

February 2025 Newsletter from Beaver Lake Health Services

Health Centre Staff
Ph: 780-623-4276
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Headstart/Daycare Staff
Ph: 780-623-3110

Nadine Gordey Landstrom
Marilyn Gladue
Danielle Bourque Bearskin
Darlene Gladue
Heather Hardwick
Ruby Mountain
Rose Ann Swanson
Bonnie Brereton
Chad Desjarlais
Melva Campbell
Leona Cardinal
Justin Gladue
Trevor Boostrom
Jenna Campbell
Violet Mountain
Katherine Cardinal
Charlotte Frenchman

Lillian Lewis Gladue
Ivy Cardinal
Sabrina Candline
Shaylynn Jacknife
Sheena Gladue
Deneya Blood

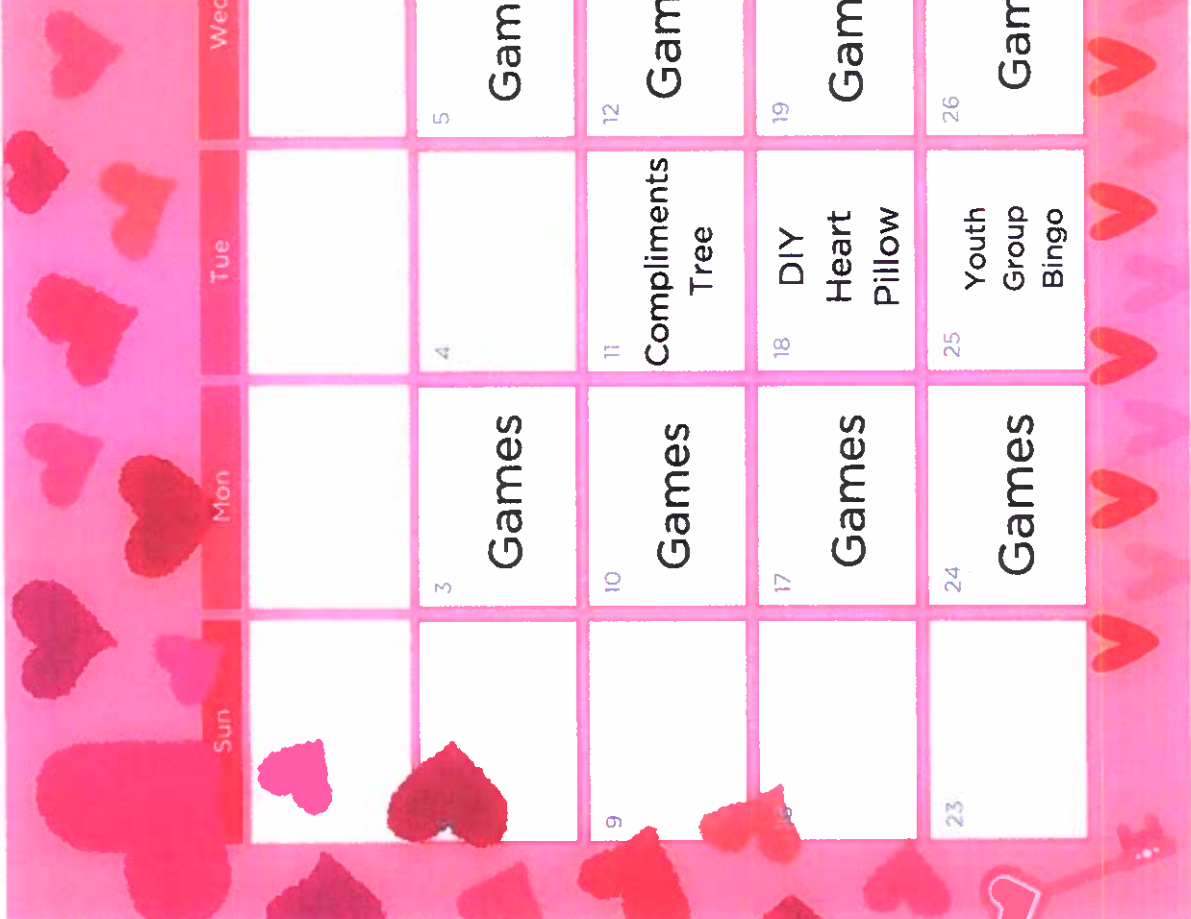


FEBRUARY-2025



Youth Nights
 ages 11-17
 4pm-6:30pm
 Located @
 Wellness trailer
 unless otherwise
 posted

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	3 Games	4 Games	5 Games	6 Games	7 Games	8 Games
9 Games	10 Games	11 Compliments Tree	12 Games	13 DIY Valentine Card	14 Games	15 Games
16 Games	17 Games	18 DIY Heart Pillow	19 Games	20 DIY Heart Pillow	21 Games	22 Games
23 Games	24 Games	25 Youth Group Bingo	26 Games	27 Youth Group Movie Night	28 Games	29 Games



Kâkîsimowin- Prayer

nohtâwînân kisê-manitow

our father creator

kinanâskomitinân anohc kâ-kîsikâk

we thank you for this day

sawêyiminân

bless us

kanawêyiminân

keep us/watch over us

mîna wîcihinân

and also help us

ka-nanahihtawâyâhkik

to listen/to obey

kêhtê-âyak

the elders

ninîkikhikonânak

our parents

êkwa okiskinwahamâkêwak

and the teachers

êkosi ê-isi-nitohtamâtâhk

that is all we ask from/of you

ay hay
thank you

nêhiyaw kâkîsimowin- Cree Prayer

nohtâwînân kisê-manitow
our father creator (kind spirit)

wîcihinân mîna kanawêyiminân
help us and watch over us

anohc kâ-kîsikâk
on this day

niyanân kitawâsimisak
we are your children

nâpêwak, nâpêsisak
the men, the boys

iskwêwak, iskwêsisak
the women, the girls

êkwa kahkiyaw kotakak
and all other

ayisiyiniwak ôta askiy

people here on mother earth

kitatamihinân, ay hay
we thank you

HAVING TROUBLE HEARING THOSE AROUND YOU?

On Tuesday February 4th Hear In Edmonton will be providing free Hearing Tests as well as Hearing Aid Assessments and Fittings to the residents of Beaver Lake Cree Nation*.



*Available to residents 18 years and older.

**Tuesday February 4th @ Beaver
Lake Health Services 9:00 AM to
12:00 PM**

**Please call Beaver Lake Health Services @ 780-623-4276 to
book your appointment.**

We work in partner with NIHB. Services are provided at no charge.

February

2025

Subtitle

Pinehiyawik

Once per week all fluent Nehiyaw speakers are invited to come to the Health Center to talk about kayas and also anoc pekiskowanak.

Non-fluent speakers can attend to come and listen and learn.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	Pinehiyawik 4pm - 5pm Health Center	4	8	9	10	11
12	13	Pinehiyawik 4pm - 5pm Health Center	14	15	16	17	18
19	20	Pinehiyawik 4pm - 5pm Health Center	21	22	23	24	25
26	27	Pinehiyawik 4pm - 5pm Health Center	28	29	30	31	
		Pinehiyawik 4pm - 5pm Health Center					

get the punch¹. ... from laughter and genuine Cree humility.

Sung here ap (in Michif); our text was recorded by Dolores S on her "Songs in Cree" CD. Dolores credits the translation to W on W uttunee and Cree language teachers at the Saskatchewan Cultural Centre. Seems to me I've also hummed along with W uttunee singing this one at Winnipeg's Métis Club, where jiggers still fill the dance floor for tunes like this on a Friday night.

kîspin kisâkihin (tune: Heel and Toe Polka)

ôma nikamowinis kâ-pâhpihk ohci. nâpêsis ê-wâpamit iskwêsisâ ê-ocêmât.	"this (is a) little song" "for laughter" "a boy sees me" "as he kisses a girl"
kîspin kisâkihin sêmak pê-ocêmin; kîspin kipakwâsin sêmâk ka-nakasin.	"if you love me" "come kiss me right now" "if you hate me" "you will leave me right now"
ha, ha, ha, môcikan omis îsi ka-nikamoyahk, kâ-miyawâtamahk ôma kipimâtisiwininaw.	"hahaha, it's fun" "for us to sing like this" "when we celebrate" "our life"
kîspin kisâkihin sêmak pê-ocêmin; kîspin kipakwâsin sêmâk ka-nakasin.	"if you love me" "come kiss me right now" "if you hate me" "you will leave me right now"
otênâhk itohtêtâk ka-nitawi-môcikihtânaw. sîwâpoy ka-minihkwânaw, maskihkîsa ka-mîcinaw.	"let's go to town" "we will go have fun" "we will drink pop" "we will eat candies"
kîspin kisâkihin sêmak pê-ocêmin; kîspin kipakwâsin sêmâk ka-nakasin.	"if you love me" "come kiss me right now" "if you hate me" "you will leave me right now"
Edmonton ê-ohotôtâyân, sêhkêpayîs ê-pôsiyân, mistikimâw ê-itêyimisoyân, êkosi ôma ê-otihkomiyân.	"I'm coming from Edmonton" "riding in a car" "thinking of myself like a boss" "that's how I got lice"



MONTHLY GOOD FOOD BAG

\$20.00

FEBRUARY 12, 2025

PICK UP / NOON-3:30PM

AT BEAVER LAKE HEALTH SERVICES

Money should be brought in at least 1 day prior to the 15th of each month.

If you are able, please pick up your Good Food Bag before 3:30pm or make arrangements to have them picked up.

***We cannot keep the Good Food Bags overnight.** We will deliver to people who don't have transportation.*

Beaver Lake Health Services

WALKING CLUB



Evening walk at Bold Center Walking Track!

WEDNESDAY'S AT 6PM

Independent giftcards \$30 (Adults)/\$15 (Kids)
for every 4th walk

February Challenge:

- Join us @ Walking Club for a Valentine's week Special! Bring your loved one's and be entered to win a pair of OILERS tickets!
- Every Drop in will get you name entered from now till Feb 12th. Draw will be held Feb 14th!



Coordinator:
katherine Cardinal
(780) 623-4276

- Open to all members of BLCN
- Will be postponed for inclement weather

BEAVER LAKE HEALTH SERVICES PRESENTS

VALENTINE'S DAY AT THE HEALTH CENTRE

PRIZES &
DRAW

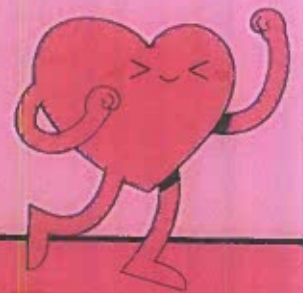
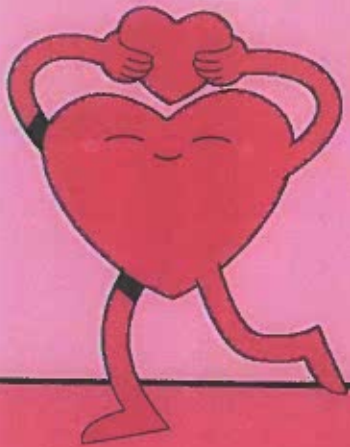
DROP-IN

H/R TALK
12-1PM

1. FREE BLOOD PRESSURE AND
GLUCOSE CHECKS WITH NURSES
2. HEALTH Y RELATIONSHIP
PRESENTATION FROM 12-1PM

ANYTIME
10-2PM

FOOD/PRIZES/TRIVIA DRAW



IN PARTNERSHIP WITH
BLHS
NURSING/WELLNESS
AND TCVI

LOCATION: BLHS
HEALTH
CENTER
(780) 623-4276

14
FEBRUARY
FROM 10-2PM

FAMILY DAY WEEKEND!!!
FEBRUARY 16, 2025

SUNDAY FUNDAY!!!

ACTIVITY TABLES

FAMILY DAY MEAL

12:00 PM

AIR GUITAR

1:00-2:00 PM

1. Start thinking of your *BANDS NAME* and the song you and your band want to Perform
 2. BRING YOUR BAND COSTUMES
 3. Perfect your Dance Moves
- AIR GUITAR CONTEST**
PRIZES FOR AIR GUITAR AND DANCING CONTESTANTS

2:00-2:30 PM

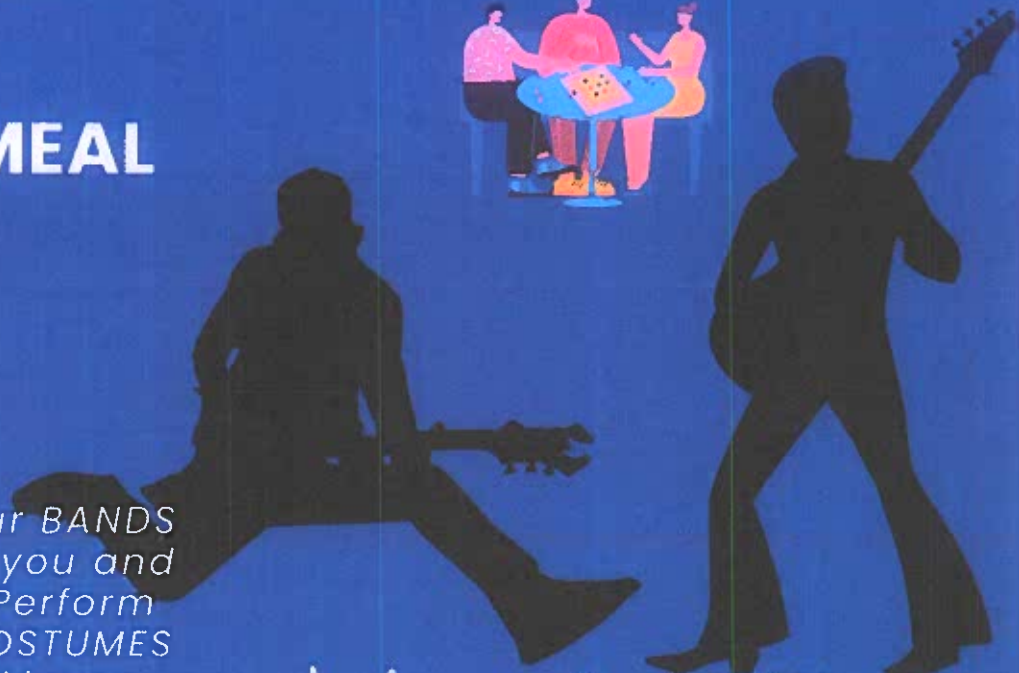
FREE TIME

DANCING CONTEST

2:30-3:30 PM

MOVIE AND POPCORN

4:00 PM



MOVIE TIME



BEAVER LAKE HEALTH SERVICES 780-623-4276



Baby Shower

PLEASE JOIN US FOR A
YEAR END BABY
CELEBRATION

◆◆◆ HONORING ALL ◆◆◆
OUR MOTHERS IN
2024

FEBRUARY 27,
2025
SPOTS ARE
LIMITED CALL
RUBY OR
HEATHER AT
780-623-4276
TO REGISTER

BEAVER LAKE HEALTH SERVICES

Beaver Lake Health Services (BLHS)

CALLING ALL INDIGENOUS ARTISTS!



BLHS is seeking original artwork for a health & wellness design/logo centered on miyo-pimâtisowin - a good life

Designs/logos should reflect themes of health, wellness, community, and the BLCN logo. We welcome multiple submissions from artists. The chosen design may be featured in BLHS branding and exciting upcoming projects that we can't reveal just yet!

Selected artist will receive \$1,500

 **Deadline: February 28th, 2025**

 **Submit your designs/logos to: dbourque1@onehealth.ca**

Maternal Child Health Program



Maternal Child
Health Program

OFFERS SERVICES PRENATALLY UP TO A
CHILD'S 6TH BIRTHDAY TO SUPPORT
PREGNANT WOMEN AND THEIR FAMILIES

- Pregnancy/childbirth/parenting education and classes
- Emergency supports
- Preparing for childbirth outside of your community
- What to expect as your baby grows and develops
- Feeding your baby, including breastfeeding, using Formula, when to start solid foods... AND MORE



Contact Ruby Mountain Office: (780)623-4276
MCH worker to sign up Cell: (780)404-4242

rmountain@onehealth.ca





Are you expecting?

JOIN THE CPNP (CANADIAN PRENATAL NUTRITION PROGRAM)



- PRENATAL AND POSTNATAL \$50 COUPONS PER VISIT
- ONE ON ONE PRENATAL SUPPORT WITH NURSES
- REFERRALS TO AGENCIES AND OTHER SERVICES
- BREAST FEEDING SUPPORT
- PRENATAL CLASSES



**Contact Heather LPN or Ruby
MCH for more information or if
you're expecting!**

(780) 623-4276

For Residents of Beaver Lake

Medical Transportation News

Prescription Pick-Up

Medical Transportation drivers will provide prescription pick-up services as follows: The client must call the Medical Transportation Coordinator (780-623-4276) the day before the prescription is required to arrange a prescription pick-up. NO SAME DAY PICK-UPS. The client must call the pharmacy and ensure that their prescription is filled/ready for pick-up. Medical Transportation drivers WILL NOT pick up the client or the paper copy of a prescription and provide transport to the Pharmacy. If you have a scheduled appointment with a Medical Professional and you receive a prescription. The Medical Transportation driver will stop at a Pharmacy for the client to have their prescription filled.

Ride Cancellation

If you schedule a ride through Medical Transportation and you no longer require a ride, please call the Medical Transportation Coordinator to cancel. In the event that you do not cancel a scheduled ride and the driver shows to pick you up, you will be considered a NO LOAD client. As a NO LOAD client your ability to access Medical Transportation services will be suspended for a 2-week period as per our policy.

Escorts

When a client requires an escort to accompany them to a medical appointment, the escort must be a minimum of 18 years old. For minors, the escort must be a parent or guardian that can sign legal consents on behalf of the minor. Only one escort can be approved per client. Medical Transportation drivers cannot act as an escort on behalf of a client. Edmonton Referral Unit requires the Date of Birth for all client escorts.

Meals for Out-of-Town Trips

For clients attending out of town medical appointments with the Medical Transportation van, a meal will be provided by either Edmonton Referral Unit or Beaver Lake Health Services. Clients will no longer receive cash for meals. We apologize for any inconvenience this may cause.

No Same Day Medical Transportation Trips

When you make clinic, hospital, dental, optical, and mental health appointments, Medical Transportation MUST be notified the day before your appointment. If you have an appointment and you call Medical Transportation on the same day to schedule a ride, Medical Transportation will not provide services.

No Personal Shopping While on Medical Transportation Trips

Personal shopping while on a Medical Transportation trip is NOT ALLOWED. If you have personal shopping bags with you when your Driver arrives to pick you up, the Driver has the right to refuse transportation services.

Important Information

To schedule a ride with Medical Transportation please call the Medical Transportation Coordinator at 780-623-1464 or 780-623-4276 from Monday to Friday 8:30 a.m.-4:30 p.m.

Do not schedule appointments with the driver. Edmonton Referral Unit requires clients to book out of town Medical Transportation appointments a minimum of 2 weeks in advance.

MEDICAL TRANSPORTATION GUIDELINES FOR CLIENTS AND DRIVERS

Client Responsibilities:

1. **Please be respectful of Medical Transportation staff:** abusive behaviours such as: arguing, swearing, and threats toward Medical Transportation staff **will not be tolerated**, and may result in a suspension from Medical Transportation services. **Medical Transportation Drivers do have the right to refuse services when a client displays abusive behaviour.**
2. **Be Mindful of Hygiene:** take care to cover your mouth when you cough or sneeze.
3. **Please be respectful of the property:** don't litter or smoke.
4. **Be responsible when you ride:** clean up after yourself if you do make a mess.
5. **Be prepared to board:** our drivers make every effort to be on time to pick you up, please be ready and waiting for your ride. **If you are not ready and waiting for your ride, the driver will wait a maximum of 10 minutes before they leave.**
6. **Obey Safety Rules:** please ensure your seat belt is fastened at all times. If children are attending an appointment with you, use a proper car seat and ensure the car seat is anchored properly required by law.
7. **Be Mindful of Your Language:** avoid using foul language, especially in public places or around children. Use polite and respectful language at all times.
8. **Scheduling Appointment:** please contact the Medical Transportation Coordinator to arrange transportation appointments. Do Not arrange appointments with the drivers.

Driver Responsibilities:

1. Your Medical Transportation Driver will:
2. Adhere to all traffic safety laws and guidelines as required for transporting clients.
3. Make every effort to be prompt and on time. Please note weather and road conditions are factors which may impact the driver's ability to be on time.
4. Ensure the Medical Transportation vehicle is clean.
5. Greet you in a kind and respectful manner.

LAC LA BICHE RCMP ENCOURAGES DRIVERS TO PREPARE FOR WINTER DRIVING CONDITIONS

Alberta motorists are no strangers to how treacherous the roads become when the snow starts falling, especially on highways. Slippery conditions and reduced visibility can make winter driving hazardous, requiring extra caution and preparation.

DRIVING TIPS:

- Ensure your car is winter-ready by installing winter tires, checking fluid levels, and replacing windshield wipers if needed
- Drive at a slower speed to account for reduced traction on icy or snow-covered roads.
- Leave extra space between your vehicle and the one in front of you to allow for longer braking distances on slick roads.
- Make sure your headlights and taillights are on at all times to improve visibility for yourself and others.
- Fully clear all snow and ice from your vehicle, including windows, mirrors, and lights, before driving.
- Equip your vehicle with a winter survival kit, including items like a blanket, flashlight, food, water, and a shovel in case you get stuck.
- Be cautious on bridges, overpasses, and shaded areas, which tend to freeze faster and may have black ice that's difficult to see.
- Steer, accelerate, and brake smoothly to maintain control of your vehicle in slippery conditions.
- Keep your full attention on the road and avoid distractions, as winter driving requires heightened awareness of your surroundings.
- Before you leave the house, plan your route. Check road conditions and weather forecasts, and always let someone know your travel plans.
- In winter conditions, it's best to maintain full control of your vehicle, especially on slippery roads, so avoid using cruise control.
- Maintaining a full tank of gas can help prevent your fuel lines from freezing and ensures you have enough fuel in case of delays or emergencies.
- Turn on your headlights in low visibility conditions, even during the day, to increase your visibility to other drivers.

Sgt Trevor Cardinal, Lac La Biche Détachement.

LAC LA BICHE RCMP ENCOURAGE MOTORISTS TO PRIORITIZE CHILD SEAT SAFETY

As November ushers in colder temperatures and potentially hazardous road conditions, it becomes more important than ever for motorists to prioritize their children's safety by ensuring they are properly secured in the right car or booster seats. Proper installation and selecting the correct seat based on the child's age, weight, and height can make all the difference in reducing the risk of injury during winter travel, providing peace of mind to families navigating Alberta's roads this season.

Birth to two-years-old or up to 22 lbs (10 kg)

- Infants are safest when placed in a rear-facing car seat from birth until they are at least two years of age or until they reach the maximum weight and height limit specified by the car seat manufacturer.
- Two-years-old to six-years-old or 22-40 lbs (10-18 kg)
- Children who have outgrown their rear facing seat and weigh at least 22 lbs (10 kg) can ride facing forward in a secured child car seat.

Six-years-old and older or weighing more than 40 lbs (18 kg)

- Booster seats are intended for children who have outgrown their forward-facing car seats and weigh at least 40 lbs (18 kg).
- A booster seat should elevate a child and allow them to sit comfortably with their back against the seat and their knees bent naturally over the edge of the booster or vehicle seat.
- Always opt for a high-back booster seat to provide support for the child's head and neck.

Key safety reminders

- All child car seats and booster seats must be installed in the rear seat of the vehicle.
- Ensure the car seat or booster seat has a Canada Motor Vehicle Safety Standards (CMVSS) sticker on it, indicating it meets national safety regulations.
- Purchasing used car seats is discouraged, as they may be damaged, recalled, expired, or not meet current safety standards.
- After installing the car seat, perform the "inch test" by trying to move the seat side-to-side and front-to-back at the base. The seat should not move more than an inch in any direction. If it does, the seat may not be installed tightly enough.

"Following the standard set for the use of cars seats have been proven to save children's lives during a collision, please abide by these standards to ensure the safety of your families"

Sgt Trevor Cardinal, Lac La Biche Détachement.

IMPORTANT NUMBERS

Emergency	911
RCMP	(780) 623-4380
Victim Services	(780) 623-7770
Health Link	811
Alberta Indigenous Virtual Care Clinic	1(888) 342-4822
Hope Haven Women's Shelter	(780) 623-3104
Poison Control	1(800)-332-1414
BLCN Security	(780) 404-1955 (780) 404-1276
BLCN Fire Chief Shane Bair	(587) 337-0894
Public Works	780) 404-1792 (780) 404-9252 On call

HELP & CRISIS LINES

Mental Health Crisis Line	1(877) 303-2642
Addictions Helpline	1(866) 332-2322
Indigenous Hope for Wellness Helpline	1(855) 242-3310
Suicide & Crisis Lifeline	988
Crisis Text Line	Text CONNECT to 741741
Kids Help Phone	1 (800)668-6868 or text CONNECT to 686868

FIRE EMERGENCY CONTACT NUMBERS:

BLCN FIRE CHIEF

Shane Bair – (587) 337-0894

BLCN DEPUTY FIRE CHIEF

PUBLIC WORKS

DENNIS PARADIS – 780-404-1792

ON CALL NUMBER – 780-404-9254