



Remembrance Day November 11th Offices Closed Ivlanday Nov. 12



Updated Community
Consultation on Cannabis
Nov 21st









Henvey Inlet First Nation Pickerel, ON POG 1J0

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

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

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

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

MEMORANDUM

To: CMHC Tenants/Elder Tenants

Fr: Millie Pawis, Director of Finance/Administration

Dt: November 1, 2018

Re: Rent Incentive – Section 95/Elders units

Chief and Council are prepared to provide CMHC tenants and elders who are paying rent right now for their residential unit a rental payment incentive.

If your account is paid in full by November 30, 2018, you will qualify for your rent to be forgiven (paid by HIFN) for the month of December 2018.

Your rental account statement must have a zero balance at November 30, 2018 to qualify so if you have any arrears right now, PAY IT and save yourself some money for Christmas shopping.

This decision is again an incentive for all those paying some sort of rental, lease etc to get your account current, and keep it current annually.

This incentive is based on the availability of funds.

/MP

MP

c.c. Social Services Administrator

Financial Administrator







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.













Community Christmas Party Saturday December 16, 2018 Agenda

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









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.



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.



WEDNESDAY NOV. 21, 2018

UPDATED INFO CANNABIS COMMUNITY CONSULTATION

Chief and Council alongside Health Canada will be having a 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 1Jo

Contact Person: Brenda Contin 705-857-1221

Aanii Boozhoo Parents and Caregivers,

Please join me in commending Mshakwaat McQuabbie on his outstanding achievements.

Mshakwaat will receive an Award for Academic Achievement at Lo Ellen Secondary School in early November. And for those who may not know; he is also a star Football player.

Congratulations Mshakwaat!!! Keep up the great work!

PARRY SOUND HIGH

There have been issues with Cannabis use at Parry Sound High. In an effort to curb this, the Board is considering removing the main entrance doors to the washrooms. I will keep you posted regarding the outcome.

Please review the information regarding youth/teens, education and Cannabis use. It is critical that we understand the potential negative health and legal effects of cannabis use and that we ensure our youth are aware of these as well.

For more in-depth information please stop by the Band Office to pick up the Cannabis Talk Kit; Know How to Talk With Your Teen. I'm also happy to meet with anyone who may have questions or concerns.

BRAD REEDY- FREE EVENT

I've also included a flyer about an upcoming workshop by Brad Reedy, Clinical Director of Evoke Therapy Programs. Apparently he is a very good speaker!

Transportation can be provided for parents/caregivers who would like to attend either of these presentations in Parry Sound on November 16th or 17th.

Please let Genevieve know by 4:30 on Wednesday November 14th if you need a ride; you can text or call me at 705-822-8808.

AND if you plan to attend remember to register for the <u>Brad Reedy presentation</u> on Facebook at <u>www.facebook.com/pshspsisparents</u> or email <u>ruthjbeattie@gmail.com</u>.

Chii miigwech,

Genevieve Solomon Dubois

HIFN Education Counsellor

Brad Reedy, Ph.D.

Co-owner and Clinical Director of Evoke Therapy Programs

Presentation: Friday, November 16th 7pm @ the Charles W. Stockey Centre Workshop: Saturday, November 17th 9am @ Parry Sound Public School

Brad Reedy, Ph.D. is a Co-owner and the Clinical Director of Evoke Therapy Programs. He is a captivating public speaker and has been invited to deliver several keynote addresses on wilderness therapy, treatment of addiction, and parenting.

His powerful ability to use his own story and stories from the thousands of families he has treated offers hope to families suffering with mental health, addiction and stage-of-life issues.

Rather than offering expert advice on how to raise your child, Brad outlines a process that provides parents with an enduring source of truth—themselves. There is not one right way to raise a child—there are thousands of right ways to raise a child. In this book, Brad shares principles from his experience as a wilderness therapist that can be applied to all families and to all of our relationships. In the process of attempting to save our children from their seemingly impending self-destruction, we can be transformed. This transformation includes the development of greater compassion for others and ourselves. Brad's message allows us to break through our shame and guilt, replace control with influence, understand our intent, and develop a greater capacity to truly see our children.



These are free events!

To Register:

On Facebook www.facebook.com/ pshspsisparents

Email ruthjbeattie@gmail.com





Cannabis information for Educators

As Ontario gets ready for the federal legalization of cannabis, educators may have questions about the steps Ontario is taking to protect children and youth, the impact legalization may have on schools, and what information and supports are available to parents/guardians and students. They may also be looking for resources that parents/guardians can use when talking about cannabis with their children.

Rules for minimum age

In December 2017, Ontario passed legislation that establishes rules for the lawful use, sale and distribution of recreational cannabis.

The new law sets a minimum age of 19 to use, buy, possess and cultivate cannabis in Ontario. This is the same as the minimum age for tobacco and alcohol sales.

Even though recreational cannabis will be legal for adults, 19 and older, it will still be prohibited in schools.

Current rules for Ontario schools

A positive school climate and a safe learning and teaching environment are essential for student success. Everyone has a role to play in promoting a positive school climate. All existing rules against recreational cannabis use remain in effect. For instance, suspension will still be considered for a student possessing cannabis depending on the results of the principal's investigation.

Student mental health and well-being are very important. While educators do not provide direct mental health and addictions services, they are in a unique position to recognize changes in behaviour. The Ministry of Education continues to work with the education sector to equip educators with the tools and knowledge they need to 1) identify potential child and youth mental health and addictions issues, and 2) intervene effectively.

Working to protect youth

The Ministry of Education is working collaboratively with community partners and other ministries across government to prevent and/or delay cannabis use among youth, promote healthy decision-making and ensure student safety. We are also working within the ministry to determine any changes to the curriculum and policies that may be needed. This work will include considering the possible development of new or a compilation of current resources on informed decision-making, substance use, addictions and related behaviours, and supports available for students and families.



Curriculum connections

Q: What do students currently learn about cannabis in school?

A: Cannabis is mentioned predominantly within the Health and Physical Education Curriculum in the following ways:

- The curriculum covers substance use, addictions and related behaviours.
- Student learning about cannabis and other drugs occurs directly within the Healthy
 Living component of the elementary Health and Physical Education curriculum and in
 secondary Healthy Active Living Education courses.
- While learning about cannabis is specifically addressed in Grade 6, student learning about substance use, abuse and misuse is part of a continuum of learning that extends from Grades 1 to 12.

Cannabis is also mentioned in Canadian and World Studies - Law.

Suspensions and expulsions

Q: Is possession of cannabis still a possible reason to suspend a student? A: Yes.

- Possession of cannabis (except for medical purposes, if authorized by a health care
 practitioner such as a Physician or a Nurse Practitioner) will not be permitted while in
 schools or at school-related activities, even after legalization of recreational cannabis.
- Suspension will still be considered for a student possessing cannabis.
- Under a recent amendment to the Education Act that will come into force pending
 the federal legalization of recreational cannabis, suspension may be considered for a
 student under the influence or in possession of cannabis. Suspension will be required,
 and expulsion may be considered, if a student gives cannabis to a minor.
- Before suspending a student, the principal must consider the individual circumstances
 of that student and must specifically take into account mitigating and other factors.
- Where a principal believes a student has provided cannabis to a minor, the student must be suspended up to 20 school days, pending the principal's investigation, to determine whether to recommend to the board that the student be expelled. When determining the length of the suspension and whether to recommend the student for expulsion, the principal must consider the individual circumstances of that student and must specifically take into account mitigating and other factors.
- Revisions will be made to policy documents and supporting resources that deal with suspensions/expulsions to reflect amendments to the *Education Act*. These documents include, but are not limited to:
 - Program/Policy Memorandum (PPM) 128 Provincial Code of Conduct and School Board Codes of Conduct
 - + Program/Policy Memorandum (PPM) 144 Bullying Prevention and Intervention
 - Program/Policy Memorandum (PPM) 145 Progressive Discipline and Promoting Positive Student Behaviour
 - Provincial Model for a Local Police/School Board Protocol
 - * Reporting and Responding to Incidents: A Resource for Board Employees
 - Suspension and Expulsion: What Parents and Students Need to Know

- Q: What resources are available to principals and other board staff dealing with suspensions related to cannabis?
 - Supporting Bias-Free Progressive Discipline in Schools: A Resource Guide outlines
 how system leaders should take mitigating and other factors into consideration at all
 points along the continuum of progressive discipline. This guide was developed in
 collaboration with the Ontario Human Rights Commission.
 - Reporting and Responding to Incidents: A Resource for Board Employees outlines
 the responsibilities of all board staff in relation to incidents that could lead to
 suspension or expulsion. This resource will be updated to reflect amendments to the
 Education Act.

Q: Where can I learn more about the rules around suspensions?

- Parents' Guide to the Ontario Code of Conduct outlines expectations for behaviour for everyone in the school community, including teachers, students and administrators.
- Suspension and Expulsion: What Parents and Students Need to Know will be updated to reflect amendments to the Education Act.

Mental health and addictions

- Q: We already have students who we know or suspect are dealing with substance use issues. How do we support them?
- A: The ministry's resource, *Supporting Minds*, is a *K-12 guide* that provides educators with information on the early signs of mental health and addiction problems, along with strategies that can be used in the classroom to support students.
 - There is a chapter on "Substance Abuse Problems" that has evidence-based information, including "A Continuum of Warning Signs" and "Strategies for Creating a Supportive Classroom Environment for All Students." It also contains references with additional information.
- Q: How can we support students in our schools to help reduce the likelihood that they could develop a substance use issue?
- A: Work is underway in all school boards across the province and through *School Mental Health ASSIST* to promote student mental health, which can help reduce the likelihood of a student developing a substance use problem.
 - For example, the work underway in "mentally healthy classrooms" to strengthen a student's self-esteem, coping skills and life skills, and to provide a supportive environment would help to reduce the risk of substance abuse.
 - School Mental Health ASSIST has modules on creating mentally healthy classrooms available on their website.

More information

Cannabis and legalization:

- Ontario's safe and sensible approach to federal cannabis legalization, including legalization timeline www.ontario.ca/cannabis
- Ontario Cannabis Store www.lcbocannabisupdates.com/
- · Health effects of cannabis on the brain and body www.canada.ca/cannabis
- Laws and risks of impaired driving www.canada.ca/cannabis

Cannabis and Ontario's publicly funded schools:

- · Curriculum information for elementary and secondary students
- Resources on safe and accepting schools, including progressive discipline and suspension/expulsions www.ontario.ca/safeschools

Resources for Parents/Guardians:

- Cannabis: What Parents/Guardians and Caregivers Need to Know
- · Cannabis Talk Kit: Know How to Talk to your Teen
- · Talking to teens about drug use
- Information from the Ministry of Education about the health and physical education curriculum, safe and accepting schools and more, available in multiple languages.

Cannabis: What Parents/Guardians and Caregivers Need to Know

This fact sheet on recreational cannabis is for parents/guardians and caregivers of youth in grades 6 to 12. It provides information about cannabis, cannabis legalization, risks, signs of a problem, how to help your child, and where to get more information and support.



Bottom Line

- Although most youth in Ontario do not use cannabis, even occasional use has risks.
- For youth who use cannabis often and over time, it can be addictive, can affect brain development and may increase the risk for mental health problems.
- Cannabis will still be illegal for anyone under the age of 19 in Ontario, even after legalization.
- Youth are especially vulnerable to the effects of cannabis since brain development is not complete until about the age of 25.
- Parents/guardians and caregivers play an important role in their child's life – stay connected by talking to your child, knowing their friends and being prepared to answer questions.

What is cannabis?

Cannabis, also called marijuana, weed and pot, is a drug that comes from a plant with common strains that include Cannabis sativa and Cannabis indica. It consists of dried flowers, fruiting tops and leaves that are greenish or brownish. Different ways to use cannabis include:¹

- Smoked as a cigarette, called a joint, spliff or a blunt.
- Smoked or vaporized (sometimes called vaping), through a pipe, bong or an e-cigarette.
- Mixed into a drink or food, such as tea, brownies, gummies and candies, called edibles.
- Consumed as a cannabis tincture (alcoholbased extract) on its own or added to food or drinks.
- Heated and inhaled (called dabbing) as oil, wax or in a form called shatter that is made from cannabis resin or hash.

In Ontario, about 1 in 5 students (or 19%) in grades 7 to 12 say they used cannabis at least once in the past year.² Among this group, most used a bong, joint or edibles.² It is important to remember that 81% of students report that they have not used cannabis at all in the past year.





Canadia Mhat Darant /C.....

How does cannabis make you feel?

Cannabis contains THC (tetrahydrocannabinol), a chemical that causes the mental and physical effects known as feeling "high".¹ Cannabis can make some people feel relaxed and happy, but it can also cause confusion, drowsiness, forgetfulness, panic, delusions and distorted perceptions.³ Studies show that the average potency of THC in cannabis today is almost 10% higher than 30 years ago.⁴

When cannabis is smoked or vaporized, the effects begin right away and last at least six hours. The effects of edibles may begin between 30 minutes and two hours after taking them, and can last 12 hours or longer.³ Although edibles don't harm the lungs and respiratory system like smoking cannabis, it can take longer for their effects to be noticed. This can cause a person to consume more in a short amount of time, intensifying the effects.⁵

What does cannabis legalization mean for youth?

In Canada, recreational cannabis is currently illegal and subject to criminal charges.⁶ Later in 2018, the federal government intends to regulate and legalize recreational cannabis (i.e., for non-medical purposes) in Canada.⁷ In Ontario, adults who are 19 years or older will be able to buy and use recreational cannabis purchased from government-regulated Ontario Cannabis Stores.⁸ Consuming recreational cannabis will not be allowed in public places, such as workplaces, and schools, or within cars.⁸

For youth under the age of 19 in Ontario, it will be illegal to grow, possess, buy, sell, or share cannabis.⁸ There will be penalties for youth and adults who give or sell cannabis to minors including fines and jail time.⁸ Strict rules will also be in place for drug-impaired driving among youth.⁸

Even after recreational cannabis becomes legal for adults over 19 years of age, most Ontario students (62%) in grades 7-12 say that they do not have plans to try cannabis.²



Did You Know?

There is a range, or spectrum, in how people use substances:9,10

Substance use – people use different kinds of drugs, like caffeine, alcohol, and cannabis, for many reasons; some use it to relax or feel good. Depending on the substance and how often someone uses it, it may or may not lead to problems. ^{9,10}

Problematic use – is substance use that causes negative health and social consequences. For instance, youth who often use cannabis may experience problems with attendance and may have difficulties in their studies at school. They may experience problems with memory, concentration, and thinking and may have difficulties with relationships.

Addiction – is when substance use becomes uncontrollable. When someone has an addiction, they often have a strong desire to use a substance, even when it is causing them difficulties in their life or they want to quit. ¹⁰ A young person may be showing an addictive relationship with cannabis if they feel unable to control or reduce their use.



What are the unique risks of cannabis use for youth?

Trying cannabis is unlikely to cause serious problems, but even occasional use has harms. For instance, driving after using cannabis may double the risk of having a car accident.¹¹ Youth who use cannabis early and often for months or years, are at risk of long-term health and social problems.^{1,3,4} Here are a few examples:

- Increased risk of harm to the brain such as problems with memory, concentration, thinking, learning, handling emotions, and decision-making.^{3,4}
- Increased risk of mental health problems such as psychosis or schizophrenia and, possibly, depression, anxiety and suicide, especially if there's a personal or family history of mental illness.^{1,3,4}
- Difficulties with relationships at home, school or work.3
- Physical health harms including lung and respiratory problems from smoking cannabis.³
- Addiction cannabis can be addictive, especially for youth.⁴

What are the signs my child may have a problem with cannabis or other substances?^{1,12}

- Ignoring responsibilities at work, school, or home.
- Giving up activities that they used to find important or enjoyable.
- Using more cannabis, more frequently.
- Feeling unable to cut down or control cannabis use.
- Changes in mood (e.g., feeling irritable and paranoid).
- Changing friends.
- Having difficulties with family members.
- Being secretive or dishonest.
- Changing sleep habits, appetite, or other behaviors.
- Borrowing money or having more money than usual.

It is sometimes hard to detect a problem with cannabis use. Some signs of a cannabis problem can look like typical youth behaviour.¹⁴ Talk to your child and find out if there's a problem.





What can I do to help prevent cannabis from doing harm to my child?



Stay connected: Adolescence is a time when your child may want to pull away. Respect their independence, but stay connected at the same time. Build a strong relationship with your child by participating in activities with them and getting to know their friends. Having a healthy relationship will increase the likelihood that you can help them to make informed and safer choices.¹³



Talk about it: Have open, ongoing talks so your child understands the effects of cannabis and the legal risks of having, using, selling, or sharing it. Pick a time when you're both calm. Let the discussion happen casually or ask your child to let you know when they're ready to talk.¹



Be positive: When talking about cannabis, avoid trying to frighten, shame or lecture your child. ¹⁴ Build trust with active listening skills, such as repeating back what they say, using the language they use, asking for clarification, and thanking them for sharing. ¹



Focus on safety: Let your child know about safer choices when it comes to cannabis and work with them to establish limits and understand consequences.^{1,14} Be there to help even if cannabis is involved, such as if they need a ride because they don't want to get in a car with someone who has used cannabis.



Be informed: Your child may be learning about substances in school and through other parts of their lives. Be prepared with facts about cannabis so you can respond to questions they may have.¹³



Be supportive: Youth use cannabis for many reasons: to fit in, to feel good, or to cope with stress. ¹⁴ Be ready to help your child find healthier coping strategies or professional help if needed. ¹⁴ See the section *Getting more information and help* to find resources to support you and your child.



Be an example: Reflect on your own use of substances. If you use alcohol as a stress reliever, you might be giving the message that substance use is an appropriate way to handle life's challenges. ^{1,14} Try using other coping strategies, like going for a walk after a stressful day. ¹ If your child asks about your substance use, you can be honest but use the opportunity to discuss why people use substances, the dangers of substance use, how to respond to peer pressure, and how your child can reduce risks if they do use.

Getting more information and help

The resources below offer more information and help for parents/guardians and youth:

- For more ideas on how to talk to your child about cannabis, check out Drug Free Kids Canada's Cannabis Talk Kit with scripts and talking points at https://www.drugfreekidscanada.org
- For the latest information on cannabis legalization, visit the Government of Ontario's website at www.ontario.ca/cannabis
- To learn about safer use of cannabis, see Canada's Lower-Risk Cannabis Use Guidelines at http://www.camh.ca/en/research/news_and_publications/reports_and_books/Documents/ LRCUG.KT.PublicBrochure.15June2017.pdf
- For information on how to use alcohol safely, read Canada's Low-Risk Alcohol Drinking Guidelines at http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf
- For information about treatment options in your community, talk to your doctor or contact: ConnexOntario at 1-866-531-2600 or www.connexontario.ca
- Youth looking for help can contact Kids Help Phone: 1-800-668-6868 or www.kidshelpphone.ca





References

¹Drug Free Kids Canada. (n.d.). Cannabis talk kit: How to talk to your kid about cannabis. Available from: https://www.drugfreekidscanada.org/wp-content/uploads/2017/06/34-17-1850-Cannabis-Talk-Kit-EN-10.pdf

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⁴George,T & Vaccarino, F. (Eds). (2015). Substance abuse in Canada: The effects of cannabis use during adolescence. Ottawa, ON: Canadian Centre on Substance Abuse. Available from: http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Report-2015-en.pdf

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⁶Centre for Addiction and Mental Health. (2014). Cannabis policy framework. Available from: https://www.camh.ca/en/hospital/about_camh/influencing_public_policy/Documents/CAMHCannabisPolicyFramework.pdf

⁷Government of Canada. (2017). Legalizing and strictly regulating cannabis: the facts. Available from: https://www.canada.ca/en/services/health/campaigns/legalizing-strictly-regulating-cannabis-facts.html

⁸Government of Ontario. (n.d.). Cannabis legalization. Available from: www.ontario.ca/page/cannabis-legalization

Centre for Addiction and Mental Health (n.d.). Educating students about drug use and mental health – building teacher confidence and comfort about substance use and abuse: Grades 1-10. Available from: http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/Pages/curriculum_buildingconfidence.aspx

¹⁰British Columbia Ministry of Health Services. (2004). Every door is the right door. Retrieved from http://www.health.gov.bc.ca/library/publications/year/2004/framework_for_substance_use_and_addiction.pdf

¹¹Canadian Centre on Substance Abuse. (2015). Cannabis, driving and implications for youth. Available from: http://www.ccsa.ca/Resource%20Library/CCSA-Cannabis-Driving-Implications-for-Youth-Summary-2015-en.pdf

¹²School Mental Health ASSIST and Centre for Addiction and Mental Health. (2017). Info sheet – prescription opioids, including fentanyl: What parents and caregivers need to know. Available from: https://smh-assist.ca/wp-content/uploads/Info-Sheet-Prescription-Opioids-Parent-English.pdf

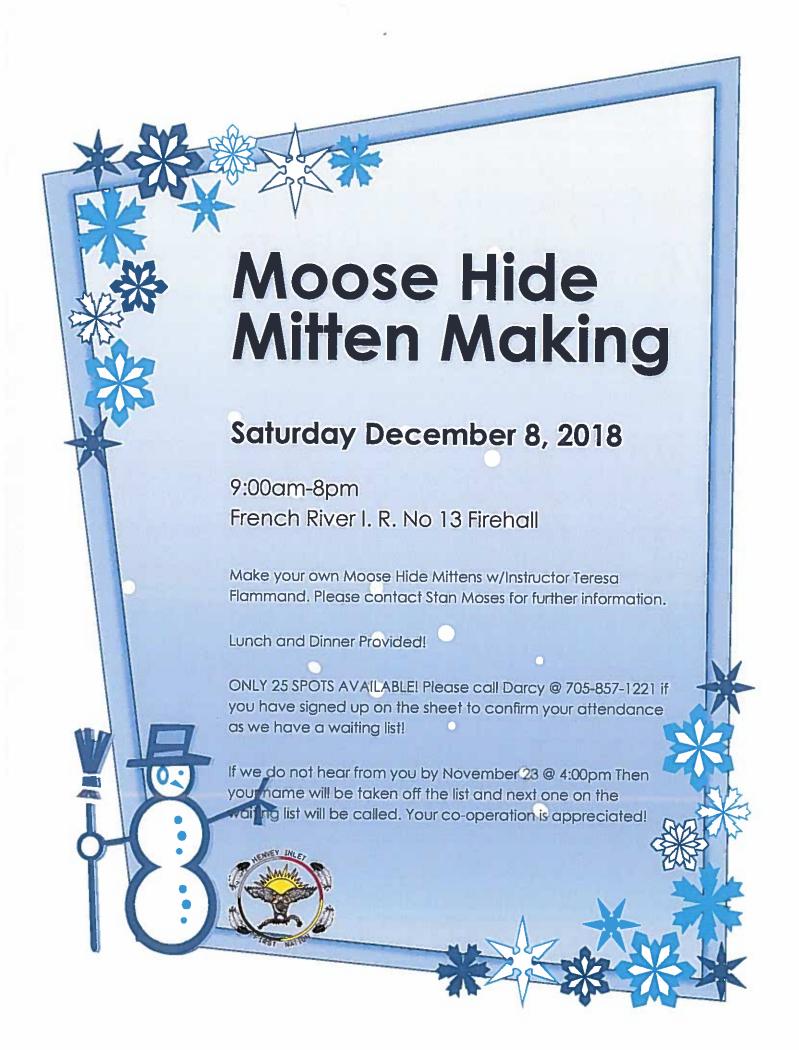
¹³Parent Action on Drugs. (2016). Stats, Facts and Talking Points about Alcohol and Other Drugs: Parent Action Pack. Available from: http://parentactionpack.ca/wp-content/uploads/2016/12/Parent-Action-Pack-Brochure-2016.pdf

¹⁴Centre for Addiction and Mental Health. (n.d.). Ten tips for talking to your kids about substance use. Available from: http://www.camh.ca/en/hospital/health_information/for_parents/Pages/Ten-tips-for-talking-to-your-kids-about-substance-use.aspx

Carallia Millian Day of the







1						
Saturday	63	01	17	4	10	
Friday	OZ NOT IN OFFICE	09 Parry Sound	16 HOLIDAYS	23 Sudbury	30 NOT IN OFFICE	20
Thursday	OFFICE	08 Fall Cooking	15 HOLIDAYS	Get Ready For Winter Bingo	29 Parenting Program	90
Wednesday	50	07 Family Court Parry Sound	14 HOLIDAYS	21 Program Prep	28 In Office	05
Tuesday	8.	o6 Program Prep	13 HOLIDAYS	20 Family Court Parry Sound	27 Plastic Canvas Snowflake Craft Workshop	604
Monday	50	05 In Office	12 Office Closed	19 In Office	26 Program Prep	03
Sunday	50	40 .	n Remembrance Day	18		02





Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children For A Healthy Future"

354A Pickerel River Road Pickerel ON POG 1JO Phone: 705-857-1221 Toll Free: 1-866-252-3330 Fax: 705-857-0730 kara.harkness@henveymedicalcentre.com



NOVEMBER 2018

Sat	m	10	71	24	31
Tr.	2		16	23 2	30
Thu	1	8	15	22 GET READY FOR WINTER BINGO 12pm	29 PARENTING WKSHP 10am
Wed			14 Not In Office	21	28
Tue		9	Well Gaby Clinic	20 MOSS BAG WKSHP 9am	27 Plastic Canvas Craft Wkshp 9:30am
Mon		5	12 OFFICE CLOSED	19	26 (Baby Clinic
Sun		4	11 REPRESENT DY 24° IL 1994.	18	25



Ready for Winter...BIR vovember 22

at the Health Centre

SPACE IS LIMITED TO THE FIRST 15 TO SIGN

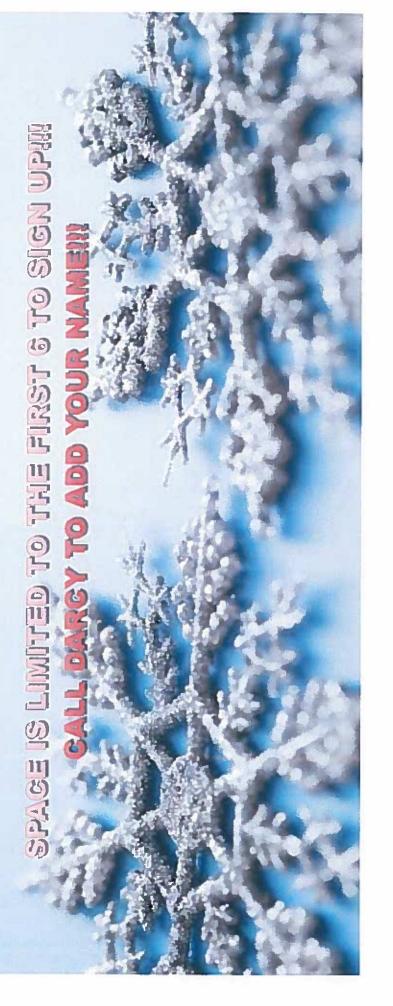
CALL DARGY TO ADD YOUR NAME!!!

Snowflake Workshop with Janice Campbell

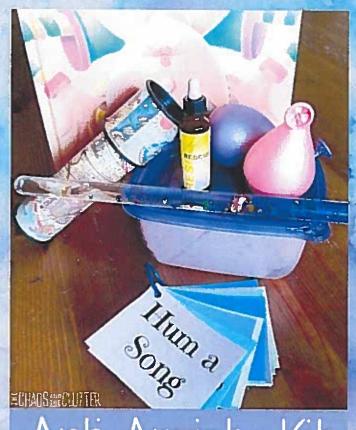


Truesday November 27, 2018 9£30am

at the Health Gentre



Helping Kids/Parents Cope with Anger and Frustration



Anti-Anxiety Kit

Thursday November 29, 2018

10:00am at the Health Centre
PACE IS LIMITED TO THE FIRST 6 TO SIGN UP!



MASSAGES

with Ann MacDonald





- Thursday November 8, 2018
- Thursday November 15, 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 <u>RMTFind.com</u>

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.

FREQUENTLY ASKED QUESTIONS ABOUT MASSAGE THERAPY

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.cmto.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 is it 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?

FREQUENTLY ASKED QUESTIONS ABOUT MASSAGE THERAPY

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 <u>Information and Privacy Commissioner of Ontario</u>.

How can I pay for massage therapy?

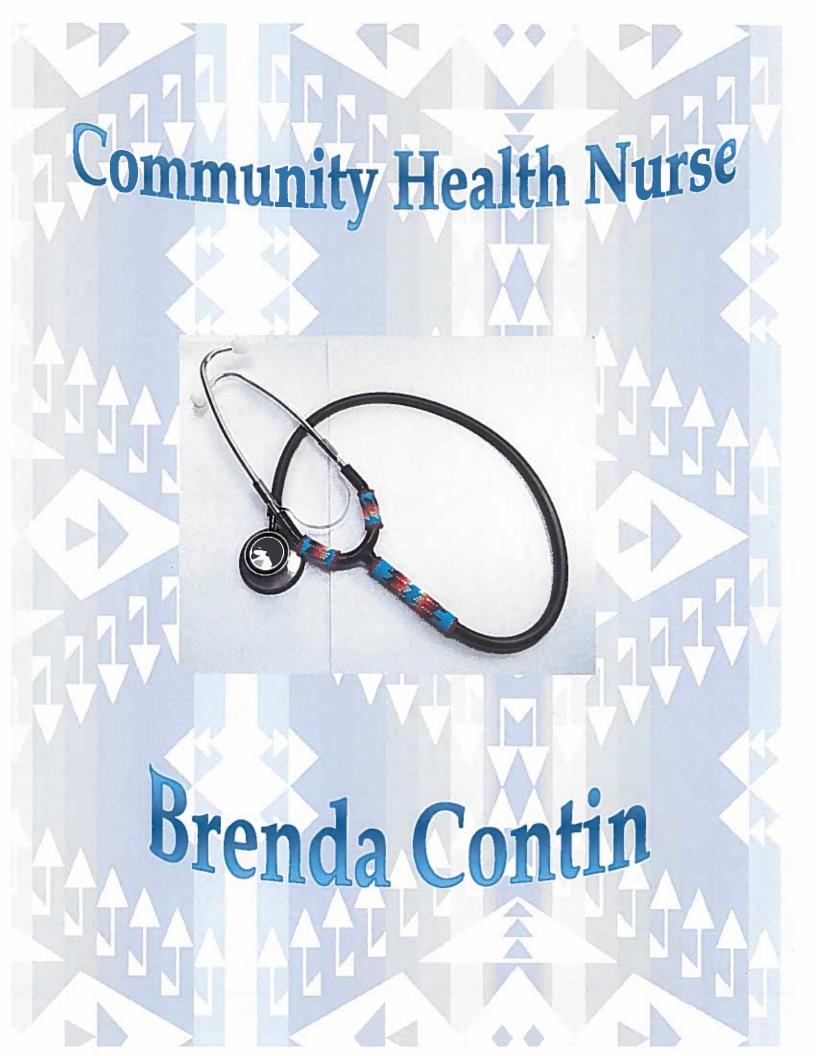
Many people pay for massage therapy through an insurance plan. When paying through an insurance plan, some massage therapists will bill directly while others will require payment from the client who then submits the claim to their insurance provider. Ask your Massage Therapist prior to initiating treatment.

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.



November 2018

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

		1		,	
Sat					
Fri	OFFICE 2	OUT OF OFFICE FOR LIEU HRS ON 07/11	16 OUT OF OFFICE: Med. appt	23 OUT OF OFFICE FOR 18/11 HRS	30 OFFICE
Thu	Wasauksing: Hwy 69/400 Team Mtg	8 OFFICE	15 OUT OF OFFICE	22 SUDZ: SKHC Board Mtg.	29 OUT OF OFFICE
Wed		B/P CLINIC FLU CLINIC TILL 6:30 PM	14 OUT OF OFFICE	21 CANNABIS COM- MUNITY PRESENTATION	28 FINANCE
Tue		SUDZ: Program 6 Shopping am OFFICE: LHIN'S Re- porting Q2 pm	13 OUT OF OFFICE	TRUST MTG. COLIN MOUSSEAU	27 FINANCE
Mon		5 T.O.: Child Wel- fare Mtg.	12 STAT HOLIDAY	PROG. LUNCH N LEARN COLIN MOUSSEAU VISIT	26 OUT OF OFFICE FOR 18/11 HRS.
Sun				* SOOK- ING	

HENVEY INLET HEALTH CENTRE

COMMMUNITY RELEASE

November 2018

As you may or may not be aware, Regean and I have agreed to assume temporary care of a very young community member who otherwise would be placed into a non-status, or non-familial family off-reserve and who the immediate or extended family may not know. We feel that those systems or issues which impact our families can be alleviated by those of us who can do something about it.



So at this time, as the CHN, I would like for the community to be aware that my weekly/monthly schedule will be impacted and you will notice that my calendar will be noted as being out of the office. I am going to make every effort to come in when I can or when Regean is available to care for Francis while I am at work. I am very appreciative of both Chief & Council, as well as my employer, for supporting the belief that "it takes a community to raise a child", as well as to make every effort to "bring our children home".

Miigwetch,

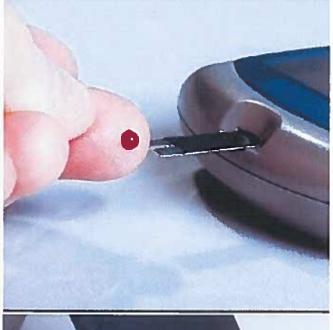
Brenda Contin, CHN

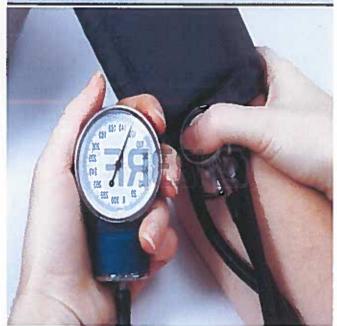
For Release on Nov. 1, 2018

B/P & Blood Sugar Screening Clinic

Date: November 7, 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 perishables, such as fruit/
vegetables, eggs, bread,
and healthy treats.

CONTACT:Brenda Contin,
CHN

FLU CLINIC

DATE: November 7 h, 2018

TIME: 2:00 pm— 6:30 pm

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

LOCATION: Henvey Inlet Health Centre



NOTE: YOU
MUST BE PREPARED TO WAIT
15 MIN. POST
VACCINATION!!!

CONTACT PERSON: Brenda Contin, CHN

LUNCHN LLEARN

Location: Henvey Inlet Firehall

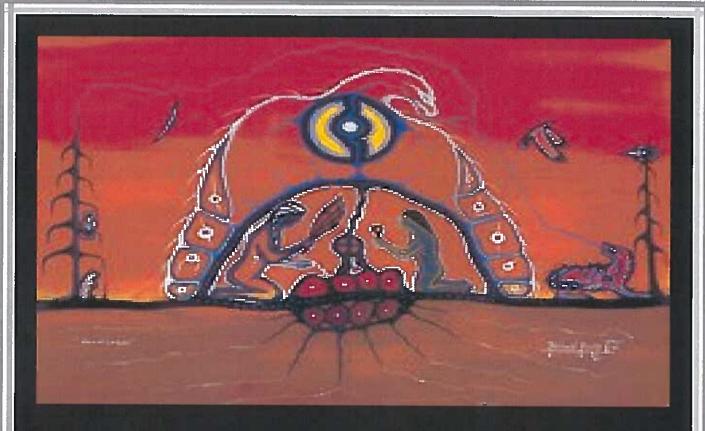
11:30 –12:30 pm

November 19, 2018

Diabetes Bingo

Please call Darcy for sign-up!!
You must be present at program
by 11:45 or your name will be
bumped by next person on waiting
list...LAST ONE FOR THE YEAR!!

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



COMMUNITY SWEAT LODGE CEREMONY W/ TRADITIONAL HEALER COLIN MOUSSEAU November 19, 2018 6 p.m.

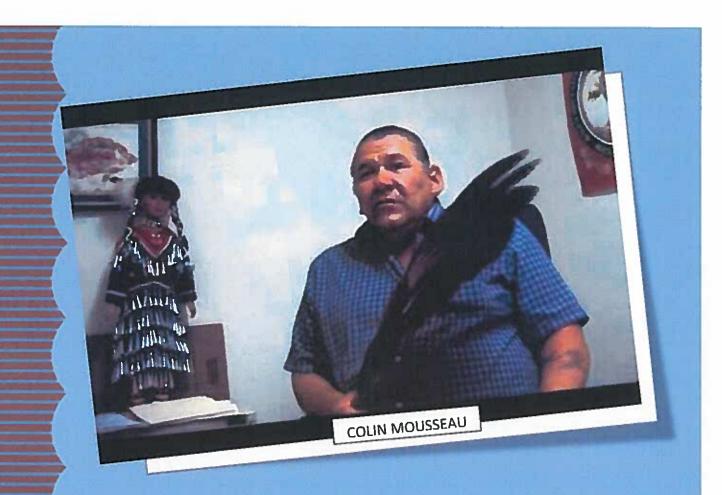
LOCATED NEAR LANDS OFFICE 25 WEST ROAD, FEAST TO FOLLOW

EVERYONE IS WELCOME TO ATTEND.

FOR MORE INFORMATION CONTACT:

BRENDA CONTIN, CHN

705 857-1221 EXT 227



COLIN MOUSSEAU TRADITIONAL HEALER

Where: HIFN LIBRARY

When: November 18th, 19th, &

20th, 2018

Time:

Nov. 18th: 9 am – 12 pm one – one appts; 1 pm – 4 pm, Naming Ceremony

Nov. 19th Sweatlodge Ceremony Nov. 20th: 9 am – 3 pm, one-one appts.

TO BOOK AN
APPOINTMENT OR CANCEL
YOUR APPOINTMENT
PLEASE CONTACT:

BRENDA CONTIN @ THE HENVEY INLET HEALTH CENTRE - 705 857-1221 EXT. 227

NADAP

Louise Ashawasegai

HENVEY INLET FIRST NATION

HEALTH CENTRE

354-a PICKEREL RIVER ROAD

PICKEREL ON POG 1J0

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	er.
	5 HOME VISITS	6 HOME VISITS	7 IN OFFICE	8 IN OFFICE	9 IN OFFICE	10
11 Remembrance day	12 Speaker at fire Hall	13 Russel: painting, 3 to 9 pm	14 Russel: painting 3 to 9 pm	Story telling by community members Feast	16 IN OFFICE	17
	19 Office	20 HOME VISITS	21 IN OFFICE	22 IN OFFICE	23 IN OFFICE	24
	26 HOME VISITS	27 HOME VISITS	28 IN OFFICE	30		

NNADAP

Presents

N.A.A.W. Week

November 11-15, 2018

Sunday November 11, 2018- Remembrance Day 11:00am to 1:00pm- Meet at Cemetary @ 10:50am

Monday November 12, 2018- "Telling Your Story Pt. 1"-<u>Guest Speaker Tanya Sugar</u> Starting at 5:00pm with Supper at Firehall

Tuesday November 13, 2018- "Telling Your Story Pt. 2"-<u>Guest Speaker Tanya Sugar</u> will be speaking on her addiction and how far she went to feed this hunger for drugs. Health Centre @ 10am.

Wednesday November 14, 2018- <u>Russell Noganosh</u> will be here to teach Painting Lessons with Community Members Starting at 3:00pm to 9:00pm

Thusday November 15, 2018- Russell Noganosh will be here to teach Soap Stone Carving to Community Members starting at 3:00pm to 9:00pm



Henvey Inlet First Nation Health Centre

Remembrance Day Wreath Making

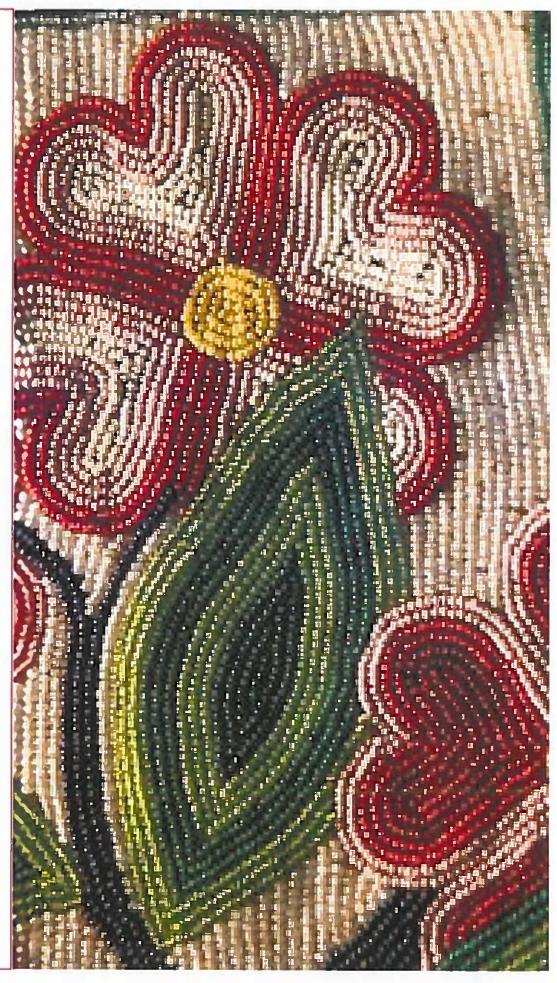
NOVEMBER

8
Thursday

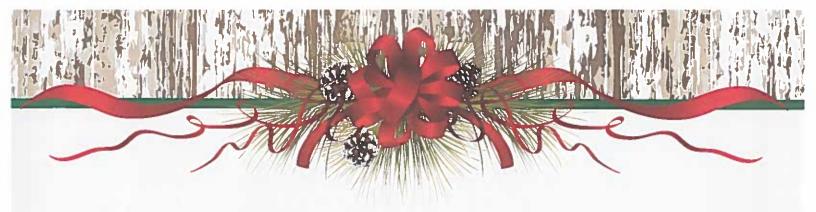
4:00pm @ Health Centre



COMMUNITY WELLINESS 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, HIIFN Membership and Staff.

I ann Happy to announce that I will be coordinating and decorating this years Community Christmas Party!

I ann looking forward to seeing all of you on Saturday December 15, 2018!

Event coordinator,

Luana McQuabbie





COMMUNITY WELLNESS PROGRAM

There is beauty in simplicity.



NOVEMBER 2018

Saturday	e.	10	17 CEDAR BATHS W/ MARY ELLIOTT	24 SEE HAIRCUT DAY FULL MOON CERE.	
Friday	2 CULTURAL ARTS	9 OUT OF OFFICE	16 CULTURAL ARTS	23 CULTURAL ARTS	30 CULTURAL ARTS
Thursday	1 DRUMMING W/ROD CULTURAL ARTS	8 IRCLE TRAINING N	15 ELDERS LUNCH & BINGO	22 OUT OF OFFICE	29 DRUMMING W/ROD
Wednesday		OF ONTARIO INDIANS SUPPORT CIRCLE TRAINING @ NIPISSING FIRST NATION	14 PROGRAM SHOPPING	CANNIBIS MTG	28 CAUSE TO HUMAN /VAUGHAN
Tuesday		UNION OF ONTA	13 DRUMMING W/ROD	20 MOSS BAG MAKING DRUMMING W/ROD	27 TRAINING/TIMEA'S CAUSE TO HUMAN TRAFFICKING/VAUGHAN
Monday		SEWING & DESIGN DRUMMING W/ROD	12 REMEMBRANCE DAY HOLIDAY	SEWING & DESIGN	26 SEWING & DESIGN
Sunday					25

EVERYONE WELCOME

DRUMMING/SINGING WITH RODNEY STANGER

NOVEMBER 1, 5, 13, 20 & 29, 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

CULTURAL ARTS PROGRAM

NOVEMBER 2, 16, 23, 30, 2018 HEALTH CENTRE BOARD ROOM



EVERY FRIDAY MORNING. EXCEPT NOVEMBER 8TH.
OPEN TO EVERYONE.

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 November 5, 19 & 26, 2018

@ The Health Centre



EVERY MONDAY (EXCEPT ON HOLIDAYS)

9:00A.M. - 4:00 P.M. or 10:00 on Staff Meeting Days.

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



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+.





COMMUNITY WELLNESS PROGRAM/CWW LUANA MCQUABBIE

HENVEY INLET HEALTH CENTRE BOARDROOM 354-A PICKEREL RIVER ROAD PICKEREL, ON POG 110 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.



COMMUNITY WELLNESS PROGRAM

CEDAR BATHS FOR WOMAN & SELF CARE W/MARY ELLIOTT

DATE: SATURDAY, NOVEMBER 17, 2018

TIME: 10 A.M. - 2 P.M.

SHARING CIRCLE, PIPE CEREMONY, CEDAR BATHS & FEAST.



PLEASE CALL THE HEALTH CENTRE TO SIGN UP.
FOR MORE INFORMATION CONTACT CWW LUANA MCQUABBIE

MOSS BAG MAKING



TUESDAY, NOVEMBER 20, 2018 @ 9AM

FOR FURTHER INFORMATION CONTACT CWW OR HBHC WORKERS. MAXIMUM OF 6 PARTICIPANTS.

PLEASE CONTACT THE HEALTH CENTRE TO SIGN UP.

FREE HAIR CUT DAY

WITH

ANNETTE ASHAWASEGA-CRISTO

Annette will be in the community for one day to offer haircuts to all ages.

SATURDAY, NOVEMBER 24, 2018 9 A.M. – 5 P.M. Henvey Inlet First Nation Health Centre

NO APPOINTMENT NECESSARY! JUST WALK IN AND SIGN IN.

PLEASE CONTACT THE HEALTH CENTRE SHOULD YOU NEED A RIDE.



COMMMUNITY WELLNESS PROGRAM

354-A PICKEREL RIVER ROAD PICKEREL, ON Phone 705 857-1221 EXT 227 luana.mcquabbie@henveymedicalcentre.com

SATURDAY NOVEMBER 24 2018

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

FAMILY SOCIAL NIGHT

KEEP SATURDAY, DECEMBER 1ST OPEN

THE DATE HAS BEEN SET FOR THE NEXT FAMILY SOCIAL NIGHT.

WE HAVE HEARD YOUR SUGGESTIONS AND ARE PLANNING ANOTHER GREAT EVENT.

STAY TUNED, A FLYER WILL BE MAKING ITS WAY TO YOUR MAILBOX SHORTLY.

ORGANIZERS

COMMUNITY WELLNESS WORKER: LUANA MCQUABBIE
CULTURAL COORINATOR: STAN MOSES
NNDAAP WORKER: LOUISE ASHAWASEGAI



A HERITAGE PRESERVATION PROJECT

NOVEMBER 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

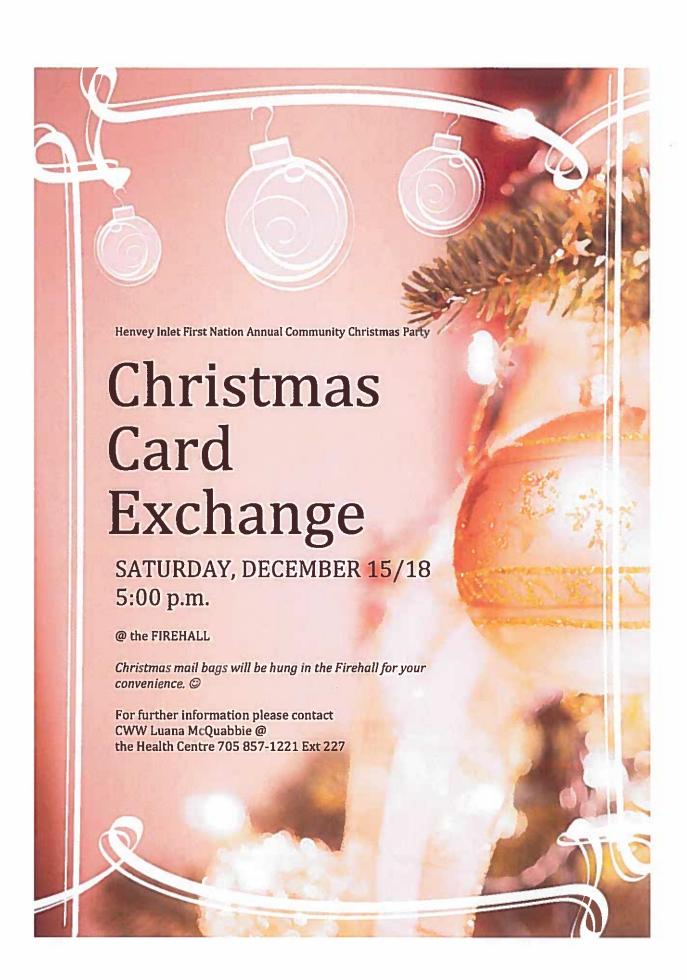


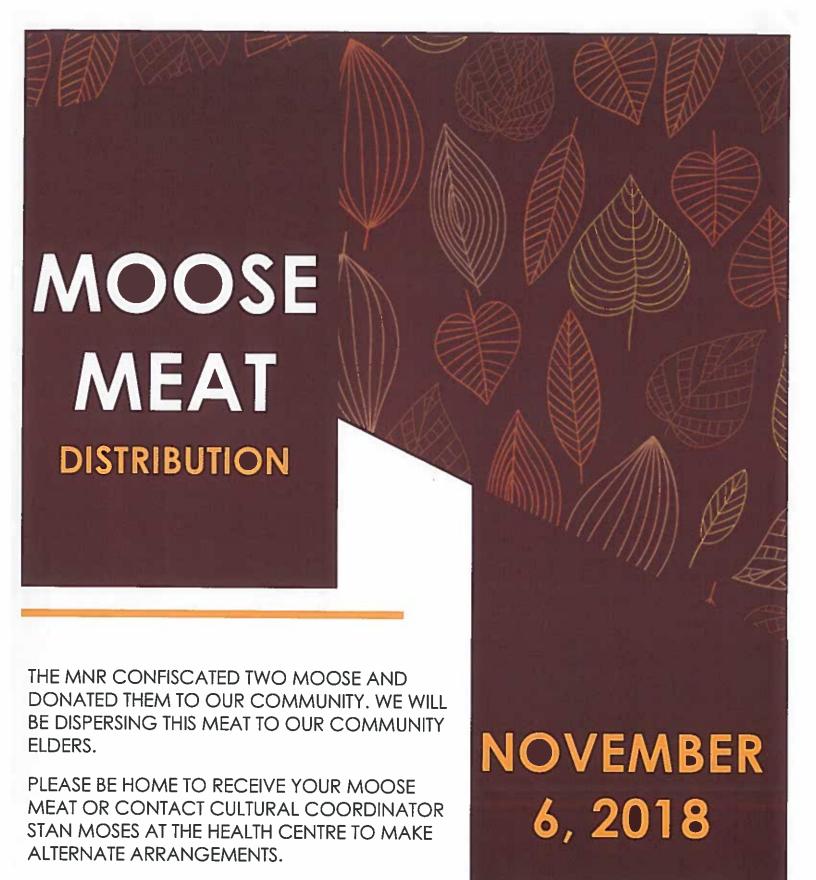
COMMUNITY WELLNESS PROGRAM

LUANA MCQUABBIE
COMMUNITY WELLNESS WORKER

Phone: 705 857-1221 EXT 227

E-mail: luana.mcquabbie@henveymedicalcentre.com





DAYTIME

HIFN Daycare November 2018 Newsletter

Another month has come to an end and the fresh start to a colder, darker month begins. But with challenge there is a feeling of renewal and determination to make it to our Goal. As November begins we end October with Feasting of the Souls! It's time to feed our Ancestors and give them thanks! On Sunday November 4, 2018 it is time to Fall Back! Less daylight and more night time. Also during the month of November it is Remembrance Day on November 11, 2018. And November 23 is a PD Day for the children at Britt School. Our topic for the month of November are as follows:

Topic: Storytelling November 5-9/2018
Topic: Light Table November 13-16/2018

Topic: Painting with Fruit and Veggies November 19-23/2018

Topic: Making Playdough November 26-30/2018

There will be Staff Meeting on: November 13 & 26, 2018

Enclosed on this newsletter is information about: November Calendar 2018: Cover Your Cough: Understanding the Spread of Infection: Poppies for Remembrance: Coloring page: recipe for fall soups. As the season change make sure to bring inside shoes for the child and dress them for outside play (hats, mittens, splash pants or ski pants). Also parents make sure your child immunization is up to date. And please give the Daycare updated copies for your child's folder. Flu season is upon us and everyone wants to stay healthy and happy.

Megwetch

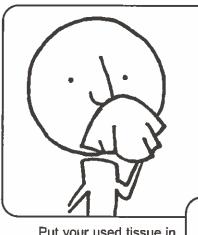
Charlene Ashawasegai

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HIFN Daycare Program Supervisor

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18	79 TOPIC:	20 Painting with Fruit, & Veggies	27	22	23 PD DAY	24
25	26 STM	27 TOPIC	28 Making Playdough-	29 Play. Dott	30	



Put your used tissue in the waste basket. Cover your mouth and nose with a tissue when you cough or sneeze

> cough or sneeze into your upper sleeve, not your hands.



S after coughing or sneezing.



Wash hands with soap and warm water

> or clean with alcohol-based hand cleaner.









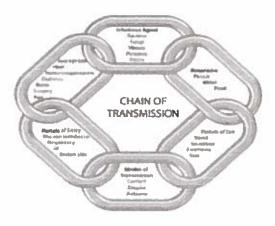




Understanding the Spread of Infection

Infections are illnesses that are caused by microorganisms such as bacteria, viruses, fungi and parasites. In order for an individual to get an infection, a process involving six components must occur. This process is called the chain of transmission. The goal of infection prevention and control practices is to break a LINK in the chain of transmission to prevent the transfer of microorganisms.

Chain of Transmission Components



Infectious Agent

Any microorganism that is able to cause infection.
 Can be bacteria, virus, parasite, fungus or prion.

Reservoir

 Any place that an infectious agent can live and reproduce. Can include people, contaminated food or water, or animals.

Portals of Exit

The way the infectious agent leaves the reservoir.
 Can occur through: mouth and nose (e.g. coughing, sneezing), GI tract excretions (e.g. vomiting, diarrhea), blood, drainage from wounds.

Modes of Transmission

- The way the infectious agent travels. Can be direct contact from one person to another (i.e. touching), or indirect contact (i.e. from one person to an object or surface and then to another person).
- Droplets when a person coughs or sneezes.

 Airborne when extremely small particles are released from one person and then inhaled by another person.

Portals of Entry

 The way an infectious agent enters a susceptible host. The individual may breathe it in, touch their eyes, nose or mouth or eat or drink contaminated food or water. The infectious agent may also enter through breaks in the skin.

Susceptible Host

Any person who is at risk of developing an infection.
The individual risk will depend on the infectious
agent and personal factors such as age, immune
system function, and vaccination history, among
others.

Breaking a Link in the Chain of Transmission

 Breaking any link in the chain of transmission will stop the transmission of the *infectious agent* and stop the spread of infection.

Ways to stop the spread of infection include:

- · Frequent hand washing
- Ensure vaccinations are up-to-date
- Stay home when you are sick
- · Cover your coughs and sneezes
- Environmental cleaning and disinfection
- Proper food storage
- Water treatment
- Proper waste disposal
- Treatment with antimicrobials, when appropriate

For more information contact the Communicable Disease Control Program staff at (705) 474-1400 or 1-800-563-2808.

References:

Provincial Infectious Disease Advisory Committee. (2012). Routine Practices and Additional Precautions in All Health Care Settings. Toronto, Canada: Queen's Printer for Ontario.

Exhibit for WI-CDC-011 - 2016-06-03

681 Commercial Street North Bay, ON P1B 4E7 Tel/Tél: 705-474-1400 Fax/Téléc: 705-474-2809

70 Joseph Street, Unit 302 Parry Sound, ON P2A 2G5 Tel/Tél: 705-746-5801 Fax/Téléc: 705-746-2711

1-800-563-2808 www.myhealthunit.ca



Poppies for remembrance

Scarlet poppies can flutter like fragile butterflies in the dry yellow corn of summer.

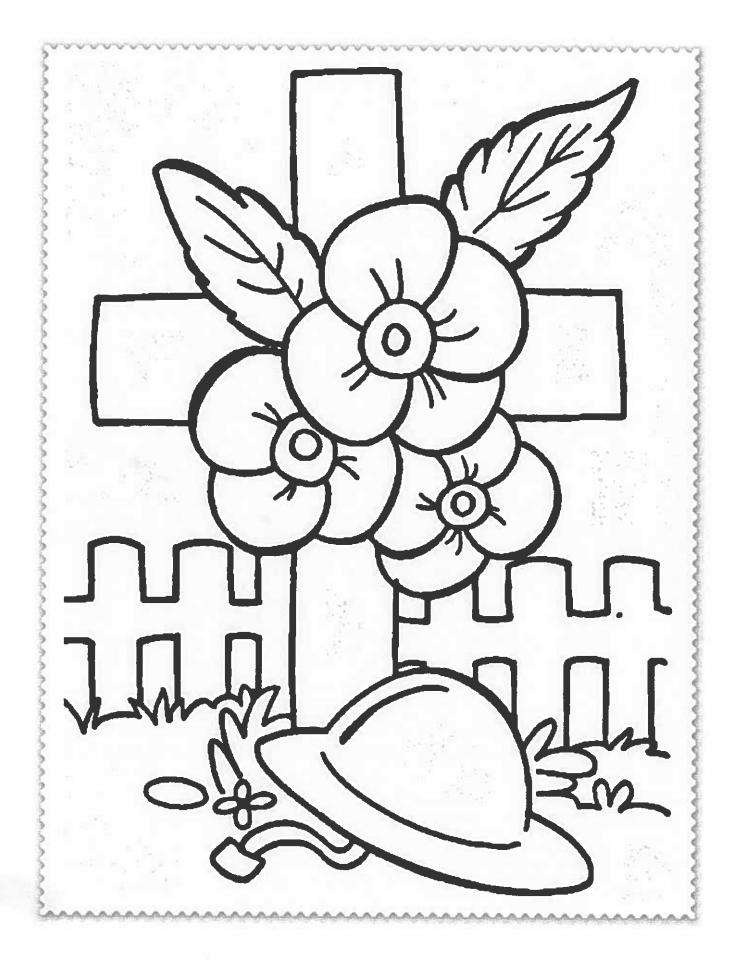
And they can dance like graceful ballerinas among the feathery stalks of barley.

Red poppies can glow like bright little lamps on our warm winter coats in November.

And they can whisper, like long-lost voices from the forgotten fields of Flanders.

© Molen Andrew





Pea Soup w/Dumplings

French Newfoundland Pea Soup with Dumplings

Makes 6-8 servings

Ingredients:

- 2 tbsp pork fat (or vegetable oil)
- 1 lg onion (sm chopped)
- 2 cloves garlic (minced)
- 1 cup celery (sm chopped)
- 1 cup carrots (sm chopped)
- 2 cups yellow split peas
- 1 cup turnip (sm chopped)
- 1 cup potato (sm chopped)
- 10 cups vegetable broth (or water (cold)
- 1 cup salt meat (sm cubed)
- · Pepper to taste

Method

In a soup pot, low-med heat, sweat onion, garlic, celery and carrot in pork fat for 5 minutes (do not brown). Add split peas, turnip and potato, sweat for another 5 minutes. Season to taste.

Pour in broth and bring to a boil. Add meat and simmer until peas are tender (approx $1\frac{1}{2} - 2$ hrs). Stir occasionally. Season to taste. The last 15 minutes add your dumplings (see recipe below). Serve pea soup with dumplings and fresh homemade buns.

Dumplings

Ingredients:

- 1 cup all-purpose flour
- 1 tbsp baking power
- ¼ tsp salt
- 6 oz cold water

Method

In a bowl, combine flour, baking powder and salt. Add water to make a dough. Drop spoonfuls in boiling pea soup. Cover pot and cook for approx 12-15 minutes. Test by cutting dumpling in half, if it is flaky or dry in the center, the dumpling is done.

Tips:

- Cut or cubed vegetables in small tiny pieces
- If pea soup too thick add more broth or cold water
- For a smoky flavour, use bacon vice salt pork
- For more flavouring use 1 sm bay leaf
- Add 1 cup parsnip for more flavoring

Taste of Home



Easy Hamburger Soup

Lunches on the run will be a little tastier with this hot and hearty beef and barley soup. The recipe is very simple to prepare. —Mary Prior, Rush City, Minnesota

TOTAL TIME: Prep: 10 min. Cook: 30 min.

+ standing

YIELD: 8 servings.

Ingredients

1-1/2 pounds lean ground beef (90% lean)

1 medium onion, chopped

1 can (28 ounces) diced tomatoes, undrained

2 cans (14-1/2 ounces each) beef broth

1 cup water

4 celery ribs, thinly sliced

4 large carrots, halved and thinly sliced

1/2 cup quick-cooking barley

1 teaspoon dried thyme

1/4 teaspoon pepper

1/4 cup minced fresh parsley

Directions

- 1. In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the tomatoes, broth and water. Bring to a boil.
- 2. Add celery, carrots, barley, thyme and pepper. Reduce heat; simmer, covered, for 10-12 minutes or until vegetables and barley are tender.
- 3. Remove from heat; stir in parsley. Let stand 5 minutes.
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CHICKEN POT PIE SOUP *****

COURSE: SOUP CUISINE AMERICAN

KEYWORD: CREAMY CHICKEN SOUP WITH VEGETABLES

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES SERVINGS: 6 SERINGS ENERGY: 318 KCAL

AUTHOR: JENNIFER

All the flavours of chicken pot pie, in soup form. Great use for left-over chicken or try it with left-over turkey, as well!



INGREDIENTS

- 1/4 cup butter
- 1/4 cup all-purpose flour
- 2 cups milk
- 2 cups chicken stock/broth
- 1/2 tsp. dried thyme leaves or 1 tsp. fresh thyme leaves
- 2 medium russet baking potatoes diced (about 2 cups)
- 2 medium carrots sliced or diced (about 1 1/2 cups)
- 1 1/4 cup frozen peas
- 2 cups cooked chicken or turkey diced (about 1 large boneless breast)

INSTRUCTIONS

- 1. In a large pot over medium heat, melt butter. Add flour and stir continuously, cooking for about 1 minute. Start adding the milk a bit at a time, stirring well until smooth before adding more. Once all the milk is added, pour in the chicken stock. Add the diced potatoes, carrots and thyme. Bring soup to a boil, then reduce heat and simmer until potatoes and carrots are tender, about 15-20 minutes, depending on the size of your dice.
- 2. Add frozen peas and cooked chicken or turkey. Cook over low heat an additional 10 minutes or so, to cook peas and warm chicken. Taste soup. Add salt and pepper to taste. You may also wish to add a bit more thyme, to taste.
- 3. Serve hot, topped with crumbled soda crackers or pie-pastry croutons (pie pastry, cut into small squares or other shapes, then baked off and scattered on top of soup).