

# Alberta

## Aboriginal Diabetes Prevention and Management Program

**Address** Aboriginal Diabetes Prevention and Management Program, Building Healthy Lifestyles  
Population Health Department, Chinook Health Region, Community Health, "Train Station"  
Lethbridge, Alberta T1J 4L5

**Contact:** Ed Schwab, Registered Dietician, Certified Diabetes Educator

**Telephone:** 403-388-6675 **Website:** [www.chr.ab.ca](http://www.chr.ab.ca)

**Fax:** 403-317-0435 **E-Mail:** [ESchwab@chr.ab.ca](mailto:ESchwab@chr.ab.ca)

### Description:

Our vision is to have an integrated, evidence based and community based, culturally sensitive program providing care and services for diabetes and other chronic diseases, both on and off reserve to achieve an optimal quality of life, health and well-being. Our goals are to focus on: awareness; prevention; early detection; education; self-care management; and the prevention of complications. We support traditional and western lifestyles and treatment, assist health professionals involved in the care of Aboriginal people; collaborate with neighboring reserves as well as Aboriginal Community Health Representatives. The team members offer a variety of educational programs to meet the needs of Aboriginal people with diabetes / dyslipidemia and their families / health care professionals / the community. Services include: Our Building Healthy Lifestyles – Diabetes Program services include: individual and group sessions, pregnancy clinic, in-patient support, pediatric clinic, school in-services, insulin initiation program, diabetes and heart health classes, specialty topics classes, Herbal remedies, blood glucose screening, community seminars / presentation, learning centre and lending library, support group, community kitchens and grocery store tours; in collaboration with Save On Foods and Community Nutrition.

## Aboriginal Diabetes Wellness Program

**Address** Aboriginal Diabetes Wellness Program  
204 Anderson Hall, 10959 - 102 Street  
Edmonton, Alberta T5H 2V1

**Contact:** Eileen Ledger, Program Coordinator

**Telephone:** 780-735-5669 **Website:**

**Fax:** 780-735-5878 **E-Mail:** [adwp@cha.ab.ca](mailto:adwp@cha.ab.ca)

### Description:

To balance Newoway; Cree term for all 4 aspects of being: SPIRIT, EMOTION, MENTAL, and PHYSICAL as a way to promote health and wellness by providing diabetes education and support to individuals, the community and healthcare professionals within a combined cultural & western multidisciplinary team approach. We have nutrition programs, school diabetes programs, awareness promotion and glucose monitoring.

## Aboriginal Head Start on Reserves - Alberta Region

**Address** Aboriginal Head Start on Reserves - Alberta Region  
Canada Place, 9700 Jasper Avenue, Suite 730  
Edmonton, Alberta T5J 4C3

**Contact:** Mary Berube, Team Leader

**Telephone:** 780-495-5690

**Website:**

**Fax:** 780-495-7338

**E-Mail:** mary\_berube@hc-sc.gc.ca

### **Description:**

The Aboriginal Head Start On Reserve initiative is designed to prepare young First Nations children for their school years, by meeting their emotional, social, health, nutritional and psychological needs.

This initiative is intended to encourage the development of projects that are comprised of the following program components: culture and language, education, health promotion, nutrition, social support and parental involvement.

This initiative will encourage the development of locally controlled projects in First Nation communities that strive to instill a sense of pride, a desire to learn, provide parenting skills, foster emotional and social development, increase confidence, and improve family relationships.

It is also designed to assist parents in enhancing their skills which contribute to their child's healthy development.

## Aboriginal Urban Diabetes Initiative

**Address** Aboriginal Urban Diabetes Initiative  
10336 – 121 Street  
Edmonton, Alberta T5N 1K8

**Contact:** Emilea Karhioo, Health Coordinator

**Telephone:** 780-423-3138

**Website:**

**Fax:** 780-425-6277

**E-Mail:** emilea@anfca.com

### **Description:**

“AUDI” teaches type 2 diabetes prevention strategies and traditional culture through summer camp experiences for children and youth. We also publish a bi-monthly newsletter, free to subscribe and will provide a video series and book resource in the coming year.

## Alexis Health Centre

**Address** Alexis Health Centre  
PO Box 39  
Glenevis, Alberta T0E 0X0

**Contact:** Gladys Kyme  
Debbie Rain, Community Health Representative

**Telephone:** 780-967-1090

**Website:**

**Fax:** 780-967-4431

**E-Mail:** gkyme@onehealth.ca

**Description:**

We run monthly diabetes clinics to check blood pressure, blood glucose and weight with a dietician. A \$50.00 food voucher is given for checking blood glucose once daily for one month and is eligible every month. Organize walks, school diabetes program, awareness promotion, foot care clinic and glucose monitoring.

## Atikameg Health Centre

**Address** Atikameg Health Centre  
Box 210 White Fish Lake  
Atikameg, Alberta T0G 0C0

**Contact:** Joan Crawford or Veronica Anderson

**Telephone:** 780-767-3941

**Website:**

**Fax:** 780-767-3900

**E-Mail:**

**Description:**

Introduction of an Elders Day program. Including crafts, cooking classes, bingo using the native food guide bingo cards, and prizes awarded. Also, we have birthday cake for all elders whose birthday it is that month. Organize walks, nutrition programs, school diabetes program, foot care clinic, glucose monitoring and Elders' tea.

## Beaver Lake Health Services

**Address** Beaver Lake Health Services  
Box 1950  
Lac La Biche, Alberta T0A 2C0

**Contact:** Yvonne Gladue, Community Health Representative

**Telephone:** 780-623-4276

**Website:**

**Fax:** 780-623-4569

**E-Mail:**

**Description:**

In school, teaching awareness and encouraging healthy lifestyle choices. Foot care and glucose monitoring is done in the homes of people living with diabetes. We also send people living with diabetes to Edmonton for one week training; we have a foot Doctor come in once a year and we are promoting our walking club. We have organized walks, a school diabetes program, foot care and glucose monitoring.

## **Bighorn Nakoda**

**Address** Bighorn Nakoda  
Box 9  
Nordegg, Alberta T0M 2H0

**Contact:** Seona Abraham, Health Services

**Telephone:** 403-721-2262      **Website:**  
**Fax:** 403-721-2170      **E-Mail:**

**Description:**

Information booklets and menus for people living with diabetes are distributed from the Health Centre. We do a Diabetes Awareness Walk on the first Friday in May, which is very well supported by the school and community members. We have had 120 participants who have their glucose monitored along the way as well as receive a nutritious lunch at the end of the walk. Our school lunch menus are developed in collaboration with the Health Nurse to provide healthy meals. We have nutrition programs, awareness promotion and lunch programs.

## **Bigstone Cree Nation**

**Address** Bigstone Cree Nation  
Box 1020  
Wabasca, Alberta T0G 2K0

**Contact:** Annie Auger, Registered Nurse, Community Health Nurse

**Telephone:** 780-891-2000      **Website:** [www.bigstonehealth.ca](http://www.bigstonehealth.ca)  
**Fax:** 780-891-2623      **E-Mail:** [reception@bigstonehealth.ca](mailto:reception@bigstonehealth.ca)

**Description:**

We offer an annual Diabetes Road Relay Race from Slave Lake to Wabasca (over 100km). We also have a Fitness Centre at our Health Centre that is utilized by clients with diabetes (and without) who want a more structured type of exercise as well as an Annual Diabetes Road Relay Race.

## Chinook Health Region - Aboriginal Health Program

**Address** Chinook Health Region - Aboriginal Health Program  
Population Health Department, Chinook Health Region, Lethbridge Centre Tower, Suite  
Lethbridge, Alberta T1J 4E1

**Contact:** Karoline Philipp, Director, Population Health Program

**Telephone:** 403-317-7100 **Website:** [www.chr.ab.ca](http://www.chr.ab.ca)

**Fax:** 403-382-4481 **E-Mail:** [kphilipp@chr.ab.ca](mailto:kphilipp@chr.ab.ca)

### **Description:**

The Chinook Health Region, Population Health Department has a unique multi-disciplinary Aboriginal Health Program. We have three Aboriginal Diabetes Programs including the Aboriginal Diabetes Prevention & Management Program, the Napi Cross-Cultural Diabetes Program and the Kainai Diabetes Program. The Urban Aboriginal Mental Health Program provides group wellness services and the Aboriginal Community Health Representatives provide a variety of services and are located throughout the region. This program includes Aboriginal and non-Aboriginal staff providing services for the community in health promotion, mental health, transportation for health care services, diabetes/heart health and nutrition education, community kitchens and in conjunction with Wellness Services providing immunizations, post and pre-natal care and sexual health.

## Chipewyan Prairie (Janvier)

**Address** Chipewyan Prairie (Janvier)  
General Delivery  
Chard, Alberta T0P 2G0

**Contact:** Nurse in Charge or Community Health Representative

**Telephone:** 780-559-2375 **Website:**

**Fax:** 780-559-2677 **E-Mail:**

### **Description:**

We perform a number of public health activities. We do glucose screening and give support and ongoing monitoring to identified people living with diabetes and personalized support.

## Cold Lake First Nations

**Address** Cold Lake First Nations  
Box 8100  
Cold Lake, Alberta T9M 1N1

**Contact:** Lillian Turzanski, Registered Nurse, Community Health Nurse  
Mary Janvier – Community Health Representative

**Telephone:** 780-594-2473      **Website:**  
**Fax:** 780-594-0084      **E-Mail:** clfndgug@telus.net

**Description:**

The breakfast and lunch program is at the school. The pre-natal education program provides food vouchers for milk, eggs, and cheese. Through the Diabetes Initiative, we plan to have nutrition, diabetes awareness and health promotion, exercise, foot care, and glucose monitoring. We also started a Young Chefs program for children ages 11+ years. We have Sadie's walk, nutrition program, school diabetes program, foot care clinics and pre-natal education.

## Driftpile Community Health Services

**Address** Driftpile Community Health Services  
Box 120  
Driftpile, Alberta T0G 0V0

**Contact:** Paulette Campiou, Program Coordinator

**Telephone:** 780-355-3931      **Website:**  
**Fax:** 780-355-2055      **E-Mail:**

**Description:**

For our Traditional Herb/Medicine Workshops, we invite contacts from outside of the community to speak and present alternative solutions to control diabetes. After the presentation, we have a dinner and give door prizes. Our Annual Diabetes Walk has been very successful. It has been on-going for the last 22 years with an average of 130 walkers who make the 3.6 kilometer trek. We give participants T-shirts, serve a light lunch and monitor glucose levels before and after the walk. The Regional Police escort the walkers for safety reasons. Organize walks, fitness programs, nutrition programs, school diabetes program, awareness promotion, traditional herb/medicine workshops, foot care clinics, glucose monitoring, pre-natal education and braid study with Dr. Toth.

## Duncan's First Nation

**Address** Duncan's First Nation  
Box 327  
Berwyn, Alberta T0H 0E0

**Contact:** Myrna Alexander, Community Health Representative

**Telephone:** 780-597-3730      **Website:**  
**Fax:** 780-597-3717      **E-Mail:** malexander@onehealth.ca

**Description:**

Fitness program, each participant is given a pedometer and set up a chart when they reach 10km they receive a star. Prizes were given out for 100km. We have healthy meals weekly, lunch and pre-natal coupons. Organize walks, fitness promotion, nutrition programs, awareness promotion, foot care clinic, glucose monitoring, breakfast and lunch programs and pre-natal education.

## Enoch Cree Nation Health Services

**Address** Enoch Cree Nation Health Services  
Box 60  
Enoch, Alberta T7X 3Y3

**Contact:** Sylvia McDonald, Community Health Representative

**Telephone:** 780-470-5440      **Website:**  
**Fax:** 780-470-0683      **E-Mail:** smcdonald@onehealth.ca

**Description:**

The support group meets monthly with a guest speaker. We have our yearly diabetes awareness walk in May. Pre-natals get a class on nutrition and diabetes. Once a year there is a foot clinic put on by home care. We have people from SLICK do a check up or follow ups yearly. School diabetes program, awareness promotion, foot care clinics, support group, community kitchens, glucose monitoring, pre-natal education, yearly diabetes awareness walk and SLICK yearly.

## Fort Chipewyan

**Address** Fort Chipewyan  
Box 476  
Fort Chipewyan, Alberta T0P 1B0

**Contact:** Darcee Jakovljevic

**Telephone:** 780-697-3900 **Website:** [www.nunee.org](http://www.nunee.org)

**Fax:** 780-697-3031 **E-Mail:** [donnac@nunee.org](mailto:donnac@nunee.org)

### **Description:**

We are a "new" program, since January 2004! We are currently working on health promotion projects for the whole community as well as a school diabetes prevention program. We are also seeing individual clients for one on one teachings about pathophysiology, nutrition, activity, SBGM and general management. We will be hosting another walk this year for diabetes awareness focusing on the school age population. We have many BIG ideas and hope to do monthly promotional activities. We have started a support group, a walking club and a community kitchen. Organize walks, walking clubs, fitness programs, school diabetes program, awareness promotion, foot care clinics, support group and glucose monitoring.

## Fort McMurray

**Address** Fort McMurray  
Plaza II Mall, 610-8600 Franklin Avenue  
Fort McMurray, Alberta T9H 4G8

**Contact:** Dr. Margaret Paetkau, M.D.  
Robert Morris, Registered Nurse, BScN, Med, Ed.D

**Telephone:** 780-790-9341 **Website:**

**Fax:** 780-790-0050 **E-Mail:**

### **Description:**

Diabetes patients attend a Post-Hospital Diabetes Education Program. Afterwards, we follow up on a one-on-one basis to assist with management issues (good control or poor control). This is a private practice, which has hired a Diabetes Nurse Educator. We treat a large number of Cree, Chipewyan, Dene, and Métis who come from the Northeast to work in this area of Alberta. We have ye screenings, foot assessments and personalized diabetes management.

## **Fox Lake Nursing Station**

**Address** Fox Lake Nursing Station  
General Delivery  
Fox Lake, Alberta T0H 1R0

**Contact:** Gina Halliwell, Community Health Nurse

**Telephone:** 780-659-3730

**Website:**

**Fax:** 780-659-3960

**E-Mail:** ginahalliwell55@hotmail.com

**Description:**

Awareness programs are mostly on a one-to-one basis. All clients who come to the Nursing Station are routinely checked so that a diabetes diagnosis is made early. Our Health Fair includes organizations from outside the community who create awareness for the prevention and control of diabetes. Our newly hired Public Health Nurse is getting teachers involved in educating their students about the seriousness of diabetes. There are organized walks, awareness promotion, recipe exchanges and pre-natal education.

## **Gregoire Lake Health Centre**

**Address** Gregoire Lake Health Centre  
Box 5330  
Fort McMurray, Alberta T9H 3G4

**Contact:** Sharon Lee Knight, Nurse in Charge - Community Health Nurse - Registered Nurse

**Telephone:** 780-334-2443

**Website:**

**Fax:** 780-334-2999

**E-Mail:**

**Description:**

We have recently purchased a treadmill and exercise bike. Any community member is able to use these during clinic hours at zero cost. We provide glucose monitoring for people living with diabetes as well as provide spot glucometer checks for any person wanting the tests. Fitness programs, foot care clinics, glucose monitoring and pre-natal education.

## Hobbema Health Services

**Address** Hobbema Health Services  
Box 100  
Hobbema, Alberta T0C 1N0

**Contact:** Rema Buffalo, Community Health Representative

**Telephone:** 780-585-3830      **Website:**  
**Fax:** 780-585-2203      **E-Mail:**

**Description:**

Diabetes Education Program: 3 days of classes are held once a month that stress the need for physical activity, regular monitoring and healthy eating. Other topics covered are: medications, complications, and coping strategies. Registration for workshops is done through walk-ins and by formal registration. Diabetes Resource Centre is open to community members. There is a Family Wellness Centre with a psychologist and family therapist who provide counseling and conduct sessions on topics such as self-esteem. Fitness and nutrition programs, awareness promotion, foot care clinics, support group, community kitchens, glucose monitoring, breakfast and lunch programs and pre-natal education.

## Horse Lake Health Centre

**Address** Horse Lake Health Centre  
Box 2463  
Beaverlodge, Alberta T0H 0L0

**Contact:** Susan Jewitt, Registered Nurse

**Telephone:** 780-356-3013      **Website:**  
**Fax:** 780-356-2587      **E-Mail:** [sjewitt@onehealth.ca](mailto:sjewitt@onehealth.ca)

**Description:**

Nutrition programs, foot care clinics, glucose monitoring and pre-natal education.

## John D'Or Health Services

**Address** John D'Or Health Services  
Box 1077  
High Level, Alberta T0H 1Z0

**Contact:** Elaine Clarke, Public Health Nurse

**Telephone:** 780-759-3773      **Website:**  
**Fax:** 780-759-3770      **E-Mail:** eclarke@hc-sc.gc.ca

### **Description:**

Each spring, we make age appropriate presentations to Grades 4 -12 on diabetes prevention. This is followed by a community walk, which ends at the Health Centre where healthy snacks are provided. There are weekly cooking classes for boys and girls 10 – 12 years of age. Organized walks, fitness programs, school diabetes program, awareness promotion, foot care clinics, community kitchens, glucose monitoring, breakfast and lunch programs and pre-natal education.

## Kainai Diabetes Program

**Address** Kainai Diabetes Program  
Blood Tribe Department of Health  
Box 148  
Standoff, Alberta T0L 1Y0

**Contact:** Lee-Ann Johnson, Registered Nurse - BN  
Arlene Moore, Registered Dietician

**Telephone:** 403-737-2040      **Website:** www.chr.ab.ca  
**Fax:** 403-737-3016      **E-Mail:** leejohnson\_kainaidiabetes@yahoo.ca

### **Description:**

Our vision is to have an integrated, evidence based and community based, culturally sensitive program providing care and services for diabetes and other chronic diseases, to achieve an optimal quality of life, health and well-being. Our goals are to focus on: awareness; prevention; early detection; education; self-care management; and the prevention of complications. We support traditional and western lifestyles and treatment, assist health professionals involved in the care of Aboriginal people; collaborate with neighboring communities and the Chinook Health Region. The team members offer a variety of educational programs to meet the needs of Aboriginal people with diabetes/dyslipidemia and their families / health care professionals / the community. Services include: individual and group sessions, pregnancy clinic, in-patient support, pediatric clinic, school in-services, insulin initiation program, diabetes/heart health and specialty topics classes (i.e., herbal remedies), blood glucose screening, community seminars/presentations, learning centre and lending library, support group, walking group (in collaboration with the Kainai Diabetes Program), community kitchens and grocery store tours (in collaboration with Community Nutrition).

## **Kapawe'no First Nation**

**Address** Kapawe'no First Nation  
Box 149  
Grouard, Alberta T0G 1C0

**Contact:** Roberta Halcrow

**Telephone:** 780-751-2284

**Website:**

**Fax:** 780-751-2363

**E-Mail:** rhalcrow@onehealth.ca

### **Description:**

The entire community is invited to participate in the Annual Diabetes Walk in May. We have approximately 30-35 participants who receive T-shirts. The Walk is followed by a lunch and presentations by the nurse in charge on prevention and care of diabetes. Diabetes screening and monitoring is done. This year we joined three other bands for pre-natal classes. Organized walks, nutrition program, traditional herb/medicine workshop, foot care clinic, glucose monitoring, pre-natal education. The four sessions included presentations on baby massage, a baby food making class, fetal alcohol syndrome and the making of a Memory Album.

## **Kehewin Health Centre**

**Address** Kehewin Health Centre  
Box 7750  
Bonnyville, Alberta T9N 2H8

**Contact:** Michelle Brousseau, Registered Dietician

**Telephone:** 780-826-2913

**Website:**

**Fax:** 780-826-1915

**E-Mail:** mbrousseau@onehealth.ca

### **Description:**

From September to June our health centre holds monthly Diabetes support groups. Each month focuses on a different topic related to diabetes. The topics are: Diet and nutrition, Staying healthy during the holidays, Eyes, Kidneys and Feet, Heart health, Stress, Physical Activity, Diabetes walk, Meds and sick days, What is Diabetes, Blood Sugar and Blood Pressure testing. Classes are organized by our Dietitian and Home Care Nurse. Incentives, resources and a healthy lunch is provided at each support group. During July and August an organized walk is held every Wednesday for all people living with diabetes as well as other interested members of the community. There are nutrition programs, awareness promotion, foot care clinics, recipe exchanges and pre-natal education.

## Little Red River Cree Nation Health Department

**Address** Little Red River Cree Nation Health Department  
Box 150  
John D'Or, Alberta T0H 3X0

**Contact:** Lorna Redcrow, Health Director

**Telephone:** 780-759-3773 **Website:** [www.lrrcn.ab.ca](http://www.lrrcn.ab.ca)

**Fax:** 780-759-2281 **E-Mail:**

**Description:**

Mandate is to raise community health status through high quality health services and programs offered according to local priorities. Implement personal and community health strategies that consider physical, mental, emotional and spiritual wellbeing. Glucose monitoring is done at the homes of clients. At the Annual Diabetic Walk, one-on-one counseling is provided at the Health Centre. Community kitchens are available two times per month and are on going. Nutrition programs, awareness promotion, community kitchens and pre-natal education.

## Little Red River First Nations

**Address** Little Red River First Nations  
Box 65  
Garden River, Alberta T0H 4G0

**Contact:** Lorraine, Community Health Representative

**Telephone:** 780-659-3636 **Website:**

**Fax:** 780-659-2171 **E-Mail:**

**Description:**

We work one-on-one with clients. Diabetes education is provided by a Home Care Team, which includes two Nurses, one Community Health Representative and one Home Care Nurse. Activities include awareness promotion, foot care clinic, glucose monitoring and pre-natal education.

## Loon River Health Centre

**Address** Loon River Health Centre  
Box 329  
Red Earth Creek, Alberta T0G 1X0

**Contact:** Randy Rosancarns

**Telephone:** 780-649-3490      **Website:**  
**Fax:** 780-649-2214      **E-Mail:** [rgalloway@onehealth.ca](mailto:rgalloway@onehealth.ca)

**Description:**

We have a large diabetes walk in spring of each year. This has the school participating as a focus to emphasize teaching about diabetes, general random blood sugar testing of population, nutrition programs, school diabetes program, awareness promotion, foot care clinics, recipe exchanges, glucose monitoring and pre-natal education.

## McKay First Nation

**Address** Fort McKay First Nation  
Health Centre General Delivery  
Fort McKay, Alberta T0P 1C0

**Contact:** Holly Marianicz

**Telephone:** 780-828-4229      **Website:**  
**Fax:** 780-828-4132      **E-Mail:** [hmarianicz@onehealth.ca](mailto:hmarianicz@onehealth.ca)

**Description:**

Organized walks, walking clubs, nutrition programs, awareness promotion, traditional herb/medicine workshops, foot care clinics, support group, community kitchens, recipe exchanges, glucose monitoring, breakfast and lunch programs and pre-natal education.

## Métis Nation of Alberta

**Address** Métis Nation of Alberta  
11738 Kingsway Avenue

**Contact:** Fran Hyndman

**Telephone:** 780-455-2200 or **Website:** [www.albertametis.com](http://www.albertametis.com)  
1-800-252-7553  
**Fax:** 780-452-8948      **E-Mail:** [fhyndman@metis.org](mailto:fhyndman@metis.org)

**Description:**

The Métis Nation of Alberta (MNA) will host a diabetes conference in 2004-2005 that targets youth. The MNA will be developing public service announcements and other communication tools in 2004-2005. We offer awareness promotion and recipe exchanges.

## Mobile Diabetes Screening Initiative

**Address** Mobile Diabetes Screening Initiative  
362C Heritage Medical Research Centre, University of Alberta  
Edmonton, Alberta T6G 2S2

**Contact:** Dr. Ellen Toth, Principal Investigator  
Mary Pick, Research Manager

**Telephone:** 780-407-3636 or  
780-407-1627

**Website:**

**Fax:** 780-407-1715

**E-Mail:** [mdsi@ualberta.ca](mailto:mdsi@ualberta.ca)

### **Description:**

The Mobile Diabetes Screening initiative (MDSi) has been in operation since November 2003 and provides mobile team visits each year to each of Alberta's Métis Settlements to and off-reserve Aboriginal communities to screen for known and unknown diabetes and diabetes complications, including End Stage Renal Failure and End Stage Renal Failure risk. The MDSi also screens to identify previously undiagnosed diabetes and prediabetes. MDSi provides individualized, culturally-sensitive counseling to patients, and supports health promotion within communities, with an overall goal to prevent the development or worsening of Type II diabetes. Nutrition programs, awareness promotion, foot care clinics, glucose monitoring and diabetes screening.

## Morning Sky Health & Wellness Society

**Address** Morning Sky Health & Wellness Society  
General Delivery  
Frog Lake, Alberta T0A 1M0

**Contact:** Donna Stanley or Pearl Lychuk, Community Health Nurse

**Telephone:** 780-943-3777

**Website:**

**Fax:** 780-943-2193

**E-Mail:** [dstanley@onehealth.ca](mailto:dstanley@onehealth.ca) or  
[plychuk@onehealth.ca](mailto:plychuk@onehealth.ca)

### **Description:**

We host Diabetes Awareness/Support Groups once a month from 9:30 - 1:30 p.m. Our health team consists of a Community Health Coordinator, a Community Health Nurse, a Home Care Team and Community Health Representatives. Different topics are presented each month in an interactive group setting. We provide transportation for people living with diabetes and family members. We first monitor their weight, blood pressures, blood sugars, discuss their medication and general health. We offer nutritious snacks and lunch.

## **Napi Cross-Cultural Diabetes Program**

**Address** Napi Cross-Cultural Diabetes Program  
Population Health Department, Chinook Health Region, Napi Friendship Centre, 622  
Pincher Creek, Alberta T0K 1W0

**Contact:** Sylvia MacMillan, Registered Nurse - BN  
Cathy Mitchell, BSc, Registered Dietician

**Telephone:** 403-627-4224      **Website:** [www.chr.ab.ca](http://www.chr.ab.ca)  
**Fax:** 403-627-2564      **E-Mail:** [smacmillan@chr.ab.ca](mailto:smacmillan@chr.ab.ca) or [cmitchell@chr.ab.ca](mailto:cmitchell@chr.ab.ca)

### **Description:**

Our vision is to have an integrated, evidence based and community based, culturally sensitive program providing care and services for diabetes and other chronic diseases, both on and off reserve to achieve an optimal quality of life, health and well-being. Our goals are to focus on: awareness; prevention; early detection; education; self-care management; and the prevention of complications. We support traditional and western lifestyles and treatment, assist health professionals involved in the care of Aboriginal people; collaborate with neighboring reserves as well as Aboriginal Community Health Representatives. The team members offer a variety of educational programs to meet the needs of Aboriginal and Non-Aboriginal people with diabetes/dyslipidemia and their families / health care professionals / the community. Services include: individual and group sessions, pregnancy clinic, in-patient support, school in-services, insulin initiation program, diabetes and heart health classes, specialty topics classes (i.e. herbal remedies), blood glucose screening, community seminars/presentation, learning centre and lending library, walking/running group (in collaboration with the Napi Alternative School), community kitchens and grocery store tours (in collaboration with Community Nutrition).

## **Paul First Nation**

**Address** Paul First Nation  
Box 459  
Duffield, Alberta T0E 0N0

**Contact:** Elizabeth Kusiak

**Telephone:** 780-892-2141      **Website:**  
**Fax:** 780-892-3191      **E-Mail:** [ekusiak@onehealth.ca](mailto:ekusiak@onehealth.ca)

### **Description:**

Organize walks, foot care clinics, glucose monitoring, Screening for Limbs, I-eyes, Cardiovascular and Kidneys (SLICK) (mobile unit) for individuals living with diabetes.

## Peigan Diabetes Prevention Program

**Address** Peigan Diabetes Prevention Program  
Box 70  
Brocket, Alberta T0K 0H0

**Contact:** Darcia Provost, Community Health Nurse

**Telephone:** 403-965-3822      **Website:**  
**Fax:** 403-965-3971      **E-Mail:** [dpovost@onehealth.ca](mailto:dpovost@onehealth.ca)

### Description:

Community program, annual May Diabetes awareness walk, individual client teaching, diabetes management, self care, blood glucose monitoring goals. Organized workshops for schools, day care and head start, cook with a registered dietitian, school nutrition, breakfast/lunch programs, school and community health fairs. Home care nurses do foot care clinic every month. Liaison with other diabetes programs and chronic disease health groups within the health region. Organize walks, awareness promotion and pre-natal education.

## Primary Health Care Diabetes Project

**Address** Primary Health Care Diabetes Project  
3100 - 48 Avenue  
Athabasca, Alberta T9S 1M9

**Contact:** Wendy McLean, Regional Coordinator Primary Health Care  
Tel: (780) 675-2231 E-mail: [wendy.mclean@aspenrha.ab.ca](mailto:wendy.mclean@aspenrha.ab.ca)

Cindy Colbourne, Chronic Disease Clinical Lead  
Tel (780) 349-5716 ext 233, E-mail: [cindy.colbourne@aspenrha.ab.ca](mailto:cindy.colbourne@aspenrha.ab.ca)

Sarah Greenfield, Self-Management Facilitator  
Tel (780) 349-5716 ext 226, E-mail: [sarah.greenfield@aspenrha.ab.ca](mailto:sarah.greenfield@aspenrha.ab.ca)

### Description:

Living Well - A Program to help Prevent and Manage Chronic Conditions  
The following 'Living Well' programs will be offered in the communities of Bonnyville, Hinton, Slave Lake, and Westlock this October:

- 1) Chronic Condition Exercise Program
- 2) Chronic Condition Self-Management Program
- 3) Client Education Sessions

## South & North Tallcree Health Centre

**Address** South & North Tallcree Health Centre  
Box 100  
Fort Vermilion, Alberta T0H 1N0

**Contact:** Wendy Ward, Nurse-in-Charge / Health Director

**Telephone:** North Tallcree Health Centre 780-927-3956      **Website:**  
South Tallcree Health Centre 780-927-4605

**Fax:** North Tallcree Health Centre 780-927-4312      **E-Mail:**  
South Tallcree Health Centre 780-927-2391

### Description:

The Tallcree Health Program provides community health nursing to its 4 communities. This includes health promotion & prevention activities to reduce the incidence of diabetes and care and treatment of those who have diabetes. Activities include workshops, weekly healthy kids club, footcare, and twice yearly visits by the SLICK team (Screening for complications of Diabetes).

## Sturgeon Lake Health Centre

**Address** Sturgeon Lake Health Centre  
Box 747  
Valleyview, Alberta T0H 3N0

**Contact:** Joe Redhead, Nurse In Charge

**Telephone:** 780-524-3717      **Website:**

**Fax:** 780-524-2903      **E-Mail:** [jredhead@onehealth.ca](mailto:jredhead@onehealth.ca)

### Description:

To promote awareness, the Health Centre features theme boards in which a different health issue is addressed every month. When diabetes is featured, pamphlets are available as well as questions answered by the staff. On Mondays, we have an Adult Wellness Clinic where people living with diabetes can come to have their feet checked and glucose monitored. We hold Diabetic Cooking Classes that teach how to prepare low calorie meals and no bake jams using sugar substitutes. Caregivers of people living with diabetes are encouraged to attend. We have 16-20 present when we meet two times a month. Everyone can take home what has been prepared. Organize walks, nutrition programs, awareness promotion, foot care clinic, community kitchen, and pre-natal education.

## Sucker Creek First Nations Health Centre

**Address** Sucker Creek First Nations Health Centre  
Box 65  
Enilda, Alberta T0G 0W0

**Contact:** Sally Badger, Community Health Representative  
Mary Willier, Community Health Representative

**Telephone:** 780-523-4390 **Website:**

**Fax:** 780-523-5934 **E-Mail:**

**Description:**

Medical Services Branch sends nutritionists from Edmonton for diabetes care and to conduct education workshops. Monitoring is done weekly by CHRs at the homes of clients or in the health centre. Students attend school off reserve but for special activities are given permission for an education leave. On those days students are bussed back so they can attend seminars on various health issues, including diabetes. Organize walks, nutrition programs, school diabetes program, awareness promotion, foot care clinic, support group and pre-natal education.

## Swan River Health Centre

**Address** Swan River Health Centre  
Box 150  
Kinuso, Alberta T0G 1K0

**Contact:** Lorraine Rubisch, Nurse In Charge, Director

**Telephone:** 780-775-3544 **Website:**

**Fax:** 780-775-2002 **E-Mail:**

**Description:**

Organize walks, walking clubs, fitness programs, nutrition programs, foot care clinics, glucose monitoring, breakfast and lunch programs and pre-natal education.

## The Chocoholic Dietitian

**Address** Swan 1325a – 9<sup>th</sup> Avenue SE  
Calgary, Alberta T2G 0T2

**Contact:** Andrea Holwegner, BSc, RD, President, Health Stand Nutrition Consulting Inc.

**Telephone:** 403-262-3466 **Website:** [www.chocoholicdietitian.com](http://www.chocoholicdietitian.com) or

[www.healthstandnutrition.com](http://www.healthstandnutrition.com)

**Fax:** 403-256-3881 **E-Mail:** [andrea@healthstandnutrition.com](mailto:andrea@healthstandnutrition.com)

**Description:**

We are a private practice dietitians offering one-on-one nutrition counselling, seminars and consulting in nutrition for diabetes, general healthy eating, weight management, heart health and more. For all ages.

## **Yellowhead Tribal Council**

**Address**                      Yellowhead Tribal Council  
Box 150  
Enoch, Alberta T7X 3Y3

**Contact:**                      Yvette Bowman, Registered Dietician  
YTC Health Program

**Telephone:**                      780-470-3454

**Website:**

**Fax:**                                780-470-3541

**E-Mail:**

**Description:**

The YTC Health team supports five First Nations member communities in providing diabetes programming that focuses on awareness, prevention, screening, education and self-management. Services provided include individual and group education sessions, cooking classes, community kitchens, staff in-services, nutrition and menu planning workshops for School, Daycare, Headstart cooks and Healthy Living school fairs. The YTC Health team essentially serves as a resource to its member Nations.