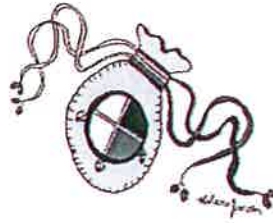


Health & Family Services

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 December 13, 2013

STAPLES BOX
December 11
PRODUCE BOX
December 18

MEDICAL TRANSPORTATION

NEXT HAND-IN
January 8th /2014
Before 4:00 PM

FOOD BANK

January 8th/14
10:00 – 12:00

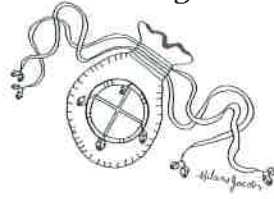
HAVE A SAFE AND HAPPY HOLIDAY



Curve Lake, Ontario
K0L 1R0

*WshkiiGomaang MnoBmaadziwin
Gamig*

Phone: (705) 657-2557
Fax: (705) 657-3067



CURVE LAKE HEALTH CENTRE

*THE CURVE LAKE HEALTH AND FAMILY
SERVICES WOULD LIKE TO WISH EVERYONE A
SAFE AND HAPPY HOLIDAY*



*OUR OFFICE WILL BE CLOSED AT NOON
DECEMBER 24th AND RE-OPEN ON JANUARY 2nd
AT 8:30 A.M.*

Merry
Christmas



From the staff at Dr Mallory's office

Please take a moment to check your medications and ensure that you have enough on hand or enough refills to last through the holidays.



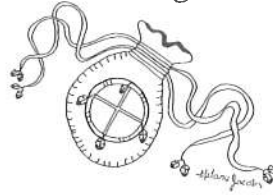
If you require any renewals, please contact the office well in advance at 705 657 1544.



We will be closed from noon Dec 24' 2013 and will re-open Jan 2, 2014.

Have a safe and Happy Holiday!





CURVE LAKE HEALTH CENTRE

As stated in the Medical Transportation policy:

- 1. Only the current month and previous month can be reimbursed.**
- 2. All sheets must be handed in every second Wednesday by 4:00pm, any sheets handed in after this time will not be processed until the next hand in date.**
- 3. All information must be filled out on each medical transportation sheet in order to be reimbursed.**
- 4. Parking will be reimbursed for private drivers when the parking receipt is submitted, parking receipt must coincide with an appointment on the medical transportation sheet. (Contracted drivers rates include parking).**
- 5. Effective April 1st, 2013, all sheets must be date stamped. Any sheets handed in the drop box after 4:00pm will not be processed until the next hand in date. (Date stamp is available at front reception).**
- 6. Please give at least 24-48 hour notice if you require the Medical bus or van.**
- 7. A list of contract drivers and their telephone numbers is available at the Health Centre if you require a contract driver to get to your appointments.**
- 8. Please make sure that your information, such as valid insurance, driver's license is up to date at the Health Centre. Failure to have this information on file can and will delay your medical transportation cheque**

hand in sheet
date

MEDICAL TRANSPORTATION

DATE STAMP

All Medical Transportation Sheets will need to be date stamped. If you are using the Medical Transportation Drop Box, any sheets handed in after 4:00 P.M. will be stamped with the following days date

PLEASE NOTE: SHEETS ARE TO BE HANDED IN EVERY OTHER WEDNESDAY BEFORE 4:00 p.m.

Any sheets handed in after this time will NOT be processed until the following hand in date

2014

January

| Su | Mo | Tu | We | Th | Fr | Sa |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

February

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March

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April

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May

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June

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July

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August

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| 30 | 31 | | | | | |

September

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October

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November

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December

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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



Winter/Spring Swimming Lessons at the YMCA of Central East Ontario Balsillie Family Branch



The YMCA of Central East Ontario Balsillie Family Branch will be offering YMCA swimming lessons for children and youth in the community at the Aylmer Street Location.

Lessons will be taught to children ages 6 months to 12 years of age.
Please register for a time slot.

Lessons are running Weekly from January 6th to March 30th (Winter Session)
March 31st – June 22nd (Spring Session).

Mondays:

3:30 – 4:00pm
4:05 – 4:35pm
5:15 – 5:45pm
5:50 – 6:20pm
6:25 – 6:55pm

Thursdays:

3:30 – 4:00pm
4:05 – 4:35pm
5:15 – 5:45pm
5:50 – 6:20pm
6:25 – 6:55pm

Fridays:

3:30 – 4:00pm
4:05 – 4:35pm
5:15 – 5:45pm
5:50 – 6:20pm
6:25 – 6:55pm

Sundays:

8:00 – 8:30am
8:35 – 9:05am
9:10 – 9:40am
10:20 – 10:50am
10:55 – 11:20am

Splashers and Bubblers - Parented: (ages 6 – 36 months)

Mondays: 4:40 – 5:10pm
Sundays: 9:45-10:15

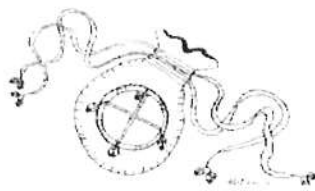
Sundays: 11:30-12:00

Limited spaces available in all time slots.

~~_____~~ Free for band members

Please complete the registration form on the back of this sheet and return to Camille McCue at the Curve Lake First Nation Health Centre by Monday December 16th 2013.

For more information please contact Megan Feige, Aquatic Coordinator – YMCA Central East Ontario Balsillie Family Branch, 705-748-9642 ext. 227





YMCA of Central East Ontario Registration Form: Swimming Lessons

Please Print *Only one name per form please*

Child's Given Name _____ Family Name _____

Birth date (yy/mm/dd) _____ Male _____ Female _____

Address _____ City _____

Postal Code _____ Telephone _____

Email address: _____

Parent/Guardian 1

Name _____ Home Phone _____ Work Phone _____

Parent /Guardian 2

Name _____ Home Phone _____ Work Phone _____

Alternative Emergency Contact

Name _____ Home Phone _____ Work Phone _____

Lessons fill on a first come first serve basis please put down three options that you are able to do and we will do our best to accommodate participants.

Winter Session (January 6 – March 30)

Spring Session (March 31 – June 22)

Option #1: _____

Option #1: _____

Option #2: _____

Option #2: _____

Option #3: _____

Option #3: _____

Authorizations

In the unlikely event that the participant named above is injured or becomes seriously ill while with the YMCA swim instructors, and I cannot be reached, I authorize the YMCA senior staff to seek and authorize any and all hospitalization, medical, dental and/or surgical treatment deemed advisable by the circumstances. While every reasonable precaution is taken with YMCA programs, it is agreed that the YMCA and its staff and volunteers are released from all liability for injury to the above names participant or for loss or damage to personal property.

I grant the release to the YMCA the right to use photographs and/or video tape in which I and/or my child appears for the use in publicity brochures, newsletters, annual reports or any materials and articles promoting the YMCA, its programs and membership.

Signature of Guardian _____ Date _____

SAVE THE DATE!!

CURVE LAKE HEALTH CENTRE ANNUAL CONFERENCE



WHEN: FRIDAY JANUARY 17TH – 19TH

WHERE: CURVE LAKE COMMUNITY CENTRE

TOPICS TO INCLUDE:

SELF CARE, SELF CONFIDENCE BUILDING, PARENTAL ENGAGEMENT.....

ON FRIDAY EVENING, WE WILL BE WELCOMING HYPNOTIST SCOTT WARD TO OUR COMMUNITY. SURE TO BE A KNEE SLAPPING, HAND CLAPPING, LAUGH YOUR PANTS OFF SHOW!!

WE WILL ALSO BE WELCOMING DAVE JONES OF TURTLE CONCEPTS WHO WILL BE DOING SOME INSPIRATIONAL SESSIONS FOR OUR YOUTH AND ADULTS!!

THERE WILL BE A SPECIAL FLYER SENT OUT THE WEEK OF DECEMBER 16TH WITH INFORMATION AND REGISTRATION FORMS!!

PLEASE PLAN TO JOIN US FOR GREAT SPEAKERS, GOOD LAUGHS, GOOD FOOD, GOOD COMPANY AND DOOR PRIZES!!

"YOUR FUTURE DEPENDS ON WHAT YOU DO IN THE PRESENT"



FOR THOSE WHO SIGNED UP FOR DISNEY ON ICE: PRINCESSES AND HEROES

HERE IS THE TRAVEL INFORMATION FOR THAT DAY:

FRIDAY DECEMBER 27TH, 2013

AT 12:00 PM

AT THE ROGERS CENTRE

BUS WILL LEAVE FOUR CORNERS AT 9:30 AM

AND WILL RETURN AT APPROXIMATELY 5:00 PM



FOR THOSE PEOPLE WHO SIGNED UP FOR THE TORONTO MARLIES GAME,

HERE IS THE TRAVEL INFORMATION FOR THAT DAY:

TORONTO MARLIES VS. HAMILTON BULLDOGS

BOXING DAY CLASSIC AT THE AIR CANADA CENTRE

WHEN: THURSDAY DECEMBER 26, 2013

THE SCHEDULE WILL BE AS FOLLOWS:

10:00 AM – LEAVE CURVE LAKE

12:00 PM – ARRIVE AT THE AIR CANADA CENTRE

1:00 PM – GAME TIME

PLEASE BE REMINDED THAT FOR BOTH TRIPS, THE BUS WILL NOT STOP ON THE WAY THERE BUT WILL STOP ON THE WAY HOME.

Spring Water Sources

Springs, because they usually produce clear cold water, are often regarded as reliable sources of water. However, clear cold water does not guarantee the absence of harmful bacteria. Spring water may originate from a great distance from its' outlet and may have passed via a pond during its' journey. The area around the outlet of the spring may become contaminated by humans or animals.

Because of this uncertainty, untreated spring water cannot be regarded as safe for consumption and should be treated in the same manner as open sources of water such as lakes or streams. Satisfactory bacteriological results on occasional test of spring water in no way indicates that the water is safe for consumption at all times.

For more information contact your local Environmental Health Officer.

**WshkiiGomaang MnoBmaadziwin
Gamig**



**CURVE LAKE HEALTH CENTRE
Water Technician**

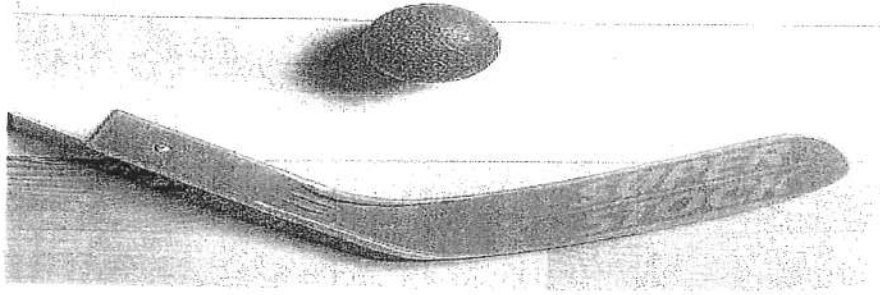
watertech@curvelakehealthcentre.com

Phone: (705) 657-2557

Fax: (705) 657-3067

Curve Lake, Ontario

K0L 1R0



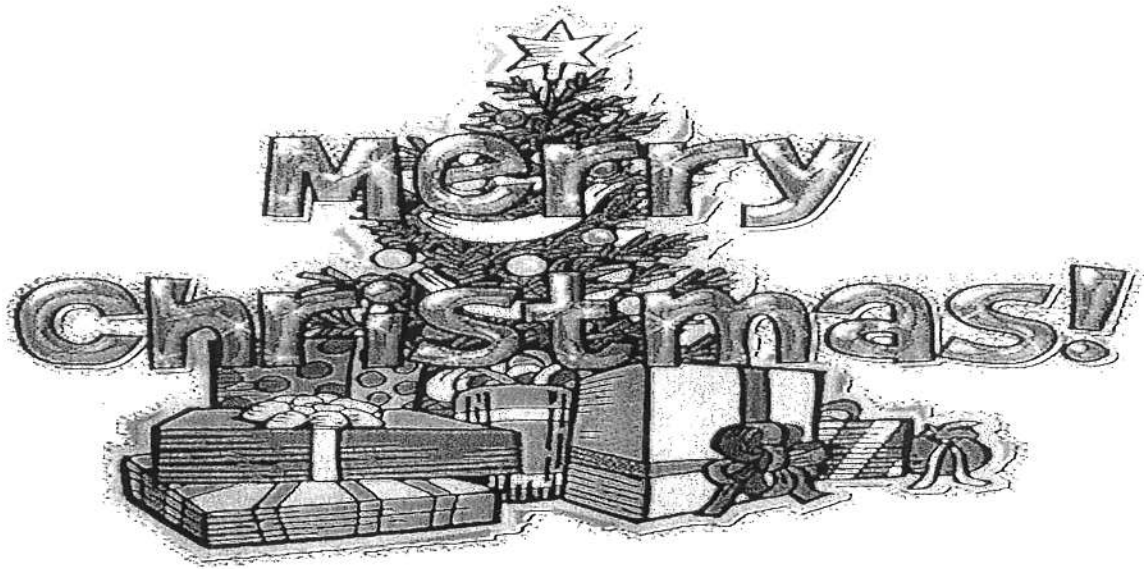
Floor Hockey League

We will be starting up Floor Hockey on Wednesday January 08th, 2013 at the Community Centre. If anyone else is interested in playing or volunteering please leave your name or contact Courtney at the Health Centre (705)657-2557 or email courtneytaylor@curvelakehealthcentre.com.



Karate

We will be starting up Karate on Monday January 06, 2013. Please contact Courtney Taylor at the health Centre for more information or if you would like to volunteer (705)657-2557 or email at courtneytaylor@curvelakehealthcentre.com



Hamper Pick-up

Where: Public Works

When: Thursday December 19, 2013

Time: 2:00pm - 6:00pm

For more information please call Courtney Taylor at the
Curve Lake Health Centre (705)657-2557

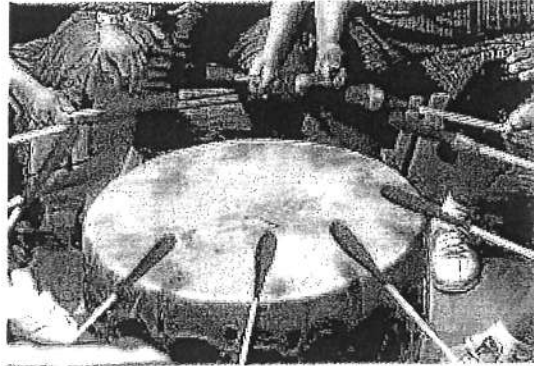
Curve Lake Santa Claus Parade



December 15, 2013 at 1:00pm starting at the Small Business Centre and ending at the Community Centre.

Prizes and light refreshments to follow.

For participation or more information please contact Courtney Taylor at the Health Centre (705)657-2557 or by email courtneytaylor@curvelakehealthcentre.com



Aaron Benson has extended his offer to teach drumming and singing to any age group.

If you are interested please contact Courtney Taylor at the Health Centre (705)657-2557 or Aaron Benson at (705)917-3717.



Sweats

When: Every Sunday starting on Sunday November 10, 2013

Where: Aaron Benson's House (Allison Benson's)
#992 Mississauga Street, Curve Lake

Time: 1:00pm

Who: Open to all ages

Call Courtney Taylor at the Health Centre (705)657-2557 for more information or Aaron Benson at (705)917-3717



Getsiinyag

Everyone 55 yrs. & older welcome!

Please join us for a Christmas
Luncheon and Prize Bingo!

Where: Community Centre

When: Tuesday Dec. 17, 2013

At 12:00 pm

Any questions or concerns call Joanne at
the Health Centre 705-657-2557.

December 2013

CURVE LAKE HEALTH & FAMILY SERVICES

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|---------------------------------------|--|--|----------------------------|--------------|-----|
| 1 | 2 | 3 Getziyag 4:30—6:00 Health Centre | 4 Diabetes group 6-8 | 5 | 6 Dixie Mall | 7 |
| 8 | 9 SOADI Night 6-8 Health Centre | 10 Youth Group 6-7 | 11 Diabetes group 6-8 Staples pickup | 12 | 13 | 14 |
| 15 Santa Clause Parade | 16 TRADITIONAL HEALER | 17 Youth Group 6-7 TRADITIONAL HEALER | 18 Fresh Produce pick-up | 19 Diabetes group 6-8 | 20 | 21 |
| 22 | 23 | 24 | 25 CLOSED CHRISTMAS DAY | 26 CLOSED BOXING DAY | 27 CLOSED | 28 |
| 29 | 30 CLOSED | 31 CLOSED | 1 CLOSED | 2 OPEN | 3 OPEN | |

