



NITINAHT WEEKLY

January 8th – 15th, 2020



Friendly Reminder to be safe on the roads during this winter season!

- Notify family or a friend of your departure and/or arrival time.
- Carry a supply of water and snacks for an unexpected delay.
- Carry car emergency pack; spare tire, jack, flare, flash light.
- Have winter tires on your vehicle.
- Take your time on the wet/icy/snow roads.

REMINDER OF MEETING

GOVERNANCE (BAND) MEETING

RE: *Roberts Bank Terminal 2*

DATE: Sunday, January 12th, 2020 at 10:00am

Ditidaht Community Hall – lunch will be served

Ditidaht Community Services

P.O. Box 340 Port Alberni, B.C. V9Y-7M8 PH: 745-3331 FAX: 745-3741

Elders Notice

January 8, 2020

Happy New Year everyone!!!! We are back in good spirits. I hope everyone had a very lovely holiday. Upcoming events are:

- Elders loonie toonie fundraiser starting January 13 and draw will be on January 17, 2020 (pre-bids will start on the above date)
- 50/50
- Elders Luncheon January 22, 2020 at 12pm @ the Community Services building

If there is anyone who would like to donate to the loonie toonie, or baked goods for the day of the draw for a bake sale, feel free drop any donations off at the Community Services office or contact Kelita Sieber at 250-745-3331 or email : elderscoordinator@ditidaht.ca



Literacy

Resume Building Drop in

Time: 11 am to 4pm

Date: Thursday January 9th & 10,2020

Location: Community Services Office

Come on over and let's get started on whatever you need help with. Snacks and coffee available.

I also have more books for book club. If anyone is interested let me know and we will set up a date and time to start.

Sincerely,

Kelita Sieber

Literacy Catalyst worker

Contact info: Phone # 250-745-3331 Email: kelita_sieber@hotmail.com

* Dates and times may be subject to change.

2020 JANUARY * if no/under 3 participants show up in the first 30 minutes group will be cancelled

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 CLOSED	31 CLOSED	01 CLOSED	02 CLOSED	03 CLOSED	04 CLOSED	05 CLOSED
06 CLOSED	07 K-5 Drop in 3:15pm-5:00pm Gr 5-7 Rec Drop-in 6:30pm-8:00pm Gr 8-12 Switch/Pool 8:00pm-9:30pm	08 K-6 Open Gym 3:15pm-3:45pm Gr K-7 Science Club 3:45pm-5:00pm Gr 5-7 Open Gym 6:30pm-8:00pm Gr 8-12 Open Gym 8:00pm-9:30pm	09 K-5 Games Day 3:15pm-5:00pm Gr 5-7 Switch/Pool 7:30pm-9:00pm Gr 8-12 Arts/Crafts 9:00pm-11:00pm	10 K-5 Outside Day 10:00am-12:00pm Gr 5-7 Craft 1:00pm-3:00pm Gr 8-12 Baking/Cooking 8:00pm-11:00pm	11 K-5 Switch/Movie 10:00am-12:00pm Gr 5-7 Outside Day 1:00pm-3:00pm Gr 8-12 Outside Activity 8:00pm-11:00pm	12 CLOSED
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20 CLOSED	21 K-5 Drop in 3:15pm-5:00pm Gr 5-7 Rec Drop-in 6:30pm-8:00pm Gr 8-12 Switch/Pool 8:00pm-9:30pm	22 K-6 Open Gym 3:15pm-3:45pm Gr K-7 Science Club 3:45pm-5:00pm Gr 5-7 Open Gym 6:30pm-8:00pm Gr 8-12 Open Gym 8:00pm-9:30pm	23 K-5 Games Day 3:15pm-5:00pm Gr 5-7 Switch/Pool 7:30pm-9:00pm Gr 8-12 Arts/Crafts 9:00pm-11:00pm	24 K-5 Outside Day 10:00am-12:00pm Gr 5-7 Baking/Cooking 1:00pm-3:00pm Gr 8-12 Baking/Cooking 8:00pm-11:00pm	25 K-5 Switch/Movie 10:00am-12:00pm Gr 5-7 Outside Day 1:00pm-3:00pm Gr 8-12 Outside Activity 8:00pm-11:00pm	26 CLOSED
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January 05 to January 12 2020

LGBTQ GROUP (Facilitator Yvonne Rigsby Jones & TBD)

* January 19 to January 26 2020

Creating Connections (Darcy Kerr & Andrea Kerr)

- Examining who "I AM" in relation to Myself, My Family, My Community and the World.
- Where and Who have I come from. (Introduction to Inter generational Strengths and Trauma)
- What challenges have I overcome to get here. (Introduction to Resiliency)
- What Relationships have influenced me the most. (Positive Role Models)
- Exploring the "Me" I want to be. Success vs. Sabotage (I am Worthy)

February 02 to February 09 2020

CODA GROUP (Facilitator Yvonne Rigsby Jones & TBD)

* February 16 to February 23 2020

Healing for Survivors of Abuse (Facilitators Darcy Kerr & Sheila Clark)

- Understanding the Impacts of Shame and Trauma.
- How to Heal Emotions and Increase Self Esteem
- Moving Beyond the Pain
- Reclaiming and Celebrating your Unique Self.
- Healing through Ceremony

March 01 to March 08 2020

TBA (Facilitators Yvonne Rigsby Jones & TBD)

* March 15 to March 22 2020

Path to Recovery (Facilitators Darcy Kerr & Daniel Blackstone)

- Looking at Recovery from:
- "A Pathological Relationship with "ANYTHING" that has Life Damaging Consequences".
- Identifying and Learning how to Heal the Shame and Trauma that leads to Addictions.
- Identifying the "Roots" of Addictions
- Identifying the different kinds of Addictions

* March 29 to April 03 2020

Cultural Healing Retreat (Facilitators Yvonne Rigsby & Darcy Kerr)

- Culture as Healing
- Restoring Balance through Ceremony
- What are my Gifts
- Medicine Wheel Teachings
- Healing through Cultural Art (Paddles & Feathers)
- A Healing Retreat to help participants understand who they are as "Ku-uss"
- Restoring Pride in Identity.
- Telling our Stories and Establishing a Relationship with the Land through Ceremony.

THE PROCESS:

Participants will arrive on Sunday. Boat from Tofino leaves @3pm.

Dinner @ 5pm.

Team Meeting @ 6:30 pm for Facilitators, Cultural Support, Elders, On-site Worker & Coordinator.

Orientation @7pm for Participants

DAILY:

Group begins @9am to 4:30 with a morning and afternoon break.

1 hour lunch @ noon daily.

Evening Activities will begin at 7pm and conclude at 9pm.

It is hoped that the Elders or Cultural Support Workers will be available to lead the evening activities.

Quiet time begins at 10pm.

AA Meeting

Every Wednesday evening

7pm -8pm

Also introducing another support meeting starting Thursday
January 16,2020

NARCOTICS ANONYMOUS

We have new material and clean time key tags and literature. Anyone is welcome to join. The only requirement is the desire to not use. There is no judgement on one another, creating a safe place for us to meet and share our support. We are a fellowship of men and women, who standby one another to hold each other up.

We DO Matter!!!

You Matter!!!!

STIPAYA

Funded Youth Program

Ages - from
17 to 27 years old


Training wage

Fun!

Get into trades,
healthcare, retail...

Life Skills

Cultural
Practices

 (250) 723-4675

Essential Skills

Job
Experience





4908 Argyle Street, Port Alberni BC V9Y 1V7

PH 250.723.4675 Ext. 28 | ambar@ineoemployment.com

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čičim hihak k^waa (Hello)

We are doing intake for the cohort #3 of the STEP-YA program. This is a 16-week skills training program provided by INEO Employment Services for young adults who are experiencing barriers to finding sustainable employment in the Alberni Clayoquot Regional District and nearby areas.

Young adults aged 17 through 27 years will develop the theoretical, practical, occupational, and essential skills required to find and maintain employment in a variety of labour market sectors. A training wage is provided to young adults who are committed to successful outcomes through active participation in a combination of classroom training and hands-on work experience leading to additional education or employment.

Please feel free to refer anyone interested to us. They can download the form or come to our office ASAP.

<https://www.ineoemployment.com/step-ya/>



Healthy Eating For Healthy Blood Pressure



Why should you be concerned about high blood pressure?

High blood pressure is a major risk factor for heart attack, heart failure, stroke and kidney disease. High blood pressure is also known as "hypertension".

- **1 in 5** Canadian adults have high blood pressure. Many are unaware they have it.
- **9 in 10** Canadian adults are likely to develop high blood pressure in their lifetime.

Healthy Eating for Healthy Blood Pressure

Eating healthy foods with less sodium will help lower your blood pressure and help prevent high blood pressure.



Healthy Eating with DASH

The **DASH Diet (Dietary Approach to Stop Hypertension)** is similar to Canada's Food Guide and

has been shown to improve blood pressure. The DASH Diet emphasizes eating plenty of vegetables and fruit, low-fat milk products, whole grains, lean meats, fish, legumes (dried beans) and nuts and limits sodium to 1500 - 2300mg each day.

What You Can Do

Vegetables and Fruit: 7-10 servings each day



- ✔ Buy fresh or frozen vegetables instead of canned or packaged with added sauces.
- ✔ Choose low-sodium vegetable juices and soups.
- ✔ Enjoy fruit as a snack or dessert.
- ✔ Season vegetables with lemon or lime juice instead of salt.
- ✔ Eat more vegetables than fruit if you are trying to lose weight.



Grain Products:

6 - 8 servings each day according to your level of physical activity

- ✔ Choose at least 3 higher fibre (more than 2 grams of fibre per serving), whole grain foods each day.
- ✔ Choose low-fat (less than 3 grams of fat per serving) grain products most often.
- ✔ Use and compare the Nutrition Facts Table when buying breads, crackers, cereals, bakery products, desserts and snacks. Buy products with higher fibre, lower fat and lower sodium.

Milk and Alternatives: 2 - 3 servings each day



- ✔ Choose skim or 1% milk and yogurt more often than cheese.
- ✔ Choose lower fat cheeses (less than 18% Milk Fat) and 1% or skim milk cottage cheese.
- ✔ Limit processed cheese slices and processed cheese spreads.
- ✔ Limit higher sodium and higher fat instant puddings and mixes for hot chocolate and coffees.



Meat and Alternatives: 2 - 3 servings each day

- ✔ Have smaller portions of meats, fish and poultry. 75g (2.5 ounces) is a serving size.
- ✔ Buy fresh or frozen, unseasoned lean meat, poultry, fish, seafood and tofu most often.
- ✔ Eat a small handful of unsalted nuts and seeds several times a week.

- ✔ Limit processed, cured, smoked or deli meats such as wieners, sausages, ham, pepperoni, salami, luncheon meats and bacon, salami or deli roast beef, chicken and turkey.
- ✔ Enjoy meals made with peas and beans, lentils, chick peas at least once each week such as lower sodium chili, baked beans, hummus, split pea soup, edamame, etc.

Fats, Oils, Sweets and Snack Foods

- ✔ Use a smaller amount of vegetable oil rather than salted butter or margarine for cooking.
- ✔ Try making homemade salad dressing with no added salt.
- ✔ Check food labels and choose sweets and snack foods with the lowest amount of sodium and saturated or trans fat.

Lower Sodium Eating

Sodium is found in salt. All types of salt are high in sodium including table salt, Kosher salt, sea salt, fleur de sel, gourmet salt, seasoning salts and smoked salt. Sodium is also found in food additives such as MSG (monosodium glutamate).

- Adults should consume between 1,200 – 1,500 milligrams (mg) each day, depending on your age.
- Most Canadians eat almost double the recommended amount of sodium each day.

Where does the sodium in your diet come from?

1. Over 75% of the sodium in your diet comes from processed foods and restaurant or take-out meals.
 - Breads, breakfast cereals, crackers, sweets and bakery products can contain high levels of sodium even though they may not taste salty

Restaurant and takeout meals can be very high in sodium

Examples of sodium content of restaurant foods

Menu Item	Sodium (mg)
Breakfast egg sandwich	840 mg
Chicken Caesar salad	570 mg
12" pepperoni pizza	5960 mg
Deluxe cheeseburger & medium fries	1910 mg
Fried chicken dinner	2280 mg

2. Another source of sodium is the salt and seasonings added during cooking and when you eat.
3. Small amounts of sodium also occur naturally in healthy, unprocessed foods.

What You Can Do

The best thing you can do is to eat natural, unprocessed and homemade foods more often. That way, YOU control the sodium.

At the grocery store

- ✔ Buy fresh or frozen unprocessed foods most often.
- ✔ Choose breads, crackers, baked goods, snack foods, sauces, soups, dressings and "healthy choice" items with the lowest sodium per serving.
- ✔ Read food labels to choose packaged foods with the lowest sodium.

The Nutrition Facts label can help you choose foods lower in sodium

Nutrition Facts	
Per 3/4 cup (175g)	
Amount Per Serving	% Daily Value
Calories 160	
Fat 2.5 g	4%
Saturated 1.5 g	8%
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75 mg	3%
Carbohydrate 25 g	6%
Fiber 0 g	0%
Sugars 24 g	
Protein 8 g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 0%

- Check the serving size and note the amount of sodium.
- Choose foods with less than 120 mg sodium per serving.
- Choose foods with sodium that has a % Daily Value (DV) of 5% or less.

When eating at home

- ✔ Prepare and eat more unprocessed and home made foods. Find quick and easy recipes at www.dietitians.ca/yourhealth.
- ✔ Avoid adding salt when cooking and baking.
- ✔ Use lemon juice, lime, herbs and spices to add flavour without sodium.
- ✔ Use less ketchup, mustard, soy sauce, pickles, olives, prepared gravies, sauces and salad dressings.
- ✔ Avoid cured and deli meats.
- ✔ Remove the salt shaker from where you eat.
- ✔ Use diluted tomato paste instead of tomato sauce, powdered bouillon or canned soup in recipes.
- ✔ Do not use sea salt, fleur de sel or flavoured salts (onion, garlic, celery, BBQ etc.) in recipes; they are also high in sodium.

When eating restaurant or take-out meals

- ✔ Choose dishes made from fresh, low-sodium ingredients.
- ✔ Ask for less salt and other seasonings, like MSG (monosodium glutamate), to be added to your food.
- ✔ Ask for gravy, sauces and salad dressings "on the side", and use lightly.
- ✔ Check the nutrition information of menu items to help you order and choose foods with less sodium.
This information may be on a menu, poster or pamphlet at the restaurant or on their website.

Putting it all together. More DASH. Less sodium

Let your taste buds enjoy the flavour of nutritious food with less sodium. As you choose lower sodium foods more often, you will develop a preference for foods with less salt. You will soon find that some processed or restaurant foods taste too salty.

Menu Makeover

A few small changes can help you eat healthier according to the DASH Diet, Canada's Food Guide (CFG) and to lower the sodium in your diet. Check out these menu makeovers that follow and give them a try.

Breakfast Menu Makeover

Instead of...	Sodium (mg)	Try...	Sodium (mg)
Raisin bran muffin - Larger	800	Multigrain bread - 2 Slices	300
Butter - 2 pats	75	Peanut butter - 1 Tbsp	75
		Banana	1
Flavoured coffee - 16 oz.	300	Coffee with 2oz 1% milk	32
Total	1175		408

Lunch Menu Makeover

Instead of...	Sodium (mg)	Try...	Sodium (mg)
White pita bread - small	322	Multigrain bread - 2 slices	300
Pastrami deli meat - 3 oz.	1225	Leftover roast beef - 2oz.	37
Cheese - 1 slice	176	Lettuce and cucumber	0
Mustard - 1 Tbsp	56	Mustard - 1 Tbsp	56
Dill pickle	385	Carrot sticks	60
Oatmeal cookies - 32 g	150	Low fat fruit yogurt - 175 g	123
		Apple	0
Total	2314		576

Supper Menu Makeover

Instead of...	Sodium (mg)	Try...	Sodium (mg)
Fast food chicken burger	990	Grilled chicken breast -75 g	64
Medium french fries	540	Baked potato + 1 Tbsp yogourt	43
Ketchup - 1 Tbsp	110	Tomato slices- 6	11
		Steamed broccoli - 1 cup	25
Apple turnover	200	Canned peaches - 1 cup	5
Milkshake - 16 oz.	350	1% Milk 8 oz.	122
Total	2190		270
Daily Total	5679		1254

Your Action Plan for healthy, lower sodium eating

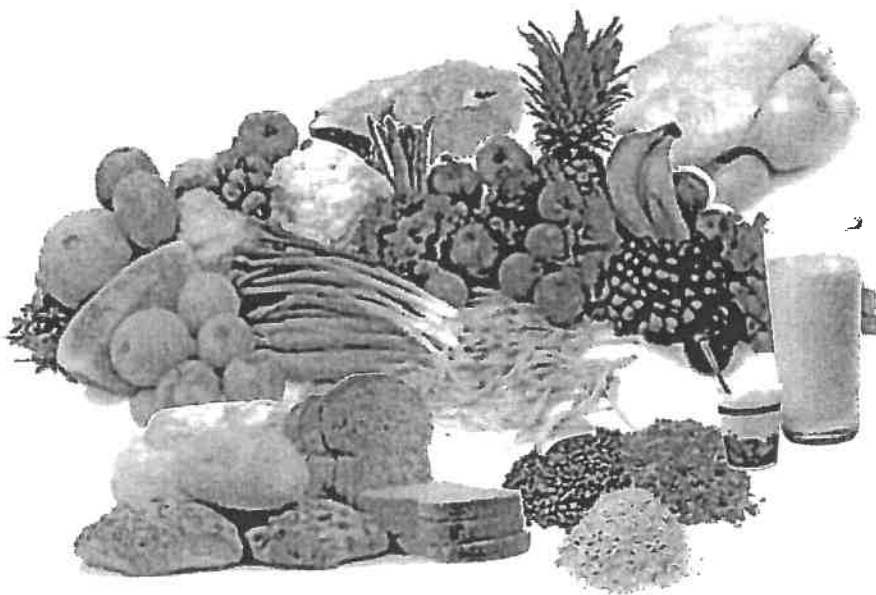
1. Give yourself a pat on the back for the healthy habits you already have.
2. Make a checkmark ✓ beside your healthy habits and the changes that you feel ready to make.
3. Work on making one change at a time. Be sure the change is realistic so that you can stay with your new eating habit over the long-term.
4. Celebrate the positive changes that you make to your eating.

I do/will:

- ___ Eat at least 7-8 servings of vegetables and fruit each day
- ___ Choose lower sodium, high-fibre cereals, breads, bakery products and snacks
- ___ Choose 2-3 servings of low-fat milk products or alternatives each day
- ___ Prepare more homemade meals and bake from scratch
- ___ Use less salt at the table
- ___ Use less salt and salty seasonings in cooking and baking
- ___ Cut back on the amount of condiments, sauces and dressings added to food
- ___ Buy fewer processed foods
- ___ Choose low-fat, high-fibre, lower sodium snack foods
- ___ Have leftover cooked meat or chicken instead of deli meat in sandwiches
- ___ Eat fewer "instant" foods or foods made from mixes
- ___ Check food labels and buy lower sodium foods
- ___ Eat more beans, peas and lentils
- ___ Eat a handful of unsalted nuts or seeds several times each week.
- ___ Eat fewer take-out meals
- ___ Make healthy, lower sodium choices at restaurants
- ___ Watch my portion size, eat slowly and enjoy every bite
- ___ Take other actions such as: _____

For More Information

www.hypertension.ca
www.dietitians.ca
www.healthcheck.org
www.dashdiet.org
www.sodium101.ca
www.hc-sc.gc.ca



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www.hypertension.ca
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Updated 2012





DIABETES: GARDENING GROWS THE SPIRIT

BC Aboriginal Diabetes Conference
March 16th-19th, 2020



BC Aboriginal Diabetes Conference

Diabetes Conference 2020 is the 19th BC Aboriginal Conference to be held. The 18th conference in 2019 was a very successful event with over 350 participants, volunteers, facilitators, trade and craft fair people in attendance.

Conference Goals

- Increase awareness and knowledge for health promotion, prevention and complications associated with diabetes.
- Provide an atmosphere to network, share and liaise among Health Care Workers to promote and support healthy lifestyles.
- Promote culturally appropriate education for people with diabetes, their support persons, and

Event Information

The BCADC will be hosted at the Penticton Lakeside Resort

We recommend that you stay at

Penticton Lakeside Resort & Conference Centre
21 Lakeshore Drive
Penticton, BC
V2A 7M5

For reservations call:

1.800.663.9400

www.rpbhotels.com

You will require a paid registration confirmation number to book under the Conference block.



Join over 350 participants, volunteers, facilitators, and others at the BCADC in 2020!

[Register Today](#)

<http://bcadc.ca/registration/>

Contact Us

Conference Contact

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Registration Contact

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