

May 2025 Newsletter from Beaver Lake Health Services

Health Centre Staff

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Rose Ann Swanson

Bonnie Brereton

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Melva Campbell

Leona Cardinal

Justin Gladue

Trevor Boostrom

Jenna Campbell

Katherine Cardinal

Charlotte Frenchman

Angela Cardinal

Shaylene Wilson

Lillian Lewis Gladue

Ivy Cardinal

Sabrena Candline

Sheena Gladue

Deneya Blood



**Take a quiet walk with
Mother Nature. It will
nurture your mind,
body, and soul.**



Nature Quotes
www.geckoandfly.com



RECREATION

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

WELLNESS

Nights

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

BEAVER LAKE CREE NATION MULTIPLEX BUILDING

TUESDAYS & THURSDAYS

AGES: 13+

INDOOR
SHOES
REQUIRED

Partnership between Beaver Lake Cree Nation Health Services & Prevention Programs

For more information call 780-623-4276



Are you expecting?

*I'm Going to Be
a Mommy Soon!*

**JOIN THE CPNP (CANADIAN
PRENATAL NUTRITION
PROGRAM)**

BENEFITS INCLUDE:

- PRENATAL AND POSTNATAL WEEKLY COUPONS
FOR GROCERIES**
- ONE ON ONE PRENATAL SUPPORT WITH NURSES**
- REFERRALS TO AGENCIES AND OTHER SERVICES**
- BREAST FEEDING SUPPORT**
- INTERACTING WITH OTHER EXPECTING MOTHER'S-**
- PRENATAL CLASSES**

Please call Heather /Ruby for more information or if
you're expecting!

780 623 4276

Beaver Lake Health Services

For on Reserve Members



MMIW AWARENESS COMMUNITY GATHERING

JOIN US TO REMEMBER AND HONOUR
MONDAY MAY 5TH, 2025
@ BEAVER LAKE CREE NATION HALL



Wear red and show you care. We encourage everyone to participate to honour all the lives lost and those who's lives have been forever changed by violence.

11:00 am Walk starting at the Hall

12:00 Lunch

1:00 Sharing Circle at the Hall

Prevention and Beaver Lake Health Services

Amisk Community School

*Mothers Day
Tea*

When: Friday, May 9th

Time: 1-3 pm

Where: School Gym

Come celebrate with your Mother,
Grandmother, or Auntie.

Let us shower them with love and gratitude





**BLCN
PREVENTION
&
HEALTH
SERVICES**



Celebrating Mothers Dine & Dance



MAY 10, 2025
5:30pm to 12:00am



BLCN HALL



**BLCN Community
& Members**

LIVE BAND



Event Highlights

Free Admission ◀

BLCN Families including infants, toddlers and children of all ages are welcomed!

Free Catered Supper 6pm ◀

Roast Beef Meal with Fixings catered by LaBones

Live Performance & Dance 7pm ◀

Enjoy the musical talents of Kyle Desjarlais & Legacy

Door Prizes, FREE FAMILY PHOTOS ◀

Door prizes through out the evening!
Special Gifts for ALL the Moms
FREE FAMILY PHOTO BY SERENA

**THIS IS A
SOBER EVENT**

*Concession &
50-50s*

**SECURITY ON
SITE**



Mothers Day

PAINT WORKSHOP

Let every Mother feel Special

Monday, May 12th/25

FOR ALL ELDERS, ADL AND HOMECARE
CLIENTS !!

BEAVER LAKE COMMUNITY HALL
STARTS @ 1:00 PM

PLEASE COME JOIN US 10 SPOTS
AVAILABLE PLEASE CALL SHAYLENE
WILSON @ BEAVER LAKE HEALTH
SERVICES !!



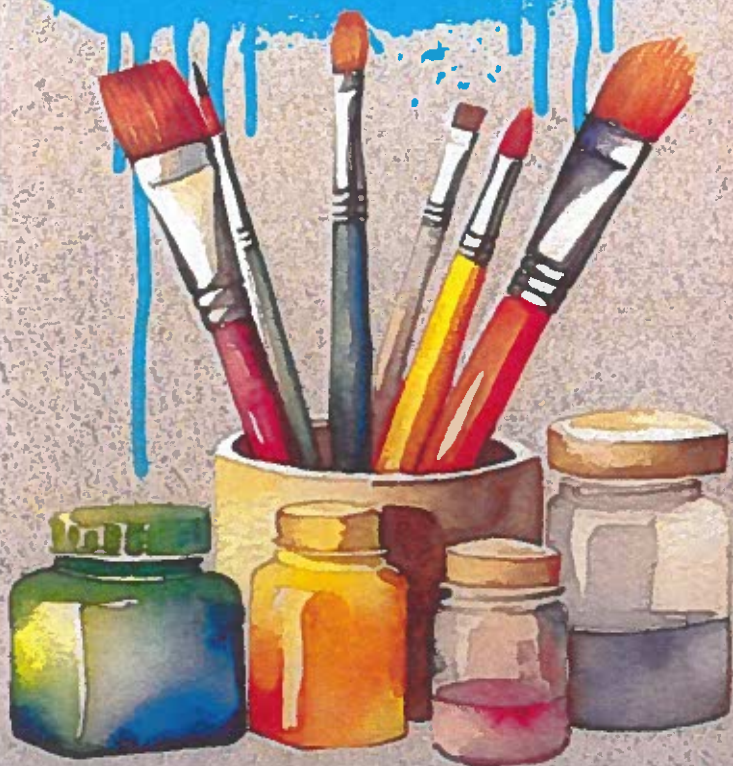
BEAVER LAKE HEALTH SERVICES

PAINT WORKSHOP

13TH -MAY

LIMITED SPACE

FREE

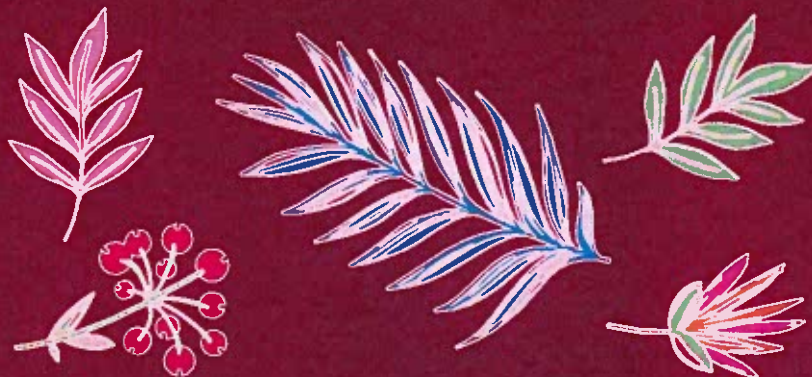


**CPNP
&
MCH**

**REFRESHMENTS
PROVIDED**

CONTACT RUBY OR HEATHER 780-623-4276

Good Food Bags



• 15th •
May

• Pick up •
in the afternoon

• Health Centre •
(780) 623-4276

Bring in your \$25.00 to Melva by the 9th, due to the fact that the groceries have to be ordered the week before. Thank you.

HOSTED BY BLHS

BEAVER LAKE COMMUNITY CLEAN UP



**MAY 22, 2025
10AM - 2PM**

JOIN US BY HELPING CLEAN UP BEAVER LAKE NEIGHBOUR TO NEIGHBOUR
BBQ LUNCH PROVIDED @ 1-2PM OUTSIDE HEALTH CENTER

- **Pick up Gloves/Bags at Health Center**
- **Meet your neighbour on each side of you**
- **Big item pick up for Elders**
- **Door prize draw and Lunch from 1-2pm**

For more info call (780) 623-4276

***HOUSEHOLDS CAN PARTICIPATE THE WEEK OF, SUPPLIES FOR PICK UP
WILL BE AVAILABLE TUES, MAY 20TH**



BAND MEETING

Friday, May 23rd, 2025
12:00pm Lunch Served
Meeting to Follow

In-Person Meeting-BAND MEMBERS ONLY
📍 Beaver Lake Community Hall

Reminder: The upcoming meeting will be moderated by a designated chairperson, and all participants, including Chief & Council, are expected to follow their lead.

****February Band Meeting Minutes will be available for pick-up by
May 9th, 2025 at the BLCN Administration Building****

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.

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