



January
2018



Bring on
the
NEW YEAR!



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 Newton- Community Health Educator

Darcy Ashawasagai- Program Supp. Clerk/Reception

Deborah Newton- Membership/Medical Van Driver

Kerri Campbell- Native Child and Family Worker

Francis Herbert - NNADAP Worker

Brenda Contin- Community Health Nurse

Valerie Ashawasagai- Home Making Worker

Elsie Ashawasagai- Home Maintenance

Luana McQuabbie- Community Wellness Worker

Administration

Millie Pawis- Director of Administration/Finance

Carla Noganosh- Executive Assistant

Doris Contin- Financial Assistant

Patty Walsh- Financial Assistant

Marianne Dunn- Housing Assistant

Rachel Kagagins- Housing Assistant

Lyndy McQuabbie-Administrative Assistant

Dorothy Contin- Social Services

Debbie Fox-Librarian

Judy Contin- Economic Development Officer

Greg Newton- Maintenance

Jonathon Contin- Maintenance Assistant/W.T.P

Janice McQuabbie- Custodian

Genevieve Solomon-Dubois-Education Councillor

Raymond Kagagins- NRF Point Person

Angele Dubois-Community Mentor/YLP

Henvey Inlet First Nation Contact Info

HIFN WEBSITE:

www.hifn.ca

ADMINISTRATION CONTACT INFO

295 Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-2331 or Toll Free: 1-800-614-5533 Fax:(705)857-3021

EXTENSIONS

Dorothy Contin- 222

Marianne Dunn-223

Raymond Kagagins-224

Patty Walsh-225

Wayne McQuabbie-226

Doris Contin-227

Judy Contin-228

Genevieve Solomon-Dubois-229

Millie Pawis-230

Carla Noganosh-232

HEALTH CENTRE CONTACT INFO

354A Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-1221 or Toll Free: 1-866-252-3330 Fax:(705)857-0730

EXTENSIONS

Darcy Ashawasegai- 221

Kara Newton-222

Edward Panamick-223

Deborah Newton-224

Kerri Campbell- 225

Brenda Contin-226

Luana McQuabbie-227

Francis Herbert -228

WAGAMAKE LEARNING CENTRE INFO

Carol Froelich- Teacher

Phone Number: (705)857-5391 Email: instructor@henveyinlet.com

Henvey Inlet First Nation Contact Info

HENVEY INLET DAYCARE

354B Pickerel River Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-0957 Fax:(705)857-0730

E-mail: hifndaycare07@hotmail.com

DAYCARE STAFF

Supervisor– Charlene Ashawasegai

NECE Worker– Erin McQuabbie (Maternity Leave)

NECE Worker– Carrie Lynn Bennett

HENVEY INLET LANDS OFFICE

25 West Road

Pickerel, ON P0G 1J0

Phone Number: (705)857-5211 Fax: (705)857-3021

LANDS STAFF

Lands Manager: Sherry Contin email: lands@henveyinlet.com

Lands Assistant– Amanda Barbe email: barbe_amanda@yahoo.ca

WATER TREATMENT PLANT

136 Sub Road , Pickerel, ON P0G 1J0

Phone Number: (705)857– 1779 Fax: (705)857-1778

W.T.P. Operator– Jason Fox W.T.P. Assistant– Jonathon Contin

HENVEY INLET LIBRARY

Librarian– Debbie Fox

295 Pickerel River Road, Pickerel, ON P0G 1J0

Phone number: (705)857-2222 Fax:(705)857-3021 email: maheengun12@hotmail.com

Medical Van Schedule

Monday	Sudbury
Tuesday	Parry Sound
Wednesday	Britt
Thursday	Sudbury
Friday	Emergency Only



Henvey Inlet First Nation Library Hours

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

295 Pickerel River Road
Pickerel, ON
PoG 1J0

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





Prescription Deliveries!

Noelville Pharmacy will be
delivering Meds Thursdays @
11:00AM

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



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: HIFN Community Elders
Fr: Millie Pawis, Director of Finance/Administration
Dt: January 10, 2018
Re: **Furnace Fuel Delivery – January 2018**

I have ordered the furnace fuel with COOP Regionale, as of January 8, 2018 for those of you who use this to heat your homes.

You will receive the same monetary value in oil as last year, please remember that the price of oil may cause this to differ in the amount of oil received though.

Coop has confirmed via email that their truck will begin deliveries on Friday January 12, 2018. If you did not receive the total value in the first delivery, you will receive the full amount via subsequent trips.

In the event that the driver leaves the invoice with you please bring it to the office and give it to me for payment.

/MP



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MEMORANDUM

To: HIFN Community Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: January 10, 2018
Re: **8Plex**

It's official, Chief and Council have selected CGV Builders Inc. to construct the 8Plex!!!

This building will have 4 – 1 bedroom units and 4- 2 bedroom units.

CGV will meet with Chief and Council on Monday January 15, 2018 for a preconstruction meeting to discuss particulars of the construction schedule.

The area next to the Church/Learning Centre where it's to be located will be a construction zone, parents are reminded to keep their children away from this area during construction.

Construction is scheduled to start January 22, 2018 and be completed by July 2018.

MP

/MP



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MEMORANDUM

To: HIFN Community Members
Fr: Millie Pawis, Director of Finance/Administration
Dt: January 10, 2018
Re: Communal Mail Box – Spring 2018

At the December 4, 2017 Band Membership meeting held at the Fire Hall, consideration of a Communal Mail Box, vs Personal Mail Boxes was an agenda item.

The decision was made to allow Canada Post to install a Communal Mail Box system for the residents of Pickeral, as a result a vote of those present and by reading the results of the survey that were returned to the Administration office.

The location of the Communal Mail Box will be at the Old Band Office site, exact location to be determined. This receptacle will be similar to that which is located in Bekanon.

Thank you to those who responded to the survey and participated in the discussion at the last Band Membership Meeting.

As more information on the installation and access to this unit is received this will be published in future newsletters.

MP

/MP



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First Nation**
Pickeral, ON P0G 1J0

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Tony Solomon

MEMORANDUM

To: All Band Members
Fr: Chief and Council
Dt: October 30, 2017
Re: **NO HUNTING – HENVEY INLET I.R. #2 (Bekanon)**

Chief and Council remind all Band Members that there is a NO HUNTING ban on right now in effective WEST of Hwy 69 (All of Bekanon) during the construction activities there due to the Wind Farm.

Contravention of the NO HUNTING Land Law that was passed at an Open Council Meeting on October 23 2017 will result in penalties.

This is a temporary ban in place to protect all those that are working within the reserve boundaries who are constructing roads, monitoring the environmental impacts and securing the area.

Your cooperation is appreciated.

Chief and Council

WM/mp

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.

Guidelines for Preparing Your Application

- Please submit a **maximum of 100** receipts per claim. Do not re-submit receipts that have been previously submitted.
- Receipts are in good condition, clean and unmarked.
- Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.
- Do not have staples/pins in the receipts.

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
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals

For a detailed listing of eligible goods and services, please refer to our publication entitled [What's Taxable Off-Reserve Under the HST and What's Not](#).

Instructions for Completing the Application Form

- 1. Section A – Claimant Information**
Enter your full name, complete mailing address and telephone number.
- 2. Section B – Summary of Claim**
Enter total number of receipts sent in with claim and the period of time the claim covers.
- 3. Section C – Certification**
Sign and certify the application.

Claim Completion

All enquiries regarding completion of the application form should be directed to the Ontario Ministry of Finance at 1-866-ONT-TAXS (1-866-668-8297).

Applications for refund of 8% Ontario portion of the HST paid in Ontario, or for qualifying goods imported into Canada, must be submitted within four years from the date the tax was paid. Applications for refund of HST paid in another participating province on qualifying goods imported into Ontario within 30 days, must be submitted within one year from the date the qualifying goods were imported into Ontario.

For more information please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

Mailing:

All refund applications
should be submitted to:



Ministry of Finance
33 King Street West
PO Box 625
Oshawa ON L1H 8E9



Ministry of Finance
33 King Street West
PO Box 625
Oshawa ON L1H 8E9

Application for Ontario Portion of HST Refund for First Nations

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

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
- 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)
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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)

MEMORANDUM NOTE DE SERVICE



TO À	All Nursing Staff		Security Classification Classification de Sécurité
			Our file/Notre référence
From De	Regional Pharmacist		Your file/Votre référence
			Date December 21st , 2017

Reminder on Client Reimbursement for Drugs

To prevent delays in processing client reimbursements please advise/remind clients to send their paper work to the right address:

For client reimbursements **on drugs**, please mail your completed form(s) and supporting documents to the NIHB Drug Exception Centre,

DRUG EXCEPTION CENTRE CLIENT REIMBURSEMENT

 **NIHB/FNIHB Department of Indigenous Services Canada** 
Address Locator 1902D
200 Eglantine Driveway, 2nd floor
Ottawa, Ontario K1A 0K9

Regards,

Magy Beshay BSc. (Pharm), R. Ph.

Regional Pharmacist, First Nations and Inuit Health Branch, Ontario Region
Department of Indigenous Services Canada/Government of Canada
magy.beshay@canada.ca/Tel: 613-952-0718/Fax: 613-952-7054

*** Address on form not correct *
use above**



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.

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 Chirugiens 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, 2nd 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, 2nd 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, 2nd 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, 4th 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, 2nd 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, 15th 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 Part 1		<input type="radio"/> Other Payee Part 2		Inquiries to be sent to: <input type="radio"/> Client Part 1	
				<input type="radio"/> Other Payee Part 2	
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. 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. 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.



**CATERER REQUIRED FOR
MEDICINE WHEEL TEACHING**

Requirement: Food Handlers Certificate

Please submit your costs for service fee, food for (12) people and mileage

Attention to: Ontario works Administrator

By: Friday, January 19, 2018 at Noon

For a Healthy Nutritious Meal

Lunch will be served at 12:00 p.m.

For Wednesday, January 24th, 2018

Place: Wagamake Learning Centre

Caterer will be responsible for the following:

9:30 a.m. - Refreshments and snacks: Coffee, tea, cranberry juice, orange juice and apple, Water.

Snacks: Muffins pumpkin spice, raisin bran, margarine/Butter, bowl of fruit

12:00 p.m. menu: Sheppard's pie (Lean ground beef), oven baked bannock, Salad

Dessert: Assortment of Berries with yogurt.

Cups, utensils, plates, bowls and napkins

Please clean up food afterward and take any garbage to bin outside.

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

MEEGWETCH

LANDS NEWS



Henvey Inlet First Nation Lands Newsletter

December 2017

Garbage & Recycling Program

Henvey's Garbage and Recycling Program has been successful these past few months! To date we have recycled 2384 bags but we have thrown 8933 garbage bags away! We need to switch those number around!

Recycling Bins

We now have the Metals and E-Waste Recycling bins located behind the Health Centre for community convenience! Please read the attached Sudbury flier on E-Waste and **DO NOT THROW METALS INTO THE E-WASTE BIN, THE BINS ARE LABELLED.**

Garbage Pick-Up Date Change Effective Immediately!!

Sunday	12:00 — 3:00
Tuesday	12:00 — 3:00



Recycling Instructions

- 1) All recycled material can go in one clear bag. The only items that need separating is the corrugated cardboard boxes and garbage from recycling. Our recycling gets sorted in Sudbury.
- 2) Please use black garbage bags for garbage. This is requested to help staff know which bags are garbage.
- 3) Only garbage & recycling bags will be picked up, unless it's a planned large item pick-up date. If you have any large items to throw away, it is up to you to take it to the dump yourself and pay the tipping fees. **No large items will be picked up on regular garbage days and the Band Office is not responsible to pay any tipping fees.**
- 4) There is a metals and e-waste bin located behind the Health Centre where you can recycle any unwanted metals and e-waste, there is also a battery bin located within the Health Centre.





Forestry Management Planning Teams Presentation on the Long Term Management Direction for the 2019- 2029 Plan in the French- Severn Forest

January 17, 2018
12:00pm-2:30pm

Presentation at HIFN Firehall

This presentation will offer an opportunity for members to learn where planned activities will be within the forest and pose any questions on forestry, silviculture and aerial spraying. If you have any questions about the presentation please call Amanda Barbe, Assistant Lands Manager at 705-857-5211.

LUNCH WILL BE PROVIDED!



REVIEW

Review of Long-Term Management Direction French-Severn Forest 2019-2029 Forest Management Plan

The Ontario Ministry of Natural Resources and Forestry (MNR), Westwind Forest Stewardship Inc. and the Parry Sound Local Citizens' Committee (LCC) invite you to review and comment on the proposed long-term management direction for the 2019-2029 Forest Management Plan (FMP) for the French-Severn Forest.

The Planning Process

The FMP takes approximately three years to complete. During this time, five formal opportunities for public consultation and First Nation and Métis community involvement and consultation are provided. The first opportunity (Stage One) for this FMP occurred on September 15, 2016 when the public was invited to "Participate" in the development of the plan. This 'Stage Two' notice is:

- To invite you to review and comment on:
 - the proposed long-term management direction for the forest;
 - the areas which could reasonably be harvested, and the preferred areas for harvest operations, during the 10-year period of the plan;
 - the analysis of alternative one kilometer wide corridors for each new primary road which is required for the next 20 years.
- To request your contribution to background information to be used in planning.

How to Get Involved

To facilitate your review, a summary of the proposed long-term management direction for the forest can be obtained on the Ontario Government website (www.ontario.ca/forestplans). A summary map(s) of the preferred and optional harvest areas for the 10-year period of the plan and alternative corridors for each new primary road which is required for the next 20 years, will also be available.

In addition to the most current versions of the information and maps which were available at Stage One of public consultation, the following information and maps will be available:

- Draft First Nation and Métis Background Information Report (Only if the First Nation and Métis community(s) agree);
- Summary of public comments and submissions received to date and any responses to those comments and submissions;
- A summary report of the results of the desired forest and benefits meeting;
- Environmental analysis, including use management strategies of the alternative corridors for each new primary road;
- Maps that portray past and approved areas of harvest operations for the current forest management plan and the previous 10 years;
- Criteria used for the identification of areas that could reasonably be harvested during the 10-year period of the plan;
- The rationale for the preferred areas for harvest;
- Summary report of the activities of the local citizen's committee to date.

The above information is available at the Westwind Forest Stewardship Inc. office and MNR Parry Sound District Office identified below during normal office hours for a period of 30 days **December 14, 2017 to January 19, 2018**.

Comments on the proposed long-term management direction for the French-Severn Forest must be received by Mike Henry, District Management Forester, of the planning team at the MNR Parry Sound District Office by **January 19, 2018**.

Meetings with representatives of the planning team and the LCC can be requested at any time during the planning process. Reasonable opportunities to meet planning team members during non-business hours will be provided upon request. If you require more information or wish to discuss your interests and concerns with a planning team member, please contact one of the individuals listed below:

Mike Henry, R.P.F.
District Management Forester
Ministry of Natural Resources
and Forestry
7 Bay Street, Floor 1
Parry Sound, ON P2A 1S4
Tel.: 705-773-4238
email: mike.henry@ontario.ca

Barry Davidson, R.P.F.
Plan Author
Westwind Forest Stewardship Inc.
72 Church Street
Parry Sound, ON P2A 1Y9
tel.: 705-746-6832
e-mail: barrydavidson@westwindforest.ca

Jim Kaufman
Parry Sound Local Citizens' Committee
e-mail: jimkaufman@rogers.com

During the planning process there is an opportunity to make a written request to seek resolution of issues with the MNR District Manager or the Regional Director using a process described in the 2017 *Forest Management Planning Manual (Part A, Section 2.4.1)*.

Stay Involved

There will be three more formal opportunities for you to be involved. These stages are listed and tentatively scheduled as follows:

Stage Three -	Information Centre: Review of Proposed Operations	May 2018
Stage Four -	Information Centre: Review of Draft Forest Management Plan	November 2018
Stage Five -	Inspection of MNR-Approved Forest Management Plan	March 2019

If you would like to be added to a mailing list to be notified of public involvement opportunities, please contact Mike Henry, District Management Forester, at 705-773-4238.

The Ministry of Natural Resources and Forestry is collecting your personal information and comments under the authority of the *Crown Forest Sustainability Act*. Any personal information you provide (address, name, telephone, etc.) will be protected in accordance with the *Freedom of Information and Protection of Privacy Act* however, your comments will become part of the public consultation process and may be shared with the general public. Your personal information may be used by the Ministry of Natural Resources and Forestry to send you further information related to this forest management planning exercise. If you have questions about the use of your personal information, please contact Gary Meddick, Regional Information Management Specialist, MNR at 705-755-3228.



ONTARIO WORKS SCHEDULE

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

**COMPLETED INCOME STATEMENTS MUST BE DROPPED OFF
AT THE BAND OFFICE BY JANUARY 16TH**

EMPLOYMENT ASSISTANCE

**CUSTOMER SERVICE TRAINING JANUARY 30 & 31ST
MEDICINE WHEEL TEACHINGS CONTINUE WEDNESDAY,
JANUARY 24TH @ THE WAGAMAKE LEARNING CTR.**

ONTARIO WORKS LUNCH N LEARN BINGO BEGINS

MONDAY, JANUARY 29TH

@ 11:30 A.M.

LUNCH WILL BE PROVIDED

FOOD BANK BUSINESS

**FOOD BANK WILL TAKE PLACE FRIDAY, JANUARY 19TH @
11:30 A.M.**



ONTARIO WORKS LUNCH N LEARN BINGO

**TENTATIVELY SCHEDULED FOR MONDAY, JANUARY 29TH
11:30 A.M. @ THE LIBRARY**

LUNCH WILL BE PROVIDED

PRIZES: GIFT CARDS

**CAN ONLY ACCOMMODATE 10 PARTICIPANTS SO THE
FIRST 10 TO COME IN TO SEE JUDY WILL BE OUR FIRST 10
BINGO PLAYERS.**



PLEASE NOTE*

**JUDY WILL HAVE SIGN UP SHEET BEGINNING MONDAY,
JANUARY 15TH 8:30 A.M.**

ONTARIO WORKS PROGRAM

MEDICINE WHEEL TEACHING



Continuation of Moccasin Making

With new participants if they wish to attend

DATE: January 24th, 2018

TIME: 9:30 a.m.

LUNCH: 12:00 p.m.

MEEGWETCH



ONTARIO WORKS PROGRAM

IS OFFERING A CUSTOMER SERVICE TRAINING

WITH FIRST NATIONS TECHNICAL INSTITUTE

A supportive teaching staff and gain valuable skills



WHEN: Tuesday, January 30, 2018

Wednesday, January 31, 2018

WHERE: TBD

Lunch will be provided for both days.

MUST COMPLETE BOTH DAYS

Meegwetch

JANUARY 2018 WORKSHOPS

Participants can win a \$50.00 Walmart gift card.

Resume/Cover Letter;

Thurs. Jan. 11, 2018 10:00 A.M.

Interview Skills;

Thurs. Jan. 11, 2018 11:30 A.M.

Job Search;

Thurs. Jan. 18, 2018 10:00 A.M.

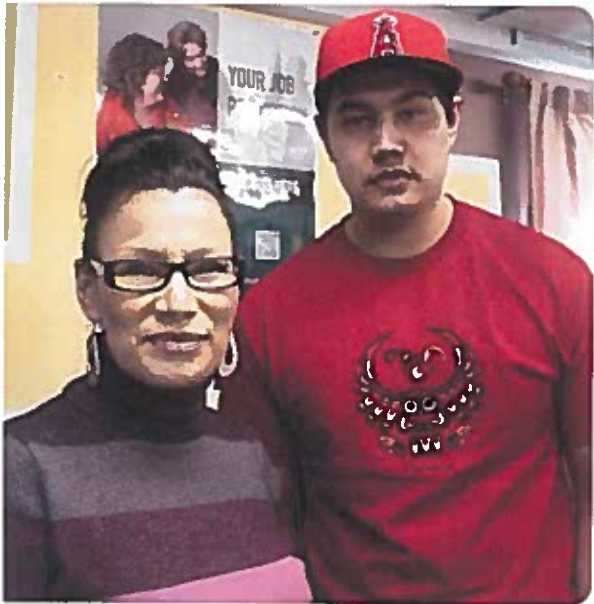
Programs & Services;

Thurs. Jan. 18, 2018 11:30 A.M.

Call our office at 705-524-6772 or
Email: getinfo@gezhtoojig.ca to register.
117 Elm Street, Unit 102, Sudbury, ON



Prepare for your future with POST-SECONDARY READINESS



This course is provided by the Good Learning Anywhere program from Sioux-Hudson Literacy Council.

This course is offered online, from Monday to Friday, 10:00 a.m. - 12:30 p.m. (ET) / 9:00 a.m. - 11:30 a.m. (CT) for 3 weeks.

Course dates: January 30 - February 17, 2017

The Post-Secondary Readiness Program is a free course offered online in your community. It has been designed for people looking for, applying to, and preparing for post-secondary opportunities.

The First Step program **MUST** be taken before registering for this program.

Ensure you have the skills to succeed:

- Upgrade your math, reading and writing
- Gain 21st century computer skills

Create a Plan:

- What are your strengths?
- What programs are you interested in?
- Explore how to register for them

Learn to Prepare:

- Note taking
- Time management
- Goal setting



Good Learning Anywhere
www.goodlearninganywhere.com

For more information, call **Michelle Gauthier**,
Online Learning Recruitment Officer,
at **1-855-352-1531**
or e-mail parrysound@contactnorth.ca.

e-channel.ca



[Facebook.com/onlineLBS](https://www.facebook.com/onlineLBS)



e-Channel is a core service supported
by Contact North | Contact Nord

Contact North | Contact Nord

Ontario's Distance Education & Training Network

Funded by the Government of Ontario



Upgrade your skills with JOB READINESS



This course is provided by the Good Learning Anywhere program from Sioux-Hudson Literacy Council.



Good Learning Anywhere
www.goodlearninganywhere.com

This course is offered online, from Monday to Friday, 10:00 a.m. - 12:30 p.m. (ET) / 9:00 a.m. - 11:30 a.m. (CT) for 3 weeks.

Course dates: March 27 - April 13, 2017

The 3-week Job Readiness program provides clients with the tools needed to determine which job is right for them, and how to set goals to get that job. The course provides clients with knowledge of safe and practical work habits. Clients will create résumés and cover letters to use in their job search, and practice interview skills.

The First Step program **MUST** be taken before registering for this program.

- Communication
- Habits of Effective Workers
- Conflict Resolution
- Résumés and Job Applications
- Interview Skills
- Cover Letters
- Customer Service and Telephone Skills
- Cultural Considerations
- Lateral Violence
- WHMIS
- Rights and Responsibilities
- Health and Safety
- Work Ethics
- Career Exploration
- Time Management
- Goal Setting
- Job Search Skills

e-channel.ca



[Facebook.com/onlineLBS](https://www.facebook.com/onlineLBS)



e-Channel is a core service supported by Contact North | Contact Nord

For more information, call **Michelle Gauthier**,
Online Learning Recruitment Officer,
at **1-855-352-1531**
or e-mail parrysound@contactnorth.ca.

Contact North | Contact Nord

Ontario's Distance Education & Training Network

Funded by the Government of Ontario



Take the First Step to ONLINE LEARNING



The First Step course is offered online, Monday to Friday, 10:00 a.m. - 12:30 p.m. (ET)/9:00 a.m. - 11:30 a.m. (CT) for 1 week.

Course dates: January 22 - 26, March 5 - 9, OR March 19 - 23, 2018

The First Step course is developed to assist Ontario Works clients by introducing them to online learning, allowing them to develop a comfort level with the computer and the online classroom.

The course is delivered in the live online classroom Saba. The instructor guides the learner, identifies their strengths and interests, and sets some training and employment goals.

The First Step Program *must* be taken before the Post-Secondary Readiness or Job Readiness Programs.

This course is provided by the Good Learning Anywhere program from Sioux-Hudson Literacy Council.



Good Learning Anywhere
www.goodlearninganywhere.com

For more information, call **Michelle Gauthier**,
Online Learning Recruitment Officer,
at **1-855-352-1531**
or e-mail parrysound@contactnorth.ca

e-channel.ca



[Facebook.com/onlineLBS](https://www.facebook.com/onlineLBS)

e-Channel

e-Channel is a core service supported
by Contact North | Contact Nord

CONTACT **NORTH**
NORD
Online Learning
Apprentissage en ligne

EMPLOYMENT
ONTARIO

Ontario's employment and training network.

Funded by the Government of Ontario

Canadian Statutory Holidays in 2018

Holiday	Date in 2018	Observance
<u>New Year's Day</u>	January 1, Monday	National
Islander Day	February 19, Monday	PEI
Louis Riel Day	Feb 19, Monday	MB
Heritage Day	February 19, Monday	NS
<u>Family Day</u>	February 19, Monday (Feb 12 in BC)	BC, AB, SK, ON
Valentine's Day	February 14, Wednesday	Not a stat holiday
Leap Day	Not a leap year	-
St. Patrick's Day	March 17, Saturday	Not a stat holiday
<u>Good Friday</u>	March 30, Friday	National except QC
<u>Easter Monday</u>	April 2, Monday	QC
<u>Mother's Day</u>	May 13, Sunday	Not a stat holiday
<u>Victoria Day</u>	May 21, Monday	National except NB, NS, NL
<u>Father's Day</u>	June 17, Sunday	Not a holiday
Aboriginal Day	June 21, Thursday	NWT
St. Jean Baptiste Day	June 24, Sunday	QC
<u>Canada Day</u>	July 1, Sunday	National
<u>Civic Holiday</u>	August 6, Monday	AB, BC, SK, ON, NB, NU
<u>Labour Day</u>	September 3, Monday	National
<u>Thanksgiving</u>	October 8, Monday	National except NB, NS, NL
<u>Halloween</u>	October 31, Wednesday	Not a holiday
<u>Remembrance Day</u>	November 11, Sunday	National except MB, ON, QC, NS
<u>Christmas Day</u>	December 25, Tuesday	National
<u>Boxing Day</u>	December 26, Wednesday	ON



To Canada Post Customers,

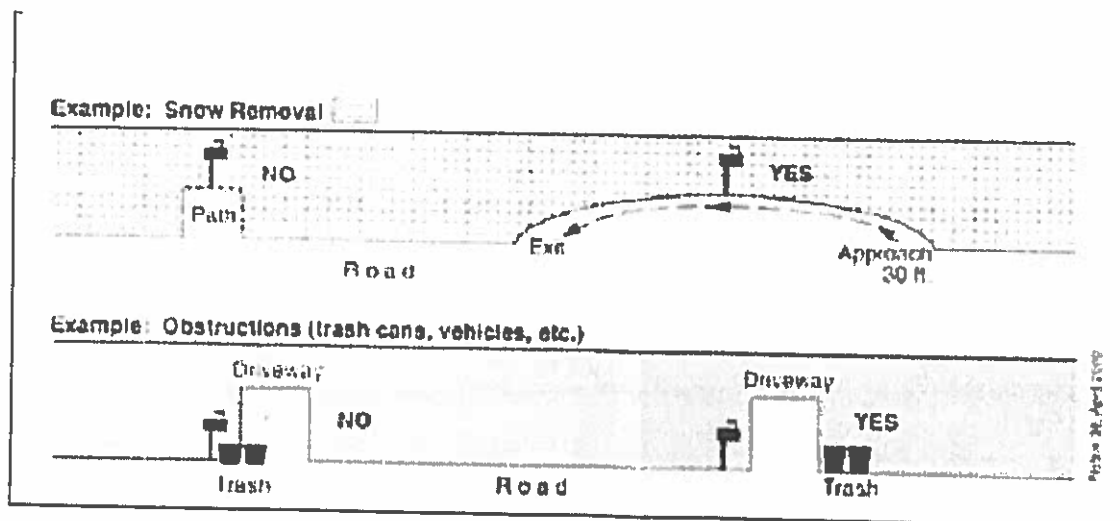
Please review the following, both for the safety of your mail carrier and uninterrupted mail delivery.

Snow Clearance

- The area in front of a rural mailbox must be kept clear of snow and ice to ensure uninterrupted delivery of letters and parcels.
- Delivery agents require at least one car length on both sides of a rural mailbox to pull over safely, deliver the mail then safely merge back into traffic

Obstructions

- Please ensure that, during delivery hours, access to mailboxes remains free of obstructions such as garbage and newspaper receptacles, parked vehicles, etc.
- The area in front of a mailbox must be firm and level to allow safe and easy access for Canada Post delivery vehicles.





First Nations Maple Syrup Seminar

Whitefish River First Nation Community Centre
6 Rainbow Valley Road, Birch Island
Friday, January 19, 2018, 10 a.m. – 3 p.m.

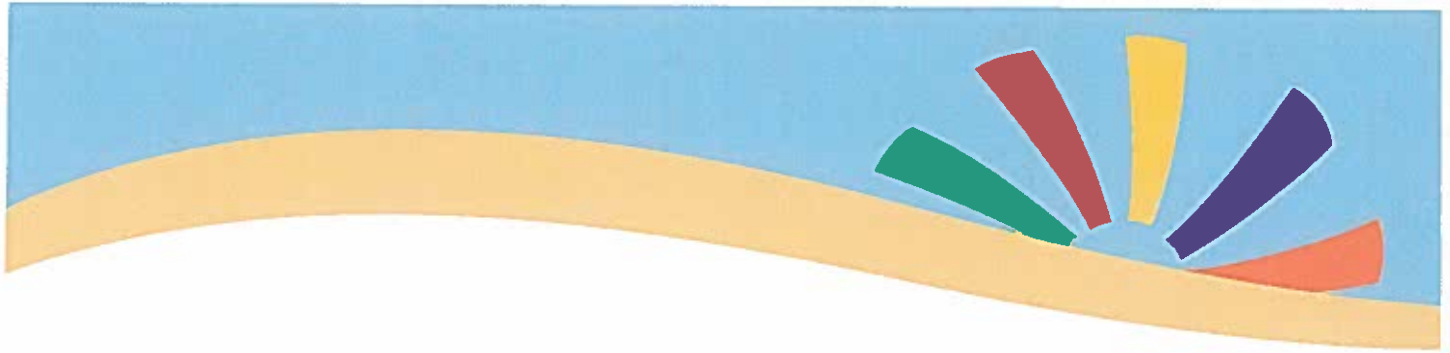
Agenda:

- 10:00 a.m. Opening Ceremony
- 10:15 a.m. **Todd Leuty**, Agro-Forestry Specialist, Ontario Ministry of Agriculture and Food, *"Impacts of Climate Change, Managing Maple Decline, Collection Strategies and Processing."*
- 11:00 a.m. **Dean Assinewe**, Forest Management Specialist, Sagamok FN, *"Maximizing Your Maple Bush Potential"*
- 11:30 p.m. **Todd Leuty**, Agro-Forestry Specialist, OMAFRA *"Producing Safe, Quality Maple Syrup: A Guide for Small Producers"*
- 12:15 p.m. Lunch
- 1:00 p.m. **Camden Lawrence**, IAPO Business Advisor, *Funding Opportunities*
- 1:30 p.m. **Brian Bainborough**, Maple Ridge Farm, Gore Bay, Maple Syrup Operator and Lapierre Equipment Dealer. *"A Look at RO Units and Vacuum Pumps"*
- 2:00 p.m. **Josh Holmes**, CDL Dealer, Oro Station, *"A Look at 3/16 Tubing"*
- 2:30p.m. **Steve Plume**; Dominion and Grimm Dealer *"Boiling 101, What You Need To Know"*
- 3:00 p.m. Door prizes, Adjourn

Maple Syrup Equipment will be on display!

To Register Contact:

Keith Nahwegahbow, Economic Development Officer, Whitefish River First Nation
Tel: 705-285-4335, or Email @ keithn@whitefishriver.ca



MASSAGES

with Ann MacDonald



**Ann will not be
back until
March 2018 for
Massages!**



Jake Pine

Traditional Healer

PLEASE NOTE! Jake Pine will only be in the Community when we have enough Band Members call to request him.

Please call Darcy at the Health Centre if you wish to see Jake Pine in the future. Once we have enough members we will bring him back into the Community! This is due to lack of Band Members coming to see him.

Henvey Inlet First Nation Health Centre

354A Pickerel River Road

Pickerel , ON

P0G 1J0

705-857-1221 or Toll Free 1-866-252-3330



Harry Snowboy

Will be in our community on

February 12, 13, and 14, 2018

Harry will be here to do One on One Counselling Sessions and Energy Work.

If you would like to have an appointment with Harry please call Darcy at the Health Centre and she can book an appointment or feel free to just pop in to say Hello and introduce yourself to Harry!

Henvey Inlet Health Centre

354A Pickerel River Road

Pickerel, ON

P0G 1J0

Phone: (705)857-1221 Fax: (705)857-0730



**CHILD & FAMILY
& COMMUNITY
HEALTH
EDUCATOR**

JANUARY



MARTIN

**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: kerni.campbell@henveymedicalcentre.com

CHILD & FAMILY PROGRAM JANUARY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6



7	8	9	10	11	12	13
HOLIDAYS						

14	15	16	17	18	19	20
	In Office	Project Launch Sudbury	Project Launch Sudbury	In Office	Sudbury	

21	22	23	24	25	26	27
	In Office	In Office	Program Prep	Parenting Pro-gram	Parry Sound	



28	29	30	31
	Program Prep	Ladies Day	In Office

PARENTING WORKSHOP

BIRTHDAY PARTY PLANNING

Please join us at the Health Centre to get organized when planning your child's Birthday Party!

★ HAPPY ★
BIRTHDAY!



Where: Health Centre

When: Thursday, January 25 @1:00

What: Birthday Party Planning

Please call the Health Centre to sign up there is limit of 6 participants. Snacks & Refreshments will be provided.

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

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



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

IT'S BACK LADIES DAY



**You Do Need To Call To
Sign Up Because Limited
Space Is Available**

**Limit of 10
Participants:**

Come join us Tuesday, January 30 at the Health Centre for a much anticipated Ladies Day. Lunch & Refreshments will be provided!

Starting at 1:00 pm

**Please Call Darcy to sign up or if you
have any questions.**

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

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





ADDICTIONS WORKER



Francis Herbert
HIFN ADDICTIONS WORKER

January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
	In Office	In Office	In Office	In Office	In Office	
14	15	16	17	18	19	20
	Meet and Greet With Francis Herbert 10:00am	In Office	In Office	In Office	In Office	
21	22	23	24	25	26	27
	In Office	In Office	In Office	In Office	In Office	
28	29	30	31			
	In Office	In Office	In Office			



HENVEY INLET FIRST NATION
 HEALTH CENTRE
 354-A PICKEREL RIVER ROAD
 POGUJ0

MEET AND GREET

HENVEY INLET FIRST NATION HEALTH CENTRE

**Please join us for a formal Meet and Greet with our new
Addictions worker, Francis Herbert!!!**

Francis comes to us with a wealth of knowledge and experience and is looking forward to meeting our Community members and engaging in conversations to see where their specific lay to ensure the programming is being created to meet everyone's needs!

No sign up required, just stop by and meet Francis!!!



Monday January 15, 2018

At Henvey Health Centre

@10:00am

Francis Herbert

354-A Pickerel River Road
Pickerel ON
P0G 1J0

Phone: 705-857-1221
Fax: 705-857-3021



Community Health Nurse



Brenda Contin

January 2018

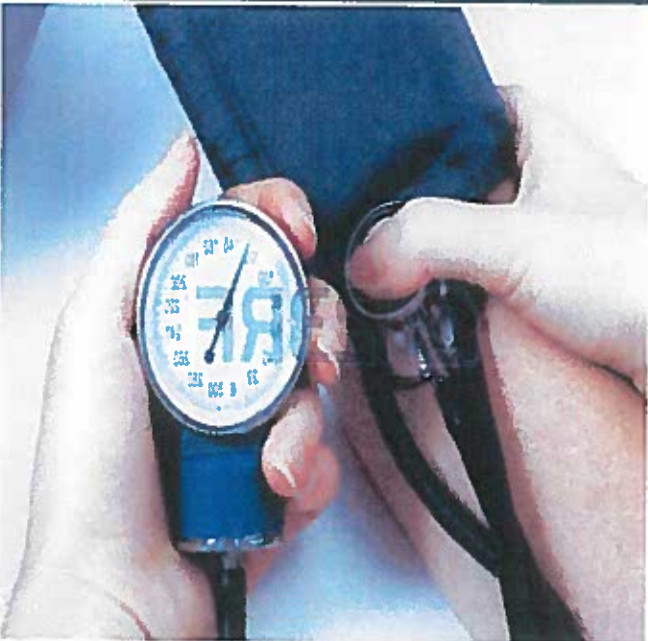
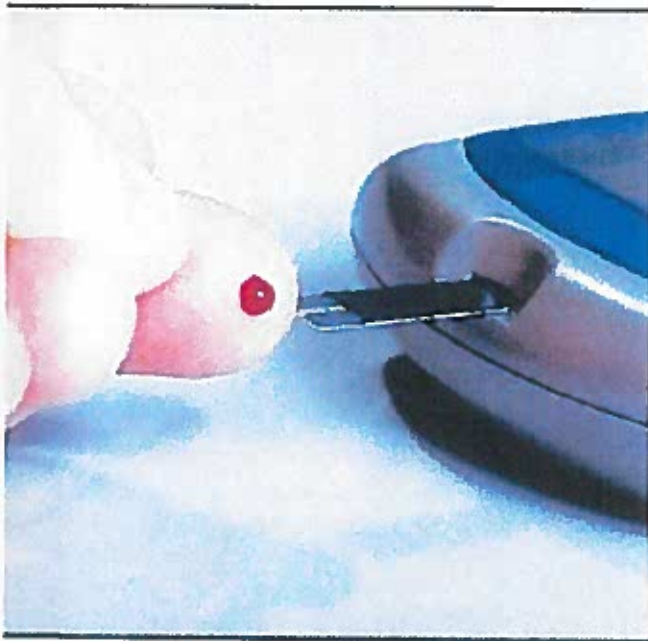
Brenda CONTIN, C.H.N.
 Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8 OUT OF OFFICE	9 OUT OF OFFICE	10 OUT OF OFFICE	11 SUDBURY PM: Program Shopping	12 OFFICE	
	15 B/P CLINIC 10 am—2 pm	16 Child Wellbeing	17 Child Wellbeing	18 HOME VISITS	19 OFFICE	
	22 —S.S.M—	23 _____	24 _____	25 _____ /	26 OFFICE	
	29 FINANCE	30 FINANCE	31 OFFICE			

B/P & Blood Sugar Screening Clinic

Date: **January 15, 2018**

Time: **10:00 am—2:00 pm**



Location: Health Centre

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

CONTACT: Brenda Contin,
CHN

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.



JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3 CHRISTMAS HOLIDAYS	4	5	6	
7	8 IN OFFICE HOME VISIT	9 PROGRAM PLANNING	10 PROGRAM PLANNING	11 APPOINTMENT a.m. HOME VISIT	12 PROGRAM PLANNING	13	
14 PROGRAM SHOPPING	15 Staff Meeting BASIC/ADVANCE SEWING & DESIGN MEN'S CIRCLE	16 Attending POW/WOW NETWORKING/ KNOWLEDGE EXCHANGE/RAMA	17 PROGRAM SHOPPING	18 ELDERS LUNCH & BINGO	19 CULTURAL ARTS	20	
21	22 BASIC/ADVANCE SEWING & DESIGN	23	24 ANISHINABEK NATION 3RD ANNUAL HEALTH CONFERENCE/SSM	25	26 CULTURAL ARTS	27	
28 PROGRAM SHOPPING	29 Staff Meeting BASIC/ADVANCE SEWING & DESIGN MEN'S CIRCLE	30 IN OFFICE	31 FULL MOON CEREMONY 	We can't control others, but we can control ourselves and how we change ourselves will determine the effect we have on others. We can either be one of two kinds of people, those who are changing the world around them and those who are setting themselves up to be victims of change.			

BASIC & ADVANCED SEWING & DESIGN PROGRAM

JANURARY 15, 22 & 29, 2018
BOARD ROOM @ H.C.



EVERY MONDAY

9:30A.M. or 10:00 on Staff Meeting Days.

PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course 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 projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work.



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

CULTURAL ARTS PROGRAM

JANUARY 19, & 26 2018
HEALTH CENTRE BOARD ROOM



EVERY FRIDAY

STARTING @ 9:00 A.M. – 11:30 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, Footwear, Decorative Arts, Nature Crafts & Small Crafts. PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP.



For More Information Contact:

CWW Luana McQuabbie 705 857-1221 EXT 227

OW Dorothy Contin

EDO Judy Contin



MEN'S CIRCLE

A New Beginning

With
DAVE RICE

WHEN: JANUARY 15 & 29, 2018

WHERE: HIFN Health Centre Boardroom

TIME: 5-7 PM

PLEASE CONTACT THE HEALTH CENTRE TO SIGN-UP.

For further information or if you need a ride please contact:

CWW LUANA MCQUABBIE 705 857-1221 Ext 227 or

DAVE RICE 705 774-4722

A SUPPER WILL BE SERVED

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 18, 2018
12 NOON



COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE

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

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

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

JANUARY

31

2018

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

ENAAHTIG NORTH HEALING LODGE APRIL 2018 TO MARCH 2019 PROGRAM SCHEDULE

Mailing Address: Box 7 Alban, Ontario P0M 2K0 Site Location: Hwy 607A 490 B Alban, Ontario

Phone: 705-857-3818 Ext: 1 for Manager Ext 2 for Intake Worker Cell # 705-698-2343

Manager: pm@enaahutig.ca Intake Worker: intakenorth@enaahutig.ca

All Programming Subject to Change at the Discretion of the Executive Director and Program Manager

PROGRAM	PROGRAM DATE	PROGRAM TYPE/DISCRPTION
1	April 15 to May 5, 2018	Men's 21 Day Childhood Sexual Abuse Recovery Residential Program
2	May 20 to June 9, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
3	June 24 to July 14, 2018	Men's Survivor Offender Childhood Sexual Abuse Recovery Residential Program
4	July 29 to August 18, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
5	September 2 to September 8, 2018	Front Line Worker Vicarious Trauma Recovery Residential Program
6	September 23 to October 13, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
7	October 28 to November 17, 2018	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
8	January 13 to February 1, 2019	Women's 21 Day Childhood Sexual Abuse Recovery Residential Program
9	February 17 to March 8, 2019	Men's 21 Day Childhood Sexual Abuse Recovery Residential Program
10	March 24 to April 2, 2019	Front Line Worker Vicarious Trauma Recovery Residential Program



ABUSE, ASSAULT & DOMESTIC VIOLENCE

Assaulted Women's Helpline — 1-866-863-0511
Centre Victoria pour femmes — 705-670-2517
Ligne FEM-AIDE Provincial — 1-877-336-2433
Manitoulin Family Resources — 1-705-377-5532
Violence Intervention Prevention — 705-675-4743
Sudbury Counselling Centre — 705-524-9629 x 218
Sudbury Women's Ctr (workshops) — 705-673-1916
VCARS-Victim Crisis Assistance & Referral Service
Sudbury & Area — 705-522-6970
Manitoulin Northshore — 705-370-3378
Toll Free — 1-866-392-7733
Voices for Women (Sexual Assault) — 705-671-5495
YWCA Geneva House Abuse Line — 705-674-2210
Toll Free — 1-800-461-0133

ADDICTIONS see also MENTAL HEALTH

Connex Ontario

Helplines are live, answer 24/7, confidential and free
Drug and Alcohol Helpline — 1-800-565-8603
Mental Health Helpline — 1-866-531-2600
Ont. Problem Gambling Helpline — 1-888-230-3505
Smokers Helpline — 1-877-513-5333
Harm Reduction Day Program — 705-675-7252
Outpatient Gambling & Addictions — 705-523-4988 x 4211
The Point (needle exchange) (SACY) — 705-673-4287
Manitoulin Community Withdrawal — 705-368-0058
Manitoulin Family Resources — 1-705-377-5532
HSN Withdrawal Mgt (Pine St.) — 705-671-7366
VitaHeal Medical Clinic Addictions — 705-805-6383
Monarch Women's Intake — 705-674-4193
Monarch Women's Treatment Ctr — 705-674-4193
Monarch Aftercare Centre — 705-674-4193
Monarch Pregnancy/Parenting Prog — 705-674-4193
Monarch Men's Recovery Centre — 705-674-4193
Monarch Day Treatment Program — 705-674-4193

INPATIENT TREATMENT FACILITIES

Camillus Centre-Elliot Lake — 705-848-2129
Nipissing Detoxification & Substance Abuse Programs (North Bay) — 705-476-6240 x 6290
Benbowopa Centre - Blind River — 705-356-1681
Toll free number — 1-877-356-1681

RECOVERY/ADDICTION CLINICS

Rapid Access Medicine Clinic. 705-523-7100 x 1875
Safe Bed Program — 705-671-7366 x 1876
Northwood Recovery 80 Elm St. — 705-806-2986
OATC - 450 Notre Dame Ave — 705-673-1116
Dr. Dressler, 310 Larch St — 705-669-1111
Dr. Shapiro, 135 Applegrove St — 705-673-3111
VitaHeal 128 Cedar St. — 705-805-6383

SUPPORT / GROUPS

Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon & Alateen — 705-674-6217
Narcotics Anonymous — 1-888-811-3887
Sexaholics Anonymous (leave msg) — 705-693-0021

AIDS / HEPATITIS C

Réseau Access Network — 705-688-0500
Toll-free — 1-800-465-2437
HSN Haven Program — 705-523-7148
Ont. Aboriginal HIV/AIDS Strategy — 705-674-9449
The Point (needle exchange) (SACY) — 705-673-4287
Sudbury District Health Unit — 705-522-9200

ANGER MANAGEMENT

Inner City Home of Sudbury — 705-675-7550
John Howard Society — 705-673-9576
Shkagamik-Kwe Health Centre — 705-675-1596

BEREAVEMENT

Bereavement Foundation — 705-923-1982
Maison Vale Hospice — 705 674-9252 x 227
Compassionate Friends of Canada - Sudbury Chapter Support Group - Azilda (lost child through death) — 705-848-5864
Widowed We Help Each Other — 705-566-6138
Butterflywings Perinatal Bereavement Services — 705-562-4955

BI-SEXUAL, GAY, LESBIAN, TRANS

TG InnerSelves — 705-673-4396
GLBT National Hotline — 1-888 843-4564
Trans Youth Line — 1-800-268-9688
Trans Lifeline — 1-877-330-6366
Réseau Access Network — 705-688-0500

BRAIN INJURY / TUMOUR

Acquired Brain Injury Association — 705-671-3188
Brain Injury Association — 705-670-0200
Toll Free — 1-800-263-5404
Brain Tumour Support Grp — 1-800-265-5106 x 234

CHILDREN / PARENTS / FAMILY

ADHD Parent Support Group — 705-523-4747
Better Beginnings Better Futures — 705-671-1941
Centre de santé communautaire Sudbury 705-670-2274
Child and Family Centre — 705-525-1008
Child & Community Resources — 705-525-0055
Children's Aid Society — 705-566-3113
Children's Community Network — 705-566-3416
Children's Services, Greater Sudbury Day Care subsidies/registry — 705-674-4455 x 4279
Early Psychosis Intervention Program (HSN) — 705-523-4988 x 4242
Early Years/Best Start — 705-674-4455 x 4424
Web site: sudburyfamilies.ca
Healthy Babies Healthy Child — 705-522-9200 x 342
Human League Association-Funds Activity Fund for children or children's activities — 705-670-8633
Kids Help Phone — 1-800-668-6868
Learning Disabilities Association — 705-522-0100
Manitoulin Family Resources Inc — 705-377-5532
N'Swakamok Native Friendship Ctr — 705-674-2128
Our Children, Our Future — 705-677-0440
Kids Children's Psychiatric Ctr - 705-675-9192 x 8214
Sudbury & District Health Unit — 705-522-9200
Sudbury Counselling Centre — 705-524-9629 x 0
Supervised Access - Sudbury - 705-525-1008 x 2565
Supervised Access - Manitoulin — 705-377-6080

CLOTHING DONATIONS

Community Closet (Better Beginnings) 705-671-1941
John Howard Clothing Bank — 705-673-9576
L'association des jeunes de la rue — 705-675-6422
Saint Andrews United Church — 705-674-0721
St. Vincent de Paul — 705-897-1212
Jarrett Value Centre — 705-525-5100
Salvation Army Thrift Store — 705-525-2433
Sudbury Women's Centre — 705-673-1916

COUNSELLING SERVICES

Check the Yellow Pages of the phone book under "Marriage, Family & Individual Counsellors"
Inner City Home (have limited income) 705-675-7550
Sudbury Counselling Centre — 705-524-9629 x 0

DISABILITIES

DEVELOPMENTAL

Autism Ontario Sudbury — 705-677-4939
Community Living Greater Sudbury — 705-671-7181
Develop. Clinical Svcs (HSN) — 705-523-4988 x 4256
Developmental Services Ontario — 705-222-6066
Learning Disabilities Assoc of Sudbury 705-522-0100
Toll-Free — 1-855-522-0100
Sudbury Community Service Centre — 705-560-0430
Sudbury Developmental Services — 705-674-1451
Adult Enrichment Centre — 705-470-7474

PHYSICAL

Canadian Hard of Hearing Society — 705-523-5695
Canadian Hearing Society — 705-522-1020
CNIB — 705-675-2468
Spinal Cord Injury Ontario — 705-671-2444
Sudbury's Fibromyalgia Support Grp — 705-525-5121
Independent Living Resource Centre — 705-675-2121
ICAN - Independence Ctr & Network — 705-673-0655

EDUCATION

Cambrian College Upgrading — 705-566-8101 x 7712
College Boreal — 705-560-6673 x 3085
Carrefour francophone de Sudbury — 705-675-6493
Carrefour Options+ — 705-525-0110
Centre de formation et de perfectionnement du grand Sudbury — 705 688-0005
Collège Boréal — 705-560-6673 x 3085
Education & Workplace Training 705-677-0432 x 244
Glenn Crombie Ctr, disability — 705-566-8101 x 7420
N'Swakamok Native Friendship Ctr — 705-674-2128
St. Albert Adult Learning Centre — 705-673-3031
Sud Sec. School Continuing Education — 705-675-5481
Sud Multicultural & Folk Arts Association (new immigrants) — 705-674-0795
Settlement Services/Newcomers. 705-5606673x2785

EMERGENCY NUMBERS

Crisis Intervention Program & Mobile Crisis Team — 705-675-4760
Toll Free — 1-877-841-1101
Police, Ambulance, Fire — 911
Police, Non-Emergency — 705-675-9171
Poison Control — 1-800-268-9017
Victim Services, Police — 705-522-6970
Toll Free — 1-888-579-2888

EMPLOYMENT

Ontario Works Employm't Sup-705-674-4455 x 4181
Gezhtoojig Employment & Training — 705-524-6772
Northern Vocational Services, ODSF — 705-674-4141
N'Swakamok Native Friendship Ctr — 705-674-2128
Ontario March of Dimes, disabilities — 705-674-3377
Sudbury Vocational Resource Centre 705-671-2544
YMCA Employment Centre — 705-674-2324
Employment Options/Emploi
Sudbury — 705-560-1562
Val Caron — 705-897-5627
Chelmsford — 705-855-1562
Espanola — 705-869-4113
Manitoulin — 705-368-3194
Volunteer Sudbury — 705-560-6661

FINANCIAL

Canada Pension Plan — 1-800-277-9914
Children's Services, Greater Sudbury Day Care subsidies/registry — 705-674-4455 x 4279
Credit Counselling Sudbury — 705-560-0430 x 0
Easter Seal Soc, physical disabilities — 705-566-8858
Income Tax — 1-800-959-8281
Min of Community, Family Children and Youth Services, children severe disabilities — 705-564-8153
Old Age Security — 1-800-277-9914
Ontario Disability Support Plan/ODSP-705-564-4515
Toll Free — 1-800-461-1167
Ontario Works — 705-675-2411
Outside of City of Greater Sud — 1-800-667-3145
Public Guardian and Trustee — 705-564-3185
Toll free — 1-800-891-0503
Red Cross, emergency — 705-674-0737
Workplace Safety Insurance Board — 1-800-387-0750

FIRST NATIONS

Gezhtoojig Employment & Training — 705-524-6772
N'Swakamok Native Friendship Ctr — 705-674-2128
Shkagamik-Kwe Health Centre — 705-675-1596
see also Housing Services/Shelters

FOOD, CLOTHING & MEDICAL AID

Sudbury Soup Kitchen — 705-675-5300
Serves lunch from 11 am - 2:00 pm
Beech Street Community Kitchen — 705-674-6447
Open to low income or lone parent families-help for planning, purchasing & preparing nutritious meals - 1st & 3rd Thursday each month 10 am - 1 pm (except July & August)
Corner Clinic — 705-673-3721
Open from 8 am - 12 pm & 1 pm - 2:30 pm. Drop-in Centre for homeless. Clothing donations, Nurse and family practitioner 1/week, dental hygiene, coffee, free personal care products, outreach at night.
Elgin Street Mission — 705-673-2163
Breakfast Mon - Fri from 8 am to 9:30 am. Supper served nightly

ARE YOU COOL?

Is your relationship healthy?

Find your relationship on the thermometer...

How COOL Are You?

DANGER!

WARNING

HEALTHY

Physical Abuse - Does your partner slap, push or kick you?

Sexual Abuse - Does your partner force you to be involved in sex against your will?

Financial Abuse - Does your partner control all the money and how it's spent?

Threats & Intimidation - Does your partner threaten to hurt you, your family, friends, pets or scare you with looks, actions or suicidal behaviour?

Emotional & Verbal Abuse - Does your partner shout, yell, put you down, call you names or make you feel badly about yourself?

Isolation - Does your partner control where you go and when or keep you from family and friends?

Blame & Denial - Does your partner blame you for making the abuse happen, avoid personal responsibility or deny that there is a problem?

Jealousy - Does your partner check up on you or act jealously or possessively towards you?

Control - Does your partner boss you around, give orders, or make all the decisions?

Criticism - Does your partner criticize your appearance, your ideas, your family and your friends, or purposely embarrass you in front of others?

Fear - Does your partner have a quick temper, a history of mistreating others, threaten suicide or make you feel afraid?

Force - Does your partner force you to do things that you don't want to do and make you feel guilty if you disagree?

Responsibility - Do you and your partner make decisions and solve problems or conflicts together?

Trust - Do you and your partner respect each other's feelings, wishes and opinions and do you support each other?

Honesty - Do you and your partner accept responsibility for your actions, admit when you are wrong and talk openly and honestly with each other?

Fairness - Do you and your partner work through conflict so that both of you are satisfied and are you each willing to compromise?

No Threats - Do you and your partner talk, act and resolve conflicts in ways that make you both feel comfortable and safe?

Financial Partnership - Do you and your partner share financial decisions and responsibilities?

Respect - Do you and your partner respect each other's feelings, opinions and differences?



HEALTHY or UNHEALTHY?



Having a partner (boyfriend/girlfriend) can be an exciting and important time in your life. If your relationship with your partner is a **HEALTHY** one, you and your partner will feel good about yourselves and value each other. However, sometimes relationships can be **HURTFUL** and have a negative effect on your feelings of self-worth and self-confidence. This can happen if your partner is abusive towards you. If this is the case, you are in an **UNHEALTHY** relationship. Remember, being on your own is also a healthy way to be. Having a partner is not a necessary part of life. Discovering life for yourself can be exciting and rewarding.

What is abuse?

Abuse is being hit, slapped or pushed around; it can also be invisible and leave no marks. Emotional and verbal abuse can be terrifying and equally dangerous.

Does your relationship include abuse?

You may feel that it's your fault if things aren't working out. Sometimes living with the abuse seems better than being alone. You may hope that your partner will change and the abuse will stop - chances are, things will get worse! This happens to many people - you are not alone and IT'S NOT YOUR FAULT! Remember, all forms of abuse are attempts to control. TAKE CONTROL OF YOUR LIFE, BE YOURSELF, TAKE CHARGE!

relationship



In a relationship, have you ever experienced:

1. physical violence? YES NO
2. threats that your partner will leave you if you don't do what he/she asks? YES NO
3. being kept away from family and friends? YES NO
4. not being allowed to look at or speak to other males/females? YES NO
5. having to justify your whereabouts? YES NO
6. your partner using guilt trips to get his/her own way? YES NO
7. not being able to go out without your partner? YES NO
8. any put-downs about your physical appearance? YES NO
9. your partner never being satisfied with you? YES NO
10. fear or intimidation by your partner? YES NO
11. being treated badly or humiliated in front of your friends or family? YES NO

If you answered YES to one or more questions, you may be in an unhealthy relationship.

Tips for Safer Dating

- Tell someone where you're going and with whom.
- Meet in public places for the first few dates.
- Have transportation or money for the bus, taxi and phone.
- Be able to call a taxi know the address of where you are.
- State your limits.
- Know how far you want to go.
- Have a safety plan.
- Avoid alcohol and never leave your drink unattended.
- Pay your own way; be independent.
- Get to know your date. Are your date's values similar to yours?
- In a long term dating situation, keep in touch with your family and friends.
- Trust your instincts.

Contact List

Call 911 or your local police immediately if you are in danger.
The Assaulted Women's Helpline (24 hours)
1-866-963-0511 (toll-free), 1-866-963-7868 (TTY), 416-963-0511 (Toronto)
Women's Shelters
Go to www.sheltersnet.ca or look in your local telephone book.
Kids Help Phone: 1-800-688-6868 (24 hours)

Thanks to:

YMCA of Peterborough, Victoria & Hillier/Summers, Plus Bldge Bldrct School Board, Peterborough Victoria Northumberland and Clingston District School Board, Peterborough Lakeshore Community Police Services

This brochure is prepared with the permission of
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785-343-3228 or 1-800-461-7658 (TTY Accessible)
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Copies can be ordered from



Metropolitan Action Committee on Violence Against Women and Children
Phone: 416-392-3135 or 1-877-338-5570 Fax: 416-392-3136
email: info@metrac.org www.metrac.org www.mwpp.org

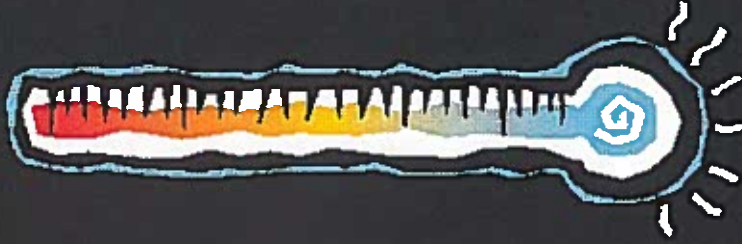
Local Resources:

The views expressed herein are those of YMCA of Peterborough, Victoria & Hillier/Summers and do not necessarily reflect those of the government of Ontario. Reprinted with the support of the Ontario government.



ARE YOU

COOL?



Just *the* Basics

Diabetes is a condition in which your body cannot properly use and store food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, some vegetables, starchy foods and sugar.

To control your blood glucose you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

TIPS FOR HEALTHY EATING, DIABETES PREVENTION AND MANAGEMENT

Here are some tips to help you until you see a registered dietitian.

TIPS

Eat three meals per day at regular times and space meals no more than six hours apart. You may benefit from a healthy snack.

Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam and honey.

Limit the amount of high-fat food you eat such as fried foods, chips and pastries.

Eat more high-fibre foods such as whole grain breads and cereals, lentils, dried beans and peas, brown rice, vegetables and fruits.

If you are thirsty, drink water.

Add physical activity to your life.

REASONS

Eating at regular times helps your body control blood glucose levels.

The more sugar you eat, the higher your blood glucose will be. Artificial sweeteners can be useful.

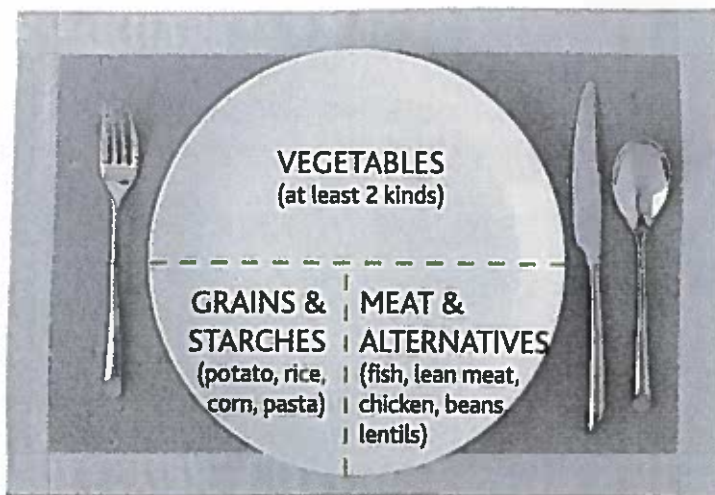
High-fat foods may cause you to gain weight. A healthy weight helps with blood glucose control and is healthier for your heart.

Foods high in fibre may help you feel full and may lower blood glucose and cholesterol levels.

Drinking regular pop and fruit juice will raise your blood glucose.

Regular physical activity will improve your blood glucose control.

Plan *for* healthy eating



- Have a glass of milk and a piece of fruit to complete your meal.
- Alcohol can affect blood glucose levels and cause you to gain weight. Talk to your healthcare professional about whether you can include alcohol in your meal plan and how much is safe.

- Eat more vegetables. These are very high in nutrients and low in calories.
- Choose starchy foods such as whole grain breads and cereals, rice, noodles, or potatoes at every meal. Starchy foods are broken down into glucose, which your body needs for energy.
- Include fish, lean meats, low-fat cheeses, eggs, or vegetarian protein choices as part of your meal.

It's natural to have questions about what food to eat. A registered dietitian can help you include your favourite foods in a personalized meal plan.

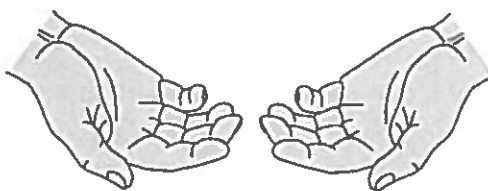
Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS* / GRAINS & STARCHES*:

Choose an amount the size of your fist for each of Grains and Starches, and Fruit.



VEGETABLES*:

Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:

Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:

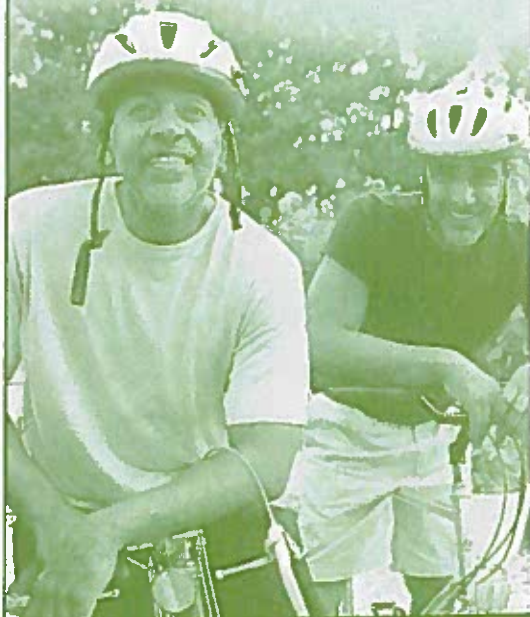
Limit fat to an amount the size of the tip of your thumb.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.

* Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

Increase *your* physical activity

- Build time for physical activity into your daily routine.
- Try to be active most days of the week.
- Walk whenever you can, instead of taking the car.
- Start slowly and gradually increase the amount of effort; for instance, progress from strolling to brisk walking.
- Make family activities active; try swimming or skating instead of watching TV or a movie.
- Try new activities; learn to dance, play basketball, or ride a bike.
- Enjoy your improved sense of health and wellbeing.



- The Canadian Diabetes Association recommends that all people with diabetes should receive advice on nutrition from a registered dietitian.
- Good management of diabetes includes healthy eating, staying active and taking required medication.
- Be sure to eat breakfast. It provides a good start to the day.

Sample meal plan

FOR SMALLER APPETITES

Breakfast:

- Cold cereal (½ cup, 125 mL)
- Whole grain toast (1 slice)
- 1 orange
- Low-fat milk (1 cup, 250 mL)
- Peanut butter (2 tbsp, 30 mL)
- Tea or coffee



Lunch:

- 1 sandwich
 - 2 slices of whole grain bread or 6" pita
 - meat, chicken or fish (2 oz, 60 g)
 - non-hydrogenated margarine (1 tsp, 5 mL)
- Carrot sticks
- Grapes
- Low-fat plain yogurt (¾ cup, 175 mL)
- Tea or coffee



Dinner:

- Potato (1 medium) or rice (⅔ cup, 150 mL)
- Vegetables
- Non-hydrogenated margarine (1 tsp, 5 mL)
- Lean meat, chicken, or fish (2 oz, 60 g)
- Cantaloupe (1 cup, 250 mL)
- Low-fat milk (1 cup, 250 mL)
- Tea or coffee



Evening Snack:

- Low-fat cheese (1 oz, 30 g)
- Whole grain crackers (4)

Follow a healthy lifestyle

- Have at least 3 out of the 4 key food groups at each meal from *Eating Well with Canada's Food Guide*:
 - vegetables and fruit
 - grain products
 - milk and alternatives
 - meat and alternatives
- Have portion sizes that will help you reach or maintain a healthy body weight.
- Include high-fibre foods such as whole grain breads, cereals, and pastas, fresh fruits, vegetables and legumes.
- Make lower fat choices (e.g. use skim milk and lean ground beef, trim fat on meat, chicken etc., and use small amounts of added fat such as oil and salad dressings).
- Healthy eating habits should be built around a healthy lifestyle – keep active every day.

Sample meal plan

FOR BIGGER APPETITES

Breakfast:

Cold cereal (½ cup, 125 mL)
Whole grain toast (2 slices)
1 orange
Low-fat milk (1 cup, 250 mL)
Low-fat cheese (2 oz, 60 g)
Tea or coffee

Lunch:

Soup (1 cup, 250 mL)
Sandwich

- 2 slices whole grain bread or 6" pita
- lean meat, chicken or fish (3 oz, 90 g)
- tomato slices
- non-hydrogenated margarine (1 tsp, 5 mL)

Carrot sticks
Grapes
Low-fat plain yogurt (¾ cup, 175 mL)
Tea or coffee

Afternoon Snack:

1 medium apple or small banana

Dinner:

1 large potato or cooked noodles (1 ½ cup, 375 mL)
Vegetables
Green salad with low-fat salad dressing
Lean meat, chicken or fish (4 oz, 120 g)
1 medium pear
Low-fat milk (1 cup, 250 mL)
Tea or coffee

Evening Snack:

Peanut butter (4 tbsp, 60 mL)
Whole grain crackers (4)
Low-fat milk (1 cup, 250 mL)



Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We are supported in our efforts by a community-based network of volunteers, employees, healthcare professionals, researchers and partners. By providing education and services, advocating on behalf of people with diabetes, supporting research and translating research into practical applications – we are delivering on our mission.

Reprinted with support from


LivingWell with diabetes

 Canadian
Diabetes
Association

diabetes.ca | 1-800-BANTING (226-8464)

*HIFN DAYCARE
JANUARY 2018 NEWSLETTER*

Manidoo-giizis (Spirit Moon)

Happy New Year 2018! May the coming year be one of Comfort, Joy, Family and Friends! It's hard getting back into a routine after the Christmas break. All the relaxation, excellent food, and company. But we now have to catch up on the bills from the holidays. So back to reality and back to work and back to responsibility. Our topics for the month of January 2018. Will have to remember that one when signing our time sheets.

Topics:

<i>January 8 – 12, 2018:</i>	<i>Snowmen Week</i>
<i>January 15 – 19, 2018:</i>	<i>Penguin Week</i>
<i>January 22 – 26, 2018:</i>	<i>Snow Globes Week</i>
<i>January 29 – February 2, 2018:</i>	<i>Polar Bear Week</i>

Reminder that Charlene is on Holiday's during the Week of January 8 – 12, 2018 (Week #5). So there will only be one staff on site at the Daycare. Enclosed is a recipe and coloring page for your enjoyment.

*Thank you
Charlene Ashawasegai RECE
HIFN Program Supervisor*

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan. 8-12 Charlene,s Holiday,s	1	2	3	4	5	6
7	8 STM	9 TOPIC	10 Snowmen	11 	12	13
14	15	16 TOPIC:	17 Penguins	18	19 	20
21	22 STM	23 TOPIC:	24 Snow Globes	25 	26	27
28	29 	30 TOPIC:	31 Polar Bears	1	2	3
				Feb.	Feb.	Feb.

** New Year's Day! A fresh start! A new chapter in life waiting to be written! New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.*

** Sarah Ban Breathnach*

Crock-Pot Scalloped Potatoes and Chicken Recipe

Course Entree
Cuisine American
Crock-Pot Size 6 Quart Crock-Pot, 6.5 Quart Crock-Pot
Weight Watchers 06 SmartPoints

Servings	Prep Time	Cook Time
4 PEOPLE	5 MINUTES	4 HOURS ON HIGH OR 8 ON LOW

Ingredients

- 4.9 ounces packaged scalloped potatoes I used Betty Crocker brand
- 4 whole boneless skinless chicken breasts about 4 ounces each
- 2 cup water

Instructions

1. Place the chicken in the bottom of a 6 quart or larger Crock-Pot.
.....
2. Open the box of scalloped potatoes and cover the chicken with the potatoes from the box.
.....
3. In a bowl mix the seasoning packet with the 2 cups of water and stir well.
.....
4. Pour the seasoning packet with water over the potatoes and chicken.
.....
5. Cover and cook for 8 hour on LOW or for 4 hours on HIGH.

Recipe Notes

To make clean up a little bit easier you can line your slow cooker with a Crock-Pot Liner. This is totally optional but I find these help make my life just a *wee bit easier* as I can just remove the liner, toss in the trash, wipe out my slow cooker quickly and put it away after dinner is done.

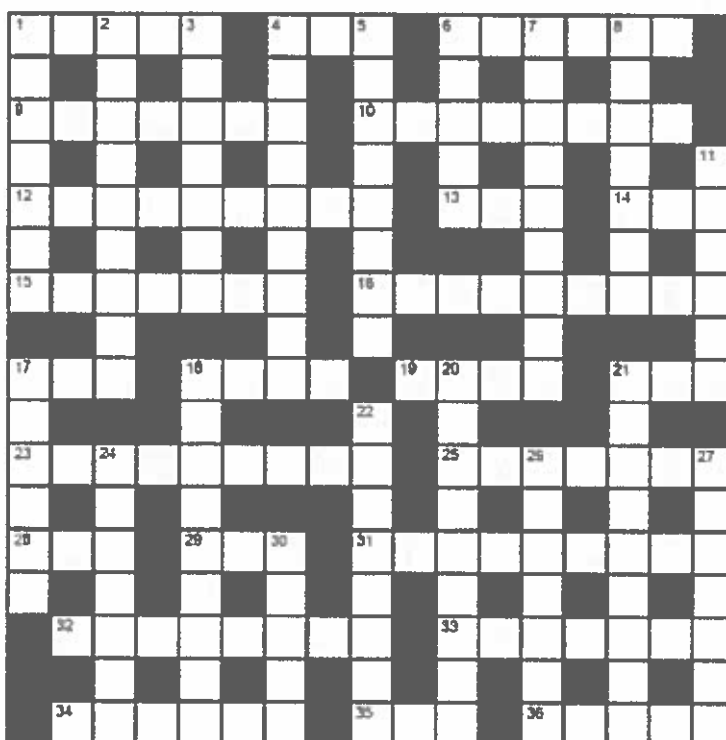
You are gonna love these!

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Christmas crossword



Across

- 1 Santa ___ (5)
- 4 Colour of Rudolph's nose (3)
- 5 Another reindeer employed by 1 Across (6)
- 9 Changed (7)
- 10 Christmas fare (5,3)
- 12 What you'll be eating for days after Christmas dinner (9)
- 13 Crazy (3)
- 14 The frozen North Pole has plenty of this (3)
- 15 Good fortune, prosperity (7)
- 16 She has a royal Christmas message for the British (9)
- 17 Mary rode one to the manger (3)
- 18 Wait, stay (4)
- 19 Improvised jazz singing (4)
- 21 Ruminant (3)
- 23 First course (9)
- 25 Answer (7)
- 28 Lyric poem (3)
- 29 Traditionally burnt in the fire at Christmas (3)
- 31 Ovenproof dish (9)
- 32 Equine marine creature? (8)
- 33 Powerful businessman (7)
- 34 Treads heavily (6)
- 35 Distress signal (3)
- 36 Lolly (5)

Down

- 1 ___ Dickens, writer of *A Christmas Carol* (7)
- 2 Items of archeological interest (9)
- 3 Miserly character in 1 Down (7)
- 4 Set right (9)
- 5 Large bin (8)
- 6 Jeans fabric (5)
- 7 Resolute (9)
- 8 Building (7)
- 11 Male relative (6)
- 17 Warrior woman (7)
- 18 Town where Jesus was born (9)
- 20 and 24 Down Yuletide gift (9,7)
- 21 Kind of money you might find in your stocking (9)
- 22 They go off with a bang at Christmas dinner (8)
- 24 See 20 Down
- 26 Santa and you can use them for riding (7)
- 27 Furthest down (7)
- 30 Micro-organisms (5)