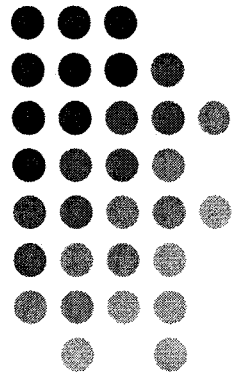

Alexander Health Services May 2011 Newsletter



May Month Themes:

- Hepatitis Awareness
- Speech and Hearing Awareness
- National Summer Safety Week
- Spinal Health Week
- National Nursing Week
- International Nursing Day
- World Hepatitis Day



MARK YOUR
CALENDAR!

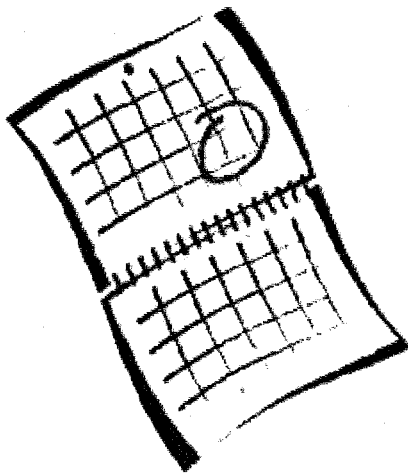
**For parents who can't make for our
regular business hours, we will be having
"LATE IMMUNIZATION CLINICS"
Every 2nd Wednesday of EVERY month.
8:30 a.m. - 6:30 p.m.**

Here's a list of our scheduled dates:

May 11, 2011

June 8, 2011

July 6, 2011



YOUR INVITED TO THE
14TH ANNUAL HEALTHY LIVING AND
ADDICTIONS/SOBER WALK

WHEN: MAY 31ST 2011 STARTS AT 10AM

WHERE: WALK BEGINS AT THE SCHOOL

WHY: TO PROMOTE HEALTHY LIVING AND DIABETES
AS WELL AS SOBRIETY AND ANYONE AFFECTED BY
IT.

WHO: WE ASK THAT ALL COMMUNITY
MEMBERS, DEPARTMENTS COME AND SUPPORT THE
COMMUNITY OF ALEXANDER!!!

WHAT: DOOR PRIZES, DANCERS, DRUMMERS,
COMMUNITY LUNCH, ACTIVITIES, GUESTSPEAKERS

CALL JOJO AT HEALTH CENTRE FOR INFO, SUGGESTIONS OR TO
VOLUNTEER 9394787

SLICK

WHAT IS SLICK??? Slick is a program that does tests to S-screen your L-Limbs(arms, legs and feet) I-eyes

C-Cardiovascular(heart, Blood pressure and circulation)

K-Kidneys for complications. Some major complications that we deal with in the community include: uncontrollable blood sugar levels that lead to eye problems, heart attacks, high cholesterol and blood pressure, bad wounds, nerve damage that causes numbness and tingling in hands and feet, impotence, kidney failure leading to dialysis.

Kidney failure slowly happens over the years without being felt and is irreversible.

I am running a clinic May 3-6th, 2011 at the health centre and we have the retinal photographer coming out to screen for eye problems. This is the last clinic till the fall. So come in for a 30-45 minute check-up. Diabetic or not Diabetic, Anyone who has any family member at all is at risk or if you are inactive or overweight.

Call Joanna at the Health centre to book an appointment 939-4787

Lunch will be served and you will be entered into the door prizes for attending.

ALSO ABORIGINAL DIABETES WELLNESS TRAINING MONDAY MAY 2ND... APPT AM AND TRAINING PM.

REHAB. NEWS

There will be a new Activity being offered once (1x) a month!!!

There will be a Senior Wellness Program starting in April of 2011 until March of 2012 and will be at the Health Centre in the mornings from 9am to 11:30am. Anyone 60+ years is invited to join. The program will include:

- Arrival
- Breakfast
- Light exercises
- Vitals checked (blood pressure, oxygen, sugar, weight, etc...)
- One door prize

Please call the Health Center at (780) 939-4787 if you are interested. Hope to see you here. The first class will start on May 12th.



LANDFILL
SPRING/SUMMER HOURS

MONDAY 10:00 A.M. – 6:00 P.M.

TUESDAY 10:00 A.M. – 6:00 P.M.

THURSDAY 10:00 A.M. – 6:00 P.M.

SATURDAY 10:00 A.M. – 2:00 P.M.



WHAT: GRIEF & LOSS GROUP

WHERE: AHS MULTI PURPOSE ROOM

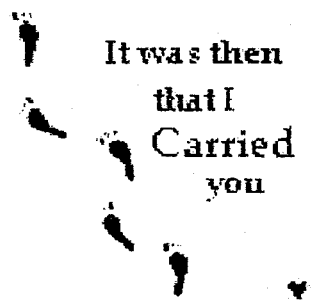
WHEN: MAY 4, 2011

TIME: 6:30PM

**THIS GROUP IS FOR THE KIDS.
HOWEVER, PARENTAL ATTENDANCE
IS STRONGLY SUGGESTED.
THE TOPICS WILL BE LIGHT;
FOCUSING ON WHAT GRIEF IS &
GIVE THE CHILDREN TOOLS TO HELP
THEM COPE.**

☺ PRIZES & FOOD!! ☺

Footprints Healing Centre



It was then
that I
Carried
you

Positive Affirmations ≈ Positive Change!

Affirmations are a positive way for us to change our thinking pattern to a more positive way of thinking!

We can use affirmations to make positive thought a positive action!

Here are some affirmations you can use every day!

I believe in myself...

I know I am capable of co-creating a peaceful world with my Higher power...

I choose friends who share my interests, and together we help each other...

I love life and the joy of living....

I use the power of my mind to create a wonderful world...

My willingness to forgive begins my healing process...



Mother...

Thank-you for helping me find my way and for your love. You taught me how much there was to learn. You gave me life and taught me how to love it! Mothers Day is your special day, but you are special to your children every day!

*May 8, 2011
Happy Mothers
Day for all our
Mothers!*

May 2011

. Distress Lines

- . Alcoholics Anonymous
780-424 5900
- . Cocaine Anonymous
780 425 2715
- . Kids Help Phone
1 800 668 6868
- . Bullying Help Line
1 888 456 2323
- . AIDS/HIV/STD Info
1 800 772 2437

Contact Us...

P.O Box 3570
Morinville, Alberta

T8R 1S3

Phone

780-939-3544

Fax:

780-939-3524

Information... Make the most of it!

A.A. Meetings
Every Thursday
7:00 pm

"I have the power to help create the kind of world I want my children to live in."

Women's Shelters

A Safe Place:
780 464 7233

WIN House:
780 479 0058

Did you know that each of your feet has 26 bones and 33 joints? Each step you take, you put twice your weight through your foot. That means more than a ton per day, unless you don't walk. Feet work very hard.

Your feet are too important to ignore. They work hard every day. It is important to look after your feet.

My name is Evelyn Wevik. I am an Occupational therapist who has worked with feet for a long time. I will be talking to anyone who comes to the Senior Wellness Program on Thursday, May 12. It is at the Health Center, starting at 9am.

I will also be working with assessing feet of persons with diabetes when they come to the Health Center.

Do you have questions on caring for dry cracked feet, or choosing the right shoes? Do you wonder why your feet hurt on the first step you take in the morning? How good is the blood circulation in your feet? What makes one type of sock better for persons with diabetes and how do you pick the best one for you?

Come in and discuss your concerns, or phone Diane at the Health Center and I could see you on my days out in the community. (Tuesdays).

Thank you. Evelyn



National Nursing Week (9th to 15th)

International Nursing Day (12th)

NURSE

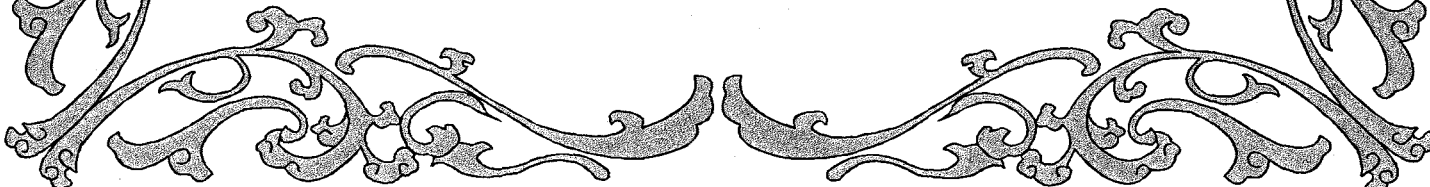
It was a game we all played as a child
Then some of us made it a dream worthwhile
More to learn, not as much time to share
Because in our hearts we really cared

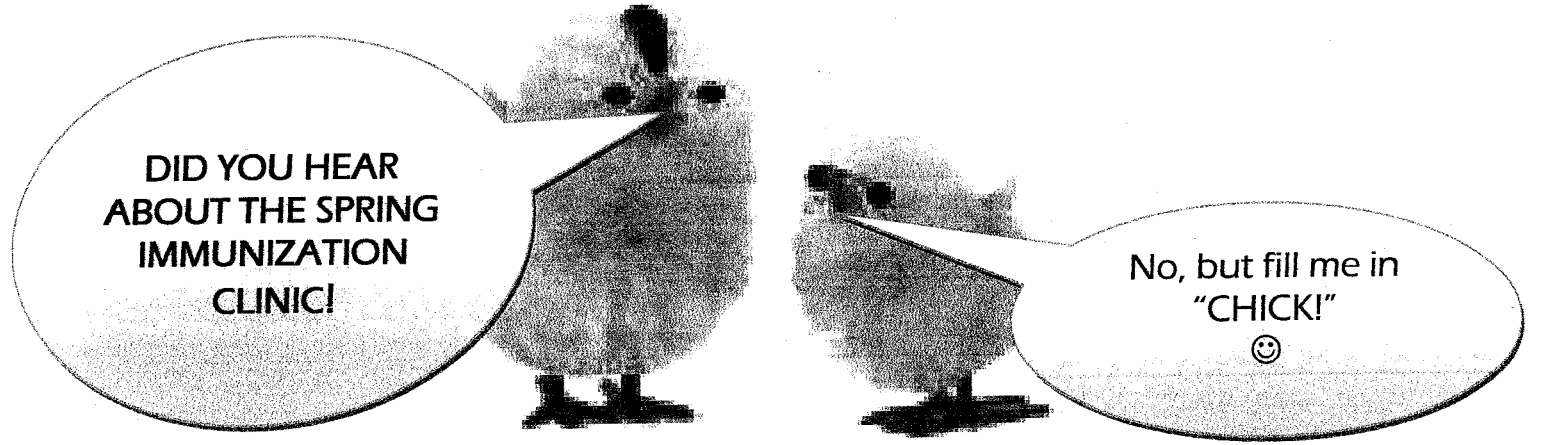
We have worked the late night hours
While others slept away
Handles a doctor's many moods
Then found time to pray

Critical moments that remain as memories
Some sad - then some are good
Then there are the tragedies
That will never be understood

We see a newborn baby smile
As we watch another slip away
And that completes the circle
The price for life's that paid

Sometimes not appreciated
When just a hug will do
We are proud of our profession
A gift from me to you.



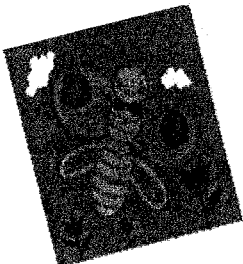


DID YOU HEAR
ABOUT THE SPRING
IMMUNIZATION
CLINIC!


No, but fill me in
"CHICK!"



Spring Immunization Clinic will be
held on May 11 & 12



Alexander Health Services
9:00 a.m. - 3:30 p.m.



For children between the ages of
2 Months – 4 Years Old

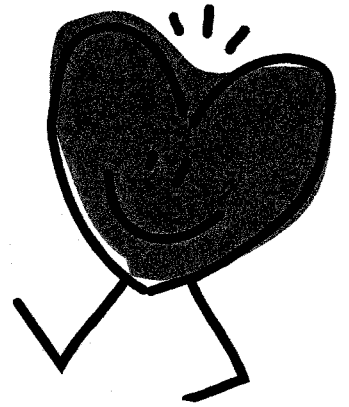
(This Clinic is for Immunization Only)

If your child falls in this age category, feel free to call the
Community Health Team @ 780-939-4787.
We will gladly help you get your child
Up-to-date with their immunization. Thank you! ☺

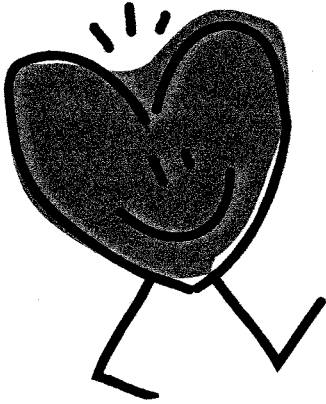


Have a nice Day!

MONTHLY



IMMUNIZATION



INCENTIVES

BE
WISE!
"IMMUNIZE"



After your child comes in for their routine immunization, their name will be entered into a draw to win a gift card to Wal-Mart

Routine Immunization Schedule

	2 Month	4 Month	6 Month	9 Month	12 Month	18 Month	4 Years	Grade 5	Grade 9
Diphtheria, Tetanus, Polio, Pertussis & HIB	☺	☺	☺			☺			
Meningococcal	☺	☺			☺				☺
Pneumococcal	☺	☺	☺			☺	☺		
Measles, Mumps & Rubella					☺		☺		
Chicken Pox					☺				
Tuberculin Skin Test				☺		☺	☺		
Diphtheria, Pertussis, Tetanus & Polio							☺		
Hepatitis B (boys and girls)								☺	
HPV (girls only)									
Diphtheria, Tetanus & Pertussis									☺

** Tuberculin Skin Test by 18 Month. As well as 3 ½ OR 4 years of age*

IMMUNIZATION PROTECTS CHILDREN FROM SERIOUS DISEASES
THAT CAN MAKE A CHILD VERY SICK OR EVEN CAUSE DEATH.

IMMUNIZATION IS A LIFELONG PRACTICE THAT PREVENTS DISEASES AND DEATH IN
INFANTS, CHILDREN, ADOLESCENTS, ADULTS AND THE ELDERLY.

A TWO SECOND NEEDLE POKE COULD SAVE YOU FROM
A LIFETIME OF SERIOUS COMPLICATIONS FROM THE DISEASES.

***Prenatal News (A place to get safe, sound, pregnancy information approved by the Canadian Medical Association & Health Care Professionals Association.)
Just in case you were wondering.....***

Medication Safety:

Although most medications are generally safe to take during pregnancy, it is always best to consult a health care professional, your pharmacist, doctor, and nurse can all advise you if you have questions or concerns.

Here is a Basic list, of safe over the counter (OTC) medications used to treat minor ailments and annoying conditions while you are pregnant or thinking about becoming pregnant.

Allergy and Cold Medications

Antihistamines (used to treat nasal congestion/hay fever/ and other allergy type symptoms)

- ChlorTripolon (Chlorpheniramine)
- Benadryl (Diphenhydramine)
- Salinex, Otrivin, (Nasal sprays)
- Sudafed(Pseudoephedrine) Oral decongestants
- Robitussin plain(Guaifenesin) reduces phlegm
- Benylin DM (Dextromethorphan) Cough Suppressants/Cough Stoppers

Anti-Nausea Medications (to help with vomiting / urge to vomit)

- Diclectin (doctor prescribed)
- Gravol (Dimenhydrinate)

Asthma Medications (Most asthma medications are safe and usually are prescribed by your Doctor)

Heartburn Medications (Products that are sodium free/ salt free are best)

- Tums/Roloids/Maalox and Gaviscon are all SAFE!!!!

Laxatives (for occasional constipation which can occur at times during your pregnancy)

- Metamucil (psyllium)
- Colace (docusate sodium), and Surfak (docusate calcium)

Lice Medications

- Nix (permethrins)
- R+C (pyrethrins)

Pain Killers (also known as Analgesics)

- Tylenol (Acetaminophen)

These painkillers are safe in the first 6 months of pregnancy but should be avoided during the last 3 months of your pregnancy:

- ASA (Acetalylic acid)
- Advil (Ibuprofen)/Naprosyn (Naproxen)

Stronger Painkillers (Analgesics)

- Codeine is safe for occasional use

Yeast Medications

- Canesten/Monistat/Canesoral (vaginal creams or suppositories)
- DO NOT USE IODINE-CONTAINING products

PRODUCTS TO AVOID or LIMIT:

- **ALCOHOL** (NO AMOUNT IS SAFE DURING PREGNANCY!!!!!!!!!!!!!!!!!!!!!!) Drinking alcohol while pregnant affects your baby's development, brain growth, and future. There is **no medication or cure** for **Fetal Alcohol Syndrome**, those affected will have challenges with learning, many health concerns and medical problems
- **RECREATIONAL DRUGS** (MARIJUANA/POT, ECTASY, SPEED, COCAINE, CRACK, PCP, MAGIC MUSHROOMS, CRYSTAL METH, T's & R's ,HEROIN , OXYCODONE FOUND IN PERCOCET AND PERCODAN ARE NOT SAFE IN PREGNANCY
- **CAFFEINE** FOUND IN MOST SOFT DRINKS, COFFEE AND TEA(150MG PER DAY IS CONSIDERED SAFE WHICH EQUALS ONE 8OZ CUP)
- **CIGARETTE SMOKING** (INCREASES THE RISK OF MISCARRIAGE, LOW BIRTH WEIGHT, AND PREMATURE DELIVERY) SECOND HAND SMOKE IS ALSO DANGEROUS. IF YOU CANNOT QUIT, DEFINITELY TRY TO CUT DOWN DURING YOUR PREGNANCY
- **HAIR COLOR AND PERMS** (Occasional use in well ventilated areas is considered safe)
- **HOUSEHOLD CLEANERS** (Most products are safe, use in well ventilated areas and if in doubt use gloves)
- **HOUSEHOLD PAINTS** (Latex based paints are safest in well ventilated areas)
- **INSECTICIDES** (READ LABELS AND STAY AWAY FROM PRODUCTS CONTAINING MORE THAN 30% DEET)
- **PESTICIDES**(BEST TO AVOID COMING INTO CONTACT WITH, BE CAREFUL WHEN WALKING ON GRASS OR ENTERING AN AREA THAT HAS RECENTLY BEEN TREATED WITH THESE CHEMICALS)
- **SUGAR SUBSTITUTES OR SWEETNERS** (MODERATE USE OF THESE IS SAFE)
NUTRASWEET,SWEET N LOW, SUGAR TWIN AND SPLENDA

- **VITAMINS** (PRENATAL VITAMINS ARE SAFE) FOLIC ACID IS RECOMMENDED BEFORE AND DURING PREGNANCY TO PROTECT YOUR NEWBORN FROM NEURAL TUBE DEFECTS (SPINA BIFIDA)

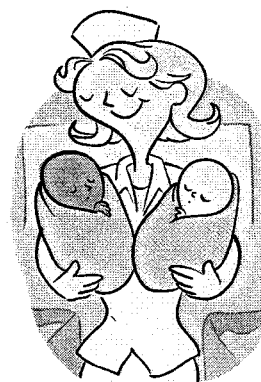
* IF USING OTHER VITAMINS STAY AWAY FROM PRODUCTS THAT CONTAIN MORE THAN 8000IU OF VITAMIN A.
- **X-RAYS** (MAKE SURE YOUR PRACTITIONER KNOWS YOU ARE PREGNANT , THEY CAN SAFE GUARD YOU AND THE BABY WITH ADDITIONAL PRECAUTIONS IF YOU NEED AN X-RAY) THE AMOUNT OF RADIATION FROM THE X-RAY IS USUALLY VERY SMALL , MAKE SURE IF YOU HAVE AN X-RAY THAT YOU WEAR A LEAD APRON OVER YOUR BELLY
- **COMPUTERS/VIDEO DISPLAYS** (THESE PRODUCTS ARE SAFE AS THEY DO NOT EMIT HARMFUL RADIATION)
- **MICROWAVE** (IF YOU NEED TO USE A MICROWAVE GET SOME ONE ELSE TO DO IT FOR YOU AND STAY A SAFE DISTANCE AWAY, REPEATED USE OF A MICROWAVE EXPOSES YOU TO SMALL AMOUNTS OF RADIATION REPEATEDLY, AND IS BEST TO AVOID)
- HIGH LEVELS OF MECURY IN **SOME FISH** IS BEST TO AVOID DURING YOUR PREGNANCY
- **CAT LITTER** CHANGING THE LITTER BOX OF YOUR CAT IS NOT SAFE DURING PREGNANCY, THE URINE OF CATS IN THE LITTER BOX HAS BEEN DIRECTLY LINKED TO TOXOPLASMOSIS WHICH IS HARMFUL TO YOUR GROWING BABY

ALWAYS REMEMBER WHEN IN DOUBT CHECK, CHECK, CHECK IT OUT!!!!!!!!!!!!!!

MOTHEERRISK HELPLINE

1-877-439-2744

**TREATING THE MOM, PROTECTING
THE NEWBORN**



Gio

Prenatal Program (780)939-4787

Alexander Health Services

Community Health Presentation

Diabetes and Pregnancy

(anyone of any age is welcome)

Mothers to be, Kukoms, Chapahns

Monday, May 30, 2011

Health Services Multipurpose Room

1:30 – 3:30 pm

Presentation by the

Aboriginal Diabetes Wellness Program

(Dr. MacBeath, Nutritionist, and Nurse)

Come and learn more about how to be healthy and have a healthy baby!

FACTS

about mouth care for your school aged child

- You must brush your child's teeth FOR THEM until around the age of 12. After age 12 supervise your child brushing to make sure they are doing it.
- It is important to make it a part of a daily routine. Especially before bedtime!
- You must check occasionally to make sure sloppy habits or rushing is not occurring. (The tinted mouthwash that shows where they are missing works great!)
- Remind your child to reach way far back enough to clean their very important adult molars.
- Help your child learn how to floss. 40% of plaque (bacteria) is left on the teeth if you don't!
- Limit the amount of sugary snacks and drinks that your child has. Promote healthy eating and lots of water.

Your child's dental health is **YOUR**
responsibility



**“WELLNESS WEEK”
IN ALEXANDER
COME ONE, COME ALL!!!
MAY 24TH – May 27th, 2011**

**Tuesday, MAY 24TH – YOUTH DAY @ Old
Gym**

- GUEST SPEAKER, 5:45PM TO 6:15PM
- ACTIVITIES
- SNACKS AND PRIZES GALORE!!!

**Wednesday, MAY 25TH – ADULTS DAY @
Community Hall 6:00PM TO 9:00PM
TOPIC: FORGIVENESS / TRUST**

- ACTIVITIES
- SNACKS
- DOOR PRIZES!!!











**Thursday, MAY 26TH – ELDERS DAY @
Community Hall 12:00PM TO 5:00PM**

- ANIMAL BINGO
- STEW & BANNOCK
- DOOR PRIZES

**Friday, MAY 27TH – COMMUNITY FUN DAY
@ Footprints Grounds 12:00PM TO 6:00PM**

- ROUND DANCE
- LOTS OF PRIZES

Birthdays for May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Reselle Kootenayoo Calvin W. Paul	2 Wyatt A. Arcand	3 Terry Newborn Sr.	4 Jariane Auigbelle	5 Rita Lafleche	6 Braydee Cardinal-Arcand Rosanne A. White	7 Joel Arcand-White Samantha Newborn Shelley Arcand
8 Tyson W. Arcand Ryder L. Arcand	9 Hannah L. Arcand Kaylena Bruno	10 Sheryl F. Arcand Robbie Kootenay	11 	12 Toni A. Arcand Herbert Burnstick	13 Marlene Arcand Rhonda Arcand Eva Bruno	14 Curtis Bruno
15 Yvonne S. Arcand Brody L. Arcand Kennedy Arcand Lynden Lafleche Shay Lafleche-Strawberry	16 Danielle Memnook-Arcand Tanisha A. Arcand Colton Bruno Norman Lafleche	17 Vanessa Lafleche John L. Paul 	18 	19 Whitney Arcand Darian T. Arcand Kenneth Laframboise Adrian Lafleche Christopher Newborn Christina Redgun	20 Danzel Kootenay Wendy R. Arcand Lucas E. Paul	21 Florence Arcand Summer Newborn 
22 Nathan A. Bruno Adolph Burnstick	23 Anita L. Arcand Noah L. Arcand	24 Landon M. Arcand Jacob Auigbelle	25 Rebecca Arcand Darryl T. Arcand Meagan R. Arcand Natasha Lafleche Eunice J. Paul	26 Ashton Lafleche Justin T. Paul Cierra Paul	27 Curtis Arcand Randy D. Arcand	28 Amy R. Arcand Dan Bruno Lyndsay Yellowdirt
29 Trent A. Auigbelle Robert L. Bruno Joseph Kootenay Kendall D. Paul	30 Robert J. Arcand 	31 Sharon Arcand 				

**Spring has Sprung
&
It's time for the
ANNUAL COMMUNITY CLEAN
UP**

**MAY 13TH 2011
9am - 1pm**

**Bags & Gloves Supplied
Bring your own Rakes etc...**

Lunch Provided at 1pm

