



October

Important Dates/Activities/Programs:

- Offices Closed on October 2nd in lieu of Truth & Reconciliation Day on Sept. 30th
- Offices Closed on October 9th for Thanksgiving Day
- Foot Care- October 4
- Diabetic Lunch N Learn October 16th
- Employment Opportunities
- Hydro One Scheduled Power Outage- October 5th
- Halloween Hot Spot List! Call to add your name!
- Day Care Newsletter
- Bun Venture- October 5
- Halloween Dance- October 28th Noelville Community Centre
- Halloween Costume D.I.Y.- October 12
- Paint Night- October 24
- Ladies Game Day- October 19
- Men's Circle Outing & Meetings- October 3, 17 & 31
- Community Moose Hunt- October 21
- Full Moon Ceremony-October 27
- Sewing & Crafts- October 18 & 25
- Mother/Daughter Community Social Night Out- October 10



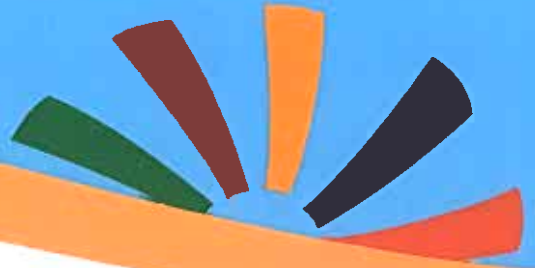
OFFICES WILL BE CLOSED!

MONDAY OCTOBER 2, 2023 IN LIEU
OF TRUTH & RECONCILIATION DAY
ON SEPT. 30TH

&

MONDAY OCTOBER 9, 2023 FOR
THANKSGIVING





Community Band Council Meeting

Monday October 16, 2023

6:00 PM @ Fire Hall

Topics

- Agenda
- Council Reports
- Staff Reports



As of August 16, 2023 the buzzer system has been reinstated at the Administration Office.

For the security of our employees the Administration Office will remain locked. You will now need to buzz the doorbell and give your purpose to the receptionist.

To be allowed into the band office you will have to state the following:

1. Who you are coming to see
2. What the nature of your visit to the band office is

Thank you

Millie Pawis

Director of Finance/Administration



REMINDER

**HENVEY HEALTH CENTRE HAS
RAPID TESTS AVAILABLE!!**

**PLEASE COME AND GET A BOX
OR 2 TO HAVE ON HAND AT
HOME!**

**IT IS ALWAYS BEST TO TEST
YOURSELF UPON NOTICE OF
ANY SYMPTOMS OF COVID.**

**COLD & FLU SEASON IS UPON
US!**

**Please contact the Health Centre if you have
any questions or would like some tests
dropped off.**

705-857-1221





**Henvey Inlet
First Nation**

Pickerel, ON P0G 1J0

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

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

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

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

MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: September 22, 2023
Re: Employment Opportunities

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

- 1) Early Childhood Education Worker – 1 Position
- 2) Ontario Works Administrator – 1 Position
- 3) Adult Education Teacher – 1 Position
- 4) Band Representative – 1 Position
- 5) Secondary School Bus Driver – 1 Position

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION WORKER

***RE-POST ***

POSITION SUMMARY

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

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

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

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

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

QUALIFICATIONS

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

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

Based on educational qualifications and relevant work 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

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

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



EMPLOYMENT OPPORTUNITY

ONTARIO WORKS ADMINISTRATOR

RE-POST

POSITION SUMMARY

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

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

MAIN RESPONSIBILITIES

The Ontario Works Administrator will be responsible to:

- Research, develop and plan OW program structure and seek and apply for program funding
- Assist in the coordination and delivery of workshops, info sessions and other Social Assistance Program events
- Carry out interviews and complete applications to assess and determine eligibility of clients under the Ontario Works Act
- Refer and help clients apply for other available sources of income including CPP, EI, ODSP, etc.
- Connect with external agencies and program sponsors to develop employment opportunities for OW clients
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Build and maintain trusting and supportive client relations
- Prepare and send written correspondence to clients
- Conduct annual reviews to ensure on-going client eligibility and facilitate and monitor operation for an effective appeal process
- Monitor client's monthly expenditures on bill payments and provide budget assistant in accordance with policies and procedures as required
- Order and purchase appliances, beds and other approved items for eligible clients
- Prepare funding submissions for reimbursement
- Provide current information to clients related to available services including changes to existing services
- Monitor and verify the monthly client reporting requirements and ensure adherence to applicable policies and legislation
- Ensure all Ministry reporting requirements are met in a timely manner, including the completion and submission of all required agency forms, agreements, budgets and reports
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop and maintain professional working relationships with external agencies and program sponsors including but 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 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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

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



EMPLOYMENT OPPORTUNITY

ADULT EDUCATION TEACHER

RE-POST

POSITION SUMMARY

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

MAIN RESPONSIBILITIES

The Adult Education Teacher will be responsible to:

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

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

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 Pickereel River Rd.

Pickereel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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EMPLOYMENT OPPORTUNITY
SECONDARY SCHOOL BUS DRIVER

RE-POST

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

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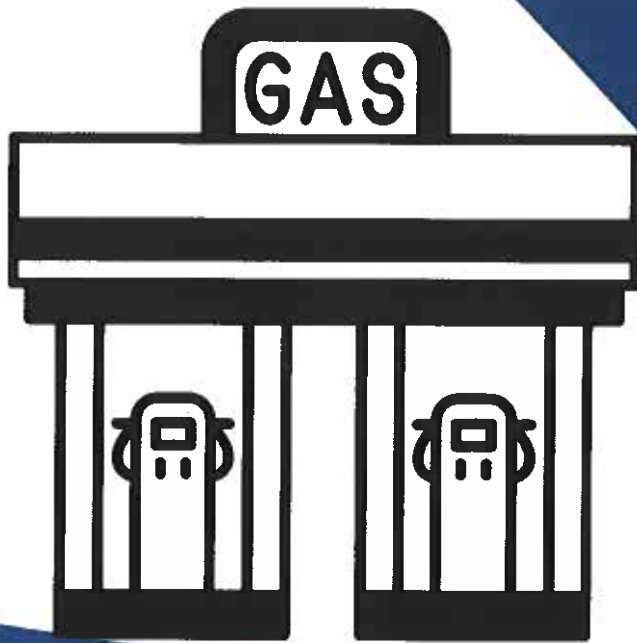
Henvey Inlet First Nation O.A.T.C. Clinic



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



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



**Water Treatment
Plant
857-1779
Fax 857-1778**

To: Henvey Inlet Water System Users
From: Jason Fox
Date: Sept 14, 2023
Re: Tower maintenance and cleaning

Please be advised that our water tower will be **OFFLINE** commencing the morning of **Oct 24th**

Our tower will be isolated from distribution system and will be drained in order to perform work inside the elevated tank. This work is expected to last a day and possible a little more, however our system will be relying only on pressure produced from our well pumps.

After the tower is placed back online there will still be limited water and possibly pressure issues until the tower reaches a certain level. It is possible that the system will be placed under a boil water advisory or drinking water advisory for a few days while the tower can refill.

We highly advise you to conserve as much water as you can. It would be ideal to do any laundry and store water in jugs in the days leading up to the 24th.

If you have any questions please contact us.

We will post any updates on our facebook page as they happen.

Thank you,

Jason Fox
Henvey Inlet Water Treatment Plant

Subject: Outage Notice - Oct 5 (4hrs)

There is a planned maintenance outage scheduled for **Thursday October 5, 2023, from 01:00 until 05:00 (4 hours).**

The reason for the outage is for the safe replacement of a Transformer.

All Hydro One Customers impacted by this planned maintenance outage have been contacted.

Please let me know if you have any questions.

Miigwech,

Christina Reynolds (she/her)

Senior Advisor | Indigenous Relations

Hydro **One** Networks Inc.

M: (705) 718-7693

E: Christina.Reynolds@HydroOne.com

A: 230 Bayview Drive | Barrie | ON

Recognizing the traditional territory of Anishnaabeg, Haudenosaunee & Metis Peoples; part of the Upper Canada Treaties



HALLOWEEN HOT SPOTS!

EVERY YEAR WE HAVE A LIST OF
HOUSEHOLDS THAT WILL BE
HANDING CANDY OUT!

CALL **DARCY** AT THE HEALTH
CENTRE TO ADD YOUR NAME TO
THE HOT SPOT LIST BEFORE
OCTOBER 26TH!!

LIST WILL BE DELIVERED TO
MAILBOXES ON **OCTOBER 27TH!**

**ADMINISTRATION OFFICE
DEPARTMENTS:**

Administration, Finance,
Capital Projects, Public Works,
Ontario Works,
Family Resources,
Economic Development,
Lands, Membership



ADMINISTRATION OFFICE:

2 Village Road
Nobel, Ontario,
P0G 1G0
Tel: (705) 388-2526
Fax: (705) 388-2740

SHAWANAGA FIRST NATION

7 Grandfather
Teachings:

JOB POSTING

Humility –
*Dbaadendziwin: To
be humble about your
accomplishments is
to be strong*

IPCA Coordinator
Full-Time: 18 Months with Possibility of Extension
37.5 hours/Weekly
Start Date: Tbd

Bravery -
*Aakwa'ode'ewin: Let
nothing stand in the
way of doing the
right thing*

Purpose of Position

Shawanaga First Nation initiated the Shawanaga Island Indigenous Protected and Conserved Area (IPCA) project in the fall of 2019. The IPCA Coordinator will support Shawanaga First Nation by championing the project process in the community and with partners. A large part of the IPCA Coordinator role will be to liaise with partners, carry out community engagement, project promotion and communications, project administration and logistics, project reporting, and have the ability to problem-solve while implementing recommended actions.

Honesty –
*Gwekwaadziwin:
Better to fail with
honesty than
succeed by fraud*

The successful candidate will be working within the Shawanaga First Nation Lands Department under the direction of the Lands Manager while working as part of the Lands teams assisting with working on lands issues.

Wisdom –
*Nbwaakaawin: With
hard work and
dedication, will
come knowledge*

Duties and Responsibilities

**Truth – Debwewin: It
is always easiest to
speak the truth**

- ◆ Communicate with the community, project partners and the public about project updates and activities.
- ◆ Organize and facilitate community engagement, and partner meetings for projects.
- ◆ Work with the project team to provide project progress updates.
- ◆ Assist in the implementation of a management plan for Shawanaga Island.
- ◆ Share policies, procedures and/or lessons learned with other First Nations.

Respect –
*Mnaadendimowin:
Give it, earn it, and
receive it*

**Love – Zaagidwin: It
is important to care
for one another**

- ❖ Provide updates to the Lands Manager, Chief Administrative Officer and Chief and Council as required.
- ❖ Fulfill monthly reporting requirements.
- ❖ Attend Chief and Council and Committee meetings when required.

Qualifications

- ❖ Valid Ontario Driver's License Class G2, G or higher.
- ❖ Strong ability to work independently or as an individual
- ❖ Respectful and courteous to others
- ❖ Trustworthy and reliable work ethic
- ❖ Demonstrate ability to meet deadlines and take direction
- ❖ Skills and knowledge attained by successful completion of a post-secondary degree certificate and/or relevant experience in community planning, lands and resource management or conservation.
- ❖ Excellent verbal, presentation and written communication skills.
- ❖ Ability to work in an office setting as well as in the community.
- ❖ Valid Pleasure Craft Operators Card required
- ❖ Excellent research, analytical, problem-solving and dispute resolution skills.

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/or those with knowledge and understanding of Shawanaga First Nation history and community.

Successful candidates must be able to produce and maintain a clean Criminal Record Check.

Please submit a resume with a cover letter and three work related references, via in-person, email or fax to;

Courtney Mullen
Human Resource Administrator
Shawanaga First Nation
2 Village Road, Nobel Ontario, P0G 1G0
Tel: (705) 366-2526 x 232 Fax: (705) 366-2740
hradministrator@shawanagafirstnation.ca

POSITION OPEN UNTIL FILLED

ADMINISTRATION OFFICE**DEPARTMENTS:**

Administration, Finance,
Capital Projects, Public Works,
Ontario Works,
Family Resources,
Economic Development,
Lands, Membership

**ADMINISTRATION OFFICE:**

2 Village Road
Nobel, Ontario,
P0G 1G0
Tel: (705) 366-2526
Fax: (705) 366-2740

SHAWANAGA FIRST NATION

Shawanaga First Nation EMPLOYMENT OPPORTUNITY INTERNAL/EXTERNAL POSTING

Position: Consultation Officer
Term: Fulltime/Contract
Start Date: As soon as possible
Salary: To be determined

Job Description:

As the Consultation Officer, you are responsible for reviewing proposals for the use of natural resources on reserve lands, traditional territory, and treaty lands. A strong focus in analyzing the impact of proposals and the strength of aboriginal claims to determine the appropriate level of consultation needed to meet the Crown's legal duty to consult with First Nations and make meaningful judgements that are in the best interest of Shawanaga First Nation. With your knowledge of constitutional and statutory responsibilities associated with First Nations consultation plans, you lead the facilitation of the First Nations consultation process while ensuring all legal obligations have been met.

Skills Related to the Job:

- A demonstrated ability in communication and proposal writing; will be asked to help oversee ongoing and current projects
- Proven ability to work individually and in a team setting with the added ability to supervise a team
- Outstanding project managing skills and ability to deliver projects on schedule
- Excellent analytic skills and attention to detail
- Must be able to respond to an environmental emergency within the community if needed
- Strong communication skills both written and verbal
- Ability to partner and negotiate with both internal and external parties Proficient with Microsoft Office (word, excel. Etc.)
- Time management and ability to recognize and prioritize projects

7 Grandfather
Teachings:

Humility –
Dbaadendiziwin: To be humble about your accomplishments is to be strong

Bravery -
Aakwa'ode'ewin. Let nothing stand in the way of doing the right thing

Honesty –
Gwekwaadziwin: Better to fall with honesty than succeed by fraud

Wisdom –
Nbwaakadziwin: With hard work and dedication, will come knowledge

Truth – *Debwe'win: It is always easiest to speak the truth*

Respect –
Mnoodadimowin. Give it, earn it, and receive it

- An understanding of mapping, GPS, and species at risk Knowledge of Shawanaga First Nation considered an asset
- Strong understanding of navigation and/or trekking; must be physically and mentally capable to navigate through the boundary lines of Shawanaga First Nation

Duties and responsibilities:

- Work directly with the Lands Manager to ensure all projects are running successfully
- Partner with the community to ensure all members needs/Ideas are being met and/or considered
- Prepare reports and attend required meetings
- Schedule meetings and arrange information sessions so the community, Chief and Council and/or stakeholders are involved and up to date
- Exhibit exceptional problem-solving and learning skills while conducting research and assessing Shawanaga First Nations' interests
- Maintain key relationships with surrounding First Nations, neighboring communities, and various provincial and federal government agencies
- Develop and maintain relationships with third party organizations
- Make recommendations to the Government of Shawanaga First Nation on whether projects should proceed or what mitigations should take place

Preferred Qualifications:

- A degree or diploma In Business/Consulting or in a related field and/or a certification considered an asset
- Working experience in Business, management and/or communication considered an asset; preference will be given to applicants with 3 or more years of relevant experience
- Skills and knowledge attained by successful completion of post-secondary degree, certificate and/or relevant work experience in community planning, lands and resource management, or conservation.
- Knowledge and understanding of Anishinaabe culture and values
- Strong working knowledge of Shawanaga First Nation community needs and issues
- Experience organizing and leading community engagement
- Excellent verbal, presentation, and written communication skills
- Experience implementing stewardship and restoration activities
- Strong work ethic and ability to work independently and as part of a team
- Excellent research, analytical, problem-solving and dispute resolution skills
- Must be able to complete work in the office, on the land, and in the community
- Valid Class "G" driver's license required

Successful candidates must be able to produce and maintain clean Criminal Record Check (CPIC)

Only those who qualify for an interview will be contacted, thank you for your interest. Please submit cover letter, resume, and three (3) recent work-related reference letters with current contact information via fax, email, or in person to:

**Courtney Mullen
Human Resource Administrator
Shawanaga First Nation
2 Village Road, Nobel, ON P0G 1G0
Tel: (705)366-2526 Fax: (705) 366-2740
hradministrator@shawanagafirstnation.ca**

OPEN UNTIL FILLED

**ADMINISTRATION OFFICE
DEPARTMENTS:**

Administration, Finance,
Capital Projects, Public Works,
Ontario Works,
Family Resources,
Economic Development,
Lands, Membership

**ADMINISTRATION OFFICE:**

2 Village Road
R.R. #1 Nobel, Ontario,
POG 1G0
Tel: (705) 366-2526
Fax: (705) 366-2740

**SHAWANAGA FIRST NATION
JOB POSTING**

Shawanaga Gas & Variety Store Supervisor

7. Grandfather
Teachinus.

Humility –
*Dbaadendziwin: To
be humble about your
accomplishments is
to be strong*

Bravery -
*Aakwa'ode'ewin: Let
nothing stand in the
way of doing the
right thing*

Honesty –
*Gwekwaadziwin.
Better to fail with
honesty than
succeed by fraud*

Wisdom –
*Nbwaakawin: With
hard work and
dedication, will
come knowledge*

**Truth – Debwewin: It
is always easiest to
speak the truth**

Respect –
*Mnaadendimowin:
Give it, earn it, and
receive it*

**Love – Zaagidwin: It
is important to care
for one another**

Purpose of the Position

The purpose of this position is to oversee the efficient management and customer service of Shawanaga Gas and Variety while assisting the store manager and the assistant store manager with supervision of staff and working environment.

Position Summary

The Store Supervisor will be split into four separate shifts, one for each shift of the day and weekends. The Supervisors are responsible for supervising the staff and the day to day activities that happen throughout the store. Day-to-day operations include supervision, customer satisfaction, product quality assurance, inventory management, store maintenance, health and safety compliance. This position is responsible for ensuring effective and efficient services are delivered to customers. This position is tasked with increasing sales, implementing improvements, ensuring modern management and operational systems are used within the store, and building professional and positive brand management of Shawanaga First Nation.

The supervisors will report directly to the Store Manager & Assistant Manager.

Duties

- Product ordering
- Inventory counts
- Item input to Xsite and price adjustments
- POS price book updates
- Write- off logs
- Training new staff
- Coordinating deliveries and intake

- Supervision of cashier and students
- Floor authorizations for void/price changes/refund transactions
- Occasional POS CASHIER duties
- Document daily activities, submit and fill in reports
- Answer telephone calls and electronic inquires

Position Requirements

Education and Work Experience Requirement

- High School diploma
- Minimum of 2 years work experience in a management position
- Gas Station Experience is an asset
- Experience with POS system, fuel handling, and invoicing

Skills and Attributes Required

- Initiative, good judgement, and a high degree of interpersonal skills
- Demonstrated leadership skills
- Excellent administrative and organizational skills
- Sound knowledge of financial management
- Excellent oral and written communication skills
- Good judgement and problem-solving skills
- Accountable, Reliable, Bondable
- Experience supervising 2-4 people at a time
- Excellent computer skills in Microsoft Word, Excel, Power point, etc.

Shawanaga First Nation Band Members and persons of aboriginal descent are encouraged to apply. Please submit a cover letter, resume, and three (3) recent work-related reference letters with the current contact information by 4:00 pm October 14th, 2023, via fax, email, or in person to:

**Courtney Mullen
HR Administrator
hradministrator@shawanagafirstnation.ca
Shawanaga First Nation
2 Village Road, Nobel, ON P0G 1G0
Tel: (705)-366-2526 | Fax: (705)-366-2740**

**ADMINISTRATION OFFICE
DEPARTMENTS:**

Administration, Finance,
Capital Projects, Public Works,
Ontario Works,
Family Resources,
Economic Development,
Lands, Membership

**ADMINISTRATION OFFICE:**

2 Village Road
Nobel, Ontario,
P0G 1G0
Tel: (705) 366-2526
Fax: (705) 366-2740

SHAWANAGA FIRST NATION**JOB POSTING****7 Grandfather****Teachings:****Humility –**

*Dbaudendziwin: To be
humble about your
accomplishments is to
be strong*

Bravery –

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*Gwekwaadziwin:
Better to fail with
honesty than succeed
by fraud*

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*Nbwaakawin: With
hard work and
dedication, will come
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Truth – Dehwewin: It

*is always easiest to
speak the truth*

Respect –

*Mnaudendimowin:
Give it, earn it, and
receive it*

**Love – Zaagidwin: It is
important to care for
one another**

Job Title: Chief Administration Officer (CAO)

Hiring Company: Shawanaga First Nation

Job type: Full-Time, In-office

Salary: \$105,000/115,000K + Benefits

The Chief Administrative Officer is directly responsible for the overall efficient and effective administrative and financial management of the Shawanaga First Nation Administration, its program areas and services, and for keeping Chief and Council current and up-to-date on all matters related to the business of the First Nation in a timely and professional manner, to implement the organizational review recommendations and all other goals and objectives considered by the Chief and Council.

Main Duties:**Supporting the Community**

- Communicate effectively with community members, Chief and Council, Council Committees and Boards, staff, funding agencies, First Nation Organizations and others as required in a timely responsible and professional manner
- Oversees all community operations such as Capital Programs, Water Systems, Housing, Social Services, Education, Shawanaga First Nation Retail and Food Corporations, Community Health and Safety Fire Protection and all other Specified Projects as directed by the Shawanaga First Nation Chief and Council
- Making sure everything is working properly around the community. Dealing with community members, having a open door for members to voice concerns, being present at community meetings, being the ears and eyes around the community

Supporting the First Nation Chief and Council

- Responsible for the Shawanaga First Nation community and governance development plans and activities, approves and submits reports as required by funding agencies and Chief and Council
- Leads the development, implementation and monitoring of all policies and procedures by the Shawanaga First Nation Chief and Council
- Ensure council directives/motions and BCR's are followed up in a timely, efficient and professional manner
- Oversee the preparation of Council agendas, regular and special meetings, ensuring Chief and Council, Senior Managers and staff to remain up-to-date on community related issues, services, and programs to effectively carry out their responsibilities in an efficient, effective and professional timely manner; and ensure the community members are informed of matters that may affect them
- Oversee and direct the Administration of the program areas and services of the First Nation, maintain direct contact, verbal and written with Chief and Council on all matters concerning the Shawanaga First Nation's business
- Responsible for ensuring the Vision and Strategic Plan approved by Council are implemented in an efficient and effective manner and that the Senior Management Team and staff are current and up-to-date on the Direction of Council and carry out the appropriate elements of the Vision and Strategic Plan as designated and assigned
- Liaise with other First Nations, program agencies, and related organizations to network effectively for the benefit of the Shawanaga First Nation Chief and Council and the community

Overseeing Finances

- Ensures that a consolidated annual budget is developed, monitored, and maintained as per the Shawanaga First Nation financial policies and procedures
- Oversees finance staff, ensuring that all monthly financial responsibilities are completed accurately and in a timely manner as required by Chief and Council
- Making sure things are paid on time, budgets are done properly, salaries are paid properly.
- Looking at funding and supporting managers when funding applications come out

Qualification Must Haves:

- 3+ years' experience in Business Administration with Management experience
- First Nations Background (personally or professionally) with a knowledge and understanding of the community and culture
- Live within commuting distance to Nobel, Ontario (30 kilometers northwest of Parry Sound)

- Superior communication and networking skills with the ability to build and foster positive networking relationships with Chief and Council, staff, Shawanaga First Nation community members, local municipal, provincial and federal governments and industry proponents
- Must possess a valid driver's license, dependable vehicle and be insurable

Other Attributes:

- Be familiar with the Indian Act, Treaties and Treaty Rights applicable to the First Nation, Native Law, Statutes and Regulations, Canada Labour Code, Occupational Health and Safety Act, Native Organizations and Government Structure, and other laws, systems and processes applicable in conducting the business of the First Nation
- Excellent and proficient finance, human relations/public relations, management/administration skills, communications and extensive knowledge in program and project delivery
- Must have skills and capacity to take initiative and multi-task
- Must have proficient level of communication skills, both verbal and written
- Excellent conflict management skills are essential
- Excellent negotiation and mediation skills are essential
- Strong analytical and problem-solving skills are required
- Reports/proposal development skills are an asset
- Excellent Computer skills are an asset
- Professional affiliations in Business, Law, Finance, Accounting Software such as Simply Accounting or QuickBooks Pro an asset
- CPIC required

About Shawanaga First Nation:

Shawanaga First Nation belongs to the larger Anishinabek Nation which stretches across much of Ontario, east across the Prairies and around the northern shores of all the Great Lakes. The Anishinabek Nation is comprised of Algonquin, Saulteaux, Anishinaabe (Ojibway), Odawa, Chippewa and several other groups.

Equal Opportunity Employer:

Preference may be given to Aboriginal candidates with relevant on reserve employment experience and/or those with knowledge and understanding of Shawanaga First Nation history and community. We are pleased to consider all qualified applicants without regard to race, colour, religion, sex, national origin, age, disability, or any other legally protected factors. Only those applicants selected for an interview will be contacted. We wish to thank everyone for their applications.

How to Apply:

Are you ready to make a difference and chart an exciting new career path? Please send your resume to recruitment@hrccovered.com. We thank all candidates who apply, however, only those selected for an interviewing process will be contacted.



October Newsletter

Fall has officially arrived and the warm weather has started to clear out. The children have been having a blast these few weeks. We've been taking advantage of the smaller numbers and have got to do many fun activities. The children started September off by working on the letter 'A'. The children got to use apples to paint pictures and even make their own apple pies! We ended off September by working on the letter 'B' and even had a Banana party to celebrate. The children got to even make their very own Ice cream sundaes for snack!

In the month of October we will be working on the letters C & D some of the activities we are planning:

Cookie baking (making our very own cookies),

Crayon melting experiment (Creating pictures by melting crayons)

Car Day (talking about cars and doing 'car' activities)

Carrot Painting (Using carrots to create own paintings)

'Dirt and Worms' (Making own snack)

Making Play Dough and Cloud Dough (Using Flour, oil and salt)

Dinosaur Day (discussing dinosaurs, doing dinosaur activities)

Dress-up/Costume Day (Can Dress up in dress-up/costume)

Halloween Party! (Can dress in Orange and black and will do Halloween games/crafts and activities)

Just a reminder with fall and sometimes wet weather here that you are ensuring your child has the appropriate clothing to be outdoors, this may include: coats, hats, mitts, rain boots, splash pants and/or rain gear as we are outside for 2 or more hours a day!

Any questions or concerns you can always reach the Daycare at: 705- 857-0957

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



OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	 Baking Cookies	5	 Crayon Melting craft	7
8	9	 Car Day	11	 Carrot Painting	13	14
15	16	17	 Dirt and Worms	19	 Dress Up Day	21
22	 Make own Dough	24	25	 Dinosaur Day	27	28
29	30	 Halloween Party!	31	1	2	3
						4

Handmade

October 2023

Band Rep.

&

C.H.E./H.B.H.C

Programs





2023

COMMUNITY
HEALTH
educator



354A Pickernel River Road
Pickernel ON P0G 1J0



Phone: 705-857-1221

Toll Free: 1-866-252-3330

Fax: 705-857-0730

E-mail:

kara.harkness@henveymedicalcentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 BUNVENTURE ALL DAY	6	7
8	9 OFFICE CLOSED THANKSGIVING	10	11	12 DIY HALLOWEEN COSTUME	13	14
15	16	17	18	19 LADIES GAME DAY	20	21
22	23	24	25	26	27	28 HALLOWEEN DANCE
29	30	31 HAPPY HALLOWEEN				

October

2023

Kerri Campbell Band Rep Lead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED	3 OUT OF OFFICE	4	5 Bun Venture	6	
8	9 OFFICE CLOSED	10 OUT OF OFFICE	11	12 DIY HALLOWEEN COSTUMES	13 OUT OF OFFICE	
15	16 OUT OF OFFICE	17	18	19 LADIES GAME DAY	20	
22	23	24	25	26	27	28 HALLOWEEN DANCE
29	30 BAND REVIEWS	31 OUT OF OFFICE				

Band Representative On-Call Schedule

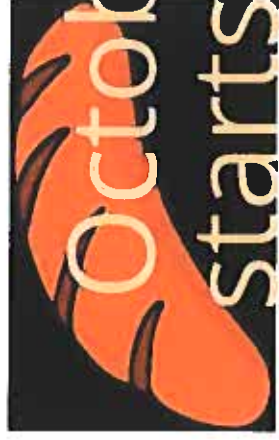
Staff Member	Start Date	End Date
Naomi	2023-09-25 16:30	2023-10-02 16:30
Kerri	2023-10-02 16:30	2023-10-09 16:30
Naomi	2023-10-09 16:30	2023-10-23 8:30
Kerri	2023-10-23 16:30	2023-10-30 8:30
Naomi	2023-10-30 16:30	2023-11-06 8:30

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 ***

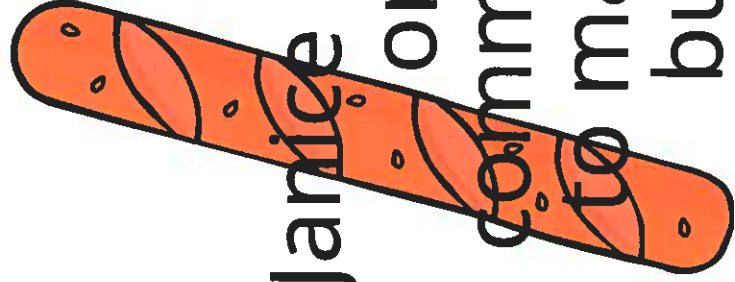
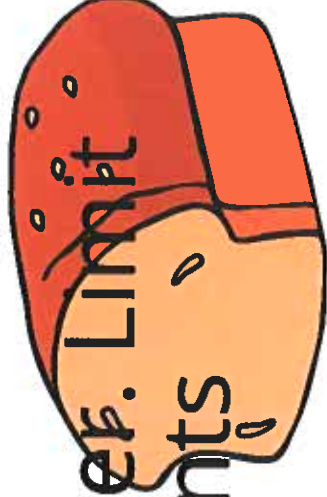
Bun Venture



October 5 @ 9 am
starts right at 9 am



call Darcy to register. Limit
of 5 participants



Janice Campbell will be back
on ZOOM to teach
community members how
to make real homemade
buns from scratch!



October 12 @ 10 am

Learning Centre

HALLOWEEN COSTUME DIY

Register with Darcy by Oct 5 by 4:30
with your list

Supplies will be bought for the first 10
costumes



Come and join us

LADIES' GAME DAY

October 19,
2023 @ 1pm

O&M Office 2 -
Upstairs

12 spots
available

Please Call
Darcy to
Register





YOU'RE INVITED TO
HALLOWEEN

PAIN NITE

24 OCTOBER AT 4:30PM
LEARNING CENTRE
8 SPOTS AVAILABLE
PLEASE CALL DARCY TO REGISTER

Dinner will be provided

Join us for a spooky fun
day!

October 28, 2023 / 1 PM to

4 PM

Noelville Community Centre

WITCHES &
WIZARDS

HALLOWEEN
DANCE PARTY

Exciting Games and Prizes
DJ

Please contact Darcy to Register!

Community Health Nurse



BRENDA CONTIN

Brenda CONTIN, CHN

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 STAT HOLIDAY	3 Staff Mtg/Methadone Clinic/OFFICE	4 Methadone Clinic OFFICE	5 Methadone Clinic OFFICE	6 Methadone Clinic	7	8
9 STAT HOLIDAY	10 Methadone Clinic/OFFICE	11 OFFICE in AM/SKHC Board Mtg & Celebration PM	12 Methadone Clinic/OFFICE	13 Methadone Clinic	14	15
16 Lunch n Learn	17 OUT OF OFFICE	18 Methadone Clinic/OFFICE	19 Methadone Clinic/OFFICE	20 SKHC Board Mtg	21	22
23 Methadone Clinic/OFFICE	24 Methadone Clinic/OFFICE	25 Methadone Clinic/OFFICE	26 FLU/COVID CLINIC 1:00 PM - 4:30 PM	27 Methadone Clinic	28	29
30 FLU/COVID CLINIC 1:00 PM-4:30 PM	31 Methadone Clinic/OFFICE					



CATERER **NEEDED!**

To provide Lunch for
Brenda's Lunch N Learn on
Monday October 16, 2023.

Lunch to be served for 11:45AM for
approximately 20 people

Menu:

Nish tacos with lettuce, cheese,
tomatoes, green onions, and sour
cream. Dessert: Fresh Berries and
whipped cream, tea, juice, water, and
pop. Must include plates, utensils, cups,
and napkins

Deadline to Submit Bids:

Tuesday October 10, 2023 @ 4:30PM

**Submit Bids with breakdown of Catering Fee, Mileage, and Groceries Costs
to Darcy or Brenda at Health Centre**

Caterer must possess current Safe Food Handlers Certificate and is
responsible for clean up after, including taking out the garbage

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
October 4, 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

Diabetic Bingo

Location: Henvey Inlet Learning Centre

Date: Monday October 16, 2023 @ 11:30 am



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



FLU & COVID 19 VACCINE SHOT



Let's protect yourself and your loved ones



**Thursday October 26, 2023
1:00pm – 4:30pm
O&M Building Office 1**

**Call Darcy at Health Centre to schedule your appointment
time 705-857-1221**

**Contact Person: Brenda Contin 705-857-1221 or
705-857-3449**



FLU & COVID 19 VACCINE SHOT



Let's protect yourself and your loved ones



**Monday October 30, 2023
1:00pm – 4:30pm
O&M Building Office 1**

**Call Darcy at Health Centre to schedule your appointment
time 705-857-1221**

**Contact Person: Brenda Contin 705-857-1221 or
705-857-3449**

Home Care Nurse



DEBBIE BRENNAN

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Stat Holiday TRUTH AND RECONCILIATION	3 OFFICE Medical Consultations	4 OFFICE H.V. T/C Follow-ups HCC clients	5 Methadone Clinic Office Admin.	6 Methadone Clinic	7
8	9 Stat Holiday Thanksgiving	10 Methadone Clinic Office Admin.	12 OFFICE H.V. T/C Follow-ups HCC clts	13 OFFICE Medical Consultations Home visits	13 Methadone clinic	14
15	16 OFFICE Medical Consultations Home visits	17 OFFICE Medical Consultations	18 OFFICE H.V. T/C Follow-ups HCC clts	19 Methadone Clinic Office Admin.	20 Methadone Clinic	21
22	23 OFFICE Medical Consultations Home visits	24 Methadone Clinic Office Admin.	25 OFFICE H.V. T/C Follow-ups HCC clts	26 OFFICE Medical Consultations Home visits	27 Methadone Clinic	28
29	30 OFFICE Medical Consultations Home visits	31 OFFICE Medical Consultations	27 OFFICE H.V. T/C Follow-ups HCC clts	28 Methadone Clinic Office Admin.	29 Methadone Clinic	30



DEBBIE BRENNAN
HCN

MENTAL ILLNESS AWARENESS WEEK

OCT. 1 - 7, 2023

- Oct. 3 - National Day of Prayer for Mental Illness Recovery and Understanding**
- Oct. 5 - National Depression Screening Day**
- Oct. 10 - World Mental Health Day**

About Mental Illness

Warning Signs and Symptoms

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

Contact the [NAMI HelpLine](#) to find out what services and supports are available in your community.

If you or someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat [988lifeline.org](https://www.988lifeline.org) to reach the 988 Suicide & Crisis Lifeline.

Receiving A Diagnosis

Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A [mental health professional](#) will use the *Diagnostic and Statistical Manual of Mental Disorders*, published by the American Psychiatric Association, to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy or other lifestyle changes.

Finding Treatment

Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no "one size fits all" treatment. Treatment options can include [medication, counseling \(therapy\), social support and education](#).

Stigma Free Quiz Results

Take The StigmaFree Quiz

Record your answers from the questions and learn about the results to see if you are affected by stigma.

“ I think people with mental illness...

- A Need to snap out of it
- B Did something wrong to cause it
- C Need our love and support
- D Are sometimes faking it

“ Which one of the following is not true about stigma?

- A It makes people feel alienated or feel “less than”
- B It's not really a big problem for people with mental health conditions
- C It prevents people from seeking help for symptoms
- D It makes people fear judgement if they share their story

“ If someone in your family is diagnosed with a mental illness, you should:

- A Treat them differently than you used to
- B Distance yourself from them
- C Feel sorry for them
- D Listen to them and show support

Before taking a look at the results, take the quiz to see if you might be affected by stigma. Learn about why stigma affects mental health and getting help.

Answers:

Question 1

“ I think people with mental illness...

- A Need to snap out of it
- B Did something wrong to cause it
- C Need our love and support
- D Are sometimes faking it

"I think people with mental illness..."

- A. Need to snap out of it.
- B. Did something wrong to cause it.
- C. **Need our love and support. (Correct)**
- D. Are sometimes faking it.

People with mental illness need our love and support. There are so many misconceptions about what mental illness is and what it means to live with a mental health condition. For example, mental illness is not the result of a personal weakness, lack of character or poor upbringing. Likewise, it isn't about "getting over it" through willpower. Without meaning to, we may send those stigmatizing messages to someone struggling with a mental health condition. You can address stigma by taking a understanding, caring approach.

- Use respectful language to talk about mental health conditions.
- Challenge misconceptions when you see or hear them.
- See the person, not the condition.
- Offer support if you think someone is having trouble.

Question 2

“ Which of the following is a myth about stigma?

- A It makes people feel alienated or feel “less than”
- B It's not really a big problem for people with mental health conditions
- C It prevents people from seeking help for symptoms
- D It makes people fear judgement if they share their story

Which one of the following is a myth about stigma?

- A. It makes people feel alienated or feel "less than."
- B. **It's not really a big problem for people with mental health conditions. (Correct)**
- C. It prevents people from seeking help for symptoms.
- D. It makes people fear judgement if they share their story.

Stigma *is* a big problem for people with mental health conditions. It affects people's well-being, prevents them from seeking treatment and damages self-esteem. Many people with mental health conditions don't feel comfortable talking about what they're dealing with. Even worse, individuals with mental illness often internalize stigma, damaging hopes for recovery. Some don't seek treatment, and their conditions worsen. And too often, people take their own lives because they aren't told by anyone that they're not alone, they can recover and there is hope.

Question 3

“ If someone in your family is diagnosed with a mental illness, you should:

- A Treat them differently than you used to
- B Distance yourself from them
- C Feel sorry for them
- D Listen to them and show support

If someone in your family is diagnosed with a mental illness, you should:

- A. Treat them differently than you used to.
- B. Distance yourself from them.
- C. Feel sorry for them.
- D. **Listen to them and show support. (Correct)**

If someone in your family is diagnosed with a mental illness, you should listen to them and show support. Remind your loved one you're there to help and you're not giving up. You can support them in the following ways:

- Learn as much as possible about mental health and your family member's condition.

- Show interest in your family member's treatment plan.
- Encourage your family member to follow the treatment plan.
- Strive for an atmosphere of cooperation within the family.
- Listen carefully.

Express your support out loud with simple, caring language. "I'm sorry you feel bad and I want to help." "It isn't your fault. It's an illness that can happen to anyone."

Did You Miss Any Answers?

If you had more than a few wrong answers you may have misinformation about mental illness or reactions to negative stereotypes. Stigma of mental illness and those who live with it can affect us in many different ways. One way to help is to promise to be mindful and adjust your thinking in the future. You can make the promise below and take the [pledge to be Stigmafree](#).

"I promise to change my behavior to support everyone affected by mental health conditions. I will listen more and judge less. I won't use harmful words that prevent people from seeking help. I will be an ally to friends, family and coworkers."

Contact Us Main 703-524-7600

Member Services 888-999-6264

HelpLine 800-950-6264

4301 Wilson Blvd., Suite 300 Arlington, VA 22203

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NAMI HelpLine

Jump To:

[Help & Support](#)

[What to Do in an Emergency](#)

[Knowledge Center](#)

[NAMI Resource Directory](#)

[Teen & Young Adult Resource Directory](#)

[Volunteer Opportunities](#)

[Navigating A Mental Health Crisis](#)



In Need Of Help Or Support?

You are not alone! If you are struggling with your mental health, the NAMI HelpLine is here for you. Connect with a NAMI HelpLine volunteer today.

Available Monday Through Friday, 10 A.M. – 10 P.M., ET.

Call [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI), text "HelpLine" to [62640](tel:62640) or email us at helpline@nami.org 

Introducing The NAMI Teen And Young Adult HelpLine — Focused On The Mental Health Needs Of Young People.

We get it. Your mental health matters, and we're here to help. The NAMI Teen and Young Adult HelpLine offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources, and support to help you move through difficult times to a better place.

Call [1-800-950-6264](tel:1-800-950-6264), or [chat](#), or text "Friend" to [62640](tel:62640), or email helpline@nami.org to connect with us.

**The NAMI Teen and Young Adult HelpLine is not a hot line, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please [chat](#), call or text 988. The NAMI TYA HelpLine does not provide mental health counseling, advice, personal advocacy or referrals to individual mental health providers or lawyers. The NAMI HelpLine does not provide individual casework, legal representation or any type of individual advocacy.*

Message and data rates may apply. Message frequency varies. Reply STOP to opt-out. Reply HELP for help. See our [Terms of Service and Privacy Policy](#) for more information.

Find Help & Support



Text the NAMI Helpline

Text "Helpline" to **62640**.

Connect with a Helpline Specialist when you need support, information and resources via text message.



Call the NAMI Helpline

To talk with a NAMI Helpline Specialist, please call **800-950-NAMI (6264)**.



Chat with the NAMI HelpLine

To chat with a HelpLine specialist on NAMI.org

Click "Chat with us" below

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, NAMI Support Groups and how to locate your local NAMI Affiliate.
- They are trained to help identify the best resource options for your individual concern.
- They are knowledgeable and a source of accurate information about relevant topics.
- They care.

To become a NAMI HelpLine volunteer, please visit [*I want to make a difference.*](#)

Unfortunately, the NAMI HelpLine is unable to provide mental health counseling, advice, personal advocacy or referrals to mental health providers or lawyers. The NAMI HelpLine does not provide individual casework, legal representations or any type of individual assessment.

The NAMI HelpLine is not a hot line, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please see the resources below.

What To Do In An Emergency

Need Immediate Help In An Emergency?

If you or a loved one is in immediate danger **calling 911 and talking with police** may be necessary. It is important to notify the police if it is a psychiatric emergency and ask for police officers trained in **crisis intervention** or trained to assist people experiencing a psychiatric emergency.

Need Immediate Help In A Crisis?

988 Suicide & Crisis Lifeline – Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and with judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health resources.

In your area.

988 is the new, shorter phone number that will make it easier for people to access mental health crisis services.

Crisis Text Line – Text HOME to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

National Domestic Violence Hotline – Call 800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking information. Help is available in Spanish and other languages.

National Sexual Assault Hotline – Call 800-656-HOPE (4673)

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Chat support is available at **Online Hotline**. Free help, 24/7.

The Trevor Project – Call 866-488-7386 or Text START to 678-678

Supporting LGBTQ young people during times of crisis by providing access to crisis counselors 24/7, 365 days a year. Crisis chat available at **Crisis Chat**.

HelpLine Online Knowledge & Resource Center



The HelpLine Online Knowledge and Resource Center is available and offers an extensive library of valuable information and answers to most frequently asked questions.

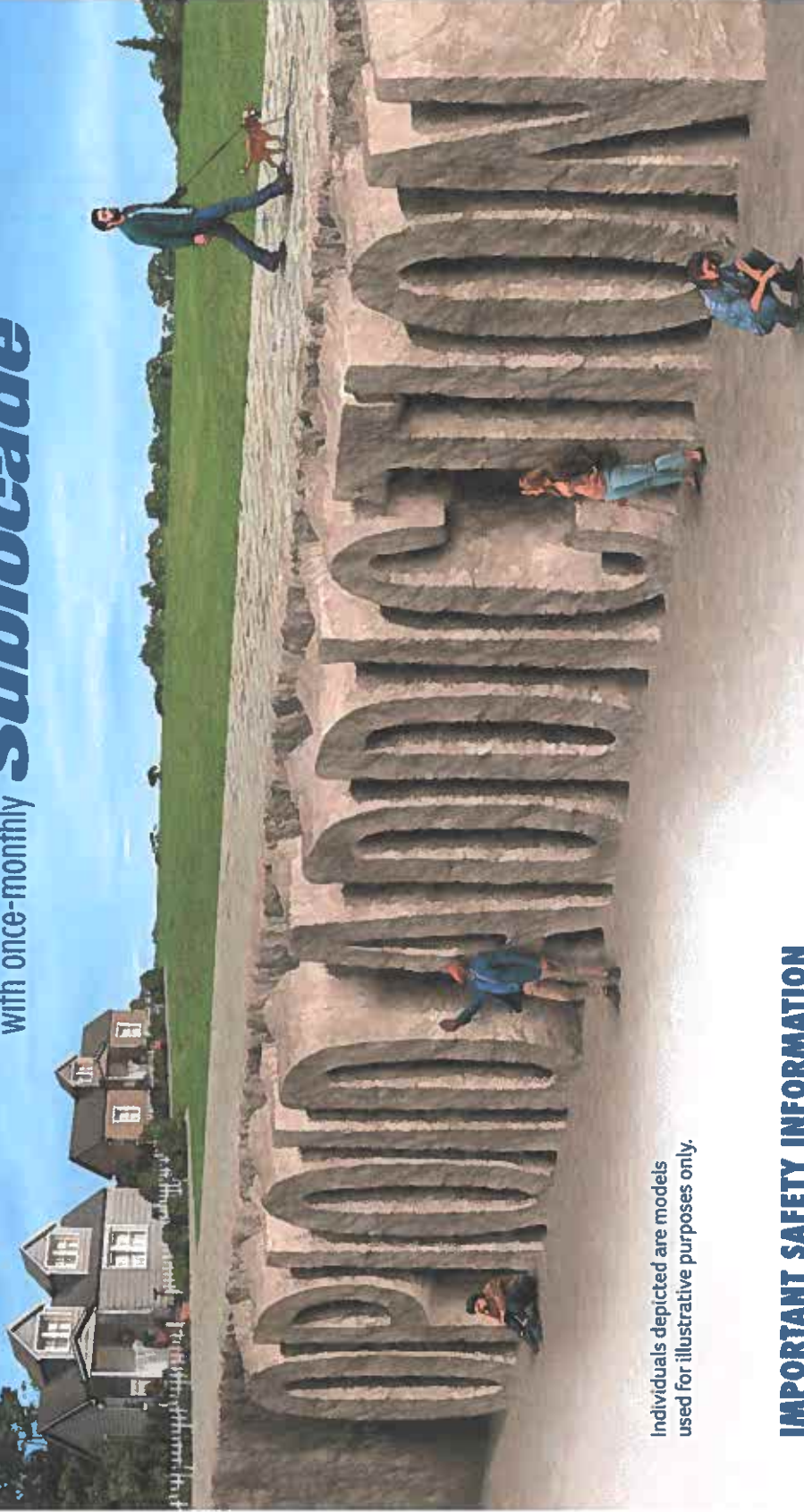
More >

NAMI Resource Directory

SUBLOCADE® (buprenorphine extended-release) injection, for subcutaneous use, CIII, is a prescription medicine used to treat adults with moderate to severe addiction (dependence) to opioid drugs (prescription or illegal) who have received an oral transmucosal (used under the tongue or inside the cheek) buprenorphine-containing medicine at a dose that controls withdrawal symptoms for at least 7 days. SUBLOCADE is part of a complete treatment plan that should include counseling.

KEEP MOVING TOWARDS RECOVERY[®]

with once-monthly ***Sublocade***[®]



Individuals depicted are models used for illustrative purposes only.

IMPORTANT SAFETY INFORMATION

Because of the serious risk of potential harm or death from self-injecting SUBLOCADE into a vein (intravenously), it is only available through a restricted program called the SUBLOCADE REMS Program.

- SUBLOCADE is not available in retail pharmacies.
- Your SUBLOCADE injection will only be given to you by a certified healthcare provider.

Please see the SUBLOCADE Medication Guide at sublocade.com, or included in the back of this brochure.

ONCE-MONTHLY

Sublocade[®]
(buprenorphine extended-release)
injection for subcutaneous use Ⓢ
100mg•300mg



Opioid addiction may be an overwhelming problem. But don't give up.

Living with opioid addiction can be a struggle. But it's important to understand that even when someone tries again and again to quit, it's not a sign of weakness or failure.

Opioid addiction is actually a disease called Opioid Use Disorder (OUD), and it involves compulsive drug seeking and use, despite negative consequences. That's because opioids hijack the brain and physically change it. This can make it really hard for someone to stop using opioids on their own, but there's help.

IMPORTANT SAFETY INFORMATION (CONT'D)

SUBLOCADE contains an opioid medicine called buprenorphine that can cause serious and life-threatening breathing problems, especially if you take or use certain other medicines or drugs.

Talk to your healthcare provider about naloxone, a medicine available to patients for emergency treatment of an opioid overdose. If naloxone is given, you must call 911 or get emergency medical help right away to treat overdose or accidental use of an opioid.

SUBLOCADE may cause serious and life-threatening breathing problems. Get emergency help if you: feel faint, feel dizzy, are confused, feel sleepy or uncoordinated, have blurred vision, have slurred speech, are breathing slower than normal, or cannot think well or clearly.

There are different ways to tackle it.

Medication-assisted treatment (MAT), which combines medication and counseling, is an option that can help manage opioid addiction long term.

According to the US Department of Health and Human Services, for some people MAT is the most effective approach to treat OUD.

If you've decided to seek treatment for opioid addiction, you've already made a move towards recovery.

IMPORTANT SAFETY INFORMATION (CONT'D)

Do not take certain medicines during treatment with SUBLOCADE. Taking other opioid medicines, benzodiazepines, alcohol, or other central nervous system depressants (including street drugs) while on SUBLOCADE can cause severe drowsiness, decreased awareness, breathing problems, coma, and death.

- In an emergency, have family members tell emergency department staff that you are physically dependent on an opioid and are being treated with SUBLOCADE.
- You may have detectable levels of SUBLOCADE in your body for a long period after stopping treatment with SUBLOCADE.

Please see the SUBLOCADE Medication Guide at sublocaide.com, or included in the back of this brochure.

ORIG. SUBLOCAIDE

Sublocaide®

(buprenorphine extended-release)
injection for subcutaneous use
100mg-300mg



Why it's so hard to quit

When we do something we enjoy, like eat a delicious meal or have a good time with family and friends, a chemical called dopamine is released in our brain and we feel pleasure. This is how our brains are wired to learn what makes us feel good, which drives us to keep repeating these natural rewards.

Dopamine is also released when someone takes opioids—opioids trigger a surge of dopamine, causing an increased sense of pleasure compared to natural rewards. This powerfully motivates someone to use opioids. At this point, the naturally rewarding things that were enjoyable can't compete with the effect of opioids.

Trapped in the cycle of opioid addiction

Use
Taking opioids and feeling "high" or relief from negative moods or feelings.

Withdrawal
Experiencing uncomfortable or negative physical and emotional symptoms after stopping opioids. May not feel normal when opioids are not taken.

Craving
An intense desire to take opioids again to experience pleasure. This can become all-consuming and uncontrollable.



IMPORTANT SAFETY INFORMATION (CONT'D)

Death has been reported in those who are not opioid dependent who received buprenorphine sublingually.

The physical effects of opioid addiction has on the brain can also change behavior. **Medication-assisted treatment (MAT)** combines medication and counseling to treat both the physical and behavioral parts of opioid addiction to help people reach and maintain recovery.

Medication

Different medications can be used in MAT, and buprenorphine is an effective option.

Buprenorphine helps the brain get used to functioning without illicit opioids. At prescribed doses, buprenorphine was designed to have a weaker effect on the brain compared to illicit opioids and not cause a "high."

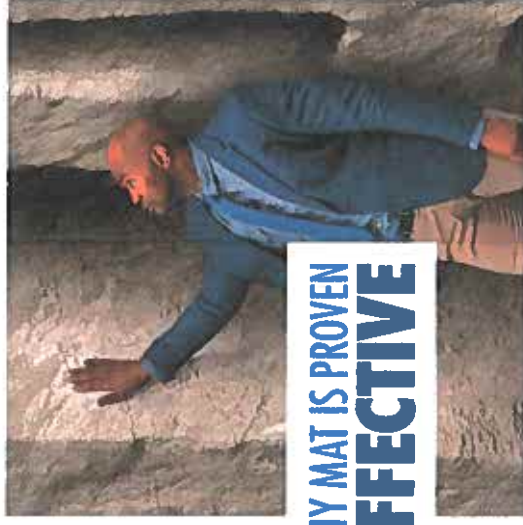
These doses can then reduce cravings, while blocking other opioids from causing rewarding effects, which can make taking them less appealing.

Counseling

Counseling can help people deal with the emotions and behaviors that are often linked to addiction. It can also teach long-term skills that can help people better manage stressful situations and start positive routines.

MAT has been shown to be more effective than medication or counseling alone.

WHY MAT IS PROVEN EFFECTIVE



IMPORTANT SAFETY INFORMATION (CONT'D)

Who should not take SUBLOCADE?

Do not use SUBLOCADE if you are allergic to buprenorphine or any ingredient in the prefilled syringe (ATRIGEL® Delivery System: a biodegradable 50:50 poly(DL-lactide-co-glycolide) polymer and a biocompatible solvent, *N*-methyl-2-pyrrolidone (NMP)).

Please see the SUBLOCADE Medication Guide at sublocade.com, or included in the back of this brochure.

ONCE DAILY

Sublocade®

(buprenorphine extended-release)
injection for subcutaneous use
100mg-300mg



A TREATMENT PLAN WITH COUNSELING

Counseling is an important part of recovery and treatment with SUBLOCADE.

There are counseling options that can work with your schedule and budget. There's one on one therapy, group therapy, even online, phone, and text therapy.

For resources and help finding options in your area, talk to your healthcare provider and visit:

- The Substance Abuse and Mental Health Services Administration (SAMHSA) at findtreatment.samhsa.gov

Other ways to keep moving towards recovery

Sticking to your treatment plan and continuing counseling are critical. Because recovery will always come with challenges, here are some other things you can do to stay on track:

- **Make appointment reminders.** Going for check-ups and monthly treatment will help you manage your symptoms. Try adding reminders on your phone.
- **Keep up with counseling.** Think of your counselor as a "coach." They're there to help you find ways to stay on track when things get tough.
- **Keep a daily diary.** Jot down how you feel emotionally and physically. Whether you're feeling okay or having symptoms such as cravings or withdrawal, tell your healthcare provider and counselor. This can help them understand how your treatment is going.

Any journey towards recovery will be challenging. Remember, you can do this. Keep going!



IMPORTANT SAFETY INFORMATION (CONT'D)

What are the possible side effects of SUBLOCADE?

SUBLOCADE can cause serious side effects, including:

- **Trouble breathing.** Taking other opioid medicines, benzodiazepines, alcohol, or other central nervous system depressants during treatment with SUBLOCADE can cause breathing problems that can lead to coma and death.
- **Sleepiness, dizziness, and problems with coordination.**

IMPORTANT SAFETY INFORMATION (CONT'D)

Physical dependence and withdrawal.

- **Liver problems.** Call your healthcare provider right away if you notice any of these symptoms: your skin or the white part of your eyes turns yellow (jaundice), dark or "tea-colored" urine, light colored stools (bowel movements), loss of appetite, pain, aching, or tenderness on the right side of your stomach area, or nausea. Your healthcare provider should do blood tests to check your liver before you start and during treatment with SUBLOCADE.

Please see the SUBLOCADE Medication Guide at sublocade.com, or included in the back of this brochure.

ORION PHARMACEUTICALS

SubloCADE

(buprenorphine extended-release)
injection for subcutaneous use **100mg-300mg**



STARTING TREATMENT

Once you and your treatment provider decide SUBLOCADE is right for you, treatment can start.

Induction period

Before you receive SUBLOCADE, you'll need to first take a daily transmucosal form of buprenorphine (under the tongue or inside the cheek) for at least 7 days to help control withdrawal symptoms and help you transition to SUBLOCADE.

Make sure your follow-up appointment is scheduled.

People who have Opioid Use Disorder have an elevated risk for opioid overdose. Talk to your healthcare provider about naloxone. Naloxone is a medicine that is available to patients for emergency treatment of an opioid overdose. It is not a treatment for Opioid Use Disorder.



When you go to your appointment to receive SUBLOCADE, here's what to expect:

SUBLOCADE is an injection that's administered by your treatment provider. It's given just under the skin (subcutaneously) in your abdomen.

After it's injected as a liquid, SUBLOCADE turns into a solid called a depot (dee-poh) that gradually releases medication throughout the month. The depot may be seen or felt as a small bump under the skin at the injection site on your abdomen. Over time, as medication is released into your body, the bump will get smaller. Everyone's experience is different. Ask your treatment provider if you have questions about the depot size.

Do not try to remove the depot, and do not rub or massage the injection site. Likewise, try not to let belts or waistbands rub against the injection site.

IMPORTANT SAFETY INFORMATION (CONT'D)

• **Allergic reaction.** You may have a rash, hives, swelling of your face, wheezing, low blood pressure, or loss of consciousness. Call your healthcare provider or get emergency help right away.

IMPORTANT SAFETY INFORMATION (CONT'D)

• **Opioid withdrawal.** Call your healthcare provider right away if you get any of these symptoms: shaking, sweating more than normal, feeling hot or cold more than normal, runny nose, watery eyes, goose bumps, diarrhea, vomiting, or muscle aches.

Please see the [SUBLOCADE Medication Guide](#) at [sublocade.com](#), or included in the back of this brochure.

ORIG. IMPRINT

Sublocade

(buprenorphine extended-release)
injection for subcutaneous use
100mg-300mg



WHAT TO KNOW ABOUT DOSING

You'll receive SUBLOCADE once a month (at least 26 days between doses), if **you miss a dose, please see your treatment provider as soon as possible.**

SUBLOCADE comes in 2 doses: 300 mg and 100 mg.

- Your treatment provider will start with 300 mg to help the medication reach an effective level in your body.
- After 2 months, you may receive a lower "maintenance dose" of 100 mg or stay on 300 mg. Your treatment provider will decide what's best.

The level of medicine in your blood is important. Ask your treatment provider about how the delivery system used in SUBLOCADE maintains medicine levels even when the dose is lowered (e.g., from 300 mg to 100 mg on month 3).

What is the most important information I should know about SUBLOCADE?

Because of the serious risk of potential harm or death from self-injecting SUBLOCADE into a vein (intravenously), it is only available through a restricted program called the SUBLOCADE REMS Program.

- SUBLOCADE is not available in retail pharmacies.
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SUBLOCADE contains an opioid medicine called buprenorphine that can cause serious and life-threatening breathing problems, especially if you take or use certain other medicines or drugs.

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SUBLOCADE may cause serious and life-threatening breathing problems. Get emergency help if you: feel faint, feel dizzy, are confused, feel sleepy or uncoordinated, have blurred vision, have slurred speech, are breathing slower than normal, or cannot think well or clearly.



To report pregnancy or side effects associated with taking SUBLOCADE, please call 1-877-782-6966. You are encouraged to report negative side effects of drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

IMPORTANT SAFETY INFORMATION (CONT'D)

- **Decrease in blood pressure.** You may feel dizzy when you get up from sitting or lying down.
- **The most common side effects of SUBLOCADE include:** constipation, headache, nausea, injection site itching, vomiting, increase in liver enzymes, tiredness, or injection site pain.

IMPORTANT SAFETY INFORMATION (CONT'D)

- SUBLOCADE may affect fertility in males and females. Talk to your healthcare provider if this is a concern for you.
- These are not all the possible side effects. Call your healthcare provider for medical advice about side effects.

Please see the SUBLOCADE Medication Guide at sublocade.com, or included in the back of this brochure.

SPRINT HOSPITAL

SubloCADE

(buprenorphine extended-release) injection for subcutaneous use & 100mg-300mg



**CULTURAL
COORDINATOR
Stan Moses**

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

PoG 1J0

(705)857-1221 EXT: 229

2023

COMMUNITY MOOSE HUNT RAIN OR SHINE!

**OPEN TO ALL
COMMUNITY
MEMBERS!!!**

**WE ENCOURAGE
THOSE WHO
ATTENDED THE
GUN COURSE TO
ATTEND!**

Hunting will be done in and around the Community.

Breakfast provided @ 7:30am and Packed lunch for the day will be provided.

If you don't have a gun/rifle, you can still come to participate!

Please call the Health Centre/Darcy to Sign-Up!

Participants must be dressed for the weather, Boots, hat, mitts and proper hunting attire (Brightly/Florescent Colored)

For more information contact:

Stan Moses 705-857-1221

**SATURDAY
OCTOBER 21,
2023**

7:30AM – 4:30PM

**MEET @ PROGRAM
TRAILER**



TUESDAY OCTOBER 3, 2023

MEN'S CIRCLE

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

• MOVIE & DINNER OUTTING •

Leaving 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



T U E S D A Y O C T O B E R 1 7 ,
2 0 2 3

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 OCTOBER 31,
2023

MEN'S CIRCLE

WITH STAN MOSES & ARLEN TULLOC
DAVE RICE

• **PROGRAM TRAILER** •

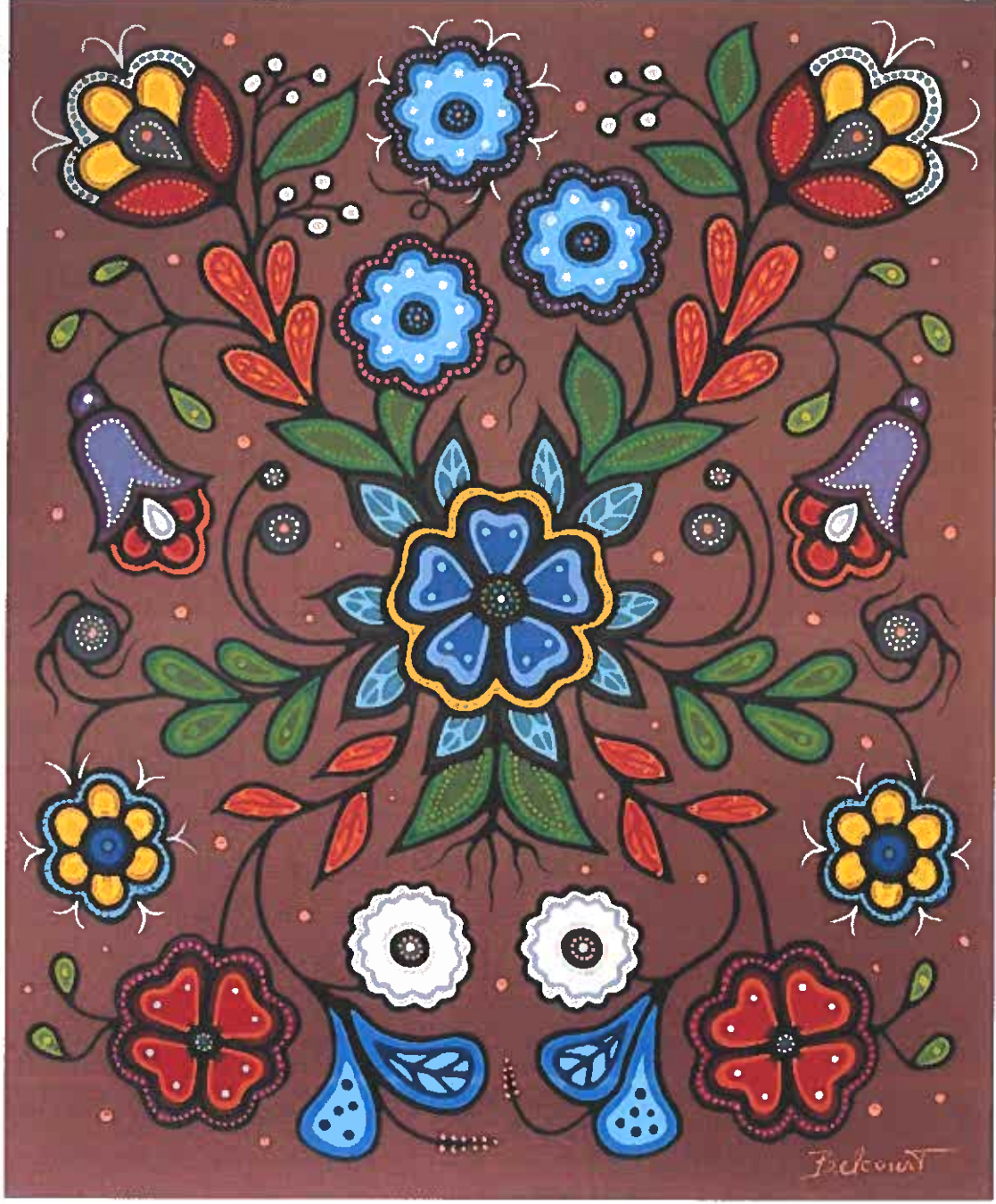
Starting at 5:00 PM

**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

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.



FAMILY, LIKE BRANCHES ON A TREE WE ALL GROW IN DIFFERENT DIRECTIONS BUT OUR ROOTS REMAIN AS ONE.

OCTOBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 2 STAFF MEETING	3 IN OFFICE	4 PROGRAM SHOPPING	5 EVENT PREPARATIONS	6 EVENT PREPARATIONS	7
	8 9 INDIGENOUS PEOPLE'S DAY	10 AN EVENING DEDICATED TO MOTHERS & DAUGHTERS EVENT	11 IN OFFICE	12 OUT OF OFFICE	13 OUT OF OFFICE	14
	15 16 STAFF MEETING	17 GENEALOGY & CEMETERY RESEARCH	18 SEWING & CRAFTS	19 GENEALOGY & CEMETERY RESEARCH	20 HOME VISITS	21
	22 23 IN OFFICE	24 GENEALOGY & CEMETERY RESEARCH	25 SEWING & CRAFTS	26 GENEALOGY & CEMETERY RESEARCH	27 FULL MOON CEREMONY	28
	29 30 STAFF MEETING	31 GENEALOGY & CEMETERY RESEARCH				

HAPPY BIRTHDAY in OCTOBER

4th	WAAZAKONE MOSES
4th	RODNEY NEODEGIJIG
5th	LARA ZENHENKO
8th	WYATT ASHAWASEGAI-MCQUABBIE
11th	JERSEY ASHAWASAGAI
14th	ALYSSA MCQUABBIE
20th	JANE ASHAWASEGAI
21st	MICHAEL ASHAWASEGA
24th	ANGEL MCQUABBIE
25th	DANIKA BRENNAN
31st	AIYANNA GROSBECK



HENVEY INLET FIRST NATION HEALTH CENTRE
**MOTHER DAUGHTER COMMUNITY SOCIAL
NIGHT OUT**

"HEALING THE SPIRIT THROUGH CARING & SHARING"

**TUESDAY, OCTOBER 10, 2023
5PM – 8PM**



5PM~ROAST BEEF DINNER W/SPECIAL GUEST SPEAKER #1

6:15PM~15 MINUTE BREAK

6:30PM~SPECIAL GUEST SPEAKER #2 Lorri "Star" McMullen

7:30PM~GIVE-A-WAYS & DRAWS

8:00PM~CLOSING

Dress in your best moms and daughters, for an evening of social & fun

FOR MORE INFORMATION CONTACT THE HEALTH CENTRE 705 857-1221
NNADAP LOUISE ASHAWASEGAI EXT 228
CWW LUANA MCQUABBIE EXT 227

Please sign up by October 3 @ 12 NOON

WHERE: O & M BUILDING/UPSTAIRS OFFICE #2

ADDRESS: 14 SANDPIT ROAD

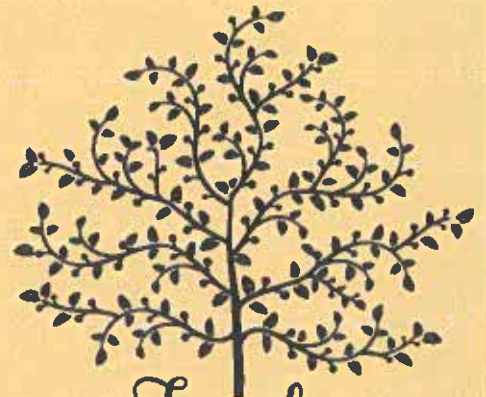
CREATING YOUR OWN PERSONAL FAMILY TREE

"FAMILY TREE BUILDING"

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

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

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



Family
like branches on a tree
we all grow in different directions,
but our roots remain as one.

TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227

Classes for October 2023



CLASSES 9:00—4:00

OCT 18 & 25

BABY MOSS BAG

Potluck lunch.

Sign-up with Darcy @ the Health Centre

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

SEWING & CRAFTS

OCT 27,
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 Full Moon

Please remember to:

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

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