



# November 2024



## Upcoming Events/Workshops:

- Offices Closed Monday November 11 for Remembrance Day
- Remembrance Day Service- 10:45AM Cemetary
- Diabetic Foot Care- November 6
- Employment Opportunities
- Looking for photos of previous Chief and Councilors that served in Office
- Band Council Meeting- December 10
- Employment Opportunities
- Addictions Awareness Presentation & Info Session- November 21
- Ontario Works Schedule
- Home Maintenance Workshop- November 7
- Education News
- Kids Day Hunt- November 15
- Christmas Photos- November 2 & 15
- Traditional Indigenous Parenting
- Child & Family Wellbeing Project Open House- November 12 & December 3
- Murder Mystery- November 14
- Diabetic Bingo- November 18
- Men's Circle- November 5 & 19
- Survival Training-- November 23 & 24



# Henvey Inlet First Nation

## RATIFIACATION VOTE RESULTS – October 27, 2024

1. I, Scott Jacobs, was present at the Henvey Inlet First Nation Fire Hall on the 27<sup>th</sup> day of October, 2024 when the members of Henvey Inlet First Nation voted on the "Henvey Inlet First Nation Ratification Law". The polling station was opened at 10:00 am and remained open until 5:00 pm of that day.
2. The names of 1046 Eligible Voters appeared on the List of Eligible Voters.
3. The number of voters that constitutes a majority is over 50% of those that cast a valid ballot or 157 votes.
4. The Notice of Vote was posted on September 13, 2024. The First Nation took reasonable steps to locate all Eligible Voters. Voter packages were mailed to each of the 1046 on and off reserve eligible voters for whom the First Nation was able to establish confirmed mailing addresses. The mailing was complete on September 13, 2024, which is at least 42 days prior to vote date.
5. The results of the Community Approval Vote are as follows:
  - a. 172 Mail-in ballots were received;
  - b. 25 Voted in person at the polling station;
  - c. 118 Vote on-line via OneFeather voting platform
  - d. 0 Ballots were spoiled prior to being placed in the ballot box;
  - e. 1 Mail-in ballots were rejected prior to be placed in the ballot box;
  - f. 2 Ballots were spoiled during the counting of the ballots;
  - g. 313 Constitutes the total number of valid ballots cast.
6. The tally of votes is as follows:

YES	235	NO	78
-----	-----	----	----
7. Based on the need to meet or exceed the requirements outlined in item 3, and the percentage of Voters in item 4 above, the "Henvey Inlet First Nation Ratification Law" was voted **IN FAVOUR** by the membership in accordance with the Land Code.
8. The results have been sent to Henvey Inlet First Nation Administration on October 27, 2024.

  
\_\_\_\_\_  
Ratification Officer

Oct 27/24  
Date



# Community

## Band Council Meeting

Tuesday December 10, 2024

6:00 PM @ Fire Hall

### Topics

- Agenda
- Council Reports

Zoom link will be posted once available!



**Henvey Inlet  
First Nation**

Pickerel, ON POG 1J0

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

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

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

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

# MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: October 28, 2024

**Re: Employment Opportunities**

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

- 1) Adult Education Teacher – 1 Position
- 2) Band Representative – 1 Position
- 3) Early Childhood Education Worker – 1 Position
- 4) Home Maintenance Worker – 1 Position
- 5) Community Wellness Worker – 1 Position
- 6) Maintenance Assistant – 1 Position

See attached job postings for more information.

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

Miigwetch,

Samantha Bradley, PCP  
Human Resources Coordinator



## EMPLOYMENT OPPORTUNITY

# ADULT EDUCATION TEACHER

**\*RE-POST\***

---

### **POSITION SUMMARY**

Hewey 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

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

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

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



## EMPLOYMENT OPPORTUNITY

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

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

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





## EMPLOYMENT OPPORTUNITY

# EARLY CHILDHOOD EDUCATION WORKER

**\*RE-POSTED\***

---

### **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**

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

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

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



## EMPLOYMENT OPPORTUNITY

# HOME MAINTENANCE WORKER

**\*RE-POST\***

---

### **POSITION SUMMARY**

Henvey Inlet First Nation is currently seeking a temporary, full-time **Home Maintenance Worker** to join our Administration for a 6-month contract. The Home Maintenance Worker reports to the Community Health Nurse and is responsible for providing primarily exterior home maintenance and minor home repairs for eligible clients in the Community. This position requires excellent customer service and interpersonal communication skills and a strong work ethic.

### **MAIN RESPONSIBILITIES**

The Home Maintenance Worker will be responsible to:

- Ensure the safety and adaptation needs of clients are met via installation of support bars, railings, etc.
- Check and report any extraordinary maintenance or safety concerns to the Supervisor
- Provide appropriate level of service to all clients as assigned and noted in the monthly calendar
- Accompany Supervisor on quarterly home visits to clients to review services being provided and ensure client satisfaction
- Perform various preventative, routine and seasonal home maintenance duties for clients including:
  - Basic plumbing such as repairing leaky faucets, broken pipes, etc.
  - Interior and exterior painting, window washing and basic carpentry
  - Changing light bulbs and smoke detector batteries
  - Deck and porch repair
  - Installation of clotheslines when requested
  - Hanging wall fixtures, safety bars or décor
  - Ensuring mailboxes are kept in good order for incoming mailing delivery
  - Cutting, piling, splitting and delivering wood
  - Lawn maintenance such as grass and brush cutting, raking leaves and removal of fallen trees
  - Assisting with planting, watering, weeding and harvesting of gardens
  - Clearing snow from driveways, steps, ramps, pathways, garbage bins, and mailboxes
  - Salting and/or sanding driveways, steps, ramps and walkways prior to and immediately following snow or ice storms
  - Hanging Christmas lights and outdoor decorations
  - Cleaning chimneys, stove pipes and gutters/eavestroughs
  - Winterizing doors and windows
  - Water delivery
  - Picking up and removing garbage and other debris in and around the property
  - Assisting with more difficult tasks in and around the home as required
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

## **QUALIFICATIONS**

- Must be 17 to 30 years of age per funding agreement
- Must be unemployed and not in school per funding agreement
- Valid Ontario Class G2 Driver's License **a must**
- Grade 12 diploma or equivalent preferred
- Current CPIC
- Basic home maintenance and carpentry skills
- Previous brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Previous experience providing respectful and compassionate service to Elders preferred
- Current First Aid and CPR Level C
- Excellent customer service and interpersonal communication skills
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours a must

## **HOURS OF WORK**

Full-Time – 35.5 hrs/week

## **REMUNERATION**

\$19.52/hour

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

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

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



## EMPLOYMENT OPPORTUNITY

# COMMUNITY WELLNESS WORKER

**\*RE-POST\***

### **POSITION SUMMARY**

Henvey Inlet First Nation is seeking a full-time **Community Wellness Worker** to join our Administration. The Community Wellness Worker reports to the Health Director and is responsible for providing culturally appropriate programs and services to address and respond to existing and emerging family violence, health, healing and wellness issues, including intergenerational trauma. The Community Wellness Worker will work directly with clients to achieve and enjoy healthy and balanced lives through the promotion of positive change in values, attitudes and behaviours. This position requires exceptional interpersonal communication and advocacy skills and strong knowledge of First Nations culture, language and traditional ceremonies and practices.

*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 Community Wellness Worker will be responsible to:

- Support the reduction and prevention of family and community violence through 1-on-1 client support and group support initiatives
- Assist in planning, designing and facilitating various group-based workshops and activities focused on improving indigenous health and enabling participants to achieve and enjoy a healthy and spiritually balanced life
- Work collaboratively with HIFN colleagues and community partners to bring family violence and human trafficking awareness and prevention campaigns and resources into the community
- Build and maintain trusting and supportive client relations
- Assist with client intake and needs assessments, ensuring all necessary forms and documents are completed and inputted into appropriate files and electronic databases
- Maintain up-to-date electronic and paper-based client files, ensuring they are securely stored with restricted access
- Provide client-based services that utilize case management techniques such as establishing trusting relationships, case noting, advocacy and referrals
- Conduct home visits and provide home outreach services as appropriate
- Support clients to establish and maintain independent, safe and stable living environments where their basic needs are being met
- Assist clients with scheduling appointments and securing or providing transportation to/from appointment destinations
- Assist clients with applying for and obtaining personal identification such as birth certificates, health cards, status cards, etc.
- Encourage and support clients to make healthy choices and practices through methods such as harm reduction
- Support clients through their journey to healing traumas and assist them to connect with after-care support programs designed to help them achieve overall wellness
- Incorporate indigenous culture into healing and wellness activities
- Provide focused education and information to members seeking to learn about and participate in their indigenous culture through individual and group counselling sessions
- Work collaboratively with the Cultural Coordinator to coordinate and facilitate ceremonial and traditional activities, including sewing and beading groups, healing/cultural teaching circles and/or support groups
- Provide culturally appropriate life skills training, support services, resources, educational materials, and workshops to address community wellness needs
- Help to organize and facilitate all major community events such as the Community Christmas Party, Easter Breakfast, Loonie Auction, Community Powwow, Remembrance Day Ceremonies, etc.
- Establish committees to help coordinate all major community events and recruit and train volunteers

- Work collaboratively with staff, band members and Elders to establish and maintain documentation of HIFN historical projects, events, family histories and other relevant historical archives
- Assist members with establishing and maintaining up-to-date ancestry records when requested
- Provide members with culturally centered support services for funeral and estate planning when requested
- Plan the annual Seven Grandfather Teaching awards ceremony and oversee the nomination and selection process
- Prepare and submit grant proposals to funding agencies for community wellness and fitness initiatives
- Order and purchase supplies required to facilitate community events, workshops and other approved items for clients as needed
- Distribute information on community wellness workshops, community events and other departmental initiatives via the community newsletter, website, bulletin boards and other multi-media platforms as required
- 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
- Prepare and monitor annual community wellness program budget and present quarterly program financial reports to the Director of Finance/Administration
- 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 the Union of Ontario Indians
- Liaise and consult with the Union of Ontario Indians on issues and available opportunities to enhance the community wellness program
- Prepare and submit all mandatory reports required on behalf of the community wellness program to the appropriate government ministry and funder
- Work collaboratively and cooperatively with all community professionals, departments and colleagues
- Prepare full briefing notes for the Health Director, Director of Finance/Administration and Chief and Council on program statistics regarding program participation and attendance, and other 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 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 community wellness 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 Health Director, Director of Finance/Administration or Chief and Council

## **QUALIFICATIONS**

- Grade 12 diploma or equivalent required; Post-secondary degree or diploma in Social Services, Human Services or other related field preferred
- 2-3 years of experience providing health and social support services to clients, preferably in an Indigenous setting
- Previous experience working with volunteers in a non-profit setting an asset
- 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
- Current NVC training certificate an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Knowledge of current social issues affecting Indigenous people including trauma and addictions
- Previous experience working within a First Nations organization an asset
- A strong working knowledge of traditional ceremonies and practices
- 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 time-management, organization and administrative skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent problem-solving, critical thinking and conflict resolution skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Effective financial literacy and budgeting skills
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Ability to work 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 – 35.5 hrs/wk

### **WORK LOCATION**

In-office

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

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

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



## EMPLOYMENT OPPORTUNITY

# MAINTENANCE ASSISTANT

---

### **POSITION SUMMARY**

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

### **MAIN RESPONSIBILITIES**

The Maintenance Assistant will be responsible to:

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

### **QUALIFICATIONS**

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

- Previous carpentry, brush cutting or landscaping experience an asset
- Chainsaw Safety Certification preferred
- Ability to stand, bend, reach and twist for long periods of time
- Ability to lift up to 20lbs continuously
- Current First Aid and CPR Level C
- Exceptional organization and time-management skills
- Professional attitude and a strong work ethic
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours, including occasional weekends, **a must**

---

### **HOURS OF WORK**

Full-Time – 35.5 hrs/week

### **REMUNERATION**

\$19.52/hour

### **START DATE**

Mid-November to early December

### **APPLICATION DEADLINE**

November 12, 2024

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

**Henvey Inlet First Nation – Human Resources**

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

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

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

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



**Henvey Inlet  
First Nation**

Pickering, ON P0G 1J0

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

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

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

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

# Memorandum

To: Henvey Inlet First Nation Elders  
From: Brenda Contin- Community Health Nurse  
CC: Maureen Kagagins- Health Portfolio  
Date: October 1, 2024  
Re: No services provided over Holidays

---

Unfortunately, we regret to notify the Elders of Henvey Inlet First Nation that there will be no Home Support Services or Home Maintenance Services over the Christmas Holidays starting Wednesday December 18 @12 noon until we open on January 6, 2025.

Elders will need to rely on Family Members or Friends to assist them during this time.

If you have any concerns, requests, or questions pertaining to this to please contact the Health Centre.

I appreciate your attention to his matter.

Thank You,

Brenda Contin,  
Community Health Nurse

da/BC



## Henvey Inlet First Nation

Pickering, ON P0G 1J0

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

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

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

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

# Memorandum

To: Henvey Inlet Band Members  
From: Henvey Inlet First Nation Health Centre  
Date: October 23, 2024  
Re: Information regarding Medical Van

---

Due to unfortunate circumstances, we will no longer allow Members to "Catch" rides to town. The Medical Transportation Van is for Members who have scheduled appointments in either Britt, Sudbury or Parry Sound.

We also ask that Members who do utilize the Medical Transportation Van to make sure that the appointments are booked according to our schedule which is; Mondays - Sudbury, Tuesdays - Parry Sound, Wednesdays - Britt, Thursdays - Sudbury, and Emergency only on Fridays.

The Medical Van Driver is only authorized to take clients to their appointment place and nowhere else.

If a client has a specialist appointment that is not booked according to our schedule to please notify The Health Centre 1 week prior to appointment, so that we can schedule a Driver.

Lastly, it is important to call and add your name to the book 3 days prior to your appointment, if your name is not in the medical transportation book, we cannot accommodate you.

We appreciate your co-operation to this matter.

ep/DA



## Henvey Inlet First Nation

Pickereil, ON POG 1J0

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

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

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

Chief  
M. Wayne McQuabbie  
Council  
Patrick Brennan  
Lionel Fox  
Carl Ashawasagai  
Brenda Contin  
Maureen Kagagins

# MEMORANDUM

**To:** Ontario Work's Recipients

**From:** Henvey Inlet Ontario Works (MCCSS)

**Date:** October 28, 2024

**Subject:** Information relating to Ontario Works

## ONTARIO WORKS ADMINISTRATION

### RHT (PCD), Ontario Works and ODSP

If you have received the Robinson Huron Treaty PCD (Per Capita Distribution) and receive financial assistance from Henvey Inlet Ontario Works or ODSP and live on reserve, all Ontario Works and ODSP recipients are still eligible to receive financial assistance from Ontario Works and the Ontario Disability Support Program. All Ontario Works recipients must continue to submit their income statements monthly to receive their financial assistance (Ministry of Children, Community and Social Services, MCCSS).

### Appointments

When applying or re-applying for financial assistance, please call the Ontario Works Administrator during office hours at (705) 857-2331 ext.222. An appointment will be scheduled at the Ontario Works office, or a home visit will be scheduled.





## Henvey Inlet First Nation

Pickereil, ON P0G 1J0

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

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

Day Care  
354B Pickereil 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

### **Social Media Messages**

Ontario Works will not respond to incoming messages on social media such as Facebook Messenger. This is to protect the privacy and confidentiality of Ontario Works recipients (Ministry of Children Community and Social Services, MCCSS). Please call Ontario Works during office hours at (705) 857-2331 ext. 222.

### **Income Statements**

**Reminder:** Please check your mailboxes. If you receive financial assistance from Ontario Works, your income statements will be delivered to your mailboxes in the first week of each month.

**Reminder:** Please drop your monthly income statement in the drop box in the band office's front foyer.

If you have a child(ren) in your temporary care and are receiving financial assistance for the child(ren), you are required to submit an income statement.

**Please see the attached Ontario Works calendar for the drop-off date.**

# NOVEMBER ONTARIO WORKS

**NOTE:** If I am not in the office, please leave a message with the administration at the front desk.

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM to 7:30 PM	Office Hours 9:30 AM to 4:30 PM	Office Hours 8:30 AM to 12:00 PM	
10	11	12	13	14	15	16
	Remembrance Day Office Closed 	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM Food Bank Bingo 5:30 PM to 7:30 PM	Office Hours 8:30 AM to 4:30 PM	<b>Last Day to Submit Income Statement without a delay.</b>	
17	18	19	20	21	22	23
	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 9:30 AM to 4:30 PM Food Bank Bingo 5:30 PM to 7:30 PM	Office Hours 9:30 AM to 4:30 PM	Office Hours 8:30 AM to 12:00 PM	
24	25	26	27	28	29	30
	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 4:30 PM Food Bank Bingo 5:30 PM to 7:30 PM	Office Hours 8:30 AM to 4:30 PM	Office Hours 8:30 AM to 12:00 PM	



# BINGO

**Food Bank Bingo**

**October 30, 2024**

**Place: Learning Centre**

**Time: Doors Open @ 5:30 PM**

**CASH/PRIZES**



xk-727090147



LEST  
WE  
FORGET

OFFICES CLOSED  
FOR REMEMBRANCE  
DAY

MONDAY NOVEMBER 11, 2024



# **METHADONE** **CLINIC**



**HOURS CHANGE!!!!**

**Effective October 3rd**

**Clinic hours will now be:**

**Monday to Friday 9:00AM to 11:00AM**

**REMINDER TO CLIENTS TO PLEASE PRESENT  
TO CLINIC AS SOON AS POSSIBLE.**

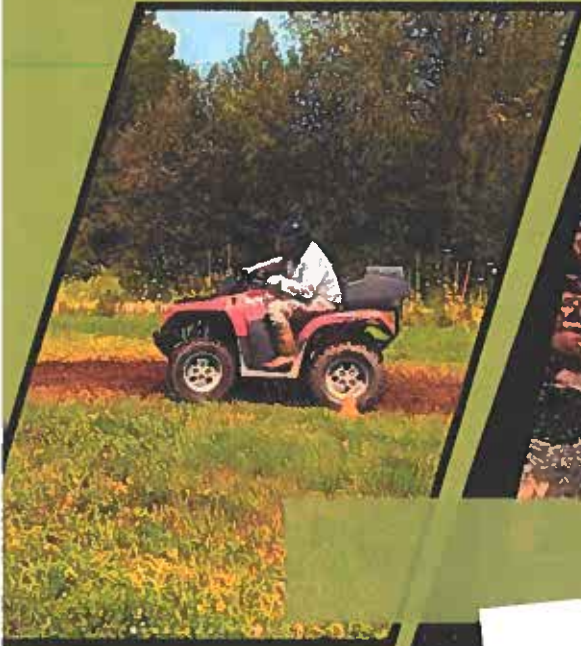
**IF YOU HAVE ANY QUESTIONS ABOUT  
HOURS, PLEASE CONTACT THE CLINIC AT  
THE NUMBER BELOW.**

**Contact: Brenda Contin or Debbie Brennan**

**Clinic Phone: (705) 857- 3449**

**Clinic Fax: (705) 857-1271**





**A.T.V**



# **SAFETY TRAINING**

OPEN TO ALL HIFN MEMBERS 12 & UP

● **DATES TO BE DETERMINED!!!** ●

**SIGN-UP SHEET IS AT ADMINISTRATION BUILDING!!**

***ALL PARTICIPANTS ARE TO HAVE DOT APPROVED HELMET!!***

For More Information : John Ramsey

[john.ramsey@henveyinlet.com](mailto:john.ramsey@henveyinlet.com) or 705-857-2331







## Holiday Train Schedule 2024

Date	Event Time	Stop Name	Address	Artist
Nov 30	19:10 - 19:40	Rutter, Ontario	Rutter Train Station, Rutter Ontario	Tyler Shaw and Shawnee Kish



# Home Maintenance Workshop

**When:** Thu Nov 7<sup>th</sup>, 2024 @ 11:00 AM

**Where:** Office 2 – Upstairs @ O&M Building

~Lunch will be provided~

Attendees will be eligible for the December rent incentive and also have a chance to win gift cards

**Presenting Topics:**

**Preventative Home Maintenance for Tenants & Home Owners presented by Joe Beagan, WBAFN**

**Contact:** Shane Contin from housing to be put on the list (705) 857-2331 Ext: 223 or email:

**[housing@henveyinlet.com](mailto:housing@henveyinlet.com)**





**Henvey Inlet  
First Nation**

Pickeral, ON POG 1J0

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

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

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

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

# MEMORANDUM

To: HIFN Band Members  
Fr: Shane Contin, Housing/Finance Assistant  
Dt: Aug 29<sup>th</sup>, 2024  
Re: **Propane Fill-ups for your 500 Gallon Fuel Tank**

Dear HIFN Members,

Randy Ellis from Co-Op Regionale has informed the housing department that they will not provide minimum fill-ups and will only do full fill-ups if twelve (12) or more homes in Henvey can be done in one (1) run. This can result in long waiting times or refusal to service your tank.

For these reasons, it is recommended that existing Co-op Regionale customers switch to Moore Propane Limited.

Moore's has agreed to provide minimum fill-ups ranging around \$400.00. They have also agreed to provide full fill-ups & deliver them in a reasonable timely manner.

To make the switch, simply call Moore Propane and create an account with them over the phone.

Please see below for their contact information.

**MOORE PROPANE LIMITED**

Phone: 1 (705) 523-6466  
Cell: 1 (705) 670-7955  
Toll Free: 1 (877) 735-1856  
Email: [allockhart@moorepropane.ca](mailto:allockhart@moorepropane.ca)





## Henvey Inlet First Nation

Pickering, ON P0G 1J0

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

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

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

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



- When the propane level reaches 30% in the tank, call your preferred fuel supplier to have it topped up. Doing so will give the supplier time (usually 1-2 weeks) to come out and fill it up before the tank runs empty or drops below 20%. When the tank runs out of fuel, it causes changes to the pressure in the lines. When this happens, the tank will require another inspection before it can be filled up again. These inspections are costly and can be billed at the owner's expense.

To check the propane fuel level, start by opening the red cap located at the top of the tank. There is usually a small pin that prevents the cap from opening, pull it out and the cap should then be able to swing back freely.





## Henvey Inlet First Nation

Pickeral, ON P0G 1J0

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

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

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

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

Next, look for the circular meter located inside. The black needle on the meter/gauge will show you how much propane you have left. Notice how this one is above 70%. When it reaches the 30% mark it's time to call for a fill-up.



- A full fill-up generally costs between \$1100.00 to \$1250.00 depending on current local fuel prices which tend to fluctuate frequently.
- Moore Propane has agreed to provide minimum fill-ups ranging around \$400.00. They have also agreed to provide full fill-ups & deliver them in a reasonable timely manner. They can be reached at (705) 523-6466.
- Due to regulations, the propane tank should be installed/placed at least 10 feet away from any building. Keep this in mind when planning to build a shed, addition to your home, etc. Violating this rule can result in your fuel supplier refusing to fill-up your propane tank until the violation has been resolved and/or rectified.
- There are copper propane lines buried 18" underground that run from the propane tank to the exterior wall of your home and to your back-up generator. Keep this in mind before planning any digging etc. in these areas. If you notice that a propane line has been hit and is leaking, leave the area immediately and contact your local fire department.
- The most obvious sign of a propane gas leak is the odor, a chemical is added to the gas that produces a "rotten egg" smell. A hissing noise or whistling sound near the gas leak is another sign.





# KIDS DAY HUNT

**Children 12 & Under require a Adult to  
attend with them**

**Please be sure to dress for the weather and  
wear something orange!!**

**Lunch will be provided!!**

**CALL HEALTH CENTRE TO SIGN UP!!**



**November 15**

**10:00am  
Start**

More info:

Stan Moses 705-857-1221 or Angele Dubois 705-918-1590





# EDUCATION NEWS



**NOVEMBER 2024**

## IMPORTANT DATES

### **BRITT PUBLIC SCHOOL**

**NOVEMBER 1: PAJAMA DAY**

**NOVEMBER 7: WEAR FALL COLOURS**

**NOVEMBER 11: REMBRANCE DAY**

**NOVEMBER 13: MUSIC SCORES STOCKY CENTER GRADE 3 TO 7**

**NOVEMBER 15: PA DAY**

**NOVEMBER 20: PINK SHIRT DAY**

**NOVEMBER 27: PICTURE RE-TAKE DAY**

### **NOBEL PUBLIC SCHOOL**

**NOVEMBER 7: PHOTO RETAKES AT NOBEL**

**NOVEMBER 11: REMEMBRANCE DAY**

**NOVEMBER 13: PROGRESS REPORTS AVAILABLE ON EDSBY (PARENTS CAN REQUEST A PAPER COPY TO BE SENT HOME THROUGH OUR SCHOOL OFFICE)**

**NOVEMBER 15TH: PARENT TEACHER INTERVIEWS**

**DECEMBER 17TH: NOBEL SCHOOL CHRISTMAS CONCERT, 5:30 P.M., SNOW DATE DECEMBER 18TH, SAME TIME**

**MIIGWETCH, Genevieve & Eileen**



**In Loving  
Memory Of**

*Alice McQuabbie*

---

**We are sending an open invitation to attend  
Alice's Memorial.**

***Friday November 8, 2024 @ 1:00pm***

Henvey Inlet First Nation Cemetery- 573 Pickerel River Road  
Ceremony to take place at 1:00pm the gravesite of Alice's Father,  
Willard McQuabbie.

Councillor Stanley Moses to lead ceremony

Drummer: Rod Nettagog

Singers: Kim McQuabbie, Kyla McQuabbie

Stanley to open ceremony followed by smudge of all attendee's  
followed by singing then smudging of the ashes and Family can  
share any stories/memories then putting down of ashes and song

Feast to be at approximately 1:45/2pm at

O&M Building- 14 Sandpit Road,

Please enter at the back of building





---

**NOVEMBER 2024**

**BAND REPS  
PROGRAMMING**



### Band Representative On-Call Schedule

<b>Staff Member</b>	<b>Start Date</b>	<b>End Date</b>
Kerri	2024-09-30 16:30	2024-10-07 8:30
Kara	2024-10-07 16:30	2024-10-14 16:30
Naomi	2024-10-14 16:30	2024-10-21 8:30
Kerri	2024-10-21 16:30	2024-10-28 8:30
Kara	2024-10-28 16:30	2024-11-04 8:30
Naomi	2024-11-04 16:30	2024-11-11 8:30
Kerri	2024-11-11 16:30	2024-11-18 8:30
Kara	2024-11-18 16:30	2024-11-25 8:30
Kerri	2024-11-25 16:30	2024-12-16 8:30
Naomi	2024-12-16 16:30	2024-12-23 8:30
Kara	2024-12-23 8:30	2024-12-30 8:30
Naomi	2024-12-30 8:30	2025-01-06 8:30
Kara	2025-01-06 16:30	2025-01-13 8:30
Naomi	2025-01-13 16:30	2025-01-20 8:30
Kerri	2025-01-20 16:30	2025-02-03 8:30

All On-Call Shifts are from Monday of week @ 4:30 PM to Monday of week @  
8:30 AM

Holidays are all day; until 4:30 for Mondays

<b>Contact Numbers:</b>	
Kerri	(705) 921-5202
Naomi	(705) 690-6829
Kara	(705) 921-5205

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



# November

# 2024

## Band Rep Program: Kerri Campbell



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> <b>OUT OF OFFICE</b>	<b>CHRISTMAS PHOTOS</b>
	<sup>4</sup>	<sup>5</sup>	<sup>6</sup>	<sup>7</sup> <b>OUT OF OFFICE</b>	<sup>8</sup>	
	<sup>11</sup> <b>REMEMBRANCE DAY</b>	<sup>12</sup> <b>OUT OF OFFICE</b>	<sup>13</sup>	<sup>14</sup> <b>MURDER MYSTERY</b>	<sup>15</sup> <b>CHRISTMAS PHOTOS</b>	
	<sup>18</sup>	<sup>19</sup> <b>FAMILY COURT</b>	<sup>20</sup> <b>OUT OF OFFICE</b>	<sup>21</sup> <b>MEAT PIE WORKSHOP</b>	<sup>22</sup> <b>OUT OF OFFICE</b>	
	<sup>25</sup>	<sup>26</sup> <b>BAND REVIEWS</b>	<sup>27</sup> <b>FAMILY COURT</b>	<sup>28</sup>	<sup>29</sup>	

*Christmas*  
**PHOTO  
SHOOT**

FRI., NOV 2

2024 @

11 AM TO 1 PM

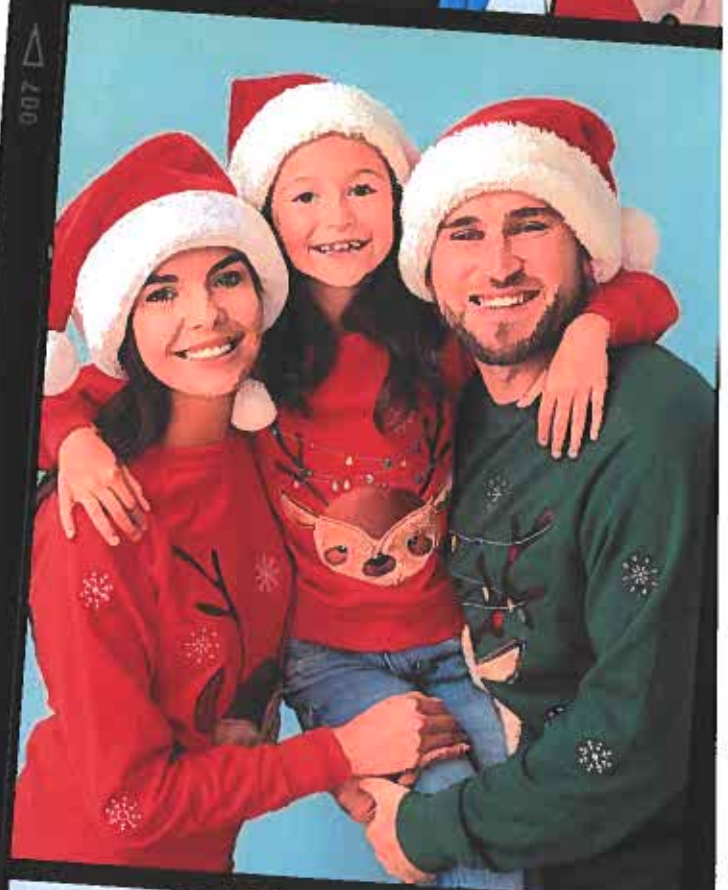
Band Rep Trailer

Call Darcy to Register

\*Times are subject to change  
slightly once confirmations have  
been set\*

**LIMIT OF 6 PEOPLE PER PHOTO  
SHOOT**

**PHOTO SHOOTS START ON  
TIME, NO EXCEPTIONS**





lunch  
provided

hybrid  
available

Nov 8 & 9  
9 AM to 4

PM



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

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

please  
RSVP

## Traditional Indigenous Parenting Series

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

**Day 1** (AM)

- History of Indigenous Parenting
- Beading & Parenting
- Intergenerational Trauma & Healing

(PM)

- Traditional Tools to Promote Mino-bimaadiziwin
- Developmental Stages
- Effective Discipline

**Day 2** (AM)

- Communication
- Emotions
- Open Q & A
- Parent topics

(PM)

- Nourishing your Child's Spirit
- Self-Care for Parents/Caregivers
- Certificates

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

**REGISTER with DARC:**  
705-857-1221

**LOCATION:** Henvey Inlet FN Learning Centre

**Zoom:** Link will be sent to participants via email.



# HIFN Child and Family Wellbeing Project Open House

---

Drop-in and chat to legal counsel Fogler Rubinoff and consultants Avaanz to learn more about developing a Henvey Inlet-specific Child and Family Wellbeing Law, and what this project means for children and families in the community.

---

**November 12th and December 3rd, 2024**  
**Learning Centre**  
**5:30pm**

Snacks and refreshments to be provided.

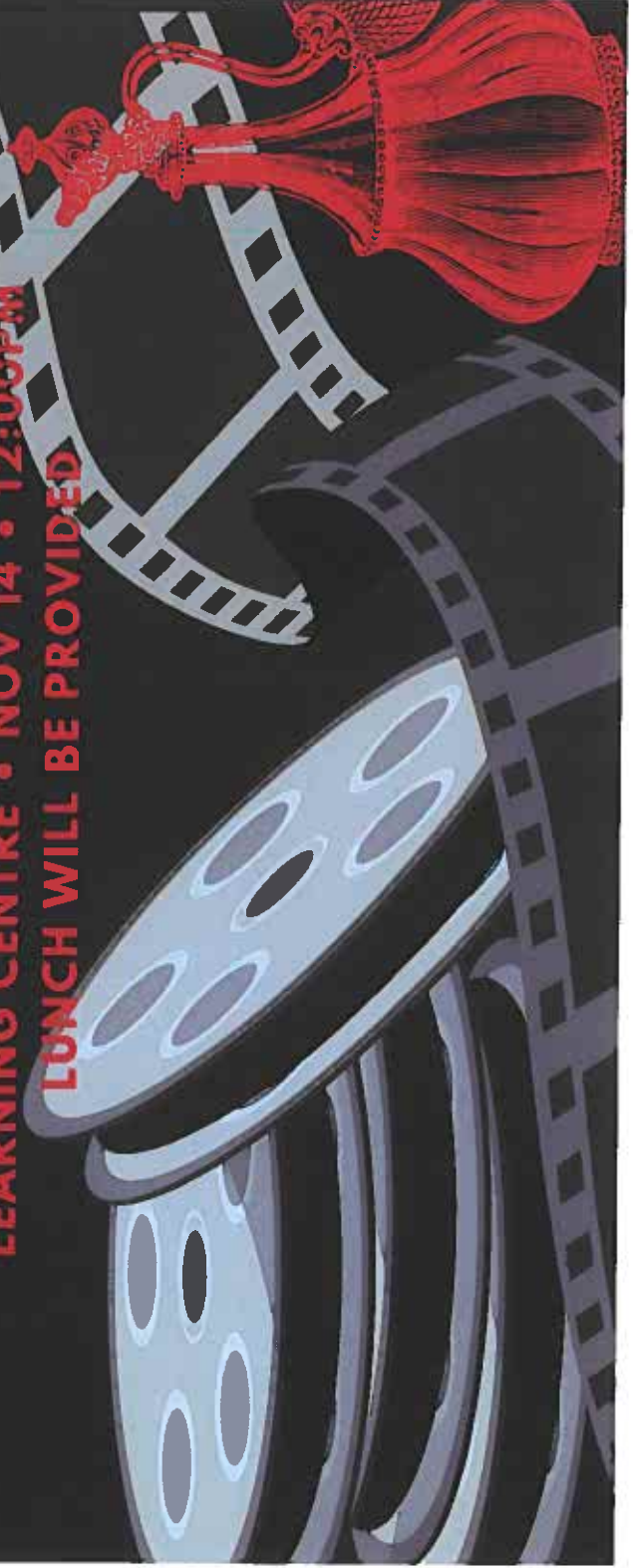


8 OF YOU ARE INVITED TO

# SECRETS OF THE SILVER SCREEN

A MURDER MYSTERY GAME  
CONTACT DARCY TO REGISTER  
ONLY 8 SPOTS AVAILABLE

LEARNING CENTRE • NOV 14 • 12:00PM  
LUNCH WILL BE PROVIDED





*Christmas*  
**PHOTO  
SHOOT**

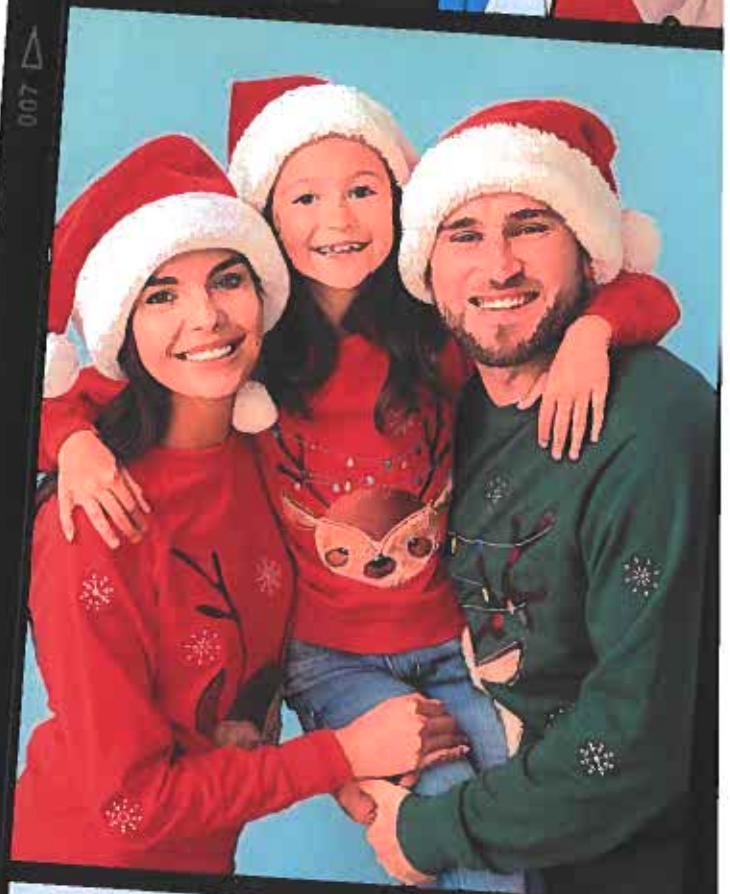
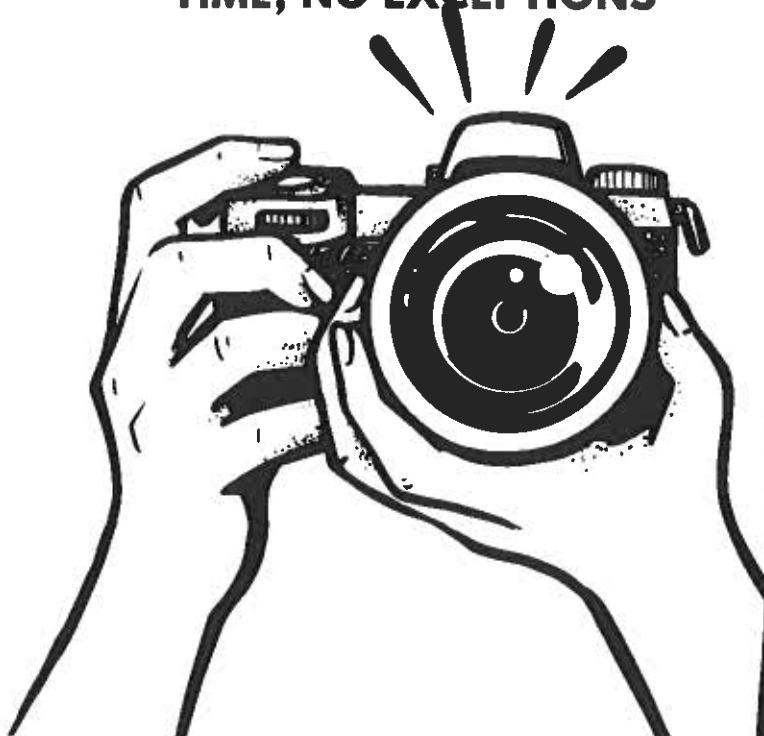
**FRI., NOV 15  
2024 @  
11 AM TO 1 PM  
Band Rep Trailer**

Call Darcy to Register

\*Times are subject to change  
slightly once confirmations have  
been set\*

**LIMIT OF 6 PEOPLE PER PHOTO  
SHOOT**

**PHOTO SHOOTS START ON  
TIME, NO EXCEPTIONS**



# ZOOM BAKING WORKSHOP

MEAT PIE

Thursday, Nov 21 @ 9:00 AM

Call Darcy to Register

5 Spots Available  
New Participants  
will have priority

\*Workshop for in-community members ONLY. Off-reserve  
can receive recipes, but responsible for picking up own  
ingredients\*





# Community Health Nurse



**BRENDA CONTIN**



Brenda Contin, CHN

# November 2024

Sun	Mon	Tue	Wed	Thu	Fri
	4 Methadone Clinic/ OFFICE	5 Methadone Clinic/ OFFICE	6 Methadone Clinic/ OFFICE	7 Methadone Clinic/ OFFICE/	8 Methadone Clinic
	11 <b>OFFICES CLOSED</b>	12 Methadone Clinic/ OFFICE	13 Methadone Clinic/ OFFICE	14 Methadone Clinic/ OFFICE	15 <b>SUDZ: Program</b> Shopping
	18 Methadone Clinic/ <b>LUNCH N LEARN</b>	19 Methadone Clinic/ OFFICE	20 Methadone Clinic/ OFFICE	21 Methadone Clinic/ OFFICE	22 Methadone Clinic/ <b>SKHC Board Mtg</b>
	25 Methadone Clinic/ OFFICE	26 <b>RHT MTG</b>	27 <b>RHT MTG</b>	28 Methadone Clinic/ OFFICE	29 Methadone Clinic



## **CATERER NEEDED!**

**To provide a LUNCH for  
Diabetic Lunch N Learn on  
Monday November 18, 2024  
Lunch to be served at 11:30 AM  
For 21 people.**

**Lunch Menu: Roast Beef, Mashed Potatoes,  
Gravy, Vegetables, & Buns w butter**

**Dessert: Lemon Meringue Pie and Tarts**

**Must include refreshments: Water, Pop, Juice  
and if any Bowls, Plates, Utensils, & Napkins  
that are needed depending on food being  
made.**

**Deadline to Submit Bids:**

**Tuesday November 12, 2024 @4:30PM**

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

**[admin@henveymedicalcentre.com](mailto:admin@henveymedicalcentre.com) or [brenda.contin@henveymedicalcentre.com](mailto:brenda.contin@henveymedicalcentre.com)**

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




# FOOT CARE

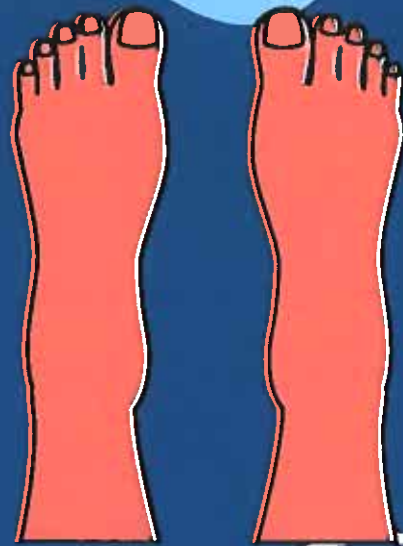


For Elders & Diabetics

**Wednesday**  
**November 6,**  
**2024**

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 November 18 @ 11:30 AM



## Diabetes Education

People who are Diabetic and not working 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**

# Non-Insured Health Benefits Update

## September 2024

---

### Pharmacy benefit information

#### New pharmacy benefit listings

Check the [drug benefit list](#) to find all eligible products and criteria for coverage.

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

- **Uceris (budesonide)** for the treatment of mild to moderate ulcerative colitis in adults
- **Octasa (mesalazine)** for the treatment of moderately active ulcerative colitis
- **Veklury (remdesivir)** for the treatment of confirmed COVID-19 infection in adults 60 years and older who are unable to take Paxlovid, or who are immunocompromised

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

- **Empaveli (pegcetacoplan)** for the treatment of adult patients with paroxysmal nocturnal hemoglobinuria, a rare blood disorder
- **Benlysta (belimumab)** for the treatment of active lupus in adults
- **Xydalba (dalbavancin)** for the treatment of severe skin infections in adults
- **Ranopto (ranibizumab)** for the treatment of some macular degeneration and diabetic eye disease
- **Skyrizi (risankizumab)** previously listed for treatment of psoriasis, is now also covered for treatment of moderate to severe Crohn's disease
- **Vyepti (eptinezumab) 300mg/3mL** for the treatment of migraines
- **Wezlana (ustekinumab)** for the treatment of plaque psoriasis, psoriatic arthritis, Crohn's disease, and ulcerative colitis
- **Rymti (etanercept)** for the treatment of rheumatoid arthritis, psoriatic arthritis, some types of arthritis in children, and ankylosing spondylitis, a type of arthritis that affects the spine
- **Paxlovid (nirmatrelvir-ritonavir)** for the treatment of COVID-19 infections
- **Vyalev (foslevodopa/foscarbidopa)** for the treatment of patients with Parkinson's disease
- **Nucala (mepolizumab)** for the treatment of severe chronic sinus infection in adult patients

- **Rinvoq (upadacitinib)** for the treatment of adult patients with rheumatoid arthritis, psoriatic arthritis, ulcerative colitis, Crohn's disease, atopic dermatitis and ankylosing spondylitis
- **Lynparza (olaparib)** for the treatment of prostate cancer
- **Livtencity (maribavir)** for the treatment of cytomegalovirus (CMV), an infection that can occur in patients after receiving a transplant
- **Oxlumo (lumasiran)** for the treatment of primary hyperoxaluria type 1, a rare disease affecting the kidneys, bladder, or urinary tract
- **Camzyos (mavacamten)** for the treatment of hypertrophic cardiomyopathy, a condition that affects the function of the heart
- **Verquvo (vericiguat)** for the treatment of adult patients with chronic heart failure
- **Jubbonti (denosumab)** for the treatment of osteoporosis.
- **Wyost (denosumab)** for the prevention of bone fractures in patients with some types of cancers

## Medical supplies and equipment information

### Occupational therapists and physiotherapists as providers of upper limb orthoses

- NIHB now accepts Occupational Therapists and Physiotherapists as eligible providers for custom-fitted and custom-made upper limb orthoses, where allowed under their provincial or territorial scope of practice
- For more information on provider eligibility in your province or territory, please refer to section 3.0 Limb and body orthotics of the Medical supplies and equipment guide and benefit lists

### Coverage of disposable underpads for wound and ostomy care

- NIHB will now cover disposable underpads for wound and ostomy care at a recommended replacement guideline of 150 underpads every 3 months. Prior approval is required.
- For more information, please refer to section 13.0 Medical surgical equipment and supplies of the Medical supplies and equipment benefit lists

## Medical Transportation benefits

### Reminder: booking travel

- NIHB supports client transportation to access medically necessary appointments and services not available in your community



- When requesting travel, please contact NIHB or your community Medical Transportation (MT) coordinator as soon as possible in advance of your scheduled appointment, so there is enough time to book your travel and accommodations
- If you require accessible transportation, such as if you use a wheelchair, make sure to let NIHB or your MT coordinator know so they can notify transportation and accommodation providers
- If your medical appointment is rescheduled or canceled, notify NIHB or your medical transportation coordinator as soon as possible. This will allow your transportation to be canceled in advance and will help avoid costs for missed travel
- For more information, contact your community Medical Transportation coordinator or your [NIHB Regional Office](#)

## General benefit information

### Reminder – NIHB client eligibility and identification

- To be eligible for coverage under the NIHB Program, a client must be a resident of Canada, and one of the following:
  - a First Nations person who is registered under the Indian Act
  - an Inuk recognized by an Inuit land claim organization as outlined in [Inuit client eligibility for the NIHB program](#)
  - a child less than 2 years old whose parent is an NIHB-eligible client
- For information on First Nations registration, visit [How to apply for Indian status](#)
- For information on Inuit beneficiary enrollment, contact your land claim organization
- NIHB eligible First Nations and Inuit require a client identification number in order to access NIHB benefits
- If you are First Nations, your status registration number, located on your Indian Status Card, is used as your NIHB client identification number
  - If you need to renew or replace your status card, visit [Get, renew or replace a status card](#). If your card has expired, you are still eligible for NIHB services while you renew your card
- If you are an Inuit client, you can use either your Northwest Territories health card number, Nunavut health card number, or your NIHB Client Identification Number (N number).
  - [Learn how to get your 'N' number from the NIHB Program](#)
- If your identification document does not include a photo, you will also need a piece of government issued (health card, drivers license, etc.) photo ID when accessing services

### Multi-factor authentication for client web accounts

- Express Scripts Canada has enhanced security of NIHB client web accounts by introducing one-time passcodes during the login process
- When you attempt to log into your NIHB web account, please follow these steps:

- After your login attempt, a one-time passcode will be sent to the email address associated with your account. Ensure you have access to this email before starting the login process
- Your passcode will be valid for 15 minutes. Once you receive it, promptly return to your NIHB web account page and enter the passcode
- Once you have successfully entered the one-time passcode, you will have access to your NIHB web account
- If you did not receive the passcode in your inbox, please check your junk or spam folder
- You have five attempts to enter the correct passcode, if you exceed this limit, your NIHB web account will be locked for security purposes. If you are locked out of your account, contact the NIHB call centre at Express Scripts Canada at 1-888-441-4777 for assistance

# Home Care Nurse



DEBBIE BRENNAN



# November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Not In Office	2
3	4 Home visits HCC	5 Methadone Clinic Medical follow-ups HCC	6 Home visits HCC	7 Home visits HCC	8 Methadone Clinic 9am-11am	9
10	11 Offices closed Remembrance Day	12 Methadone Clinic Medical follow-ups HCC	13 Home visits HCC	14 Home visits HCC	15 Methadone Clinic 9am-11am	16
17	18 Home visits HCC	19 Methadone Clinic Medical follow-ups HCC	20 Home visits HCC	21 Information session-CATC Addictions awareness 9am-2pm	22 Methadone Clinic 9am-11am	23
24	25 Home visits HCC	26 Methadone Clinic Medical follow-ups	27 Methadone Clinic & Home Visits	28 NAAW week Addictions awareness Assist NNADAP	29 Methadone Clinic 9am-11am	30



DEBBIE BRENNAN  
HCN



BETTER   
HEALTH

Better Life. Better Community.

NOVEMBER

# DIABETES AWARENESS MONTH



Diabetes  
concerns every  
family.



PLAY YOUR PART IN RAISING AWARENESS

**BETTERHEALTHCC.ORG**

  / Betterhealth



# Diabetes

## EATING GUIDELINES FOR DIABETES

If you have both diabetes and chronic kidney disease (CKD), it may seem that the diabetes and kidney diets don't fit well together. However, with careful planning, you can follow your kidney diet and still control your blood sugar. Controlling your blood sugar is an important first step to slowing down the progression of kidney disease. It will also help prevent or minimize other complications associated with diabetes such as eye problems or nerve problems and help control your thirst.

## Introduction

Controlling or preventing high blood pressure is another critical part of your care. Avoid salt and high salt foods, and take your blood pressure medication as ordered to keep your blood pressure in check.

Having diabetes and CKD puts you at a higher risk for heart disease. Choose heart-healthy fats, engage in regular activity and control your weight to lower your risk for heart attack.

Eating a moderate amount of protein is another change you can make to reduce the workload of your kidneys. However, if you are on dialysis you will need to eat extra protein since dialysis increases protein loss.

## Quick tips to stabilize blood sugar

It can be hard at times to combine both diabetes and kidney diets. Here are some tips to help keep your blood sugar levels stable and kidneys healthy.

### Eat three meals a day

- Eat your first meal within 1–2 hours of waking
- Avoid skipping meals
- If you are not able to eat full meals try 4–6 small meals per day

### Eat balanced meals

- Include 3–4 food groups at each meal
- Include one choice from the meat and alternatives group (these have protein)
- Carbohydrates found in grains and starches, fruit, starchy vegetables, dairy and alternatives will turn into sugar and raise your blood sugar levels
- Keep serving sizes in mind





## Remember:

Regular physical activity will help control blood sugar and may improve your energy level.

### Limit sodium

- Buy fresh foods more often and cook meals from scratch
- Avoid packaged or processed foods and meals
- Use spices/herbs and salt-free seasonings to flavour foods instead of salt
- Rinse canned foods with water to remove extra sodium

### Avoid foods with added phosphorus

- Phosphorus can be found as an additive in many processed foods and drinks
- Avoid foods with “phosph” as part of an ingredient name
- Ask your dietitian if you need to restrict other diet sources of phosphorus

### Space meals no more than 4–6 hours apart

- If meals are more than 6 hours apart, have a small snack
- An evening snack may be needed; talk with your dietitian

### Choose healthy fat

- Choose canola, olive, or flax oils and non-hydrogenated margarine more often

- Limit added fat (oils, spreads and dressings) to 3–6 tsp. per day
- Choose lower fat dairy products such as skim or 1% milk and low fat cheese (check with your dietitian for the number of servings per day)
- Stew, poach, steam, or boil foods instead of frying. Use moist-heat cooking methods and lower temperatures when cooking

### Eat less sugar

- Avoid high-sugar items like pop, juice, syrup, jam, honey, cakes and pastries
- Sugar substitutes can be used instead of table sugar

### Limit alcohol

- 2 or less drinks per day for women and 3 or less drinks per day for men
- 1 drink = 5 oz. of dry wine, 1.5 oz. of hard liquor or 12 oz. of beer (note: beer and some wines are higher in phosphorus)
- Use club soda or diet pop as a mixer (no colas, as they are high in phosphorus)
- Make sure you eat food if you drink alcohol





# Diabetes

## When planning meals use the portion sizes below as a guide:

### Vegetables and Fruit

Aim for 5–6 servings of fruits and vegetables per day.  
Talk to your dietitian if you are limiting potassium.

### Grains and Starches

Maximum per meal: 1 cup or 1 fist = 2 servings  
**Examples:** 1 cup of cereal, pasta or starchy vegetables,  
 $\frac{2}{3}$  cup of rice or 2 slices of bread

### Meat and Alternatives

Protein needs are different for everyone. Talk to your dietitian about how much protein you need or if you want to include cheese or peanut butter in your diet.  
**Examples:** meat, poultry, fish, eggs, tofu

### Fats

Limit the amount of fat to 1 tsp. or the size of the tip of your thumb, per meal.

### Milk and Alternatives

Milk may need to be limited; it is high in potassium and phosphorus.  
Maximum per day:  $\frac{1}{2}$  – 1 cup  
**Examples:** milk, yogurt, alternatives

Your hand can be used as a good measuring tool when planning a meal. Use these as guides:



**1 tsp.**  
Tip of a thumb



**1 cup**  
One fist



**3 oz.**  
Size of your palm with the thickness of your little finger



CREDIT: Artwork by Mike Ormsby used under license grant from W'DAE B'WAE LEADERSHIP JOURNEY (THROUGH CANOE), Acrylic on canvas, 24 x 30 Inches Painted In 2015 © Mike Ormsby

## Be Active

- Regular physical activity will improve blood sugar control and may improve your energy level
- 150 minutes of moderate aerobic activity a week is recommended (this is as little as 20 minutes per day or 50 minutes 3 times per week)
- Try to include 3 days of resistance exercises like weights or stretching

Adapted from a Diabetes and Kidney Diet Basics information sheet, produced by the BC Renal Agency's Dietitians Group ([www.bcrenalagency.ca](http://www.bcrenalagency.ca)).

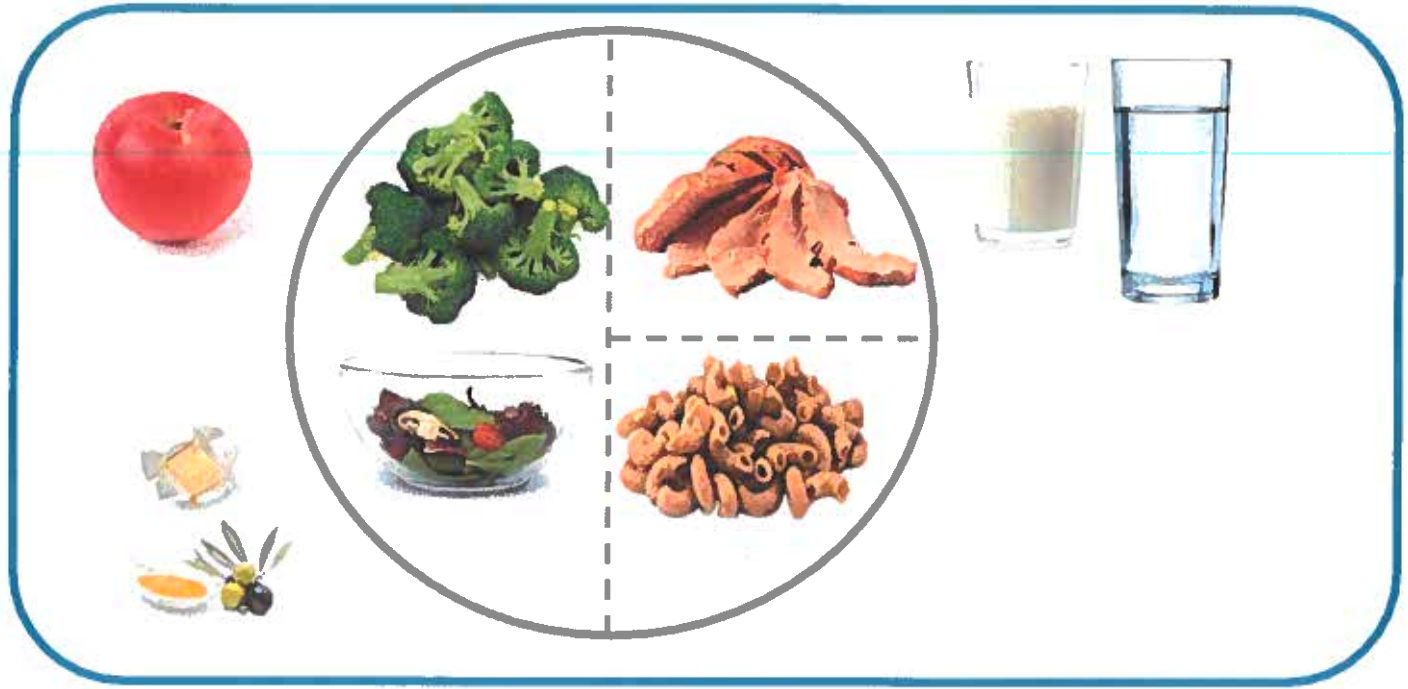
Need this information in an accessible format? 1-855-460-2647, TTY (416) 217-1815 [publicaffairs@cancercare.on.ca](mailto:publicaffairs@cancercare.on.ca).

ORN1959FN









# Healthy Meals to Help Your Diabetes

Making meals like the one below can help you manage your blood sugar and diabetes. Speak to your healthcare provider if you need more support to plan meals.



Use your hands to help you choose healthy portion sizes.

Grains and Starchy Vegetables	Fruit	Milk or Fortified Soy Drink
		
<p>These foods <b>have carbohydrate</b> and raise your blood sugar. They are healthy to eat every day.</p>		

Non-Starchy Vegetables	Meat and Protein Foods	Fats and Oils
		
<p>These foods <b>don't have carbohydrate</b> and won't raise your blood sugar. They are healthy to eat every day.</p>		

**Eat 3 meals a day to spread carbohydrate foods over the day.**  
 Examples of meals are provided below. Choose foods that work best for you.

**Morning**



Or



**Mid-day**



Or



**Evening**



Or



**Limit sweet foods and higher fat foods.**

 <p>Sugar, syrup, honey, jam</p>	 <p>Candy, chocolate, sugary cereal, ice cream, sweet baked foods</p>	 <p>Snack foods: chips, French fries, cheesy snacks</p>	 <p>Sugary drinks, pop, juice</p>
---------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------



## Basic carbohydrate counting for diabetes management

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

### STEP 1 Make healthy food choices

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

### STEP 2 Focus on carbohydrate

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

### STEP 3 Set carbohydrate goals

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

### STEP 4 Determine carbohydrate content

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

### STEP 5 Monitor effect on blood sugar level

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



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

## Finding carbohydrate values using the Nutrition Facts table

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

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

## Let's carb count! Sample carbohydrate counting

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

\*Carbohydrate containing food

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

**DIABETES  
CANADA**

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

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

This document reflects the 2018 Diabetes Canada Clinical Practice Guidelines © 2018 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 111019 04/18





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

Louise Ashawasegai

# November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Office 1	2
					Office 8	9
3	4 Shop- ping	5 Home visits	6 WRE ATH Making	7 Home visits		
10	11	12 Home visits	13 Office	14 Home visits	15 Office	16
17	18 Of- fice	19 Home visits	20 Shop- ping	21 Home visits	22 Office	23
24	25 <b>N</b>	26 <b>A</b>	27 <b>A</b>	28 <b>A</b>	29 <b>Week</b>	30



A journey of a thousand miles  
begins with a single step





**CATERER NEEDED!**

**To provide a Lunch for  
Remembrance Day on Monday  
November 11, 2024  
for 30 Guests.**

**Lunch, provide 2 to 3 options, which  
would include soup.**

**Deadline to Submit Bids:**

**The 6<sup>th</sup> Of November**

**-Submit Bids with breakdown of Catering Fee, Mileage, and Groceries  
Costs -to Darcy or Louise at Health Centre 705-857-1221**

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



**Remembrance Day: November 11th**

**At our Cemetery in Pickerel by 10:45**

**Ceremony starting at 11**

**Followed by lunch at NNADAP Trailer**



# CATERER NEEDED!

To provide a Light Breakfast & Lunch on

Thursday November 21, 2024

Food for 35 people for a

Addiction Awareness Presentation/Info Session

Light Breakfast Menu: Muffins, crossiants, bagels w various kinds cream cheese and fresh fruit

Lunch Menu: 2 kinds of soup and various sandwiches with yogurt parfaits for dessert

Must include coffee, tea, water, juice, pop, bowls or plates (whatever is needed), utensils, cups and napkins.

Deadline to Submit Bids is:

Thursday November 14, 2024

Please include in the bids a breakdown of Catering Fee, Mileage, and Grocery costs. Caterer must possess current Safe Food Handlers Certificate and is responsible for clean up after, including taking out the garbage

**SUBMIT TO:**

Louise @ Health Centre

lashawasagai@gmail.com

705-857-1221

# Addictions Awareness Information Session & Presentation

Join us as we have an early workshop/presentation for  
National Addictions Awareness Week, November 25 - 29,  
2024

**Thursday November 21, 2024  
9AM to 2PM @ O & M Building Office 2**

DOOR PRIZES FOR THOSE IN ATTENDANCE!

Meals provided!

Please call Darcy at Health Centre to sign -up

705-857-1221

Contact: Louise Ashawasegai or Debbie Brennan

Brought to you by:



Canadian Addiction  
Treatment Centres



**CULTURAL  
COORDINATOR  
Stan Moses**

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

**PoG 1J0**

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



**TUESDAY NOVEMBER 5,**  
**2024**

# **MEN'S CIRCLE**

## **KIND MAN PROGRAM**

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

**• TRAILER #4-DINNER PROVIDED •**

**Starting at 5:00 PM**

**PLEASE CALL TO SIGN UP ASAP!!!**

**10 SPOTS AVAILABLE**

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

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





**TUESDAY NOVEMBER 19,**  
**2024**

# **MEN'S CIRCLE**

## **KIND MAN PROGRAM**

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

**• TRAILER # 4-DINNER PROVIDED •**

**Starting at 5:00 PM**

**PLEASE CALL TO SIGN UP ASAP!!!**

**10 SPOTS AVAILABLE**

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

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



**HENVEY INLET FIRST NATION**

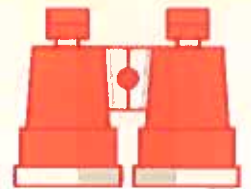
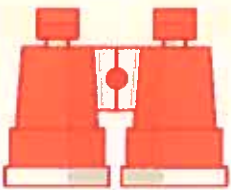
# **SURVIVAL TRAINING FOR ADULTS & YOUTH 12 & UP**

Get together with friends and learn survival skills!

**SATURDAY NOVEMBER 23**

**&**

**SUNDAY NOVEMBER 24**



**MEET AT TRAILER 4 AT 10AM**

**PLEASE DRESS FOR THE WEATHER!**

**MEALS WILL BE PROVIDED**

**10 SPOTS AVAILABLE!!!**

**FACILITATED BY: ARLEN TULLOCH &  
STAN MOSES**

Call Darcy at Health Centre to add names to list!

**THOSE WHO PARTICIPATE WILL RECIEVE A SURVIVAL KITS**

# CATERER NEEDED!

To provide a Light Breakfast, Lunch, and Dinner on

Saturday November 23 and

Sunday November 24

Food for 12 people for a

Survival Training Workshop

Menu is up to Caterer!

Please submit 2 or 3 Menus!

Must include coffee, tea, water, juice, pop, bowls or plates (whatever is needed), utensils, cups and napkins.

Deadline to Submit Bids is:

Monday November 18, 2024

Please include in the bids a breakdown of Catering Fee, Mileage, and Grocery costs. Caterer must possess current Safe Food Handlers Certificate and is responsible for clean up after, including taking out the garbage

## SUBMIT TO:

Stan or Darcy @ Health  
Centre

admin@henveymedicalcentre.com

rivereagle17@gmail.com

705-857-1221

# CATERER NEEDED!

To provide a Light Breakfast, Lunch, and Dinner on

Saturday November 23 and

Sunday November 24

Food for 12 people for a

Survival Training Workshop

Menu is up to Caterer!

Please submit 2 or 3 Menus!

Must include coffee, tea, water, juice, pop, bowls or plates (whatever is needed), utensils, cups and napkins.

Deadline to Submit Bids is:

Monday November 18, 2024

Please include in the bids a breakdown of Catering Fee, Mileage, and Grocery costs. Caterer must possess current Safe Food Handlers Certificate and is responsible for clean up after, including taking out the garbage

## SUBMIT TO:

Stan or Darcy @ Health  
Centre

admin@henveymedicalcentre.com

rivereagle17@gmail.com

705-857-1221