you're eating is low in sodium, think again because if you're on a low-salt diet, you may be surprised to learn that many cuts of uncooked poultry contain added sodium. To identify those cuts, check the label for these words: "Contains a solution of water, salt, and sodium phosphate."

Information sited from Consumer Reports: On Health

Dates to Remember:

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

- ✚ National Non-smoking week – January 18-24

