

Spirit of Mamawetan

Volume 1, Issue 4

Together in Wellness

May 7, 2008



Get Active!

Walk, Run, Dance... The Northern Sport, Culture and Recreation District, on behalf of the Active Communities Team (ACT) of the Northern Healthy Communities Partnership, is proud to announce that Northern Physical Activity Week is now **Northern Physical Activity Month!**

For the month of May, organizations like ours are encouraged to plan fun physical activities and initiatives that will help more people become more active, more often! Physical activity is an important part of a healthy lifestyle and has many benefits including feeling healthier, increased energy, better sleep, reduced stress, and more quality time with family and friends!

Let's challenge each other to get creative about being active in the workplace. Prizes will be awarded. Also, send your NPAM photos for the next newsletter.

Idea: Take part in Sadie's Walk in La Ronge on May 9.

Volunteering—on the job

National Volunteer Week is celebrated across the country during the last week in April. Every year, the Mamawetan Churchill River Health Region honours its volunteers with a recognition event. This year a lunch will be held at the La Ronge Health Centre on June 4. It is an opportunity to thank those who give of their time to transport clients, deliver meals-on-wheels, or be candystripers. We're grateful to *everyone* whose efforts help us to promote, enhance and maintain quality of life.

And we're also grateful to staff who give of their time to take on tasks that would not normally be part of their job description, but who say "yes" to make a difference to the communities we serve.



(Above) Dental staff give children in the La Ronge Headstart program an introduction to dental care. **(Left)** Staff join with others from partner agencies to package books for the *Babies, Books and Bonding* program. **Other** recent "volunteers": Irene Venne gave students from Stanley Mission a tour of the LRHC. Wendy McPhail spoke to students at Churchill School on choosing a career in health. Judges for the Northern Regional Science Fair included Sadie Chave, Maureen Howell, Jodi Roy, Stephanie Young, Wendy McPhail, Jen Hounjet, Justin Galloway, Bernie Hesse, David Sampson, Shala Ricklefs & Audrey Boyer. Thank you all.



A big bouquet!

Congratulations to Jacquie Hakes, Manager of Health Promotion, who recently completed the last course for her Masters of Science degree in Health Promotion Studies. Jacquie has been taking courses by distance education for the last four years.

Convocation from the University of Alberta will take place on June 5 in Edmonton.

(The roses were from her husband who obviously appreciates her hard work.)



Why not cash in your recyclable beverage containers and use the proceeds towards pledging a golfer for the golf tournament?

Check out the **Events** page of our website on a regular basis for details on health-related happenings in our region: www.mcrha.sk.ca



For a cause... Brenda Mishak Beckman spent a noon hour in "jail" in support of the La Ronge Ice Wolves. Other good sports were Curtis Skalicky, Stuart Phillips and Dianne Dickens.

In Partnership with... Air Ambulance



Providing the best care can often mean transporting a patient by air to a larger centre for specialized treatment.

Representatives from the Ministry of Health and Saskatchewan's Air Ambulance Service were in La Ronge on April 23 to discuss ways of making this partnership more effective.

Medical Transportation Coordinator Bella Todd and Director of Primary Health Care Brenda Mishak Beckman took the opportunity to tour the inside of the air ambulance King Air aircraft.

Taking Action: A Safe and Healthy Workplace

Saskatchewan has one of the highest workplace injury rates in Canada.

Employers, workers and agencies are committed to workplace safety are renewing their efforts to create healthier and safer work conditions.

Let's consider five reasons why taking action is so important by looking at what's happened in Saskatchewan workplaces over five years.

- 127 workers killed on the job – or from the job:
 - *49 workers died from injuries on the job, such as falls;
 - *41 workers killed from motor vehicle crashes while working;
 - *37 workers died from work related health problems, such as cancer and asbestosis;
- 2,223 workers permanently impaired from workplace injuries;

- 73,598 workers injured seriously enough to be off the job;
- 1,878,887 workdays lost from workplace injuries and illnesses;
- \$101 billion dollars in compensation claims alone.

Source: *Government of Saskatchewan website*

For more information, or if you would like to find out how you can become involved in reducing injury rates, speak to your local OH&S committee or Jan Senik @ 425-4821.

The theme for North American Occupational Safety and Health Week, May 4-10, 2008, is:
Start Today! Live it Every Day!



Employee & Patient Safety Coordinator Jan Senik introduces Medical Health Officer Dr. James Irvine to kick off NAOSH Week.

Dr. Irvine spoke on the importance of hand hygiene and personal protective equipment.

