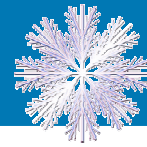




Northern Family Health Society

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Message from the Executive Director

By Stephanie Curtis, Executive Director, NFHS

It's been an exciting past few months at the agency. We have several new staff members who recently joined the agency. In the Healthiest Babies Possible program, Phyllis Maher is the new Outreach Team Leader, and Tricia Turner, is the Community Action Program For Children & Fetal Alcohol Spectrum Disorder Resource Coordinator. I would also like to welcome Pamela Williams who has joined the NFHS team as a Management Consultant, and is working very closely with me on staff development initiatives, as well as Shauna Ketsa, Executive Assistant, who put together this newsletter. We are very proud to have them join our team and are looking forward to implementing some of their excellent ideas.

I had the unique opportunity to visit Fort Ware in November to facilitate some training with the school and meet with many, many families and the band office. What an incredible part of Canada! As usual, I forgot my camera so I do not have pictures to back up my stories. I was especially touched by the generosity of the community, and the teachers who go above and beyond the call of duty. While on my visit I was invited to a volleyball game (my wrist is still sore) and to a community meeting.

In a further step to test my adaptability, just after I left Fort Ware I was off to Toronto to attend a national conference on addictions. I left this conference with so many ideas, especially on the topic of FASD prevention and innovative strategies pregnancy outreach programs around the country are implementing.

As you can see, it's been a very busy past few months and I haven't even mentioned all the exciting changes taking place at the agency, such as the renewal of our Northern Solutions and Youth Works contracts, and the Healthiest Babies Possible program changes. It's never a dull day at the Northern Family Health Society.

Healthiest Babies Possible

By Sheila Robinson, Coordinator, Healthiest Babies Possible

Healthiest Babies Possible has experienced quite a few changes this fall and you will see some new faces when you visit us. Phyllis Maher comes to us from the NFC Native Healing Centre where she worked for a number of years as an alcohol and drug counsellor. She has worked in a variety of other positions in the community as well and we value her experience and gentle spirit. Tricia Turner has joined the outreach staff after completing her degree in psychology this year. Tricia comes with lots of enthusiasm, energy and ideas. Welcome Phyllis and Tricia! Daisy Charlie is presently working at Structured for Success for a couple of months doing outreach in the homes of their participants. She will be rejoining the HBP team in the New Year and we look forward to learning from her experience and welcoming her back! Jennifer Harding has returned to university this fall to complete her Social Work degree. All the best, Jennifer! We look forward to some changes in our programming to include Baby Time, a monthly drop in for moms and babes with Kristen Klassen, Public Health Nurse. This will be a great time to ask questions about feeding, growth and development, other concerns and weigh your baby. This will complement our other programming. Come in and check our calendar to see the groups that are coming.



"We look forward to some changes in our programming to include Baby Time, a monthly drop in for moms and babes with Kristen Klassen, Public Health Nurse." – Sheila Robinson, Coordinator, Healthiest Babies Possible

Goodbye...

I would like to take this opportunity to say goodbye to Kim Bain, who recently left the Northern Family Health Society and took a new job at the Northern Health Authority. I had the exceptional opportunity to work very closely with Kim and I would like to thank her for all her hard work and dedication. We all miss you at Northern Family Kim and we look forward to lots of lunches with you in the future. - *Stephanie Curtis*

Nutrition Spotlight

Part 1

“Bright red peppers, juicy oranges, tangy pineapple, plump strawberries and grapes, ripe tomatoes- doesn't your mouth just water thinking about these delicious foods?”



“In a Hurry for Breakfast? Grab the perfect fast food that doesn't need a container – bananas, apples, pears are all easy to take along foods.”

Color your World with Vegetables & Fruit

Brought to you by Dieticians of Canada and

Louise Lefebvre, Dietician, Healthiest Babies Program

Vegetables and Fruit are 1 of 4 important food groups in Canada's Food Guide to Healthy Eating. Together with Grain Products, Milk Products, Meat & Alternatives, they form a tried and true blueprint for healthy eating.

Vegetables and Fruit taste awesome!

Your taste buds will come alive when you savour the sweetness of snow peas, the crunch of cucumber and the kick of kiwi!

Vegetables and Fruit help you stay healthy.

They are loaded with Vitamins, fibre and antioxidants all known to help fight disease and allow your body to perform at its best.

- With the exception of avocados and olives, vegetables are low in fat and calories. They make a great snack any time of the day.
- Broccoli, red peppers, strawberries, oranges, and kiwi are the best picks for Vitamin C, which is needed to prevent infections and heal cuts and bruises.
- Fruits, such as apples, strawberries and citrus fruits contain soluble fibre, which helps reduce 'bad' cholesterol. Most fruits and vegetables, except for fruit juices, also provide insoluble fibre, which helps keep bowels healthy and regular. Eat the skins whenever you can for added fibre. (Make sure they are washed well first!)
- Dark green leafy vegetables, asparagus, green peas, oranges, corn and pineapple juice are great sources of folic acid, a B vitamin needed for healthy blood and known to protect against neural tube defects during pregnancy.
- Lower your risk for heart disease, stroke, and certain types of cancer by choosing anti-oxidant rich vegetables and fruit. Examples include dark green, red and orange choices like red peppers, tomatoes, broccoli, mango and cantaloupe.

Vegetables and Fruit are totally versatile!

Enjoy them fresh, frozen, canned or dried. Try them juiced in soups, stir-fries, casseroles or for dessert.

Aim for 5-10 servings a day

It's easy! Reach for 5 by choosing 1 serving of Vegetables and Fruit at every meal and snack. One serving is equal to 1 medium piece of fresh fruit, OR ½ cup of cut-up fresh, frozen or canned fruit or vegetable OR 1 cup of green salad OR ½ cup of 100% fruit juice OR ¼ cup dried fruit. It's just that simple.

In a hurry?

Grab the perfect fast food that doesn't need a container - bananas, apples, pears are all easy to take along foods.

Be adventurous

Try a new fruit or vegetable every week - you'll be amazed at how good it all tastes.

Take a little time...

By Elle Ambrosi, BSW, YouthWorks Program Coordinator



Quite often, society judges youth by their behaviour(s) while overlooking the gifts and strengths they have to offer. This is especially true of those youth deemed to be outside of the norm such as those coping with homelessness, at-risk behaviours or a hidden disability. These youth often have wonderful talent that remains just as hidden as they are.

Gifts in the area of the arts - sketching, painting, dancing, poetry, music, etc.- are just waiting to be tapped into and shared with others. These gifts can become vital sources of inspiration and motivation for change within the individual themselves, their peers or the general population if they are provided adequate support and encouragement.

“Your support could mean a world of difference to someone who often goes unnoticed.”



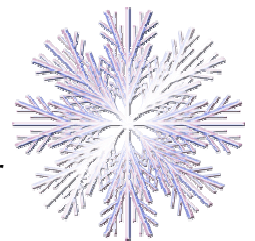
*Logo Contest Entry for the 'Hip Hop Java Shop'
by Skylar Dennis aka Savage*

For the past six months I have been fortunate enough to witness some of the talent that has gone unnoticed and unrecognized in the Prince George area. Rap face offs, break dancing competitions, producing and playing musical compositions are but a few of the gifts coming to life these days in venues such as the College of New Caledonia and the Hip Hop Java Shop.

Over the holiday season stop and take a few moments to watch and listen to the wonderful sights and sounds around you. Your support could mean a world of difference to someone who often goes unnoticed.

Northern Solutions Employment Program

By Donna Flanagan, Northern Solutions Employment Program, Project Coordinator



Northern Solutions is the answer for parents in the north! Participants recommend this 'confidence-building' program. Quote - "it really helps people sort out everything in their lives, and guides them in a right direction with a better understanding of their personalities and abilities".

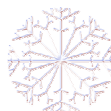
We have effectively worked with numerous parents (families) this past year. At this time some of the participants are working at; Northern Reflections, Northern Get-a-Way, Home Hardware, Active Support Against Poverty, Takla Corporation, Shooters, Peerless Ltd, Reitman's, Joey's Only, ACA Catering, and more...

Others have gone on to (funded) training in; Business Marketing (CNC), Business Management (CNC), Business Essentials (Technology Resource Centre), and the Northern BC School of Hairdressing.

We are looking forward to the signing of the contract and beginning our 2006-year.

The coordinators thank you all who contributed to the project's success and send best wishes for a Happy New Year. As well congratulations to all the parents, and 'may the force be with you'.

For more information about the Northern Solutions Employment Program, please call Donna at 561-2689 or e-mail donna@nfhs-pg.org or Marie at marie@nfhs-pg.org.



CAPC Update

By Erica Chidiac, BC North Region CAPC Coordinator, Community Action Program for Children

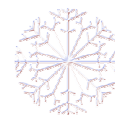
We are half way through this year of our contract and the coalition is going strong! I am always amazed at the dedication of our front-line workers. Services continue in support for pregnant women, community kitchens, parenting and early literacy programs, early intervention programs for drug and alcohol-affected pre-school children, as well as numerous workshops and presentations in FASD.

At our October face-to-face coalition meeting, we had the opportunity to explore evaluation results for our coalition and work out solutions that will more effectively measure the outcomes of the work we do. We also examined our mission and philosophy as a CAPC coalition, shared program updates, and looked our strategic plan for the next year.

One of the goals we set as a coalition is to increase awareness of the programs and services funded through CAPC. We have ten years of success, strong community partnerships and a well-established coalition. Over the next few months we will be developing marketing strategies in cooperation with our provincial marketing committee, designing new ways to reach participants, policy makers and the general public.

We look toward a positive future, proud of the work we have accomplished for children, families and communities in our region.

Let our CAPC light shine!



For more information about CAPC programs for families in your region, contact erica@nfhs-pg.org

Funded by the Public Health Agency of Canada

Twas the night before Christmas

Author Unknown

Twas the night before Christmas
when all through the house
I searched for the tools
to hand to my spouse

Instructions were studied
and we were inspired,
in hopes we could manage
"Some Assembly Required."

The children were quiet
(not asleep) in their beds,
while Dad and I faced
the evening with dread:
a kitchen, two bikes, Barbie's townhouse to boot!
And now, thanks to Grandpa, a train with a toot!

We opened the boxes,
my heart skipped a beat -
let no parts be missing or
parts incomplete!



"Too late for last-minute returns or replacement;
if we can't get it right,
it goes straight to the basement!
When what to my worrying eyes should appear
but 50 sheets of directions, concise, but not clear,
With each part numbered and every slot named,
so if we failed, only we could be blamed.

More rapid than eagles the parts then fell out,
all over the carpet they were scattered about.
"Now bolt it! Now twist it! Attach it right there!
Slide on the seats, and staple the stair!
Hammer the shelves, and nail to the stand."
"Honey," said hubby, "you just glued my hand."

And then in a twinkling, I knew for a fact
that all the toy dealers had indeed made a pact
to keep parents busy all Christmas Eve night
with "assembly required" till morning's first light
He spoke not a word, but kept bent at our work,
till our eyes, they went bleary; our fingers all hurt.
The coffee went cold and the night, it wore thin
before we attached the last rod and last pin.

Then laying the tools away in the chest,
we fell into bed for a well-deserved rest.
But I said to my husband just before I passed out,
"This will be the best Christmas,
without any doubt.
Tomorrow we'll cheer,
let the holiday ring,
and not run to the store for one single thing!
We did it! We did it!
The toys are all set
for the perfect, most magical, Christmas, I bet!"

Then off to dreamland and sweet repose
I'm grateful went, though I suppose
there's something to say for those self-deluded-
I'd forgotten that BATTERIES are never included!

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