

April 2025 Newsletter from Beaver Lake Health Services

Health Centre Staff

Ph: 780-623-4276

Fax: 780-623-4569

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

Katherine Cardinal

Charlotte Frenchman

Angela Cardinal

Shaylene Wilson

Headstart/Daycare Staff

Ph: 780-623-3110

Lillian Lewis Gladue

Ivy Cardinal

Sabrena Candline

Sheena Gladue

Deneya Blood

Beaver Lake Cree Nation Households,

I would like to remind everyone that some community members are still using their outdated addresses when reaching out to 911. Each household has been assigned a new address, which can be found on the green sign at the end of your driveway. Furthermore, you are encouraged to contact Administration to obtain your NEW Household Address.

Please ensure that you provide 911 with your updated address, as it is the only one currently recognized by their system.

Thank you.

**— SHANE BAIR
DEO, BLCN FIRE CHIEF**





Memorandum

March 18, 2025

TO: Alberta Region First Nations Health Directors

SUBJECT: Measles Update from Indigenous Services Canada, Alberta Region (ISC-AB)

You may be getting questions about what the recent measles cases in Alberta mean for your community, so here is some information in case it is useful to you and your Nation members.

As Alberta Health Services follows up on potential measles exposures that happened at their facilities, it is possible that some of your members might be contacted because they were exposed to a case. Should there be cases in your First Nation in future, ISC MOHs will be reaching out to you and your leadership directly to inform you.

I have put answers to some questions you might be getting from your members below. Please feel free to share this with your Nation members as you feel is useful.

What is measles?

- Measles is an illness caused by a virus that is spread easily through the air and is very contagious to people who are not protected.
- People who are not protected can catch the virus, get sick, and spread the virus to others.

What are the symptoms of measles?

- Fever 38.3° C or higher.
- Cough, runny nose or red eyes.
- Red blotchy rash appearing 3-7 days after fever starts, beginning behind the ears and on the face and spreading down to the body and then to the arms and legs.
- Symptoms usually start 8-12 days after exposure but can take as long as 21 days to appear. The infection can spread to others starting a day or two before any symptoms develop.

Why is measles serious?

- Measles spreads very easily.
- The measles virus can persist in the air or on surfaces for up to 2 hours.
- There are serious complications that include pneumonia, hearing loss and brain damage.
- Hospitalization can occur in approximately 1 of every 5 people infected.
- Measles suppresses the immune system for months to years after infection.

Who is protected against measles?

- People who were born before 1970 likely had measles disease as a child, so they are considered protected,
- People who have had lab-confirmed measles disease in the past are protected,
- People who have had a blood test showing evidence of immunity are protected, and
- People who have documentation of two doses (given more than 1 month apart) of measles-containing vaccine (given on or after one year of age). **If you don't know if you have had two doses of measles vaccine, you can call the health centre to ask.**
- Note that all people who work in health care settings need to have two doses of measles vaccine even if they were born before 1970 – this is because they have a higher risk of exposure, and having vaccine gives them more protection.

What's the difference between a measles case and a contact?

- A case is a person who is infected with the measles virus and who can spread that virus to others from four days before their rash starts to four days after the rash starts.
- A contact is a person identified through contact/exposure site tracing who may have been exposed to measles.
- Contacts of measles cases who are not immune to measles need to stay away from others for 21 days from last exposure just in case they get sick. **People who have been around a contact are not at risk of infection unless that contact becomes a case.**

What happens if you're exposed to measles (if you are a contact)?

- Anyone who has protection to measles infection (as outlined above) can continue their regular activities, even if they are exposed to someone with measles
- Anyone who is exposed and who does not have protection to measles will be called by a public health nurse. For people contacted within a few days of their exposure, getting vaccine quickly, or immune globulin treatment for babies, can help prevent disease.
- People without protection to measles who are exposed will need to stay home and away from other people for 21 days from the last time they had a measles exposure
- Everyone exposed to measles should watch for measles symptoms like fever, cough, and rash, and should call the health centre if they have any of these.

Who can get the measles vaccine?

- People who were born in or after 1970, and who have received fewer than two doses of measles containing vaccine.
- Health care workers of any age are eligible for two doses of measles containing vaccine.
- Pregnant women **must** wait until after delivery to receive this vaccine.
- If you are immunosuppressed please discuss whether you can be immunized with your health care provider.
- Babies typically get their first dose of measles vaccine at one year of age, but if they are at risk of exposure, like in an outbreak, babies from six months to 12 months of age can get an early vaccine dose for short-term protection. They still need two more doses after a year of age for long-term protection. Right now, only babies in areas in the north of the province where a measles outbreak has been declared are eligible for this early dose.

How can I check my immunization status?:

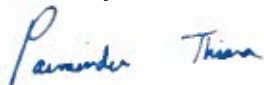
- Contact the community health centre.
- Call Health Link at 8-1-1 or text "vaccine record" to 88111
- **If you were born before 1970 or you have already received two doses of measles containing vaccine, you are highly protected.**

Recommendations:

- Stay home if you are sick.
- Call your health care provider if you or someone in your household has symptoms of measles (like fever, cough, and rash). **It is really important that you call the health centre before going there so necessary precautions can be undertaken.**
- Please provide information to a nurse if you are called. Any information you provide will be kept confidential.
- Immunization is the best protection against measles.

Thank you for your ongoing partnership to keep the community safe and healthy.

Sincerely,



Dr. Parminder Thiara
Acting Regional Executive Officer and Deputy Medical Officer of Health
Alberta Region
Indigenous Services Canada



STOP THE SPREAD!

Measles is extremely contagious

SYMPTOMS

- fever
- rash
- cough
- red eyes or runny nose
- small white spots inside the mouth

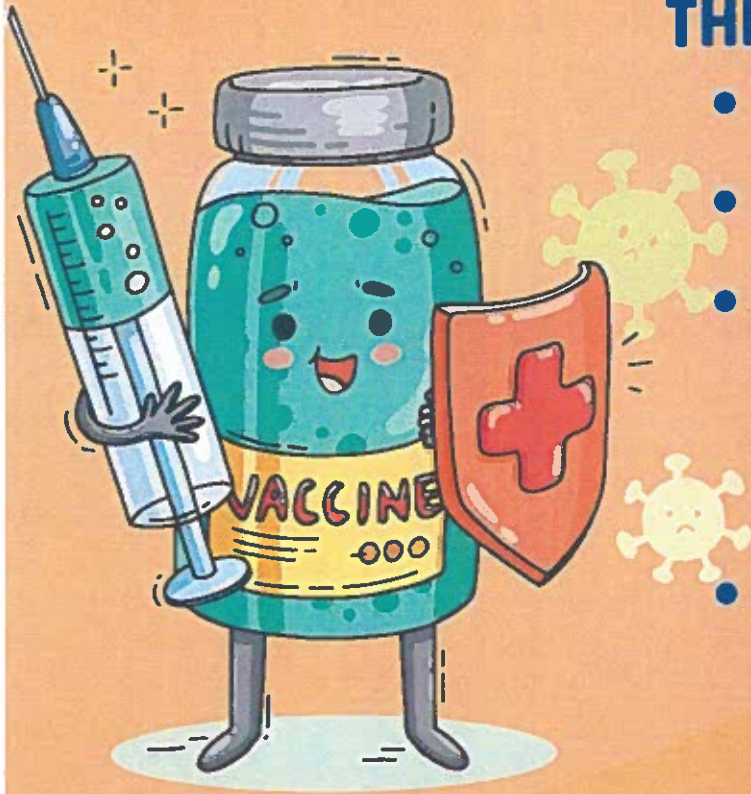
STAY HOME AND CALL 811

If you have symptoms, stay home and call 811.

For more info: text 'measles' to 88111

YOU CAN RECEIVE THE VACCINE IF:

- You were born after 1970
- You are not pregnant
- You do not take medication that suppresses your immune system
- You have received less than two doses of measles containing vaccine in your lifetime

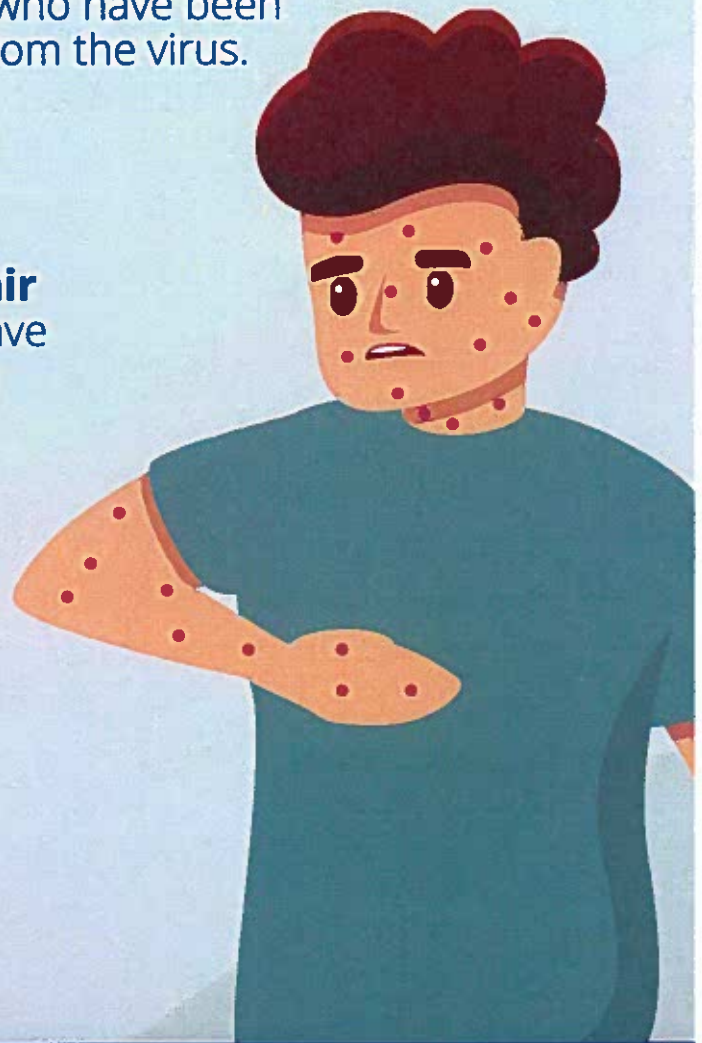


**IF YOU HAVE SYMPTOMS, STAY HOME
AND CALL 811.**

FOR MORE INFO: TEXT 'MEASLES' TO 88111

MEASLES IS EXTREMELY CONTAGIOUS

- Measles outbreaks are happening in the US, Europe and some parts of Canada. ***Due to travel, measles can be brought into Alberta.***
- **90%** of unimmunized people who have been exposed to measles get sick from the virus.
- **Up to 20%** of those who get sick may be hospitalized.
- **It can spread through the air** in public spaces even if you have not been in close contact with anyone.



PROTECT YOURSELF

- Make sure your family is vaccinated with the measles vaccine, especially if you plan to travel.
- Vaccination is the best way to protect yourself, your children and your community.

**IF YOU HAVE SYMPTOMS, STAY HOME
AND CALL 811.**
FOR MORE INFO: TEXT 'MEASLES' TO 88111



RECREATION

FLOOR HOCKEY/BASKETBALL/DODGEBALL/PING PONG/AND MORE

WELLNESS

Nights

STARTING MARCH 11

6:00 P.M.-9:00 P.M.

BEAVER LAKE CREE NATION MULTIPLEX BUILDING

YOUTH
TUESDAYS

AGES: 13-17

ADULTS
THURSDAYS

AGES: 18+

INDOOR
SHOES
REQUIRED

Partnership between Beaver Lake Cree Nation Health Services & Prevention Programs

For more information call 780-623-4276



Senior SOCIAL

WEDNESDAY | APRIL
2nd | AT 1:00PM
2025

Beaver Lake Health Services Board Room

ADL and Homecare Clients

PLEASE CONTACT SHAYLENE
WILSON TO BOOK YOUR
SPOT LIMITED SPOTS
AVAILABLE
780-623-4276

COME AND JOIN US FOR THE
**INTERNATIONAL
WOMEN'S DAY**
FRIDAY

April 4, 2025

Beaver Lake Cree Nation
Community Hall

10:00 until 12:00

Craft tables, Games (Prizes)
Mocktails, Self Care

MEAL AT NOON

**EVERYONE WELCOME
TO JOIN US FOR LUNCH**

1:00 pm

**2 Guests of Honor
Recipients 2025**

Beaver Lake Health Services
In Partnership with Lakeland FASD
Hope Haven Women's Shelter
Prevention

SEE YOU THERE!

10:00 AM-2:00 PM

*Gifts for
Women*

Door Prizes





Senior Social EVENT

APRIL
WEDNESDAY | **16** | 1:00 PM
2025

**BEAVER LAKE COMMUNITY
HALL**

**PLEASE CONTACT SHAYLENE
WILSON AT BEAVER LAKE HEALTH
SERVICES TO SIGN UP ALL
EDLDERS , ADL CLIENTS &
HOMECARE CLIENTS WELCOME**

See you there!

QUARTER BINGO

GAMES

Join us for Quarter Bingo for all Elders, ADL & Homecare clients in the community. Event will take place at Beaver Lake Community Hall. Bring your quarters and come have a afternoon of fun. Please contact Shaylene Wilson @ Beaver Lake Health Services 780-623-4276 to sign up.

DOOR PRIZES | SOCIALIZE | FUN

Wednesday, 30th April 2025 at 1 PM



WE THANK THE CREATOR



CONTACT US

Phone: 587-771-0112

Website: www.clearhills.ca

Email: info@chytc.ca

Fax: 587-771-3512



Visit Us Online

LICENSE # MHSPA10000283

ABOUT US

Clear Hills Youth Treatment Centre (CHYTC) is a safe & nurturing environment where youth can begin their journey toward healing & transformation. Located just 45 minutes west of Grande Prairie, CHYTC offers a comprehensive 90-day treatment program that is culturally focused, combining traditional Indigenous teachings with modern therapeutic practices.

Our 10-bedroom facility welcomes youth ages 12-17 of all genders, & is designed to create an inclusive and supportive atmosphere where young people can grow and succeed.

OUR PROGRAMS

At CHYTC, we offer a variety of services to support holistic growth and healing:

CULTURAL & TRADITIONAL TEACHINGS

- Learn the cultural & traditional teachings of the Medicine Wheel, discover Indigenous ceremonies, & embrace cultural practices that promote healing & unity.

LAND-BASED EDUCATION PROGRAMMING

- Engage in nature-based learning: identify medicinal plants, understand the land, & build a deeper connection with nature.

THERAPY & COUNSELLING

- Receive individual counseling & therapy to support mental health, healing from trauma, & emotional well-being.

LIFE SKILLS DEVELOPMENT

- Build essential skills such as time management, organization, and educational support to prepare for the future.

HEALTH & WELLNESS

- Gain awareness of mental health, develop coping strategies, & learn how to manage stress in healthy ways.



CONTINUOUS INTAKE

Come When the Time is Right



HOLISTIC

Mental, emotional, spiritual, physical, environmental



LAND-BASED

Healing with Mother Earth



ALL GENDERS

You Are All Welcome Here

HEALING. GROWTH. CONNECTION.

LOCATED 45 MINUTES WEST OF GRANDE PRAIRIE

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.

5. Client escorts

5.1 Medical transportation benefits may include coverage for transportation, accommodations and meals for medical or non-medical escorts for clients travelling to access medically required health services.

5.2 Escorts must be preauthorized by FNIHB or a First Nations or Inuit health authority or organization and meet the criteria for coverage of an escort, as outlined below.

5.3 Medical transportation benefits do not include the payment of a fee, honorarium or salary to medical or non-medical escorts.

Medical escorts

5.4 Medical escorts, either a physician or registered nurse, may be approved in cases which involve a client with a health condition where monitoring or stabilization are required during travel and such services are not covered by the provincial or territorial health or social program, other publicly funded program or private insurance.

Non-medical escorts

5.5 Coverage for a non-medical escort may be approved when there is a legal or medical requirement that results in the client being unable to travel alone, such as where the client:

- a. is a minor
- b. requires alternative legal consent or decision making
- c. requires assistance with activities of daily living, such as dressing, eating and bathing
- d. faces a language barrier (for example, health services at the referred location are not available in the clients spoken languages)
- e. is to receive instruction on specific and essential home medical or nursing procedures that cannot be given to the client only
- f. is undergoing a medical procedure (such as outpatient general anesthetic) or has a medical condition that will result in the client requiring assistance during the trip
- g. is a pregnant woman whose trip is for the purpose of childbirth, including being closer to care while awaiting childbirth

Medical Transportation Policy Framework Non-Insured Health Benefits Program

Requests for coverage for non-medical escorts must be made or supported by a community health professional except where:

- a. the client is a minor based on the date of birth, all minors will be provided with coverage for a non-medical escort
- b. the client is a pregnant woman whose trip is for the purpose of childbirth; all such clients will be provided with coverage for a non-medical escort
- c. the client will receive outpatient sedation as part of a medical procedure and will be unable to travel home unaccompanied following the procedure

or

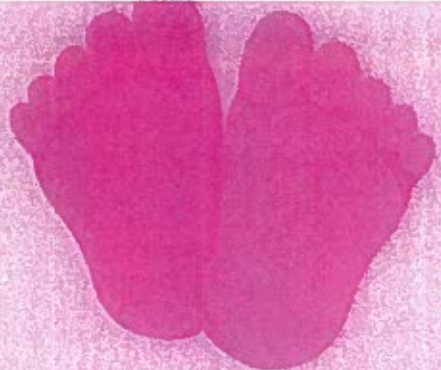
- d. there is existing documentation in the client's file that supports the continuing need for a non-medical escort such as:
 - o language barrier
 - o escort travel previously approved as part of a series of related treatments
 - o client has a permanent condition and as a result will always require assistance while travelling

Details of the medical condition are not required. However, additional justification may be required in exceptional circumstances (for example, clients requiring more than one escort).

5.6 When coverage for an escort has been authorized, the escort must be capable and willing to provide the assistance that the client needs, for the duration it is required. Depending on the client's needs, for example, the escort is:

- a. able to sign consent forms or provide a patient history
- b. able to provide the required physical and other required care when the client needs it
 - o an escort should not require assistance for their own needs during the trip, as this is important where the client may be admitted to hospital, leaving the escort on their own
- c. proficient in translating between an Indigenous language and English and French
- d. able to drive if the role includes providing ground transportation
- e. able to share personal space to support client

5.7 Escorts should continue to be covered as long as the medical or legal requirement continues to exist. In some cases, it may be more practical financially to have the escort stay longer.



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

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

Addiction and Mental Wellness Resources & Links

February 2025

Alberta's Virtual Opioid Dependency Program

1-844-383-7688

<https://vodp.ca/>

Provides initiation and maintenance of Opioid Agonist Treatment (OAT) medications to people with opioid use disorder and helps them access services they need to live healthy lives.

AHS Opioid Dependency Program Resources Page

<https://www.albertahealthservices.ca/services/odp.aspx>

Recovery Alberta

[Get help with opioids | Recovery Alberta](#)

Get information and help related to opioids, including how to access treatment for you or someone you care about.

Opioids & Youth

[Opioids & Youth | Alberta Health Services](#)

Information for Youth & Families

OAT Clinics in Alberta

<https://cpsa.ca/albertans/opioid-agonist-treatment-clinics-in-alberta/>

If you are a patient seeking information about opioid agonist treatment, this website provides a list of clinics.

Addiction Help Line

1-866-332-2322

[Addiction Helpline | Alberta Health Services](#)

The Addiction and Mental Health Help Line is a 24-hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling.

The service is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.

Indigenous Support Line

1-844-944-4744

<https://www.albertahealthservices.ca/isl>

This confidential telephone service helps First Nations (Status and Non-Status), Métis and Inuit peoples and their families navigate the healthcare system. Listeners provide culturally safe supportive listening, connections to health resources, Indigenous cultural supports, and help with addiction / mental health concerns.

Addiction and Mental Wellness Resources & Links| 2

Poisoning prevention

Learn how to reduce the risk and prevent opioid poisoning

- [How to spot a poisoning](#)
- [How to respond to a poisoning](#)
- [Get naloxone](#)
- [Digital Overdose Response – DORS App](#)

Printable Resources

Brochures

[Help for your opioid use disorder Brochure](#)
[Youth Virtual Opioid Dependency Program \(yVODP\)](#)
[Opioid Use Disorder Brochure](#)
[Indigenous Support Line Brochure](#)
[You could save a life \(Naloxone Kit\) Brochure](#)

Posters

[Opioid Poisoning Signs and Symptoms Poster](#)
[Indigenous Support Line Poster](#)

Information Sheets

[Fentanyl FAQs \(PADIS\)](#)
[Community Based Naloxone Program \(General FAQs\)](#)

For health professionals

[Recovery Alberta](#)

Learning resources, licensing and other important information for health professionals

[Trauma Training Initiative](#)

This training initiative focuses on enhancing knowledge of trauma-informed care and developing trauma-focused skills for practice.

[Trauma Informed Care Training Series](#)

Provides necessary knowledge and skill development for implementing trauma-informed care.

[Alberta Opioid Dependency Treatment \(ODT\) Virtual Training Program](#)

Provides necessary knowledge and skill development for comprehensive assessment and treatment of opioid use disorder

[Improving Treatment Together \(ITT\) Project](#)

Offers prevention and treatment strategies for opioid use in youth.

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