



BOO
BOO
BOO



October



Halloween
Party



Offices Closed!
Monday October 8, 2018
for Thanksgiving

October 26, 2018
@6:30pm-9:30pm



if you can be anything,
be kind.



RECEIVED



Offices Closed on
Monday October 8, 2018

HAPPY
thanksgiving





**Henvey Inlet
First Nation**
Pickering, ON P0G 1J0

Administration
295 Pickering River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

Health Centre
354A Pickering River Road
T 705-857-1221
F 705-857-0730
1-866-252-3330

Day Care
354B Pickering River Road
T 705-857-0957
F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Lionel Fox
Patrick Brennan
Carl Ashawasagai
Brenda Contin
Genevieve Solomon-Dubois
Tony Solomon

ONTARIO WORKS NOTICE

October 1, 2018

Starting soon, Ontario Works recipients will receive their O.W. payments VIA Direct Deposit.

If you are O.W. Recipient, you need to hand in your direct deposit banking information to Dorothy Contin- Social Service Administrator as soon as possible!

Your co-operation is appreciated!

Thanks



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First Nation**
Pickeral, ON P0G 1J0

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Tony Solomon

NOTICE TO HENVEY INLET FIRST NATION COMMUNITY MEMBERS

October 1, 2018

There will be no Community Thanksgiving Dinner this year!

In lieu of not having a Thanksgiving Dinner this year; The band is giving out Gift Cards to each household to purchase a turkey/ham.

Please see Lyndy McQuabbie at the Henvey Inlet Administration Building to receive your gift card.

Happy Thanksgiving!

FROM THE LANDS OFFICE



FALL COMMUNITY CLEAN-UP & LARGE ITEM PICK-UP DAY OCTOBER 16 FROM 9 AM TO 12 PM

It is time for another clean-up of the Rez lands before the snow flies, so everyone (including HIFN staff) please take the time to come out and pick up the garbage.

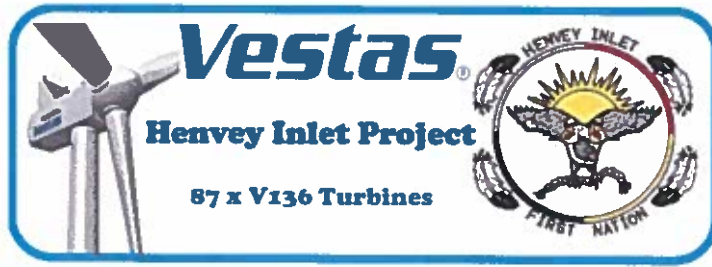
YOU DO NOT WANT TO MISS OUT ON GETTING RID OF YOUR LARGE ITEMS SO PLEASE HAVE YOUR LARGE ITEMS NEAR YOUR GARBAGE BINS BY 8 AM.

Rules for participating in Clean-up Day

- 1) Everyone that signs up must work at garbage pick-up for most of the morning after leaving the Fire Hall to qualify for picking up the most bags prize/giveaways, but when needed please take breaks from all the bending over or squatting down to pick up garbage
- 2) 1 to 4 garbage pickers on each team
- 3) Sign-up sheets will be posted at the Band Office and Health Centre so please put down your and your teammate's names unless you are a lone garbage picker or you may also be at the Fire Hall at 9 am to sign up to join a team or go on your own
- 4) **So please be at the Fire Hall at 9 am** to get your assigned number, garbage bags, gloves, markers, and any further instructions
- 5) Each team member gets a marker to write the Team Number on each filled garbage bag, so please remember to write your number on your bag so it can be counted
- 6) Only the garbage bags provided by the Lands Office will be counted
- 7) If possible move any large items to the side of a nearby road for pick-up
- 8) Each team's garbage bags will be counted starting at 11:45 am
- 9) All Garbage Collectors please return to the Fire Hall for lunch at 12 pm and after lunch the prize giveaways

PRIZES: Teams coming in 1st, 2nd, and 3rd for most bags will get gift cards of \$75 (1st), \$50 (2nd) and \$25 (3rd). Remaining teams will get other prizes.

Please call the Lands Office 705-857-5211 if you have any questions or suggestions or need a ride to the Fire Hall.



COMMUNITY EVENT

Henvey Inlet Wind, Vestas, CER, and HIFN Health Centre
would like to invite you to our community event
Tuesday October 16th @ 5pm in the Firehall

**Please Join us for a Community Feast
Including**

Vestas HIFN Student Gift Giving

In celebration of Back to School, Vestas will present the students of
HIFN with a gift.

Cultural Presentation

A showcase of the Cultural Awareness Training delivered to
employees of the HIW project.

For more information, please contact:

Dmitri Ashawasegai,
Community Liaison
CER
705-690-9799

Grandfather Clock Raffle

Draw Date:
December 9, 2018



Description:

Cherrywood Grandfather
Clock

Valued at over
\$8500.00

Dimensions:

80" Tall X 20" Wide

2500 Tickets Printed!

Price:

\$10 / Ticket

Draw will be held at
S&N Convenience Hwy
69

You do not have to be present to win!



MASSAGES

with Ann MacDonald

* Call Darcy at the Health Centre to book a
One hour appointment!!

• Tuesday October 18, 2018

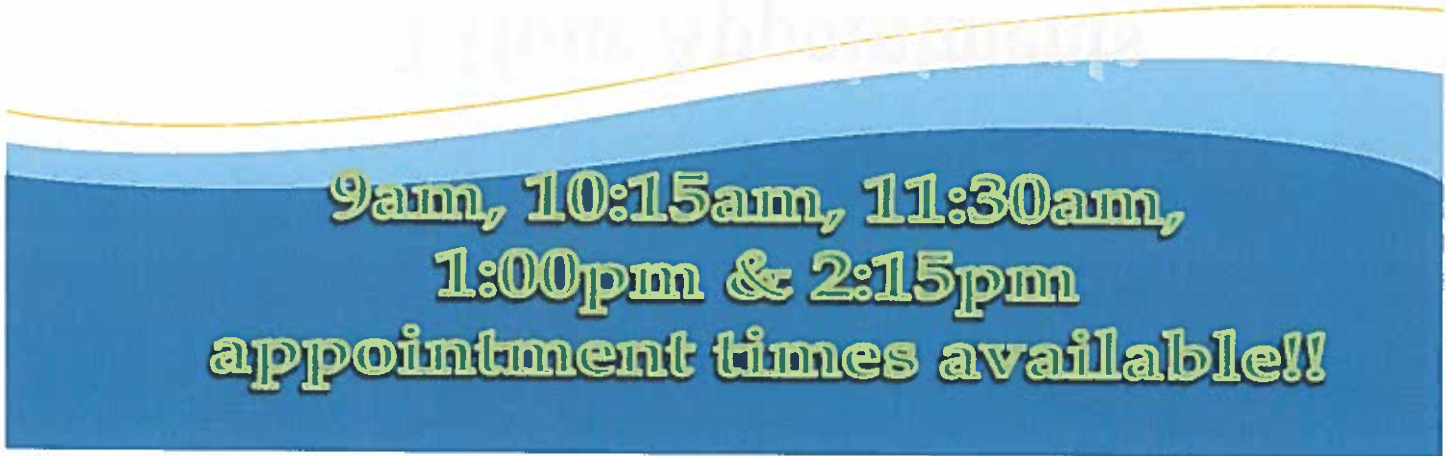
• Thursday October 25, 2018

CALL 705-857-1221 TO BOOK!!!

Only 5 appointments per day available!
Appointments book fast so please call!



1 Hour Appointments



9am, 10:15am, 11:30am,
1:00pm & 2:15pm
appointment times available!!

*Caterer Required for Employment Information Session
Must Have Food Handlers Certificate*



*Fruit Cups Topped with Amaretto
Fruit Dip - Way Yummy!
© Inner Eye Photography*

Please submit your costs for service fee

Lunch for 30 people and mileage

Attention: Dorothy Contin, Ontario Works Administrator

Submit By: Friday, October 5, 2018 at 4:30 p.m.

Lunch At: 12:00 noon for Wednesday, October 10th, 2018

Menu: Indian Tacos made with mushrooms, lean ground beef, green peppers, onions with Fried scone on side

toppings: lettuce, sour crème, shredded cheese, tomatoes

Dessert: Apple/Cranberry crisp made with (fresh apples) whipped cream/cool whip.

Drinks: Cranberry juice, ginger ale, apple juice, utensils, napkins, salt, pepper and butter.

Please clean up food afterward and take garbage to bin

Food must be prepared in a non-smoking environment

Miigwech

ONTARIO WORKS OCTOBER 2018

MONDAY TO THURSDAY 8:30 a.m. to 2:30 p.m.

OUT OF OFFICE: OCTOBER 1 – 4 ONWAA

EMPLOYMENT ASSISTANCE

NEW COMPUTER TRAINING OCTOBER 2018

**LUNCH N LEARN OCTOBER 24 @ WAGAMAKE
LEARNING CTR. 12 NOON
ONLY 10 PARTICIPANTS!! SEE JUDY TO SIGN UP**

**MEDICINE WHEEL TEACHINGS
OCTOBER 18TH TENTATIVE
@ WAGAMAKE LEARNING CTR.**

FOOD BANK

**FRIDAY, SEPTEMBER 19TH, 2018.
11 A.M.**



FOOD BANK NOTICE

Ahnee!

- **Date:** FRIDAY, OCTOBER 19TH
- **TIME:** 11:00 A.M.

PLEASE NOTE* YOU MUST FILL OUT YOUR REQUEST FORM & PICK UP YOUR OWN BAGS OF FOOD.

EXCEPTION: Elders can have a family member pick up for them or a staff person.

Families, Couples and Single Adults eligible to receive assistance from the Food Bank **must only be in receipt** of the following **fixed low incomes:**

- ◆ Ontario Works
- ◆ O.D.S.P. (Ontario Disability Support Program)
- ◆ O.A.S. (Old Age Security)
- ◆ C.P.P. (Canada Pension Plan)
- ◆ E.I. Benefits (Employment Insurance)
- ◆ Post-Secondary Student Allowance



Information Session and SIN/Pension Clinic

Find out more:

Fire Hall

Wednesday October 10/2018 from 10:00 a.m. to 2:30 p.m.

Presented by: Service Canada

In order to apply for the Canada Child Benefit, you will need to have a Social Insurance Number (SIN) and file an income tax and benefit return. Service Canada staff will be available to provide you with more information and help you get a SIN

If you are in need of a SIN, please bring your birth certificate, your certificate of Indian status and any other forms of Federal or Provincial identification you may have.

Lunch will be provided

For more information please contact:

Judy Contin

705-857-2331



Government
of Canada

Gouvernement
du Canada

Canada

Halloween Hot Spots List!

Henvey Households! Please
call Darcy @ The Health
Centre to put your name on
the Halloween Hot Spot List
by October 19, 2018. This
list will be distributed and
is to show members who
will be handing out Candy
this year for Halloween!
So PLEASE don't forget to
CALL!!



DO YOU NEED DENTAL CARE?

The Health Unit Dental Clinic is now providing **FREE** dental services to eligible adults with limited or no access to dental care.

Adults must live in Nipissing/Parry Sound District and meet financial eligibility criteria.

Contact the **Health Unit Dental Clinic** today to find out if you qualify.

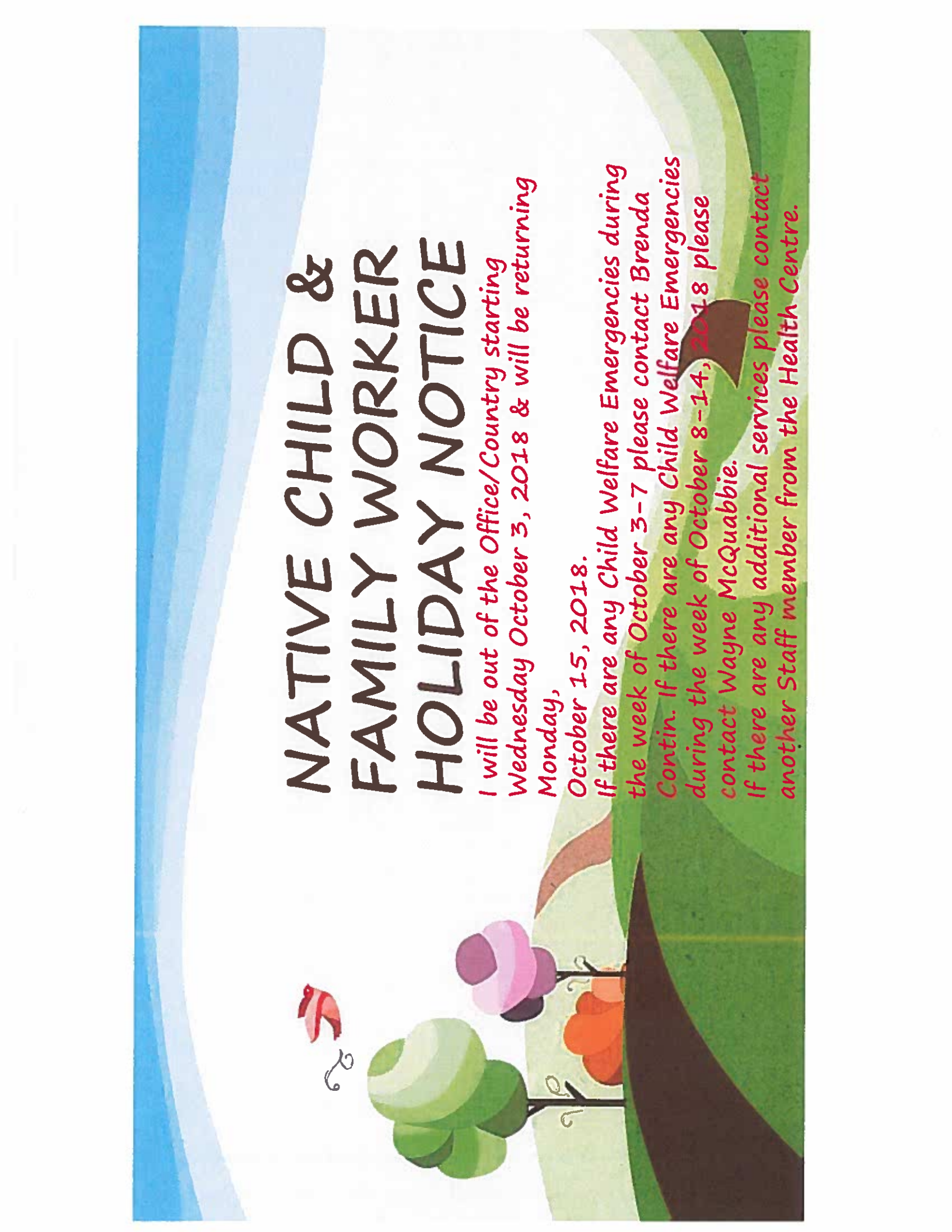
345 Oak Street West, North Bay | T: 705.474.1400 or 1.800.563.2808 ext. 5328

www.myhealthunit.ca/DentalClinic



**COMMUNITY HEALTH
EDUCATOR
&
CHILD AND FAMILY
PROGRAMS**





NATIVE CHILD & FAMILY WORKER HOLIDAY NOTICE




I will be out of the Office/Country starting
Wednesday October 3, 2018 & will be returning
Monday,

October 15, 2018.

If there are any Child Welfare Emergencies during
the week of October 3-7 please contact Brenda
Contin. If there are any Child Welfare Emergencies
during the week of October 8-14, 2018 please
contact Wayne McQuabbie.

If there are any additional services please contact
another Staff member from the Health Centre.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01 Kina Sudbury am Family Meeting, pm Health Centre	02 Family Court	03 Not In Office	04 Not In Office	05 Not In Office	06
07	08 Thanksgiving Office Closed	09 Not In Office	10 Not In Office	11 HOLIDAY	12 HOLIDAY	13
14	15 In Office	16 Program Prep	17 Parenting Program	18 Halloween Prep	19 Halloween Prep	20
21	22 Pumpkin Shopping 	23 Make An Adult Halloween Costume	24 In Office	25 Last Minute Halloween Prep	26 Halloween Dance 	27
28	29 Community Project Update 1pm	30 Family Court	31 HALLOWEEN 	01 Not In Office	02 Not In Office	03
04	05	06	07	08	09	10

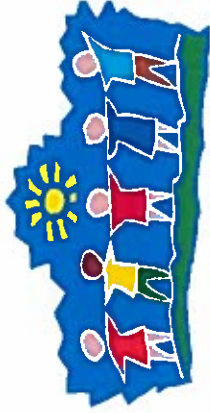


Henvey Inlet First Nation Health Centre

354A Pickeral River Road
Pickeral ON P0G 1J0

Phone: 705-857-1221
Toll Free: 1-866-252-3330
Fax: 705-857-0730
E-mail: kara.harkness@henveymedicalcentre.com

"Healthy Babies Healthy Children
For A Healthy Future"



OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 In Office Family Circle	2 In Office	3 In Office	4 In Office	5 In Office	6
7	8 Happy Thanksgiving 	9 Program Prep Well @baby Clinic	10 Home Organization Wkshp 10am	11 In Office	12 In Office	13
14	15 In Office	16 Program Prep	17 Parenting Program 10am	18 Halloween Prep	19 Halloween Prep	20
21	22 Pumpkin Shopping 	23 DIY Adult Halloween Costume 10am	24 In Office	25 Last Minute Halloween Prep	26 HALLOWEEN DANCE 	27
28	29 Community Project Update 1pm Well @baby Clinic	30 In Office	31 Halloween 	1 In Office	2 HOLIDAYS	3

Home Organization Workshop



Creative and exciting tips to improve the functionality of your living space!!!

Where: Health Centre

When: Wednesday October 10, 2018 10am

Please call the Health Centre to sign up there is limit of 6 participants.

Snacks & Refreshments will be provided.

354-A Pickerel River Rd.
Pickerel, ON
POG 1J0

Phone: 705)857-1221 or 866-252-3330
Fax: (705) 857-0730

*If transportation is needed please contact the Health Centre 3 days prior to the event to make arrangements



**PARENTING WORKSHOP
DIY CHILD'S HALLOWEEN
COSTUMES**

**WEDNESDAY OCTOBER 17, 2018 @
10 AM**

**PLEASE CALL TO SIGN UP AS SPACE
IS LIMITED TO 6 PARTICIPANTS!!**

ONLY ONE COSTUME PER PERSON.

**PLEASE SUBMIT AT LEAST 2 IDEAS OF
COSTUMES & SIZES AND MATERIALS
REQUIRED BY**

WEDNESDAY, OCTOBER 10, 4:00 PM

NO EXCEPTIONS!!



DIY HALLOWEEN COSTUMES

ADULT EDITION!!!

TUESDAY OCTOBER 23, 2018 @ 10 AM

**PLEASE CALL TO SIGN UP AS SPACE IS
LIMITED TO 6 PARTICIPANTS!!**

ONLY ONE COSTUME PER PERSON.

**PLEASE SUBMIT AT LEAST 2 IDEAS OF
COSTUMES & SIZES AND MATERIALS
REQUIRED BY**

WEDNESDAY, OCTOBER 17, 4:00 PM

NO EXCEPTIONS!!

The logo for the pumpkin carving contest is set within a white, cloud-like border. The word "Pumpkin" is written in a large, orange, serif font, with a carved jack-o'-lantern face integrated into the letter 'i'. Below it, the word "Carving" is written in a black, gothic-style font with elaborate flourishes. Several other carved jack-o'-lantern faces are scattered around the text, some in orange and some in black. The background of the entire poster is a rustic, dark brown wooden plank wall.

Pumpkin Carving

HENVEY'S ANNUAL CONTEST!!!

IT'S NOT A CONTEST WITHOUT RULES...

-NO STENCIL

-FREEHAND CARVING

-BE CREATIVE

**PLEASE PICK UP PUMPKINS
TUESDAY OCTOBER 23, 2018
AT THE HEALTH CENTRE**

Three pumpkins are shown in the bottom right corner: a large orange one, a medium orange one, and a small white one. The text is overlaid on the large orange pumpkin.

**DON'T FORGET
TO BRING
YOUR PUMPKIN TO
THE HALLOWEEN DANCE!**



YOU ARE INVITED TO A
HALLOWEEN
PARTY
at the
FIREHALL

DJ SERVICES
BY OUR VERY OWN...
YVNGSAFARI

OCT 26 COSTUME CONTEST, PUMPKIN CARVING CONTEST,
6:30-930PM GHOULISH GAMES, SPOT DANCES,
FUN FOR EVERYONE!!!

Community Health Nurse



Brenda Contin

October 2018

Brenda CONTIN,
Henvey Inlet C.H.N. Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFFICE	2 T.O.: Med transportation appt @ 11:45 AM	3 C&C Mtg: Roundhouse update	4 HOME VISITS	5 P.S.: Program Shopping	
	8 STAT HOLIDAY Program Cooking	9 Lunch n Learn	10 HOME VISITS	11 OFFICE	12 OUT OF OFFICE FOR 08/10 HRS	
	15 H	16 O L	17 I D	18 A Y	19 S	
	22 SUDZ: Program Shopping	23 B/P CLINIC	24 OFFICE	25 HOME VISITS	26 OFFICE	
	29 FINANCE	30 FINANCE	31 OFFICE			

LUNCH N LEARN

Location: Henvey Inlet Firehall

11:30 –12:30 pm

October 9, 2018

Diabetes Bingo

Please call Darcy for sign-up!!

**You must be present at program
by 11:45 or your name will be
bumped by next person on waiting
list...**

You must be 18 years of age and over to play!!



COLIN MOUSSEAU TRADITIONAL HEALER

Where: **HIFN LIBRARY**

When: **October 17 - 19th**

TIME

**Oct. 17th: 9 AM – 12 PM for
one – one appts.**

**Oct. 19th: 9 AM – 3 PM for
one – one appts.**

**TO BOOK AN
APPOINTMENT OR CANCEL
YOUR APPOINTMENT
PLEASE CONTACT:**

**JUDI CONTIN @ THE HENVEY
INLET BAND OFFICE - 705 857-
2331 EXT. 228**



COMMUNITY SWEAT LODGE CEREMONY W/
TRADITIONAL HEALER COLIN MOUSSEAU

October 17, 2018

6 p.m.

LOCATED NEAR LANDS OFFICE 25 WEST ROAD, FEAST TO FOLLOW

EVERYONE IS WELCOME TO ATTEND.

FOR MORE INFORMATION CONTACT:

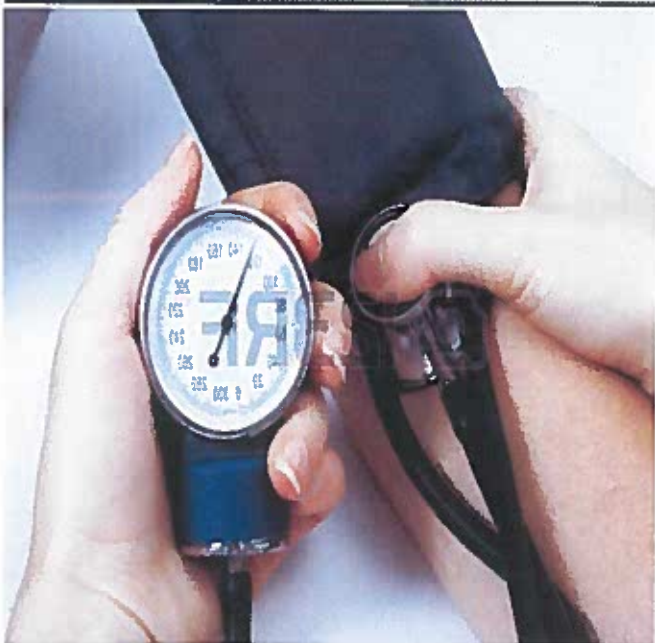
BRENDA CONTIN, CHN

705 857-1221 EXT 227

B/P & Blood Sugar Screening Clinic

Date: October 23, 2018

Time: 10:00 am—2:00 pm



Location: Health Centre

No sign-up necessary!
Up to 3 individuals
who visit the CHN to
have their B/P and B.S.
checked will be eligible
to win a 2 bags of per-
ishables, such as fruit/
vegetables, eggs, bread,
and healthy treats.

CONTACT:Brenda Contin,
CHN

FLU CLINIC

DATE: October 11th, 2018

TIME: 10 am— 7:00 pm

**You can also visit the CHN office
anytime during her office days!!**

LOCATION: Henvey Inlet Health Centre



**NOTE: YOU
MUST BE PRE-
PARED TO WAIT
15 MIN. POST
VACCINATION!!!**

CONTACT PERSON: Brenda Contin, CHN

Is it a **Cold** or the **Flu**?

SYMPTOM	COLD	FLU (INFLUENZA)
Fever	Rare	Usual, high fever (102°F/39°C to 104°F/40°C) sudden onset, lasts 3–4 days
Headache	Rare	Usual, can be severe
General aches and pains	Sometimes, mild	Usual, often severe
Tired and weak	Sometimes, mild	Usual, may last 2–3 weeks or more
Extreme fatigue	Unusual	Usual, early onset
Runny, stuffy nose	Common	Common
Sneezing	Common	Sometimes
Sore throat	Common	Common
Chest discomfort, coughing	Sometimes, mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure; Can worsen a current chronic respiratory condition; Can be life-threatening

SEE A HEALTH CARE PROVIDER RIGHT AWAY IF YOU DEVELOP THE FOLLOWING SYMPTOMS

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

ADDITIONAL SYMPTOMS TO WATCH FOR IN CHILDREN

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held

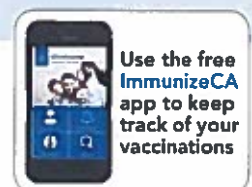


To find out where to get your flu vaccine or to learn more about the ImmunizeCA app, visit Fightflu.ca



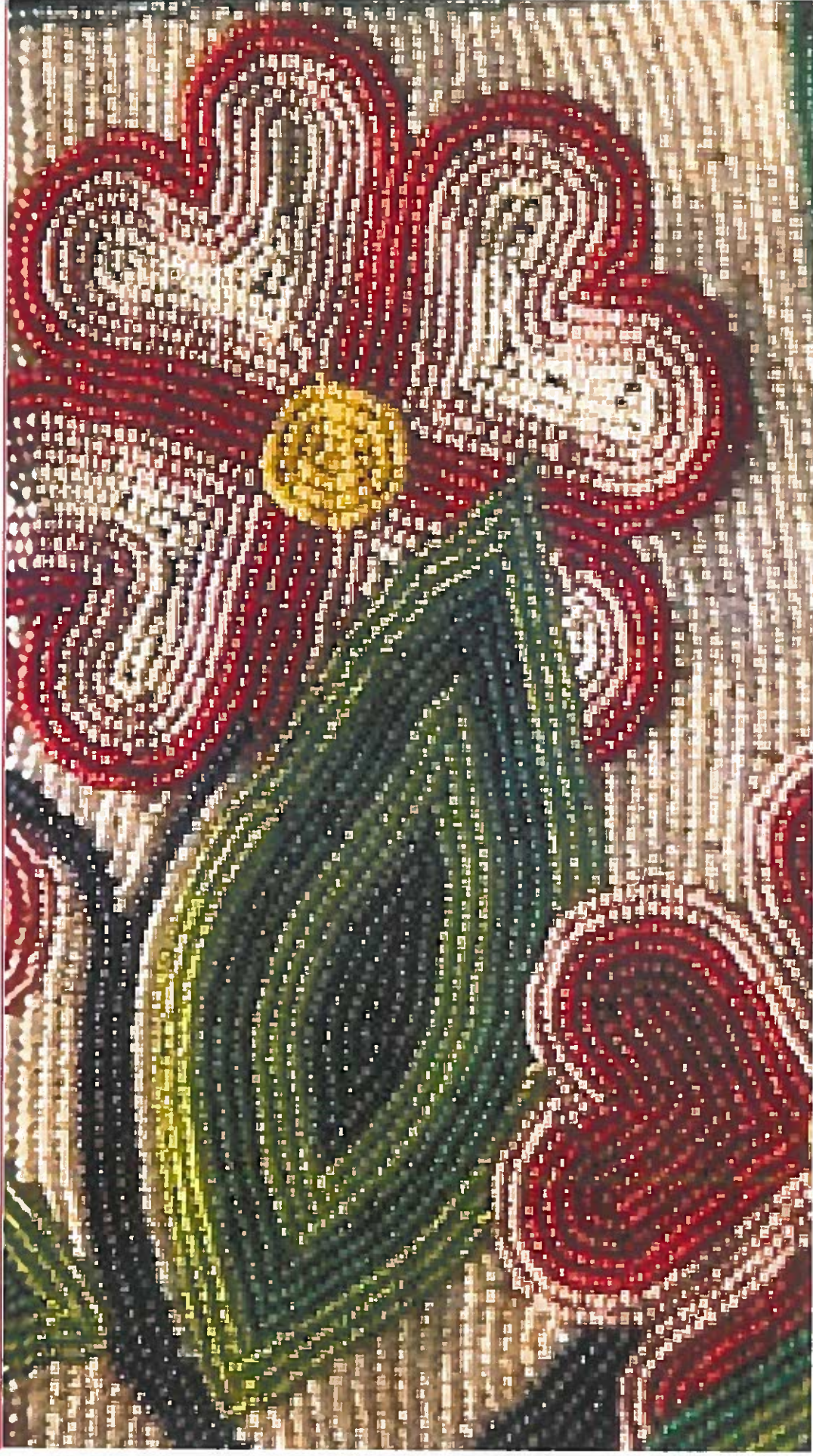
Public Health
Agency of Canada

Agence de la santé
publique du Canada



Use the free
ImmunizeCA
app to keep
track of your
vaccinations

COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS PROGRAM



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM

CHOOSE TO MAKE THE REST OF YOUR LIFE THE BEST OF YOUR LIFE!



OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SEWING & DESIGN	2 NATURE WALK	3 IN OFFICE	4 ELDERS BOAT CRUISE/ WASAUKSING	5 CULTURAL ARTS	6
7	8 THANKSGIVING DAY HOLIDAY	9 NATURE WALK	10 PROGRAM SHOPPING	11 ELDERS LUNCH & BINGO	12 CULTURAL ARTS	13
14	15 SEWING & DESIGN	16 NATURE WALK	17 PROGRAM SHOPPING	18 CANTIN ISLAND CEREMONY & FEAST	19 CULTURAL ARTS	20
21	22 SEWING & DESIGN	23 NATURE WALK DRUMMING W/ROD	24 FULL MOON CEREMONY	25 IN OFFICE	26 CULTURAL ARTS	27
28	29 SEWING & DESIGN	30 NATURE WALK DRUMMING W/ROD	31 IN OFFICE			

If there is to be healing in a community, it would take people who know how to cleanse themselves. Clear the mind, clean the body, empty sorrow from the heart and the last one is about getting the body to do what it was built for and it's not sitting around, get active. If we are to heal a community it takes those who practice health and don't just talk about it...it takes experience. Experiencing a life of health gives you understanding to help others. The mind is always the first obstacle, but let's find inspiration from our ancestors, who would want us and encourage us to be a strong person who moves through life like earth, air, water and light. Energy! Clean your energy and you will feel heaven within yourself.

~Jace Pratt

BASIC & ADVANCED SEWING & DESIGN CLASSES IN OCTOBER 2018

**OCTOBER 1, 15, 22 & 29
BOARD ROOM @ H.C.**



EVERY MONDAY

9:00A.M. or 10:00A.M. on a STAFF MTG DAY ☺

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is designed to teach hand sewing skills, sewing machine operation, decorative techniques of applique work. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work.



For More Information Contact:
CWW Luana McQuabbie
OW Dorothy Contin
EDO Judy Contin



NATURE WALKS/OCT

EVERY TUESDAY IN OCT 2018 @ 10 A.M.

IT'S A GENTLE, LOW-IMPACT FORM OF EXERCISE THAT'S EASY, FREE AND SUITABLE FOR PEOPLE OF ALL AGES AND MOST ABILITIES. MEET AT THE HEALTH CENTRE.

PLEASE CALL THE HEALTH CENTRE TO SIGN-UP.

STRENGTHENS
YOUR HEART

LOWERS HEART
DISEASE RISKS

KEEPS WEIGHT IN
CHECK

TONES YOUR LEGS,
BUM AND TUM

GIVES YOU ENERGY

HIFN HEALTH CENTRE

705 857-1221

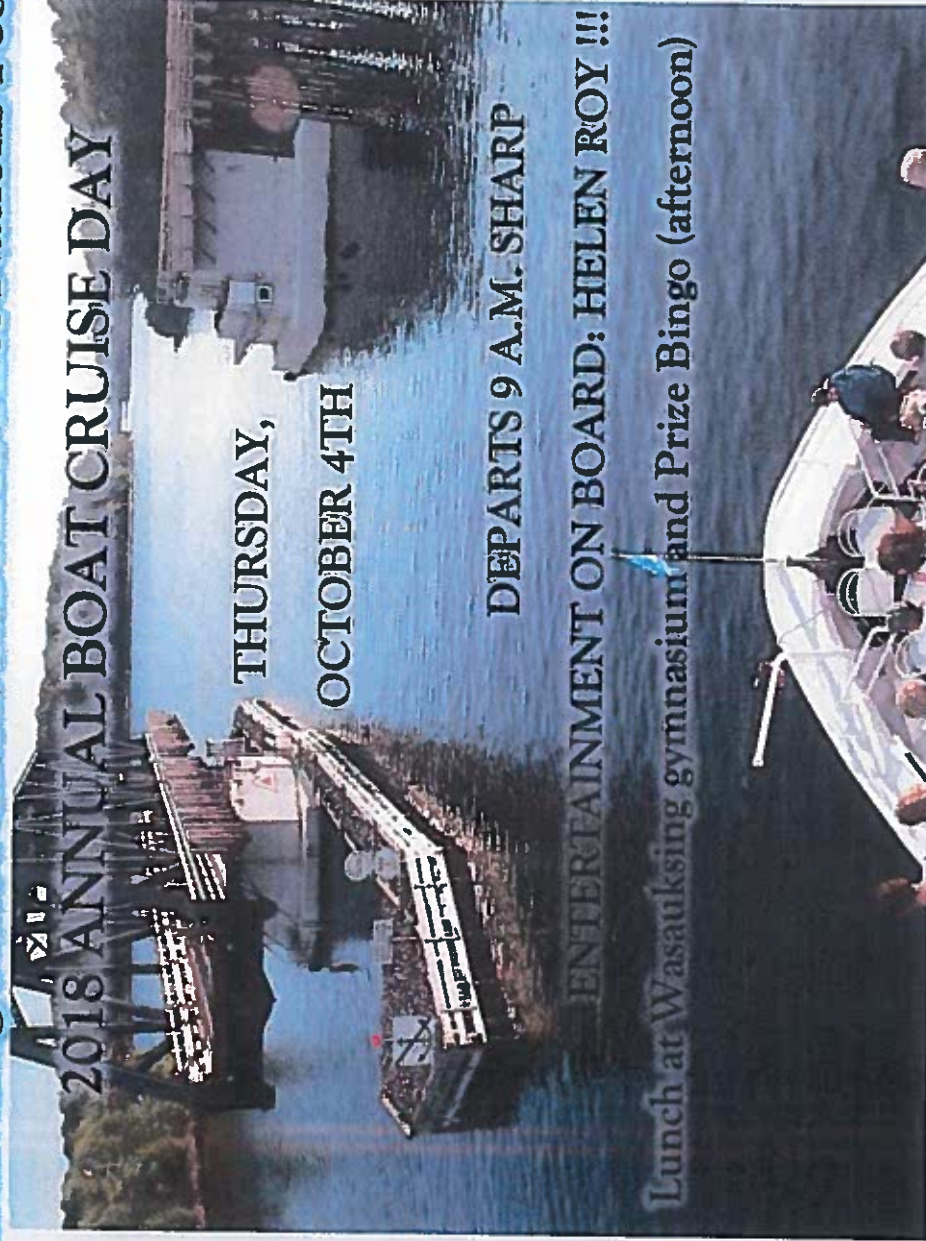
CWW LUANA MCQUABBIE



PLEASE SIGN UP WITH DARCY AT HEALTH CENTRE

SENIORS - ELDERS (ages 55+):

Wasauksing First Nation and Area First Nations People



Please call to confirm your attendance with Wasauksing at 705-746-2531, attention: Kellie King
 We look forward to seeing you and your helpers bright eyed and bushy tailed

Henvey Inlet First Nation
 Health Centre
 Luana McQuabie
 Community Wellness Worker



354 A Pickrel River Road
 Pickrel ON P0G 1J0

705-857-1221 ext. 227
 1-866-252-3330

luana.mcquabie@henveymedicalcentre.com

CULTURAL ARTS CLASSES STARTING IN OCTOBER 2018

OCTOBER 5, 12, 19 & 26
HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MORNING

9:00 A.M.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Decorative Arts, Nature Crafts & Small Crafts. **OPEN TO ALL HIFN COMMUNITY MEMBERS.**



For More Information Contact:
CWW Luana McQuabbie
OW DOROTHY CONTIN
EDO JUDY CONTIN

ELDERS LUNCH & BINGO

YOU ARE INVITED TO A
MONTHLY LUNCH &
BINGO HERE AT THE
HEALTH CENTRE.

THIS IS A WONDERFUL
OPPORTUNITY FOR
ELDERS TO MEET,
SOCIALIZE AND HAVE
FUN.

OPEN TO 55+.



OCTOBER 11, 2018
12 NOON



COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE

HENVEY INLET HEALTH CENTRE
BOARDROOM
354-A PICKEREL RIVER ROAD
PICKEREL, ON
P0G 1J0

Phone: 705-857-1221 EXT 227
Fax: 705-857-0730
E-mail: luana.mcquabbie@henveymedicalcentre.com

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO
THE LUNCHEON 3 DAYS IN ADVANCE OF PROGRAM.**

Honoring our Ancestors Ceremony & Feast CANTIN ISLAND CEMETERY OCTOBER 19th, 2018

Everyone is welcome to attend a ceremony & feast to honor our deceased relatives in the main cemetery on Cantin Island. I will be seeking guidance from individuals to put a name to many of the unmarked graves or graves that still have markers but are weather worn and can no longer be deciphered. Also, any names you could offer as to who may be buried on the Island.

Traditional Healer Colin Mousseau will be on hand to conduct a pipe ceremony and assist me with this gathering. This day would be a good opportunity for families to clean, weed and take care of our ancestors graves as well. If you are able to please bring something for the potluck feast and your feast bundle, a chair or blanket, warm clothing and footwear.

Sign up at the Health Centre by October 16th.



COMMUNITY WELLNESS PROGRAM
354A Pickereel River Road
Pickereel, ON
P0G 1J0

Phone: (705) 857-1221 Ext 227
Fax: (705) 857-0730
E-mail:
luana.mcquabbie@henveymedicalcentre.com



EVERYONE WELCOME!

DRUMMING/SINGING WITH RODNEY STANGER

OCTOBER 23 & 30, 2018



HENVEY INLET FIRST NATION HEALTH CENTRE

BOARDROOM

6:00 – 8:00 PM

BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

FOR MORE INFO CONTACT CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227

OCTOBER
24th
2018

FULL MOON CEREMONY
With Judy Contin

263 PICKEREL RIVER ROAD

8:00 PM



All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings. Ceremonies are held around each Full Moon

Please remember to:

- Wear a Skirt and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering
- Bring Yellow cloth to make a tobacco tie offering
- Bring a Chair to sit on
- Blanket
- Food to share with the other women

If you need a ride please call CWW at the Health Centre

Phone: (705) 857-1221 Ext 227

Fax: (705) 857-0730

E-mail: luana.mcquabbie@henveymedicalcentre.com



**A HERITAGE PRESERVATION
PROJECT**

*All CARDS & NOTICES
will be returned to their
original owner after a
copy has been made for
the Heritage Collection.*

Same day return.

*Please come with your
CARDS & NOTICES to
the Health Centre for
scanning or I can come
to you.*

**Thanks,
Luana**

HERITAGE COLLECTION INFO NEEDED

FUNERAL/PRAYER CARDS/OBITUARY NOTICE

Funeral Memorial Cards and Prayer Cards are small, sturdy, sometimes laminated cards (about the size of a playing card) that offer a tribute to the deceased. After the funeral, it is common for people to place them in their bible or prayer book as a reminder of a loved one lost.

Obituary Notice is a news article that reports the recent death of a person. Typically along with an account of a person's life and information about the upcoming funeral.

I have been doing research on our cemetery here in the main community. Eventually plaques will be placed at each grave as well as monument in the old part of the cemetery. As you know accurate records have not be kept up over the years. I am willing to take on this task and I need your assistance for this project. Any relevant information you can offer would be greatly appreciated. Even just a Name would give me something to work with. As a Thank You I will be giving out a Tim Hortons gift card a Value of \$2.00 for every card or Obituary Notice I receive. As long as I don't already have the same one in my collection.



Examples



COMMUNITY WELLNESS PROGRAM

**LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com

FAMILY SOCIAL NIGHT

MOCCASIN JOE HIGHLIGHTS HIFN FAMILY SOCIAL NIGHT HEALING THE SPIRIT THROUGH HUMOR AND LAUGHTER COMEDY SHOW

Leonard Dick was born and raised in the remote Native Community of Macdiarmid in Northern Ontario. He is of Ojibway, French, and Scottish heritage. He completed his high school education at Lakeview High School in Thunder Bay, Ontario. Leonard's family includes his wife of 30 years, Ann, and four grown children. He lists his goals as to make as many people laugh as he can and help promote a positive attitude. Leonard worked for many years at the Thunder Bay jail and Correctional Centre as a Correctional Officer. He also worked as a Customs Inspector for Revenue Canada. He later developed the fictional stereo typical Indian character of "Moccasin Joe" as a standup comedy act. Leonard sends his audiences into hysterics with his satirical comments on recent events and the many hilarious situations his stereo typical character "Moccasin Joe" gets himself into.

On September 20, 2018 the community and friends gathered for a special Family Social Night. The evening began with a feast food offering and food blessing/prayer with Cliff Summers followed by a catered Roast Beef dinner lovingly prepared by Janice McQuabbie and Fred Mines.

After dinner a special honoring was presented to Pattern Development for their excellent quality of care given to

the community and its members during the forest fire evacuation this past summer.

The Mic and floor was then opened up for storytelling, personal sharing and musical talent. Everyone gave a warm welcome to the following individuals to the Mic, Cliff Summers, Angele Dubois/Dec Bennett, Chief Wayne McQuabbie, Wanda McQuabbie/Jennifer Pereira, Brenda Contin, Millie Pawis, Genevieve Solomon-Dubois, Rodney Nettagog/Son, Johnny Kagagins, Doreen McKenzie, Ryan Ashawasagai, Dorothy Contin, Randy Naveau & Pattern Development.

During the course of the evening attendees were invited up to a table to receive a hooded sweatshirt with the HIFN logo on it. They got to personally choose a color and size all sponsored by HIFN Chief & Council.

At 7pm, Moccasin Joe delivered his much anticipated comedy show. He did not disappoint the guests in attendance. His show was hilarious and comical and thoroughly enjoyed by all. LOL laughter is the best medicine.

To end the evening there were 3 cash prize draws for completed surveys. Congratulations to winners Dorothy Contin, Ryan Ashawasagai and Melissa Kagagins.

ORGANIZERS

COMMUNITY WELLNESS WORKER: LUANA MCQUABBIE

CULTURAL COORDINATOR: STAN MOSES

NNDAAP WORKER: LOUISE ASHAWASEGAI

EVALUATION & FEEDBACK

Thank you all for coming to HIFN Family Social Night and taking the time to fill out this Evaluation & Feedback form! Here is a complete listing of your answers and comments to help us identify future social events from 38 surveys handed in. All forms were completed by attendees 12 years of age and up.

WHAT I MOST ENJOYED:

1. The food. The company ☺. Sweatshirts.
2. The sharing & talent singing. Loved the comedy.
3. The friendliness of everyone. The decorations. The food.
4. Community standing to speak. Moccasin Joe.
5. Comedian.
6. The food was really enjoyable. Seeing & being here together with the community & the sweaters are great plus the surveys & draws that'll be today. How the Firehall is decorated is amazing.
7. The drumming-singing-up lifting. Moccasin Joe-a good tummy exercise. Enjoyed people's stories. The laughter of community members
8. The socializing, eating.
9. Pause, commedie, games
10. All the people and the good laughs
11. Enjoyed the food & all the family come together as a whole.
12. The community coming together once again.
13. Drumming & Singing.
14. Mostly enjoyed the meal and the community members and seeing all the little children running around.
15. I like how every wan came.
16. Everything. Wow. Absolutely amazing.
17. I enjoyed the Happiness & Love Sharing and Caring.
18. Community members speak who normally wouldn't.
19. Community
20. Mocasins Joe & the Sweaters.
21. The sweatshirt. The prizes. The food. And to see all friends and family getting together.
22. Entertainment & the Food.
23. I enjoyed most was the stand up part, and the supper was my 2nd favorite part.
24. Dinner n' community mingling.
25. Good food.
26. When people get up to share & the laughter.
27. Decorations, food, family atmosphere (love family friendly events), open mic (community sharing & music)
28. The community comin together for the dinner and the comedee.
29. Everything. Wonderful food. Great company and its great to see everybody come together & enjoy a social event. Lots of laughs & friendly faces.
30. Moccasin Joe. Feast was great.
31. The social gathering of all of the community.
32. I enjoyed the food the most. Janice always makes the best meals.
33. The socializing, the stories, the drumming/singing.
34. Was the sharing; having heard the many stories was heart warming. Moccasin Joe.
35. The community being together. Watching everyone socialize and laugh.
36. Being amongst my Community Members.
37. I enjoyed seeing the community members that showed up.
38. Presentations. Music. Sweatshirts. Dinner. Stories.

HIFN FAMILY SOCIAL NIGHT
September 20, 2018

EVALUATION & FEEDBACK

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WHAT I LEAST ENJOYED...

1. Very chilly & damp
2. It will be incredible when we can have a proper venue to host community events
3. Not enough people.
4. Can't hear, kids are a little loud.
5. All good.
6. That it's quite late, just because it's past my daughters bedtime & that'll end.
7. Blank.
8. Blank.
9. Card & board games.
10. All was good.
11. After the fax of getting full – I feel lazy.
12. Being full from the food lol.
13. Everything was good.
14. Waiting for Joe to start his Act.
15. Need highchairs for babies.
16. There was nothing I didn't enjoy.
17. No comment loved everyone.
18. Would of like to see more Community Members.
19. Blank.
20. Nothing.
21. Cold tea.
22. Enjoyed the complete program.
23. I least enjoyed was...I'm not entirely too sure. It was all great.
24. Nothing.
25. Blank.
26. Waiting for supper. Lol
27. Blank.
28. Nothing.
29. Rain. Event was good.
30. Eating so much feeling Tired.
31. N/A.
32. Nothing, everything was fantastic!
33. Blank.
34. The noise; it was hard to hear.
35. I enjoyed it all. Great night.
36. The Children were out of hand. Too much running around.
37. No comment ☺ loved it all.
38. Chilly in Firehall with door open.

HIFN FAMILY SOCIAL NIGHT
September 20, 2018

EVALUATION & FEEDBACK

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WHAT WOULD YOU RECOMMEND FOR FUTURE HIFN SOCIAL NIGHTS OR COMMUNITY EVENTS?

1. How about a talent contest.
2. Storytelling, more music, paint parties, magic show, perhaps art. Showcase youth talent night, etc.
3. More where all community are welcome the more we have more & more people will come out.
4. Feasts, more entertainment.
5. Drum socials, Round dances, Karaoke.
6. Something exactly like this, drumming, comedians, crafts, arts & crafts. Anything that involves the community type of events. Anything for the kids so everything good for the future & kids especially the kids are important.
7. Live music-meal-just a social nite to community members.
8. Blank.
9. Singing, guitar playing, dance.
10. More good times.
11. All come together as "One".
12. Round dance, Big Drum.
13. Anything family related.
14. Bring in music for community member's festivals like.
15. Not much.
16. Highchairs.
17. More people & lots of children and Lil people games & gifts.
18. Games, ice breakers, different activities for different age groups.
19. Round dance social.
20. Something w/games ex: boardgames, bingo.
21. More people to attend.
22. Always have a fun night once a month.
23. I would just recommend that "Joe" would come back more often.
24. More community dinners.
25. Magic show (fun for adults & kids)
26. Keep them coming. Positive & upbeat.
27. Music show? Musician? Other comedians or storytellers, have a theme? Or Magic show (for adults & kids)
28. More comedian people to come to the community. And more dinners.
29. It would be nice if all community members could attend. But, very nice event.
30. Talking circle. Quill box workshop. Community Dance.
31. Showing the next generation of being an Anisnabe person keeper of the land is our Inheritance learning about the medicines/Native way.
32. Maybe throw in a round dance ;)
33. Drumming social. Photo sharing.
34. Have entertainment-comedians are great.
35. Live music. Something like tonight. Dinner.
36. Feast and a dance.
37. Have it more often.
38. Games.

HIFN FAMILY SOCIAL NIGHT
September 20, 2018

EVALUATION & FEEDBACK

Thank you all for coming to HIFN Family Social Night and taking the time to fill out this Evaluation & Feedback form! Here is a complete listing of your answers and comments to help us identify future social events from 38 surveys handed in. All forms were completed by attendees 12 years of age and up.

GENERAL COMMENT:

1. Great job!
2. It was great-well organized, beautifully decorated.
3. I love this idea of community togetherness.
4. Evening is good overall.
5. Had a great time, good food too.
6. I really enjoyed tonight, it's nice to be all in one place every once in awhile. The laughs, the communication, everyone talking about what's happened or for the future of the community.
7. Was an awesome evening/nite w/community. Hope we can do this again 😊
8. Blank.
9. Blank.
10. Thank you 😊
11. Thanks for the Community coming together as 1#.
12. Chi-Meegwetch to all of the organizers and everyone who helped put it together.
13. Was a very good and positive experience listening to stories and drumming etc.
14. I enjoyed the gathering.
15. Food was good. Yum.
16. Beautiful evening! Thank you so much!
17. Enjoy being at Home with everyone.
18. I think we should continue to grow unity based and cultural based community gatherings and get away from mass celebrated Catholic based events like easter & Xmas. We should be celebrating Solstices instead.
19. Thank you 😊 *
20. Very enjoyable.
21. Awesome.
22. It makes the community closer. Having gifts with HIFN logo.
23. This was a great event. I really enjoyed it all.
24. Did a fabulous job!
25. Thanks for a great night out.
26. Well planned-teamwork was excellent.
27. I think community social events are a great idea! Love that I can bring my son for a night out.
28. Blank.
29. Amazing event. Meegwetch. Also, very nicely organized. Shirts/sweaters were all so very nice.
30. Thank you to all the Chief & Council & Luana & Community Member.
31. The people of Henvey Inlet are so sharing and caring. Miigweetch.
32. Blank.
33. Good first time!
34. This was a fantastic event.
35. I really enjoyed tonight. It definitely lifted my mood. Good job guys!
36. Meegwech for having us.
37. Love to see more involved. Great to see when everyone come together. Enjoyed listening to Moccasin Joe.
38. Thank you for providing us with the opportunity to gather and the dinner and beautiful decorations

HIFN FAMILY SOCIAL NIGHT
September 20, 2018



NNADAP

Louise Ashawasegai

October 2018



Nnadap

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office	2 Sudbury Harry S.	3 Sudbury Harry S. Sweat, Pars	4 Sudbury Harry S. Sweat for men	5 Office	6
7	8 Office Closed	9 Office Home visits	10 Pars Needle exchange	11 Sweat for women 1 to 4	12 Office	13
14	15 Sault Ste Marie	161 Sault Ste Marie	17 Sault Ste Marie	18 Sault Ste Marie	19 Sault Ste Marie	20
21	22 Office, Reports	23 Office	24 Pars Needle exchange	25 Sweat for men 1 to 4	26 Office	27
28	29 Office Home visits	30 Office, Home visits	31 Pars Needle exchange			



Harry Snowboy will

Be here: Oct. 2, 3, 4



October 2, 9 am to 4 pm

Energy work & doctrine.

October 3, 2pm to 4 pm

Energy work & Readings

7pm to 10pm

Sweat.

October 4, 9am to 3pm

Reading & Energy

Work.



Sweats:

October 4th. Co-Ed

7 pm

October 11. Women

1 pm.

October 18. Men

1 pm.

October 25. Women

1 pm.

For women please wear a gown and bring a towel. Bring tobacco for an offer on the alter. Men wear shorts and bring a towel also.

Hopefully everything will work as planned. If you have any questions please do phone Stan, Darcy or myself.

Louise Ashawasegai, NNADAP

A GUIDE TO APPLES

BY ALEXIS KORNBUM
LEXISCLEANKITCHEN.COM



McIntosh
sauces



Cortland
pies, sauces,
butter



Pink Lady
fresh eating,
baking



Gala
fresh eating,
cider



**Granny
Smith**
baking



Fuji
fresh eating



**Red
Delicious**
fresh eating



Gravenstein
sauces, cider



Braeburn
baking



**Golden
Delicious**
fresh eating, baking
sauces, butter



Jonagold
pies, sauces



**Honey
Crisp**
fresh eating,
pies, baking

HIFN Daycare Newsletter
October 2018

“Autumn...the year's last, loveliest smile.”

October is here in all its glory! The cooler weather, the rain, the sunshine (Grandfather Sun), beautiful Grandmother Moon, and the colorful changing of the leaves. Time for warm tea, apple cider, and hot chocolate. Here at the Daycare *it time to send* the children with slippers or inside shoes. Even send their hats, warm sweater, or gloves. We are hoping that the playground will be completed and the kids will have a chance to get outside and play on the new equipment. Since the morning are cooler, we have been putting on the heat for the first hour to warm the floors for the kids. **October 1, and 22, 2018 are PD Days for the children. The HIFN Daycare will be CLOSED MONDAY October 8, 2018 (Thanksgiving Day).** During this month the topic are all about Halloween and fall time. Our topics for the month are as follows:

October 1, 2018	PD DAY
October 1 to 6, 2018	Halloween Colors
October 8, 2018	CLOSED Thanksgiving Day
October 9, 2018	Staff Meeting (Supervisor)
October 9 to 12, 2018	Cat Week
October 15 to 19, 2018	Ghost Week
October 22, 2018	PD DAY and Staff Meeting (Supervisor)
October 22 to 26, 2018	Apple Week
October 29 to November 2, 2018	Pumpkin Week

As a reminder to parents: Please make SURE Your CHILD's Immunization is up to DATE! This area effects our licensing! So check and double check to keep them up to date and please give us a copy of their records. Fall is here and it Flu season time! Practise with the children the proper way to cough (into their arm), and the using of hand sanitizer and hand washing. Information sheet attached. So get out there and enjoy all this beautiful Fall Weather!

Thank you

Charlene Ashawasegai

Charlene Ashawasegai RECE
HIFN Daycare Program Supervisor

"How beautiful the leaves grow old. How full of light and color are their last days."

HIFEN Daycare October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PD DAY	2 Theme:	3 Halloween Colors	4 	5	6
7	8 Thanksgiving Closed Childcare WK/ECE	9 Theme: STM	10 Cats Week	11 	12 	13
14	15	16 Theme:	17 Ghost Week	18	19	20
21	22 STM PD DAY	23 Theme:	24 Apple week	25 	26	27
28 	29 Theme:	30 Pumpkin Week	31 Halloween	1	2	3
					NOV	NOV
					NOV	NOV

Cover your Coughs and Sneezes the Right Way!

A resource for teachers

Although they are very tiny and can only be seen with a microscope, germs can cause big problems during cold and flu season. Stopping the germs from spreading from child to child and causing illness can be frustrating for school staff looking for ways to break the cycle.



The goal of this fact sheet is to highlight an important infection prevention strategy – respiratory etiquette. In the past, children were taught to cover their coughs and sneezes by using their hands. If their hands were not washed or cleaned right away, their germs were transferred to other surfaces and could be then passed on.

Today, we know the correct way to prevent the spread of illness-causing germs is by covering coughs and sneezes using a tissue or the upper sleeve.

CORRECT TECHNIQUE

Correct respiratory etiquette involves:

- Covering the mouth and nose with a tissue when coughing or sneezing.
- Putting all used tissues in the waste basket/garbage right away.
- Coughing or sneezing into the upper sleeve, not the hands, if a tissue is not available.

- Cleaning hands after coughing or sneezing, either by washing with soap and warm water or by using an alcohol-based hand cleaner.

HELPING STUDENTS LEARN THE CORRECT TECHNIQUE

Often, a tissue is not available. So, the following activities are offered to assist teachers and their students to learn proper respiratory etiquette by covering their coughs and sneezes with their upper sleeve.

1. Review the proper technique.

Teachers can familiarize themselves with the correct technique by watching the video “Why Don’t We Do it in Our Sleeves?” from OtoRhinoLounsburology Productions (2006). This video can be borrowed from the Health Unit’s library or viewed online at coughsafe.com/media.html

A “Cover Your Coughs and Sneezes” poster is also available from the Health Unit for posting and distributing. Visit tbdhu.com/id to download a copy or call your Health Promoting School Nurse.

2. Demonstrate improper and proper technique and explain the difference.

With the students watching, some show incorrect technique (e.g. coughing into their hands) and then the correct technique. Discuss with the students why some examples trap germs (e.g. tissue and sleeve) and others spread germs (e.g. hands).

See reverse for more information.



Thunder Bay District
Health Unit

Cover your Coughs and Sneezes the Right Way! A resource for teachers



3. Have the students practice proper technique.

The children can then take turns practicing their technique by coughing and sneezing into their upper sleeves. Teachers may want to hold a "Do it in Your Sleeve" contest as shown in the video. The students can be judged on their technique and the teacher can provide feedback when needed.

For younger children the activity can be reinforced during circle time by using songs. Here is an example sung to the tune of "Frère Jacques":

*Are you coughing?
Are you sneezing?
Cover your mouth.
Cover your nose.
Germs are always flying.
Germs are always flying.
Use your sleeve.
Use your sleeve.*

4. Reinforce by modelling the correct technique.

Teachers can model the correct technique as a way to reinforce behaviour.

A fact sheet for parents is available so they can also learn and model the correct technique at home. Visit tbdhu.com/id to download a copy, or call your Health Promoting School Nurse.

5. Monitor and provide positive reinforcement.

Staff can reward individual children by giving stickers to those caught covering a cough or sneeze. The activity can be adapted into a non-competitive, group activity by posting a wall chart and collectively recording every child caught doing it the right way.

It is important to teach proper techniques early in life so children will learn and continue to use these techniques that will prevent and control the spread of infections. Teachers can provide a supportive environment to learn and reinforce these important health behaviours.

*Cover your mouth,
cover your nose.
Use a clean tissue
for all your blows!
No tissue in sight?
Don't despair.
Use your sleeve to keep
germs out of the air!*



Handwashing and Hand Sanitizer Use

at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.



Government
of Canada

Gouvernement
du Canada

[Home](#) → [Health](#) → [Indigenous health](#) → [Aboriginal family health](#)

For First Nations and Inuit – Vaccines: making sure kids get their needles

Immunizing your children early and on time helps protect them, but also the whole community from disease and illness. As a parent or caregiver, your child's health is in your hands.

Learn when and where to get your child immunized, and how to keep immunizations up to date. Know what to expect when your child is immunized.

On this page:

- [When should I immunize my child?](#)
- [What immunizations are recommended?](#)
- [Where do I take my child for immunization?](#)
- [What should I expect when my child is immunized?](#)
 - [Common reactions](#)
 - [Allergic reactions](#)
 - [When to get help](#)
- [Why should I keep track of immunized?](#)
- [Quick immunization checklist](#)

Did you know?

Most children may still be immunized even if they have a cold or mild fever.

When should I immunize my child?

Vaccines work best when given on time. Have your child immunized (or vaccinated) according to schedule, because the first two years of life are the most vulnerable.

Your health care provider will give you an immunization schedule; this tells you which vaccine is needed at what age. Follow the schedule to give your child the most benefit.

Immunization schedules are different depending on where you live. Here is an example of a common schedule:

- 2 months (or at birth in some provinces and territories)
- 4 months
- 6 months
- 12 to 15 months
- 18 months
- between the ages of 4 and 6 years

Individual **provinces and territories have different regulations** regarding immunization. Some provinces and territories require that your child's **vaccines be up to date before starting daycare or school.**

Did you know?

You can download or order paper copies of a child's immunization calendar in either English, French or Inuktitut.

If you plan to leave your province or territory while your child is still young:

- have your child complete any series of vaccines already started
- contact your new health care provider or public health office (*Centres locaux de services communautaires*, or CLSC in Quebec) for a new schedule
- have your child immunized according to the new schedule
- remember to bring your immunization record to each appointment so your health care provider can update it

Did you know?

Children are best protected when they receive all doses of their vaccines on time.

What immunizations are recommended?

Vaccines not only help protect your child from illness, they can also help stop illness from spreading in your community. Sharing this information with your family and friends can encourage other parents to immunize their children as well. The more community members are immunized, the more we are able to keep communities healthy and strong.

Table: Vaccine-preventable diseases

Disease Symptoms of disease

Possible complications of disease

Diphtheria



- Severe sore throat
- High fever
- Respiratory and heart problems

- Paralysis
- Death in 5-10% of cases

Whooping Cough (Pertussis)



- Violent coughing fits that may persist for months
- Difficulty eating, drinking and breathing

- Pneumonia
- Convulsions
- Brain damage (1 case per 11,000)
- Death (0.4% among infants)

Tetanus



- Jaw spasms
- Vocal chord spasms
- Full-body muscle spasms

- Death in 10% of cases

Polio



- Fever
- Nausea and vomiting
- General discomfort
- Paralysis of arms and legs (1% of cases)

- Breathing problems
- Permanent paralysis (nearly 50% of hospitalized cases)
- Death (5% of hospitalized cases)

Haemophilus Influenzae type B (Hib)



- Epiglottitis (severe swelling of the throat)
- Pneumonia
- Meningitis (infection of the lining of the brain)

- Deafness
- Intellectual and developmental disabilities
- Death (5% of meningitis cases)

Measles



- Rash
- Cough
- Fever
- Conjunctivitis (pink eye)
- General feeling of illness

- Ear infection (5-9% of cases)
- Pneumonia (1-5% of cases)
- Convulsions
- Permanent brain damage (1 case per 1,000)
- Death (1 case per 3,000)

Mumps



- Fever
- Headache
- Swollen glands near jawbone

German Measles (Rubella)



- Rash
- Swollen glands
- Arthritis (especially in women)

Chickenpox (Varicella)



- Fever
- Many small blisters that develop scabs
- Itching

Meningococcal



- High fever
- Severe headache
- Nausea and vomiting
- General feeling of illness
- Red marks or tiny pin-size hemorrhages or bruises on the skin

Pneumococcal



- Fever
- Cough
- Fatigue
- Headache
- Muscle and joint pain
- General feeling of illness

Hepatitis B

- Meningitis (10-30% of cases)
- Deafness
- Testicular infection
- Ovarian infection

- Miscarriage in pregnant women
- Malformations in infants in cases where mother was infected during pregnancy

- Ear infection
- Pneumonia
- Skin infection (e.g. impetigo), sometimes severe (e.g. flesh-eating disease)
- Encephalitis (brain infection)
- Malformations in infants in cases where mother was infected during pregnancy
- Shingles (15-30% over lifetime)
- Death

- Permanent brain damage
- Amputation of hands or feet (10-15% of those infected with serogroup C)
- Death (10-15% of individuals infected with serogroup C)

- Ear infection
- Sinusitis
- Bronchitis
- Pneumonia
- Death



- Fever
- Abdominal pain
- Jaundice (yellow colouring of the skin and the whites of the eyes)
- Vomiting
- Diarrhea
- Severe liver disease
- Long-term liver infection (10% of adults and up to 90% of infants)
- Cirrhosis of the liver
- Liver cancer
- Death (1% of cases)

Seasonal Flu (Influenza)



- Fever
- Cough
- Fatigue
- Headache
- Muscle and joint pain
- General feeling of illness
- Ear infection
- Sinusitis
- Bronchitis
- Pneumonia
- Death

Content adapted from the Canadian Paediatric Society's "Your Child's Best Shot - A parent's guide to vaccination."

Where do I take my child for immunization?

Where you take your child will vary depending on where you live--on reserve or in an urban, rural or remote community.

There are a number of ways to find out where your child can get immunized:

- talk to a health care provider in your community
- contact an urban health centre, family clinic or another health care facility
- check the phone book or search the internet for a public health office (CLSC in Quebec)

What should I expect when my child is immunized?

Understanding what will happen when your child is vaccinated may help make the experience easier for both of you. Discuss any concerns you may have with your doctor, nurse or health care provider. Be sure to tell them if your child has any illnesses or allergies.

Common reactions

Before the needles, some children may fuss. Often, children react to our own emotions. If you are anxious or nervous, your child may feel this. Touching, talking or cuddling with your child will help make the immunization a more comfortable experience.

After immunization, most children are fine. However, a child may:

- be cranky, fussy or sleepy
- have a low fever
- develop a red spot or minor swelling around where the needle was given

These symptoms are common and do not last long—a couple of days at the most. Ask your health care provider what you can do for your child to ease any discomfort.

Allergic reactions

As with any medicine, an allergic reaction is possible, but uncommon. For this reason, you will be asked to wait on site for 15 minutes after your child's immunization.

When to get help

Contact your health care provider immediately if your child shows any of these signs after being immunized:

- fever over 38°C or 100°F
- seizure or convulsions—often with a high fever
- is crying or fussy for more than 24 hours
- increased swelling and redness at the injection site
- is unusually sleepy or unresponsive
- if you sense that something isn't right

Why should I keep track of immunizations?

Your child's health and well-being are good reasons to keep track of your child's immunizations. By keeping track, you can help ensure that your:

- health care provider has the proper information
- child receives the right immunizations on time

At your first visit, your health care provider should provide you with an immunization record (or card). If not, ask for one, and remember to bring it to each appointment. Your health care provider will update it each time your child is immunized.

An immunization record may be required when your child:

- starts school
- is transferred to a school in another area
- attends daycare/goes to day camp
- receives health care outside the community
- travels outside the country
- moves to another community
- has a new health care provider

Life with young children can be busy. If you miss one or more scheduled immunizations, get them back on track fast. Make an appointment with a health care provider as soon as possible.

Quick immunization checklist

1. **Make an appointment** - the first vaccines are usually given to babies when they are about 2 months old. Your health care provider will give you a schedule for your child.
2. **Bring your child's immunization record** - you will need your child's record for every new appointment.
3. **Make the next appointment** - set a date for your child's next immunization before leaving your health care provider's office or public health office (CLSC in Quebec).
4. **Mark the next date on your calendar** - do this as soon as you get home so you will not forget.
5. **Keep your child's immunization record** - put it in a safe place so you can find it when you need it.

Remember, immunization is the safest way to protect your child's health.

For more information

- [Vaccines: How they protect children](#)
- [Public Health Agency of Canada](#)
- [Canadian Paediatric Society](#)
- [Immunize Canada](#)
- [Healthy Canadians](#)
- [CANImmunize](#)

[For industry and professionals](#)

Instead of telling kids that only sticks and stones can break their bones, but words can never hurt them, we should tell them the truth.

Words CAN hurt them.

Words are very powerful, and can lift or crush others, especially young people who don't have a solid sense of self yet.

Teach them empathy, and to use words only in a loving way. Words can help people to achieve things they weren't sure they could, and words can bring people down to depression or suicide if their self-worth was already low.

Teach them that true power is in helping to build good, strong spirits, not to tear them down.

By Doe Zantamata

happinessinyourlife.com

POSITIVE THINGS TO SAY TO YOUR CHILD

1. You are helpful.
2. You were right.
3. I know you did your best.
4. I'm grateful for you.
5. You have great ideas.
6. I love being your mom.
7. I believe in you.
8. You are important.
9. You make me proud.
10. You are loved.
11. You don't have to be perfect to be amazing.
12. I believe you.
13. You are worth it.
14. Don't be afraid to be yourself.
15. It's good to be curious.
16. We all make mistakes, it's OK.
17. I understand you.
18. You can say no.
19. This family would not be the same without you.
20. We can try it your way.
21. I appreciate you.
22. I know you did your best.
23. I forgive you.
24. I am so glad you're here.
25. That was really brave what you did.
26. I admire you.
27. It's your decision.
28. If you really believe in something, it's important.
29. Don't give up.
30. I could never stop loving you.
31. You can try again tomorrow.
32. Don't compare yourself to anyone else.
33. You are enough.
34. It's OK to be scared.
35. Even if you make a mistake, you can fix it.
36. Being kind does not make you weak.
37. Your ideas are great.
38. You don't have to do what everyone else is doing.
39. Anything is possible.
40. You can make a difference.
41. I love how you said that.
42. I'm listening.
43. You did that so well.
44. You make my heart full.
45. Not everyone will like you, and that is okay.
46. You have a choice.
47. That's a great question.
48. I'm so excited to spend time with you.
49. That was a really good choice.
50. I trust you.
51. I hear you.
52. Your attitude can change any situation.
53. You are a great friend.
54. Never stop trying.
55. I'll always love you.

Handwashing and Hand Sanitizer Use

at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
 - If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- * Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.