

DID YOU KNOW.....

Your body has about 5.6 liters of blood. This 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km!

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You and a Healthy Heart

Your Heart is a muscular organ which pumps blood from your lungs to the rest of the body, providing nutrients and oxygen to the muscles and body's vital organs.

It contains four chambers and it's own muscle is supplied with blood through the coronary arteries.

The heart beats between 70-80 times a minute and is regulated by a network of nerve fibres, which keeps it beating regularly.

In order to keep your heart working at a peak performance we must look after it well.

The muscle must be kept strong, so exercise and a lot of fresh air is very important. The best form of exercise is brisk walking or a variant of walking such as skiing, snowshoe-

ing, skating, swimming, or rowing. The nerves must not be irritated by chemicals such as alcohol, nicotine, caffeine or harmful drugs as irregular heart rhythms may occur and the heart muscle weakens. The coronary arteries must be kept clean and healthy so a low fat, low sugar, low salt diet is important to keep fat build up on the arteries from clogging them and to keep the blood pressure normal.

All in all, if you look after your heart it will reward you with a feeling of well being and a long and healthy life will keep your body strong.



Ivan R. Woolfrey, MD

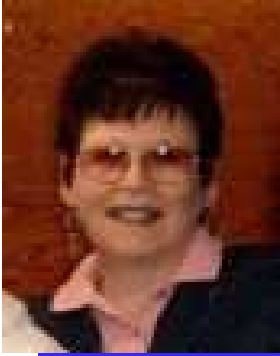
Moving On....

Debra started with the Department of Social Services in 1983 as a Social Worker Trainee (CSSW I), in Fort Simpson. Back then, Social Services was one of the many departments under the Government of the NWT. Over the years, Debra has seen many departmental name changes. She started out working for the Department of Social Services, then the Department of Health and Social Services and in May of 1997 with Deh Cho Health and Social Services Authority (DCHSSA). Debra became the Manager of Social Services in the new Authority. Debra became an expert in moving and setting up offices - at least 4 times in 20 years. Debra completed her training with a Diploma in Social Work from Arctic College in 1990 and returned to Fort Simpson to assume a CSSW III position. A year later Debra was the successful candidate in the Area Supervisor competition. In her new position Debra helped to set the stage for managing and overseeing program delivery of social programs to the Nahendeh communities and support Social Service staff in those communities. DCHSSA transition occurred in 1997 she assumed the position of Manager of Social Services. She has come a long way, from 1983 to present.

Debra has been instrumental in getting Judith Fabian Group Home, in Hay River and Stanley Isaiah Supportive Living Home in operational order. Her co-workers will definitely miss her tremendous support and expertise. The organization will miss her immensely. On behalf of the Board of Trustees and staff, we wish her all the luck in her future endeavors!



Take Time to Laugh



Ann Firth-Jones
Community Wellness
Worker, Hay River
Reserve

“Laughter has also
been shown to
exercise the
cardiovascular
system”

Our mental health and physical health improves if we have fun in and outside of the office. Laughter protects our bodies from the chemicals released by stress. *A recent study performed by the University of Maryland* found that people who laugh less are more likely to contract heart disease. Stress breaks down a protective barrier that lines our blood vessels, which can cause inflammatory reactions that lead to fat/cholesterol build up, and to heart attacks. By laughing, we counter epinephrine, a hormone which is released into our bodies when we are feeling stress. Laughing, smiling, and feeling positive emotions such as love, joy, peace and contentment, release chemicals called endorphins into our bodies. Endorphins make us feel good and also helps our bodies to function at their best.

Our immune systems are positively affected by laughter. Studies have shown that we have an increase in the number and activity of T cells and natural killer cells, which attack viruses, foreign cells and cancer cells. Laughter can cause an increase in gamma interferon, a blood chemical that transmits messages in the nervous system and stimulates the immune system. Laughter can also cause a rise in immunoglobulin A (IgA), an antibody that fights upper respiratory tract infections (stress, particularly depression, has been shown to lower immunoglobulin A levels); and more immunoglobulins G and M, which help fight other infections.

Laughter has also been shown to exercise the cardiovascular system by raising and lowering the heart rate and blood pressure; improve coordination

of brain functions, which enhances alertness and memory; lifts depression; reduces stress; bring pain relief; clear mucus in the respiratory system; increase blood oxygen by bringing in fresh air; and strengthen internal muscles by tightening and releasing them. One doctor says that 20 seconds of laughing gives the heart the same workout as three minutes of hard rowing.

Did you know that adults laugh approximately 15 times a day whereas children laugh about 400 times a day? There are a lot of things that we can do to bring fun into our days. Here are some suggestions:

- Read a funny book or joke
- Surround yourself with people who have a good sense of humor
- Remember a funny moment
- Rent a funny movie
- Collect funny comics, jokes and cartoons that make you laugh. Display them where you will see them (your office, your fridge, etc).
- Find humor in situations that make you feel stressed or frustrated
- Laugh at yourself
- Act silly
- Play with a pet or with your children
- Play a game (cards, board games, etc)
- Don't take yourself too seriously

Create more humor and encourage laughter. Humor relieves tension and helps us stay relaxed and flexible. Find a reason to laugh our mental and physical health improves if we can find a way to laugh more often.

Submitted by: Ann Firth-Jones
Community Wellness Worker,
Hay River Reserve

Eating Right for a Healthy Heart

Did you know that February is heart month? During heart month Canadians should all take time to educate themselves about how to take care of your heart, to reduce high blood pressure, and prevent heart disease. We all know that a healthy heart is essential to a healthy life.

So what can we do? First and most importantly don't smoke! Smoking is a major factor in causing heart disease and many other diseases as well.

Eat healthy, it is as easy as eating brown bread instead of white bread. Healthy foods don't have to taste bad, substitute red meat with fish, fish is extremely rich in omega 3 fatty acids, which lowers bad cholesterol, and raises good cholesterol levels. Here are some more foods recommended to give you the healthiest heart possible:

Soy is extremely good for not only your heart but for the rest of your body as well, eating a serving of tofu or drinking soy milk gives your body many of the vitamins needed to keep healthy. Not only does it reduce your risk of heart disease but it also helps to protect you from other diseases like prostate and breast cancer, as well as osteoporosis.

Vegetables, everyone knows how healthy these are, when eating them to promote a healthy heart look for vegetables that are dark green; these are the ones with the highest fibre content.

Fruits and Berries, they really are nature's dessert, berries are packed full of vitamins, folate and fiber, and they taste just as good as a lot of more unhealthy dessert foods. So why not choose berries instead?

Grains, look for foods that have the word "Whole" on the package. Eat whole grain bread, and cook

with whole-wheat flour instead of white flour.

Try eating wild, or brown rice instead of white rice as well. These are all packed full of magnesium, iron and fiber.

This all looks simple and easy on paper, but let's face it, most of us are addicted to fatty, easy to cook, great tasting processed food. Sure the stir-fry has vegetables and the can claims to have "real tomato sauce" but this just isn't the case.

Did you know that when vegetables are processed for frozen dinners and other foods they actually lose anywhere from 60 to 95% of their nutritional value? Also lost is their ability to slow digestion, which leaves us feeling hungry again causing us to eat more.

Did you know that snacking is very important to not only your heart but also the rest of your body and your mental well-being? Snacks boost your energy between meals and keep our bodies going through out the day. They also help to keep your heart from working overtime; the more nutrients there are in the blood the less blood the heart will need to pump. Here are some tips to snacking right:

- Snack 3 times per day
- Choose foods that are high in fibre, and low in sugar, fat and salt
- Limit store bought baked goods, and processed foods
- Choose a well balanced snack, this will give you long lasting energy
- Fruits and vegetables are the best snacks

The following are healthy and good tasting alternatives to our usual unhealthy snack foods:

You would normally eat.....	Why not try this instead?
Donuts, pastries, muffins	Plain cookies, Arrowroot, gingersnaps, or fig bars
Regular or Butter flavoured microwave popcorn	Plain, low fat microwave, or air popped popcorn
Chips, taco chips and chip dip	Baked tortilla chips and salsa
Ice Cream	Low fat frozen yogurt, sherbet, or low fat yogurt
Chocolate Bar	Low fat granola bar

All of these are important to your health and the health of your heart, but we must also remember to exercise frequently if we want our heart to be in the best shape possible.

References: heartandstroke.ca, hearthealthy.org

Health Centre Phone Numbers

Fort Simpson
695-7000

Fort Providence
699-4311

Fort Liard
770-4301

Jean Marie River
809-2900

Nahanni Butte
602-2203

Trout Lake
206-2838

Wrigley
581-3200

EMERGENCY
695-3232

A Note of Thanks

The Fort Simpson Health Centre would like to extend their gratitude to all the committed relief Nurses who have come to join our Team during the past months of staff shortage. They have come from all parts of Canada, from Halifax to Vancouver. Without the relief staff we would not have been able to provide the quality of care to the people we serve. We would also like to thank Dr. Hurlburt who went to lend a hand and provide support to the Fort Providence Health Centre which was down two staff.

Thank You!

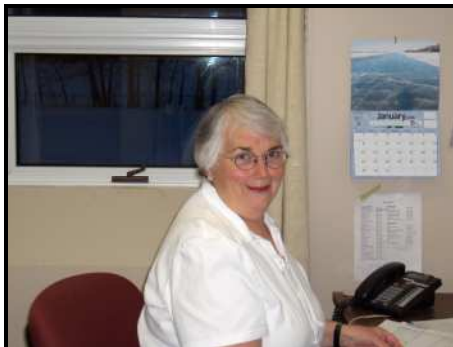
Who's in Fort Liard?



Frances Chapman – Community Health Nurse, arrived in Fort Liard on May 26, 2005.

She has worked as a Nurse for 22 years and spent the last six working in a similar capacity along the Labrador Coast of my own province. My very enjoyable work at the Health Centre is

closely knitted with that of my Co-workers, the NIC and the other CHN III. Together we aim to provide the best possible Medical Care, which includes preventative Medicine, to the people of Fort Liard. I have taken on the responsibility of our Elders Chronic Care Program, and Prenatal Care Program. Our programs, in collaboration to those of other services, we try and offer the best care available to all people of Fort Liard.



Joan Peddle – Nurse in Charge
Joan has been in Fort Liard since late November 2005. She moved from the east Coast to assume the position of Nurse in Charge at the Fort Liard Health Centre. Joan oversees the day to day operations of the Fort Liard Health Centre and supervises the other nurses in Fort Liard.



Irene McLeod – Clerk-Interpreter
Enjoys working immensely with the present Staff. This year would be thirty-three years of service to the organization. In all, I have worked with a total of 180 Nurses. In my position, you have to attempt and compromise differences, and work with what you have. My job

responsibility includes answering phones, filing and interpreting for Nurses and Doctor when required. I do medical travel, which includes making reservations, booking airline and taxis for patients. I also notify medical travel about the patients time of arrival, appointment time, and whether the patient requires an interpreter or assistance on the time of arrival.



Angus McLeod – Caretaker worked for the organization for the past 20 years and enjoys working at the Health Centre. Cleanliness is a necessity at the Health Centre and he keeps this done on a continual basis. He also does minor repairs around the

place, and keeps the centre in tip-top running order at all times. He monitors and up dates NIC when supplies are low. At the end of the week he ensures that the Health Centre van is full of gas, in case the Nurses are called out over the weekend. He is usually called after hours for assistance in Medivacs and is much appreciated by the Nurses on call.

Linda Simpson started at Fort Liard Health Centre, September 2005 as a Community Health Nurse.

She loves working with the people in the various ways that Nursing offers. Linda has taken on the responsibilities of the immunization files and the Well Woman files. She brings 9 years of general hospital nursing, 10 ½ years of working on Maternity, Labor & Delivery, and 16 years of working across the Canadian North in various health centers. Linda and her husband Bill think Fort Liard is a great place to recover from their wandering ways.

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Bernice Hardisty has been working as the Community Wellness Worker in Fort Liard since November 2004, providing edu-

cation, promoting wellness and leading prevention actives in the area of mental health, addictions and family violence. Bernice provides community members /families with personal development counseling in the area of Mental Health, addictions and family Violence issues. She provides the following services: personal development counseling, after care and follow-up, lead/participate in care coordination meetings for assistance with individual education, follow-up support following treatment or hospitalization, and complete program documentation.

Sharon Duntra is the Homecare Support Worker. She has just started to work for the department a couple of months ago. The Elders are very happy they have some-one who can assist them with their shopping and to notify the Nursing Staff when they are sick or require med refills. She is the liaison between the Elders and Health Centre Staff and does Home Visits with Frances Chapman on a monthly basis, or when a family member notifies them they are in need of medical services. She enjoys this interaction with the Elders.

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Margret Watson is a Mental Health and Addictions Counsellor in Fort Liard, She provides mental health, addiction and family

violence counseling services to the members of the community to help improve their mental well being



Nancy Smith is a Community Social Service Worker, at the Fort Liard office. She has lived and worked in Fort Liard for the past

4 years. Currently she is working towards a Bachelor of Social Work, only 4 courses to go!

Mike Drake is one of the Community Social Service Workers for Fort Liard and covers the community of Trout Lake as well. Mike is very much a team player, works hard for the community and enjoys his work. He loves the game of golf, has the gift to gab, a great entertainer, and easy to work with.

Written by Debra Chemerys

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Aboriginal Community Health Worker Training Program



Community Health Workers seen above with Robin Kraft instructor, during one of their training sessions at the Aurora College in Fort Simpson

Since April 2004 the Community Health Workers have been studiously undergoing training through Aurora College. This collaborative program with Health Canada, GNWT Health and Social Services, and Deh Cho Health and Social Services, was initiated in August 2002 when the Authority identified the need to provide the Community Health Workers in the outlying communities with formal training in order to enhance quality of care and invest its employees. Through this training program the Community Health Workers are better able to reach groups within our communities who are underserved using culturally appropriate strategies. The Human Body, Medication Administration, Lifespan Development, Basic Health Assessment and Procedures, Lifespan

Development, Common Illnesses', and 'Advanced First Aid' are just some of the twelve areas of focus. The Community Health Workers have been working hard and are nearing the completion of the final module. Congratulations to all the Workers! Many thanks to all Aurora College staff and instructors both here and in other communities, for providing consistency of service and an excellent program!

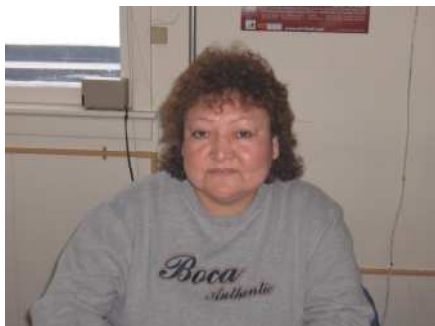
Alma Ekanale
Community
Health Worker,
Wrigley



Marlene Konisenta
Community
Health Worker,
Nahanni Butte



Bertha Deneron
Community
Health Worker,
Trout Lake



Lucy Simon
Community
Health Worker,
Jean Marie River



Upcoming Events:

- The Homecare program is planning a Nutritional Bingo for Stanley Isaiah Senior Living Home, Long Term Care Residents, and Homecare Clients.
- There will be a Traditional Healing Workshop (organized by Brighter Futures) for the Elders at the Long Term Care and Stanley Isaiah Home on February 23
- Social Work Week is March 19-26, so keep your eye out for posted events
- Traditional Healing Forum March 13-17 (organized by Deh Cho Health and Social Services)

Energy Conservation Tips

Electricity costs are Deh Cho Health and Social Services single largest utility expense. There are many simple and inexpensive steps that we can take in our everyday lives to minimize these costs and help our environment.

Dryers: Dryers can be one of the most significant consumers of electricity in the home. Clean the filter after each use to maximize efficiency. Ensure that the dryer vents to the outside are unobstructed. Choose a dryer that shuts off automatically when the clothes are dry.

Fridges: Keeping food cold is important, but can be expensive. Replacing older refrigerators may seem too expensive at first, but keeping it may be more costly. Checking and replacing worn seals save electricity and extends the life of the appliance. When purchasing a new appliance, check the Energy Guide rating to select the lowest electricity consumption.

Lighting: There are many ways to reduce the cost of providing light. Replace standard light bulbs with compact fluorescent bulbs. The initial cost is higher, but the cost savings and longer lifespan far

outweigh the higher price. Remember to always turn off your lights when leaving the room. Utilize motion detector or photoelectric lighting for outdoor lighting.

Hot water tanks: For homes that rely on electric hot water tanks. Take a moment to consider some easy and inexpensive energy saving tips. Install an insulating jacket on your hot water tank, insulate hot water pipes, and lower the water temperature. The recommended water temperature for a residential tank is 55 degrees Celsius. Install low flow faucets and shower-heads to conserve water and electricity.

Timers: Utilizing timers can make a significant impact on your monthly electricity bill. Timers on vehicle block heaters may reduce the cost to pre-heat your engine by up to 70%. A vehicle needs to be plugged in for three (3) hours, even on the coldest day.

Remember to always to be conscious about energy conservation.

Kim Myers, Facility Administrator

We would like you to meet Clinton Digness

Clinton Digness has relocated from Saskatchewan accepting the position of Mental Health/Addictions counselor, in Fort Simpson. He is completing his Masters in Aboriginal Social Work at First Nation University in Saskatchewan. Clinton has 10 years experience in the Social Work field, in both urban and isolated settings. Clinton says he is looking forward to getting to know the Deh Cho communities, while providing Mental Health/Addictions services.

Welcome to Fort Simpson!



Clinton is the newest member of the Fort Simpson Mental Health and Addictions Team

Update From Fort Liard Social Services

A new year is upon us and things have been busy for my co-workers and I, in Fort Liard. We continue to have a strong presence in the community and make attempts to be actively involved in community events. Mike Drake and I continue to be involved in inter-agency meetings that have been functioning for the past six months.

It has been almost a year since we moved into our new building, there has been some growing pains but overall it is been a very positive move. Working in the same building with the Mental Health and Addictions team has been quite valuable.

My colleague and I continue to volunteer our time on the local Community Action Team Committee. It is a voluntary committee in which anyone in the community can be involved in or support. The committee's focus is the promotion of healthy lifestyles in the community of Fort Liard, especially youth and their families.

The committee has been planning some exciting events for Fort Liard in the next few months. The committee is working on hosting "Going Miles". This group was in Fort Liard last April and the workshop was a great success. This was a group consisting of Dakota House, formerly on North of Sixty and members of his group that travel throughout the Territories working with youth in developing strong Aboriginal leaders and working on issues such as bullying and peer pressure. The committee is also looking at hosting another Traditional Healing Workshop in the next few months. The committee is also exploring other activities for the community but is still in the early planning stages.

If this was not enough, Mike has recently been elected Mayor, of Fort Liard. That's quite a combination Social Worker/Mayor.

Nancy Smith,
Community Social Service Worker, Fort Liard

I would like to say HELLO to all the front line workers in the field. Keep up the great work you're doing in your communities, and remember just helping one person will make a big difference.

With the Community Wellness Worker Training Session still happening over the last year. I find it busy at times because we don't have much time in our community between training sessions. One good thing about this month is I managed get into the school and a trip to Trout Lake. I also did a Presentation at the Recreation Centre, on the Four Stages of Alcohol.

Until next time take care.

Bernice Hardisty
Community Wellness Worker, Fort Liard.

Sandra Rowe: Deh Cho Health and Social Services Featured Trustee



Sandra Rowe has lived in Fort Simpson with her husband for 22 years. They raised their two children, aged 23 and 20. She and her husband own and operate a business in Fort Simpson that has been in operation for 17 years.

She worked at the Fort Simpson District Education Authority from 1992-2001, when she resigned to work full time for the business. Over the years she has served on various sports and community boards in Fort Simpson. She enjoys gardening, golfing and curling.

Thank you Sandra for all of your hard work!

We Want Your Feedback



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Fax: (867) 695-2920

Email: health_beat@gov.nt.ca