



DECEMBER



No Medical Trips will be made during the holidays!

Community Submissions are available for pick-up @ Health Centre



Band Council Meeting
Monday Dec. 3, 2018
@ 6:00pm



Sat. Dec. 15, 2018



MERRY CHRISTMAS
and
HAPPY HOLIDAYS



Offices Closed Dec. 19 @12 noon.
Re-open Jan. 7, 2019!



In Lieu of Turkeys/Hams; A gift card will be provided to each household!
Ready for pick-up @Admin on Dec. 7, 2018



BAND COUNCIL MEETING

**MONDAY DECEMBER 3, 2018
6:00 pm @ HIFN Fire Hall**



Britt Public School

CHRISTMAS CONCERT!

Wednesday December 19, 2018 @ 1:30pm

Please call Genevieve if you require a ride to the
Christmas Concert! Call by Dec. 17, 2018 by 4:30pm

Contact: Genevieve Solomon • Call: (705) 857-2331



GIFT CARDS IN LIEU OF TURKEYS/HAMS

1 gift card per household. Will be released
to household owner only!

Gift Cards will be available for pick-up at
Administration Starting
Monday December 10, 2018 to Wednesday
December 19, 2018 @12pm.

Gift Cards will also be available for pick-up at
the Community Christmas Party on
December 15, 2018





*Henvey Inlet First Nation Offices
will be closed for Christmas Holidays
Starting Wednesday December 19, 2018
@ 12:00pm and re-open on Monday*

January 7, 2019.

Happy Holidays from Chief, Council and

Staff of HIFN



*Henvey Inlet Gas Bar will be
Closed on Christmas Day and New Years Day.*

All other days will be regular hours as listed below!

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

Saturday & Sunday: 9:00am - 7:00pm





Henvey Inlet First Nation's

Administration Office, Daycare, Health Centre, Lands Office, Library, Nigig Power, Pickerel Contracting, & the Water Plant

will be closed at

Noon on Wednesday December 19, 2018

for the Christmas Holidays and will be

Opened Monday January 7, 2019 at 8:30 a.m.



THIS IS A DRUG AND ALCOHOL FREE EVENT



Henvey Inlet First Nation

Pickering, ON POG 1J0

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

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

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

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

MEMORANDUM

To: Band Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: November 22, 2018
Re: **Annual Christmas Party 2018**

Members are reminded that it's the responsibility of the parent(s) to purchase their child(ren)'s Christmas gifts to be placed under the tree and handed out by Santa at this year's Annual Christmas Party. Listed below is the process parents are expected to follow:

1. The parent/guardian will call the Administration Office to confirm their attendance to the Annual Christmas Party, by the deadline.
2. A designated staff member of HIFN will be responsible for purchasing the required number of Prepaid VISA or Master Cards as per the list of attendees.
3. The parent/guardian will purchase their respective child/children gift(s) before the Annual Christmas Party.
4. The parent/guardian must attend the Annual Christmas Party on the date set along with their child/children and bring their wrapped gifts.
5. When the parent/guardian arrive, they will sign in with the designated staff member of HIFN to confirm their attendance where they will provide a "duplicate gift receipt" that details the purchase of the gift for their child/children enabling the retention of the original receipt by the parent/guardian.
6. The parent will then be responsible for putting the gift under the tree.
7. As the gifts are distributed, the parents/guardians are to return to the designated staff member to receive a RBC VISA card for up to the maximum \$200 value as their reimbursement for each child/children's gift.
8. Anyone who does not attend the Annual Christmas Party will not be reimbursed.

This year's Annual Christmas Party is set for **December 15, 2018**, dinner starting at 5:00 p.m.

The deadline for calling the Administration Office (705) 857-2331 to notify us of your attendance is 4:30 p.m. December 13, 2018.

Thank you for your cooperation in this matter.

Millie Pawis
Director of Finance/Administration
/MP



Community Christmas Party
Saturday December 15, 2018
Feasting starts at 5:00 p.m.

Turkey w stuffing

Roast Beef

Pineappled Ham

Mashed potatoes, veggies, gravy

Apple, Cherry, & Pumpkin Pies

Celebration to take place at the Fire Hall

Special Visitor to arrive at 7:00 p.m.



THIS IS A DRUG AND ALCOHOL FREE EVENT



Community Christmas Party
Saturday December 15, 2018
Agenda

- 4:00 Shuttle Pickup in Bikanon
- 5:00 Dinner
- 6:00 Christmas Festivities
- 7:00 Special Visitor
- 8:30 Penny Table Social
- 9:00 Shuttle Return to Bikanon



THIS IS A DRUG AND ALCOHOL FREE EVENT

**From the desk of:
BRENDA CONTIN,**

Recreation/Cultural Councillor



COMMUNITY ANNOUNCEMENT:

At Chief & Council's last Finance Mtg a request was brought forth to increase the Elders Christmas cash payout from \$100 to \$200, but it was discussed that this particular community celebration is organized and put on for the children of Henvey Inlet.

Therefore, because Christmas time and the gifts, tree and Santa are for our children, Chief & Council did make the decision to increase the maximum gift reimbursement to parents from \$100.00 to \$200.00. The plan will be the same as last year and whatever total value of the gift/receipt parents bring in to the Party will be what they are reimbursed. You are not obligated to spend the whole \$200.00, but if you do then this is the amount you will be reimbursed.



CNR LAND CLAIM CRITERIA FOR STUDENTS

- YOU MUST BE 18 YEARS OF AGE BY DECEMBER 31, 2018
 - YOU MUST PROVIDE A COPY OF YOUR GRADE 12 GRADUATION DIPLOMA (OSSD)

The next request will be submitted to the Trust company on
December 31, 2018.

STUDENTS GRADUATING IN JUNE 2019

- MUST BE 18 YEARS OLD BY JUNE 31, 2019
- MUST PROVIDE A COPY OF YOUR GRADE 12 GRADUATION DIPLOMA (OSSD)

It is important to know that your high school does not keep a copy of your Diploma therefore you must keep it in a safe place until you are eligible to apply for your payment.

Genevieve Solomon



**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
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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 Band Members
From: Darcy Ashawasegai- P.S.C./Reception
Date: December 1, 2018
Re: Medical Transportation over Holidays

Henvey Inlet First Nation Health Centre will be closed for the holidays starting Wednesday December 19, 2018 at 12:00pm until Monday January 7, 2019.

Debbie Newton will be available to do EMERGENCY trips only! She cannot drive for appointments or prescription pick-ups. She can be reached for emergencies only at 705-690-9066.

Please feel free to come and pick-up some Community

Submission Sheets from the Health Centre for use over the holidays.

Your cooperation is appreciated!

/DA

Notice Regarding Prescriptions over Holidays

Clients who utilize Noelville Pharmacy for delivery of their Prescriptions to the Health Centre should call Noelville Pharmacy and get them to send enough meds for over the holidays. Last delivery date from the Pharmacy will be Thursday December 13, 2018. Noelville Pharmacies number is 705-898-2999. Be sure to mention that you want them delivered to the Health Centre!



NOTICE REGARDING DIRECT DEPOSITS

HIFN COMMUNITY MEMBERS,

If you receive Financial assistance
(Community Submissions, O.W.,
Reimbursements, Prior Approvals, etc..) from
HIFN; Your Direct Deposit forms are needed
to process payments, as there will be a
discontinuation of cheques!

Please hand in Direct Deposit forms to the
Administration Office ASAP!

Delays in receiving your banking information
will result in delays to processing payments.

Your cooperation is appreciated!



Henvey Inlet First Nation

295 Pickerel River Road
Pickerel, ON P0G 1J0
705-857-2331
www.hifn.ca

CATERER REQUIRED!

**FOR CANNABIS COMMUNITY CONSULTATION
MEETING**

Requirement: Food Handlers Certificate

Please submit your costs for service fee, food for 100 people
and mileage

Attention to: Brenda Contin @ Health Centre

By: Tuesday January 8, 2019 @12 noon

Event date: Wednesday January 16, 2019

Event Place: Fire Hall

Menu to consist of:

Lasagne with Garlic Bread & Beef Barley Soup with Buns

Dessert- Berries and Cool Whip

Refreshments (Apple, Cranberry, Orange Juice, and Tea,
Coffee, and Water)

Cups, utensils, plates, bowls and napkins

Caterer must clean-up food afterward and take out any
garbage to bin outside.

**Important: Food must be prepared in a non-smoking
environment**

NEW DATE!

**WEDNESDAY
JANUARY 16, 2019**

**UPDATED INFO
CANNABIS
COMMUNITY
CONSULTATION**

Chief and Council alongside Health Canada will be having another Community Consultation regarding Cannabis. Health Canada will also be putting on a presentation with updated information.

Mandatory for ALL staff of HIFN to attend!

Where: Henvey Inlet Fire Hall

Time: Starting at 11:00am

For more info contact Brenda Contin

Prizes and Gift Cards to be won by participants!!



Health
Canada

Santé
Canada



Light Lunch
Provided!

Come out and
hear some
important info
with
presentations all
day!

Ending with a
Supper Feast!

**PRIZES & GIFT
CARDS TO BE
WON BY
PARTICIPANTS!**

**HENVEY INLET FIRST
NATION**

295 Pickerel River Road
Pickerel, ON
POG 1J0

Contact Person: Brenda Contin
705-857-1221

FOOD BANK NOTICE

Ahnee!

- **Date:** Thursday, December 20th
- **TIME:** 11:00 A.M.

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

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

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

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



ONTARIO WORKS DECEMBER 2018

MONDAY TO THURSDAY 8:30 a.m. to 2:30 p.m.
OUT OF OFFICE: Monday, December 10th

EMPLOYMENT ASSISTANCE

NEW COMPUTER TRAINING DECEMBER 4TH @ THE LIBRARY

LUNCH N LEARN DECEMBER 12TH @ WAGAMAKE
LEARNING CTR. 12 NOON

ONLY 10 PARTICIPANTS!! SEE JUDY TO SIGN UP

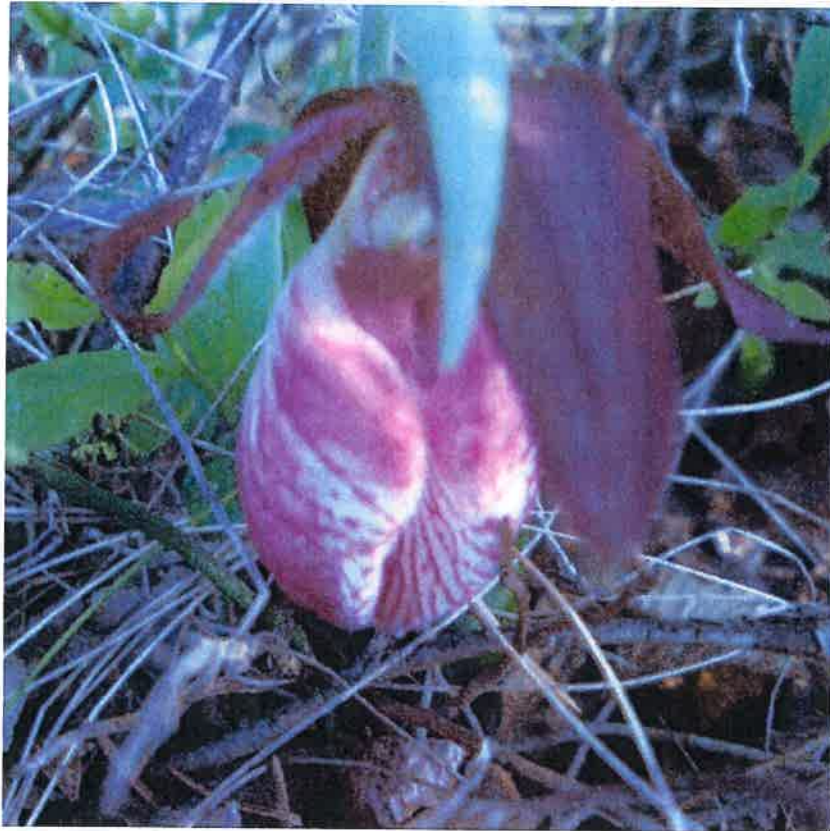
CANADA REVENUE VOLUNTEER PROGRAM TAXES
TRAINING DECEMBER 5TH

FOOD BANK

THURSDAY, DECEMBER 20TH

11 A.M.





REGIONAL MENTAL WELLNESS & CRISIS RESPONSE PLANNING

**December 10 & 11, 2018
9:00 am – 4:00 pm
Nipissing First Nation
Community Complex Gym
36 Semo Road, Garden Village, Ontario**

For more information Contact:

Trista Tabobondung

705-746-8022

tristatabobondung@gmail.com

**69/400 First Nation
Mental Wellness and
Crisis Response
Team**

**Hotel rooms have been
reserved under the name
“Mental Wellness/Crisis
Team” at Comfort Inn 11
Front Street, Sturgeon
Falls, ON. If you would like
to book a room, please call
the hotel at 705-753-5665**

**Working
Collaboratively with
Other First nations in
Region**

Serving Wasauksing,
Magnetawan, Henvey Inlet,
Dokis, Nipissing & Wahnapiatae

Ontario Works Program

Workplace Computers

Intermediate Computers

Typing

Microsoft Word

Emails

Learn at Your Own Pace

Where: **Library**

When: **Tuesday, December 4th, 2018**

Trainer: **YMCA Employment & Learning Services**

Time: **9:30 a.m. – 12:30**



Lunch Provided

Incentive Provided for Attendance

Miigwech

Revenue Canada Taxation Training

HOW TO DO YOUR OWN TAXES SIMPLE AND EASY TO DO ONLINE

*Date: Wednesday, December 5, 2018
Thursday, December 6, 2018 in
Morning (2) hrs.*

Time: 9:30 a.m.

Where: Library and/or Firehall



Lunch will be Served

***Incentive will go Ontario works participants that
Receive Training***

Ontario works

Lunch N Learn Bingo

When: WEDNESDAY, December 12, 2018

Time: 11:00 am

Where: Wagamake Learning Centre

Prizes: Gift cards



Can only accommodate (10) participants so the first (10) to call in or drop by to put name in with judy will be our first Bingo players.

Lunch Provided

Miigwech



MASSAGES

with Ann MacDonald

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


- ♦ Tuesday December 4, 2018
- ♦ Thursday December 13, 2018

CALL 705-857-1221 TO BOOK!!!

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



1 Hour Appointments



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

THE BENEFITS OF MASSAGE THERAPY

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being.

Massage therapy can be an important part of your health maintenance plan by:

- › Reducing or eliminating pain
- › Improving joint mobility
- › Improving lymphatic drainage
- › Reducing muscular tension

Massage therapy can be used for the treatment of both acute and chronic conditions. RMTs can work with a wide variety of patients, of all ages, in the treatment of illness, injury rehabilitation and disability.

Massage Therapists today use their knowledge of physiology and anatomy to combine traditional Swedish and modern massage therapy techniques with other therapies to treat their clients. There has been a wide variety of research, published in peer reviewed journals, proving the benefits of massage therapy for various conditions.

The following is a list of conditions for which massage therapy, when provided by a Registered Massage Therapist, can prove beneficial. This list is not exhaustive but covers many common conditions.

Anxiety and depression	Asthma and Emphysema
Back, leg, and neck pain	Cancer symptoms
Carpal tunnel syndrome (repetitive strain)	Chronic Fatigue syndrome
Dislocations	Fibromyalgia
Fractures and edema	Inflammatory conditions such as arthritis and bursitis
Headaches	Kyphosis and Scoliosis
Insomnia	Parkinson's disease
Multiple sclerosis	Palliative care
Muscle tension and spasm	Pregnancy and labour support
Post-surgical rehabilitation	Strains and sprains
Sports injuries	Stroke
Stress and stress related conditions	Temporomandibular Disorders
Tendinitis	Whiplash

Massage Therapy can also be used as part of a preventative care program. This includes sports training, injury prevention, ongoing stress management, and more! Together, you and your therapist will develop a treatment plan based on your needs. The treatment plan can be changed at any time and you have no obligation to undergo any part of treatment. Your treatment begins after you've given your informed consent.

Interested in massage for pregnancy and labour? We've provided further information [here](#).

Looking for a Registered Massage Therapist?

Massage Therapy is a Regulated Health Profession in Ontario, and Massage Therapy should only be performed by a Registered Massage Therapist (RMT). RMTs are primary healthcare providers in Ontario.

The RMTAO provides the public with an easy to use searchable database to locate a massage therapist close to your home or business using your postal code. Click to visit RMTFind.com

FREQUENTLY ASKED QUESTIONS ABOUT MASSAGE THERAPY

How can massage therapy help me?

Massage therapy can be beneficial to people of all ages and conditions and is widely used to help obtain relief from many specific problems, including:

- › Inflammatory conditions such as arthritis and tendinitis
- › Stress relief and associated conditions
- › Headaches and migraines
- › Muscle and related conditions such as spasms, strains and sprains
- › Back pain
- › Repetitive strain injury
- › Circulatory and Respiratory problems
- › Pregnancy and labour discomfort
- › Post-injury and post surgical rehabilitation

More information

Can anyone receive massage therapy?

Yes, massage therapy is appropriate for individuals of all ages, including infants, children, and the elderly; however, there are some conditions for which massage therapy is not appropriate. A qualified Massage Therapist (RMT or MT) is trained to recognize these cases.

Many Massage Therapists treat a variety of diseases and disorders while other Massage Therapists concentrate on certain conditions (fibromyalgia) or groups of people such as athletes, performers, women during pregnancy (including labour and delivery), infants and children. When booking your first consultation, be sure that the Massage Therapist is the right choice for you.

Is massage therapy a regulated health profession?

The practice of massage therapy is regulated under the *Regulated Health Professions Act, 1991* (RHPA) and is therefore a Regulated Health Profession. Only individuals who have completed the requisite training and have met the strict competency requirements of the College of Massage Therapists of Ontario (CMTO) can call themselves a "Massage Therapist" or a "Registered Massage Therapist".

When seeking massage therapy, look for an individual who uses one of those two titles and ask to see their registration with the CMTO.

Alternatively, look for someone who displays the logo of the Registered Massage Therapists' Association of Ontario. All RMTAO members must maintain their registration with the CMTO in order to be members.

How do I find a Massage Therapist?

If you are seeking massage therapy treatment in **Ontario**, visit www.RMTFind.com

How do I register a complaint against my Massage Therapist?

The practice of massage therapy is regulated under the Regulated Health Professions Act and the Massage Therapy Act. These pieces of legislation establish the College of Massage Therapists of Ontario (CMTO) and the profession of massage therapy as a self-regulating health profession in Ontario.

The CMTO exists to protect the public interest and to regulate the profession of massage therapy, through the maintenance of high professional standards. The CMTO also ensures ethical, high-quality health care.

Questions regarding the conduct of a Massage Therapist must be addressed to the CMTO. The RHPA requires the CMTO to have a formal complaints process. This process gives any member of the public the right to have his/her complaint about a Massage Therapist's behaviour, conduct or practice investigated by the College's Complaints Committee. Each step of the process is designed to ensure fairness to both the complainant and the member who is the subject of the complaint.

You may file a complaint with the Registrar in writing, recorded on audio tape or on video, submitted on disk or on other permanent medium. The complaint should include the name of the Massage Therapist, the time, place, date(s) and details of the event(s). You may file the complaint as follows:

College of Massage Therapists of Ontario
1867 Yonge Street, Suite 810
Toronto, Ontario M4S 1Y5

For more information about the College, you may visit their website at www.cmtto.com.

Do I have to remove all my clothing for massage therapy?

No. Your comfort as a client is of the utmost to all Registered Massage Therapists, whether that is in the context of the clothing you wear or the treatment you receive. Massage Therapists can provide important treatment whether you elect to remove any, some, or all of your clothing. All RMTs are trained in proper draping procedures to ensure that your privacy is completely respected at all times during treatment. Your comfort and ability to relax is paramount to effective treatment.

Registered Massage Therapists will also describe the treatments to be provided to ensure that you are comfortable with them. Your consent is sought before treatment is provided. If you are uncomfortable, your RMT wants you to let them know immediately, whether that discomfort involves the treatment, draping or any pain you may experience.

Be sure and discuss the most effective means of treatment with your Massage Therapist.

Why do Massage Therapists charge HST?

Under the federal Excise Tax Act, massage therapy is a service to which GST was applied. While massage therapists are considered health care practitioners under Ontario Regulated Health Professions Act, 1991, massage therapy is not included in the definition of health services that are exempt from the application of the HST. The list of exemptions is controlled by the federal government and the federal Minister of Finance has made it clear that the current policies governing exemptions will remain in place. A health profession can be exempted if it is regulated in five provinces or territories or if it is paid for in the health plans of three provinces. Massage therapy does not meet either of these conditions.

Does massage therapy hurt?

As with many treatments affecting the soft tissue, there are times when massage therapy can cause some light discomfort but it is not harmful. Discomfort usually diminishes and no technique of this nature is used without the therapist first discussing it with the client and obtaining your permission. A comfort scale will be established and the therapist will work to the client's tolerance level. The client can stop or change the treatment at any time and Massage therapists will modify their techniques to meet their client's needs.

What Is Massage Therapy?

Massage Therapy is the manipulation of the soft tissues of the body including muscles, connective tissue, tendons, ligaments and joints. Massage therapy helps alleviate the soft tissue discomfort associated with everyday and occupational stresses, muscular over-use and many chronic pain conditions. If employed early enough after accidents involving trauma and injury, massage therapy can greatly reduce the development of painful muscular patterning.

How do I know I am using the services of a Registered Massage Therapist?

All Registered Massage Therapists (RMTs) have photo ID cards, issued by the College of Massage Therapists of Ontario, showing the Therapist's registration number. All clients of massage therapy services have the right to view this ID card in order to be assured that you are visiting a Registered Massage Therapist.

More simply, all members of the Registered Massage Therapists' Association of Ontario must be registered and in good standing with the College of Massage Therapists of Ontario. You may therefore look for this logo as your assurance that you are in the hands of a professional RMT.



How often should I have massage therapy?

Some people believe that one treatment is enough; however, massage therapy is most beneficial in acute conditions when used over a series of treatments and then followed up with maintenance or preventive treatments.

Through mutual discussion, your Massage Therapist can help you establish a program which fits your physical needs and lifestyle. Your Massage Therapist is most interested in your recovery and in the maintenance of your health. Any recommendation for further treatment is being made by a qualified health professional and is made with your utmost care in mind.

What happens on the first visit?

On the first visit you will complete a confidential health history as part of your assessment. This is important as the Massage Therapist needs to know if you have any medical conditions or are taking any medications. The Massage Therapist will listen to your concerns, assess your individual needs as well as other factors that may be contributing to your injury (lifestyle, nutritional status, etc.). The Massage Therapist will then develop a treatment plan with you to ensure you receive appropriate treatment that will help you return, as much as possible, to your normal activities.

What are the benefits of massage therapy?

Add a Registered Massage Therapist (RMT) to your health care team to help relieve:

- › Inflammatory conditions such as arthritis and tendinitis
- › Stress relief and associated conditions
- › Headaches and migraines
- › Muscle and related conditions such as spasms, strains and sprains
- › Back pain
- › Repetitive strain injury
- › Circulatory and Respiratory problems
- › Pregnancy and labour discomfort
- › Post-injury and post surgical rehabilitation
- › And many other conditions.

Massage therapists participate in a Quality Assurance Programme that assists them in the maintenance of high professional standards and quality care of their clients.

Is massage therapy covered under the Ontario Health Insurance Plan (OHIP)?

No. Massage therapy treatments are not covered under OHIP, regardless of whether or not the treatments are required by a physician.

Most progressive extended health benefit plans do cover massage therapy treatments when provided by a Registered Massage Therapist and most do not require a physician's order to do so, although some do have that requirement. Contact your employer for more information.

Who pays for massage therapy?

Most progressive extended health insurance plans cover massage therapy treatments when provided by a Registered Massage Therapist. Most do not require a physician's order for treatments, although a few may still have this requirement. Most plans require that the covered individual pay for the treatment and submit the expense for reimbursement. Contact your employer for more information.

Most Massage Therapists will require payment upon the provision of services. As most are operating as an independent practitioner, they are not in a position to provide credit, that is, wait until payment is received under extended health plans, before receiving payment. Discuss this with your Massage Therapist before treatment.

How do I become a Massage Therapist?

In order to become a Massage Therapist in Ontario, an individual must complete a massage therapy program at an educational institution recognized by the Ontario Ministry of Training, Colleges and Universities.

Upon graduation, the individual must become registered with the College of Massage Therapists of Ontario (CMTO), the regulatory body for the Massage Therapist Profession. This includes the completion of Certification Examinations.

Certification Examinations include two components, Computer Adaptive Multiple-Choice Examination and Objective Structured Clinical Evaluation (OSCE). Successful completion of both components of the certification examination is a non-exemptible requirement for all candidates seeking registration with the College.

For more information about the examination process or the CMTO, visit www.cmto.com.

Will my Massage Therapist keep my information private?

As regulated health professionals, Massage Therapists are required as a part of the standards set by the College of Massage Therapists of Ontario to maintain the information you provide, both verbally and in written form, in the strictest of confidence.

In addition, Registered Massage Therapists are covered by Ontario's Personal Health Information Protection Act, 2004. As a result, information that is collected about clients may be collected only with consent, may only be disclosed with consent or to your immediate health providers (circle of care), and must be secured and maintained. Any concerns about the requirements of this legislation or about whether a Registered Massage Therapist breached the requirements of the Act may be addressed to the [Information and Privacy Commissioner of Ontario](#).

How can I pay for massage therapy?

Many people pay for massage therapy through an insurance plan. When paying through an insurance plan, some massage therapists will bill directly while others will require payment from the client who then submits the claim to their insurance provider. Ask your Massage Therapist prior to initiating treatment.

Some insurance plans may require a physician's referral prior to the start of massage therapy treatments while others allow treatment without referrals. Most plans have a maximum amount available.

The following is a summary of reimbursement options available:

- › Employer Sponsored Extended Health Insurance Plans, which may be administered by private companies
- › Consumer Purchased Extended Health Insurance Plans
- › Veterans Affairs Canada, in the case of war veterans
- › Private Automobile Insurance Companies, in the case of clients who are victims of motor vehicle accidents (under authority of the Auto Insurance Rate Stability Act, 1996)
- › The Work Place Safety and Insurance Board (WSIB), in the case of workers injured on a work site (under the authority of the Workplace Safety and Insurance Act, 1997)
- › The Royal Canadian Mounted Police (for members of the RCMP)
- › Transportation to a massage therapy office may also be reimbursed to persons who qualify under the Ontario Disability Support Programme.

Most Massage Therapists are required to collect and remit the Harmonized Sales Tax (HST) and must advise clients when this is the case.

DECEMBER 2018

Child and Family

Kerri Campbell

&



CHE/HBHC

Kara Newton





December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 Program Prep	04 Christmas Bake N'Share	05 Family Court Parry Sound	06 Bun Venture	07	08
09	10 Kina am In Office pm	11 Heart & Spirit Training	12 Heart & Spirit Training	13 Parenting Christmas On a Budget	14	15
16	17 Home Visits	18 Program Prep	19 Christmas Bingo	20	21	22
23	24	25 Merry Christmas 	26 Boxing Day	27	28	29
30	31	01 Happy New Year 	02	03	04	05

Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children
For A Healthy Future"

354A Pickereel River Road
Pickereel ON P0G 1J0

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

DECEMBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 CHRISTMAS BAKE AND SHARE	5	6 BUNVENTURE	7	8
9	10	11 Well Baby Clinic	12	13 CHRISTMAS ON A BUDGET	14	15
16	17	18	19 CHRISTMAS BINGO	20	21	22
23/30	24/31	25	26	27	28	29

OFFICE CLOSED

OFFICE CLOSED

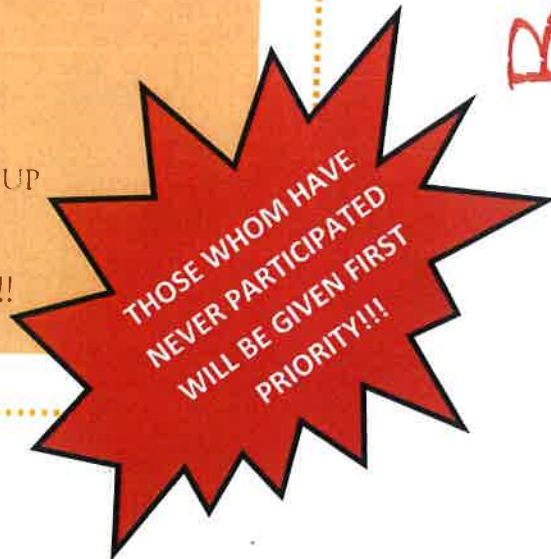
Janice Campbell will be back
to teach HIFN Community
Members, how to make Real
Homemade Buns from
scratch!!!

DATE: DECEMBER 4, 2018

TIME: 8:45 AM

Workshop starts at 9:00 am, not one minute
later, if you are not in the boardroom at
9:00am, you will not be able to participate!!!

CONTACT DARCY TO SIGN UP
705-857-1221
LIMIT OF 5 PARTICIPANTS!!!



BUN-VENTURE

**SPACE IS LIMITED
SIGN UP TODAY!**

**Bake & Share
and clean!!**

**Please join us on
Thursday December 6 @ 9:00am
at the Health Centre for our Annual Dessert Exchange**
Participants must provide Darcy with 2-3 recipes
of their choice by
Monday December 3 at 4pm
or you will be removed from the list



CHRISTMAS

ON A PARENTING PROGRAM

BUDGET

THURSDAY DECEMBER 13, 2018


at 10AM

SPACE LIMITED

TO THE FIRST 6

PARTICIPANTS TO SIGN UP!!!

CALL DARCY TO SIGN UP 705-857-1221!!



**SPACE IS LIMITED
SIGN UP TODAY!**

IT'S THE SEASON FOR



Wednesday December 19th, 2018 10 am

at the Health Centre

Community Health Nurse



Brenda Contin

December 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 BAND COUN- CIL OFFICE	4 OFFICE	5 OFFICE	6 HOME VISITS	7 OFFICE	
	10 OFFICE	11 OFFICE	12 DOKIS: ELDERS CHRISTMAS PARTY	13 SUDZ: SKHC BOARD MTG.	14 TORONTO: MEDICAL APPT	
	17 FINANCE	18 OFFICE	19 OFFICE	20	21	
	24 C H	25 R I	26 S	27 T M	28 A S	
	31 H O	1 L	2 D	3 A	4 Y S	

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.



**GREETINGS COMMUNITY MEMBERS,
HIFN MEMBERSHIP & STAFF**

I am looking forward to seeing you all at the HIFN
Community Christmas Party on December 15, 2018.

Festive preparations are well underway to make this a
memorable event for you all.

Event Decorator,

Luana McQuabbie





COMMUNITY CHRISTMAS TREE DECORATING

ON FRIDAY, DECEMBER 14 @ 9:00 A.M. WE WILL BE
PUTTING UP THE CHRISTMAS TREE AND
DECORATING IT.

I INVITE AND WELCOME EVERYONE TO COME
OUT AND ASSIST WITH THIS SPECIAL EVENT.

PLEASE SIGN UP AT THE HEALTH CENTRE.
ALSO LET US KNOW IF YOU NEED A RIDE.
WE WILL BE A HAVING LUNCH AND HOT
CHOCOLATE FOR ALL PARTICIPANTS.

Event Decorator,

Luana McQuabbie






COMMUNITY WELLNESS PROGRAM

WE ARE EACH LIKE A SNOWFLAKE ALL DIFFERENT IN OUR OWN BEAUTIFUL WAY.



DECEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DECEMBER 15 COMMUNITY HOLIDAY CARD EXCHANGE					1 COMMUNITY SOCIAL
2	3 IN OFFICE BAND COUNCIL MTG	4 OUT OF OFFICE	5 IN OFFICE	6 IN OFFICE	7 IN OFFICE	8
9	10 CHRISTMAS PARTY PREPS	11 CHRISTMAS PARTY PREPS	12 CHRISTMAS PARTY PREPS	13 CHRISTMAS PARTY PREPS	14 HALL DECORATING	15 COMMUNITY CHRISTMAS PARTY
16	17 IN OFFICE	18 OUT OF OFFICE BRITT SCHOOL CHRISTMAS CONCERT	19 OFFICE CLOSES @ 12 NOON	20	21 CHRISTMAS HOLIDAYS	22
23/30	24/31	25	26 CHRISTMAS HOLIDAYS	27 CHRISTMAS HOLIDAYS	28	29



Henvey Inlet First Nation Annual Community Christmas Party

Christmas Card Exchange

SATURDAY, DECEMBER 15/18
5:00 p.m.

@ the FIREHALL

Christmas mail bags will be hung in the Firehall for your convenience. ☺

For further information please contact
CWW Luana McQuabbie @
the Health Centre 705 857-1221 Ext 227

CULTURAL ARTS PROGRAM

JANUARY 11, 18 & 25, 2019
HEALTH CENTRE BOARD ROOM



DUE TO PREPARATIONS FOR THE COMMUNITY CHRISTMAS PARTY ALL DECEMBER CLASSES ARE CANCELLED. WILL RESUME CLASSES IN JANUARY.

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, Footwear, Decorative Arts, Nature Crafts & Small Crafts.



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

SEWING & DESIGN PROGRAM

CLASSES JANUARY 14, 21 & 28, 2019
@ The Health Centre



ALL CLASSES FOR DECEMBER HAVE BEEN CANCELLED
UNTIL JANUARY DUE TO COMMUNITY CHRISTMAS
PARTY PREPARATIONS.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

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



For More Information Contact:
CWW Luana McQuabbie 705 857-1221 Ext 227
OW Dorothy Contin
EDO Judy Contin



A HERITAGE PRESERVATION
PROJECT

DECEMBER 2018

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

Same day return.

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

*Thanks,
Luana*

HERITAGE COLLECTION INFO NEEDED

FUNERAL/PRAYER CARDS/OBITUARY NOTICE

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

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

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



Examples



**COMMUNITY WELLNESS
PROGRAM**

LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com



• YOU'RE INVITED TO A •

MERRY

LITTLE

Christmas

PARTY

DOKIS FIRST NATION SENIORS SOCIAL
DOKIS COMMUNITY CENTRE

10:30AM

DECEMBER 12, 2018

BRING A GIFT FOR THE GIFT EXCHANGE

PLEASE CALL HIFN HEALTH CENTRE TO SIGN UP

Hope to see you

0001/0001

EVERYONE WELCOME

DRUMMING/SINGING WITH RODNEY STANGER

TUESDAY DECEMBER 4 & 11, 2018



HENVEY INLET FIRST NATION HEALTH CENTRE

BOARDROOM

6:00 – 7:30 PM

BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

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

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+.



JANUARY 17, 2019
12 NOON



COMMUNITY WELLNESS PROGRAM / CWW LUANA MCQUABBIE

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

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

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

NNADAP

Louise Ashawasegai



December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					30 Office	01 Social at the fire-hall
02	03	04	05	06 P.S. Friendship Centre: Care-givers Circle	07	08
09	10 Crisis Response Training in Nipissing– Day 1	11 Crisis Response Training in Nipissing– Day 2	12	13	14	15
16	17	18	19 Closed @ 12noon for X-mas	20 Holidays	21 Holidays	22 Holidays
23 Holidays	24 Holidays	25 Holidays	26 Holidays	27 Holidays	28 Holidays	29 Holidays
30 Holidays	31 Holidays					



"The most important thing in the world is family and love."

The Indigenous Neonatal Abstinence Syndrome (INAS)

We are being given an opportunity to participate in an historical research endeavor with a specific focus on the misdiagnosis of our children, within the school system. Family practice areas and behavioral management area.

The main focus at this time is to seek information from willing parents whom are open to discussing the miss-labelling of their children due to infant being expose to any addictive substance.

This study is unique as it is one that has never been done before. Once completed it will give the medical and the educational world further insight with what is truly affecting your children and their development.

Please be assured that the individuals looking to pilot this research are a team of Aboriginal researchers whose goal is to ensure that the children are fully understood and that any disorders they are being diagnose with are done with utmost accuracies.

For more information please call Kara or Louise.

Louise Ashawasegai, NNADAP



THE DIFFERENCE BETWEEN ENABLING AND HELPING AN ADDICT

Enabling

- Lying to others and yourself about the addict's behavior
- Putting the addict's needs before your own
- Bailing the addict out of messes they've created
- Giving the addict money
- "Parenting" the addict and feeling resentful about it
- Doing things for the addict that they should be doing themselves (taking care of chores, bills, kids, etc.)

Helping

- Admitting to yourself that the addiction won't go away on its own
- Putting your needs first—Getting support (Al-Anon, a therapist)
- Letting the addict experience consequences for their behavior
- Giving the addict love, not money
- Setting healthy boundaries for yourself
- Giving the addict space to take control of their own lives

**HIFN DAYCARE
DECEMBER 2018
NEWSLETTER**

“What is Christmas? It is the tenderness of the past, courage for the present, and hope for the future.” ~ Agnes M. Pahro

December has arrived in all its glory! You hear Christmas carol all day long. The beautiful sight of Christmas lights, Christmas Trees, Christmas decorations, and the hustle and bustle of people going in every direction. Some in a good mood, others are downright dangerous. But to each their own and how they celebrate this season. Don't go broke, but be since able in your gift choses. Here at the Daycare we are trying to since able in our gifts for the children and their family also. We are going to try something different this year. Instead of a Christmas feast and gifts we are going to be giving each of our families a gift basket filled with some food, and treats to help during the Christmas season. During the last 13 days of December that we are open the topic will be **Christmas**. The children will be doing Christmas Crafts, Christmas Cards, Letters to Santa, and we will be decorating the Daycare and just keeping the children in the Christmas Spirit. On **Wednesday December 19, 2018** the Daycare will be closing at **12:00 NOON** till **January 7, 2019** when we will reopen for the New Year. I have enclosed the calender for December and a Christmas card to make: A Christmas Poem, Coloring page along with a word find too. **Remember Be Safe: Be Healthy: Be Kind! Merry Christmas! From: HIFN Daycare**





Christmas Gift

To your enemy, forgiveness.

To an opponent, tolerance.

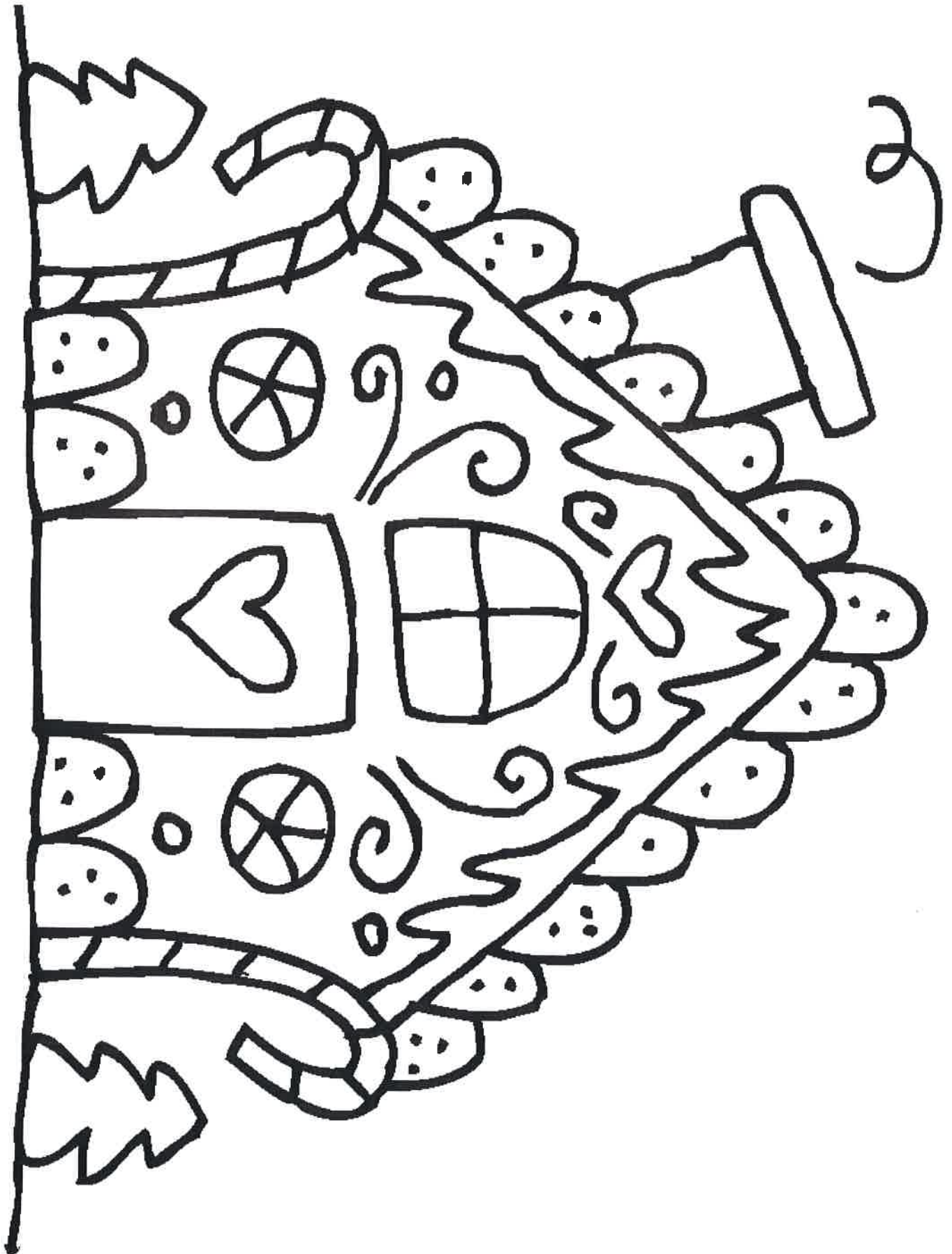
To a friend, your heart.

To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect.





Merry Christmas



UWELKNI WTSI FSI I
 RATSKFMERRY NACR
 YKGMAHOLLYDNACF
 LPADDHOLIDAYDFZ
 LESMCKSXRI BBONI
 OELFFSSAMTSI RHC
 JNFGINGERBREADT
 RUDSTOCKINGADNY
 ZBSAKWI REINDEER
 PETNZFDRACI MHRT
 ZDHTVLEGEFABOXO
 FNGACARWENVNBBY
 MWI KIKQPRESENTS
 QMLKWEBOTVZWCVV
 ENACYDNACUEOXCL

CHRISTMAS
 SANTA
 HOLIDAY
 TREE
 ORNAMENT
 PRESENTS
 HOLLY
 SNOWFLAKE
 RIBBON
 CANDY
 GINGERBREAD
 CARD
 JOLLY
 MERRY
 ELF
 TOYS
 CANDYCANE
 STAR
 STOCKING
 LIGHTS
 TWINKLE
 REINDEER

HOMEMADE BEADED CHRISTMAS TREE ORNAMENTS FOR KIDS

DECEMBER 14, 2013 BY [JANINE 9 COMMENTS](#)

We have a lot of fancy ornaments stored in the garage. But I cherish the homemade ones my kids make the most. I can't wait until they fill the tree on their own, so we can start re-gifting our store bought ones. We've already made some [homemade Christmas ornaments](#) this year, but this Beaded Christmas Tree is my favorite!

HOW TO MAKE BEADED CHRISTMAS TREE ORNAMENTS

First, gather your supplies. You'll need some wire, beads that fit on your wire, and some card stock or something that is cone shaped. Audrey tried 16 gauge wire and seed beads for her first tree and we found some bigger wire to work with larger beads. We found that if you use the big beads on the smaller wire, your tree won't hold it's shape.

Emma (3) had a harder time with the tiny beads. Although she could do it, she wasn't as interested. So, I gave her some pipe cleaners and pony beads instead.

Audrey was diligent and worked hard on her ornament. She strung all the beads on the wire and I wrapped it around a cone shape to make them into Christmas trees.

Emma's turned out great too, I just wish we would have used longer pipe cleaners.

There are so many different ornaments you could make with this technique. I think a beaded star or cross would look great too!

So what kind of homemade Christmas ornaments did you make this year? Need some [more ideas](#)? This year I've joined with 50 other bloggers to bring you hundred's of [homemade ornament ideas for kids](#). Here are the other fabulous bloggers posting their ornaments today:



Save your recipes for later with a full account

Save My Recipes
(<https://allrecipes.com/account/signup/>)



Banana Oatmeal Cookie



allrecipes!

Recipe By: blairbunny

"This recipe has been handed down in my family for generations. It's a good way to use overripe bananas. It's also a moist cookie that travels well either in the mail or car. This is usually the first cookie to disappear at my house."

Ingredients

1 1/2 cups sifted all-purpose flour	1 cup white sugar
1/2 teaspoon baking soda	1 egg
1 teaspoon salt	1 cup mashed bananas
1/4 teaspoon ground nutmeg	1 3/4 cups quick cooking oats
3/4 teaspoon ground cinnamon	1/2 cup chopped nuts
3/4 cup shortening	

Directions

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Sift together the flour, baking soda, salt, nutmeg and cinnamon.
- 3 Cream together the shortening and sugar; beat until light and fluffy. Add egg, banana, oatmeal and nuts. Mix well.
- 4 Add dry ingredients, mix well and drop by the teaspoon on ungreased cookie sheet.
- 5 Bake at 400 degrees F (200 degrees C) for 15 minutes or until edges turn lightly brown. Cool on wire rack. Store in a closed container.

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Cherries in the Snow Cake II



Prep	Cook	Ready In
25 m	10 m	35 m

allrecipes!

Recipe By: SARABOWENAK

"A nice, light no-bake dessert that's a cross between cake and pudding! Easy and delicious! I made mine low-fat by using low-fat cream cheese and lite whipped topping."

Ingredients

2 (21 ounce) cans cherry pie filling	1 (12 ounce) container frozen whipped topping, thawed
1 cup white sugar	1 teaspoon vanilla extract
1/2 cup all-purpose flour	1 (9 inch) angel food cake
2 (8 ounce) packages cream cheese	

Directions

- 1 In a saucepan, combine cherries, sugar and flour. Bring to a boil over medium-high heat, stirring constantly. Continue to boil for 5 minutes. Remove from heat and set aside to cool.
- 2 In a large bowl, beat cream cheese and vanilla until smooth. fold in whipped topping. Pour half of the cream cheese mixture into a 9x12 inch glass dish.
- 3 Crumble the angel food cake and sprinkle evenly over the top of cream cheese mixture in dish. Spread remaining cream cheese mixture over cake. Cover top with cherry mixture. Refrigerate for at least 5 hours.

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Simple Raisin Pie



allrecipes!

Recipe By: L. Peter

"Very nice raisin pie, very simple, very easy to do, but even easier to eat."

Ingredients

2 (9 inch) pie shell	1/2 teaspoon vanilla extract
2 cups water	1 tablespoon butter
1/2 cup white sugar	1 tablespoon lemon juice
2 tablespoons all-purpose flour	2 cups raisins
1/4 teaspoon salt	

Directions

- 1 Preheat oven to 450 degrees F (225 degrees C).
- 2 In a large saucepan, combine water, sugar, flour, salt, vanilla, butter or margarine, and lemon juice. Mix well, then stir in raisins. Simmer over low heat for 10 minutes, stirring frequently. Remove from heat.
- 3 Pour raisin mixture into pastry-lined pie pan. Cover with second pastry. Seal edges and cut steam vents in top.
- 4 Bake in preheated oven for 15 minutes, then lower the heat to 350 degrees F (175 degrees C) and bake an additional 25 to 30 minutes.

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