



# November

## **Important Dates/Activities/Programs:**

- Offices Closed Monday November 13, 2023 in Lieu of Remembrance Day November 11th
- Diabetic Lunch N Learn Bingo- Nov. 6
- Feasting of The Souls- Nov. 6
- Diabetic Foot Care- Nov. 8
- Remembrance Day Service- Nov. 6
- Seniors Christmas Celebration in Moose Deer- Nov. 16
- Gezhtoojig Employment & Training Open House- Nov. 9
- Day Care Newsletter
- Christmas Photos- Nov. 4 & 24
- N.A.A.W Week - Nov. 14, 15 & 16
- Traditional Parenting- Nov. 17 & 18
- Sewing and Coffee- Nov. 2, 23 & 30
- Matilda Musical Play for Youth 10-14yrs - Nov. 25
- NIHB Program Updates
- Christmas Card exchange info
- Full Moon Ceremony- Nov. 27
- Call for nominations for 7 Grandfathers Teachings Awards
- Community Christmas Party information

# HALLOWEEN HOT SPOT LIST

These are names of those who called in to add name on list,  
if you did not call, your household wasn't added.

Lionel & Debbie Fox- 1128 Pickerel R.R.

Lyndy/Kevin- @ Shirley McQ's

Rachel/Jacob- 634 Pickerel R.R.

Raine- 498 Pickerel R.R.

Louise/Mark- 456 Pickerel R.R.

Kimberly/Dale- 433 Pickerel R.R.

Bruce/Charlene- 420 Pickerel R.R.

Grace- 415 Pickerel R.R.

Kiana Moses- 8 Plex APT 8

April- 335 Pickerel R.R.

Tracy F- 327 Pickerel R.R.

FIREHALL

GAS BAR

Luana Mcq- 263 Pickerel R.R.

Dee- 222 Pickerel R.R.

Stan/Michelle- 32 Sub Rd

Shirley & Lyndy- 38 Sub Rd

Charlotte/Daniel- 44 Sub Rd

Ed- 56 Sub Rd

Valerie- 105 Sub Rd

Jackie & Stacy- 158 Sub Rd







**Sorry Offices Are**  
**CLOSED**

**Monday November 13**  
**in lieu of Remembrance**  
**Day on November 11, 2023**





# Medical Transportation Schedule

Reminder to Members who utilize Medical Van to book appointments

according to this schedule!

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
SUDBURY	PARRY SOUND	BRITT	SUDBURY

**FRIDAYS ARE EMERGENCY ONLY**

**Thank You for your cooperation!**



# Friendly Reminder!!!

Health Centre will only accommodate appointments between the hours of regular scheduled work days, 9:00am to 4:30pm, Any appointments booked after hours will be the responsibility of the Clients to find a ride and can utilize the Community Submission form for Mileage costs. With an exception to Emergencies.

The Health Centre requires **3 DAYS NOTICE** (doesn't include weekends) to put your name in the Medical Book!

Clients are to notify The Driver if they do not require a ride back home after appointment.

*Non-Band Members CAN utilize the Medical Bus following the same rules above. Furthermore, the appointment is to be between the appointment times already in the book. The Health Centre can be called to confirm the 1<sup>st</sup> and last appointments.*

Thanks for understanding!



October 26,2023

On behalf of the Membership Code Working Group

To announce that we will begin processing the membership applications from the waiting list. We can only process the applications that legally apply to the 1987 Original Code. All applications that fall under the new Code guidelines will still be on hold.

You will receive a notice if your application has been accepted or placed back on hold. We will aim to have these notices out in December 2023.

Miigwetch for your continued patience.

A handwritten signature in black ink, appearing to read "Deborah Teed". The signature is fluid and cursive, written in a dark ink on a white background.

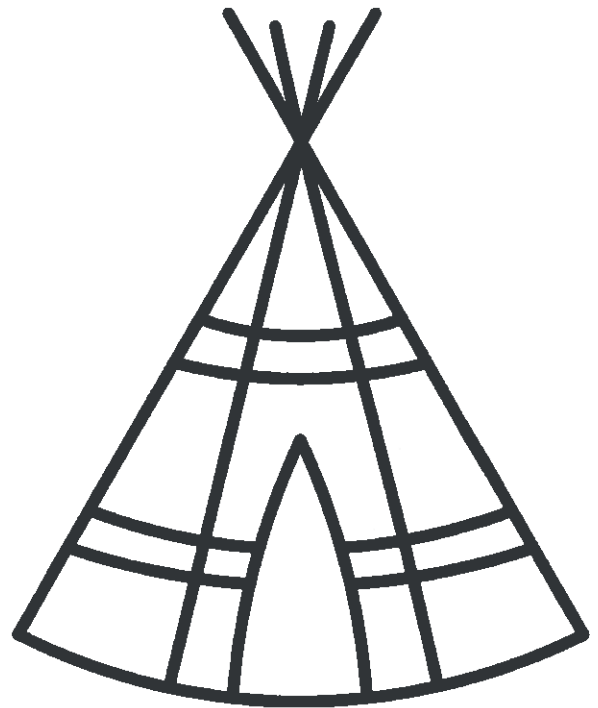
**HELP**

**WANTED!**



**LOOKING FOR A  
MEMBER TO CUT 15  
TEE PEE POLES!  
MUST PEEL THE  
BARK OFF & MUST  
HAVE OWN TOOLS!**

**PLEASE CALL DARCY  
OR STAN IF  
INTERESTED!  
705-857-1221**



For more information please contact : .....

STAN MOSES

705-857-1221





**Henvey Inlet  
First Nation**

Pickering, ON P0G 1J0

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

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

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

Chief  
M. Wayne McQuabbie  
Council  
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: October 26, 2023  
**Re: Employment Opportunities**

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

- 1) Ontario Works Administrator – 1 Position
- 2) Adult Education Teacher – 1 Position
- 3) Band Representative – 1 Position
- 4) Secondary School Bus Driver – 1 Position
- 5) Maintenance Assistant (seasonal) – 1 Position
- 6) Emergency Management Coordinator – 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](http://www.hifn.ca/community-2/job-postings-2.html) for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP  
Human Resources Coordinator





## 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 assistance 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 not 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 Pickeral River Rd.

Pickeral, ON P0G 1J0

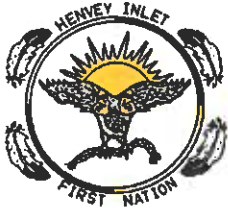
Tel: (705) 857-2331

Fax: (705) 857-3021

Email: [samantha.bradley@henveyinlet.com](mailto: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\***

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### **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

### **QUALIFICATIONS**

- 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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

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## EMPLOYMENT OPPORTUNITY

### BAND REPRESENTATIVE

**\*RE-POST\***

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#### **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.bradley@henveyinlet.com](mailto:samantha.bradley@henveyinlet.com)

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**EMPLOYMENT OPPORTUNITY**  
**SECONDARY SCHOOL BUS DRIVER**

**\*RE-POST\***

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**POSITION SUMMARY**

Henvey Inlet First Nation is seeking a **Secondary School Bus Driver** to join our Administration for a temporary, 9-month contract for the 2023-24 school year. The Secondary School Bus Driver reports to the Education Counsellor and is responsible for transporting students of various ages to and from their homes and respective schools in a timely and safe manner and in accordance with MTO driving regulations, Ontario traffic laws and safe driving practices. This position requires excellent organization, communication and customer service skills.

**MAIN RESPONSIBILITIES**

The Secondary School Bus Driver will be responsible to:

- Ensure bus is well-maintained and operational by conducting daily safety checks on both interior and exterior of school bus prior to operating vehicle
- Report any bus malfunctions or needed repairs
- Safely deliver students to and from their homes and schools, following the assigned time schedule.
- Assist students with boarding and exiting the bus and while crossing the street as needed
- Adhere to and enforce bus safety rules and standards
- Comply with traffic regulations to operate vehicles in a safe and courteous manner
- Resolve any conflicts in a positive, respectful and proactive manner
- Complete an Ontario School Bus Inspection Log Book and Drivers Time Log Book on a daily basis
- Fuel the bus at HIFN Gas Bar as required, notifying the Gas Bar Attendant which bus they are fueling to ensure the correct account is charged
- Transport busses to maintenance and service appointments as required
- Cleaning of the interior of the bus daily and restocking bus supplies when necessary
- Regularly report on the operations of daily runs to the Education Counsellor
- Be available by phone at all times during the school day
- Be informed on protocols for the bus's ability to transport students when weather or safety conditions are a concern
- Other duties as assigned from time to time by the Supervisor, Chief and Council or the Director of Finance/Administration.

**QUALIFICATIONS**

- Grade 12 diploma or equivalent preferred
- Valid Ontario Class B or E Driver's License required
- Clear Driver's Abstract
- Clear CPIC – Vulnerable Sector Police Check
- Current First Aid and CPR Level C



- Previous school bus driver experience preferred
- Knowledge of the Ontario Highway Traffic Act and school bus regulations
- Knowledge of First Nations customs, traditions and language an asset
- Excellent driving skills and habits
- Ability to remain attentive when faced with distractions
- Excellent customer service and written and verbal communication skills
- Exceptional organization and time-management skills
- High level of personal integrity and accountability

### **HOURS OF WORK**

Full-Time – 40 hrs/week

### **REMUNERATION**

Based on experience

### **START DATE**

As soon as possible

### **APPLICATION DEADLINE**

Open 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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: [samantha.bradley@henveyinlet.com](mailto:samantha.bradley@henveyinlet.com)

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## EMPLOYMENT OPPORTUNITY

# MAINTENANCE ASSISTANT

### POSITION SUMMARY

Henvey Inlet First Nation is currently seeking a temporary, full-time **Maintenance Assistant** to join our Administration for a 4-month seasonal contract. The Maintenance Assistant reports to the Maintenance Supervisor and is responsible for the maintenance of all current and future band-owned buildings and grounds including HIFN Administration Office, Commercial Rental Offices, Health Centre, Daycare, Playground Areas, 4-Plex, Ball Field, Pow Wow Grounds, Helipad, 8-Plex, Learning Centre, Lands Office, and Fire Hall. This position requires high degree of self-motivation and a strong work ethic.

### MAIN RESPONSIBILITIES

The Maintenance Assistant will be responsible to:

- Assist with the set-up of workshops and other events taking place in the Firehall and throughout the Community
- Ensure ample supply of toiletries, including soap, toilet paper and paper towels, are available in building restroom dispensaries at all times
- Assist with minor plumbing issues including repairing leaking faucets, broken pipes, etc.
- Assist with minor electrical issues including changing light bulbs and smoke detector batteries, etc.
- Assist with minor building repairs including damage to drywall, replacement/installation of doors, windows, damaged siding and floor coverings, and interior and exterior painting and window washing
- Transport required band-owned equipment to and from respective job sites
- Maintain building grounds by watering grass and gardens as needed, cutting grass and brush, raking leaves and removing fallen trees impeding band property
- Assisting with planting, watering, and weeding of flower beds, and harvesting of Community gardens
- Clean building eavesdrops and gutters as needed
- Assist with removal of beehives, hornet and wasp's nests from exterior of buildings
- Clear snow from parking lots, driveways, steps, ramps, pathways, garbage bins, and building roofs
- Salt and/or sand parking lots, driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
- Winterize building doors and windows as needed
- Pick up and remove garbage, cigarette butts and other debris in and around band-owned property
- Flood the community ice rink at the beginning of and throughout the season as needed
- Perform other duties as assigned from time-to-time by Maintenance Supervisor, Chief and Council or the Director of Finance/Administration

### QUALIFICATIONS

- Valid Ontario Class G Driver's License **a must**
- Clear driver's abstract
- Grade 12 diploma or equivalent preferred
- Basic home maintenance and carpentry skills

- Previous carpentry, brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Current First Aid and CPR Level C
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- 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**

Full-Time – 35.5 hrs/week

### **REMUNERATION**

\$19/hour

### **START DATE**

Mid-November to early December

### **APPLICATION DEADLINE**

November 5, 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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: [samantha.bradley@henveyinlet.com](mailto:samantha.bradley@henveyinlet.com)

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## EMPLOYMENT OPPORTUNITY

# EMERGENCY MANAGEMENT COORDINATOR

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### POSITION SUMMARY

Henvey Inlet First Nation is seeking a temporary, full-time **Emergency Management Coordinator** to join our Administration for a three-year contract. The Emergency Management Coordinator reports to the Fire Chief and is responsible for overseeing the coordination of emergency response plans during natural and/or man-made disasters directly impacting Henvey Inlet First Nation. The Emergency Management Coordinator will work collaboratively with HIFN emergency services personnel to create response plans for dealing with emergencies that will mitigate potential hazards, respond to incidents and coordinate recovery efforts in accordance with applicable municipal, provincial and federal laws and legislation. This position requires excellent communication and critical thinking skills.

### MAIN RESPONSIBILITIES

The Emergency Management Coordinator will be responsible to:

- Research and develop comprehensive community Emergency Planning and Preparedness plans in accordance with applicable laws and regulations, making them publicly accessible where required
- Review and interpret existing emergency plans and make revisions as required
- Develop and execute the annual emergency management work plan
- Submit completed work plan and Emergency Planning and Preparedness plans to ISC and other applicable funding agencies as requested
- Monitor the emergency management budget, ensuring pre-approval of all expenditures by Chief and Council
- Submit all department funding applications and budgetary reports to the appropriate funding agency/programs, including but not limited to ISC Non-Structural Mitigation and Preparedness Program, ISC FireSmart Program and First Nations ADAPT Program as required
- Establish and maintain a high standard of safety consideration
- Ensure that all health, safety and security regulations are adhered to by modeling and enforcing safe work practices, including proper use of personal protective equipment
- Set priorities for preventative hazard assessments to be conducted on an ongoing basis
- Adhere to local, provincial and federal laws and regulations at all times
- Develop training and exercises in relation to established emergency plans including exercises for testing emergency plans and procedures
- Supervise the Emergency Planning and Preparedness team staff and volunteers and coordinate group training exercises and drills
- Coordinate, monitor and oversee activities for all emergency response projects and deployments
- Establish and organize an Emergency Planning Committee and act as committee's chairperson
- Facilitate monthly Emergency Planning Committee meetings to review recent incidents, summarize key take aways and make amendments to currently plans as recommended
- Know and understand HIFN emergency preparedness plans that will govern the provision of necessary services in the event of an emergency
- Develop and implement individual and community-wide procedures for emergency response
- Coordinate public outreach and educational awareness programs in preparing for local emergencies
- Maintain visibility within HIFN community by communicating project initiatives and educational awareness through monthly HIFN newsletter
- Establish an active emergency operations centre in the community including communication methods to be used in the event of an incident



- Share in the development and maintenance of a current list of in-community members and emergency contact information in the event of an active emergency
- Provide expertise and advice regarding emergency planning and declarations to HIFN leadership and department heads
- Work collaboratively with HIFN Fire Department and First Response teams to act on emergency plans in the event of an incident
- Contact the emergency operations centre and activate emergency planning measures in the event of an active emergency
- Collaborate with HIFN Fire Chief and act as incident co-commander in the event of an emergency
- Establish and maintain community relationships between HIFN and local authorities, emergency services and government agencies
- Meet with building and health and safety inspectors and other investigators and authorities regarding emergency preparedness and response efforts
- Act as a liaison between HIFN and external government agencies and organizations to ensure emergency plans are properly communicated
- Work collaboratively with local volunteer and transportation agencies, emergency services and private sector resources to coordinate emergency response initiatives
- Coordinate with HIFN Health Department and other local medical professionals, hospitals and public health officials to develop plans relating to mass casualty incidents and situations that may require mass inoculation
- Coordinate community evacuation measures and assist with logistical tasks such as temporary relocation efforts
- Assist with the coordination and procurement of additional resources as needed given the nature of the emergency
- Coordinate during the recovery phase to ensure that identified damages are remedied in a timely manner
- Work collaboratively with government investigations and emergency services to prepare and submit incident reports and other necessary documentation
- Provide information and emergency measure expertise to inquiring parties
- Maintain incident and investigation reports and records in a private and secure area
- Complete administrative tasks as required
- Coordinate post-emergency debriefings for Chief and Council and prepare incident reports for external government agencies and funders as required
- Coordinate with Chief and Council prior to any public relations statements being made
- Provide a positive and professional image of the organization at all times
- Assist with crowd and media control at the scene of an active emergency
- 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 all mandatory training workshops, meetings, conferences and professional development courses pertaining to emergency management and public safety as required
- Maintain all necessary licenses, registrations, memberships and certifications required to perform all aspects of the role
- Attend and actively participate in all staff and community meetings
- Other duties as assigned from time-to-time by the Supervisor, Director of Finance/Administration or Chief and Council

## **QUALIFICATIONS**

- Must be 18 years of age or older
- Grade 12 diploma or equivalent required
- Post-secondary degree or diploma in Emergency Management, Public Safety, or a related field preferred
- Previous emergency planning and preparedness experience preferred
- Previous emergency response experience an asset
- Proven ability to manage and lead a team in high-stress environments with the ability to assign and delegate work
- High-level of knowledge and understanding of the industry and geographic area
- Integrates principles of safety/risk management into daily work routines

- Current First Aid and CPR Level C
- Current and satisfactory Vulnerable Sector Police Check
- Valid Class G driver's license required; valid D-Z driver's license is preferred
- Clear driver's abstract
- Working knowledge of investigation and evidence gathering techniques and emergency response techniques
- Demonstrated experience in the use and care of emergency response equipment
- Excellent organizational, strategic planning and implementation skills
- Excellent analytical and problem-solving skills
- Highly resourceful and self-motivated
- Ability to think and act quickly in stressful situations; adaptable to changing priorities and procedures
- Strong prioritization, reasoning and decision-making skills
- Effective verbal and written communications skills, including effective listening skills
- Competent computer skills, including basic Microsoft Word, Excel and Outlook experience
- Effective public relations and public speaking skills
- Ability to meet physical demands of the job
- High degree of personal integrity and ethical values
- Possesses cultural awareness and sensitivity
- Reliable to work flexible hours, including on-call, evenings, weekends and over-nights as needed

### **HOURS OF WORK**

Full-Time – 35.5 hrs/week

### **REMUNERATION**

Negotiable based on experience

### **START DATE**

November 27, 2023

### **APPLICATION DEADLINE**

November 13, 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 P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: [samantha.bradley@henveyinlet.com](mailto: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.

MOOSE DEER POINT  
FIRST NATION

*Merry*  
**CHRISTMAS**  
*Seniors Celebration*

**SAVE THE DATE**  
**THURS 16.NOV**

More info to come.

Please let us know if your community  
wishes to participate & approximate  
how many people will be joining

**If any Elders are interested, Please call Luana to notify 705-857-1221**



# **GAS BAR**

## **WINTER HOURS**

**STARTING OCTOBER 10, 2023**

**MONDAY TO FRIDAYS**

**8:00 AM TO 7:00 PM**

**SATURDAY AND SUNDAYS**

**8:00 AM TO 6:00 PM**

# Henvey Inlet First Nation O.A.T.C. Clinic



**CLOSED ON SATURDAY & SUNDAYS!**

**CLIENTS ARE TO PICK UP CARRIES BY 12 NOON!  
FOR THOSE THAT ARE NOT APPROVED FOR  
CARRIES THEN A FAMILY MEMBER WHO IS  
APPROVED CAN PICK UP FOR THEM**

IF ANY QUESTIONS, PLEASE CALL BRENDA OR DEBBIE AT  
THE CLINIC 705-857-3449



# DIBAAJIMOOWINAN

Gezhtoojig Employment & Training

## Gezhtoojig Employment & Training **OPEN HOUSE** in Henvey Inlet First Nation

**DATE:** Thursday, November 9, 2023  
**TIME:** 10:00 a.m. - 1:00 p.m.  
**LOCATION:** Henvey Inlet Learning Centre

✓ **COME VISIT US IN YOUR  
COMMUNITY SHARE YOUR INSIGHT  
WE WANT TO HEAR FROM YOU**

✓ **FIND OUT ABOUT  
OUR SPECIAL TRAINING  
PROGRAMS OFFERED**



✓ **VISIT OUR BOOTH  
TO OBTAIN INFORMATION  
ON OUR PROGRAMS**



✓ **COFFEE**  
✓ **SNACKS**  
✓ **GIVEAWAYS**  
✓ **LUNCH PROVIDED**



***Job Seekers fill out our Feedback Form to Receive \$50.00 Gift Card***



Gezhtoojig Employment & Training, , 117 Elm St., Unit 102, Sudbury, ON P3C 1T3  
Tel: 705-524-6772 Toll: 1-800-361-9256 Fax: 705-524-5152 [www.gezhtoojig.ca](http://www.gezhtoojig.ca)





## **Christmas Hamper Registration**

**Do you need help this  
Christmas?**

**At The Salvation Army, we believe that  
everyone should feel the love and hope**

**Christmas brings.**

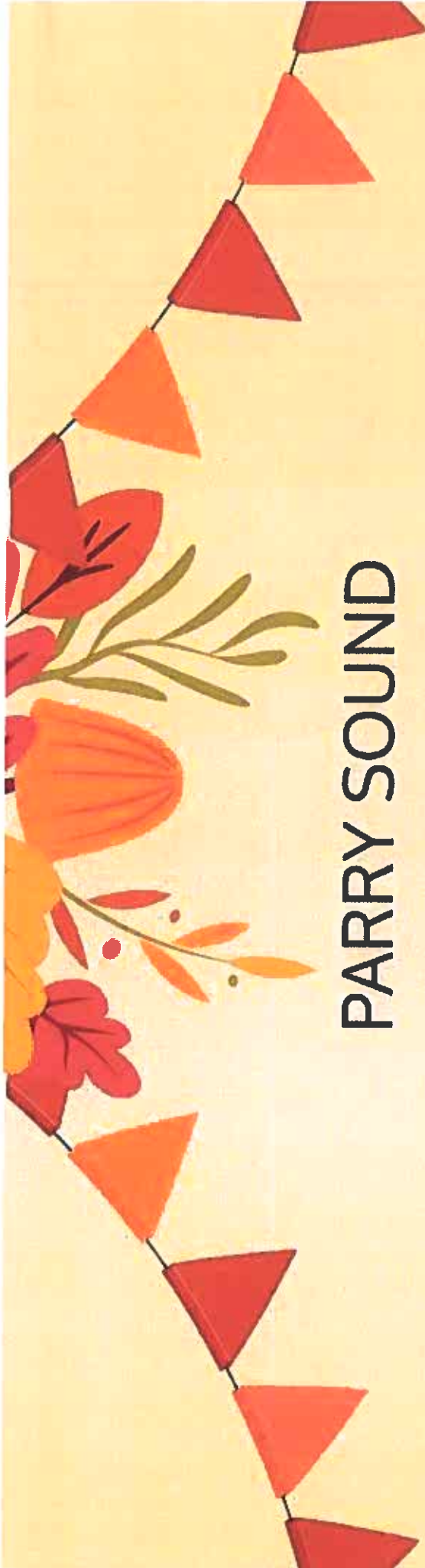
**Applications for the Christmas Hamper  
Program accepted by appointment from**

**Monday November 22 - Friday December 1**

The Salvation Army  
Community & Family  
Services Parry Sound

To Book an  
Appointment  
Call : 705-746-5391  
before November

17



PARRY SOUND

# HARVEST SHARE

Intake Form





## Food Bank Intake Form

First & Last Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
(YYYY/MM/DD)

Email: \_\_\_\_\_

### **Source of income (Please mark one)**

Ontario Works (OW)\_\_\_ Canada Recovery Caregiver Benefit (CRCB)\_\_\_ No Income\_\_\_ OAS\_\_\_ WSIB\_\_\_  
Canada Recovery Sickness Benefit (CRSB)\_\_\_ Canada Worker Lockdown Benefit (CWLB)\_\_\_ Other\_\_\_  
CERB (Canada Emergency Response Benefit)\_\_\_ Child Support\_\_\_ Child Tax Benefit\_\_\_ CPP\_\_\_ EI\_\_\_  
Employed Part-Time\_\_\_ Employed Full-Time\_\_\_ Private Disability\_\_\_ Private Pension\_\_\_ Student Loans\_\_\_  
Provincial Disability(ODSP)\_\_\_ Scholarships\_\_\_ Spouse/Family Support\_\_\_ Universal Child Care Benefit\_\_\_

### **Gender (Please mark one)**

Female \_\_\_ Male \_\_\_ Transgender \_\_\_ Other \_\_\_ Prefer Not To Answer \_\_\_

### **Ethnicity/Origin/Race (Please mark one)**

Prefer not to answer\_\_\_ Indigenous\_\_\_ White\_\_\_ South Asian\_\_\_ Chinese\_\_\_ Black\_\_\_ Filipino\_\_\_  
Latin American\_\_\_ Arab\_\_\_ West Asian\_\_\_ Korean\_\_\_ Japanese\_\_\_ South East Asian\_\_\_ Other\_\_\_  
Didn't Ask\_\_\_ Don't Know\_\_\_

### **Disability (Please mark one)**

Yes\_\_\_ No\_\_\_ Prefer Not To Answer\_\_\_ Don't Know\_\_\_ Didn't Ask\_\_\_

### **Have you lived in Canada for more than 10 years (Please mark one)**

Yes\_\_\_ No\_\_\_ Prefer Not To Answer\_\_\_ Don't Know\_\_\_ Didn't Ask\_\_\_  
(if the answer is no Month/Year of arrival in Canada \_\_\_\_\_)

### **Are you currently a University or College Student (Please mark one)**

Yes\_\_\_ No\_\_\_ Prefer Not To Answer\_\_\_

### **Highest Education Level Completed (Please mark one)**

Grade 0-8\_\_\_ Grade 9-11\_\_\_ Highschool Diploma\_\_\_ OAC\_\_\_ Post Secondary(some)\_\_\_  
Trade Certificate/Professional Accreditation\_\_\_ 2 Year Degree\_\_\_ 4 Year Degree\_\_\_  
Masters Degree\_\_\_ PHD\_\_\_ Don't Know\_\_\_ Didn't Ask\_\_\_ Prefer Not to Answer\_\_\_

**Country of Education:** \_\_\_\_\_



Address (include apartment or unit numbers & Postal Code)

---

**Referred By (Please mark one)**

Client/Family/Friend\_\_ EI\_\_ Unions\_\_ Media/News/Outreach\_\_ ODSP\_\_ OW\_\_  
Other Food Bank Agency\_\_ Programs within agency\_\_ Didn't Ask\_\_ Don't Know\_\_  
Prefer Not to answer\_\_ Other (Please Specify)\_\_\_\_\_

**Dietary Considerations**

Prefer not to answer\_\_ Didn't Ask\_\_ Don't Know\_\_ Diabetic\_\_ Other (please Specify)\_\_\_\_

---

**Housing type (Please mark one)**

Emergency Shelter / Mission / Transitional\_\_ Evacuee\_\_ Own Home\_\_ Private Rental\_\_  
Unhoused\_\_ Public (Social) Housing\_\_ Undisclosed\_\_ Youth Home/Shelter\_\_ Didn't Ask\_\_  
With Family/Friends\_\_ Other\_\_ Don't Know\_\_ Prefer Not to Answer\_\_

**Other Household Members**

First & Last Name	Birth Date(YYYY/MM/DD)	Relationship	Gender
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Pets (cats/dogs please list how many and what kind): \_\_\_\_\_

Instant/Perked coffee(which do you prefer?): \_\_\_\_\_

Do you drink Tea (herbal, black, orange pekoe?): \_\_\_\_\_

Do you use Sugar or Whitener (please list): \_\_\_\_\_

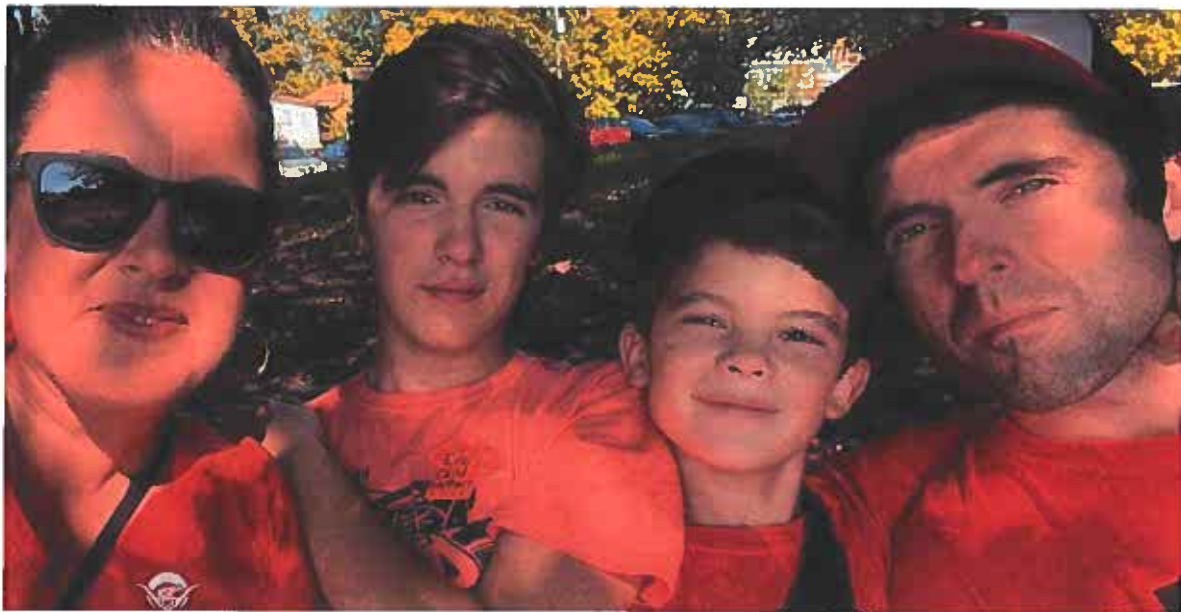
Signature: \_\_\_\_\_



# Indigenous Youth of the Year winner finds connection through giving back



Daniel Chai | Sep 30 2023, 1:00 pm



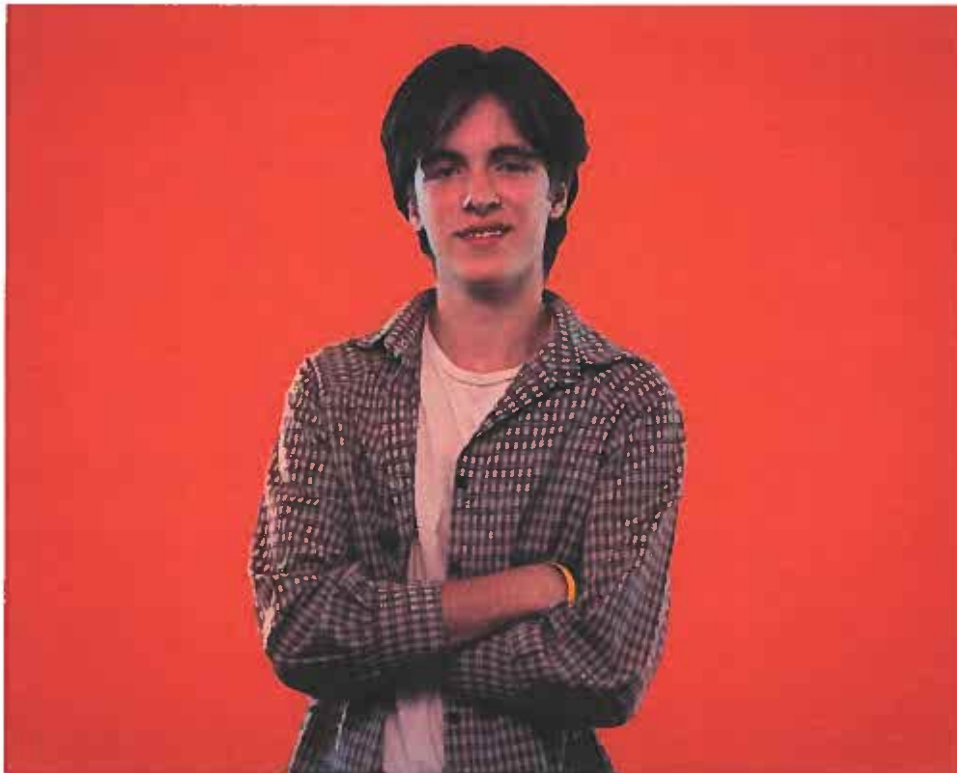
Logan Keilty (second from left) and his family/Submitted

For 16-year-old Logan Keilty, connecting with his Indigenous heritage is an important part of life.

“I am Anishnaabe and a member of Henvey Inlet First Nation. I’ve grown up in Vancouver, so consider myself an urban First Nation youth,” explained Keilty to Daily Hive. “I’ve had the opportunity to participate in cultural events and celebrations on my traditional territory and on the unceded territory of the Squamish, Musqueam and Tsleil-Waututh Nations.

“I have learned so much about my culture from my family. My grandma and my aunts are especially wonderful to learn from.”

Keilty is also an exemplary role model in his own right, working as a volunteer with BGC Canada – South Coast BC Club. His hard work giving back to his community helped him win BGC Canada’s second-ever Indigenous Youth of the Year award.



Logan Keilty/Submitted

“It means a lot to me to have been selected as this year’s Indigenous Youth of the Year winner,” shared Keilty. As the second-ever recipient, I am encouraged that BGC has recognized the importance of holding up and honouring Indigenous youth in this way.

“I recognize the significance and importance of what this means and being a role model for Indigenous youth and First Nations youth across Canada. BGC has given me so many opportunities, and this is just another one! I’m so grateful and thankful.”



Keilty has participated in BGC Canada events for eight years in programs like Camp Potlach, intramural sports, and truth and reconciliation workshops. He also regularly volunteers time with children and shares his family's Indigenous traditions and culture to begin meaningful dialogue.



The youth leader is also ready to honour and remember residential school survivors and their families on [National Day for Truth and Reconciliation](#) on Saturday, September 30.

“Truth and Reconciliation Day is a day for Canadians to listen with open hearts,” Keilty explained. “It is a day where survivors and their families have an opportunity to share their truths and for their neighbours and communities to listen and support them.

“In my perspective, truth and reconciliation doesn’t just happen once a year. It is an important reminder for everybody to reflect on the true past of this country and the impact it’s had on so many people.”

Keilty is also grateful to his supportive family members for helping him connect to his Indigenous heritage.



Keilty/Submitted

“My grandma is the one who supports me the most in reconnecting with my culture, along with my mom, who works at the First Nations Health Authority. I really look up to my mom and her work as I believe it is a very important job she is doing.

“I also have my great uncle to thank for my very first guitar. It was an acoustic guitar he had in his garage, and I spent hours upon hours alone practicing on that guitar, trying to perfect every riff and solo I was learning – and the hard work paid off.”



Logan Keilty/Submitted

Music is another great joy in Keilty's life. He is a student at the Sarah McLachlan School of Music, learning to play the guitar and drums while participating in the jazz band.

"Writing and playing music is very important to me," added Keilty, who will be attending the BGC Youth of the Year Awards in Toronto this October. "Arts play a huge part in my life, and it inspires me every day."

Like the arts, Keilty is also inspiring youth, and his community is excited to see where his journey takes him next.

Daily Hive is a Canadian-born online news source, established in 2008, that creates compelling, hyperlocal content. Part of © 2023 | Executive Producer Moses Znaimer



Proud Grandma, Joan Skelton with award winner Logan Keilty.

***CONGRATULATIONS LOGAN!!!***





L to R – Aunt Aleesha Skelton, Katie Skelton-Mom, Logan Keilty and Aunt Nicole Skelton.





Information Hwy: – October 30, 2023,

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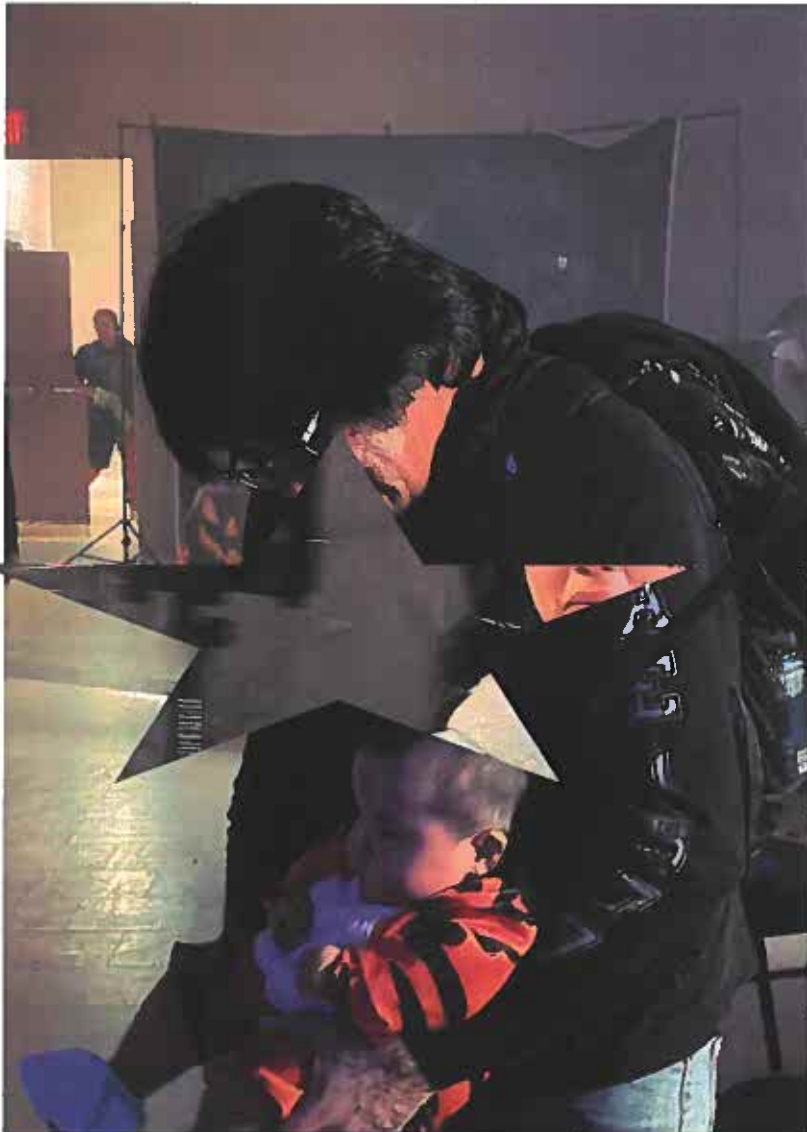
# Henvey Inlet F.N. Halloween Party





## **Spooky things happening in and around the town of Noelville**

Some of the kids were interviewed and said they



saw 5 large birds that actually looked liked witches, they said they know what it sounds like, CRAZY, CRAZY...

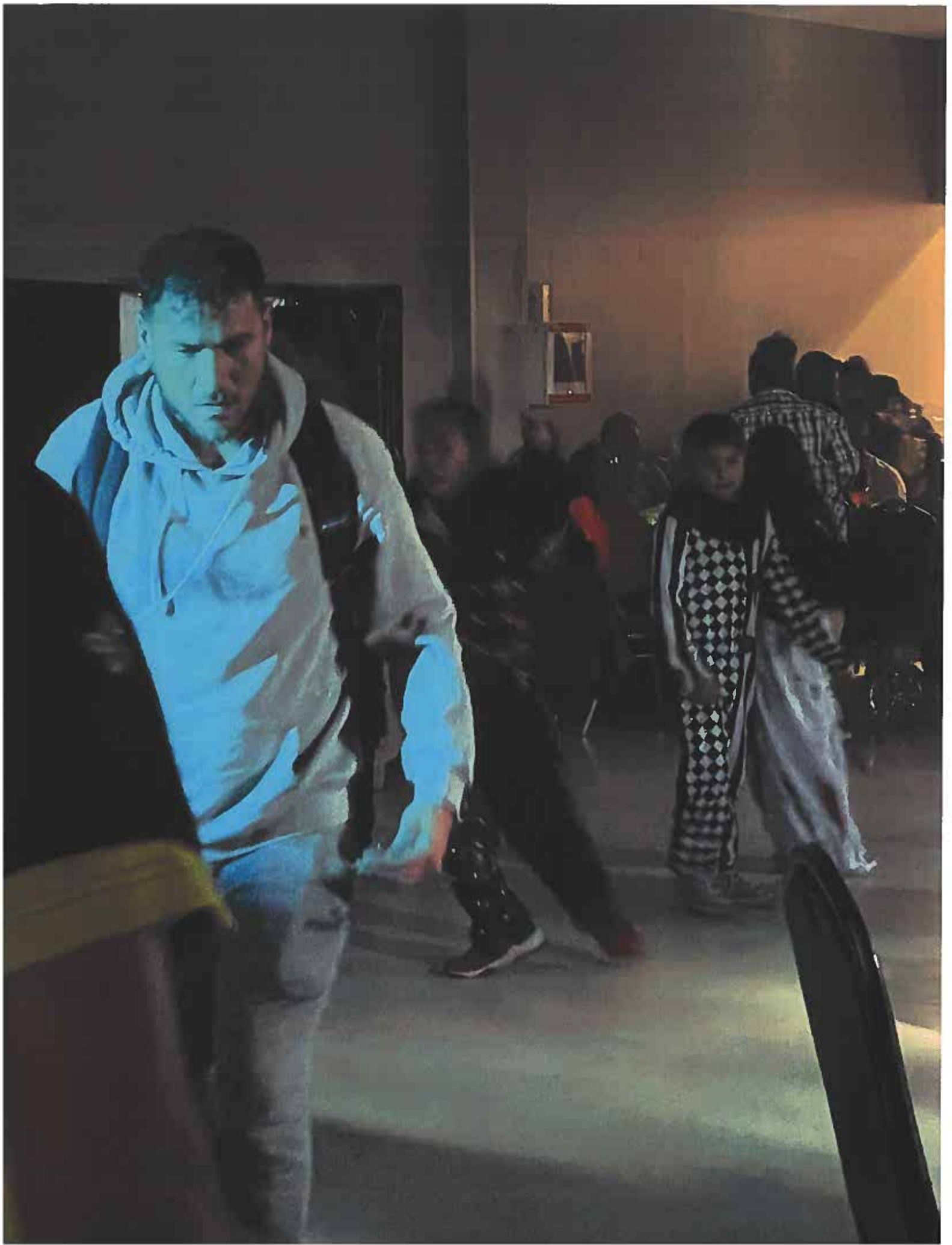






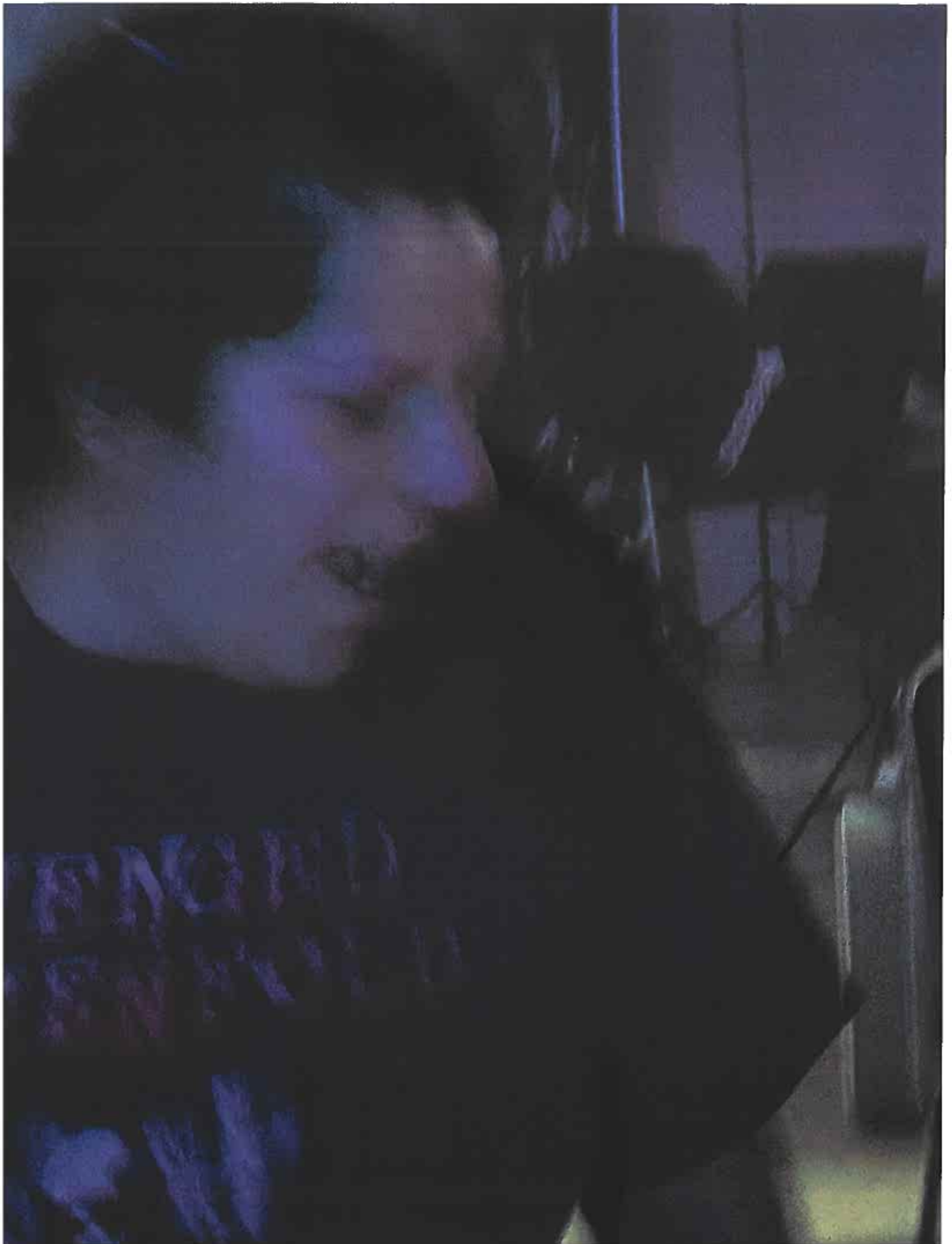
















# November Newsletter

BRR, the cold weather has officially arrived! The children have been adjusting well to the to the changing of the weather. The children are beginning to work on more self help skills by putting on their own boots or shoes and being able to do the 'coat flip' to put on their own coats. In the month of October we had a lot of fun! We carved some pumpkins and examined the seeds, had a dress up dance party, made our own playdough and even got to have 'dirt and worms' for a spooky snack.

For the month of November we will be working on the letters E and F. Some Activities we have planned are:

**Fall Pumpkin Volcano Experiment (Making a volcano with the left over pumpkins)**

**Disappearing Egg Experiment (using vinegar and an egg to watch what happens over the course of the next few weeks)**

**Sink and Float Fall Experiment (using various fall items to determine if they will sink or stay afloat)**

**Leaf Collecting (going for a walk to collect leaves for various activities)**

**'Eye-Spy' Nature walk in the community (looking for all the fall related items we can collect/see)**

**Firefighter day (Talking all about firefighters and making firefighter crafts)**

**Finger Painting Day (using fall colours to create fall paintings)**

**Leaf and Tree Rubbings (Going to collect rubbings from various nature settings)**

We would like to also take this time to give a warm welcome to Kathy! She is our new daycare worker and the children have been doing a great job at making her feel welcome.

Just a quick reminder to ensure you are bringing a hat, mitts, and boots along with extra warm clothes. Now that the weather is getting colder and the playground is staying wet and we are outside for 1-2 hours in morning and afternoon!

If you have any questions or concerns you can reach the Daycare at (705) 857-0957

Ashley (RECE), Nancy (RECE), Kathy (RECE) and Darlene (Cook)





# November 2023

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes			1	2	3	4
					 Pumpkin Volcano Experiment	
5	6	7	8	9	10	11
	 Rock Painting!			 Disappearing Egg Experiment		
12	13	14	15	16	17	18
			 FALL STEM ACTIVITY SINK OR FLOAT Sink or Float Activity		 Creating a Fall Leaf Collection Creating leaf Collection	
19	20	21	22	23	24	25
			 FIRE FIGHTERS Firefighter Day!		 I Spy Scavenger Hunt Nature walk	
26	27	28	29	30		
		 Finger Painting Day!		 Leaf and Tree Rubbings!		



# NOVEMBER

## *Programs / Workshops*

Kara Newton- HBHC/JP Navigator

Kerri Campbell- Lead Band Rep.

Naomi Pegahmagabow- Band Rep

Jodi Contin- Band Rep.

Kiana Moses- Access Worker

## Band Representative On-Call Schedule

Staff Member	Start Date	End Date
Kerri	2023-10-23 16:30	2023-10-30 8:30
Naomi	2023-10-30 16:30	2023-11-06 8:30
Kerri	2023-11-06 16:30	2023-11-27 8:30
Naomi	2023-11-27 16:30	2023-12-04 8:30
Kerri	2023-12-04 16:30	2023-12-14 8:30
Naomi	2023-12-14 16:30	2023-12-25 16:30
Kerri	2023-12-25 16:30	2024-01-08 8:30
Naomi	2024-01-08 16:30	2024-01-22 8:30
Kerri	2024-01-22 16:30	2024-02-05 8:30

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
Erin	(705) 698-2935
Kiana	(705) 921-5205

**\* 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 \***

# November

COMMUNITY  
**HEALTH**  
educator

354A Pickernel River Road  
Pickernel ON P0G 1J0



# 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9 PIEROGI MAKING WKSHIP ALL DAY	10	11
12	13	14	15	16	17	18
19	20	21	22	23 MEAT PIE WKSHIP ALL DAY	24	25
26	27	28	29	30		



# November

# 2023

## Kerri Campbell Band Rep Lead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 CHRISTMAS PHOTOS
5	6 OUT OF OFFICE	7 BR MEETING	8	9 PIEROGI WORKSHOP	10	11
12	13	14	15	16	17	18
19	20	21 BR MEETING Family Court 12 pm	22	23 MEAT PIE WORKSHOP	24 CHRISTMAS PHOTOS	25 MATILDA OUTING
26	27	28	29 OUT OF OFFICE	30 OUT OF OFFICE		

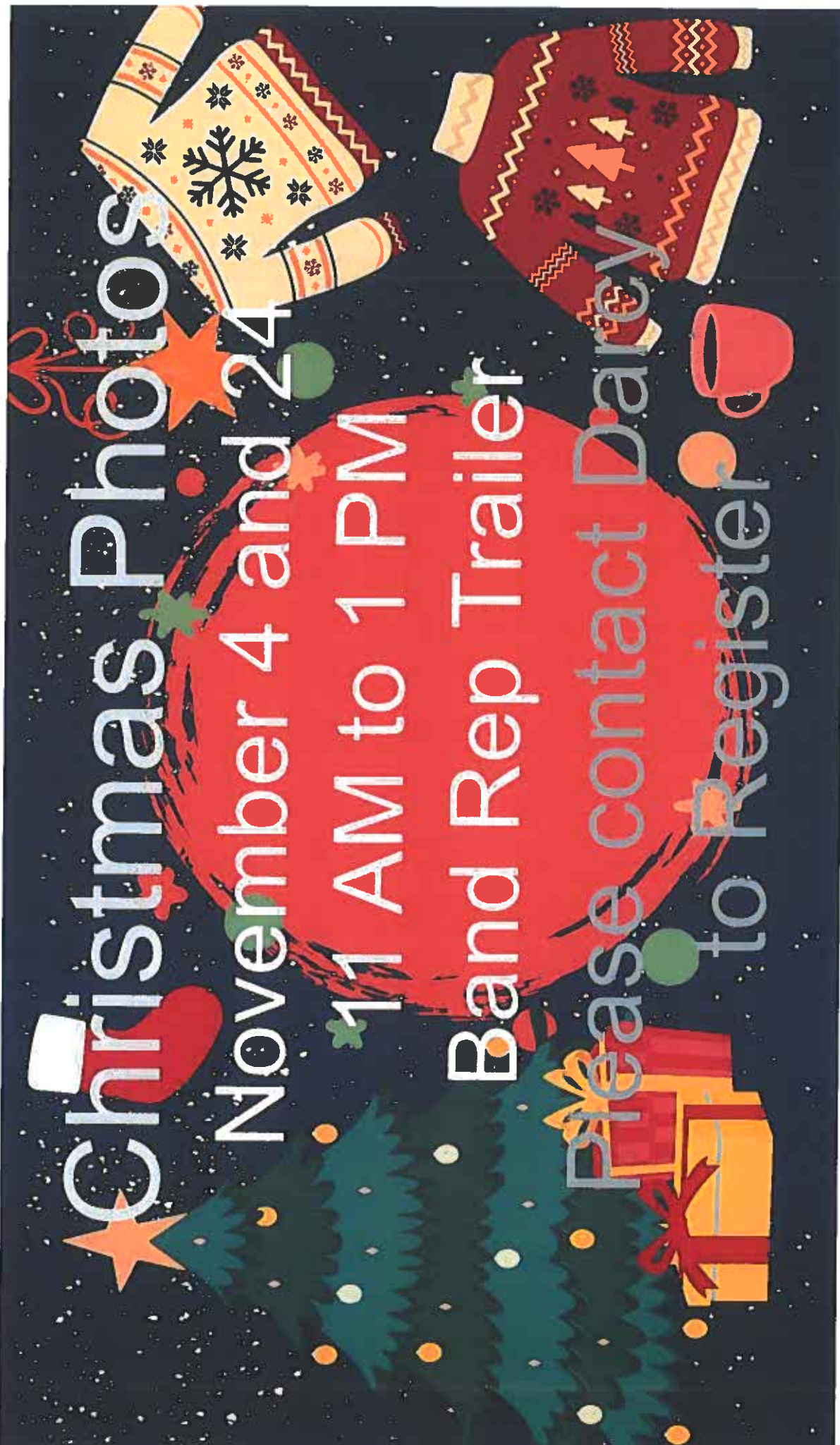
# ★ Christmas Photos

November 4 and 24

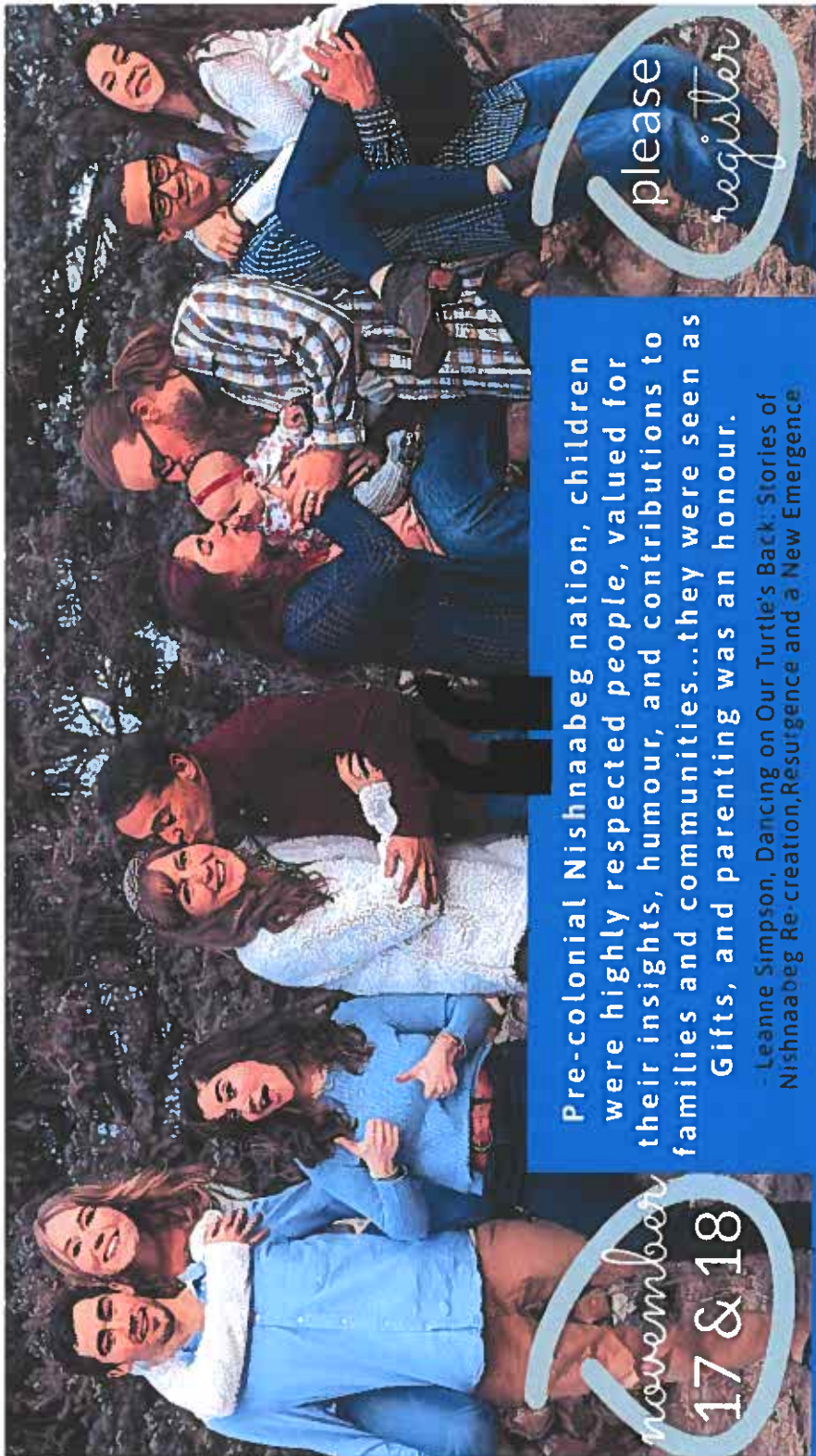
11 AM to 1 PM

Band Rep Trailer

Please contact Darcy to Register







Pre-colonial Nishnaabeg nation, children were highly respected people, valued for their insights, humour, and contributions to families and communities...they were seen as Gifts, and parenting was an honour.

- Leanne Simpson, Dancing on Our Turtle's Back: Stories of Nishnaabeg Re-creation, Resurgence and a New Emergence

# Traditional Indigenous Parenting Series

The Indigenous Parenting Series is a four-week parenting class facilitated through education, discussion, and activities. It is a flexible series with authentic involvement from the participants on parenting issues/topics relevant to them.

## Day 1

- Seven Stages of Life
- History of Indigenous Parenting
- Intergenerational Trauma & Healing
- Beading & Parenting
- Traditional Tools to Promote Mino-bimaadiziwin
- Developmental Stages

## Day 2

- Effective Discipline
- Communication
- Emotions
- Other topics
- Nourishing your Child's Spirit
- Self-Care for Parents/Caregivers
- Certificates

**Facilitator: Dr. Joey-Lynn Wabie, Wolf Lake FN**

**CONTACT: Naomi Pegahmagabow**  
 naomi.pegahmagabow@henveyinlet.com

**LOCATION: HIFN Learning Centre**  
**ZOOM ID: 994 0571 2094**

10 spots are available for  
youth aged 10-14 years

Hoid Dahls

# Matilda

THE MUSICAL

November 25 - Pickup starts @ 10:50  
AM

Lunch is provided - Cora's Restaurant

**Sudbury Theatre Centre**





# Community Health Nurse



**BRENDA CONTIN**



# November 2023

Su	Mon	Tue	Wed	Thu	Fri	S
	<b>BRENDA CONTIN, CHN</b> Schedule subject to change!		<b>1</b> Methadone Clinic/ OFFICE	<b>2</b> CDP ZOOM am SUDZ: Program Shopping pm	<b>3</b> Membership Mtg	
<b>6</b>	<b>Lunch n Learn</b> MSAA Webinar	<b>7</b> Methadone Clinic/ OFFICE	<b>8</b> Methadone Clinic/ OFFICE	<b>9</b> Methadone Clinic/ OFFICE	<b>10</b> Methadone Clinic	
<b>13</b>	<b>STAT HOLIDAY</b>	<b>14</b> Membership Mtg	<b>15</b> Methadone Clinic/ OFFICE	<b>16</b> Methadone Clinic/ OFFICE	<b>17</b> NOT IN OFFICE	
<b>20</b>	Methadone Clinic/OFFICE	<b>21</b> Methadone Clinic/ OFFICE	<b>22</b> Methadone Clinic/ OFFICE	<b>23</b> Methadone Clinic/ OFFICE	<b>24</b> Methadone Clinic	
<b>27</b>	Methadone Clinic/OFFICE	<b>28</b> Methadone Clinic/ OFFICE	<b>29</b> Methadone Clinic/ OFFICE	<b>30</b> Methadone Clinic/ OFFICE	<b>1</b> NOT IN OFFICE	

# Diabetic Bingo

Location: Henvey Inlet Learning Centre

Date: Monday November 6, 2023 @ 11:30



## Diabetes Education

People who are  
Diabetic will be given  
first priority on sign  
up list!

**Diabetes BINGO!!**

**20 maximum players**

**Please call Darcy to sign up!!**

**You must be present at program by 11:45am or your name will be bumped by next person on the waiting list.**

**For Info Contact:**

**Brenda Contin, C.H.N.**

**705-857-1221**

# MEET THE *Foot 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 heels

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!

 705-857-1221

Call Health Centre to book!



# FOOT CARE



For Elders &  
Diabetics

**Wednesday**  
**November 8, 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



# Non-Insured Health Benefits Program Updates

## October 2023

### 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:

- **DermOtic oil (fluocinolone acetonide)** 0.01% ear drops for the treatment of chronic eczema

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

- **Toctino and Hanzema (alitretinoin)** for the treatment of severe and chronic hand eczema
- **Diacomit (stiripentol)** for the treatment of epilepsy in infants
- **Increlex (mecasermin)** for the treatment of growth failure in children and adolescents from 2 to 18 years of age
- **Scemblix (asciminib)** 20 mg and 40 mg tablets are limited use benefits for treatment of adult patients with Philadelphia chromosome-positive chronic myeloid leukemia (Ph+ CML)

#### Expanded coverage for Guardian insulin pump and CGM systems

- The NIHB Program has expanded coverage for the following diabetes management devices:
  - Guardian Connect continuous glucose monitoring (CGM) system
  - Guardian Link 3 Transmitter Kit for 670G insulin pump system and integrated CGM
  - Guardian Link 3 Transmitter Kit for 770G insulin pump system and integrated CGM
  - Guardian Link 3 Transmitter Kit for 780G insulin pump system and integrated CGM

- These devices are now covered as limited use benefits for clients 19 years of age or younger managing diabetes with insulin, and all clients with type 1 diabetes
- Prior approval is required. Coverage criteria are noted in the Drug Benefit List
- NIHB continues to provide coverage of diabetes test strips. Clients managing diabetes with insulin can access up to 800 test strips per 100 days

## Medical Supplies and Equipment benefit information

### New listings for hospital beds and accessories

- NIHB now lists hospital beds and related accessories as limited use benefits. Prior approval is required
- Hospital beds can be claimed with or without rails, based on the client's requirements. Examples of benefits covered by NIHB include:
  - electric hospital bed
  - bariatric bed mattress
  - pressure relief mattress
- Refer to section 9.0 Self-care of the medical supplies and equipment benefit list for more information.

### New coverage for oxygen supplies

- NIHB will now provide coverage for the rental of a low flow oxygen meter/adaptor as a limited use benefit. Prior approval is required
- NIHB will now cover new oxygen connectors and adapters at a recommended replacement guideline of 6 per year. Prior approval is not required
- More information can be found in section 5.0 Oxygen equipment and supplies benefits list

### Increased reimbursement rate for custom-made foot orthotics

- NIHB has increased the reimbursement rate for custom-made foot orthotics to \$525 per pair
- More information can be found in section 4.0 Footwear equipment and supplies benefit list

### Registered Respiratory Therapists (RRT) as eligible NIHB recommenders

- NIHB now accepts recommendations from Registered Respiratory Therapists (RRT) for coverage of certain equipment and supplies such as:
  - secretion clearance items
  - tracheostomy supplies
  - renewal of communication benefits

- oxygen and respiratory equipment and supplies once the therapy is prescribed by an eligible prescriber (for example, doctor or nurse practitioner)
- For more information on eligible items, prescription and recommendation requirements, please consult the [Medical Supplies and Equipment Benefit List](#)

## **Mental Health Counselling benefit information**

### **Missed or cancelled appointments**

- If you need to cancel a mental health counselling appointment, virtual or in person, please notify your provider as soon as possible
- The NIHB program does not reimburse providers for missed or cancelled appointments
- Talk to your provider to find out their policies for missed or cancelled appointments, such as whether they charge clients a fee for their time if a client misses an appointment or advance notice of a cancellation is not provided. Note that NIHB will not reimburse clients for these fees
- If NIHB medical transportation arrangements have been made, you must also notify your medical transportation coordinator or [NIHB regional office](#) to cancel travel arrangements

## **Medical transportation information**

### **Client reimbursement requests for medical transportation**

- Client reimbursement requests for medical transportation benefits are processed by Indigenous Services Canada regional offices, or by communities administering medical transportation benefits through contribution agreements
- Medical transportation reimbursement requests are not processed by Express Scripts Canada. If you send these to Express Scripts Canada, they will be returned to you
- To ensure the trip falls within NIHB policy and to confirm coverage, please contact your [NIHB regional office](#) or other organization managing medical transportation benefits
- To submit a client reimbursement request for medical transportation benefits:
  - visit the [Indigenous Services Canada \(ISC\) Forms by category webpage](#)
  - select the "Client Reimbursement Request - Medical Transportation" form
  - print and complete the form and send it in to your [NIHB regional office](#)



## General benefit information

### Submitting client reimbursement requests for multiple benefits

- Express Scripts Canada processes NIHB client reimbursement requests for pharmacy, dental, vision care, medical supplies and equipment, and mental health counselling benefits
- When submitting client reimbursement requests, you must use a separate form for each benefit type (such as pharmacy, dental or vision care)
- You can include multiple items or services on the same form, as long as they are the same type of benefit
  - For example, you can include several dental services on the same form, but must use a new form for vision care services
  - For submission by mail or fax, the client reimbursement form is available for download on the [Client reimbursement page](#) of the Express Scripts Canada NIHB website. You can also call Express Scripts Canada to have it mailed to you
- When submitting a request through your web account, begin by selecting the benefit type (such as, dental), filling out the online form, uploading applicable documents, then clicking submit. If needed, you can return to the claim submission screen and select another benefit type (such as, vision care)
- Find complete instructions and the list of documents required for each benefit type on the [Client reimbursement page](#) of the Express Scripts Canada NIHB website
- Whether you submit client reimbursement requests through mail, fax or your web account, using separate forms for each benefit type will ensure that your claim is sent to the right department for processing, without delay



N.N.A.D.A.P.

Louise Ashawasegai





# November 2023

26 Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31 	1 Office	2 Sewing & Coffee break	3 Office	4
5	6 Feasting of the Soul 6 to 8, Staff Meeting	7 AA & NA meeting 6 to 7	8 Wreath Making	9 Wreath Making	10 Office	11 Remembrance day 
12	13 Closed 	14 Breakfast for NAAAW week Beading 10 to 4	15 Beading 9 to 4	16 Candle light supper, Movie and Karaoke 5 to 10	17 Office	18
19	20 Office	21 AA & NA meeting 6 to 7	22	23 Sewing & Coffee	24 Office	25
26 notes	27 Office	28 AA & NA meeting 6 to 7	29 Office	30 Sewing & Coffee		





## **Feasting of the Soul**

**When: November 6**

**Time: 6pm to 8pm**

**Where: NNADAP trailer**

**Please bring a dish that your loved one's  
favorite food.**



**Remembrance**

**Day**

**Nov.11/23**

**11 AM at the cemetery**

**Followed by Lunch at 12**



# In Flanders Fields

BY JOHN MCCRAE

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



The page features decorative leaf patterns at the top and bottom. The top pattern consists of several large, stylized leaves with detailed vein structures, rendered in a dark blue color against a lighter, textured background. The bottom pattern is similar, with smaller, more densely packed leaves. The background of the entire page is a textured, mottled blue and purple wash.

# **NAAA W WEEK**

---

**NOV. 14, 15, 16**

**You are invited to the following  
Breakfast, beading and a candle light dinner  
and a movie plus karaoke**



**November 14**

**Breakfast at kitchen trailer**

**8am to 10am**

**Beading in NNADAP Trailer**

**10am to 4pm**

**Light Lunch**

---

**november 15**

**Beading in NNADAP Trailer**

**10am to 4pm**

**Light lunch**

---

**November 16**

**School or as we call it "the church"**

**Candle light dinner**

**5pm to 6pm,**

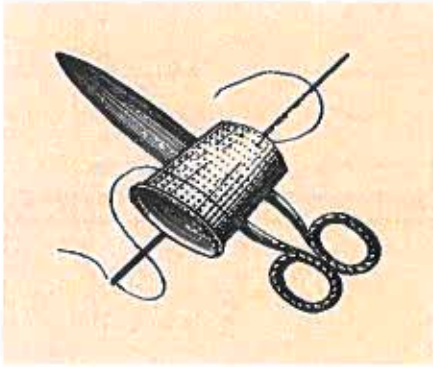
**Movie**

**6pm to 7pm**

**Karaoke**

**7pm to 10 pm**





&



Thursday Nov. 2<sup>nd</sup>, 23 & and 30  
10am to 4pm

## Kids Help Line

If you or someone you know is in need of immediate mental health support, you can contact Kids Help Phone at **1-800-668-6868**. They offer free, confidential, and professional counseling services to children, teens, and young adults across Canada in English and French **24/7**. Their phone service is also offered in over 100 languages including Plains Cree, Severn Ojibwe, Ukrainian, Russian, Pashto, Dari, Mandarin and Arabic with the help of trained interpreters. Please note that if you are experiencing a medical emergency or are in danger of harming yourself or others, please call 911 or your local emergency number immediately

# Home Care Nurse



**DEBBIE BRENNAN**



# November 2023



DEBBIE BRENNAN  
HCN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE Home visits HCC	2 Methadone Clinic Office Admin.	3 Methadone Clinic	4
5	6 Methadone Clinic Office Admin.	7 OFFICE Home visits HCC	8 OFFICE Home visits HCC	9 OFFICE Medical Consultations Home visits	10 Methadone clinic	11
12	13 Remembrance Day offices closed	14 OFFICE Home visits HCC	15 OFFICE Home visits HCC	16 Methadone Clinic Office Admin.	17 Methadone Clinic	18
19	20 Methadone Clinic Office Admin.	21 OFFICE Home visits HCC	22 OFFICE Home visits HCC	23 OFFICE Medical Consultations Home visits	24 Methadone Clinic	25
26	27 Methadone Clinic Office Admin.	28 OFFICE Home visits HCC	29 OFFICE Home visits HCC	30 Methadone Clinic Office Admin.		



AWARENESS MONTH



*National  
Diabetes*

NOVEMBER

# Take Charge of Tomorrow

NIH National Institute of Diabetes and Digestive and Kidney Diseases

## Preventing Diabetes Health Problems

**Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

[f](#) [t](#) [v](#) [i](#) [o](#) [@niddkgov](#)

## Basic carbohydrate counting for diabetes management



**Carbohydrate counting** is a flexible way to plan your meals. It focuses on foods that contain carbohydrate as these raise your blood sugar the most. Follow these steps to count carbohydrates and help manage your blood sugar levels. Your registered dietitian will guide you along the way.

### STEP 1 Make healthy food choices

- Enjoy a variety of vegetables, fruits, whole grains, low fat milk products, and meat and alternatives at your meals. A variety of foods will help to keep you healthy.
- Use added fats in small amounts. This helps to control your weight and blood cholesterol.
- Choose portion sizes to help you to reach or maintain a healthy weight.

### STEP 2 Focus on carbohydrate

- Your body breaks down carbohydrate into sugar (glucose). This raises your blood sugar levels.
- Carbohydrate is found in many foods including grains and starches, fruits, some vegetables, legumes, milk and milk alternatives, sugary foods and many prepared foods.
- Meat and alternatives, most vegetables and fats contain little carbohydrate. Moderate servings will not have a big effect on blood sugar levels.

### STEP 3 Set carbohydrate goals

- Your dietitian will help you set a goal for grams of carbohydrate at each meal and snack. This may be the same from day to day or may be flexible, depending on your needs.
- Aim to meet your target within 5 grams per meal or snack.

### STEP 4 Determine carbohydrate content

- Write down what you eat and drink throughout the day.
- Be sure to note the portion sizes. You may need to use measuring cups and food scales to be accurate.
- Record the grams of carbohydrate in these foods and drinks.
- For carbohydrate content of foods, check the *Beyond the Basics* resources, food packages, food composition books, restaurant fact sheets and websites.

### STEP 5 Monitor effect on blood sugar level

- Work with your health-care team to correct blood sugar levels that are too high or too low.



Nutrition Facts	
Per 90 g serving (2 slices)	
Amount	% Daily Value
<b>Calories</b> 170	
<b>Fat</b> 2.7 g	4 %
Saturated 0.5 g + Trans 0 g	5 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 200 mg	8 %
<b>Carbohydrate</b> 36 g	13 %
Fibre 6 g	24 %
Sugars 3 g	
<b>Protein</b> 8 g	
Vitamin A 1 %	Vitamin C 0 %
Calcium 2 %	Iron 16 %

## Finding carbohydrate values using the Nutrition Facts table

The amount of carbohydrate in a food is listed on the Nutrition Facts table.

- The amount listed is for the serving size given. Are you eating more, less, or the same amount? Compare your serving size to figure out the amount of carbohydrate you are eating.
- The total amount of carbohydrate in grams is listed first. This number includes starch, sugars and fibre. (Starch is not listed separately.)
- Fibre does not raise blood sugar and should be subtracted from the total carbohydrate (i.e. 36 g carbohydrate - 6 g fibre = 30 g available carbohydrate).

## Let's carb count! Sample carbohydrate counting

Food	Portion size	Grams of carbohydrate	Carbohydrate choices
<b>Example - sandwich lunch</b>			
Bread, whole wheat*	2 slices	30 g	2
Chicken breast	2 oz/60 g	0	0
Margarine	1 tsp/5 mL	0	0
Carrot sticks	½ cup/125 mL	0	0
Green grapes*	½ cup/125 mL	15 g	1
Milk*	1 cup/250 mL	15 g	1
Tea/coffee	1 cup/250 mL	0	0
	TOTAL	60 g	4 choices
<b>What did you eat and drink?</b> (write it below)			
	TOTAL		

\*Carbohydrate containing food

**Related articles:** *Just the basics for healthy eating, Glycemic Index, and Sugars and sweeteners*

**DIABETES  
CANADA**

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

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

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# Handy portion guide

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



## **Grains and starches\*/Fruits\***

Choose an amount the size of your fist for grains or starches, or fruit.

## **Milk and alternatives\***

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



## **Vegetables\***

Choose as much as you can hold in both hands.

Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



## **Meat and alternatives\***

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



## **Fat\***

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

\* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*. © Canadian Diabetes Association, 2014.

# Diabetes and foot care:

## A patient's checklist



Many people with diabetes have problems with their feet. You can prevent serious problems by following these basic guidelines. Ask your doctor to explain your risk factors for foot problems.

DO...	DON'T...
<ul style="list-style-type: none"> <li>check your feet every day for cuts, cracks, bruises, blisters, sores, infections or unusual markings</li> </ul>	<ul style="list-style-type: none"> <li>cut your own corns or calluses</li> </ul>
<ul style="list-style-type: none"> <li>use a mirror to see the bottom of your feet if you can't lift them up</li> </ul>	<ul style="list-style-type: none"> <li>treat your own in-growing toenails or slivers with a razor or scissors. See your doctor or foot care specialist</li> </ul>
<ul style="list-style-type: none"> <li>check the colour of your legs and feet; if there is swelling, warmth or redness, or if you have pain, see your doctor or foot care specialist right away</li> </ul>	<ul style="list-style-type: none"> <li>use over-the-counter medications to treat corns or warts. They are dangerous for people with diabetes</li> </ul>
<ul style="list-style-type: none"> <li>clean a cut or scratch with a mild soap and water and cover with a dry dressing for sensitive skin</li> </ul>	<ul style="list-style-type: none"> <li>apply heat to your feet with a hot water bottle or electric blanket. You could burn your feet without realizing it</li> </ul>
<ul style="list-style-type: none"> <li>trim your nails straight across</li> </ul>	<ul style="list-style-type: none"> <li>soak your feet</li> </ul>
<ul style="list-style-type: none"> <li>wash and dry your feet every day, especially between the toes</li> </ul>	<ul style="list-style-type: none"> <li>take very hot baths</li> </ul>
<ul style="list-style-type: none"> <li>apply a good skin lotion every day on your heels and soles. Wipe off any excess lotion</li> </ul>	<ul style="list-style-type: none"> <li>use lotion between your toes</li> </ul>
<ul style="list-style-type: none"> <li>change your socks every day</li> </ul>	<ul style="list-style-type: none"> <li>walk barefoot inside or outside</li> </ul>
<ul style="list-style-type: none"> <li>always wear a good supportive shoe</li> </ul>	<ul style="list-style-type: none"> <li>wear tight socks, garters or elastics, or knee highs</li> </ul>
<ul style="list-style-type: none"> <li>always wear professionally fitted shoes from a reputable store. Professionally fitted orthotics may help</li> </ul>	<ul style="list-style-type: none"> <li>wear over-the-counter insoles—they can cause blisters if they are not right for your feet</li> </ul>
<ul style="list-style-type: none"> <li>choose shoes with low heels (under 5 cm high)</li> </ul>	<ul style="list-style-type: none"> <li>sit for long periods of time</li> </ul>
<ul style="list-style-type: none"> <li>buy shoes in the late afternoon (since your feet swell slightly by then)</li> </ul>	<ul style="list-style-type: none"> <li>smoke</li> </ul>
<ul style="list-style-type: none"> <li>avoid extreme cold and heat (including the sun)</li> </ul>	
<ul style="list-style-type: none"> <li>exercise regularly</li> </ul>	
<ul style="list-style-type: none"> <li>see a foot care specialist if you need advice or treatment</li> </ul>	

Adapted with permission from: Casella A. Feeling well... diabetes and foot care, a patient's checklist. Knowing Diabetes. © Diabetes Hamilton, 2002.

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.*



# Foot care: A step toward good health

## Diabetes and your feet

Diabetes can cause nerve damage (also known as diabetes peripheral neuropathy) and poor blood flow or circulation to the legs and feet (also known as peripheral arterial disease). As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Diabetes can make these injuries more difficult to heal. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.

Foot problems are very common in people with diabetes and can lead to serious complications. This fact sheet provides basic information about how diabetes affects your feet and what you can do to keep your feet healthy.

## Daily foot care

As always, prevention is the best medicine. A good daily foot-care routine and good blood sugar control will help keep your feet healthy.

Start by assembling a foot-care kit containing nail clippers, nail file, lotion, and a non-breakable hand mirror. Having everything you need in one place makes it easier to follow this foot-care routine every day:

- Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin.
- Dry your feet carefully, especially between your toes.
- Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc. Use a hand mirror to see the bottom of your feet, or ask someone else to check them for you.
- Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.
- Trim your toenails straight across and file any sharp edges. Don't cut the nails too short.
- Apply a good lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture can promote infection.
- Wear fresh clean socks and well-fitting shoes every day. Whenever possible, wear white socks – if you have a cut or sore, the drainage will be easy to see.



## When to see your doctor

If you have any corns (thick or hard skin on toes), calluses (thick skin on bottom of feet), in-grown toenails, warts or slivers, have them treated by your doctor or a foot-care specialist (such as a podiatrist, chiropodist or experienced foot-care nurse). Do not try to treat them yourself.

If you have any swelling, warmth, redness or pain in your legs or feet, see your doctor or foot specialist right away.

Have your bare feet checked by your doctor at least once a year. In addition, ask your doctor to screen you for neuropathy and loss of circulation at least once a year.

Take your socks off at every diabetes-related visit to your doctor and ask him or her to inspect your feet.



## Best advice

Do	Don't
Wear well-fitting shoes. They should be supportive, have low heels (less than 5 cm high) and should not rub or pinch. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.	Use over-the-counter medications to treat corns and warts. They are dangerous for people with diabetes.
Buy shoes in the late afternoon (since your feet swell slightly by then).	Wear anything tight around your legs, such as tight socks or knee-highs.
Wear socks at night if your feet get cold.	Ever go barefoot, even indoors. Consider buying a pair of well-fitting shoes that are just for indoors.
Elevate your feet when you are sitting.	Put hot water bottles or heating pads on your feet.
Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.	Sit or cross your legs for long periods of time.
Exercise regularly to improve circulation.	Smoke. Smoking decreases circulation and healing, and significantly increases the risks of amputation.
Inspect your feet daily and in particular, feel for skin temperature differences between your feet.	Wear over-the-counter insoles - they can cause blisters if they are not right for your feet.

Contact Diabetes Canada for additional resources.

**DIABETES  
CANADA**

[diabetes.ca](http://diabetes.ca) | 1-800 BANTING (226-8464) | [info@diabetes.ca](mailto:info@diabetes.ca)

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This document reflects the 2018 Diabetes Canada Clinical Practice Guidelines © 2018 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 112030 04/18



The image shows three trays of dried herbs. The top tray is white and contains green, feathery herbs. The bottom-left tray is black and contains white, fibrous herbs. The bottom-right tray is yellow and contains dark brown, granular herbs. A large blue circle with a white border is overlaid on the center of the image, containing the text.

**CULTURAL  
COORDINATOR**  
**Stan Moses**

**Henvey Inlet First Nation Health Centre  
354A Pickerel River Road- Pickerel, ON**

**PoG 1J0**

**(705)857-1221 EXT: 229**



# MOOSE MEAT DISTRIBUTION FOR HIFN ELDERS!

Delivery will be Thursday November 9, 2023

Please be sure someone will be home during the day :)





**TUESDAY NOVEMBER 7,**  
**2023**

# **MEN'S CIRCLE**

**WITH STAN MOSES & ARLEN TULLOC  
DAVE RICE**

**PROGRAM TRAILER**

**Starting at 5:00 PM**

**PLEASE CALL HEALTH CENTRE IF INTERESTED IN  
ATTENDING.**

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

**CULTURAL COORDINATOR- STAN MOSES 705-857-1221**



**TUESDAY NOVEMBER**  
**21, 2023**

# **MEN'S CIRCLE**

**WITH STAN MOSES & ARLEN TULLOC  
DAVE RICE**

**PROGRAM TRAILER**

**Starting at 5:00 PM**

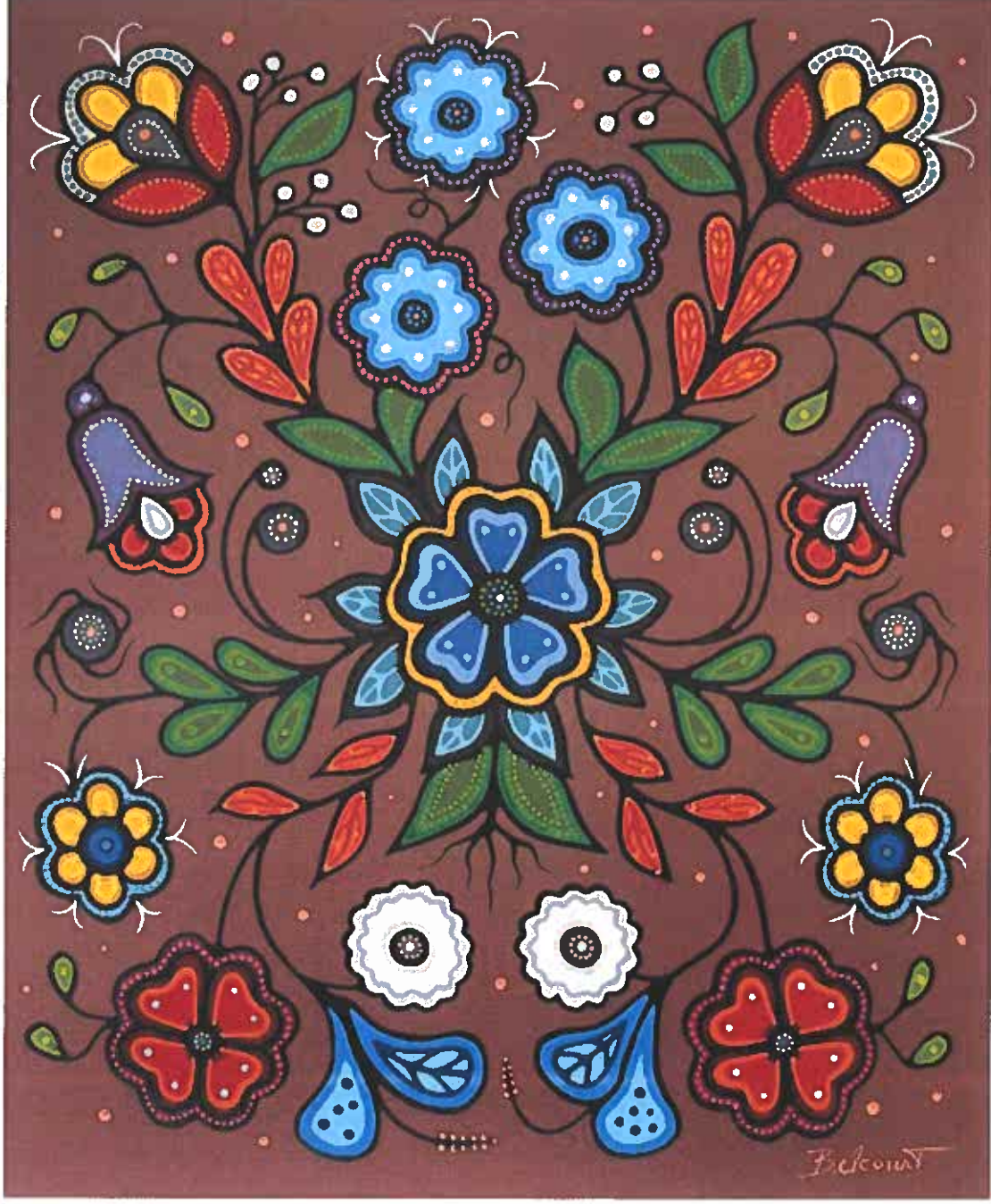
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COMMUNITY, CONTACT:**

**CULTURAL COORDINATOR- STAN MOSES 705-857-1221**



# COMMUNITY WELLNESS 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

*NOTHING WILL WORK UNLESS YOU DO.*

## NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 LAST DAY OF MOSS BAG MAKING WORKSHOP	2	3 IN OFFICE	4
5	6 IN OFFICE	7 HOME VISITS	8 HOME VISITS	9 CHRISTMAS PARTY PREPS	10 IN OFFICE	11 REMEMBRANCE DAY
12	13 OFFICE CLOSED	14 CHRISTMAS PARTY PREPS	15 HOME VISITS	16 MOOSE DEER POINT ELDERS CHRISTMAS PARTY	17 IN OFFICE	18
19	20 IN OFFICE	21 CHRISTMAS PARTY PREPS	22 HOME VISITS	23 CHRISTMAS PARTY PREPS	24 IN OFFICE	25
26	27 FULL MOON CEREMONY	28 CHRISTMAS PARTY PREPS	29 HOME VISITS	30 CHRISTMAS PARTY PREPS	1 Deadline for Seven Grandfather's Teachings Awards Nomination @12 p.m.	2

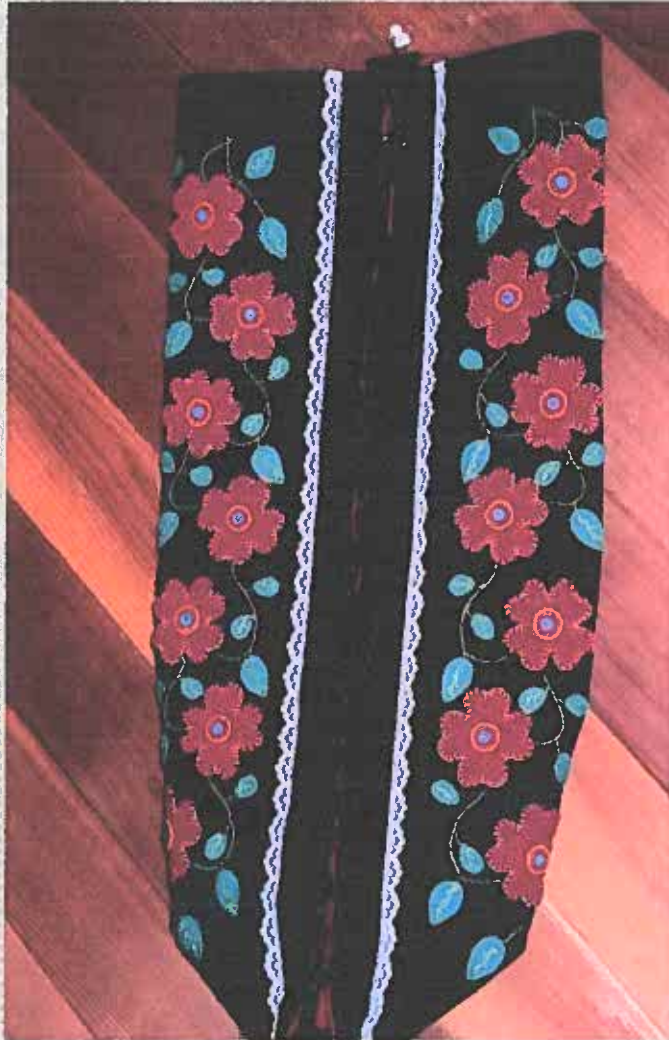


# HAPPY BIRTHDAY in NOVEMBER

1st	KIM MCQUABBIE
1st	STAN MOSES
9th	EBONY MCQUABBIE
10th	PHOENIX BARBE
10th	JUSTIN CARRUTHERS
10th	JACKIE PEARCE
13th	LUANA MCQUABBIE
15th	RYAN ASHAWASAGAI
15th	DAVID CONTIN
16th	LYNDSEY ZENHENKO
18th	TRACY FLOOD
18th	BONNIE SHARP
19th	SHANE CONTIN
19th	DARRYL NEWTON
19th	RICHARD NOLIN
20th	ZARA CONTIN
23rd	KINGSTON MCQUABBIE-TOMS
23rd	RITCHIE SANGLAIS
26th	MICHELLE MOSES
28th	AARON YOUMAN
30th	CHARLOTTE CUPPAGE



# Classes for November 2023



**CLASSES 8:30—4:00**

**November 1st  
BABY MOSS BAG**

**Potluck lunch.**

**Last class for those that have participated in  
classes.**

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

# SEWING & CRAFTS



# CREATING YOUR OWN PERSONAL FAMILY TREE

NOVEMBER 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.

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 DNA testing kits to obtain information on their own family lineage.

DNA tests kits available upon request.

**TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT**

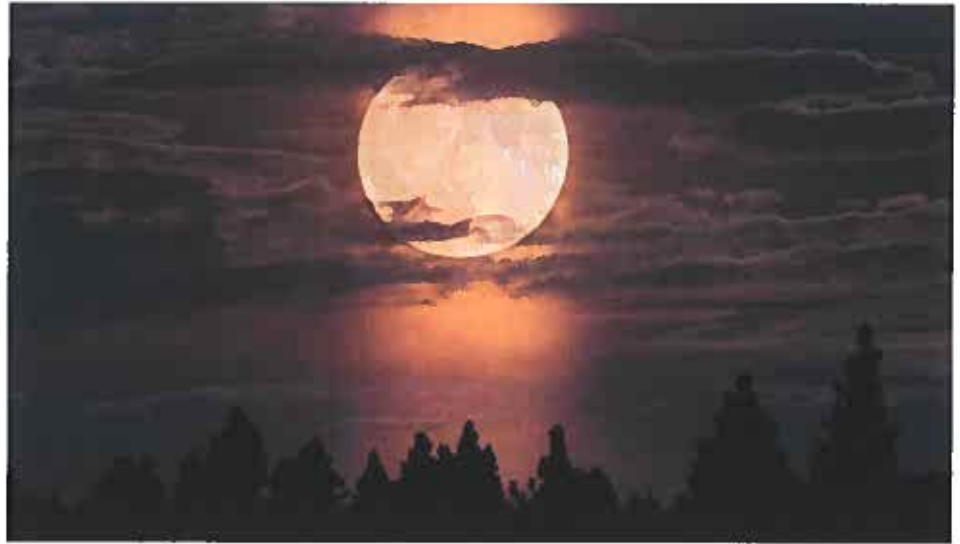
**CWW LUANA MCQUABBIE 705 857-1221 EXT 227**

NOV 27th  
2023

**FULL MOON CEREMONY**  
With Judy Contin

**263 PICKEREL RIVER ROAD**

**8:00 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 monthly Full Moon

Please remember to:

- Wear a Skirt and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering.
- Bring Yellow cloth to make a tobacco tie offering.
- Bring a Chair to sit on, I have limited chairs.
- Blanket.
- Food to share with the other women.

PLEASE SIGN UP WITH THE HEALTH CENTRE

**FOR FURTHER INFORMATION CONTACT:  
COMMUNITY WELLNESS WORKER LUANA MCQUABBIE**



# CHRISTMAS 2023

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## COMMUNITY CHRISTMAS PARTY

I AM LOOKING FORWARD TO PLANNING THIS YEAR'S  
FESTIVITIES.  
LOOK FOR MORE DETAILS IN THE DECEMBER NEWSLETTER.

**COORDINATOR**  
**LUANA MCQUABBIE**







Henvey Inlet First Nation Health Centre

# Christmas Card Exchange

@ Annual Community Christmas Party

*We will be accepting Christmas Cards from individuals who wish to participate in a mail delivery service organized by the Community Wellness Program. Deadline for accepting your card bundle will be December 15<sup>th</sup> at 4:00pm. They will be placed in Holiday Season bags and brought to the Community Christmas party held in December, household members can pick them up to take home after the Christmas party. Addresses are available upon request.*

**For further information please contact:**  
**CWW Luana McQuabbie Trailer #3 or**  
**Receptionist/Program Support Clerk Darcy in Trailer #1**





# Seven Grandfathers Teachings 2023 Awards Call for Nominations

Nominations are now being accepted for individuals who have made a positive contribution to our community. Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office.

Submission deadline is Friday, Dec 1st at 12 Noon.

Each winner will receive an Award and \$100.00 in cash at the 2023 Community Christmas Party.

For further information please contact CWW Luana McQuabbie at the Health Centre.



# Teachings of the Seven Grandfathers

By Dominic Eshkakogan

We have to take care of the earth or we will not have a home. We all share in this responsibility. The key word here is "responsibility." We need to make sure that the earth will always be here for future generations. Each morning let us remember to greet our grandmothers and grandfathers, whose spirits are in the many glories that surround us. They taught us, as they had been taught by their elders, how to take care of the earth.

We are straying away from the teachings given to us. Our young people do not pray and give thanksgiving. Our priorities are all messed up. We need to know the teachings of our grandmothers and grandfathers to give us direction and balance. Our leaders are young; they also need to listen and learn. We need their participation.

To take care of the earth and the community of life we need to remember the teachings of the First Elder, who has handed on the gifts of knowledge that he received from the [Seven Grandfathers](#) when he was just a boy. Each grandfather gave him a great gift. One gave him the gift of Wisdom, and he learned to use that wisdom for his people. Another gave him the gift of Love so that he would love his brother and sister and share with them. The third offered the gift of Respect, so that the First Elder would respect everyone, all human persons and all the things that are created. Bravery was the next gift, bravery to do things even in the most difficult times. One grandfather gave the boy Honesty so that he would be honest in every action and provide good feelings in his heart. One grandfather gave the boy Humility, to teach the boy to know that was equal to everyone else, no better or no less, just the same as anybody else. The last gift that he received was Truth. The [Grandfathers](#) told him, "Be true in everything that you do. Be true to yourself and true to your fellow man. Always speak the truth."

They told him, "Each of these teachings must be used with the rest; you cannot have wisdom without love, respect, bravery, honesty, humility and truth. You cannot be honest if you use only one of two of these, or if you leave out one. And to leave out one is to embrace the opposite of what that teaching is."

If each one of the seven gifts is not used together with the others, we cannot function. Today we should live by these seven teachings even though we need to work hard to embrace them. Sometimes it is hard to respect someone who has hurt you. If we don't practice honesty, we cheat. If we don't practise truth, we will lie. We must go back to the knowledge that the [Seven Grandfathers](#) taught the First Elder, who passed the teachings on to other generations.

And we must teach our children when they are young to value the medicines and healing practices of their grandmothers and grandfathers, and to appreciate the role of the medicine people and the ceremonies that were held at various times of the year. All these teachings will give us direction and balance.

The teachings of the Medicine Wheel are important, too. The circle of the Medicine Wheel represents harmony with nature and with all of our relatives. The earth turns in a circle, and the birds make their nest in circles: the Anishnabe dance in a circle, and the four seasons of life, childhood, youth, middle age and elderhood from the circle of life. The circle of the Wheel stands for the sun and the moon, and for all round things in Creation. It should remind us that we may do nothing that may harm the children, for they are the ones who much care for Mother Earth tomorrow, and for the generations to come. Each of us is responsible for taking care of the children and of Mother Earth; each of us is responsible for taking care of the children and of Mother Earth; each of us is responsible for teaching others to do the same.