

Whitecap Health Centre

Newsletter

Hours of Operation

8 a.m.—12 noon ~ 1 p.m.—4:30 p.m.

Monday through Friday

Closed Saturdays, Sundays & Statutory Holidays

We are located at 316 Moose Woods Drive, Whitecap, SK S7K 2L2

Contact us at 306.373.4600



Welcome to our Spring Newsletter!

The Whitecap Health Centre have put together information on the **UPCOMING PROGRAMS** that are **OPEN** to **ALL RESIDENTS** who **RESIDE** in **WHITECAP**. Whether you are a **Band Member**, or you are **NEW** to the **COMMUNITY**, we **INVITE YOU** to stop by & visit us.



Health Staff Updates...

Gary Beaudin—EXECUTIVE MANAGER, HEALTH SERVICES

Mr. Gary Beaudin is the Health Centre's new Executive Manager, Health Services and will begin June 2, 2014.



Roberta Fiddler—COMMUNITY JUSTICE WORKER

Miss Roberta Fiddler has gone on Parental Leave and will be returning in January 2015. We will miss Roberta until her return.



Stephanie Smith—Practicum Student

We would like to introduce our new Social Work Practicum II Placement; Stephanie Smith.

Stephanie currently attends Faculty of Social Work at the Saskatoon Campus.

This is her major practicum. starting May 6th – August 23, 2014.



Maryline Gladue—Temporary HOME HEALTH AIDE

Maryline started in March as a Home Health Aide. She is available Tuesday & Thursdays. Maryline will be with us until Katlynn Henderson returns from Maternity Leave in July.

Please contact the Home Care Staff at the Health Centre for more information.

The Whitecap Health Centre
Invites you to attend the
Elders Engagement Luncheon

Thursday, May 15, 2014

Whitecap Health Centre

Lunch at 12 Noon

Educational topics include:
Arthritis Management and
A Good Frame of Mind

Rides available, please call the Health Centre
@ 306-373-4600.

OPEN TO ALL WHITECAP RESIDENTS



Health Staff Team Meeting

Clinic After Hours Schedule

SERVICES AVAILABLE

WHAT IS A NURSE PRACTITIONER?

A Nurse Practitioner is a registered nurse who works in a Primary Health setting, has additional education and training, writes a national qualifying exam and is licensed by the Saskatchewan Registered Nurses Association as an independent practitioner.

WHAT CAN A NURSE PRACTITIONER DO?

- Can diagnose and treat common medical illnesses, chronic medical conditions such as diabetes or COPD.
- Can order tests such as laboratory tests, x-rays, and ultrasounds, pre-op appointments.
- Perform common procedures such as removal of moles, excision and drainage of abscesses and suturing of simple wounds (cuts).
- After assessment, prescribe medications (except narcotics)
- Provides education, injury prevention & health promotion.



AFTER HOURS NURSE PRACTITIONER SCHEDULE

Monday Hours : 11:00 AM—7:00 PM

Closed on Weekends & Statutory Holidays

(Jeannie will also be available to take appointments during regular clinic hours Tuesday—Friday 9:30 a.m.—4:15 p.m.)

- To secure an appointment for the after hour service call the Health Centre.
- If unable to keep this appointment, kindly give 24 hours notice.

***PLEASE BRING YOUR SASKATCHEWAN
HEALTH CARD**

**Call the Health Centre to book
appointments.**



Whitecap Health Centre
Jeannie Coe
Nurse Practitioner

316 Moose Woods Drive, Whitecap SK Tel 306.373.4600 Fax 306.343.8855

**Free
Delivery to
Whitecap**

PRESCRIPTION DELIVERY



Stonebridge Pharmacy will be delivery prescriptions to the Whitecap Health Centre every Thursday afternoons after 2:30 p.m.

For more information about the free prescription delivery please call the Whitecap Health Centre.

306-373-4600





ART CLASSES



With instructors from

Saskatoon Community Youth Arts Programming!

When: Every Tuesday

(starting MAY 13 till June 17th for six weeks)

Time: 4:30-6:00 pm

Where: Whitecap Fire Hall

Ages: 10-13 years

For more information please contact Amber Clark

@ 306-373-4600

Art projects will be based on traditional Aboriginal art forms designed to make connections between culture and contemporary context.

Ages 14 and up classes start June 24th - August 5th





Privacy and your Electronic Medical Record

Whitecap Dakota First Nation and Saskatoon Health Region are working together to deliver your health services at the Whitecap Dakota First Nation Health Centre. To improve the quality of your health care, an Electronic Medical Record (EMR) secure computer program now stores your personal health information. The EMR system has been in place at the Whitecap Dakota First Nation Health Centre since July 31, 2013 but similar systems have been successfully used in Saskatchewan since 2009.

Why use EMR?

The EMR system provides better security of your health information than paper charts and files. EMR also makes health records easy to read and improves efficiency in the delivery of your health services.

What personal health information is collected?

The same information routinely entered in a medical chart is now stored in your EMR. This includes things like:

- Name, address, date of birth
- Health services number
- Status number
- Medical history, treatment notes, prescriptions, lab test results

Who has access to EMR?

Only health care providers directly involved in your care have access to your health information.

Each provider is permitted access only to the portions of your health information appropriate to the level of care they are providing. For example, nurses see medical information while receptionists do not. Receptionists that book appointments have permission to access only information such as your name, address, date of birth, status and health services number.

Is EMR information secure and confidential?

Yes. All Whitecap Dakota First Nation Health Centre employees sign legally-binding confidentiality agreements and take great care to protect your personal health information. Your health information is only shared with another health care provider if they are granted permission to access this information and if they are directly involved in your care.

Each health care provider is given a unique password so that access to your EMR is permanently tracked in the system with the time, date and the name of the person who looked at your information. Random audits are conducted on the EMR system to further ensure its appropriate use, and to deter any "snooping around". Your EMR is not stored on any local computers at Whitecap Dakota First Nation Health Centre.

If you have questions, contact:

Roberta Fiddler
A/Health Manager
Whitecap Dakota First Nation Health Centre
316 Moose Woods Drive
Phone: 306-373-4600

**COMMUNITY KITCHEN
WEDNESDAY, MAY 21
1-4 PM
HEALTH CENTRE**

**WELL BABY CLINIC
EVERY TUESDAY
9 AM-4 PM**



WHITECAP CADET CORPS VOLUNTEERS NEEDED

The WDFN Cadet Corps is looking for volunteers. The Cadet Corps consists of 6 female cadets and 3 male RCMP instructors. The WDFN Cadet Corps cannot continue without adult female volunteers therefore RCMP members are requesting Adult female volunteers to assist.

The Cadets parade every Tuesday night at 5 pm. If anyone is interested please make contact with any Whitecap RCMP member.



Help keep the WDFN Cadet Corps alive for the Whitecap Dakota First Nation youth.



WHITECAP HEALTH CENTRE



Whitecap Children's Centre

Whitecap Children's Centre

Hours of Operation:

Monday – Friday

7:30am – 5:00pm.

The Whitecap Children's Centre

will be closed on regular
statutory holidays as well as

First Nations holidays.

Daycare Fees

Band Members

Infants (6 – 17 months)

\$350.00/month (full-time)

Toddlers (18 – 29 months)

\$287.50/month (full-time)

Preschooler (30 months – 5 years)

\$262.50/month (full-time)

Non Band Members

Infants (6 – 17 months)

\$700.00/month (full-time)

Toddlers (18 – 29 months)

\$575.00/month (full-time)

Preschooler (30 months – 5 years)

\$525.00/month (full-time)



Ticks

What is a tick?

- A tick is a tiny, dark, 8-legged, blood-sucking parasite with a small head and a larger body.
- Ticks can be found in tall grass, trees and shrubs. The tick latches on to humans or animals, looking for a warm, hairy place to feed (e.g. nape of the neck, armpits, groin or waist). Once the tick embeds its mouth parts, it feeds until it is filled with blood, then drops to the ground to lay its eggs.
- The most common types of tick in Saskatchewan are the Rocky Mountain wood tick (*Dermacentor andersoni*) and the American dog tick (*Dermacentor variabilis*).
- The black-legged tick (*Ixodes scapularis*), or "deer tick", which is known to carry Lyme disease, is occasionally found in Saskatchewan.¹ There have been occasional sporadic cases of Lyme disease reported in Saskatchewan. Most of these are related to travel to an area where Lyme disease is common. However, a recent case was most likely acquired in Saskatchewan.
- The bite of an infected "castor-bean" tick (*Ixodes ricinus*), common throughout central and eastern Europe, can lead to an illness known as Tick-borne Encephalitis.

How to remove ticks

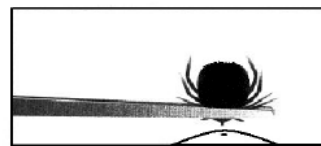
- Remove ticks as soon as possible.
- Do not apply mineral oil, Vaseline or anything else to remove the tick as this may cause it to inject germs into the wound.
- Use fine-tipped tweezers and grasp the mouth of the tick as close as possible to the skin and pull upward and out with a firm and steady pressure. Do not jerk or twist the tick.
- Do not handle the tick with bare hands.

- Be careful not to squeeze, crush or puncture the body of the tick, which may contain infectious fluids.
- After removing the tick, apply an antiseptic such as rubbing alcohol to the site. Wash your hands.
- Contact your doctor if you are unable to remove the whole tick. Infection can occur if the tick's mouth parts remain in the skin when attempting to remove it.
- Watch for signs of infection, such as redness and swelling. See your doctor if these occur.

A. Grab the tick at the mouth parts as close as possible to the skin.



B. Pull straight out.



How to avoid ticks

- Reduce the number of ticks at home by trimming long grass, brush and weeds.
- Prevent ticks from attaching to skin:
 - wear light colored clothing to help show crawling ticks
 - tuck shirt into pants and pant legs into socks
 - wear high boots
 - wear a hat
 - walk on cleared paths where possible.
- Use an insect repellent containing DEET on clothing and uncovered skin.
- Check skin, as well as clothing (inside and out) at the end of the day during tick season. Pay special attention to neck, armpits, groin and waist.
- Check pets that go into tall grass or weeded areas daily.

¹ Saskatchewan Ministry of Health website: www.health.gov.sk.ca/lyme-disease

For more information, call the International Travel Centre at **655-4780**
www.saskatoonhealthregion.ca/internationaltravel

LiveWell Programs—SHR

Saskatoon Health Region - LiveWell Diabetes Aim 4 Health Program



Hello, my name is Lois Crossman and I am a Manager with the Saskatoon Health Region.

I am excited to work in collaboration with the Whitecap Primary Health Care Team. I am at the Health Centre on a once-a-week basis to provide clinical support to the staff in the delivery of programs and services.



LiveWell Aim 4 Health Diabetes Team

Jackie, Diabetes Nurse Clinician and Laurel, Diabetes Dietitian come out to Whitecap Dakota Dunes First Nation Health Centre every second Tuesday from 1-4:00pm.

If you are interested to learn more about your diabetes, we encourage you to phone the Health Centre to book an appointment.

We look forward to working with you.

Tuesday, June 10

Tuesday, July 8

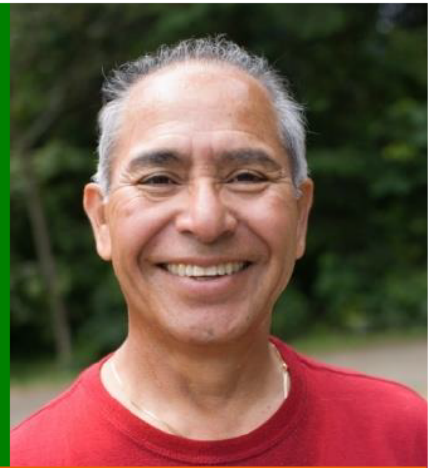
Tuesday, August 12

Tuesday, September 9



With Chronic Conditions

Put Life Back in Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do.

LiveWell with Chronic Conditions workshops put me back in charge. Now I have the energy to do the things that matter.

I've put life back in my life!

LiveWell with Chronic Conditions Workshop

**Whitecap Dakota First Nation
Health Center**

Tuesday afternoons
1:00 pm – 3:30 pm
May 13th – June 17th, 2014

**To register or for more information
call 655-LIVE
(655-5483)**

**Sign up now
for a LiveWell
with Chronic
Conditions
Workshop!**



Events at the Whitecap Health Centre

Elders Engagement & Luncheon

Thursday, May 15, 2014
12:00 PM—2:00 PM
Cultural Room, Health Centre

Community Kitchen

Wednesday, May 21, 2014
1:00 PM—4:00 PM

Parenting 101

Every Monday
5:00 PM—& 7:00 PM
Cultural Room, Health Centre

Well Baby Clinic

Every Tuesday

Cadet Program

TBA

5:00 PM—6:00 PM
Whitecap School Gym

Stonebridge Pharmacy

Free Prescription Delivery
Every Thursday
2:30 PM Health Centre

Art Classes

Every Tuesday (Starting May 13-June 17)
Ages: 10-13 years (six week program)
4:30 p.m.
Whitecap School Gym

LiveWell Chronic Conditions Workshop

Every Tuesday
1-3:30 p.m.
Whitecap Health Centre
*Please call the Health Centre to register.

**All Programs Open
to ALL Whitecap
Residents!!!**



LiveWell Diabetes Program Aim 4 Health

Every 2nd Tuesday of the month
1-4 p.m.

Whitecap Health Centre

***Please call the Health Centre to
book an appointment.**



City Park Annual Plant Sale

City Park Horticulture Students will be selling bedding plants, perennials and vines, which they have grown in their classes!

**FOR MORE INFORMATION CALL SHERYL AT
THE WHITECAP HEALTH CENTRE 306-373-4600**

When: Wednesday May 14, 12:00 - 6:00
Tuesday May 20, 12:00 p.m. - 6:00 p.m.

Where: City Park Greenhouse
820 9th Avenue N.
(North side of building)



We have a selection of:

- Vegetables, Annuals, Perennials
Hanging Baskets and Containers



We are also accepting donations of perennials/shrubs to be used at our HCAP/Habitat for Humanity landscaping project, (tax receipt available from Habitat) as well as any used planting containers and hand tools to be used at City Park.





The Good Food Box

Is an alternative, community based food distribution system that provides a variety of quality fresh fruits and vegetables at an affordable price.

Basic Box {\$24.00}

[Enough produce for 3 to 4 people for 7-10 days]

Contains approx. 10 different essential fruits and veggies in larger quantities, and one dry item such as pasta or soup mix every few cycles.

Regular Fruit and Veggie {\$17.00}

[Feeds 2-3 people for 7-10 days]

Contains approx. 8 different kinds of veggies, 3 different kinds of fruit

Small Fruit and Veggie {\$12.00}

[Feeds 1-2 People for 7 Days]

Contains approx. 6 different kinds of veggies, 2 different kinds of fruit

Mini Fruit and Veggie {\$8.00}

[Feeds 1 Person for one week]

Contains approx. 7 different kinds of fruits and veggies in smaller quantities

Fruit Bag {\$15.00}

Contains approx. 7 different kinds of fruit for 2-3 people for 7-10 days.

Snack Pack {\$10.00}

A bag full of ready-to-eat servings of fruits, veggies and a seed mixture! Perfect for kids!

Sunshine Box \$30.00

The local box! All items are grown within Saskatchewan and are both herbicide- and pesticide-free. Size and contents vary with the seasons.

Orders and money are due in advance.

Contents change according to season, quality, price, availability of foods, and input from the community.



Good Food Box Order & Delivery Dates

May						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



*Whitecap Dakota First
Nation*

*Housing & Public Works/
Health & Social / CFS
Advisory Committee*

Councillor Dwayne Eagle

Arnold Stone

Crystal Buffalo

Janice Daniels

Loretta Whitecap Brown

Melvin Littlecrow

Nancy Linklater

Sandra Daniels

To place your GFB
order, contact Sheryl
Buffalo at the
Whitecap Health Centre
306-373-4600