

- Offices Closed on Monday August 7, 2023 for Civic Holiday
- Foot Care on August 2
- Elders Picnic at Shawanaga Landing on August 3- Spots available
- Internet Safety Presentation- August 15
- Back 2 School Fun Day on Aug. 29 Deadline is Aug. 9 to sign up!
- Job Opportunities
- Back 2 School Kids Prize Bingo- Aug 24
- Back 2 School Meeting- Aug 17
- Parenting Program
- Men's Circle- Aug 22
- Full Moon Ceremony
- Sewing and Crafts

and more....



Sorry We Are

CLOSED

Administration,
Health Centre, and
Day Care will be closed on
Monday August 7, 2023 for
Civiv Holiday

HENVEY INLET FIRST NATION WINDFARM LEGACY TRUST



Quarterly Payments to Eligible Members Q3 October 1, 2023 Payment Reminder!

If you have not submitted your banking information

OR

have new/updated bank accounts

Please follow the instructions below:



Submit

Photo/Image of

Member's

Deposit Form deposit form or Void Cheque in your name

Provide a photo/image of

Status Card



Contact

Information

legal name, address, phone, email, and status



Await Transfer

Payments are made every quarter end.

Q3 Payment date: October 1, 2023

Deadline to submit: September 8, 2023

*if not met, payment will be at next quarterly payment schedule

Please email your information to:

Lyndy McQuabbie, Trust Coordinator

trustcoordinator@henveyinlet.com

SERVICE CANADA IN YOUR COMMUNITY

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits through the Internet, by telephone, in person or by mail.

Service Canada will be in your community to help you apply for the programs and services listed below.

What to Bring: Visit Canada.ca for a complete list of required documents.

Programs and Services	Location	Date	Time
Social Insurance Number (SIN)	Henvy Inlet Band	August 10,	9am- 2:30pm
Canada Pension Plan (CPP)	Office- 281 Pickerel River Rd	2023	
Old Age Security (OAS)			
Employment Insurance (EI)	Programs and		
My Service Canada Account (MSCA)	Passport Services		

For a comprehensive list of Service Canada programs and services, please visit:

🔐 Canada.ca

(1800 O-Canada (1800 622-6232)

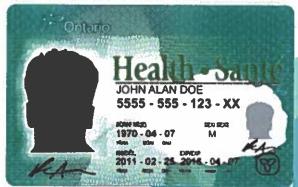








Reminder about Health Cards



Service Ontario is no longer mailing out renewal notices for Driver's License and Health Cards.

You must register online if you wish to receive a reminder via phone call, e-mail or texts at

www.ontario.ca/page/health-card-renewal

Visit www.ontario.ca/page/serviceontario

for more information



Henvey Inlet First Nation

Pickerel, ON P0G 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 Pckerel River Road T 705-857-0957 F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Patrick D. Brennan
Brenda D. Contin
Lionel R.M. Fox
Carl Ashawasagai
Stanley K. Moses
Deborah Newton
Maureen A. Kagagins

MEMORANDUM

To:

All Henvey Inlet First Nation Members

From

Samantha Bradley, Human Resources Coordinator

Date:

July 24, 2023

Re:

Employment Opportunities

Henvey Inlet First Nation is currently accepting applications for the following positions:

- 1) Early Childhood Education Worker 1 Position
- 2) Ontario Works Administrator 1 Position
- 3) Adult Education Teacher 1 Position
- 4) Band Representative 1 Position
- 5) Gas Bar Attendant 1 Position

See attached job postings for more information.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP Human Resources Coordinator

MATON NATIONAL PROPERTY INC.

EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION WORKER

*RE-POST *

POSITION SUMMARY

Henvey Inlet First Nation is seeking a qualified full-time **Early Childhood Education Worker** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct childcare to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all childcare needs.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and halfday workdays every Friday.

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First
 Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- · Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Take interest in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- · Participate in mandatory training workshops as required
- Attend and actively participate in staff and community meetings

 Perform other duties as assigned from time-to-time by the Daycare Supervisor, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary diploma or degree Early Childhood Education, Child and Youth Worker, Social Services or other related field plus 1-3 years related professional experience working with children preferred
- Current Ontario RECE License in good standing and registration with the College of Early Childhood Education preferred
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- Professional and responsible attitude
- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

HOURS OF WORK

Full Time - 35.5 hrs/week

REMUNERATION

Up to \$22/hr based on educational qualifications and relevant work experience

START DATE

As soon as possible

<u>APPLICATION DEADLINE</u>

Posted until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 130 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradlev@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY

ONTARIO WORKS ADMINISTRATOR

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Ontario Works Administrator** to join our Administration. The Ontario Works Administrator reports to the Director of Finance/Administration and is responsible for the financial management and administration of the Social Assistance Program to ensure effective, efficient and accurate operations in accordance with the Ontario Works (OW) directives and current legislation. The Ontario Works Administrator is also responsible for assessing eligibility requirements of applicants seeking assistance based on the Ontario Works Act. This position requires exceptional organizational and interpersonal communication skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Ontario Works Administrator will be responsible to:

- Research, develop and plan OW program structure and seek and apply for program funding
- Assist in the coordination and delivery of workshops, info sessions and other Social Assistance Program events
- Carry out interviews and complete applications to assess and determine eligibility of clients under the Ontario Works Act
- Refer and help clients apply for other available sources of income including CPP, EI, ODSP, etc.
- Connect with external agencies and program sponsors to develop employment opportunities for OW clients
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Build and maintain trusting and supportive client relations
- Prepare and send written correspondence to clients
- Conduct annual reviews to ensure on-going client eligibility and facilitate and monitor operation for an effective appeal process
- Monitor client's monthly expenditures on bill payments and provide budget assistant in accordance with policies and procedures as required
- Order and purchase appliances, beds and other approved items for eligible clients
- Prepare funding submissions for reimbursement
- · Provide current information to clients related to available services including changes to existing services
- Monitor and verify the monthly client reporting requirements and ensure adherence to applicable policies and legislation
- Ensure all Ministry reporting requirements are met in a timely manner, including the completion and submission of all required agency forms, agreements, budgets and reports
- . Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop and maintain professional working relationships with external agencies and program sponsors including but no limited to Aboriginal Affairs and Northern Development Canada (AANDC), Indigenous Services Canada (ISC), Employment and Social Development Canada (ESDC), Ministry of Community, Children and Social Services (MCSS), Canada Revenue Agency (CRA)
- Liaise and consult with the Ministry Program Supervisor on issues and available opportunities to enhance the OW program
- Ensure the ongoing assessment of community needs are identified and appropriate adjustments to program goals and objectives are recommended
- Ensure newly revised services based on prior assessment and recommendations are implemented where possible
- Liaise with federal and provincial representatives and other First Nations on OW negotiations and update the Director of Finance/Administration and Chief and Council on new negotiation developments
- Work collaboratively and cooperatively with all community professionals, departments and colleagues including Economic Development and Finance

- Prepare and monitor annual program budget and present quarterly program financial reports to the Director of Finance/Administration
- Prepare full briefing notes for the Director of Finance/Administration and Chief and Council on program issues and concerns
- Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all clients accessing support services in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Attend and actively participate in external continuous learning opportunities that affect the delivery of the OW program and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in team, staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary degree or diploma in Social Services, Human Services or other related field
- 3-5 years of experience working in a social services setting, preferably managing the delivery of income maintenance and employment programs
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- · Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Full understanding of the Ontario Works Social Assistance Program, the Ontario Works Act, and other relevant legislation and government programs
- Excellent financial literacy and working knowledge of financial processes
- Ability to process financial transactions for clients per OW regulations
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients, community agencies and affiliates
- Ability to mentor clients and intervene when additional support services and referrals are needed
- Knowledge of relevant community-based, and external support programs and services available
- Strong public speaking and advocacy skills
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Ability to collaboratively with colleagues in all departments to support client needs
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time - up to 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Open until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021 Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY

ADULT EDUCATION TEACHER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a temporary, part-time **Adult Education Teacher** to join our Administration for a six-month contract. The Adult Education Teacher reports to the Education Counsellor and is responsible for planning, organizing and implementing an appropriate instructional program in a learning environment that guides and encourages adult students to develop and fulfill their academic potential. The Adult Education Teacher is also responsible for supervising and evaluating students' progress and understanding of the school board's curricula while maximizing student-learning experiences. This position requires excellent interpersonal communication skills and strong leadership skills.

MAIN RESPONSIBILITIES

The Adult Education Teacher will be responsible to:

- · Maintain a welcoming, safe and healthy learning environment for all staff and students
- Prepare course objectives and outline for course of study following curriculum guidelines or requirements of the school board
- Deliver planned and approved curriculum to students in an age-appropriate manner
- Instruct students using various teaching methods that support the individual learning styles of each student
- Develop realistic learning goals that challenge the student
- Assign lessons and homework to aid and enforce comprehension and retention
- Administers tests to evaluate student's progress, record results and issue progress reports
- Meet with students to discuss progress and counsel students on areas needing academic improvement
- Assist student with establishing routines while providing them with positive guidance and building their confidence
- Keep and maintain attendance records and provide monthly progress reports to the Education Counsellor and Chief and Council
- Update all necessary records accurately and completely as required by laws, district policies and school board regulations
- Develop and maintain current, accurate and confidential student files in a secure location
- Ensure that classroom and teaching areas are clean, organized and safe at all times
- · Set up and put away teaching materials needed to facilitate program objectives
- Keep up-to-date with developments in subject area, teaching resources and methods and make relevant changes to instructional plans and activities to incorporate emerging best practices
- Participate in and attend all training, meetings and functions as required for work or requested by supervisor, Director
 of Finance/Administration or Chief and Council
- Deal tactfully with colleagues, students, membership and the public
- Present a positive and professional image of the organization at all times
- · Adhere to all HIFN Policies and Procedures
- Perform other duties as assigned from time-to-time by supervisor, the Director of Finance/Administration or Chief and Council

OUALIFICATIONS

- Bachelor's of Education degree from an accredited institution required; University or College degree in a teachable subject preferred
- 1-3 years previous teaching experience in an adult education environment preferred

- · Knowledge and understanding of school board policies, curriculum, compliance regulations and appropriate legislation
- Exceptional knowledge of the traditions of the First Nation Community preferred
- Strong knowledge of adult teaching methods and the ability to recognize individual learning styles and the characteristics of learners
- Current satisfactory CPIC Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle preferred
- Current First Aid and CPR Level C an asset
- Strong working knowledge of Microsoft Word, Excel and PowerPoint
- Excellent interpersonal communication skills and the ability to inspire and encourage students in achievement of academic excellence
- Excellent written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Highly resourceful with the ability to adapt to changing work needs and demands
- · Proactive approach to problem solving with strong decision-making capability
- Excellent negotiation and mediation skills
- High levels of patience and energy
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Willingness to participate in ongoing learning

HOURS OF WORK:

Part-Time – 16 hours per week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY

BAND REPRESENTATIVE

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Band Representative** to join our Administration. The Band Representative reports to the Band Representative Lead and is responsible to represent and advocate for Henvey Inlet First Nation members that are involved with any child welfare agencies throughout Canada. This position requires exceptional interpersonal communication skills and strong organization skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Band Representative will be responsible to:

- Assist with the development of a program structure for Henvey Inlet First Nation in collaboration with the Band Representative
 Team
- Assist with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Provide support services to Henvey Inlet First Nation members that are currently or may be involved with child welfare agencies
- Establish and develop an active working relationship with all child welfare agencies throughout Canada
- Respond to all child welfare agencies when notified of any members being involved with their agency
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- · Develop a plan of care for HIFN members and ensure that a legal representative is aware of all court files as necessary
- Ensure that customary care is practiced with all band members before court is considered
- Participate in all Service Plans, Plans of Care or Service Development for Henvey Inlet band members
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council
- Review CCAs prior to seeking Chief and Council's approval for BCRs
- Present in-camera sessions with a report to Chief and Council monthly or when required
- · Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Act as a representative of Chief and Council when they are unable to attend courtroom proceedings for child welfare cases
- Present information and documents to the courts on behalf of Chief and Council for child welfare cases
- Act as a support system to band members required to attend child welfare court proceedings
- Maintain an empathetic and supportive demeanor to band members and their families
- Liaise with Chief and Council regarding court proceedings and outcomes
- Maintain a log of activities that are participated in on behalf of the band
- Create and maintain a secure filing system with gathered information on all our members with open files with each child welfare agency throughout Canada in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Take interest in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- · Participate in mandatory training workshops as required
- Attend and actively participate in staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary certificate, degree or diploma in Social Services, Family Services, Child and Youth Services or other related field
- Current and satisfactory Vulnerable Sector Police Check
- · Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Knowledge of the history of child welfare as it pertains to First Nations' communities
- Full understanding of the Child and Family Services Act (CFSA), Bill C92, federal and provincial child welfare laws and regulations and Customary Care Agreements
- Previous courtroom and public speaking experience
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- · Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time - 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON P0G 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradlev@henvevinlet.com

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NATION INC.

EMPLOYMENT OPPORTUNITY

GAS BAR ATTENDANT

POSITION SUMMARY

Henvey Inlet First Nation is a casual **Gas Bar Attendant** to join our Administration. The Gas Bar Attendant reports to the Gas Bar Manager and is responsible for the sale of fuel and other automotive products and in-store merchandise, including tobacco products. The Gas Bar Attendant is also responsible for processing all point-of-sale transactions via cash, credit or debit card using an electronic scanner and cash register. This position requires a high level of personal integrity and superior customer service skills.

MAIN RESPONSIBILITIES

The Gas Bar Attendant will be responsible to:

- · Greet Gas Bar customers and refuel vehicles
- Answer customer inquiries
- Assist with the sale of automotive products, in-store merchandise and tobacco products, ensuring restricted products are sold only to customers that are of the required age by requesting appropriate identification
- Process sales transactions, receive payments and issue correct change and receipts
- Count money in cash drawer at the beginning and end of shifts, dropping end of shift deposits in Finance deposit box
- Maintain clean and orderly checkout areas and Gas Bar exterior by sweeping service station and shoveling, sanding and/or salting service in winter and picking up/removing garbage and debris
- Stock shelves and price merchandise
- Change fuel prices on signage
- Assist with placing and receiving fuel and merchandise orders
- Maintain accurate sales and purchase records
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

OUALIFICATIONS

- Must be 18 years of age or older
- Grade 12 diploma or equivalent preferred
- Customer service and/or retail experience preferred
- Current First Aid and CPR Level C an asset
- Excellent customer service and interpersonal communication skills
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Professional appearance and manners
- High level of personal integrity and a strong work ethic
- Basic mathematical skills
- Strong attention to detail
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours, including occasional weekends, a must

HOURS OF WORK

Varies - up to 40 hours per week as needed

REMUNERATION

\$17.82/hour

START DATE

As soon as possible

APPLICATION DEADLINE

July 25, 2023

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd. Pickerel, ON POG 1J0 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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PICKEREL CONTRACTING LTD. EMPLOYMENT OPPORTUNITY

LICENSED CARPENTER

POSITION SUMMARY

Pickerel Contracting Ltd. Is currently seeking a Full-time **General Carpenter** to join our team. You will report to the Site Supervisor and responsible for assisting with construction and maintaining residences and buildings. The General Carpenter will also assist with building, restoring and /or installing of structural woodwork and related materials of active projects. This position requires physical stamina and a strong work ethic. Potential for advancement.

MAIN RESPONSIBILITES:

The General Carpenter will be responsible to:

- Assist with gathering, assembling, moving, lifting and transporting materials, tool and equipment to job sites
- Property maintenance on Band Owned Properties
- Install Roofing, siding, eaves, porches, decks etc.
- Build and install, cupboards, bookcases, tack board, and specialty furniture etc.
- Drywalling, install, tape, sand, prepare for painting, painting etc.
- Install various types of flooring laminate, tile etc.
- Construct, repair, maintenance, and preventative work as required including but not limited to woodwork, shelving, flooring, tables, chairs, stairs etc.
- Lay building foundation
- Mix, pour and create cement forms
- Frame building including window and doors
- Operate and maintain carpentry tools and equipment
- Assist with delivery of other related municipal services
- Prepare preventative maintenance schedule and list of materials
- Keep a daily log
- Contribute and participate in the effective use of the Quality Control System
- Respect and respond to direction given by Supervisor, Board of Directors or Chief and Council
- Prepare estimates for work orders and material required

QUALIFICATIONS:

- Grade 12 diploma or equivalent
- Valid Ontario Class G drivers license with access to a reliable vehicle a must.
- 3 years of previous home maintenance, building, painting and carpentry skills.
- Red Seal an asset
- Experience working with various carpentry tools and equipment
- Ability to stand, bend, reach and twist for long periods of time in increment weather

- Ability to lift up to 50lbs continuously
- Current First Aid and CPR Level C
- Current Vulnerable CPIC required if hired
- · Excellent communication, analytical, problem solving, organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work as team and individually: self -directed

Hours of Work

Full-time – 40hrs/week

RENUMERATION

To be determined based on experience

START DATE

To be determined

APPLICATION DEADLINE

Once Position has been filled

Those interested in applying should submit their resume and cover letter in confidence to:

Pickerel Contracting Ltd.

295 Pickerel River Rd. Pickerel, ON POG 1G0 Tel: 705.857.2331 ext228

Fax: 705.857.3021 Email: pcl@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted. Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1)(a) of the Ontario Human Rights Code.



QUICK REFERENCE FIRE GUIDE APRIL 1 TO OCTOBER 31

LOW	NO DAYTIME BURNING ALLOWED Open Air Burning and Incinerators, including burn barrels with 3/8" mesh as lid allowed Only environmentally friendly products may be burned. Camp Fires are allowed for cooking and warmth at anytime.
MODERATE	NO DAYTIME BURNING ALLOWED Open Air Burning and Incinerators, including burn barrels with 3/8" mesh as lid allowed starting at 6pm and completely out by 10am. Only environmentally friendly products may be burned. Camp Fires are allowed for cooking and warmth at anytime.
нібн	NO DAYTIME BURNING ALLOWED - Including Incinerators. NO OPEN BURNING - NO FIREWORKS Only Enclosed Camp Fires for cooking and warmth. Enclosed fire, surrounding by brick / stones or in metal burn container / ring no bigger than 2 feet / 24 inches. WHEN NO OTHER MEANS AVAILABLE
EXTREME	COMPLETE FIRE BAN NO BURNING ALLOWED at anytime. NO FIREWORKS

Burn Barrels

may not be larger than 3 ft in diameter and mush have a 3/8 mesh lid

Camp Fire Pit

No larger than 2 ft, must be surrounded by stone or metal

Any Fire, Camp Fire Pit, Barrel, or Incinerator

- Must always be monitored by a responsible person until extinguished
- Must have a source of extinguishment at fire/barrel
- at least 5 metres from any forest area
- at least 2 metres from any flammable material

FIND OUT THE FIRE RATING ANY TIME ON OUR FACEBOOK PAGE Henvey Inlet Fire Department

Fire Danger Rating Definitions:

Low

- Approved incinerators and outdoor fireplaces
- Burning of natural wood and wood products for campfires allowed (campfire must be in an appropriate enclosure, steel or stone ring no more than 2 feet in diameter (across))
- Burning of brush and leaves

Moderate

- Approved incinerators and outdoor fireplaces
- Burning of natural wood and wood products for campfires allowed (campfire must be in an appropriate enclosure, steel or stone ring no more than 2 feet in diameter (across))

High

- No open burning including incinerators and outdoor fireplaces
- Campfires for cooking and warmth only when no other such means available (campfire must be in an appropriate enclosure, steel or stone ring no more than 2 feet in diameter (across))
- NO FIREWORKS

Extreme

- NO OPEN BURNING
- Campfires not allowed except for those in organized campgrounds

We hope that everyone has a safe and healthy summer, you can find the current Fire Danger Rating at the entrance to the Main Roads on Beckanon Rd and Pickerel RIver Rd, down across from the Park Office and On our Facebook Page @ HenveyInletFireDepartment, and please remember, for all emergencies **Dial 911** for Police, Fire & Ambulance.

EXTREME HEAT

During a heat wave, everyone is at risk. Extreme heat can lead to adverse health effects such as heat stroke. When you are building your family emergency plan review and discuss these safety tips with your entire household to make sure everyone understands what to do.

Facts about drought/low water conditions

General Tips

If you are indoors:

- Stay indoors as much as possible to limit exposure to the sun.
- Take frequent cool showers or baths.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Eat well-balanced, light, and regular meals. Avoid using salt unless directed to do so by a physician.
- Check on family, friends, and neighbours who do not have air conditioning and who spend much of their time alone.

If you are outdoors:

- Consider spending the hottest part of the day in public buildings that have air conditioning.
- Drink fluids (water is recommended) every 15 to 20 minutes even if you do not feel thirsty. Individuals with health problems should consult a physician before increasing their consumption of fluids.
- Wear light-coloured, loose-fitting clothing that cover as much skin as possible.
- Protect your face and head by wearing a wide-brimmed hat.
- Wear sunglasses that provide full UVA and UVB protection for your eyes.
- Apply SPF 15 or greater sunscreen 20 minutes before going outdoors. Don't forget to apply sunscreen to ears and nose which are particularly susceptible to sunburn. Protect your lips with an SPF 15 or higher lip balm.
- If you feel dizzy, weak or overheated, go to a cool place. Sit or lie down, drink water and wash your face with cool
 water. If you don't feel better soon, seek medical help immediately.

Prepare Now

- Review and discuss the safety tips with your entire household to make sure everyone understands what to do in extreme heat conditions.
- Cover windows that receive morning or afternoon sun with drapes, shades or awnings.
- Include extra water, sunscreen and sunglasses (with full UVA and UVB protection) in your emergency survival kit.
- ✓ For more information on extreme heat and your health, visit the Ministry of Health and Long Term Care.
- ✓ For more information on extreme heat and workplace safety, visit the Ministry of Labour.
- ✓ To learn more about protecting your children in extreme heat, visit Health Canada.

Heat Waves

Do you know how to spot the difference between heat cramps, heat stroke, and heat exhaustion? Read our safety tip to find out how to keep cool this summer as the temperature rises.

Anyone can experience heat stress. The health risks are greatest for those over the age of 65, infants and young children, people with chronic illness such as breathing or heart problems, those who work or exercise in the heat, and those who are overweight. Heat illnesses are preventable.

During Heat Waves:

- Drink fluids, especially water, before feeling thirsty.
- Slow down! Your body can't function as well in high temperatures.
- Cool down in cool store, public library, or community pool.
- Shade heads and faces with a loose-fitting ventilated hat or umbrella when outdoors.
- Dress appropriately in light-weight, light-coloured, and loose-fitting clothing.
- Avoid getting sunburned. It decreases the body's ability to cool.
- Never leave infants, children or pets inside a parked vehicle.
- Remember to check on elderly family members, neighbours and friends to make sure they are comfortable and safe.

Common symptoms and treatment of hot weather illnesses:

Heat Cramps

Symptoms include sharp pains in the muscles caused by salt imbalance resulting from the failure to replace salt lost with excessive sweat.

Treatment: Move person to cool, shaded area to rest, and apply firm pressure to cramping muscles. Give person two glasses of salty water (mix 5 milliliters of salt to 1 liter of water) at 10 to 15 minute intervals between each glass if cramps persist.

Heat Exhaustion

Symptoms include heavy sweating, weakness, dizziness, headache, diarrhea, muscle cramps, cold and clammy skin, low blood pressure, disorientation and possible vomiting. These are caused by excessive loss of water and salt.

Treatment: Move patient to cool area to rest, provide salty water, and cover person if shivering. The person should rest in bed until recovered. Seek medical attention immediately.

Heat Stroke

Symptoms include a core body temperature greater than 40°C, complete or partial loss of consciousness, reduced cognitive function and cessation of sweating (hot and dry skin), dilated pupils, and elevated blood pressure. Skin may be flushed at first, later ashen or purplish.

Treatment: Heat stroke is very serious. Call 911 immediately and while waiting for the ambulance, move the person to a cool place and sponge body with cool water while letting the water evaporate to reduce body temperature.

Sun Safety for Children

Your child can sunburn in as little as 15 minutes. During a heat wave, limit outdoor activity to cooler morning and evening hours and never let infants or young children play or sleep in the sun in a playpen, stroller, or carriage.

If out in the sun, limit their exposure time as much as possible and apply sunscreen with an SPF 15 or higher. Pay particular attention to the areas that are most exposed, such as the face, lips, ears, neck, shoulders, back, knees, and the tops of their feet. Apply sunscreen at least 20 minutes before going out in the sun and reapply every two hours or more frequently if your child has been involved in vigorous activity that could potentially remove the product, such as swimming, toweling or excessive sweating.

Don't forget to put a wide-brimmed hat and sunglasses on your child. When deciding on sunglasses, look for a label that says ANSI or CSA approved for sun protection and that are labeled as "UVA and UVB blocking", "100% UVR protection" or "UV 400". They will provide almost complete protection against eye damage from the sun.

Dress children in tight woven, light-weight, light-colored, and loose-fitting clothing, preferably in cotton to absorb sweat. Give small amounts of water frequently.

This safety tip was prepared by Public Safety Canada in collaboration with Environment Canada and Health Canada.



FREE REGISTRATION

HUMAN
POWERED
GENERATOR!

Bright Futures CAIP Avenir brillant

FOR CHILDREN
AGES 10-13

50FT SOLAR POWERED BALLOON!

HANDS-ON SCIENCE CAMP - SIGN UP NOW

Get Kids Energized About Electricity!

Discover how energy works through fun activities and experiments

Wagamake Learning Center | August 14th to 18th, 9am to 3:00pm

Contact Maureen Kagagins to register 705-698-7435 or maureen.kagagins@henveyinlet.com

Presented By:





2023 Bright Futures Camps Central Canada

Quebec

Kateri School Kahnawake August 7 to 11 | 9am to 3pm

Contact:

janice.beauvais@kecedu.ca

Ontario

Wagamake Learning Center Henvey Inlet First Nation August 14 to 18 | 9am to 3pm

Contact:

maureen.kagagins@henveyinlet.com

New Brunswick

Health Center Woodstock First Nation

July 17 to 21 | 9am to 3pm

Contact: bull.wfn@qmail.com





2023 Bright Futures Camps Eastern Canada

Prince Edward Island

John J. Sark Memorial School Lennox Island First Nation

July 10 to 14 | 9am to 3pm

Contact: sarah.ellis@lennoxisland.com

Nova Scotia

Millbrook Gymnasium Millbrook First Nation July 24 to 28 | 9am to 3pm

Contact:

jessicawentzell@live.com

Newfoundland & Labrador

Mushuau Innu Natuashish School Mushuau Innu First Nation

July 31 to August 1 | 9am to 3pm

Contact:

hilaryrich@gmail.com



HANDS-ON SCIENCE CAMP - SIGN UP NOW

Get Kids Energized About Electricity!

Discover how energy works through fun activities and experiments

FOR CHILDREN
AGES 10-13

FREE REGISTRATION

B'SAANIBAMAADSIWIN'S

22 MELLINESS CATHERING

Attention!

FREE



Step into the spirit of autumn as we gather to celebrate the season of abundance and change.

Come nourish your body, feed your spirit and experience the warmth of community as we come together in a day of healing and reflection.

Thursday, September 21st, 2023 @ 10:30am Market Square Park, 27 Mary Street, Parry Sound

FOOD, VENDORS, SERVICE PROVIDERS, CULTURE, & GIVEAWAYS!



VENDOR APPLICATION

B'SAANIBAMAADSIWIN NDIGENOUS MENTAL HEALTH PROGRAM'S 22ND ANNDAI

WELLNESS GATHERING

GATHERING IN THE SPIRIT OF AUTUMN



WHEN

WEDNESDAY, September 21st 10:30AM to 2:30PM

Market Square Park 27 Mary Street

Open for Vendor Set up at 9:00AM

OUR MISSION

The goal of the Wellness Gathering is to educate the public on services, organizations and businesses that promote a healthy and balanced lifestyle.

We encourage interested organizations and agencies to come out and enjoy the day while promoting your services.

Booth space is free for vendors, in exchange we would appreciate one small giveaway/ draw item per table.

REGISTRATION Organization:

O'Buillandi.						
Contact Name:		 ,	<u> </u>			
				_		
Phone Number:						
Email Address:						
Special Requests	::				.	
RETURN TO:						

B'saanibamaadsiwin Indigenous Mental Health Program, CMHAMPS Mail:

60 James Street, Suite 201, Parry Sound, Ontario, P2A 1T5

Fax: 705-746-9590

Email: abissonette@cmhamps.ca

If you have any questions please don't hesitate to call, (705) 746-2512, or email abissonette@cmhamps.ca



B'saanibamaadsiwin means "serene and peaceful life". In First Nation cultures, from traditional to present times, health means

balance and harmony with and among the four parts of Self. Wholistic psychological

wellness is part of the full circle of mind, body, heart and spirit with respect to

tradition, culture and language. The journey

towards wellness is one that begins within

us and includes caring for all within the

wellness, to live in unity and harmony, and

B'saanibamaadsiwin's Wellness Gathering will be free of charge to all who attend. The

day will run from 10:30 a.m. to 2:30 p.m.,

We are looking for organizations and/or individuals who provide services related to emotional, mental health and addiction wellness, and would be interested in setting up a display booth to provide information on your services and how one would access them. There is no fee for participation; it

to enjoy a serene and peaceful life.



OUR NAME

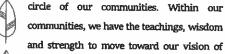










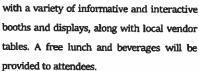












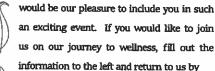
JOIN OUR GATHERING







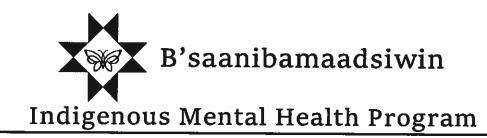






Please plan for electric free displays and bring canopy, display table and chairs.





REQUEST FOR QUOTATION CATERING SERVICES

Supply and serve lunch for our Annual Wellness Gathering on Thursday, September 21st, 2023

Gathering in the Spirit of Autumn

B'saanibamaadsiwin, a program of CMHAMPS, is committed to providing mental health services to Indigenous, Inuit and Metis people. The Wellness Gathering is a free event to all who attend. The day will run from 10:30 a.m. to 2:30 p.m., with a variety of informative and interactive booths and displays, along with local vendor tables. A free lunch and beverages will be provided to attendees.

B'saanibamaadsiwin, requires the submission of a quotation to complete the following on:

September 21st, 2023 At Market Square Park in Parry Sound

- 1. Set up/clean up their own prep/cooking area;
- 2. Supply all dishes, cutlery and napkins;
- 3. Purchasing of all food and drinks;
- 4. Prepare a lunch with dessert for 200 people (12:00PM); please attached proposed menu Inclusion of traditional Indigenous foods is preferrable.
- 5. Must have a Safe Food Handling certificate

Addictions and

Montal Health Services

CLOSING DATE FOR SUBMISSION: August 14th, at 9:00AM

Please forward quotation to B'saanibamaadsiwin, Indigenous Mental Health
ATTENTION TO: Andrea Bissonette

Fax: (705) 746-9590 / Email: abissonette@cmhamps.ca Mail: 60 James Street, Suite 201, Parry Sound, ON, P2A 1T5





You can make a difference

Help prevent poaching

All eight of Ontario's turtle species are classified as at risk. It is not legal to keep any native wildlife in captivity without the appropriate permits, or to harm at risk species or their habitats. Poaching pushes threatened and endangered turtles closer to extinction.

Help protect Ontario's biodiversity by reporting any suspicious activity.

- Taking turtles from the wild
- Fishing for turtles
- Illegal sale of turtles or turtle parts

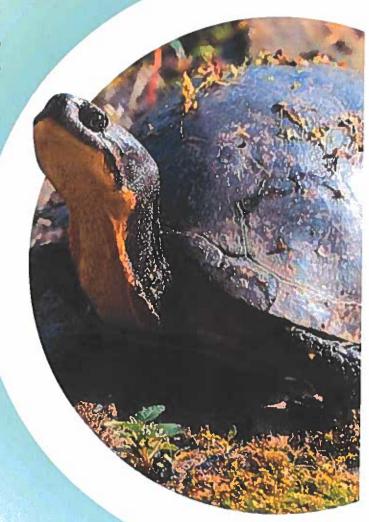
Report any suspected illegal poaching activity

1.877.TIPS.MNR [1.877.847.7676]

Ministry of Natural Resources and Forestry (MNRF) Conservation Officer Tips Line at 1.877.TIPS.MNR (1.877.847.7667)

1-800-222-TIPS

Crime Stoppers



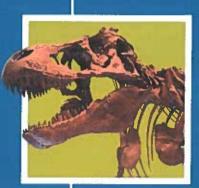
Blanding's Turtle, threatened provincially and endangered federally



CONNECT WITH ART, CULTURE AND NATURE







THE ROM OFFERS
FREE GENERAL ADMISSION
TO INDIGENOUS PEOPLES

Canada's largest museum takes you on a journey from 4.5 billion years ago to today

rom.ca | rom.on.ca/fr

ROYAL ONTARIO MUSEUM

Offer can be redeemed onsite at the ROM's admissions desks. No ID is required.

Other is valid on General Admission only Visitors on opposite to see the special exhibitions at an additional cost. It is often does not apply to special programs and annual moniberships. All images \$100M, 2019 unless otherwise states a Photo of ROM. Sam Juvanious

To Physical Communication Unique States and Communication Communication Unique States and Communication Communicat



SPECIAL OFFER FOR **HENVEY INLET FIRST NATION**

SAVE 25% OFF REGULAR ADMISSION



HOW TO USE BIRD KINGDOM PROMO CODE:

- Visit Bird Kingdom's Online Gift Store > Products > Tickets 1. shop.birdkingdom.ca/products/bird-kingdom-admission
- Add tickets to Shopping Cart 2.
- Enter promo code HIFN25 before clicking checkout 3.
- 4. After promo code has been applied, proceed to checkout
- 5. Follow prompts to complete purchase
- Present tickets upon arrival (print or mobile version accepted).





GENERAL INFORMATION:

Bird Kingdom Niagara Falls Ltd. 5651 River Road, Niagara Falls, ON L2E 7M7

www.birdkingdom.ca



905-356-8888 🖾 info@birdkingdom.ca

*5-Minute Walk from the Falls • Next to Rainbow Bridge • Open All Year 😓







Band Representative On-Call Schedule

Staff Member	Start Date	End Date
Naomi	2023-06-26 16:30	2023-07-10 8:30
Kerri	2023-07-10 16:30	2023-07-17 8:30
Jodi	2023-07-17 16:30	2023-07-24 16:30
Kerri	2023-07-24 16:30	2023-07-31 8:30
Jodi	2023-07-31 16:30	2023-08-07 16:30
Kerri	2023-08-07 16:30	2023-08-14 8:30
Naomi	2023-08-14 16:30	2023-08-21 8:30
Kerri	2023-08-21 16:30	2023-08-28 8:30
Naomi	2023-08-28 16:30	2023-09-04 16:30

All On-Call Shifts are from day of week @ 4:30 PM to day of week @ 8:30 AM, Holidays are all day

Contact Numbers:	
Kerri	(705) 921-5202
Naomi	(705) 690-6829
lodi	(705) 690-9146

* Our office is open Monday-Thursday from 8:30 - 4:30 and Friday from 8:30 -12 to provide necessary items (food, diapers, etc.). On-Call is for Child Welfare emergencies ONLY *

Kerri Campbell Band Rep Lead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Out of Office	Out of Office	3	4	3
6	7	8	9	10	11	×
78	14	Internet Safety Training 10am Family Court	16	Harry Potter Day	18	19
×9.	21	22	23	Back to School Pizza Lunch & Bingo for School Aged Children	25	, i
207	28	29 Back to School Fun Day	30 Family Court	Parenting		

Kara Newton CHE/Jordan's Principle



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	\$
6	7	8	9	10	11	*
13	14	Internet Safety Training 10am	16	Harry Potter Day- Final Celebration	18	19
20	21	22	23	Back to School Pizza Lunch & Bingo for School Aged Children	25	26
27	28	Back to School Fun Day	30	Parenting		

Internet Safety Presentation

For Ages 9 to 17

RESCHEDULED



Tuesday, August 15th

Location TBD



* Games, Snacksand Drinks Provided; Prizes ter with Dai

Kids' Back to School



August 24 / 12 PM

Call Darcy to Register

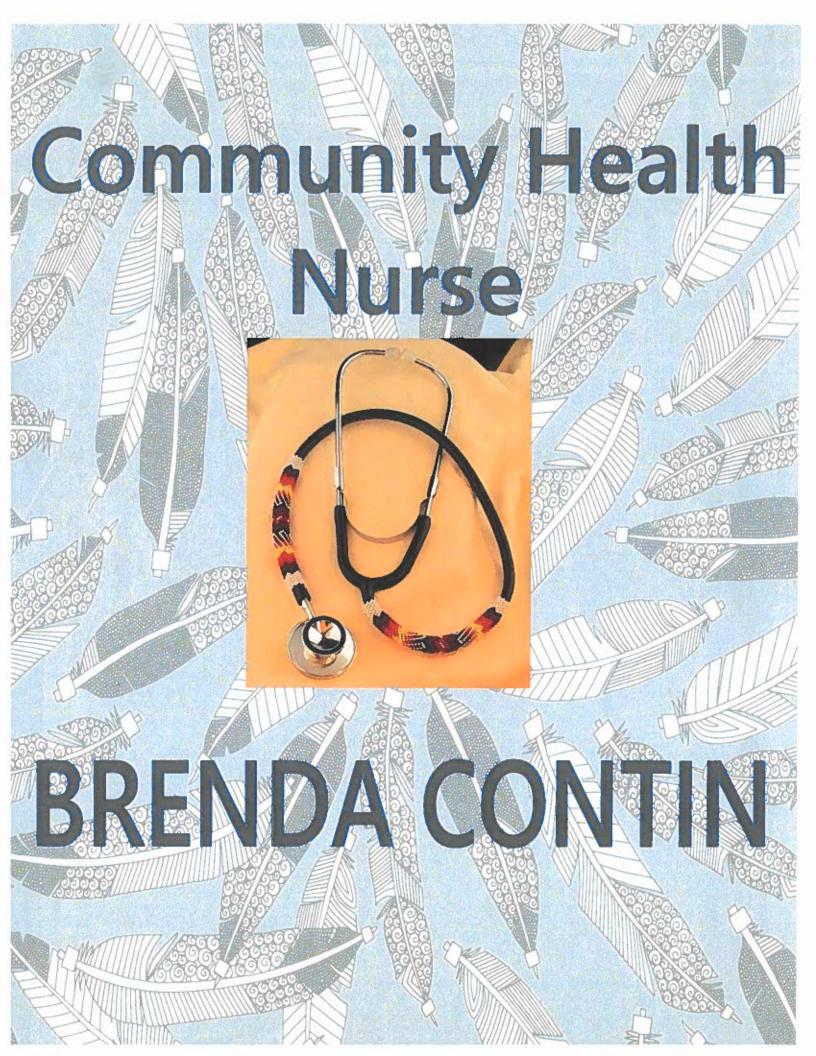
Awesome Prizes to be Won





First 5 People to sign up will recieve a special kit. Call Darcy to register!





Brenda CONTIN, CHN

August 2023

Methadone M	Methadone M Clinic/OFFICE CI	Methadone M Clinic/OFFICE C	STAT 7 HOLIDAY M METHADONE C	SCHEDULE IS CHANGE!!
29 Methadone Clinic/OFFICE	22 Methadone Clinic/OFFICE	15 Methadone Clinic/OFFICE	8 Methadone Clinic/OFFICE	ANNUAL
30 Methadone Clinic/OFFICE	23 Methadone Clinic/OFFICE	16 Methadone Clinic/OFFICE	9 Methadone Clinic/C&C Mtg	2
31 Methadone Clinic/OFFICE	24 Methadone Clinic/OFFICE	17 Methadone Clinic/OFFICE	Methadone Clinic/OFFICE	HOLIDAYS
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	26	19	12	Ui
	Methadone Clinic	Methadone Clinic	Methadone Clinic	

FOOT CARE

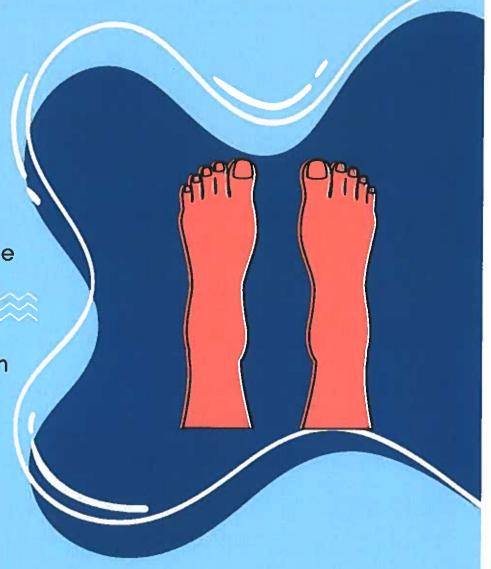
HENVEY INLET

For Elders & Diabetics

Wednesday August 2, 2023

Appointments will be approximately 30 minutes, First appointment at 9am & last appointment is 2:30pm

Call Darcy at the Health Centre to book your appointment time!



Brenda Contin-C.H.N. 705-857-1221

MEET THE Faat Care Nurse

Billie Hynes

Welcome everyone, my name is Billie Hynes. I am a CMP, Certified Master Pedicurist trained in diabetic foot care and treating foot ailments.

My main service is cut and file nails while also thinning and sculpting thick nails. This helps keep the nail bed attached and fit comfortably in your shoes.

There are other common issues that I work with and treat. Such as:

- Nail fungus
- Athletes foot
- Ingrown nails
- Corns & calluses
- Cracked heals

Sessions are 25mins and your feet will always feel better when I am done!

While you are in the chair, I am searching for any small cuts or objects in your skin. So I take over your Foot Care needs on a regular basis. This allowing you to do things you enjoy!

I so look forward to meeting everyone! Health & Well Wishes!



@ SHAWANAGA LANDING

RESCHEDULED TO AUGUST 3, 2023

10:00 - 3:00

Live Music, Scheduled Pontoon Rides, Lawn Games, and Shutter Bingo.

*Come make some unforgettable memories with your family & friends.

IF INTERESTED IN ATTENDING, CALL THE HEALTH CENTRE TO ADD NAME TO LIST BY JULY 28, 2023!!

June 2023 NIHB Program Updates

Pharmacy benefit information

New pharmacy benefit listings

Check the drug benefit list to find all eligible products and criteria for coverage

The following medications and products are now covered as open benefits without prior approval:

- Elonox (enoxaparin sodium) injections for deep vein thrombosis and ischemic cardiac disease
- Zincofax (zinc oxide) 15% cream for diaper rash and minor skin irritations
- Cuvposa (glycopyrrolate) oral liquid to reduce chronic severe drooling in children

The following new listings are covered as limited use benefits with prior approval:

- Emgality (galcanezumab) for the treatment of episodic or chronic migraines
- Vitrakvi (larotrectinib) for the treatment of some cancerous tumours in adults and children
- **Ngenla (somatrogon)** for the long-term treatment of children who have a growth hormone deficiency
- **Bimzelx (bimekizumab)** 160 mg/mL pre-filled syringe injection and auto-injector for the treatment of moderate to severe plaque psoriasis in adults
- Ruzurgi (amifampridine) tablets for the treatment of Lambert-Eaton Myasthenic Syndrome (LEMS)
- **Brukinsa (zanubrutinib)** capsules for the treatment of adults with Waldenström macroglobulinemia (WM)
- Oralair (grass pollen allergen extract) tablets for the treatment of grass pollen allergies, if other medications haven't worked
- Rupall (rupatadine) 10 mg tablet and 1mg/ml oral solution antihistamine for clients who can't take other antihistamines
- Blexten (bilastine) tablet or oral solution antihistamine for clients who can't take other antihistamines
- **Biphentin (methylphenidate hydrochloride)** for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD)
- Intuniv (guanfacine hydrochloride) for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD)

Coverage change for Shingrix

- NIHB now covers Shingrix as an open benefit for clients 60 years and older. It was previously listed as an open benefit for clients 65 years and older
- NIHB continues to consider coverage for immunocompromised clients under 60 years of age on an exceptional basis (prior approval required)
- Shingrix is a vaccine to prevent shingles, which is caused by the re-activation of the virus that causes chickenpox
 - o Shingles causes a painful rash and can be severe in some people
 - The risk of shingles is higher in seniors and in people with weaker immune systems
- The vaccine is given in 2 doses, from 2 to 6 months apart. To maximize the protection offered by Shingrix, it is important that you get both doses
 - When you get your first dose, ask your doctor or pharmacist to schedule your next dose
- In most provinces and territories, the Shingrix vaccine can often be administered in pharmacies and pharmacists can bill NIHB for an injection fee. Contact your pharmacy first to confirm that they have it in stock and if they can administer the injection
- If you are unable to have the vaccine administered at a pharmacy, ask your health care provider about other options

Medical supplies and equipment benefit information

Change of listing status for certain items

- NIHB changed the listing status to open benefit for some self-care and mobility items
- Prior approval is no longer required for coverage of these items:
 - specialized crutches
 - tub transfer board
 - toilet tissue aid
 - o positioning wedge
- Refer to sections <u>9.0 Self-care</u>, and <u>11.0 Mobility</u> of the Medical supplies and equipment guide and benefit lists for more information

Vision care benefit information

Update to the guide to vision care benefits

- NIHB has updated the guide to vision care benefits to clarify eligibility criteria for
 protective and light blocking eyewear for clients who have low vision, are legally blind
 or have only one functioning eye
- To be eligible for coverage, clients must have a valid prescription from a licensed vision care professional
- For more information, refer to sections <u>3.1 Eligible services</u> and <u>3.6 Low vision aids</u>, ocular prosthesis and medication of the guide to vision care benefits

General program information

Client web accounts

- NIHB clients have the option of creating a secure, online personal account through the Express Scripts Canada NIHB provider and client website
- Express Scripts Canada processes claims for NIHB pharmacy, medical supplies and equipment, dental, vision care and mental health counselling benefits
- Your secure web account can be used to view claims, submit client reimbursement requests and appeals
- To create an online web account, please visit <u>Client Benefits</u> on the Express Scripts Canada website and click 'Create Web Account'
- Account registration and password resets cannot be done on a mobile device. You must
 use a computer with a web browser (Internet Explorer, Microsoft Edge, Google Chrome,
 Safari or Mozilla Firefox)
- Your name, date of birth and status number must match exactly as it appears on your
 First Nation status card or Inuit land claim beneficiary card to avoid issues with account creation
- If you have problems with your client account or need to reset your password, please contact NIHB Call Centre at Express Scripts Canada at 1-888-441-4777 for assistance



Henvey Inlet First Nation Health Centre 354A Pickerel River Road- Pickerel, ON PoG 1J0

(705)857-1221 EXT: 229



TUESDAY AUGUST 22, 2023

MEN'S CIRCLE

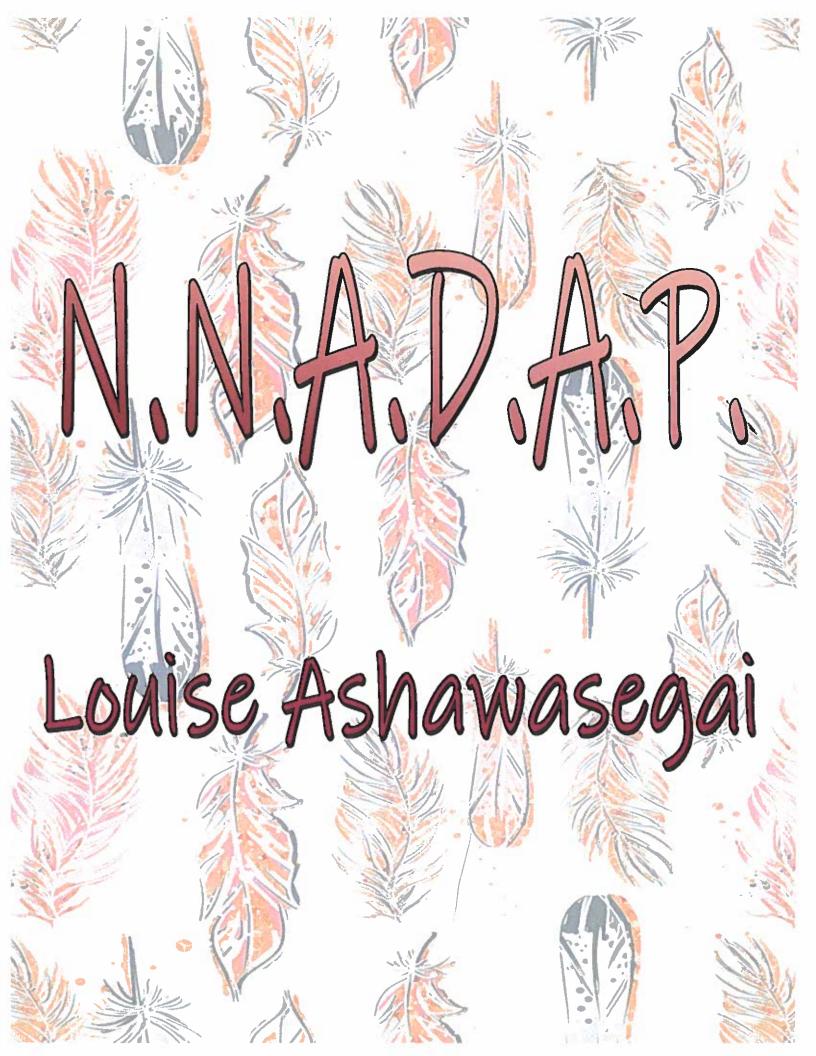
WITH STAN MOSES & ARLEN TULLOC DAVE RICE

• TRAILER #4

PLEASE CALL HEALTH CENTRE IF INTERESTED IN ATTENDING.

FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY, CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



August 2023

Sun Mon Tue Wed Thu Fri Sat	Office, Office Sewing Office Pist	6 7 8 9 10 11 12 Closed Staff Shop- Sewing Office Meet- ping ing	13 14 15 16 17 18 19 Office, Office, Course pist	20 21 22 23 24 25 26 Office, Staff Shop- Sewing Office ing	27 28 29 30 31 Office, Office, Food Sewing
Sun	35.0	9	13	20	27



© ADRENALINA ESY-024572771 - easyfotostock



UNDERSTANDING NALOXONE OR NARCAN

It's possible to overdose on all types of drugs, including methamphetamine, alcohol and prescription (pharmaceutical) medication including benzodiazepines, anti-psychotics, anti-convulsant and opioid medication.

The signs of an overdose can look different depending on the drugs involved, but opioid overdoses are particularly dangerous. This is because they slow down a person's breathing. It can be hard to know when a person is having an opioid overdose because they may seem to be sleeping.

An opioid overdose causes a person's breathing to slow to dangerous levels to the point that they can't breathe properly. This can cause brain damage and, in some cases, death,

NALOXONE IS A MEDICATION USED TO TREAT OPIOID OVERDOSE

Naloxone temporarily reverses the effects of opioid overdose, allowing the person to breathe again while help is on its way.

When administered to a person experiencing an opioid overdose, naloxone reverses the effects of the opioid, restoring their respiratory system and buying time for emergency services to arrive and provide treatment.

It is a remarkable medicine, easy to use with very few side effects and no capacity for misuse.

Naloxone has been used for treating opioid overdose for decades, though its use has traditionally been restricted to medical settings. In 1983 the World Health Organization (WHO) classified naloxone as an essential medicine and in 2014 the WHO issued guidelines recommending that people likely to witness an opioid overdose, including people who use opioids and their friends and family be given access to naloxone and training in its use so they can respond in the event of an overdose.

HOW NALOXONE WORKS

Naloxone works by blocking the body's opioid receptors which then prevents the opioid drugs from working.

It typically lasts for 30 to 90 minutes after first being administered.

If a person has had an overdose reversed with naloxone, they may experience withdrawal symptoms. It's important that they do not use opioids or other depressants for at least two hours. Once the naloxone wears off, the person may overdose again even if they haven't used any more opioids. If they do use in this time, the chance of overdosing again is increased.

If a person does not respond to a dose of naloxone, repeated doses can be given every two to three minutes.



SIDE EFFECTS OF NALOXONE

There are very few risks associated with naloxone use. A very small number of people have hypersensitivity to naloxone. If someone is dependent on opioids and they are given a high dose of naloxone, it can bring on symptoms of opioid withdrawal. It is not a drug of abuse or dependence.

Naloxone is available in two forms:

- As an injectable liquid in a pre-filled syringe, or ampoule
- · As an intra-nasal spray

Naloxone can be given by injection into the upper arm or outer thigh of the leg, if using a nasal spray, into the nose. The type of naloxone available and how you access it depends on where you live.

In most countries, doctors can prescribe naloxone. It may also be available from a drug store or pharmacy without a prescription. Some areas have programs where they give naloxone out for free.

If you're taking opioids, ask your doctor about naloxone and getting trained to use it. If they're not sure about this, contact your local harm reduction organisation. You can also search online for naloxone availability in your area.

HANDLING NALOXONE

Naloxone should be stored at room temperature and protected from light. It should never be exposed to extreme heat or cold, such as in a parked motor vehicle.

It can be kept securely inside a cupboard, drawer or handbag or anywhere else that is easily accessible in an emergency.

If you give naloxone to someone who has not taken opioids, it will not have any adverse effects.

Unused naloxone loses efficacy over time and should be replaced when its expiry date has been reached.

Anyone using opioids should keep a supply of naloxone at home. People they live with should know where it is, what it does and how to use it.

If you obtain naloxone, tell your friends and family and show them how to use it.

If you overdose, you won't be able to give it to yourself. Someone else will have to do it for you.

Naloxone does not "solve" the issue of opioid overdose: it does not address the underlying causes of overdose and therefore cannot be relied upon to reduce the harms of overdose by itself.

RELATED USES

Naioxone is included as an overdose blocker in some opioid-based medicines to reduce the risk of misuse.



RISK FACTORS FOR OPIOIO OVERDOSE

Overdose occurs when a person's body has a severely harmful reaction to taking too much of a drug or a combination of different drugs.

It's possible to overdose on all types of drugs. But opioid overdoses are particularly dangerous. This is because they slow down a person's breathing.

It can be hard to know when a person is having an opioid overdose because they may seem to be sleeping. If a person is having an opioid overdose, their breathing slows to dangerous levels. This can cause brain damage and, in some cases, death.

Not everyone has the same risk of overdose. Different people will have different risks, depending on the type of oploid that they're taking, how long they've been taking it, their height and weight, and so on.

Key risk factors for opioid overdose are:

- dependence on opioids
- using high-dose (strong) oploids
- using opioids over the long term
- not sticking to the prescribed opioid dose or purpose
- using other drugs such as benzodiazepines, alcohol or other sedatives
- · higher-risk practices like injecting
- · using oploids again after stopping for a while
- chronic health conditions such as obesity or sleep apnea

IF YOU ARE USING ALCOHOL

Alcohol is a legal drug that's used by many people around the world. But alcohol is a depressant, which means it is dangerous to use with opioids.

All opioids, including those prescribed by a doctor, are dangerous to consume with alcohol.

Likewise, if you're taking opioids it's a good idea to avoid drinking alcohol. If you think you'll find it hard to stop drinking alcohol, discuss this with your doctor when they prescribe you opioids.

IF YOU ARE TAKING OTHER MEDICATIONS

Some medications may interact with opioids or increase the risk of overdose. It's important that your doctor is aware of any other medication you are taking when they prescribe you opioids.

If you've been prescribed a new medication – particularly a sedative such as benzodiazepines or other analgesics – make sure you inform the prescribing doctor that you're also taking an opioid medication.

Using opioids with prescribed medications like benzodiazepines, other opioids and other sedatives is especially risky. Opioids slow down your breathing and, when these are combined with other sedatives, this effect is increased. Using multiple sedatives at the same time puts you at significant risk of overdose and can lead to brain injury and death.



IF YOU ARE USING DRUGS RECREATIONALLY

The illegal, non-medical and/or recreational use of all sorts of drugs is highly stigmatised. This means that people who use illegal drugs, or who use medications purely for enjoyment or other non-medical reasons, may find they're treated badly in healthcare settings.

If you're using drugs non-medically or recreationally, you may be worried that your doctor will treat you differently because of this. You may also be worried that you'll be refused certain treatments or that your doctor will focus on your drug use rather than your health needs.

These things may happen but there are a few reasons why it's still important to talk to your doctor about your drug use:

- Your doctor may be able to diagnose your symptoms better if they know your full history
- Some of the symptoms you're experiencing may be caused or affected by your drug use
- The drugs that you're taking and the medications the doctor wants to prescribe might be a harmful combination
- Being honest with your doctor helps to build trust, which can lead to better healthcare outcomes for you

These things should not be a problem if you see a doctor who specialises in dependence and addiction.

LEARN MORE

To learn more about opioids, opioid dependence (which may be diagnosed as Opioid Use Disorder or OUD) and about different options for treatment, visit **lifesavers.global**



PAIN PATIENTS AND OPIOIO DEPENDENCE

Many people are prescribed medications containing opioids for treating pain, often after an injury or surgery. Most opioids are used to treat pain that is moderate to severe. Mild (low-level) pain can usually be treated with non-opioid medications like paracetamol, aspirin and ibuprofen.

As opioids are sold under brand names that don't tell you what the medication contains, many people who are prescribed these drugs don't realise they are actually taking an opioid. Many people also don't realise that medicines prescribed by their doctor can be dangerous.

OPIOID DEPENDENCE AND ADDICTION

People who take opioids for a medical condition can become dependent on (addicted to) them. Being dependent means that your body is used to having opioids in your system and needs them to function properly. Opioid dependence can be very hard to deal with; the best way to deal with it is with help from a doctor.

If you're dependent on opioids, stopping or reducing the amount you take can cause physical and psychological withdrawal symptoms.

You should not attempt to stop taking opioids or reduce the amount you're taking without consulting your doctor.

SIGNS OF DEPENDENCE AND ADDICTION

There's a range of signs that suggest someone may be dependent on, or addicted to, opioids. Most of these are physical symptoms that the individual person experiences, but they can also include changes in the person's behaviour.

Signs of opioid dependence or addiction include:

- Needing a higher dose to get the same effect
- Taking more oploids or taking them for longer than planned
- Spending increased time and effort getting opioids
- Experiencing withdrawal if you stop taking opioids or reduce your dose
- Reducing the time you spend on other activities like work, sport or family
- Continuing to take the medication even though it's causing you problems

If you think you might be becoming dependent on, or addicted to, your opioid medication, ask yourself the following questions:

- Am I taking more than the prescribed dose?
- Am I taking opioids for something other than for what they were prescribed?
- Am I going to the doctor more frequently to get the amount of medication I need?
- Am I getting opioids through methods other than my regular doctor?
- Do I feel like my pain or mood get worse if I don't take my medication?
- Do I get anxious about the idea of not taking my medication?
- Do I need the medication to function in daily life (beyond just relieving pain)?
- Am I using different methods to take opioids (i.e. snorting, injecting)?

If you answer yes to any of these questions, you may want to speak to your doctor.



FACTORS THAT CONTRIBUTE TO OPIOID DEPENDENCE AND ADDICTION

There are lots of ways to reduce your chances of developing opioid dependence and addiction. Knowing and paying attention to the factors that may contribute to opioid dependence and addiction is a good start.

These include:

- History of dependence or misuse of opioids or other drugs
- · History of mental illness
- Chronic pain
- · Childhood trauma
- Being prescribed higher doses of opioids for a longer time

Anyone can become dependent on opioids but these are known factors that increase your risk. Not everyone who has chronic pain or a history of misuse will become dependent.

Dependence and addiction are also highly stigmatised so people who are dependent or addicted may experience discrimination from other people, health services or police. This can make people feel ashamed and prevent them asking for help. Dependence or addiction is a medical condition that many people struggle with. You should not be made to feel ashamed for experiencing dependence or seeking help.

People who are dependent or addicted still have the right to have their pain treated and to be given the best healthcare for their needs.

LEARN MORE

To learn more about opioids, opioid dependence (which may be diagnosed as Opioid Use Disorder or OUD) and about different options for treatment, visit **lifesavers.global**



PEOPLE WHO USE ORUGS & OPIOIO DEPENDENCE

Opioid dependence and addiction can be tough. And anyone who uses any opioid can become dependent or addicted. Being dependent or addicted means that your body is used to having opioids in its system and needs them to work properly. Stopping or reducing the amount you use can be hard, leading to cravings and withdrawal symptoms.

But if you do want to stop or reduce the amount you use, there is help available.

SIGNS OF DEPENDENCE AND ADDICTION

Just using opioids doesn't mean that you're dependent or addicted. Plenty of people use opioids and don't develop a dependency or addiction to them. But it's easy to become dependent or addicted, and it can happen gradually without you even realising.

Here are some signs of opioid dependence or addiction to watch out for:

- Needing to take more to get the same effect
- Increasing the amount you use or using for longer than you planned to
- Spending increased time and effort getting opioids
- Experiencing withdrawal if you stop taking opioids or reduce your dose
- Reducing the amount of time you spend on other activities like work, sport or family
- Continuing to use even though it's causing you problems.

If you think you might be dependent on, or addicted to, opioids, ask yourself the following questions:

- Am I taking more than I used to?
- Does my mood get worse if I don't take opioids?
- Do I get anxious about the idea of not taking opioids?
- Do I need opioids to function in daily life?
- Am I using different methods to take opioids (i.e. snorting, injecting)?

If you answer yes to any of these questions, you may to speak to a drug worker, a social worker or your doctor. If you're not comfortable speaking to someone in person, you can use a telephone/online counselling service. Service providers should be able to recommend a doctor or health service you can speak to.

You may also want to talk to a close friend or loved one. You can even ask someone to go along with you to the doctor as a support person if you feel uncomfortable going by yourself.



FACTORS THAT CONTRIBUTE TO OPIOID DEPENDENCE AND ADDICTION

Anyone can develop a dependency on, or addiction to, opioids but there are known factors that increase your risk. **These include:**

- History of dependence or misuse of oploids or other drugs
- · History of mental illness
- Chronic pain
- Childhood trauma

There are lots of ways to reduce your chances of developing opioid dependence and addiction. Knowing and paying attention to the risks is a good start.

Drug use and dependence or addiction are highly stigmatised so people who are dependent or addicted may experience discrimination from other people, health services or police. This can make people feel ashamed and prevent them from asking for help.

Dependence or addiction is a medical condition that many people struggle with. You should not feel ashamed for experiencing dependence or seeking help.

LEARN MORE

To learn more about opioids, opioid dependence (which may be diagnosed as Opioid Use Disorder or OUD) and about different options for treatment, visit **lifesavers.global**

A HANDBOOK ON MEDICATION-ASSISTED TREATMENT OR PHARMACOTHERAPY





A HANDBOOK ON MEDICATION-ASSISTED TREATMENT OR PHARMACOTHERAPY

There's lots of help available for people who are dependent on opioids. The types of help available include getting support, learning how to change your behaviour or taking medications to reduce cravings and prevent withdrawal. There is no single treatment that is perfect for everybody. Different treatment types suit different people.

A lot of people struggle with opioid dependence and addiction. Seeking treatment is a normal and effective way for them to manage, reduce or stop their opioid use.

Opioid dependence and addiction can be an ongoing (chronic) condition and can require longterm treatment and management.

Different countries have different treatment options and different ways of accessing them. Talk to your doctor about the options that are available to you and the costs, if any, that are involved.

HOW TO REDUCE OR STOP TAKING OPIOIDS

If you're concerned about your use of opioids, you should not try to stop or reduce your use without first speaking with your doctor. They will be able to give you important information and help you decide on the best steps to take.

You may not be able to stop immediately. If you've been taking opioids for a long time or at high doses you'll probably need help stopping. Where you live will determine the services that are available to you. These may include:

Tapering: This refers to gradually reducing the amount of medication you regularly use. Your doctor will help you do this by developing a plan to slowly reduce the amount of medication you're taking.

Counselling and/or behavioural therapy: Some people will not need medical help. They'll benefit from counselling and behaviour change therapies to help them to stop using opioids.

Peer-based services and supports: These are support groups and professional organisations run by people who have been dependent or addicted themselves. They provide non-judgemental help, support and guidance for people experiencing dependence or addiction.

Medication-assisted treatment: This is a medication given to people who want to stop using opioids. The medication works by reducing the urge to use (cravings) and preventing withdrawal. This is also known as pharmacotherapy, opioid replacement therapy or opioid substitution treatment.

Alcohol and drug treatment: This is a broad term that includes a range of services. Alcohol and drug treatment providers are organisations that help people reduce or stop their drug use. Some involve detoxification, group therapy, or moving into a residential clinic for a while. Talk to your doctor about the services in your area and the costs that are involved.



PHARMACOTHERAPY/MEDICATION-ASSISTED TREATMENT

Opioid dependence and addiction can be treated with medication. This is often referred to as pharmacotherapy or medication-assisted treatment (MAT).

When someone with an opioid dependence or addiction begins MAT, a doctor prescribes them slow-acting opioids that reduce cravings, prevent withdrawal and reduce the risk of overdose. This will usually be medications called methadone and buprenorphine but it may include others, such as slow-release oral morphine.

MAT is a very effective treatment for people who are dependent on, or addicted to, opioids.

MAT allows people to:

- Stop or significantly reduce their use of other opioids
- Stop or reduce harmful drug-taking practices
- Save money methadone and buprenorphine tend to cost much less than other opioids

Though it's not effective for everyone, many people find MAT helps them to break the cycle of opioid dependence and addiction. With their cravings and withdrawal managed, people on MAT can give more time and attention to other parts of their lives.

Everyone's goals are different. Once stabilised, a person may wish to taper off (or gradually reduce) MAT or they may be comfortable staying on a maintenance program.

You're more likely to be successful at reducing your opioid use on MAT than with any other type of treatment. Medication-assisted therapy is the most effective treatment for opioid dependence and addiction, but combining psychosocial treatments with MAT can lead to even better outcomes.

TYPES OF MAT

1. Methadone

Methadone is a slow-acting opioid. It can be used to treat pain but is more commonly used to treat opioid dependence and addiction.

Methadone can be prescribed to people with an opioid dependence or addiction to prevent symptoms of withdrawal and reduce cravings. People taking methadone will usually take one dose every day.

2. Buprenorphine

Buprenorphine is also a slow-acting opioid. Like methadone, it can be used to treat pain but is more commonly used to treat opioid dependence and addiction.

3. Naltrexone

Nattrexone is a long-acting, prescription opioid antagonist medication that is sometimes used to treat opioid use disorder but more often alcohol dependence.

METHODS OF ADMINISTRATION

Methadone, when prescribed for opioid dependence, usually comes as a syrup that the person drinks.

Patients on methadone need to attend a clinic or pharmacy every day to receive their dose. Some countries allow methadone patients to be given takehome doses to reduce how often they need to attend the clinic. Check with your doctor or clinic about this.

Buprenorphine usually comes as a tablet or film that's dissolved under the tongue.

Buprenorphine is also available in long-acting doses, either as implants that are put under the skin and last for six months, or as a prolonged-release injection that lasts for either a week or a month. These long-acting doses reduce the need to attend a clinic as often.

Naltrexone can be prescribed as a tablet, implant or injection.



GETTING ON MAT

Accessing MAT begins with talking to your doctor or an alcohol and drug service. They'll know the treatments available in your area and the costs involved.

Not all doctors prescribe MAT; if your doctor does not prescribe MAT, they can refer you to another doctor or a clinic that does.

When you start MAT you may find that the medication makes you drowsy at first. This should stop as your body adjusts to the treatment. Your doctor may also adjust your dose to the level that works best for you.

Your doctor should be able to recommend additional therapies and supports to help you stay on MAT and get the support you need.

FREQUENTLY ASKED QUESTIONS

'How long will I be on medication-assisted treatment?'

It depends on your drug-using history, the drugs you were using and your personal circumstances. Generally, people will take MAT for a few months until their opioid use has stabilised. Then, they can talk to their doctor about next steps. This may be staying at your current dose, reducing your dose or tapering off MAT completely.

Talk to your doctor to ensure you fully understand what's involved and have realistic expectations about treatment.

'Am I just trading one drug for another?'

No. When prescribed to treat opioid dependence and addiction, methadone and buprenorphine are medicines. They are very different from other opioids like heroin, oxycodone or fentanyl. Methadone and buprenorphine are slow-acting so a single dose lasts longer than it does for other opioids.

However, these medicines still carry some risks. If taking medication-assisted treatment for opioid dependence and addiction, it's important that you do not use other opioids or sedatives like benzodiazepines as this can increase your risk of overdose. It's also important that you do not stop taking methadone or buprenorphine without consulting your doctor or an alcohol and drug service.

'How much does it cost?'

This will depend on where you live and the programs that are available. In some places, MAT is fully subsidised (available for free). In other places, patients pay a fee per dose.

Even when you pay for it, MAT is usually cheaper than other drugs like heroin, oxycodone and fentanyl. This is because methadone and buprenorphine are acting so a dose is taken daily at most. Other opioids can wear off after a few hours.

MAT also significantly reduces the costs of drug use to your health and wellbeing.



COMMON CONCERNS ABOUT MAT

"It's just another drug / You're still an addict on methadone"

When taken for opioid dependence and addiction, methadone and buprenorphine are medicines. Diabetics are not considered to be addicted to insulin. Taking insulin allows them to stay healthy and live their life. Medication-assisted treatment does the same for people with opioid dependence and addiction.

While it is true that opioids are prescribed for MAT, this is precisely why it is an effective treatment for opioid dependence.

People on MAT are less likely to seek or use other opioids and this allows them to get back to a normal lifestyle that's more difficult when they're dependent on illegal, prescribed or unprescribed opioids.

People who try to stop using opioids without help from medication find it much harder. People on MAT are less likely to return to using opioids than people who are not.

"It's too inconvenient"

Attending a clinic or pharmacy daily to receive treatment can be inconvenient. Treatments like

implants and long-acting injections, along with unsupervised dosing or takeaway options, reduce the need to be given treatment daily. Some countries offer other treatment options that don't involve visiting a clinic.

People can take MAT for a short time or a longer time or even be involved in life-long periods of treatment.

Many people who are in MAT will gradually reduce their dose over time until they stop the treatment altogether.

"I won't be able to go on holiday or move somewhere else"

Whether you can travel will depend partly on the type of MAT you're on. Though MAT often involves daily doses, in some places you may be able to get 'takeaway' doses with extra approval.

It's also important to remember that for many people, MAT is a temporary treatment, and they'll gradually reduce their dose until they stop altogether.

Even if you're on MAT long term, you can talk to your doctor about how best to manage your medication while you travel or when you move.

Long-acting doses of MAT are available – ask your doctor about these.

"Methadone/Buprenorphine gets you high"

Compared to other opioids like heroin and oxycodone, methadone and buprenorphine do not produce a strong high.

You may feel drowsy when you begin treatment but this should pass quickly. Our bodies adapt quickly to methadone and buprenorphine so people quickly come to feel alert, awake and normal while on MAT.

"It rots your teeth"

This is a widespread myth about methadone.

While methadone does not affect your teeth, like all opioids, it can dry your mouth. A dry mouth makes your teeth more prone to tooth decay. Keeping a regular dental care routine in place and drinking plenty of water will help prevent damage to your teeth.

"You gain weight"

Some people do gain weight while on MAT. This is usually because MAT improves a patient's health and they begin eating more – they may have already been underweight from their opioid use.

Methadone can slow down your metabolism, which can lead to weight gain, and some people report craving sugary foods. But eating foods that are high in fibre (like wholegrains, fruits and vegetables), keeping your sugar intake low and doing regular exercise will help maintain a healthy body weight.



OTHER STRATEGIES FOR DEPENDENCE

Supporting yourself

Reducing or stopping using opioids can be difficult. If you have developed a dependence on, or addiction to, opioids, reducing the dose may be unpleasant, even with your doctor's help. Even if you're not dependent or addicted, adjusting to new medications and treatments can be hard.

There are other ways you can support yourself and make this process easier:

- · Practising good sleep habits
- Exercising
- Eating well
- Engaging in enjoyable activities like painting or playing sport
- · Giving yourself time and space to adjust
- · Spending time with friends and family

Friends and family members can be a great source of support; reach out to those you're close to in times of need. However, sometimes it helps to speak to someone who understands where you're coming from and what you're going through. Services run by peers (people who have also been dependent or addicted) can be a great way to discuss your experiences without being judged.

Speaking to a counsellor, psychologist or drug worker can also help. Remember: the more support you have, the easier it will be to reach your goals.

DECIDING TO GET HELP

There's lots of help available for people who are dependent on opioids. Some of this help involves taking medications. Other types involve talking and learning how to change your behaviour. Some involve moving into a rehabilitation clinic. There is no single treatment that is perfect for everybody. Different treatment types suit different people.

A lot of people struggle with opioid dependence and addiction. Seeking treatment is a normal and effective way for them to manage, reduce or stop their drug use.

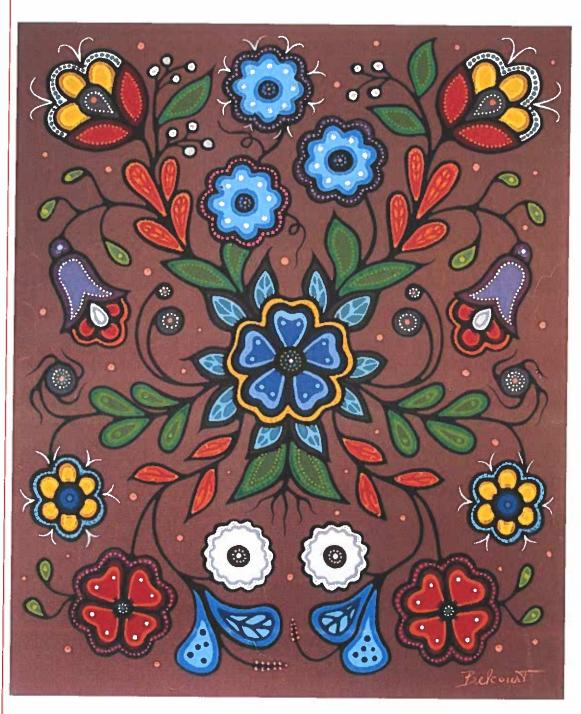
Opioid dependence and addiction can be an ongoing (chronic) condition and can require long-term treatment and management.

Different countries have different treatment options and different ways of accessing them. Talk to an alcohol and drug service, a community health organisation or your doctor about the options that are available to you and the costs, if any, that are involved.

LEARN MORE

To learn more about opioids, opioid dependence (which may be diagnosed as Opioid Use Disorder or OUD) and about different options for treatment, visit lifesavers.global

COMMUNITY WELLINESS PROGRAM NEWS



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.



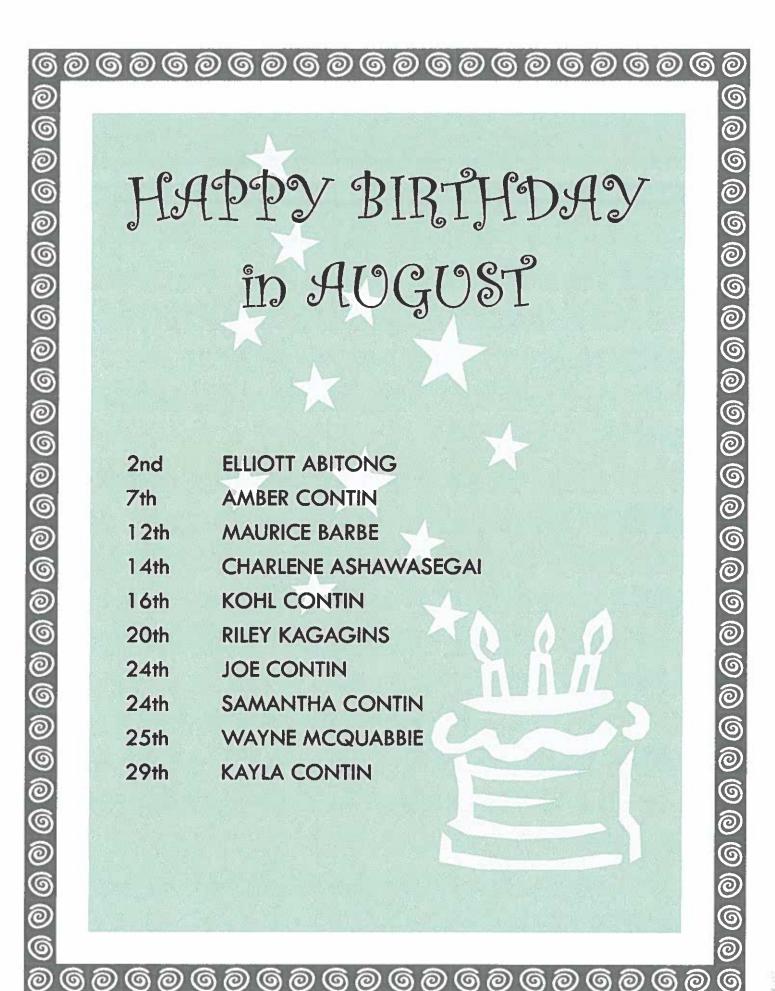
COMMUNITY WELLNESS PROGRAM

BEGIN EACH DAY WITH A GRATEFUL HEART.



AUGUST 2023

	Monday 31	Tuesday	Wednesday	Thursday 3	Friday 4	Saturday
IN A MEETING	TING	CLIENT APPT. FULL MOON CEREMONY	OUT OF OFFICE	CLIENT APPT. OUT OF OFFICE IN PM	CLIENT APPT.	
CIVIC HOLIDAY	OLIDAY	8 STAF MEETING GENEALOGY RESEARCH	9 10 SEWING & CRAFTS CLIENT APPT.	CLIENT APPT.	HOME VISITS	<u>5</u>
CLIENT	14 CLIENT APPT.	15 GENEALOGY RESEARCH	16 SEWING & CRAFTS	17 VACATION DAY	VACATION DAY	19
VACAT	21 VACATION DAY	22 GENEALOGY RESEARCH	23 SEWING & CRAFTS OUT OF OFFICE	24 OUT OF OFFICE	25 VACATION DAY	26
28 IN OFFICE	ICE	29 GENEALOGY RESEARCH	30 SEWING & CRAFTS	31 FULL MOON CEREMONY	OUT OF OFFICE	2



AUG 1 & 31 2023

263 PICKEREL RIVER ROAD

9:00 PM



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

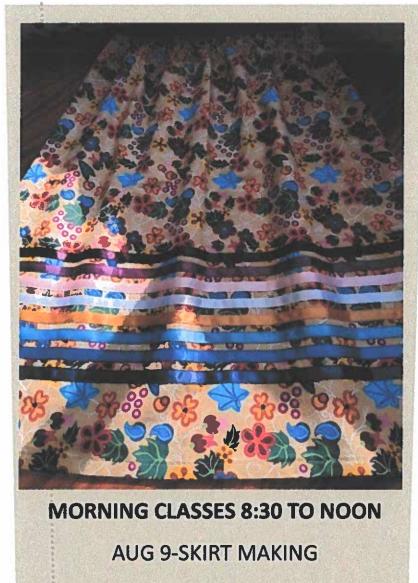
Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these 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 <u>Chair</u> to sit on
- Blanket
- Food to share with the other women
- Feast Bundle

CWW Luana McQuabbie Henvey Inlet First Nation Health Centre/Trailer #3 705 857-1221 EXT 227

Classes for August 2023



AUG 16-FEATHER CASE

AUG 23-TOBACCO BAG

AUG 30-MEDICINE POUCH

Sign-up with Darcy @ the Health Centre

CWW LUANA MCQUABBIE 705 857-1221 EXT 227 HEALTH CENTRE/TRAILER #3

CREATING YOUR OWN PERSONAL FAMILY TREE

"GETTING STARTED WITH AncestryDNA"

AUGUST 2023 (ON-GOING), HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost art.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research through on-line sites and AncestryDNA testing kits to obtain information on their own family lineage. Testing kits available. Come start your family tree today.



TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227