

Our LCFASD Team

Audrey McFarlane	Executive Director
Kim Kachmarski	Accounts Manager
Lenny Horton	Administrative Assistant
Donna Fries	Diagnostic Services Manager
Ardie Baruzzini	Referral Coordinator, youth & adult services
Tracey Knowlton	Mother-to-be Mentor Supervisor
Bev Towe	Mother-to-be Mentor, Bonnyville & Surrounding Area
Bev Anderson	Mother-to-be Mentor, Kikino & Buffalo Lake
Candice Sutterfield	Mother-to-be Mentor, Cold Lake & Surrounding Area
Darby Shapka	Mother-to-be Mentor, Lac La Biche & Surrounding area
Karly Shankowski	Mother-to-be Mentor, St Paul & Surrounding Area
Rhonda LaBoucane	Mother-to-be Mentor, Fishing Lake & Elizabeth Settlement
Joanne Ring	FASD Coordinator, Cold Lake
Lisa Murphy	FASD Coordinator, Cold Lake
Allison Jansen	FASD Coordinator, Bonnyville
Alania Sanregret	FASD Coordinator, Cold Lake
Heather Zink	FASD Coordinator, Bonnyville
Ingrid Harvie	Employment Coordinator, Cold Lake
Megan Tucker	Transition Worker
Michele Huszar	Project Manager
Melody Cochrane	Camp Coordinator
Mark St. Germaine	Support Worker
Chrystal Lameman	Support Worker

Board of Directors

- ◇ Lorne Kaban, Chair
- ◇ Anne Tucker
- ◇ Coleen Manary
- ◇ Yolanda Maksymyk
- ◇ Bob Wilson
- ◇ Lorraine Deschambeau
- ◇ Paulette Dahlseide

Check out the blog on www.lcfasd.com

Our Vision

We envision a region with no new FASD births & where currently affected individuals are well supported.

Mission Statement

To establish and ensure that information about FASD, and effective prevention, diagnosis & support services are available in the Lakeland area.

August 2011

Editor of this issue is Michele Huszar

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Cenovus Energy New Partner with the Lakeland Centre for FASD

The Lakeland Centre for Fetal Alcohol Spectrum Disorder has received a gift of \$350,000.00 from Cenovus Energy Inc. to assist the organization with the renovations to its second floor for its new women's treatment centre, which specializes in helping pregnant women deal with addictions. The Recovery Centre for Women, the first of its kind in Alberta, will allow women to stay at the facility for the duration for their pregnancy to receive help with their addiction as well as develop life skills. Operational support for the new Recovery Centre of about \$1 million is being provided from the Government of Alberta's Safe Communities Innovation Fund for a three-year term. The new building allows the Lakeland Centre for FASD to expand its leadership in the development of services in the region for individuals with FASD and the prevention of the disability, which will help to build healthier communities throughout the region. "The LCFASD is excited to be working with Cenovus, which is a company that values innovation and creative solutions to complex problems, much like the centre itself," says Audrey McFarlane, Executive Director of LCFASD. "This nine-bed facility will house women and assist them to get their lives on track to have healthy children. Cenovus's com-

mitment makes them a strong partner with us in the challenge to build healthy communities in Cold Lake, Bonnyville, Lac La Biche, St. Paul, and many others in the region." The Lakeland Centre was given the building by the Jericho Youth Society in April 2010. Since then the centre has secured funding from Alberta's Community Facilities Enhancement Grant to renovate the main floor of the building for their central office. This building allows the LCFASD to expand services to the Lakeland region, with the second floor dedicated to the residential Recovery Centre for Women. "We look for opportunities to promote safety and well-being in the communities where we work and where we live," says Vicki Reid, Cenovus Team Lead, Community Affairs. "We believe the centre, by providing a safe and supportive place for pregnant women, will contribute to a healthier community. Cenovus is pleased to support the centre and the important work it's doing in the community."

Michele Huszar, Project Manager

Camp Thoughts for 2011

Camp is over for another year and another summer is drawing to a close. I discussed with my fellow camp leaders what we thought was the best part of camp. The week we went bowling was a huge success. For the most part there was good weather and campers enjoyed a lot of time at the beach. We saw some amazing “sand architecture” including a foot spa with seats and cup holders. We also discovered a nearby farm we were allowed to tour where they had everything from mini horses and donkeys, to rabbits, billy goats and peacocks. It was really awesome to be able to go canoeing each week and we are really grateful to the volunteers that made that happen.

These were all great aspects of the summer, but it was not what we found to be the best part. The most amazing moments of camp happened as we watched campers over the course of a week. Especially the ones who arrived shy and unsure and we would get to see them open up and share who they were. It is the most rewarding part of camp, being privileged to see the unique aspects of our campers in their personalities and senses of humour.

Over all, it was a memorable summer. I mean, who could forget having a bear on the deck?



Melody Cochrane
Camp Coordinator



Welcome to New Staff!



The Lakeland Centre for FASD has recently hired two FASD Support Workers; they will be working one-on-one with specific clients. Mark St. Germaine has been hired part-time to work with two male clients for 21 hours per week and Crystal Lameman will be working on a casual basis with one female client for 10 hours per week.

Crystal and Mark will be engaging the clients during the evenings and weekends and are aiming to meet client needs in the areas such as goal

setting, daily living skills, positive social networking and maintaining stability. We are very excited to welcome Crystal and Mark to the Lakeland Centre team!

Alania Sanregret, FASD Coordinator

How Environment Influences Food Choices

The home, community, workplace and school all have strong influence on individual food choices. It is important to think about how the environment influences food choices.

Some aspects of the environment make it easier to eat well:

- * The marketplace offers innovations such as convenient pre-washed, ready-to-eat vegetables which make it easier for people to include nutritious foods in their diet.
- * Most pre-packaged foods carry a Nutrition Facts table to help people make informed choices.
- * The changing cultural profile of the country encourages the availability of a variety of ethnically diverse foods and cuisines.

The environment can also create challenges to eating well:

- * Busy schedules often mean people have less time to shop for food, prepare meals and eat with their families. People rely more on prepared foods and meals made outside the home.
- * Canadians are exposed to many different and sometimes conflicting nutrition messages everyday.
- * Food is readily available at all times and everywhere.

Families and caregivers play a big role in creating a positive eating environment. The early childhood years are a time to discover new foods and to develop a love and appreciation for healthy eating. Build on the fact that young children are eager to learn. Even simple activities such as helping to cut open a pumpkin

or making muffins are ways children learn about food. Preparing food gives children a feeling of accomplishment and encourages them to try these foods. For example, potatoes that a preschooler has helped mash or radishes they picked from the garden are more appealing than those that just appear on the table.

Family and peers influence the way people eat. Parents are role models in helping children to develop a taste for healthy food. Taking the time to savour food and enjoy meals together helps to make eating pleasurable and helps children develop a healthy attitude toward food. As children grow, their peers become more of an influence. Children, however, still look to their parents and other adults around them for direction.

Tips to help the environment for children to make it easier to eat well:

- * Prepare meals that include foods from whole natural sources ie) fruits, vegetables, whole grains (rice, oatmeal, millet, bulgar)
- * Make time for healthy eating so children don't feel rushed. Set regular times for meals and snacks. This helps to establish a healthy routine.
- * Let children help with simple food-related tasks. Ask them to set the table or help to wash the vegetables.
- * Keep in mind that while parents and caregivers are responsible for **what** children eat, children are responsible for **how much**.

Eating Well Canada's Food Guide



LCFASD Shinning Star

The Shining star recognizes individuals that do an outstanding job in our community, in helping individuals affected by FASD.

Shining Stars for May are:

- * Liz Pinkney
- * Greg McLaughlin

Shining Stars for June are:

- * Beaver Lake Head Start
- * Beatrice Pambrum, WJS St. Paul

Shining Stars for August are:

- * Randy McDonald
- * Sean Miller, CFSA Bonnyville

