

May 2026 Newsletter from Beaver Lake Health Services

Health Centre Staff

Ph: 780-623-4276

Fax: 780-623-4569

Headstart/Daycare Staff

Ph: 825-837-3022

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

Tomarie Gawat

Lillian Lewis Gladue

Jvy Cardinal

Sheena Gladue

Natalie Gladue

waniskā
mitoni miwāsin kotak
kisikaw iwāpātamāk

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(wake up)

(It's so beautiful another day we get to see.)

#Cree101

BEAVER LAKE HEALTH SERVICES

MEDICAL TRANSPORTATION

ATTENTION: Medical Transportation Clients

- **Please be advised that Beaver Lake Health Services Medical Transportation vehicles are now equipped with cameras.**
- **This is for the safety of both our clients, and medical transportation drivers.**
- **Thank you for your understanding**



NIHB Medical Transportation

Beaver Lake Cree Nation, AB
2477 Cardinal Drive, T0A2C0

Phone: 780-623-4276

Text Line: 780-623-1464

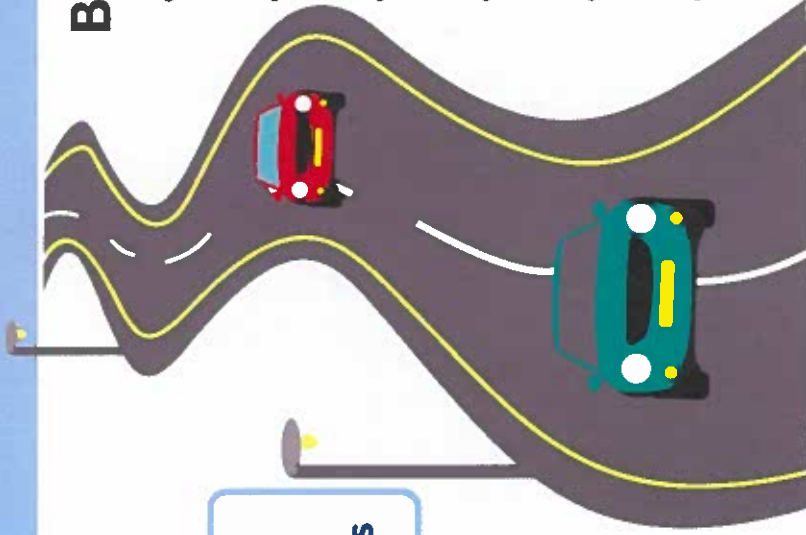
Monday - Friday

8:30 am - 4:30 pm

CLOSED Weekends and Holidays

Beaver Lake Medical Transportation provides transportation for **On-Nation** clients to the Beaver Lake Health Centre for medical appointments, as well as transporting clients to specialist appointments out of town as required

**Living Off-Nation? Call Edmonton Referral
1-800-514-7106**



BOOKING MEDICAL TRANSPORT:

- Local Trips: All clients must book at least **ONE DAY** ahead of scheduled appointments.
- Off-Nation Trips: All clients must book at least **ONE WEEK** in advance of schedule appointments
- Trips are scheduled on a first-come, first-served basis, confirmation of appointment **REQUIRED** at time of booking
- Only clients who are booked will be transported, unless escort is required (pre-approved).
- Clients who no-show for a booked trip will be banned from medical transport for 2 weeks from date of incident.
- Gas Support is provided **ONLY** if medical transports is not available for Off-Nation trips. Confirmation of attendance required.



PUBLIC NOTICE TO MEMBERS OF BEAVER LAKE CREE NATION

The Beaver Lake Cree Nation Daycare (IELCC) and Head Start (AHSOR) Programs will be temporarily closed effective **April 30, 2026**, and will reopen **September 2, 2026**.

This temporary closure is necessary to complete significant facility renovations, strengthen health and safety measures, and conduct a comprehensive review and modernization of policies, procedures, and overall program operations. These improvements are being undertaken to ensure that our children return in the fall to a safe, updated, and high-quality learning environment that reflects the standards and values of Beaver Lake Cree Nation.

We recognize that this closure may cause inconvenience for families. To support parents and guardians during this transition, Beaver Lake Cree Nation will cover eligible childcare costs for families who secure alternative licensed daycare or approved day home arrangements during the closure period. Additional details regarding eligibility and reimbursement processes will be provided directly to registered families.

The safety, well-being, and development of our children remain our highest priority. We appreciate the understanding and cooperation of our members as we take these important steps to strengthen and enhance our early learning programs for the future.

For further information or questions, please contact:

Lillian Lewis Gladue
IELCC/AHSOR Coordinator
Phone: 825-837-3022

or

Nadine Gordey-Landstrom
Health Director
Phone: 780-623-4276

Thank you for your continued support.

PLEASE JOIN US AS WE WEAR RED ON
TUESDAY MAY 5



MMIW / MMIP

Awareness Event

**11AM - AWARENESS WALK
(FROM AMISK TO BUSY BEAVER AND BACK)**

12PM - LUNCH AT HALL

1PM TO 2PM - RED DRESS MEMORIAL ACTIVITY

**TO HONOUR, REMEMBER AND
RAISE AWARENESS**



EMOTIONAL REGULATION & COPING SKILLS

LESSONS FOR HEALING

8 WEEK PROGRAM



WEDNESDAY'S
APRIL 8, 15, 22, 29
MAY 6, 13, 20, 27

1:30-3:00

1 GIFT CARD DRAW
PER GROUP

SNACKS AND
DRINKS AVAILABLE

CERTIFICATE
UPON
COMPLETION

MIYO PIMATISOWIN
WELLNESS TRAILER



BUILDING
RESILIENCE

GAINING CONTROL
OVER YOUR
EMOTIONAL MIND

DETACHMENT
FROM
OVERTHINKING



SELF CARE-LOVING KINDNESS

COPING WITH STRESSFUL
SITUATIONS

ANGER AND FORGIVENESS

REGULATING DISTRESSING
EMOTIONS

SHIFTING PERSPECTIVES FROM
VICTIM TO SURVIVOR

CREATING HOPE GRATITUDE AND
JOY


BEAVER LAKE HEALTH SERVICES

780-623-4276




YOUTH NIGHTS

WITH CHAD & JENNA



MONDAY-THURSDAY
4:00PM-6:30PM



OPEN TO TEENS AND YOUTH AGES 11-17

LOCATION: BEAVER LAKE HEALTH
SERVICES WELLNESS TRAILER



TRONIE
BASIL...

A colorful, abstract graffiti-style border at the bottom of the poster, featuring various shapes, colors (red, green, blue, yellow), and some text like 'TRONIE BASIL...'. An orange arrow points from the right side towards the bottom right corner.

Amisk Community School

*Mothers Day
Tea*

When: Thursday May 7th

Time: 1-2:15 pm

Where: School Gym

Come celebrate with your Mother,
Grandmother, or Auntie.

Let us shower them with love and gratitude






HAPPY MOTHER'S DAY!



We invite members of the BLCN community to Join us for an afternoon of celebration and good company!





**FRIDAY MAY 8TH
10AM-2PM @ BLCN
COMMUNITY HALL**

LUNCH PROVIDED!

**GIFTS FOR THE
FIRST 80 MOTHERS**

DOOR PRIZES!



ACTIVITY STATIONS

- LANYARD MAKING
- FLOWER POTTING
- PAINTING



M.C.H & C.P.N.P

May 11, 2026

**come out and enjoy a day of teething necklace
making by (Marilyn Gladue)
we will also be baking some
cookies or other baked goodies
(space is limited)**

Time: 10:00- 3:00pm

**Contact: Ruby or Heather
780-623-4276**



Good Food Bags



• 15th •
May

• Pick up •
in the afternoon

• Health Centre •
(780) 623-4276

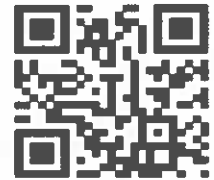
Bring in your \$25.00 to Melva or,
e-transfer to blhs@blcn.ca

Thank you.

By the 15th

Eating well during pregnancy

The foods you eat before and during pregnancy help nourish you and your baby. Here are some tips for eating well during pregnancy so you and your growing baby get the important nutrients you need. To learn more, scan the QR code using your smartphone or visit www.HealthyParentsHealthyChildren.ca



Vegetables and fruit

Try making half (1/2) of your plate vegetables and fruits.

- Serve raw vegetables with your meals
- Wash, chop, and refrigerate or freeze extra vegetables and fruits when preparing meals
- Choose fresh, frozen, or canned fruit for dessert
- Add canned pumpkin or squash purée to soups
- Add fresh fruits to salads
- Add frozen fruits to baking
- Try different types of leafy green vegetables, like kale, spinach, and bok choy

Whole grain foods

Try making one quarter (1/4) of your plate whole grain foods.

- Start your day with a bowl of oatmeal, a mix of whole grain cereals, or whole grain toast
- Keep a variety of whole grain foods in your pantry
- Try a new whole grain each week
- Add pot barley, bulgar, or quinoa to soups, salads, and stir-fries
- Mix whole grain brown or wild rice into white rice

Protein foods

Fill one quarter (1/4) of your plate protein foods.

- Eat animal-based protein foods for iron like beef, moose, chicken, and fish
- Eat a variety of fish and shellfish low in mercury and high in omega-3 fats like clams, salmon, and canned light tuna (yellow and skipjack)
- Choose protein foods that come from plants more often like beans, peas and lentils

Other ways to meet your nutrition needs

- Drink milk or unsweetened fortified soy beverage
- Use milk in foods like smoothies, soups, and cereals
- Eat other protein foods like legumes, nuts, and eggs
- Get vitamin D from foods like fatty fish and eggs
- Get calcium from foods like yogurt, tofu, white beans, and cheese
- Drink more water to meet your fluid needs



Did you know?

Health Link has dietitians to answer your nutrition questions. Call 811 and ask to talk to a dietitian or visit

[Alberta Health Services - Nutrition Services](#)





**COME
TOGETHER,
CANADA.**

**Stronger connections,
better mental health.**



THE BENEFITS OF SOCIAL CONNECTION

SOCIAL CONNECTION IS PART OF EVERYDAY LIFE

Social connection takes many forms. It might look like sharing a meal with someone you love, calling a friend, or exchanging a few words with a stranger. These moments of connection happen all around us, every day. And they matter more than we might think.

WHY SOCIAL CONNECTION MATTERS

Human beings are social animals. Our very survival and ability to thrive depends on how we interact with others. Research shows that strong social support is linked to:

- Higher rates of well-being
- Greater safety and resilience
- Increased prosperity
- Longer life expectancyⁱ

Having good social support has also been found to lead to positive health outcomes, a sense of purpose, belonging, security, and self-worth. It also increases access to health-promoting resources and behaviours.ⁱⁱ In practice this means our ability to recognize when we need to reach out for help when we need it and where to find it and doing day-to-day things that help improve our mental health and well-being.

WHEN CONNECTION IS MISSING

When people experience social isolation or can't connect with others in ways that feel satisfying or that meet their needs, they can experience loneliness and possibly mental health and physical health problems. The inverse is also true: mental health problems and illnesses can lead to isolation and loneliness, particularly when people aren't receiving the right health and social supports.ⁱⁱⁱ

SOCIAL ISOLATION VS. LONELINESS: WHAT'S THE DIFFERENCE?

- **Social isolation:** Having few relationships or limited contact with others
- **Loneliness:** The feeling – or perception – of being alone or disconnected

People can live solitary lives and not be lonely, while some people can be surrounded by people and yet feel very alone.^{iv}

Suicide Prevention Resources

Emergency Call 911

Alberta Health Link Call 811

211 Alberta Call (24/7): 211
Text (24/7): Text INFO to 211

Online chat: <https://ab.211.ca/how-we-help/contact/>

Talk Suicide Canada

Call 1.833.456.4566 | Text 45645
www.talksuicide.ca

Canadian Association for Suicide Prevention

Call 1.613.702.4446 | <https://suicideprevention.ca>

Government of Canada - Mental Health Support

Call 1.866.585.0445
Text WELLNESS: 686868 for youth | 741741 for adults
www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html

Alberta Mental Health Helpline

Call (24/7): 1.877.303.2642
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

Access 24/7

Crisis Line (24/7): 780.424.2424
Access 24/7 offers a crisis line, can direct you to walk in services, addiction services and connect you to counselling

**Hope For Wellness Helpline
(For Indigenous Peoples across Canada)**

Toll-free Help Line (24/7): 1.855.242.3310
Online chat: <https://www.hopeforwellness.ca/>

Kids Help Phone

Crisis Line (24/7): 1.800.668.6868
Text (24/7): Text CONNECT to 686868
Facebook Messenger (24/7): [KidsHelpPhone.ca/Messenger](https://www.kidshelpphone.ca/messenger)

Brite Line (24/7 support for 2SLGBTQIA+ people)

Call: 1.844.Prevention | 1.844.702.7483
<https://www.briteline.ca>

Trans LifeLine - National Trans Help Line

Call: 1.877.330.6366
Trans Lifeline is a grassroots hotline offering direct emotional support to trans people in crisis - for the trans community by the trans community



If you are in crisis or need immediate support, please contact one of the following 24/7 resources:

- **Emergency Services:** Call **911**
- **Canadian Suicide Prevention Service:** 1-833-456-4566 or text **45645**
- **Mental Health Help Line:** 1-877-303-2642
- **Rural Distress Line:** 1-800-232-7288
- **Alberta Family Violence Info Line:** Call or text **310-1818**
- **Alberta Addictions Helpline:** 1-866-332-2322
- **Kids Help Phone:** 1-800-668-6868 or text **CONNECT** to 686868
- **Indigenous Hope for Wellness Help Line:** 1-855-242-3310
- **Trans Lifeline:** 1-877-330-6366
- **Out Is Ok (LGBTQ+ Youth Support):** Text **OUTISOK** to 686868
- **LGBTQ+ Health & Well-being Helpline:** 1-800-566-1170
- **211 Alberta (Community & Social Services):** Call **211** or 1-888-482-4696
- **Health Link Alberta:** Call **811**

Beaver Lake Cree Nation Competition Pow Wow
July 31, August 1,2, 2026

We are currently looking for contestants
for the

Princess Pageant

Tiny Tots - Age 6 years & under

Juniors - 7 to 12 years

Seniors - 13 to 17 years

Open to all Beaver Lake Cree Nation Members

Please register, pick up rules and tickets

from Irene Anderson 780-404-5139 or 780-623-9553

starting the week of **May 18, 2026.**

Deadline to register is May 31st.

No late registrations will be accepted.

SAVE THE DATE



Beaver Lake Cree Nation
Annual Competition Pow Wow



JULY 31, AUGUST 1 & 2, 2026

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