



# February



## Important Dates:

- Offices Closed Monday February 20, 2017 for Family Day!



HAPPY  
FAMILY DAY

*Happy Valentine's Day*



# February Birthdays!

<b>Darcy Ashawasegai -</b>	<b>February 2, 2017</b>
<b>Debbie Newton -</b>	<b>February 4, 2017</b>
<b>Brooklyn Kagagins-Ashawasegai -</b>	<b>February 5, 2017</b>
<b>Louise Ashawasegai -</b>	<b>February 6, 2017</b>
<b>Teagan Pamajewong -</b>	<b>February 8, 2017</b>
<b>Kieran Pamajewong -</b>	<b>February 11, 2017</b>
<b>Dylan Panamick -</b>	<b>February 17, 2017</b>
<b>Myles Ashawasagai-</b>	<b>February 20, 2017</b>
<b>Johnny Kagagins -</b>	<b>February 26, 2017</b>
<b>Mary Ashawasegai -</b>	<b>February 27, 2017</b>
<b>Donny Grosbeck JR. -</b>	<b>February 27, 2017</b>

Sorry if anyone was missed. Please call the Health Centre to put name on list.





# Henvey Inlet First Nation Staff

## Chief and Council

~Chief Wayne McQuabbie~

~Lionel Fox~

~Patrick Brennan~

~Brenda Contin~

~Genevieve

Solomon-Dubois~

~Tony Solomon~

~Carl

Ashawasagai~

## Daycare Centre

~Supervisor~

Charlene Ashawasagai

~ NECE Worker~

Erin McQuabbie

~NECE Worker~

Carrie-Lynn Bennett

## Health Centre

Edward Panamick ~ Health Director

Kara Harkness ~ Community Health Educator

Darcy Ashawasegai ~ Program Supp. Clerk/Receptionist

Deborah Newton ~ Membership/Medical Van Driver

Kerri Campbell ~ Native Child and Family Worker

Louise Ashawasegai ~ NNADAP Worker

Brenda Contin ~ Community Health Nurse

Valerie Ashawasagai ~ Home Making Worker

Jonathon Contin ~ Home Maintenance Worker

Luana McQuabbie~ Community Wellness Worker

## Administration

Millie Pawis ~ Director of Finance/Administration

Carla Noganosh ~ Executive Assistant

Doris Contin ~ Financial Assistant

Patty Walsh ~ Financial Assistant

Rachel Kagagins ~ Housing Assistant

Lyndy McQuabbie ~ Administrative Assistant

Dorothy Contin ~ Social Services

Debbie Fox ~ Librarian

Judy Contin ~ Economic Development Officer

Greg Newton ~ Maintenance

Janice McQuabbie ~ Custodian

Genevieve Solomon-Dubois ~ Education Councillor

Raymond Kagagins ~ NRF Point Person

Angele Dubois ~ Community Mentor/YLP



## **Henvey Inlet First Nation Contact Info**

### **Band Office Contact Info**

Phone Number: (705)857-2331

Toll Free: 1-800-614-5533

Fax: (705)857-3021

### **EXTENSIONS**

Dorothy- 222 Mary Anne-223

Raymond-224 Patty-225

Wayne-226 Doris-227

Judy -228 Genevieve-229

Millie- 230 Carla- 232

### **Health Centre Contact Info**

Phone Number: (705)857-1221

Toll Free: 1-866-252-3330

Fax: (705)857-0730

### **EXTENSIONS**

Darcy- 221 Kara- 222

Eddy- 223 Debbie- 224

Kerri- 225 Brenda- 226

Luana- 227 Louise- 228



## Henvey Inlet First Nation

### Lands Office

**Sherry Contin-Lands Manager**

**Email: [lands@henveyinlet.com](mailto:lands@henveyinlet.com)**

**Amanda Barbe- Lands Assistant**

**Email: [barbe\\_amanda@yahoo.ca](mailto:barbe_amanda@yahoo.ca)**

Located at: 25 West Road

Pickerel, ON

Mailing Address: 295 Pickerel River Road

Pickerel, ON

PoG 1J0

Phone Number: (705) 857-5211

Fax Number: (705) 857- 3021



# Henvey Inlet First Nation First Response/Fire Rescue

**THE FOLLOWING ARE NUMBERS TO CALL IN THE  
EVENT OF AN EMERGENCY:**

**O.P.P.**

**1-888-310-1122**

**SUDBURY AMBULANCE**

**705-673-1117**

**PARRY SOUND AMBULANCE**

**705-746-6262**

**HENVEY INLET FIRE DEPT.**

**705-857-2121**

**BRITT FIRE DEPT.**

**705-383-2411**

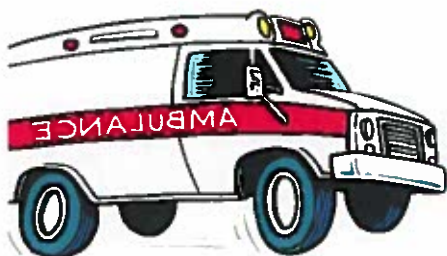
**CRISIS LINES**

**B'SAANIBIMAADSIWIN**

**1-800-461-5424**

**HEALTH SCIENCES NORTH**

**705-675-4760**





## NOTICE TO BAND MEMBERS

If you have utilized an ambulance service and receive a bill. You must call the number on the bill and give them your account number on the bill and also give them your status number and they will bill Non-Insured Health Benefits!

This is a benefit covered under

NIHB!

# Medical Van Schedule

<b>Monday</b>	<b>Sudbury</b>
<b>Tuesday</b>	<b>Parry Sound</b>
<b>Wednesday</b>	<b>Britt</b>
<b>Thursday</b>	<b>Sudbury</b>
<b>Friday</b>	<b>Emergency Only</b>





# **REMINDER!!**

There have been changes in The Medical Van Transportation Policies and Procedures that are in effect immediately! Appointment times MUST be between 10:00am

And 3:00 pm!

If not, a community submission can be used even if the van is travelling that direction.

Thank You!



# **Friendly Reminder!!**

**The Health Centre will not  
reimburse for Medical  
Trips on the days the  
Medical Van travels that  
direction unless the  
appointment times are  
before 9:00am and after  
3:00pm.**

**Miigwetch**

# NOTICE

This is a reminder that if you make an appointment at Britt Nursing Station to see any of the Doctors and for any reason you cannot make it to your appointment. YOU must call/leave a message the morning of your appointment no later than 9:00 am. There will no exceptions!! A \$30.00 late fee could result from not cancelling. This fee is subject to change at any time!

Thank You Kindly!

## Friendly Reminder

For the Community Members who use their own vehicles for Medical Appointments (Community Submissions).

It is very important that you hand in your submissions to The Health Centre the same month as the appointment date! As this affects our data input for the Medical Transportation Charts Quarterly Reports. Your co-operation would be greatly appreciated!

Miigwetch!







**In the Event of an  
Emergency Please call  
the Parry Sound or  
Sudbury Ambulance  
first. As the Health  
Centre can only  
accommodate you if  
there are NO Booked  
appointments.**

**Thank You!**

# **Notice**



**The Health Centre  
doesn't pay or  
reimburse for  
prescription pick up.**

**Thank You Kindly,  
Health Centre**

# **Friendly Reminder**

**3 days notice** is required to  
have your name and  
appointment put into the  
Medical Van Transportation

Book. **Effective**

**Immediately-Missed**  
**Appointment charges/late**  
**fees** are the responsibility of  
the Band Member.

Thank You Kindly,

Health Centre





**Henvey Inlet First Nation**  
**Gas Bar Hours**

**Monday-Friday 7:00am-7:00pm**

**Saturday 9:00am-7:00pm**

**Sunday 9:00am-7:00pm**





# Henvey Inlet First Nation Library Hours

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Closed during lunch hours 12-1:00PM

Monday - 8:30am -4:30pm

Tuesday - 8:30am -4:30pm

Wednesday - 8:30am - 4:30pm

Thursday - 8:30am - 4:30pm

Friday - 8:30am - 12:00N



Henvey Inlet First Nation Library  
Debbie Fox- Librarian

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295 Pickerel River Road  
Pickerel, ON  
P0G 1J0

Phone:(705)857-2222  
Email: maheengun12@hotmail.com





## Prescription Deliveries!

Noelville Pharmacy will be  
delivering Meds Thursdays @  
10:00AM

If you wish to have Meds  
delivered to the Health Centre,  
You must fax the prescription in  
by Wednesday at the latest!!

## **NOTICE TO MEMBERS!!!**

When utilizing Community Submissions ALL fields must be filled out! We will not process your payment for medical appointments unless all fields are filled out! Name, Date and time of appointment, Date of Birth, Band Number, Name of Doctor, Destination, Reason, Drivers signature and Printed name also as we cannot make out some signatures, and most importantly the Stamp/Signature of Receiving Officer!!!

# **BRITT NURSING STATION**

## **NOTICE**

**ALL PATIENTS ARE ASKED  
TO BOOK APPOINTMENTS.**

**WALK INS WILL ONLY BE  
SEEN AFTER APPOINTMENT  
PATIENTS ARE SEEN.**

**LABS ARE DONE ONLY  
BETWEEN 8:00 – 12:00**

**THANK YOU**





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

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

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

Day Care  
354B Pickeral 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

# Memorandum

**To:** Band Members of Henvey Inlet First Nation  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 1/31/2017  
**Re:** **Medical Transportation info for Off Reserve Band Members**

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There are a few options for Off Reserve Band Members who are looking for assistance to attend Medical Appointments. First I would like to mention the NIHB Client Reimbursement Form, which you will find attached. The NIHB Client Reimbursement Form can be used for reimbursement of NIHB-eligible benefits and services within a year of the date of services/benefit. Please note the Non Insured Health Benefits (NIHB) policies and requirements for coverage apply. You can find this info at <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/gener-ga-gr-eng.php> Please follow the instructions and information provided on the form in order to receive your reimbursement. Please note you will not receive financial help before your appointment as it will be reimbursed.

Secondly, Clients can also call Non-Insured Health Benefits themselves depending on your location. Main office is located in Ottawa the number is 1-800-881-3921 Prompts #1, then #3 for Medical Transportation. Northern Office is located in Thunder Bay 807-343-5310 and ask for Medical Transportation Prior Approvals. You will be asked to provide all your info on your appointment date, time, address of appointment, name of doctor and how you will be travelling (car/bus). This will also be reimbursed to you after your appointment.

Band Members can try to access their local Friendship Centre's, Health Centre's as some can provide you with contact info on where to get help with Medical Appointments. Clients can also be reimbursed through the Northern Ontario Travel Grant, which you can also find attached.

I would also like to mention that any clients who are on Ontario Disability or Ontario Works/ Social Services can also contact their Worker for info on how they can help with Medical appointments, bus passes, medical equipment, and as well as other services before they contact the Henvey Inlet Health Centre.

We hope you find this information helpful.

DA/



## NIHB CLIENT REIMBURSEMENT FORM

### INSTRUCTIONS

- You have **one year** from the date the services were provided to apply for reimbursement of NIHB-eligible benefits and services. Please note that all NIHB Program policies and requirements for coverage apply.
- Complete a separate NIHB Client Reimbursement form for each eligible client and type of benefit. Please do not include different types of benefits (e.g. dental, vision) on the same form.
- Please refer to the **CONTACT INFORMATION** for inquiries about NIHB-eligible benefits, the status of a claim, and/or mailing address.
- Indicate the client identification number (i.e. 'status number' for registered First Nations or 'N number' for recognized Inuit).
  - *Inuit clients:* Please note that your Territorial Health Card number *may* be used in place of your 'N number'. If you provide your 'N number, your Territorial Health Card number is not required.
  - In the case of a *child under 12 months of age who has not yet been registered/recognized*, please provide the identification number of the parent. For dental benefits, children of any age must have their own identification number.
- If the person seeking reimbursement is different from the client receiving the service (e.g. parent or guardian), please complete part 1 and part 2 of the form.
- You can obtain payment by direct deposit. For an enrolment form visit the [Health Canada website](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/cfob-dgcm/ddi-ddo/index-eng.php) <http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/cfob-dgcm/ddi-ddo/index-eng.php>, or email [DD@hc-sc.gc.ca](mailto:DD@hc-sc.gc.ca).

### PLEASE MAKE SURE TO:

- ✓ Complete and sign the NIHB Client Reimbursement Form(s) (*incomplete forms cannot be processed and will be returned*).
  - The signatory must be at least 16 years of age.
  - Please provide your contact information / phone number in case the NIHB Program needs additional information in order to process your reimbursement claim.
- ✓ Provide the required supporting documents from the list below.
- ✓ Mail the completed and signed reimbursement form, along with supporting documents, to the appropriate address (see page 3).

### SUPPORTING DOCUMENTS (TO BE INCLUDED WITH YOUR COMPLETED AND SIGNED CLIENT REIMBURSEMENT FORM):

- ✓ Provide **original receipt(s)** as proof of payment. Receipt (s) must list client's full name, date of service, provider/office name, description of services, and proof of total amount paid.
- ✓ If you have other health coverage, please submit the detailed **statement or explanation of benefits form** from all other health plans(s)/program(s) as well as a **COPY of the original receipts** (your primary insurer requires the original receipts).

#### For Pharmacy and Vision Care claims:

- ✓ A copy of your prescription.

#### For Medical Supplies and Equipment claims:

- ✓ A copy of your prescription.
- ✓ Contact your regional office (see page 4) to confirm whether additional medical documentation is required to support your claim.

#### For Dental and Orthodontic Services claims:

- ✓ Include a copy of one of the following forms, completed and including office verification by your dental or orthodontic service provider:
  - Association des Chirurgiens Dentistes du Québec Dental Claim and Treatment Plan Form
  - Standard Dental Claim Form
  - Canadian Association of Orthodontics Information Form
- ✓ Please note that you may also use the NIHB Dental Claim Form (Dent-29 Form) to submit your claim for reimbursement.

**For Medical Transportation claims:**

- ✓ Provide proof of your medical appointment attendance.
- ✓ Please note that you may also use a medical transportation form provided by your regional office to submit your claim for reimbursement.

**CONTACT INFORMATION**

For reimbursements, please mail your completed form(s) and supporting documents to the applicable Regional Office, the NIHB Drug Exception Centre, or the NIHB Dental Predetermination Centre (for dental and orthodontic services).

**PHARMACY, DENTAL AND ORTHODONTIC BENEFITS:**

**DENTAL PREDETERMINATION CENTRE  
DENTAL SERVICES**  
NIHB/FNIHB  
Health Canada  
Address Locator 1902D  
200 Eglantine Driveway, 2<sup>nd</sup> floor  
Ottawa, Ontario K1A 0K9  
Telephone (toll-free): 1-855-618-6291  
Fax: 1-855-618-6290

**DENTAL PREDETERMINATION CENTRE  
ORTHODONTIC SERVICES**  
NIHB/FNIHB  
Health Canada  
Address Locator 1902C  
200 Eglantine Driveway, 2<sup>nd</sup> floor  
Ottawa, Ontario K1A 0K9  
Telephone (toll-free): 1-866-227-0943  
Fax: 1-866-227-0957

**DRUG EXCEPTION CENTRE  
CLIENT REIMBURSEMENT**  
NIHB/FNIHB  
Health Canada  
Address Locator 1902D  
200 Eglantine Driveway, 2<sup>nd</sup> floor  
Ottawa, Ontario K1A 0K9  
Please direct telephone inquiries to  
your Health Canada Regional office.

**MEDICAL SUPPLIES AND EQUIPMENT, VISION CARE, AND MEDICAL TRANSPORTATION BENEFITS:**

**Alberta Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
9700 Jasper Avenue, Suite 730  
Edmonton, Alberta T5J 4C3  
Telephone (toll-free): 1-800-232-7301

**Saskatchewan Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
2045 Broad Street, 1st Floor  
Regina, Saskatchewan S4P 3T7  
Telephone (toll-free): 1-866-885-3933

**Manitoba Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
391 York Avenue, Suite 300  
Winnipeg, Manitoba R3C 4W1  
Telephone (toll-free): 1-800-665-8507

**Ontario Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
Sir Charles Tupper Building  
2720 Riverside Drive, 4<sup>th</sup> Floor  
Mail Stop 6604E  
Ottawa, Ontario K1A 0K9  
Telephone (toll-free): 1-800-640-0642

**Quebec Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
200 René-Lévesque Boulevard West  
Guy-Favreau Complex, 2<sup>nd</sup> floor  
Montréal, Québec H2Z 1X4  
Telephone (toll-free): 1-877-483-1575

**Atlantic Region**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
1505 Barrington Street  
Suite 1525, 15<sup>th</sup> Floor, Maritime Centre  
Halifax, Nova Scotia B3J 3Y6  
Telephone (toll-free): 1-800-565-3294

**Northern Region (NWT & Nunavut)**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
Sir Charles Tupper Building  
2720 Riverside Drive  
Mail Stop 6604C  
Ottawa, Ontario K1A 0K9 Telephone  
(toll-free): 1-888-332-9222

**Northern Region (Yukon)**  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
300 Main Street, Suite 100 Whitehorse,  
Yukon Y1A 2B5  
Telephone (toll-free): 1-866-362-6717

**British Columbia**  
For Clients Eligible under the First Nations Health Authority (FNHA) in British Columbia (with the exception of Orthodontic Services), please submit claims for reimbursement to:

**BRITISH COLUMBIA FIRST NATIONS HEALTH AUTHORITY**  
Health Benefits  
757 West Hastings Street  
Suite 540  
Vancouver, BC, V6C 3E6  
Toll Free: 1-888-321-5003  
Fax: 1-604-666-5815

**For Residents of British Columbia who are not eligible for benefits under the FNHA**  
Please contact the Alberta Regional Office (see above) regarding your reimbursement claim. For dental and orthodontic reimbursements, send reimbursement requests to the Dental Predetermination Centre (see above).

### NIHB CLIENT REIMBURSEMENT FORM

Before completing this form, please read the INSTRUCTIONS page, including the SUPPORTING DOCUMENTS section for what must be included with your reimbursement claim. For inquiries and/or mailing addresses, refer to the CONTACT INFORMATION.

✓ Complete and sign the form. *Incomplete forms cannot be processed; forms that are not signed will be returned for signature.*

✓ Include ALL the required documents (listed in the instructions) with your claim, and keep copies of your files.

PART 1 – CLIENT INFORMATION (CLIENT RECEIVING THE SERVICE)			
Surname:		First and Middle Names:	
Address:		Apt.:	Identification Number (i.e.: Status number OR N number):
City:		Province/Territory:	
Telephone Number 1:	Extension:	Telephone Number 2 (optional):	Extension:
Postal Code:	Email Address (if email communication preferred):	Date of Birth: (YYYY/MM/DD)	
Are you covered for any of these expenses under any other health plan(s)/program(s)? <input type="radio"/> Yes <input type="radio"/> No If yes, please attach a copy of a detailed statement or <i>explanation of benefits form</i> from all other plan(s)/program(s).			
Reimbursement to: <input type="radio"/> Client <b>Part 1</b>		<input type="radio"/> Other Payee <b>Part 2</b>	Inquiries to be sent to: <input type="radio"/> Client <b>Part 1</b> <input type="radio"/> Other Payee <b>Part 2</b>

PART 2 – PAYEE INFORMATION (IF REIMBURSEMENT IS CLAIMED BY SOMEONE OTHER THAN THE CLIENT RECEIVING THE SERVICE)			
Last name:		First and Middle Names:	
Address:		Apt.:	Email Address (if email communication preferred):
City:		Postal Code:	Province/Territory:
Telephone Number 1:	Extension:	Telephone Number 2 (optional):	Extension:
Relationship to client receiving service:			

PART 3 – BENEFITS / SERVICES RECEIVED (USE A DIFFERENT FORM FOR EACH BENEFIT TYPE)	
BENEFIT TYPE (Select One): <input type="radio"/> Pharmacy Benefits <input type="radio"/> Medical Supplies & Equipment <input type="radio"/> Vision and Eye Care <input type="radio"/> Medical Transportation <input type="radio"/> Dental/Orthodontic Benefits	
List Benefits/Services Received:	Cost
TOTAL AMOUNT CLAIMED:	\$ 0.00



**PART 4 – SIGNATURE AND AUTHORIZATION (FORM MUST BE SIGNED IN ORDER TO BE PROCESSED)**

I authorize the release of any records that are relevant to the processing and payment of the attached claims held by the service provider to Health Canada, its agents or contractors, or any appropriate Health Professional licensing or Regulatory Body for the purpose of administrative audit. I declare the information to be true and accurate and that it does not contain a claim for any benefit or service previously paid for by Health Canada or by any other plan(s)/program(s) that is noted in the statement or explanation of benefits.

Client (beneficiary)  Parent/Guardian

Print Name:

Signature:

Date:

(YYYY/MM/DD)

**PRIVACY NOTICE**

The personal information you provide to Health Canada is governed in accordance with the Privacy Act. We only collect the information we need to administer benefits under the Non-Insured Health Benefits (NIHB) Program. Collection of information for this purpose is authorized under the *Department of Health Act*. We require this information for the adjudication and payment of claims and for audit purposes. Your personal information may be disclosed without your consent, but only in accordance with subsection 8(2) of the Privacy Act. For more information: This personal information collection is described in Info Source, available online at [infosource.gc.ca](http://infosource.gc.ca). In addition to protecting your personal information, the *Privacy Act* gives you the right to request access to and correction of your personal information. For more information about these rights, or about our privacy practices, please contact the Health Canada/Public Health Agency of Canada's Access to Information and Privacy (ATIP) Coordinator at 613-954-9165 or [atip-aiprp@hc-sc.gc.ca](mailto:atip-aiprp@hc-sc.gc.ca). You also have the right to file a complaint with the Privacy Commissioner of Canada if you think your personal information has been handled improperly.

**For inquiries and/or mailing address, please refer to the CONTACT INFORMATION page.**

The Northern Health Travel Grant (NHTG) Program helps defray travel related expenses of eligible Northern Ontario residents seeking medical specialist services or procedures at a designated health facility (e.g. CAT scan). Ministry travel grants are based on the distance to the closest medical specialist or designated health care facility able to provide the required health care services without a delay that would compromise the patient's health.

**Please consider Telemedicine instead of travel:** Ontario Telemedicine Network (OTN) supports almost every clinical specialty and may be an alternative to having patients travel. The OTN referral form is available at [www.otn.ca/rafer](http://www.otn.ca/rafer)

**Please note:**

- Patient must complete and submit a new, separate application for *each* round trip.  
Submit your application to: Ministry of Health and Long-Term Care  
199 Larch Street, Suite 801, Sudbury ON P3E 5R1
- Your NHTG application must be received by the Ministry of Health and Long-Term Care (MOHLTC) within twelve (12) months from the date of service.
- Requests for re-consideration/re-assessment of applications must be received within twelve (12) months from the date of payment, grant denial or date claim is returned to a client.
- Original tickets/stubs/receipts must be provided for travel by air, bus or rail for patient and/or companion; however, travel itineraries are acceptable if they show a fare was paid or accumulated airline travel credits were used. Do *not* submit receipts for gas or meals since these are not required and will not be returned.
- If several patients/their companions travel together in the same car, only one travel grant will be paid per round trip.
- 100 kms will be deducted from the total distance of the trip when calculating the amount of the travel grant.

**Eligibility Criteria for a Patient Travel Grant – Patient *must* satisfy all of the following:**

- 1. Must be a resident of Northern Ontario in the districts of Algoma, Cochrane, Kenora, Manitoulin, Nipissing, Parry Sound, Rainy River, Sudbury, Thunder Bay or Timiskaming *and* be an OHIP insured person on the date the service is provided.
- 2. Must be referred within Ontario or to Manitoba for specialist health care or designated health facility procedures that are insured services under the *Health Insurance Act*.
- 3. Must have travelled at least 100 kms (one way road distance) to obtain the required service from their area of residence to the location of the nearest medical specialist/designated health care facility referred to in Ontario or Manitoba.
- 4. Must be referred, before the travel takes place, by a northern physician, dentist, optometrist, chiropractor, midwife or nurse practitioner and ensure Section 2 of the application is completed.
- 5. Must be referred to a *medical specialist* who is certified by The Royal College of Physicians and Surgeons of Canada (RCPSC), or a *Winnipeg (Manitoba) physician* enrolled on the *Manitoba Health Specialist Register* and permitted to bill as a specialist. **OR** must be referred to a physician who holds a specialist certificate of registration issued by the College of Physicians and Surgeons of Ontario (CPSO) in a recognized medical or surgical specialty other than family or general practice, or a health facility designated by the MOHLTC.

To verify a specialist's RCPSC certification using the internet, go to [www.royalcollege.ca](http://www.royalcollege.ca) and follow these steps:

- i. Specify language (English or French) below "Directory of Fellows". Click: "Confirm Status". Read and accept Disclaimer.
- ii. Enter doctor's last name and city. Click: "Search" and check specialty/subspecialty.

- 6. Contact the NHTG Program to find out if a particular health care facility has been designated by the ministry.
- 6. Must confirm that travel costs are not covered by another program/organization such as WSIB, NIHB (Non-Insured Health Benefit Program for eligible First Nations and Inuit people) or private insurance (e.g. third party liability). Contact the NHTG Program for additional details.

**For Assistive Devices Program (ADP) applications** where patient is referred for fitting, adjustments or repairs for ADP approved orthotics and prosthetics, both the following criteria must be met:

- 1) vendor has an ADP authorizer registration number; **AND** 2) travel is for one of the following devices:
- |                                     |             |                     |                             |
|-------------------------------------|-------------|---------------------|-----------------------------|
| – breast prostheses                 | – orthotics | – prosthetics       | – conventional orthoses     |
| – maxillofacial introral prostheses |             | – ocular prostheses | – burnscar pressure devices |

**Third Party Advance Funding –** If any travel costs, including travel grant and/or accommodation allowance, have been covered in advance by an approved Third Party Agency, payment for which a patient is eligible will be made to that Third Party Agency. Contact the NHTG Program for additional details.

**Eligibility Criteria for a Companion Travel Grant –** Companion grant *may* be paid when all of the following are met:

1. Patient meets above travel grant eligibility criteria.
2. Patient is under 16 years of age on date of service or in the referring provider's professional judgement, patient is unable to travel without a companion. The referring provider must indicate this in Section 2 *prior to the patient's travelling*.
3. Companion must be 16 years of age or older.
4. Companion must travel with the patient and pay a fare if travel is by air, rail or bus.

**Eligibility for Accommodation Allowance –** A patient *must meet all of the following criteria* in order to be eligible for the \$100/round trip accommodation allowance:

1. The patient meets the travel grant eligibility criteria set out above: #1, 2, 4, 5 and 6.
2. The patient has travelled at least 200 kms (one way road distance) to obtain the required OHIP insured service from their area of residence to the location of the nearest medical specialist/designated health care facility referred to in Ontario or Manitoba.
3. The patient has submitted original accommodation receipts for services rendered on or after December 1, 2012.

## Avoid Delays – Incomplete applications will be returned.

To assist you in completing your application, please provide the required information for all applicable sections using the following checklist as a guide. Please type or print clearly on all sections of the application. Ensure your most current name and address information have been provided to the MOHLTC. If your address information provided on this application does not match your health number records, this form will be used to update your records. **Correctly completed applications will avoid delays in the assessment of your application and in your grant payment.**

### Section 1: Patient completes this section in full:

- |  |  |
|--|--|
| <input type="checkbox"/> Last Name, First Name and Health Number                                       | <input type="checkbox"/> Type of Transportation  |
| <input type="checkbox"/> Date of Birth, Home Telephone Number, Work Telephone Number and Sex           | <input type="checkbox"/> Provide Original Receipts/Stubs for travel by commercial carrier  |
| <input type="checkbox"/> Home Address and Mailing Address (if different than Home Address)             | <input type="checkbox"/> Patient's Consent and Signature   |
| <input type="checkbox"/> Confirm if all/part of travel cost is covered by another program/organization | <input type="checkbox"/> Effective December 1, 2012, if applying for the accommodation allowance, provide Original Accommodation Receipts for each treatment trip (e.g. official hotel/lodging receipts) |

If the patient is a child under 16 years of age, the child's parent/guardian with custody may complete and sign the form on behalf of the child. If the patient is 16 or older but incapable of consenting on his/her own behalf, a Substitute Decision Maker (SDM) may complete and sign the form on the patient's behalf.

SDM's include patient's:

- Guardian who has authority to make a decision on behalf of patient;
- Attorney for Personal Care who has authority to make a decision on behalf of patient;
- Representative appointed by Consent and Capacity Board with authority to give consent;
- Spouse/Partner;
- Child/Parent or children's aid society or other person legally entitled to give/refuse consent;
- Parent with only right of access;
- Brother/sister;
- Other relative.

For more specific information on SDMs, please contact NHTG program directly (see General Contact Information below).

### Section 2: Northern Referring Provider completes and certifies:

- |   |   |
|---|---|
| <input type="checkbox"/> Last Name and Initial(s)                             | <input type="checkbox"/> An indication if referral was made/not made to the nearest specialist from the patient's area of residence |
| <input type="checkbox"/> Provider Number and Billing Specialty                | <input type="checkbox"/> Signature  |
| <input type="checkbox"/> Name of Specialist/Facility referred to and location | <input type="checkbox"/> Signature for Companion Grant Request (if applicable)  |

### Section 3: Specialist/Health Facility Service Provider completes and certifies:

- |  |  |
|--|--|
| <input type="checkbox"/> Last Name and Initial(s)  | <input type="checkbox"/> Type of Service (e.g. procedure, follow up visit, other reason) |
| <input type="checkbox"/> Professional Designation (e.g. R.N., Technician)                    | <input type="checkbox"/> Date of Service   |
| <input type="checkbox"/> Provider Number and Billing Specialty (if applicable)               | <input type="checkbox"/> Signature   |
| <input type="checkbox"/> Name of Hospital/Facility and City/Town the service was provided in |  |

### Section 4: If patient received advance funding, Third Party Agency (e.g. Canadian Cancer Society, Kidney Foundation) provides:

- |   |   |
|---|---|
| <input type="checkbox"/> Agency/Society's Full Name | <input type="checkbox"/> Code Number                                    |
| <input type="checkbox"/> Patient's Signature        | <input type="checkbox"/> Municipality Location of the Society or Agency |

### Section 5: If applying for a companion grant, Companion completes this section in full:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Last Name and First Name | <input type="checkbox"/> Type of Transportation                                  | <input type="checkbox"/> Receipts/ticket stubs for travel by commercial carrier |
| <input type="checkbox"/> Mailing Address          | <input type="checkbox"/> Signature (verifies companion is 16 years old or older) |   |

If travel is round trip by car, **one half** of the grant may be paid to the patient and the **other half** paid to the companion.

### General Contact Information:

- Office hours are 8:30 a.m. to 5:00 p.m., Monday to Friday except holidays.
- For more information, call 705 675-4010 or 1 800 461-4006.
- Or go to [www.health.gov.on.ca/en/public/publications/ohip/northern.aspx](http://www.health.gov.on.ca/en/public/publications/ohip/northern.aspx)
- To obtain services in French, please call the toll free number 1 800 461-1149

For current processing times, go to our website: <http://www.health.gov.on.ca/en/public/publications/ohip/northern.aspx>

### Notice

The ministry cannot process your application unless you (and your companion, if applicable) provide the personal information required in sections 1 and 5 of the application. The ministry needs this information for the proper administration of the NHTG Program and will use and may disclose it for the purpose of determining your eligibility and processing your application. If you (and your companion, if applicable) do not consent to the ministry's collection, use and/or disclosure of this information, the ministry cannot process your application. For further information please contact the Manager, NHTG Program (see address information on previous page) or call 705 675-4010 or 1 800 461-4006.



Northern Health Travel Grant Application

Print clearly in block letters. Ensure BOTH sides of this application are completed.

For Ministry Use Only - Do not write here

Section 1 - Patient Information (Refer to Instruction Sheet for more information)

Form section for patient information including fields for Last Name, First Name, Health Number, Fee Code K036, Date of Birth, Home Telephone Number, Work Telephone Number, Sex, Home Address, City/Town, Mailing Address, and Transportation type.

Consent and signature section: By completing and signing this application, I consent to the MOHLTC's collection, use and disclosure of the personal health information... I hereby certify that I am the: Patient, Parent of a patient who is under 16 years of age, or SDM of the patient.

Section 2 - Northern Referring Provider Information

Form section for referring provider information including fields for Referring Provider's Last Name, Initials, Provider Number, Specialty, Specialist/Facility Referred to, Referring Provider's Telephone Number, Municipality Referred to, and Referring Provider's Fax Number.

Signature section: I certify that based on my professional judgement, the patient is unable to travel without a companion. Referring Provider's Signature X. I certify that the information provided in this section is correct. Referring Provider's Signature X.

Section 3 - Specialist / Health Facility Service Provider Information

Form section for specialist/health facility service provider information including fields for Last Name of Specialist / Service Provider, Initials, Professional Designation, Provider Number, Specialty, Name of Hospital/Facility Service Provided in, City/Town Service Provided in, and service type (Consultation, Procedure, Surgery, Follow Up Visit, Other).

Signature section: I certify that the information provided in this section is correct. Specialist / Health Facility Service Provider's Signature X. Telephone No. Fax No.

Turn over to next page



# Northern Health Travel Grant Application

Please print clearly in block letters.

For Ministry Use Only – Do not write here

## Patient Information (Required on both sides of the form)

Last Name	First Name	Health Number	

## Section 4 – Advance Funding by Third Party Agency / Society (if applicable)

Name of Society or Agency	Code Number		
Mailing Address			
Municipality	Postal Code	Telephone Number	Extension
		( )	

I hereby direct the ministry's NHTG Program to pay my travel grant pertaining to this Northern Health Travel application to the society or agency named above.

Signature of Patient / Parent / SDM of the patient (see instructions)

X

## Section 5 – Companion Information (if applicable)

Last Name	First Name		
<input type="checkbox"/> Same as patient address	Mailing Address		
City / Town	Postal Code		
Type of Transportation	Automobile (receipts not required)	Commercial Carrier (Original tickets/stubs required)	Ambulance
	<input type="checkbox"/> One Way <input type="checkbox"/> Round Trip	<input type="checkbox"/> Air <input type="checkbox"/> Rail <input type="checkbox"/> Bus	<input type="checkbox"/> One Way <input type="checkbox"/> Round Trip

I hereby certify that I am 16 years of age or older and I accompanied the above-named patient.

The personal information you provide on this form is necessary for the proper administration of the ministry's NHTG Program. The MOHLTC collects and may use and disclose this information for the purposes described in Section 1 above. If you have any questions about this collection, please contact the Manager, NHTG Program at 199 Larch St., Sudbury ON P3E 5R1 or by phone at 705 875-4010 or 1 800 461-4006.

Companion's Signature	Telephone No.

X





**Henvey Inlet  
First Nation**

Pickerel, ON POG 1J0

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

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

Day Care  
354B Pickerel 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

# Memorandum

**To:** Henvey Inlet First Nation Community  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 7/26/2016  
**Re:** **Non-Band Members utilizing the Medical Van**

---

The Medical Transportation Vehicle may be used by Non-Band Members. However, The Non Band Member must call and put their name in the Medical Transportation Book. Their name can only be added in the book if there is already Medical Appointments booked for that day for Band Members. Non Band Member appointments must be after the First appointment in the book and before the last appointment in the book and follow the Medical Transportation Schedule in order to be put in the book.

Reminder for Band Members/Non Members, Please book your appointments according to the Schedule which is:

Monday- Sudbury

Tuesday- Parry Sound

Wednesday- Britt

Thursday- Sudbury

Friday- Emergencies Only

ONLY Band Member appointments that do not coincide with this schedule or are not within the acceptable hours will be eligible to utilize a Community Submission. We at the Health Centre would appreciate your cooperation.

/DA



**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 Ashwasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Henvey Inlet First Nation Members  
**From:** Henvey Inlet First Nation Health Centre  
**Date:** 9/29/2016  
**Re:** Prescription Pick-ups/Reimbursements

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This is in regards to Prescription pick-ups/reimbursements to remind Band Members that Henvey Inlet First Nation Health Centre does not pick-up prescriptions from any Medical offices ie: Britt Nursing Station as we utilize Noelville Pharmacy for delivery of Prescriptions. We also do not reimburse clients for Over the Counter Prescriptions.

If you wish to have your prescriptions delivered to the Health Centre, Please get your prescriptions transferred/faxed to Noelville Pharmacy as they deliver prescriptions to the Health Centre every Thursday.

DA/ep



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

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

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

Day Care  
354B Pickeral 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

# Memorandum

**To:** Band Members of Henvey Inlet First Nation  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 11/14/2016  
**Re:** **Community Submission Forms**

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This memo is to remind Community Members who utilize the Community Submissions that **all spaces on the form**; Name of Client, Date of appt, Date of Birth, Time of appt, Status Number, Client Signature, Reason for appt, Doctor/Nurses Name, Destination, Stamp/Signature of receiving office, and Drivers Signature are to be filled out before handing in to the Henvey Inlet Health Centre.

This info is needed for reporting purposes to First Nations and Inuit Health Branch. We **WILL NOT** process a community submission unless all fields are filled out.

Appointments booked before 10:00 am or after 2:30 pm on days the van travels that direction will qualify to use a Community Submission (ex: an appointment in Sudbury on a Monday/Thursday at 9:30am will qualify) We at the Health Centre would appreciate your cooperation.

/DA

## Instructions: Application for Ontario Portion of the Harmonized Sales Tax (HST) Refund for First Nations

### General Information

The attached application is to be used by Status Indians, Indian bands and councils of an Indian band when claiming a refund for the Ontario component of the Harmonized Sales Tax (HST) paid for off-reserve acquisitions and importations of qualifying property or services.

The refund is not available unless the qualifying property or services were acquired for the exclusive personal use of the Status Indian or exclusively for the use by an Indian band or council of an Indian band. In addition, a refund is not available where other HST relief has been applied.

### Who is Eligible

The following persons are eligible for a refund of the 8% Ontario component of the HST paid on qualifying property or services:

- Status Indians who are Ontario residents, or
- Status Indians who are Canadian residents and residents on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

### Documentation Required

Please provide the following documentation:

- completed and signed application form;
- original receipts in the purchasers name for qualifying off-reserve acquisitions and importations **showing the 13% HST was paid;**
- photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of use by the band or the council of the band.

### Qualifying Property and Services

For detailed information on the property and services that qualify for the point-of-sale exemption/refund when acquired in or imported into Ontario, please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

### Direct Bank Deposit

If you wish your refund to be deposited directly into your bank account, please attach a VOID cheque to your refund application, showing your name and address. You may also request direct deposit by sending us a letter with a VOID cheque attached.

If you wish to cancel the direct deposit, please send us a letter requesting the cancellation.

### Authorized Representatives

If you would like an authorized representative to act on your behalf with regards to your claim, complete an [Authorizing or Cancelling a Representative form](#) and return the completed form to the ministry.

Before completing this application, please read the attached instructions. Please type or print.

**A Claimant Information**

Name of Claimant \_\_\_\_\_

**Mailing Address**

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

Do you authorize any person to act on your behalf with regard to this claim e.g. your local Band council?  Yes  No

**Representative's Name**

Last Name	First Name
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**Mailing Address**

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

**B Summary of Claim**

Total Number of Receipts (Maximum 100 receipts)	Period Covered: From (yyyy/mm/dd)	Period Covered: To (yyyy/mm/dd)
---	-----------------------------------	---------------------------------

The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals
- out of province (Ontario)
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation

Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.

Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.

Send in a photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of or use by the band or the council of the band.

Where all supporting documents are submitted, please allow up to eight weeks for verification and processing of your claim.

**Applications must be submitted to the address above within four years from the date the 8% HST was paid. If the application for refund relates to HST paid in another participating province but imported into Ontario within 30 days, the application must be submitted within one year from the date the qualifying goods were imported into Ontario.**

**C Certification** Please remember to sign this application

I certify that all the facts stated on this application are correct to the best of my knowledge and I understand this claim is subject to verification.

(Print) Name of claimant or an authorized official of the Indian band or council	Title	Signature	Date (yyyy/mm/dd)
--	-------	-----------	-------------------

Every person who, by deceit, falsehood, or by any fraudulent means, obtains or attempts to obtain a refund or rebate of tax under this Act or the regulations to which the person is not entitled is guilty of an offence and on conviction is liable to a fine of not less than \$500 and not more than an amount that is double the amount of the refund or rebate obtained or sought to be obtained, or to a term of imprisonment of not more than two years, or to both (*Retail Sales Tax Act*, Subscription 32(5)).

Personal information contained on this form is collected under the authority of the *Retail Sales Tax Act*, R.S.O. 1990, c. R31, and will be used to determine eligibility for the amount of the refund. Questions on this collection can be directed to the Ministry of Finance, 33 King Street West, Oshawa Ontario L1H 8E9, or by calling 1-866-ONT-TAXS (1-866-668-8297)



## **\*\* CHANGE OF ADDRESS, PHONE NUMBER, AND FAX NUMBER \*\***

With its partners in the Parry Sound Family Health Team, the physicians and staff of Medical Associates, Wright Clinic, and Parry Sound Family Physicians are relocating to a new building at **60 Bowes Street, Parry Sound, Ontario P2A 2L3** and will be open on Monday, June 13, 2016.

We are excited about the opportunities for improved program access and operational efficiencies that a shared location will provide, and wish to reassure our patients and clients that the clinical services delivered by each clinic group will remain the same.

Our phone numbers and fax numbers will remain the same.

**Medical Associates, Telephone - 705-746-9382, Fax - 705-746-7758**  
**Wright Clinic, Telephone - 705-746-2181, Fax - 705-746-4753**

**Parry Sound Family Physicians will now use The Wright Clinic numbers.**

During this transition period, we are committed to reducing the impact on service delivery to our patients. Please help us with your suggestions that can be offered by placing them in our suggestion box located in the waiting room.

**For our clinical partners please note these fax numbers:**

**Wright Clinic and Drs. Kim Warwick and Leigh Davis,**  
**705-746-4753** for all documents  
**705-746-9009** for all RXs

**Medical Associates**  
**705-746-6901** urgent attention, RXs, LTC, CCAC, VON, Care Partners  
and Ins. Companies  
**705-746-7251**, Referral appointments  
**705-746-7758** all other documents



Henvey Inlet First Nation Health Centre

## Traditional Healer – Jake Pine

Jake Pine will be at the HIFN Health Centre on

Thursday February 23, 2017

and

Friday February 24, 2017

Please Call Darcy at the Health Centre to Book an appointment. Please Remember to bring tobacco offering.



**Henvey Inlet First Nation Health Centre**

**354 A Pickerel River Road**

**Pickerel, ON**

**PoG 1 J0**

**Phone: (705)857-1221**

**Toll Free: 1-866-252-3330**

**Fax:(705)857-0730**



**We are located 45 minutes South of Sudbury off highway 69 and 1 hour North of Parry Sound.**

# **Personal Empowerment for Healthy Lifestyles and Diabetes Prevention Workshop**



**When: Wednesday, February 1st and Thursday,  
February 2nd, 2017 (2 Full Days)**

**Time: 9:00 am to 4:30 pm**

**Where: Log Cabin Inn, 9 Little Beaver Blvd.  
Sequin Township**

**Who Should Attend: Diabetes Front Line Workers  
and Community Members**

**Cost: \$10.00 per person**

**Facilitator:** Alex McComber is Kanien'kehá:ka (Mohawk) bear clan from Kahnawake Territory near Montreal, Quebec. He has worked with the Kahnawake Schools Diabetes Prevention Project since 1994 in many roles, presently as a community advisor and researcher and as a trainer. He has been a high school teacher and principal as well as a university instructor in education and healthy lifestyles.

Alex holds an honorary Doctor of Science from Queens University, a Master's in Education Administration from McGill University, and a Certificate in Indigenous Community Health Approaches from First Nations Technical Institute and St. Lawrence College.

Building upon the successful experiences of the Kahnawake Schools Diabetes Prevention Project, this interactive two-day workshop will give participants the opportunity to:

- Review information diabetes, wellness, stress management, healthy eating, & physical activity
- Examine personal life activities and ideas on health and wellness
- Develop personal action plans for lifestyle changes
- Understand the importance of healthy role modeling for children, families & community

The two-day workshop will include lectures, question and answer sessions, discussion groups, personal action time, personal planning, videos and interactive physical activity sessions. Healthy lunches, snacks and beverages will be served.

Please call Janice Horn at the Shawanaga First Nation Healing Centre @ 705-366-7878 to register. Deadline Date: Wednesday, January 25, 2017



# Henvey Inlet First Nation Fitness Centre



**January 18, 2017**

PLEASE BE ADVISED THAT THE GYM CODE HAS BEEN  
CHANGED DUE TO AN ABUNDANCE OF NON-PAYING  
INDIVIDUALS ACCESSING THE FACILITY.

**PLEASE SEE KARA NEWTON AT THE HEALTH CENTRE TO  
PURCHASE YOUR MEMBERSHIP!!**

YOU MUST BE 16 YEARS AND OLDER TO UTILIZE THE FACILITY  
UNLESS ACCOMPANIED BY A PARENT.

THANK YOU FOR YOUR COOPERATION!!





# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

## ***FEBRUARY 8, 2017—Community Outreach***

***Unemployed? Looking for Options?***

***Are you a member of one of these First Nations?***

- *Henvey Inlet First Nation*
- *Magnetawan First Nation*
- *Shawanaga First Nation*
- *Wasauksing First Nation*
- *Dokis First Nation*
- *Wahnapiatae First Nation*
- *Temagami First Nation*

***Sandra Martin will be available to meet with you in your community.***

WHERE	DATE & TIME
<b>Henvey—Health Centre</b>	<b>Wednesday, Feb. 8/17</b> <b>9:00—10:15am</b>

### **Purchase of Training:**

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance

**PROGRAMS TO ASSIST UNEMPLOYED**

### **Apprenticeship:**

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

### **Wage Subsidies:**

50% of wage for full-time jobs

### **Mobility:**

Assistance to attend job interview

### **Relocation:**

Assistance to relocate for a full-time job

### **Employment Support:**

Up to \$250 to start a full-time job

### **Self Employment Information**

**Administer Second Careers**



# Britt and Area 51st Annual Winter Carnival

## See other side for 2017 Schedule

*Come join the fun all week long. Your support during the carnival will also help the Britt Nursing Station reach their goal.  
We look forward to seeing you at as many events as possible.*

As in previous years, the 51<sup>st</sup> Annual Britt and Area Winter Carnival promises to be a fun-packed week for the whole family. Come out and support your community – the way you have for the past **51** years! Bring your whole family, and as many friends as you want – there is something for everyone:

**Ice Fishing Derby**  
**Fire Departments/**  
**Police Broomball vs. youth**  
**Broomball**  
**Bazaar**  
**Shenanigans**

**Poker Hand**  
**Pancake Breakfast**  
**Golf- Closest to the Pin**  
**Youth Fishing**  
**Toboggan Party and Public Skating**  
**Kids' Broomball**

**POKER RUN** – The poker run begins February 13<sup>th</sup> and will run all week, with prizes being awarded on Sunday, February 19<sup>th</sup>. We will start to deal hands beginning at 3:00 pm, and will continue until the last hand is drawn, at which time we will begin to award prizes. Collect a game card from any of the participating locations (listed below)

- draw your hand at any time (by a designated “official”) during the Bazaar, or at the Legion on Sunday. (\$5 per hand)
- Prizes will be awarded according to standard Poker rules – best 5 cards out of 7 drawn
- If you are not at the Legion at the time of the Prize Draw, and you are entitled to a prize, the prize will be drawn for you. In this case, all prizes are as awarded.

**Poker Run Participating Locations:** Britt Legion; Britt Rink; Britt Fitness Centre; St. Amant’s General Store; Britt Post Office, River Haven; Magnetawan Gas Bar; Britt Nursing Station or any Carnival event

**CLOSEST TO THE PIN** – Come out to the Ball Field and hit your golf ball closest to the pin. Clubs will be provided, or bring your own. Great prizes. \$1/ball or 6 for \$5.00.

**BAZAAR** – Again this year we will be having a Silent Auction. Here’s a reminder of what it’s about: Register for a “number” at the Silent Auction table. Look over the items available for bidding. Whatever you are interested in, write your **number** on the accompanying sheet and the **amount** of your bid. **BIDS MUST** be in increments of \$5. Bidding will close at 3:30 pm. After the prize table draws, we will be announcing the **number** of the person who has placed the highest bid. You then **pay** the **amount** you have **bid** for that item (Payments accepted: cash or cheque payable to the Britt Recreation Committee.) We will also be having a Bake Table, Prize Table, Food Hamper, etc...

**DONATIONS FOR THE BAKE TABLE, FOOD HAMPER AND PRIZE TABLES ARE GRATEFULLY ACCEPTED BUT NOT REQUIRED.**



## 2017 BRITT WINTER CARNIVAL SCHEDULE OF EVENTS

Date	Time	Event	Location	Notes
Monday, Feb 13th	9:00 am	<b>Fish Derby Begins</b>	<i>St. Amant's Store</i>	\$5 entry
		<b>Poker Run</b> Runs all week		See over for more info
Tuesday Feb. 14th	6:30 pm	<b>Darts</b>	<i>Britt Legion</i>	\$5 entry Luck of draw-doubles
Friday, Feb. 17th	5:00pm – 7pm	<b>Wing Dinner</b>	<i>Britt Legion-Lower level</i>	\$10/plate
	6:30 pm	<b>Public Skating with Music</b>	<i>Recreation Centre</i>	Free hot dogs and hot chocolate
	7:00 pm	<b>8-Ball Tournament</b>	<i>Britt Legion</i>	\$5 entry
Saturday, Feb. 18th	8:00 am - noon	<b>Pancake Breakfast/ French Toast</b>	<i>Seniors' Centre</i>	\$7/plate
	9:00 am	<b>Broomball Tournament Begins</b>	<i>Recreation Centre</i>	Helmet required \$75/team
	12:00 pm	<b>Bazaar/ Silent Auction</b>	<i>Britt Legion</i>	See over
	5:00 pm – 7pm	<b>Fish&amp; Chips Dinner</b>	<i>Britt Legion-Lower level</i>	\$10/plate
	9:00 pm	<b>Valentine Dance</b> (19 years & Older)	<i>Britt Legion-Lower level</i>	Free entry
Sunday Feb. 19th	8:00 am - noon	<b>Pancake Breakfast/ French Toast</b>	<i>Seniors' Centre</i>	\$7/plate
	To Be Announced	<b>Broomball Finals</b>	<i>Recreation Centre</i>	Helmet required
	12:00 pm	<b>Broomball-Fire/ Police vs Youth</b>	<i>Recreation Centre</i>	Helmet required
	1:00 pm	<b>Shenanigans</b>	<i>Recreation Centre</i>	Free
	2:00 pm	<b>Closest to the Pin (Golf)</b>	<i>Rec Centre Ball Field</i>	\$1 each \$5 for 6 balls
	2:00 pm	<b>Toboggan/Skating Party</b>	<i>Recreation Centre</i>	Bring sleds/helmet
	3:00 pm	<b>Poker Run (card draw)</b>	<i>Britt Legion</i>	\$5 per hand
	5:00 – 7:00 pm	<b>Spaghetti Supper</b>	<i>Britt Legion</i>	\$10 Adults \$7 Kids
	7:00 pm	<b>Crib</b>	<i>Britt Legion-Lower level</i>	\$5 entry
Monday Feb 20th	1:00 pm	<b>Youth Fishing</b>	<i>Ice in front of St Amants</i>	Free
	7:00 pm	<b>Euchre Tournament</b>	<i>Britt Legion – Lower level</i>	\$5 entry



# WIN \$500!

## Indigenous Logo Design Contest



### What is the contest?

Leave The Pack Behind is looking for a culturally relevant logo representing all First Nations, Inuit and Métis peoples, for use on promotional materials intended for Indigenous young adults (18-29 year olds) across Ontario.

### Who can submit a design?

Any First Nation, Métis or Inuit young adult between the ages of 18 – 29, who lives in Ontario is invited to submit a design.

Logo submissions accepted  
**February 1 - February 28, 2017**

Visit [LeaveThePackBehind.org/logocontest](http://LeaveThePackBehind.org/logocontest)  
for full contest details!

# Congratulations Students!

You've made it half way through another school year!

As you know, you will receive \$25.00 for every credit earned during the fall 2016 semester.

Report Cards will be sent home on February 14, 2017

Please leave a copy of your report card in my mailbox so that I can request your school checks for the following week.

Best of Luck on your exams!!

Miigwetch!

Genevieve



## Medicine Wheel Teaching



**When: Monday, February 27, 2017**

**Where: Wagamake Learning centre**

**Time: 9:30 a.m.**

Lunch Provided  
Incentive provided



**Miigwetch**

**Ontario Works Program**





**CATERER REQUIRED  
ONTARIO WORKS WKSP**

**Requirement:** Food Handlers Certificate

Please submit your costs for service fee, food for 25 people and mileage to Millie Pawis, Finance Director

**By TUESDAY, FEBRUARY 21<sup>ST</sup> @ 12 NOON**

**for a Light Lunch MONDAY, FEBRUARY 27<sup>TH</sup>**

**Caterer will be responsible for the following:**

- Lean Chicken soup
- Cold cut platter with whole wheat and white buns & condiments (lettuce, tomatoes, mayo, and mustard)
- Cheese and crackers
- Bowl of fresh berries and cool whip
- Coffee, herbal teas, orange and apple juice & bottled water
- Cups, utensils, plates, bowls & napkins

**And:** Clean-up of food afterwards & bring full garbage bags to bin outside.



## **ONTARIO WORKS NOTICE**

### **Henvey Inlet Monthly Gym Pass**

If you are in receipt of Ontario Works a gym pass can be issued on a month to month basis and this monthly payment will continue while in receipt of Ontario Works as long as you are attending the gym at least 2 or 3 days of the week each month.

If you find you are not attending the gym at least 2 times a week please let us know and you can then cancel your monthly membership and further payments will not be issued to the Health Ctr.

If you are interested in a monthly gym membership please see "Darcy" at Health Ctr.

.....

**DRESS TO IMPRESS WILL BE SCHEDULED AGAIN EITHER MID FEBRUARY OR MARCH AND A SIGN UP SHEET WILL BE POSTED AT BAND OFFICE AND HEALTH CTR.**

**THIS TIME THE OUTING WILL BE IN SUDBURY AND LUNCH AND DINNER WILL BE PROVIDED.**

*Dress to Impress*



**ONTARIO WORKS SCHEDULE**

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

WEDNESDAY, FEBRUARY 8<sup>TH</sup>        NOT IN OFFICE

MONDAY, FEBRUARY 20<sup>TH</sup>            FAMILY DAY

**EMPLOYMENT ASSISTANCE**

WINNIE IS CONTINUING THE MEDICINE WHEEL  
TEACHINGS ON MONDAY, FEBRUARY 27<sup>TH</sup> @ 9:30 A.M.

AT WAGAMAKE LEARNING CTR.

LUNCH PROVIDED AND GIFT CARD INCENTIVES

FOR PARTICIPANTS!!!

\*\*\*\*\*



**FOOD BANK**

**FRIDAY, FEBRUARY 17<sup>TH</sup> @ 11:00 A.M.**

# Henvey Inlet First Nation Health Centre Team



354-A Pickerel River Road  
Pickerel ON PoG 1J0  
705-857-1221

January 10, 2017

Dear Henvey Inlet First Nation Community Member,

Happy New Year to you and your family!!! We have some exciting news to share with you and would love to hear your feedback!!!

In November of 2016, we received notice from the Union of Ontario Indians that there was funding available through the Ministry of Children and Youth Services to develop a Family Well-Being Program in our Community. One of the many perks of this funding is that, it does not discriminate against your age! That means everyone is welcome!!! The funding is for On-Reserve Band Members only though; all other band members can seek out programming throughout the various Friendship Centres in the region as they have also received the same funding.

The Health Centre Team acted quickly and worked diligently to develop such a program and we are ecstatic to finally share with you, our Family Well-Being Program.

Please find in this package, a summary of the Program as well as a section for you to provide your own feedback and offer any input.

Thank you for your time!

Warm regards,  
Henvey Inlet First Nation  
Health Centre Team



## Henvey Inlet First Nation Health Centre Presents

### Family Well-Being Program 2016-2019

#### Objectives

The FWB Program is an initiative provided in partnership between the Ministry of Children and Youth Services and Indigenous partners. The FWB program is a three year commitment geared to ending violence against Indigenous Women, under Ontario's Indigenous Children and Youth Strategy. This program is prevention focused, community-led, and will address the root cause of violence, trauma and over-representation of Indigenous children and youth in child welfare and youth justice systems.

The FWB Program has been designed to support Indigenous families in crisis and help communities heal and recover from intergenerational violence and trauma.

The program aids to disrupt and prevent the cycle of violence against Indigenous women by developing policies and resources to support Families within the communities as a whole such as elders, adult, young adult, youth and children affected by violence, targeting all individuals regardless of their gender, by the following objectives: the reduction of the number of families affected by Indigenous children and youth in the child welfare and youth justice systems by reducing the need to bring children into care, the reduction of the occurrence of violence in families, and the improvement of the overall health and well-being of communities.

#### Activities

##### **Family Well-Being Workers**

Family Well-Being Workers are the frontline staff who will be responsible for delivering the range of programming that responds to the needs of the community. Wherever possible, Family Well-Being workers should come from the communities they serve – or be identified by the community.

Objectives of Family Well-Being Workers could support families and communities include, but are not limited to:



- Connecting clients to existing services and programs in their communities
- Designing culturally-based, preventative and holistic supports necessary to support family well-being
- Coordinating family wellness planning
- Providing counselling services and programs to children and youth who have been exposed to and/or have experienced violence

**Community-Based Programming**

The HIFN Health Team have put many hours into developing the programs you will read below. We want to ensure that everyone in the Community feels part of each of the programs in some way or another. At any time during the next three years, the HIFN Health Team will be open to receiving suggestions from the Community to better our Family Well-Being Program.

**November 2016-March 2017**

PROGRAM	DESCRIPTION	STAFF
FACELESS DOLLS QUILT	Encouraging the women in the Community to continue with their healing journey by acknowledging them in honorable ways	KARA NEWTON KERRI CAMPBELL LUANA MCQUABBIE
SWEATS AND COUNSELLING	Encouraging the Community to gain knowledge and insight in to ways to self-regulate	LOUISE ASHAWASEGAI
NEW MOON CEREMONY	Bringing Traditional education to men to show gratitude and welcoming renewal	EDWARD PANAMICK
ART THERAPY PROGRAM	Introducing new ways to express oneself and their feelings without using words	LOUISE ASHAWASEGAI
PUBLIC SERVICE ADS	Encouraging out youth to create their own PSA's utilizing their own voices to spread their message of what family wellness means to them	KARA NEWTON KERRI CAMPBELL ANGELE DUBOIS



COMMUNITY/FAMILY AND LIFE WELLNESS POSTERS	Empowering the youth in our Community to create our own collection of wellness posters	KARA NEWTON KERRI CAMPBELL ANGELE DUBOIS
FAMILY PANTRY	Providing the Community with a fully stocked food pantry to assist with Food Security issues	KARA NEWTON KERRI CAMPBELL
INFANT FOOD BANK	Providing the Community with a fully stocked pantry with baby items to aide with the financial burdens of child rearing	KARA NEWTON KERRI CAMPBELL
GATHERING OF THE BUNDLES	Providing consistency and stability for the women involved with the Faceless Dolls Project by reuniting and empowering our bundles	KARA NEWTON KERRI CAMPBELL LUANA MCQUABBIE
SPIRITUAL TEACHINGS	<ul style="list-style-type: none"> <li>• Creation Story</li> <li>• Clan Systems</li> <li>• Naming Ceremony</li> <li>• Scroll Vision</li> <li>• 13 Moon Cycle</li> <li>• 7 Stages of Life</li> <li>• Men/Women Roles &amp; Responsibilities</li> <li>• When the Spirit Goes Home</li> <li>• Sacred Bundles</li> <li>• Baby Welcoming Ceremony</li> </ul>	LUANA MCQUABBIE
DRUMMING AND SINGING	Incorporating Traditional Drums and songs back in to the Community to ensure they are carried on through future generations	LUANA MCQUABBIE



PROGRAM	DESCRIPTION	STAFF
TRADITIONAL CEREMONIES	As time passes, Community Members will embrace Traditional knowledge to help their peers, relatives and friends. Bringing back ceremonies to keep our culture alive.	LOUISE ASHAWASEGAI EDWARD PANAMICK
HAND DRUM MAKING	Bringing the teachings on the drum back in to the Community and the knowledge of our culture	LUANA MCQUABBIE
I AM A KIND MAN PROGRAM	Providing education for men to address issues of abuse against women, to re-establish traditional responsibilities by acknowledging that our teachings never tolerate violence against women, to inspire men to engage other men to get involved and stop abuse, to support aboriginal men to choose not to use violence	LUANA MCQUABBIE
SPIRITUAL TEACHINGS	<ul style="list-style-type: none"> <li>• Creation Story</li> <li>• Clan Systems</li> <li>• Naming Ceremony</li> <li>• Scroll Vision</li> <li>• 13 Moon Cycle</li> <li>• 7 Stages of Life</li> <li>• Men/Women Roles &amp; Responsibilities</li> <li>• When the Spirit Goes Home</li> <li>• Sacred Bundles</li> <li>• Baby Welcoming Ceremony</li> </ul>	LUANA MCQUABBIE



DRUMMING AND SINGING	Incorporating Traditional Drums and songs back in to the Community to ensure they are carried on through future generations	LUANA MCQUABBIE
LEARNING TO FISH AND FILLET	Providing hands on training in fishing and cleaning your catch	LUANA MCQUABBIE EDWARD PANAMICK CHIEF M. WAYNE MCQUABBIE
COMMUNITY SNOWSHOE MAKING	To Learn an old traditional craft, resurrecting this lost art in our territory	LOUISE ASHAWASEGAI
FAMILY WELLNESS PROGRAMS	Using a variety of different workshops covering high stress areas of life such as in parenting, budgeting, home/life organization and destressing techniques	KARA NEWTON KERRI CAMPBELL
NUTRITION AND PHYSICAL ACTIVITY PRGRAM	We strive to create healthy balanced meals for our Youth as they participate in our workshops. We will incorporate the adults in to what we teach the youth to create balance in knowledge around healthy eating and physical activity	KARA NEWTON KERRI CAMPBELL
ISABEL MEAWASIGE	Isabel is an incredibly gifted Elder who will be bringing her talents to the community utilizing energy work, assisting with parenting programs, construction of a potential birthing lodge, Meditations, FASD information and so much more...	KARA NEWTON KERRI CAMPBELL



PROGRAM	DESCRIPTION	STAFF
TRADITIONAL CEREMONIES	As time passes, Community Members will embrace Traditional knowledge to help their peers, relatives and friends. Bringing back ceremonies to keep our culture alive.	LOUISE ASHAWASEGAI EDWARD PANAMICK
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DRUMMING AND SINGING	Incorporating Traditional Drums and songs back in to the Community to ensure they are carried on through future generations	LUANA MCQUABBIE
LEARNING TO FISH AND FILLET	Providing hands on training in fishing and cleaning your catch	LUANA MCQUABBIE EDWARD PANAMICK CHIEF M. WAYNE MCQUABBIE
COMMUNITY CANOE MAKING	To Learn an old traditional craft, resurrecting this lost art in our territory, enabling participants to work on self-esteem and patience	LOUISE ASHAWASEGAI
FAMILY WELLNESS PROGRAMS	Using a variety of different workshops covering high stress areas of life such as in parenting, budgeting, home/life organization and destressing techniques	KARA NEWTON KERRI CAMPBELL
NUTRITION AND PHYSICAL ACTIVITY PRGRAM	We will incorporate the adults in to what we teach the youth to create balance in knowledge around healthy eating and physical activity	KARA NEWTON KERRI CAMPBELL
ISABEL MEAWASIGE	Isabel is an incredibly gifted Elder who will be bringing her talents to the community utilizing energy work, assisting with parenting programs, construction of a potential birthing lodge, Meditations, FASD information and so much more...	KARA NEWTON KERRI CAMPBELL



One of our reporting requirements are, to issue Workshop Evaluations to each participant after each workshop or session. We are aware that most do not enjoy filling these evaluations out, however they are an integral piece in determining whether a program is addressing the Community in the ways intended.

As mentioned before, please take a moment to fill out the following survey.

We appreciate all your time and look forward to seeing you at one or all of our programs.

Che-Miigwetch,

Henvey Inlet First Nation Health Centre Team



**Child and Family Worker**



QuotesPics.net

**Community Health Educator**

# 2017 Program Sign Up

Happy New Year!!!

2016 proved to be a rather exciting and productive year for the Health Centre! During that time, Kerri and Kara used a Sign Up list to further keep their activities and workshops organized. It worked great and allowed them to not only save time, but money too as they only purchased for those whom had signed up!!! We have made some adjustments and here are the new Sign Up Guidelines for 2017!!!

- You must sign yourself up for a workshop or event. The only time we will allow for someone to sign someone else would be if the participant is signing up their child (ren).
- Sign up must be done by the date specified, if no date is specified then you may sign up right up until the event
- If there is a request to have items submitted with your sign up (i.e., recipes) by a certain date and they are not, no exceptions or provisions will be made to accommodate the participant and your spot will be forfeited to the next person on the waiting list providing they have provided Darcy with the requested information.
- Should you sign up repeatedly for workshops and not show up, your name will be put on the waiting list for the following months activities.
- Please check your schedules before signing up. We understand life happens however please be courteous and call the Health Centre to inform us of your absence
- You will be given a 10 minute window to show up to a workshop, once that time has lapsed, the next person on the waiting list will be called
- For those of you that may end up on the waiting list, your name will be called to attend in the event that a participant doesn't show up, however, if you require transportation from areas such as Key River or Beckanon, we will be unable to organize a driver in a short period of time and we will move to the person that can attend the activity immediately.





# Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children  
For A Healthy Future"



## February 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 GYM In Office	2 GYM In Office	3	4
5	6 Staff Mtg GYM In Office Well Baby Clinic	7 GYM In Office	8 GYM In Office	9 GYM In Office	10	11
12	13 GYM In Office	14 GYM Parenting Self Care WKSHP 1PM	15 GYM In Office	16 Isabelle Meawasige Birthlodge Teachings & Massage	17	18
19	20 Family Day Office Closed	21 Staff Mtg Couples Wkshp 1pm Well Baby Clinic	22 Not In Office	23 GYM In Office	24	25
26	27 GYM In Office	28 GYM In Office	Please note: Each Wednesday and Thursday there will be the "Go Live Active" Program taking place from 10:30 am- 12:30pm at the HIFN Fitness Centre with Dmitri Ashawasegai, Kerri Campbell and myself. This is a Pilot Project available for 6-8 in Community Band Members whom are willing to commit to the 9 week program.			

**Henvey Inlet  
Health Centre**

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

Phone: 705-857-1221 or 866-252-3330  
Fax: (705) 857-0730  
Email: [kent.campbell@henveymedicalcentre.com](mailto:kent.campbell@henveymedicalcentre.com)



# CHILD & FAMILY PROGRAM FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gym In Office	2 Gym In Office	3 Sudbury CAS	4
5 	6 Gym In Office	7 Gym In Office Home Visits	8 Gym In Office	9 Child Well Being Development Project	10 Parry Sound	11
12	13 Gym In Office	14 Parenting workshop Self Care Workshop	15 Gym In Office	16 Isabelle Meawasige	17 Sudbury	18
19 	20 Family Day Office Closed	21	22	23	24	25
26 	27 HOLIDAYS	28 Gym In Office	<b>HOLIDAYS</b>			



# Henvey Inlet First Nation Fitness Centre



**January 18, 2017**

PLEASE BE ADVISED THAT THE GYM CODE HAS BEEN  
CHANGED DUE TO AN ABUNDANCE OF NON-PAYING  
INDIVIDUALS ACCESSING THE FACILITY.

**PLEASE SEE KARA NEWTON AT THE HEALTH CENTRE TO  
PURCHASE YOUR MEMBERSHIP!!**

YOU MUST BE 16 YEARS AND OLDER TO UTILIZE THE FACILITY  
UNLESS ACCOMPANIED BY A PARENT.

THANK YOU FOR YOUR COOPERATION!!!





WE ARE LOOKING FOR 6-8 IN COMMUNITY BAND MEMBERS WHOM  
ARE INTERESTED IN PARTICIPATING IN THE HIFN HEALTH CENTRES  
"GO LIVE ACTIVE" PHYSICAL ACTIVITY/NUTRITION PROGRAM.

WE ARE LOOKING FOR INDIVIDUALS WHOM WILL BE ABLE TO MAKE A  
COMMITMENT TO SEEING THE 9 WEEK PILOT PROJECT THROUGH FROM  
START TO FINISH!!!

**PLEASE CONTACT DARCY TO SIGN UP 705-857-1221!!!**

SPACE IS LIMITED AND THERE IS NO ROOM FOR DELAYS!!!

**FEBRUARY 1, 2017**

**10 AM**





Hey Momma,  
Let's Celebrate!

**Self-care Workshop for  
Momma's!!!**

**February 14, 2017  
1pm @ Health Centre**

**Contact Darcy at  
705-857-1221  
To sign up!!!  
Space is limited!!!**



# Isabelle Meaurio



Please join us at the Health Centre for Part One of Three of the Birthlodge/  
Rebirthing Teachings. We are looking for a minimum of 9 participants including  
Grandmothers of the Community to facilitate this event!!

In the afternoon, Isabelle will be seeing Community Members and Staff whom are  
looking for Massage and/or Energy Therapy.

**February 16, 2017**

**9am**

This is open to ALL AGES!!!

Please contact Darcy at 705-857-1221 to book your session!!!







# Calling Henvey Couples...

*Please join us at the Health Centre*

*Tuesday February 21, 2017*

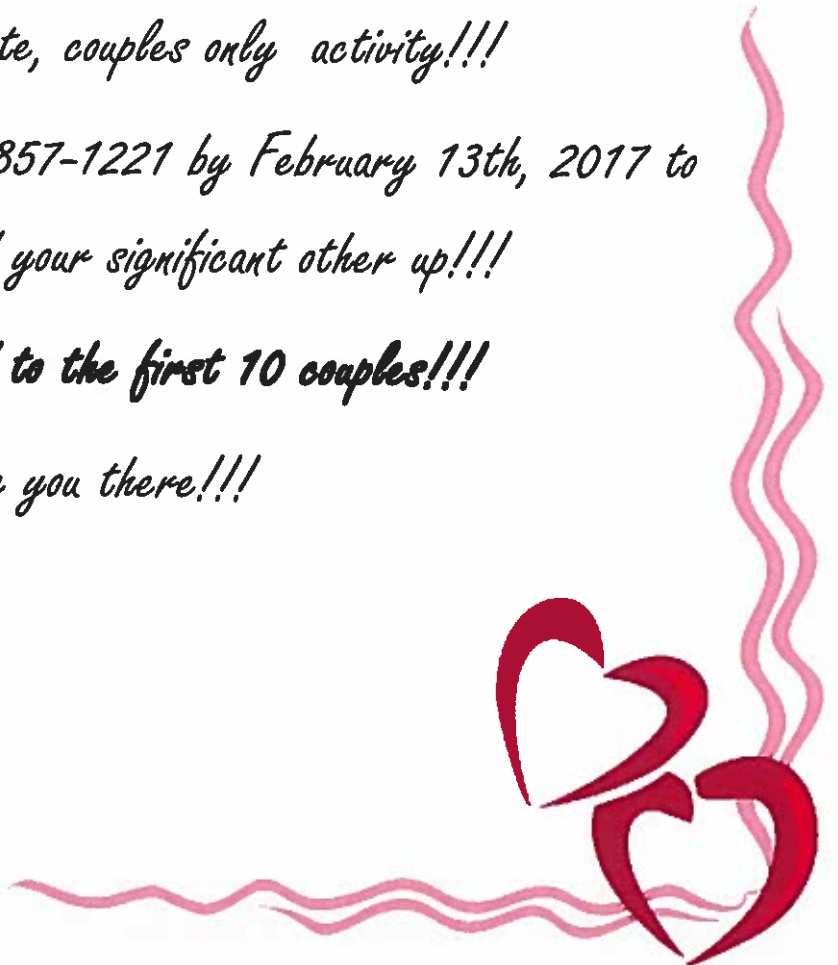
*1:00 p.m.*

*For a fun, intimate, couples only activity!!!*

*Please call Darcy (705) 857-1221 by February 13th, 2017 to  
sign yourself and your significant other up!!!*

*Space is limited to the first 10 couples!!!*

*See you there!!!*





# SERVICE CANADA & CANADA REVENUE AGENCY

## *INFORMATION SESSIONS*

Service Canada & Canada Revenue Agency will be here at the Henvey Inlet Health Centre on March 7 to provide Community Members with information & training. Please see below Agenda.

*9:30 am: Canada Pension Plan & Old Age Security Information Session*

*10:30 am: Break*

*10:45 am: Child Tax Benefit & Tax Credits Information Session*

*12:00: Break*

*1:00-3:00: Training for Tax Program & Social Insurance Clinic*

354-A Pickerel River Rd.  
Pickerel, ON  
P0G 1J0

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

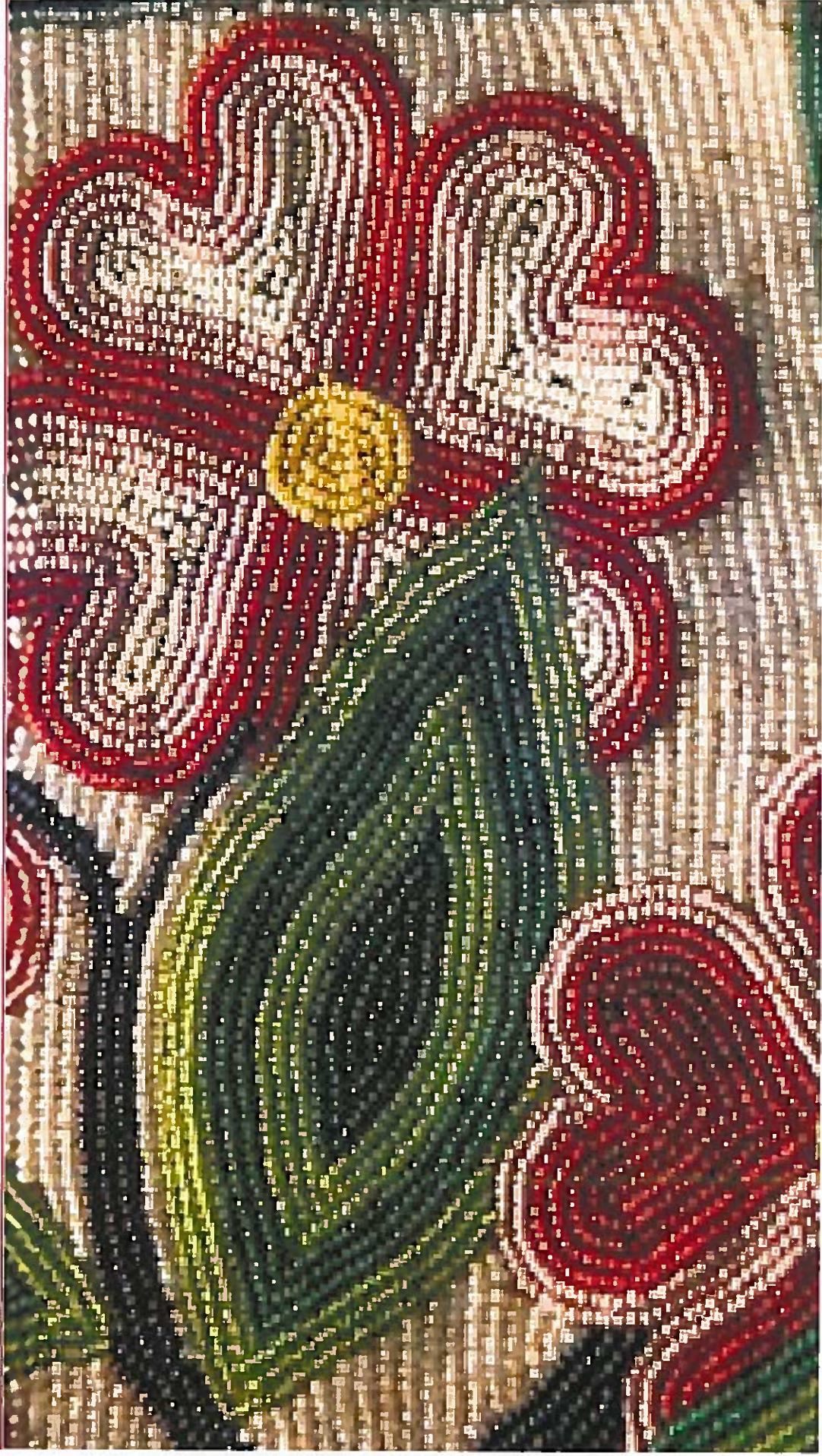
**Please Contact The Health Centre  
to Sign up for the Session/Sessions  
you wish to attend**

**Snacks &  
Refreshments will be  
provided.**

**If you have any additional questions  
please contact Kerri at the Health Centre**



# 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

The difference between the impossible and the possible lies in a person's determination.



## FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ATTENDING PERSONAL EMPOWERMENT FOR HEALTHY LIFESTYLES & DIABETES PREVENTION WORKSHOP/PARRY SOUND	2 CULTURAL ARTS	3 CULTURAL ARTS	4
5	6 BASIC/ADVANCE SEWING & DESIGN	7 DRUMMING WITH RODNEY	8 HOME VISITS	9 IN OFFICE	10 CULTURAL ARTS	11 FULL MOON CEREMONY
12	13 BASIC/ADVANCE SEWING & DESIGN	14 DRUMMING WITH RODNEY	15 PROGRAM SHOPPING	16 ELDERS LUNCH & BINGO	17 CULTURAL ARTS	18
19	20 CEDAR BATHS WITH MARY	21 DRUMMING WITH RODNEY	22 HOME VISITS	23 HIV/AIDS COMMUNITY PRESENTATION	24 CULTURAL ARTS	25
26	27 ELDER MASS. BASIC/ADVANCE SEWING & DESIGN	28 ELDER MASS. DRUMMING WITH RODNEY				

# BASIC SEWING & DESIGN CLASSES IN FEBRUARY 2017

FEBRUARY 6, 13 & 27  
BOARD ROOM @ H.C.



EVERY MONDAY

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

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

The Basic Sewing & Design Program is designed to teach basic hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. 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. A light lunch will be served.



**For More Information Contact:**

CWW Luana McQuabbie

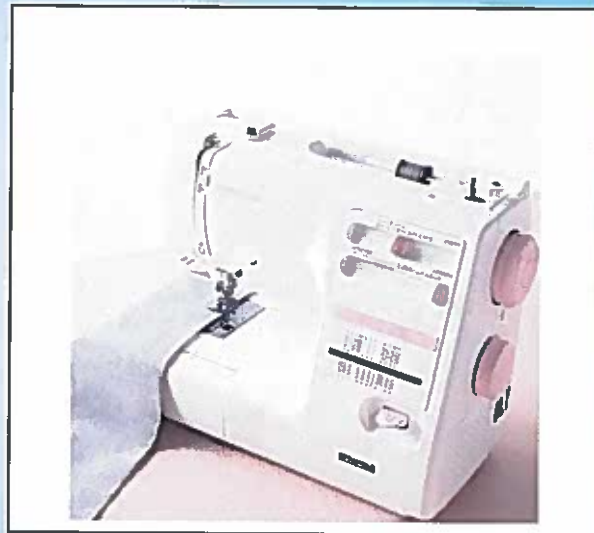
OW Dorothy Contin

EDO Judy Contin



# ADVANCED SEWING & DESIGN CLASSES IN FEBRUARY 2017

FEBRUARY 6, 13, 27  
BOARD ROOM @ H.C.



EVERY MONDAY

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

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is the next level from the Intermediate Sewing & Design Program. It is designed to teach Advanced hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. 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. A light lunch will be served.



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



# CULTURAL ARTS CLASSES IN FEBRUARY 2017

FEBRUARY 3, 10, 17 & 24  
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. A light BREAKFAST will be served.



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

FEBRUARY  
11th  
2017

FULL MOON CEREMONY  
with JUDY CONTIN

263 PICKEREL RIVER ROAD

7:00 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](mailto:luana.mcquabbie@henveymedicalcentre.com)

# 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+.



**FEBRUARY 16, 2017**

**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](mailto:luana.mcquabbie@henveymedicalcentre.com)

**PLEASE CALL THE HEALTH CENTRE IF YOU REQUIRE A RIDE TO  
THE LUNCHEON.**





COMMUNITY WELLNESS PROGRAM

# CEDAR BATHS & SELF CARE WITH MARY ELLIOTT

**FEBRUARY 20**

LUNCH AT NOON. BATHS & SELF CARE TEACHINGS START @ 1 PM

AT THE HEALTH CENTRE.

MORE INFORMATION WILL FOLLOW SHORTLY.

PLEASE CALL THE HEALTH TO SIGN UP.



COMMUNITY WELLNESS PROGRAM

LUANA MCQUABBIE  
COMMUNITY WELLNESS WORKER  
705 857-1221 EXT 227

# ELDER MASSAGE



**ELDER ISABELLE MEAWASIGE**

**Isabelle Meawasige is a member of the Serpent River First Nation. She has worked for over thirty years as a social worker in service to the people. She is a traditional helper, a ceremonialist and a grandmother. Her specialty includes child and family, mental health, woman abuse, Indian Residential School Movement and Metis Community Wellness. Isabelle combines “Ancient Teachings” with contemporary education to bring understanding to people of all nations.**

## **ELDER MASSAGE & ENERGY HEALING~FEBRUARY 27 & 28, 2017**

ISABELLE'S SESSION INCLUDES A ONE HOUR MASSAGE/ENERGY WORK. SHE REMOVES BLOCKAGE, IMPROVES BODY CIRCULATION AND BLOOD FLOW, WHOLE CLEANING & CLEARING OF STUCK ENERGY AND HELPS BALANCE ENERGY.

HENVEY INLET FIRST NATION HEALTH  
CENTRE/CWW PROGRAM  
354-A PICKEREL RIVER ROAD  
PICKEREL, ON

Phone: 705 857-1221 EXT 227

E-mail:  
[luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

**PLEASE CALL THE HEALTH CENTRE TO BOOK YOUR APPOINTMENT.**

YOUNG BOYS & MEN

# WEEKLY DRUMMING/SINGING WITH RODNEY STANGER

— EVERY TUESDAY STARTING JANUARY 31, 2017 —



## FOLLOWING DATES:

- February 7
- February 14
- February 21
- February 28

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HENVEY INLET FIRST NATION LIBRARY

6:00 – 8:00 PM

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BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

FOR FURTHER INFORMATION PLEASE CONTACT

CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227





## From the desk of RODNEY STANGER

I'm writing this letter to show my support for the upcoming drumming program for the community of Henvey First Nation. The work I'll be doing will be teaching drumming, songs and the teaching behind them, learning the Ojibway language, and other cultural related topics. I also promote being drug and alcohol free and healthy living, that is a must in being involved in this drumming program. I try to give them their native identity back and being proud of their native culture again. I believe the drum and songs help with healing, trauma, and self-identity. I've been working with members of Henvey with drumming and other cultural related tasks since 2015. I'm hoping to keep the momentum from last year going, seeing that there is much to learn and requires more than a one year commitment. I'm also looking forward to putting on a hand drum workshop so that community members can have a drum of their own for their personal bundles. Drumming and learning my culture has helped me in my life and I'm hoping it will do the same for others.

To share a little history of myself, I've been singing since the age of 13 years old. I sing with a Grammy award winning drum group name "Midnite Express". Our group was featured on a 2011 Gathering of Nations CD that won a Grammy, which I'm very proud of. I've also won 2 Canadian Aboriginal People's Choice awards as well. These days since 2013 I work for the Near North school board, teaching Jr kindergarten through to grade 12 the ways of the drum and native culture and the importance of staying drug and alcohol free.

FOR MORE INFO PLEASE CONTACT  
CWW LUANA MCQUABBIE



**A HERITAGE PRESERVATION  
PROJECT**

*All photos will be returned to their owner after a scanned copy has been made for the Heritage Collection.*

*Same day return.*

*Please come with your photographs to the CWW office for scanning.*

*Thanks,*



**HERITAGE COLLECTION/FEBRUARY**

**OLD PHOTOGRAPHS ARE STILL NEEDED**



*In 2013, I have started to compile a small collection of photographs from Community Members for the purpose of using them in the 2014 Community Calendar and to begin a Heritage Collection. Copies of the original photographs will be made into 8"x10" copies and will be permanently displayed along the long hallway at the Band Administration Office once I have gathered enough to start a photo gallery. I need your help! The success of this project cannot be made possible without the help of its Contributors. This collection is such an important part of our heritage as well as our connection to one another.*



**NO NEW PICTURES  
THIS MONTH TO  
DISPLAY.**

**COMMUNITY WELLNESS  
PROGRAM**

**LUANA MCQUABBIE  
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

# HIV/AIDS Community Presentation

**Thursday February 23, 2017**

Starting with Dinner @ 6:30pm followed by Presentation at  
7:00pm

Located in the Board Room at Henvey Inlet Health Centre

**Door Prizes will be drawn for Participants!!**

**MORE INFO TO FOLLOW!!**

**Please contact Luana if you have any questions**



**Luana McQuabbie- CWW**

354A Pickerel River Road Phone:705-857-1221 Ext: 227

Pickerel, ON Toll Free: 1-866-252-3330

PoG 1Jo Fax: 705-857-0730

# COMMUNITY HEALTH NURSING PROGRAM





# February 2017

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OUT OF OFFICE: Medical appt	2 <b>PARRY SOUND:</b> Vaccine pickup	3 OUT OF OFFICE: Med. appt	
	6 STAFF MTG OFFICE	7 OFFICE	8 OFFICE	9 <b>Child Welfare</b> <b>Mtg.</b>	10 OFFICE	
	13 Colin Mousseau Visit	14 Colin Mousseau <b>PARRY SOUND:</b> <b>NIGIG Mtg</b>	15 OFFICE	16 HOME VISITS	17 <b>OUT OF OFFICE</b>	
	20 <b>STAT HOLIDAY</b>	21 OFFICE	22 HOME VISITS	23 <b>SUDZ:</b> SKHC Board Mtg.	24 OFFICE	
	27 <b>FINANCE</b>	28 <b>M.T.O Mtg.</b>				

# Traditional Healer Colin Mousseau

February 13 & 14, 2016

9:00 am – 5:00 pm on Feb. 13th.

9:00 – 1:00 on Feb. 14th.

Call Brenda at the Henvey H.C. to book  
your appt. for above dates.

Appts will be upstairs at the Henvey Inlet  
Library....Please be ready to provide your  
semma 😊



# news WPSHC CENTRE

weekly newsletter of West Parry Sound Health Centre

January 30 to February 5 • 2017

## 'Aanii' and welcome to our Patient Navigator

*Aanii. Hello.*

I just wanted to introduce myself as Patient Navigator. As a certified, aboriginal PSW I have an in-depth knowledge of the challenges our people face and the need for more cultural knowledge in our health care system. I will help community members utilize the Healing Room at WPSHC, assist patients in making the transition from hospital care to home care, and to educate patients and families, staff, and community members.

Over my many years as a PSW, and Community Living Facilitator, I have had the opportunity of working with clients of all ages, ethnicities, cognitive levels, and physical abilities. I think that helping patients and families access the Healing Room, and to make them feel comfortable, safe, and supported will be of great benefit.

Having worked in the health care field in our community, I have gained a great deal of knowledge about the resources available. These resources can provide important support in the transition from hospital to home care and contribute to a safe, healthy, and successful conclusion.

As an Aboriginal member of our community, I understand the importance of providing



Healing Room Patient Navigator with Chaplain Larry Freeman.

culturally and spiritually appropriate programs and materials. I look forward to the opportunity of offering patients and families the option of traditional practices in the healing process. I also want you to know that I am learning a lot as well.

*Miigweech, Susan Hardy*

*Healing Room (Noojmowin Bimaadiz Gamik)*

*healingroom@wpsh.com - 705-746-4540-Ext1307*

Winter clothing 50% off & for the month of February, jewelry and jewelry boxes 20% off.

**Don't forget Valentines Day**



## Whispering Pines Gift Shop

Home Decor ♡ Seasonal Decorations ♡ Jewelry ♡ Books ♡ Fashion  
Candles & Lighting ♡ Quilts and Handcrafted Items



Main lobby gift shop operated by the WPSHC Auxiliary - All purchases support local health care

# WPSHC CARES

Compassion • Accountability • Rights & responsibilities • Excellence • Safety



**HIFN DAYCARE  
NEWSLETTER  
FEBRUARY 2017  
MKWA-GIIZIS**

**Mkwa-Giizis/ Bear Moon: February:** The second moon of Creation is Bear Moon, when we honour the vision quest that began in the fall. During this time, we discover how to see beyond reality and to communicate through energy rather than sound. This moon also gives us a special teaching about the birth of bear cubs.

This month is when everyone LOVES everyone! The Favorite color is RED and the Favorite food is Chocolate. February is also the shortest month of the year also. Our topic this month are:

January 30 – February 3, 2017:	Heart Week	All things Hearts! Collages, cutting, pasting, glitter, painting, All done with the color RED.
February 6 – 10, 2017	Valentines Week	This week will dollies, Words of Love, cupid, Making of cards.
February 13 – 17, 2017	All things Red	RED it is! Red clothing, Collages, foods, drinks, I spy something RED!
<b>February 20, 2017</b>	<b>FAMILY DAY</b>	<b>CLOSED!</b>
February 21 – 24, 2017	Cookie Week	Baking & Making, Cookies galore! PB Chocolate, sugar!
February 27 – March 3, 2017	Hand Print Week	All Hands on Deck! Hand Print week! Painting, coloring, Tracing hands!

The month of February is always a busy month. Please post the calendar where it can be seen. There are dates of Staff holidays, school dates, exam dates for the month. Also noted are Staff Mtg dates too. Happy Valentine's Day! Happy Family Day! Happy Birthday to All THE FEBRUARY BABIES!

**In Friendship  
HIFN Daycare**

# Mkwa-Giizis 2017 FEBRUARY



SUN MON TUE WED THU FRI SAT

Dee Holiday's Jan 30 to March 3/2017	STM (Staff Mtg)	1 Theme: Heart Wk	2	3	4
5	6 STM	7 Theme: <b>CHARLENE HOLIDAY'S WEEK # 4</b>	9 Week	10	11
12	13	14 Valentines Day <b>CHARLENE'S HOLIDAY'S # 5</b>	15 Theme: 16 Color RED	17	18
19	20 Family DAY CLOSED	21 STM 	22 Theme: 23 Cookie Wk	24	25
26	27 Theme:	28 Hand Print Week <b>Erin &amp; Dee IN CLASSES in NORTH BAY</b>	MAR. 1	MAR. 2	MAR. 3



**MID TERM EXAMS  
ERIN & DEE in  
SUDBURY**



# The Ultimate Cheatsheet for Critical Thinking



Want to exercise critical thinking skills? Ask these questions whenever you discover or discuss new information. These are broad and versatile questions that have limitless applications!

<b>Who</b>	<ul style="list-style-type: none"> <li>... benefits from this?</li> <li>... is this harmful to?</li> <li>... makes decisions about this?</li> <li>... is most directly affected?</li> </ul>	<ul style="list-style-type: none"> <li>... have you also heard discuss this?</li> <li>... would be the best person to consult?</li> <li>... will be the key people in this?</li> <li>... deserves recognition for this?</li> </ul>
<b>What</b>	<ul style="list-style-type: none"> <li>... are the strengths/weaknesses?</li> <li>... is another perspective?</li> <li>... is another alternative?</li> <li>... would be a counter-argument?</li> </ul>	<ul style="list-style-type: none"> <li>... is the best/worst case scenario?</li> <li>... is most/least important?</li> <li>... can we do to make a positive change?</li> <li>... is getting in the way of our action?</li> </ul>
<b>Where</b>	<ul style="list-style-type: none"> <li>... would we see this in the real world?</li> <li>... are there similar concepts/situations?</li> <li>... is there the most need for this?</li> <li>... in the world would this be a problem?</li> </ul>	<ul style="list-style-type: none"> <li>... can we get more information?</li> <li>... do we go for help with this?</li> <li>... will this idea take us?</li> <li>... are the areas for improvement?</li> </ul>
<b>When</b>	<ul style="list-style-type: none"> <li>... is this acceptable/unacceptable?</li> <li>... would this benefit our society?</li> <li>... would this cause a problem?</li> <li>... is the best time to take action?</li> </ul>	<ul style="list-style-type: none"> <li>... will we know we've succeeded?</li> <li>... has this played a part in our history?</li> <li>... can we expect this to change?</li> <li>... should we ask for help with this?</li> </ul>
<b>Why</b>	<ul style="list-style-type: none"> <li>... is this a problem/challenge?</li> <li>... is it relevant to me/others?</li> <li>... is this the best/worst scenario?</li> <li>... are people influenced by this?</li> </ul>	<ul style="list-style-type: none"> <li>... should people know about this?</li> <li>... has it been this way for so long?</li> <li>... have we allowed this to happen?</li> <li>... is there a need for this today?</li> </ul>
<b>How</b>	<ul style="list-style-type: none"> <li>... is this similar to _____?</li> <li>... does this disrupt things?</li> <li>... do we know the truth about this?</li> <li>... will we approach this safely?</li> </ul>	<ul style="list-style-type: none"> <li>... does this benefit us/others?</li> <li>... does this harm us/others?</li> <li>... do we see this in the future?</li> <li>... can we change this for our good?</li> </ul>

“For ME, Trees have always been the most penetrating preachers. I revere them when they live in tribes and families, in forests and groves. And even more I revere them when they stand alone. They are like lonely persons. Not like hermits who have stolen away out of some weakness, but like great, solitary men, like Beethoven and Nietzsche. In their highest boughs the world rustles, their roots rest in infinity; but they do not lose themselves there, they struggle with all the force of their lives for one thing only: to fulfil themselves according to their own laws, to build up their own form, to represent themselves. Nothing is holier, nothing is more exemplary than a beautiful, strong Tree. When a Tree is cut down and reveals its naked death-wound to the sun, one can read its whole history in the luminous, inscribed disk of its trunk: in the rings of its years, its scars, all the struggle, all the suffering, all the sickness, all the happiness and prosperity stand truly written, the narrow years and the luxurious years, the attacks withstood, the storms endured. And every young boy knows that the hardest and noblest wood has the narrowest rings, that high on the mountains and in continuing danger the most indestructible, the strongest, the ideal Trees grow.

Trees are Sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient Law of Life.

A Tree says: A Kernel is Hidden in Me, a spark, a thought, I am Life from Eternal Life. The attempt and the risk that the eternal mother took with me is unique, unique the form and veins of my skin, unique the smallest play of leaves in my branches and the smallest scar on my bark. I was made to form and reveal the eternal in my smallest special detail.

A Tree says: My Strength is Trust. I know nothing about my fathers, I know nothing about the thousand children that every year spring out of me. I live out the secret of my seed to the very end, and I care for nothing else. I trust that Grandfathers are in me. I trust that my labor is Holy.

Out of this trust I live.

When we are stricken and cannot bear our lives any longer, then a Tree has something to say to us: Be Still! Be Still! Look at Me! Life is not easy, life is not difficult. Those are childish thoughts. Let Grandfathers speak within you, and your thoughts will grow silent. You are anxious because your path leads away from mother and home. But every step and every day lead you back again to the mother. Home is neither here nor there. Home is within you, or home is nowhere at all.

A longing to wander tears my heart when I hear Trees rustling in the wind at evening. If one listens to them silently for a long time, this longing reveals its kernel, its meaning. It is not so much a matter of escaping from one's suffering, though it may seem to be so. It is a longing for home, for a memory of the mother, for new metaphors for life. It leads home. Every path leads homeward, every step is birth, every step is death, every grave is mother.

So the Tree rustles in the evening, when we stand uneasy before our own childish thoughts:

Trees have long thoughts, long-breathing and restful, just as they have longer lives than ours. They are Wiser than we are, as long as we do not listen to them. But when we have learned how to listen to Trees, then the brevity and the quickness and the childlike hastiness of our thoughts achieve an incomparable joy. Whoever has learned how to listen to trees no longer wants to be a Tree. He wants to be nothing except what he is. That is Home. That is Happiness.”





This is a very special gift  
That you can never see.  
The reason it's so special is  
It's just for you from me.  
Whenever you are lonely,  
Or even feeling blue  
You only have to hold this gift  
And know I think of you.  
You can never unwrap it,  
Please leave the ribbon tied.  
Just hold the box close to your heart,  
It's filled with love inside!

*Happy Valentine's Day!!!*

## Free Printable Word Search Puzzles

### Valentine's Day

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a popular Valentine's Day item.

P I H S D N E I R F D I P U C A L  
V D H S U R C A C F B A L E N D O  
N Y N T I A E A S O L C T O Y M V  
S R N E N S N L Y E H O I E R I E  
T L E D I D S F A O N T W S A R B  
R E Y S L R R E C T C T L E U E I  
A W S E R I F O N A I A I C R R R  
E E S E E E L L R D S O O M B S D  
H J C N S A V T R O N U N T E D S  
T G D N T O T O P I P O A S F N A  
E N Y E A A R O L L G C F E H I T  
E I S D U M R B E L O V E D B I G  
W L O D R P O A F F E C T I O N P  
S R E M A L F R R E N T R A P A R  
E A Y C N A F O R E V E R L I K E  
R D R O T I U S D N O I T O V E D

ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART

[Did you enjoy this puzzle? Visit:](http://www.puzzles.ca/wordsearch.html) <http://www.puzzles.ca/wordsearch.html>

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## Free Printable Word Search Puzzles

### Colors

Find and circle all of the colors that are hidden in the grid.  
The words may be hidden in any direction.

L W O T W H I T E G R E O S E  
V V R L E E U L B R O S E I N  
V A A W E I D U R U E I G A W  
P Y N L E V L O S G E K P A O  
B T G E L O O R I B N E R Y R  
T Y E R E R G E L I L R B E B  
A P K B O Y B I P U O A L E R  
E S U T U R Q U O I S E C G G  
E L W R E G Y S Y A E D E K Y  
Q I W O P E I A B U R E L E S  
R G I D L L U L R N O E A P G  
S T H L V L E N L G U I D R I  
R L L E L E E O E O E O E R E  
E I R P O G G Y W D R E A E O  
T E L O I V K E U U N A V I U

BEIGE	GREEN	ROSE
BLACK	IVORY	SILVER
BLUE	ORANGE	TURQUOISE
BROWN	PINK	VIOLET
GOLD	PURPLE	WHITE
GRAY	RED	YELLOW

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# LSIMPLE

FOOD / RECIPES

## Basic Sugar Cookie Dough

November 2009

### INGREDIENTS

- 2 1/2 cups all-purpose flour, spooned and leveled, plus more for shaping the cookies
- 1/4 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1 cup unsalted butter (2 sticks), at room temperature
- 3/4 cup sugar
- 1 large egg
- 1 teaspoon pure vanilla extract



### DIRECTIONS

1. In a large bowl, whisk together the flour, baking soda, and salt. Set aside.
2. Using an electric mixer, beat the butter and sugar until smooth. Add the egg and beat until fluffy, about 2 minutes. Beat in the vanilla.
3. With the mixer on low, gradually add the flour mixture, mixing until just incorporated (the dough will be stiff). Shape into a disk and (unless otherwise specified in an individual recipe) refrigerate, wrapped, for at least 1 hour and up to 3 days.
4. Make cookies according to directions in the [10 Ideas For Sugar Cookie Dough](#) collection. Alternately, make cutout cookies by doing the following: Heat oven to 350° F. On a floured surface, roll out each disk 1/4 inch thick. Cut into shapes and place on parchment-lined baking sheets; refrigerate until firm. Sprinkle with decorating sugar, if using, and bake until just beginning to brown, 12 to 15 minutes.
5. Store cookies in an airtight container at room temperature for up to 1 week.

By Sara Quessenberry



# How To Spend More Quality Time With Your Child

Although the days with little kids often seem long, the years fly by. Use this practical and purposeful blueprint to savor the moments you have together.

By Harley A. Rotbart, M.D. from [Parents Magazine](#)



The ten o'clock news hasn't even started, but you're too exhausted to watch -- who can stay awake that late? Car pools, lunch bags, after-school activities, dinner, homework, bathtime, bedtime. All on top of your own job (or jobs) and the other realities of adulthood. You have just enough energy left to drag yourself to bed so you can wake early and start the routine all over again. Each day with young kids feels like a week, each week like a month.

Yet as every birthday passes, the years seem to be streaking by at warp speed. Five-month-olds become 5-year-olds in the blink of an eye, and then 15-year-olds. This inexorable march of time that turns babies into big kids is the "other" biological clock facing young couples. Every day brings new growth, new milestones, and new wonderment, but the challenges of juggling our adult lives often prevent us from fully appreciating the delicate nuances of childhood.

We've heard about slow parenting, attachment parenting, and tiger moms. However, over my past 30 years as a pediatrician, I have learned that there is a single truth that applies to any parenting philosophy: Your children need to spend meaningful time with you. They need to see who you are and how you live your life. And in return, they will help you to better see who you are.

When you add up all the time your kids spend at day care, in school, asleep, at friends' homes, with babysitters, at camp, and otherwise occupied with activities that don't include you, the remaining moments become especially precious. There are only 940 Saturdays between a child's birth and her leaving for college. That may sound like a lot, but how many have you already used up? If your child is 5 years old, 260 Saturdays are gone. Poof! And the older your kids get, the busier their Saturdays are with friends and activities. Ditto Sundays. And what about weekdays? Depending on your children's ages and whether you work outside the home, there may be as few as one or two hours a day during the week for you to spend with them.

However, instead of worrying about how many minutes you can spend with your children each day, focus on turning those minutes into memorable moments. Parents often compensate for having such a small quantity of time by scheduling "quality time." Two hours at the nature preserve. An afternoon at the movies. Dinner at a restaurant. But the truth is that quality time may occur when you least expect it -- yes, at the nature preserve, but also in the car on the way to ballet practice.

Try this mental trick to help you readjust your thinking: In the course of a crazy day, imagine your biological parenthood clock wound forward to the time when your children have grown and have left home. Picture their tousled bedrooms as clean and empty. See the backseat of the car vacuumed and without a car seat or crumbs. Playroom shelves neatly stacked with dusty toys. Laundry under control. Then rewind the imaginary clock back to now, and see today's minutes of mayhem for what they are: finite and fleeting.

Not every day with your kids will be perfect, but hopefully one day you will greet their departure with a profound sense of satisfaction because you've given them what they need to succeed and also given yourself what you need to feel like a successful parent. Although I don't know how to slow down time, I do have some ideas about how to optimize the time you spend with your kids - - while they are still tucked into their beds, where you can peek at them before you go to sleep.

### **Practice Parenting Meditation**

When you're overwhelmed with your responsibilities, it's easy to toggle into automatic pilot with your kids. But if your mind is elsewhere during the precious moments you've worked hard to preserve, you have lost your kids' childhood just as surely as if you hadn't spent the time with them at all. Instead, try to stay in the moment with a "parenting meditation," in which you focus on seeing your kids, hearing them, understanding them, and really being amazed by what you've

created -- living, breathing miracles of nature who are learning like sponges and growing like weeds.

### **Take Pajama Walks**



The hour before bedtime can be chaotic with young children. One of my favorite techniques to help them calm down -- weather permitting -- is an evening pajama walk. Not only will it give your kids gentle, mellow time to decompress, but it will also give you special moments with them that otherwise might have been lost to TV.

The key to pajama walks is the pajamas. Get the kids completely ready for bed -- teeth brushed, faces washed, pj's on. Then put them in their stroller, or on their tricycle, or in their sneakers, and meander slowly around the neighborhood. No snacks en route (their teeth are already brushed!); don't kick a soccer ball along the way; postpone animated conversations until tomorrow. It may take a couple laps, but by the time you arrive back home, your kids will be in a fresh-air trance and ready for bed.

### **Have Taco Night**

Dinner at home with the whole family is special unto itself, but your kids will be even more eager to sit down together when your meal has a theme. You can have taco night, pizza night, Chinese night, egg night, or pancake night. Turn your kitchen into a sushi bar or an Italian bistro once a week. When kids are excited and having fun, they are energized in their conversation and about sharing their news at the table.

Special dinner nights are also a unique opportunity to increase your kids' involvement in cooking with you. When there are recurring themes for dinner, they can assume a bigger role in getting the food to the table because they'll remember the routine from the last time. While they're washing the vegetables, stacking the tortillas, mixing the salsa, grating the cheese, they may be

gossiping about what's happening at school. When they leave the house in the morning, be sure to remind them, "Taco night tonight!" They'll look forward to it all day.

### **Fix It Together**



Never repair a leaky faucet, change a tire, paint the fence, or replace the furnace filter without your kids. Home improvements are a great way to spend time with them while teaching them about tools and life at the same time. The attic, the basement, and the crawl space are all classrooms for learning how things work and how to safely fix things. Give them a flashlight, and talk them through the job you're doing. As they get older, hold the flashlight for them. Instead of dreading things that break, you'll see new tiles, built-in shelves, and paint jobs as bonus chances for time with your kids.

### **Don't Drive Everywhere**

The minutes that we "save" by driving our children a short distance to the neighborhood park or a friend's house are actually priceless moments that we lose in the name of convenience. The next time you need to take your children somewhere nearby, try to get there on foot. Walking with your kids is a great way to slow down the pace of your lives and to have more unscripted moments with them. Talk about where you're going, what you're thinking, what they're thinking, what you see on the way, and who said what to whom in school today. Hold hands if your kids haven't gotten too cool for that yet. If you're dropping them off somewhere (a playdate, a piano lesson, karate class) and would normally drive away and return again later, take along a backpack with work or reading and find a quiet place to wait until they're finished. The hour or two that you have alone in a coffee shop or under a shade tree will help you slow down and stay sane. Then pick up your child and walk back home together.

### **Play Their Games**

If you decide to bring video games into your home, do your best to screen them and even learn how to play them so you can experience this part of your kids' world. Why? First, your kids will

"kick your butt," to use their phrasing; this is one activity where you'll never have to let them win, and it's a good thing for children to occasionally see their parents as human and vincible. Second, there will be guaranteed hilarity at your lack of dexterity. Finally, some games have somewhat redeeming virtual reality, because they mimic real-world activities such as table tennis, bowling, baseball, skiing, and dancing (which are certainly much better than games where you blow each other up). But set time limits, lest their virtual realities take over their reality.

### **Serve Ice-Cream Sundaes and Popcorn**

Yes, we all know that there's an obesity crisis in this country, and we certainly don't want to teach our kids to get their comfort from food. However, kids have to be kids, and when kids grow up to become adults and parents (I'm talking about you!), they still need to occasionally feel like a kid.

Establish special traditions around fun treats -- they become more special because they don't happen that often. Hot summer Sunday-afternoon sundaes, or cold winter family TV nights with hot cocoa, or popcorn balls on the day of the big game. Sprinkles make ice cream special, and cuddling goes great with cocoa. Now, please don't go around telling people that a pediatrician told you to feed your kids ice cream with sprinkles; I do have a professional reputation to maintain. So, just for the record, baked apples with cinnamon and raisins, angel-food strawberry shortcake, and banana splits with fat-free frozen yogurt work just as well.

The food is not the point -- it just helps make the point. Fun foods and special treats are conversation starters and memory makers. Your children may not remember all the discussion topics or the jokes or the tickling, but they will forever fondly recall the baked apples and raisins. And, of course, they'll remember the occasions that merited the special treats. And that they shared them with you.

My wife's grandmother was famous for periodically telling her daughters, "Remember, girls, you're having a happy childhood." If you find a way to make the most of every moment that you have with your kids, you will not only be a wonderful parent, but you will also be teaching your kids how to be good adults and wonderful parents themselves someday. Show your children how important your time with them is, and you will be impacting generations to come.

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