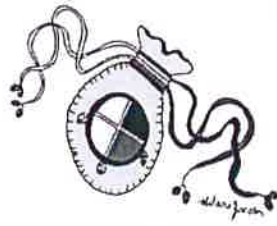


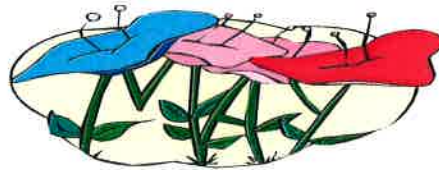
Health & Family Services

Curve Lake Health Centre
AND Medical Centre



Phone 705-657-2557
Fax 705-657-3067

38 Whetung Street East
Curve Lake, Ont. K0L 1R0



Newsletter May 30, 2014

STAPLES BOX
June 18, 2014
Pre-Natal Program
Pick up after 1 pm

MEDICAL TRANSPORTATION

NEXT HAND-IN
June 11/14
Before 4:00 PM

PRODUCE BOX
June 25, 2014
Pre-Natal Program
Pick up after 1pm

“WHAT YOUR MIND CAN CONCEIVE - YOU CAN CREATE”

Aaniin

It's good to be home.

My name is Althea, for those of you who don't know me, I'm Murray Whetung's daughter, also known as Cheach.

I am your Community Health Registered Nurse. I trained in Peterborough at SSFC. My first job was working up north in Sioux Lookout. I moved to Calgary worked a few hours at the local hospital, and didn't like it very much, because there was very little hands on care. (that's what I really like) I started private duty nursing for the elderly, as well as working in a chain of Walk-In Clinics. This was a very active job as I could be working in any part of the city, on any given day.

Now I bring my training back to help to serve you and your families.

I will be doing community visits starting in June, but if you would like to see me in the office, just call and come on down to the Health Centre.

I am looking forward to renewing old friendships, making new ones, and getting acquainted with each of you.



Medical Transportation

As per the Curve Lake Medical Transportation Policy, Section 2.0, proof of current car insurance and driver's license are required for our records at the Health Centre. Should we not have this, please be advised that your cheque will not be released until you submit them.

Contract drivers – you are required to submit a current CPIC to the Health Centre. This is to be done on a yearly basis. When you are a Contract driver, you are expected to drive when needed and to do trips to anywhere within our catchment, which includes Toronto, Hamilton, Kingston etc. Should you wish to not to be considered a Contract Driver, please let us know at the Health Centre.

Please remember that you are required to give at least 24-48 hours' notice should you require the medical bus or transportation to your appointments.

Thank you for adhering to our regulations.

Getsíinyag

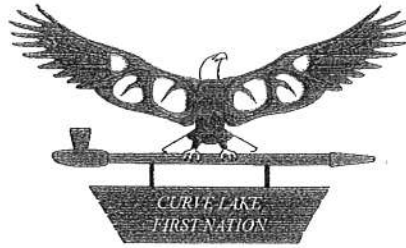
Everyone 55 yrs. and older welcome!

Please join us for afternoon tea!
We will be making a potted flower
arrangement!



Where: Family Resource Centre
When: Wednesday June 4, 2014
at 1:00 pm

Please call Joanne at the Health Centre 705-657-2557 with any questions or concerns.



WHAT IS GAMBLING

1. Decide ahead of time how much money you plan to gamble with.
2. Play knowing that it is likely that you will lose more often than win – so make sure you are playing with money you can afford to lose.
3. Make informed decisions about your gambling – know the odds.
4. Think of gambling as a form of entertainment – not a way to make money.
5. If you win big, enjoy! But remind yourself it will probably never happen again.
6. Don't gamble when you are tired, bored, anxious or angry.
7. Keep track of how much time and money you spend on gambling.
8. Take your family and friends seriously. If they are worried about your gambling, they might be seeing something you don't see.
9. Only use your own money to gamble. Don't borrow.
10. Realize that in most forms of gambling you have no control over the outcome of the game – it's random.
11. When gambling, take breaks - walk around, eat, or go outside to clear your head.
12. Keep your head clear when you gamble – limit your use of alcohol.
13. Balance gambling with other leisure activities.
14. Go gambling with someone who doesn't have a problem with gambling.
15. Don't make the hole bigger - don't chase your losses.
16. Don't take your credit and bank cards with you when you gamble.
17. Set a time limit on how long you will gamble.
18. Make your own decisions about gambling – don't gamble because others want you to.
19. Don't use gambling as a way of avoiding negative feelings or situations.
20. Talk to someone you trust if you are concerned about your gambling.

Diabetes

Tidbits!!



Why exercise is so important!

Everyone benefits from regular exercise but for persons with diabetes....it helps weight loss, stronger bones, improves blood pressure, lowers heart disease and increases energy levels and helps your body use the extra sugar in your blood! YAY!!

Persons with Type 2 diabetes benefit because it improves your bodys sensitivity to insulin.

Sample Meal plan!

Breakfast:

Brown toast (1 slice)

Low fat milk(1%) or skim (1/2 cup, 250 mL)

Peanut butter (1 tbs, 15 ml)

Apple Slices 1/2 medium apple

Total Calories: 250



WELCOME BABY AND NAMING CEREMONY



WHEN: SATURDAY JULY 5, 2014

WHERE: CURVE LAKE HEALTH CENTRE

TIME: 10:00 AM

PLEASE JOIN US AT THIS TRADITIONAL GATHERING AS WE WELCOME OUR CHILDREN INTO OUR COMMUNITY. WE WELCOME YOU TO TAKE PART IN THE 3RD WELCOME BABY/NAMING CEREMONY IN CURVE LAKE. THIS IS OPEN TO ANY CHILD OF ANY AGE AND HIS/HER FAMILIES.

THE DAY WILL BEGIN WITH A TRADITIONAL WELCOMING CEREMONY, WHICH WILL BE FACILITATED BY GERRARD SAGASSIGE, AND FOLLOWING THE CEREMONY WILL BE A LUNCH AND A GIVEAWAY.

IF YOU WISH TO BE PART OF THIS MEMORABLE DAY, PLEASE CALL THE HEALTH CENTRE BY JUNE 19TH TO SIGN UP.

Baby Food Making Class



WHEN: JUNE 10, 2014

WHERE: CURVE LAKE HEALTH CENTRE

TIME: 10:30 – 12:00

COME ON OUT AND LEARN HOW TO MAKE
YOUR OWN BABY FOOD

CALL CAMILLE AT HEALTH CENTRE 705-657-
2557 TO SIGN UP



MOSS BAG MAKING WORKSHOP

WHEN: WEDNESDAY JULY 16TH

TIME: 10:00 AM

WHERE: CURVE LAKE FAMILY RESOURCE CENTRE

LUNCH WILL BE SERVED



BABY MOCASSIN MAKING WORKSHOP

WHEN: WEDNESDAY JULY 9TH

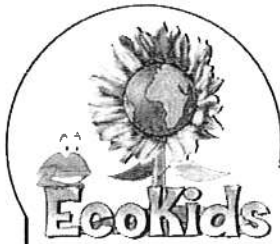
TIME: 10:00 AM

WHERE: CURVE LAKE FAMILY RESOURCE CENTRE

LUNCH WILL BE SERVED

BOTH WORKSHOPS WILL BE FACILITATED BY CHOCHI KNOTT OF THE UNION OF ONTARIO INDIANS. COME ON OUT AND LISTEN TO HER VALUABLE TEACHINGS.

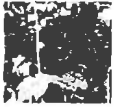
IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO SIGN UP, PLEASE CALL CAMILLE AT THE CURVE LAKE HEALTH CENTRE.



TRADITIONAL MEDICINE DE-SCRAMBLER

For generations, Canada's First Nations people relied on "traditional medicine" made from plants in their surroundings to treat an injury or sickness. The plant remedies in this activity were used by the Cree, Dene and Metis people living in the boreal forests of northern Alberta, Saskatchewan and Manitoba. Imagine having such a deep knowledge of your natural surroundings - now that's living close to nature!

The plants below can be used as medicine for many different illnesses or injuries. For each plant, unscramble the word(s) to discover one of the illnesses it can treat!



1. Mitrewort: A E H R C A E _ _ _ _ _



2. Prickly Rose: E B E G I N T S _ _ _ _ _



3. Milk Vetch: C H O T M A S E A C H _ _ _ _ _



4. Western Wood Lily: H O O T C A T H E _ _ _ _ _



5. Yarrow: S O B L E N D E E _ _ _ _ _



6. Paper Birch: D R E P S A N I K L E A N _ _ _ _ _



7. Red Paintbrush: C H E E D A H A _ _ _ _ _



8. Blueberry: N E A C _ _ _ _ _



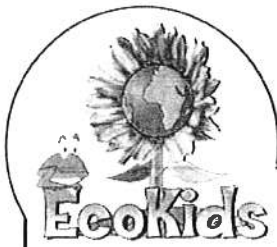
9. Chokecherry: R O S E T A R O T H _ _ _ _ _



10. Labrador Tea: K I N S N U R B _ _ _ _ _

Photo Credits from flickr.com Creative Commons: 1. Kari Kilgore 2. Homer Edward Price 3. Kevin Pietrzak 4. Peter Gorman 5. Cliff1066 6. Sammy Davis 7. Mike Baird 8. Nadia Prigoda-Lee 9. Sarah Polk 10. Julia Ryner





ANSWERDESCRAMBLER ANSWERS!

We've put the answers upside-down so you don't accidentally read them before you've done the activity!

10. Labrador Tea: SKIN BURN

9. Chokecherry: SORE THROAT

8. Blueberry: ACNE

7. Red Paintbrush: HEADACHE

6. Paper Birch: SPRAINED ANKLE

5. Yarrow: NOSEBLEED

4. Western Wood Lily: TOOTHACHE

3. Milk Vetch: STOMACH ACHES

2. Prickly Rose: BEE STING

1. Mitrewort: EARACHE



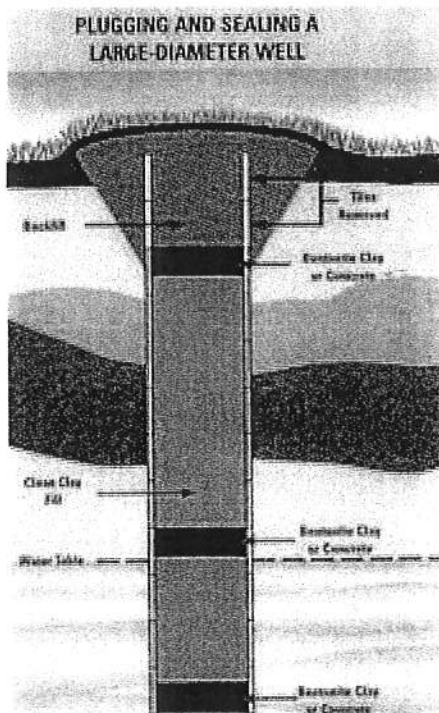


How to Prevent Contamination

To prevent contamination of wells the following actions should be taken:

- 1 Make sure that the sanitary seal or well cap is securely in place and watertight.
- 2 Be sure that the well cap is at least 12 inches above the ground.
- 3 Seal all joints, cracks and connections in the well casing. Screen the well cap and vent pipe on drilled wells where applicable.
- 4 Direct all surface water drainage away from the well casing.
- 5 Do not allow surface water to pond near the well.
- 6 Do not allow liquids or wastes from garbage, manure piles or sewage systems to drain towards the well casing.
- 7 Do not treat the area around the well with pesticides or fertilizer.
- 8 Do not flush oils, detergents, paints, solvents or other chemicals down the toilet.
- 9 Chlorinate and test the well after any repairs.
- 10 Check well pumps and distribution systems regularly.
- 11 Changes in the quantity and quality of the water should be investigated immediately.
- 12 Do your part in ensuring that your water source is maintained the prescribed minimum distance from sewage systems, as set out under Chapter 8 of the Ontario Building Code. Speak to a public health inspector regarding these requirements.

Plugging Abandoned Wells



The existence of abandoned wells is a problem that has been ignored for years. With increasing concern for the protection of our groundwater supplies, one of Canada's most valuable natural resources, this is a problem we can no longer afford to ignore.

Groundwater is normally protected by a natural filter of varying soils. Abandoned wells are holes in that filter that can allow contaminants such as sediment, bacteria, and chemicals to flow directly into our groundwater supply. Runoff that might enter an abandoned well may contain pesticides, fertilizers, livestock waste and other contaminants. When these contaminants enter the groundwater supply they can move with the natural groundwater flow and may show up in public or private wells used to provide drinking water. It is critical that the quality of our groundwater be protected for our current use and for future generations. Abandoned wells are also a safety hazard to humans and animals. Abandoned dug and bored wells that may have deteriorated gradually over the years are of particular concern because they may be large in diameter. A child can easily fall into a large diameter dug well or irrigation well. Some abandoned wells are an accident waiting to happen.

Ontario Regulation 903 entitled "Wells" under The Ontario Water Resources Act places the legal responsibility for plugging abandoned wells on the well owner. Section 21 states: "When a well is to be abandoned, it shall be plugged with concrete or other suitable material so as to preclude the vertical movement of water or gas in the well between aquifers or between an aquifer and the ground surface."

For the correct procedure on the plugging of abandoned wells please contact the Ministry of the Environment.

2014 JUNE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|------------------|--|---|-------------------------------------|-----------|-----------|
| 1 | 2 Karate | 3 VON Adult Day Program 9-4 Sr Yoga@Sr.Centre 4-4:30 | 4 Getsiniyag Tea Family Resource Centre 1:00 pm Floor Hockey | 5 VON Adult Day Program 9-4 | 6 | 7 |
| 8 | 9 Karate | 10 Baby Food Making 10:30-12:00 Health Centre VON Adult Day Program 9-4 Sr Yoga@Sr.Centre | 11 Floor Hockey | 12 VON Adult Day Program 9-4 | 13 | 14 |
| 15 | 16 Karate | 17 VON Adult Day Program 9-4 Sr Yoga@Sr.Centre 4-4:30 | 18 Floor Hockey | 19 VON Adult Day Program 9-4 | 20 | 21 |
| 22 | 23 Karate | 24 VON Adult Day Program 9-4 Sr Yoga@Sr.Centre 4-4:30 | 25 Floor Hockey | 26 VON Adult Day Program 9-4 | 27 | 28 |
| 29 | 30 | | | | | |