



Health Centre Newsletter

VOLUME 1 - ISSUE 3

ODEIMIN KIZIS / JULY 2002

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Update from the Director Emergency Preparedness

Putting forward an Emergency Preparedness Plan for our Community is part of my mandate as the Health Director for Eagle Village First Nation. For the past few months, a group of key people headed by Police Chief Georgie McMartin, have been meeting in order to put together a plan to deal with various disasters that could unfortunately affect the well-being or safety of the members of this community.

A whole lot of hard work, personal and professional input and planning is involved in developing an Emergency Plan that would cover disasters most likely to occur in Eagle Village First Nation and surrounding areas. Bush fires (evacuation), water contamination, power outages, extreme cold or storms are just a few examples of what we will be dealing with.

Also, in the months to come, we will have to put our plan to the test in mock disasters so we can evaluate and perhaps adjust our plan according to the obtained results and opinions from experts in the field. We will keep you informed when our practices will take place and we will probably require a few volunteers to make sure that this scenario is as close as possible to the real

2002 ALGONQUIN OLYMPICS



The 2002 Algonquin Olympics are just around the corner and we are very excited to be hosting this event in our community. We have a full schedule of events planned for not only our children and youth but for those coming from other Algonquin communities. Unfortunately Long Point First Nation (Winneway) who hosted the Olympics last year, will not be participating in the Olympics this year. They have wished us success with this year's games. We will be starting our training this week for our volunteers and we have confirmed "Much Music" for a video dance which will take place the first evening of the Olympics, Monday July 15th. The games will begin at 8:00 am on Monday and finish at 6:30 pm. On Tuesday the games begin at 8:00 am and will finish at 12:30 pm. Baseball will begin at 1:00 pm and finish on Wednesday. If you would like to volunteer some time your help will be greatly appreciated, please call me at 627-9060 (day) or 627-1914 (evening). Hope to see everyone come out and cheer on the kids and make this an event to remember.

Virginia McMartin

Grapefruits and Drug Safety

Did you know that there are several substances in grapefruit that interfere with the way that your body handles certain drugs? Consuming grapefruit or grapefruit juice can increase or sometimes decrease the effects of some drugs. This could lead to serious or life threatening side effects . The amount of grapefruit juice needed to cause these effects can be as little as one glass.

Certain drugs and health products used in the treatment of the following medical conditions are known to cause this effect:

Anxiety
Depression
High Blood Pressure
HIV/AIDS
Cancer

Psychotic Problems
Erectile Dysfunction
Angina
Convulsions
Organ Graft Rejections

Gastrointestinal Reflux
Irregular Heart Rhythms
High Cholesterol
Infections

Health Canada is advising the public not to drink grapefruit juice or eat grapefruit in any form, if you are taking medication for any of the conditions listed above, until you have talked with your doctor or pharmacist about the potential for an adverse side effect.

Also as a precaution, avoid taking any medication with grapefruit juice until you have asked your doctor or pharmacist if it is safe to do so.

Sweet oranges and their juices don't seem to cause the same reaction. But, juice from sour oranges, such as Seville, may have a similar effect to grapefruit juice. Tangelos, which are related to grapefruits, may also interfere with drugs. Most other citrus fruits, such as lemons, limes, naturally sweet oranges and tangerines are also considered safe.



Everyone was entertained by this young Hoop Dancer. It is was amazing and interesting to watch !

Eagle Village First Nation Pow Wow

Although it was a rainy weekend our Pow Wow was a great success. Due to the poor weather conditions we had to move indoors but we managed to fit everyone inside the Community Hall. We had visitors from all over, including people from 10 different native communities. We had a lot of positive comments and answered many questions from people interested in learning more about Pow Wows, the Feast and the Giveaway. I would like to take this time to thank our sponsors:

Eagle Village First Nation Band
Eagle Village First Nation Health Centre
Eagle Village First Nation Recreation
Tembec

A heartfelt thanks to all our volunteers who made this event possible and all the community members who generously donated moose meat for the feast. We will start the planning stages for next years Pow Wow and it is our hope that it will be bigger and better than ever.

~The Eagle Village Pow Wow Committee~

NNADAP

Hello Everyone!

Its great to be back home. Hope you are all enjoying your summer! This month the Mental Health Worker, Virginia, and myself will e presenting a workshop for the children concerning "Self-Esteem". I would also like to inform the people as to what resources are available in the NNADAP office. The many resources include the following:

Information/Pamphlets on the following Treatment Centers:

- ◆ Wanaki Center - Maniwaki, Quebec
- ◆ Blind River Substance Abuse Treatment Center - Blind River, Ontario
- ◆ Rainbow Lodge Treatment Center - Wikwemikong, Ontario (Wiki)
- ◆ St. Joseph's Treatment Center - North Bay, Ontario

Pamphlets on the following topics:

- ◆ Drug Facts For Young People
- ◆ Alcohol, Child Abuse and Child Neglect
- ◆ Getting Along At Home
- ◆ Adults Abused As Children
- ◆ Incest
- ◆ Self-Esteem
- ◆ Alcohol and Your Health
- ◆ The Teenage Survival Handbook

Other reading topics such as:

- ◆ Fetal Alcohol Syndrome
- ◆ Al-Anon
- ◆ Alcohol

Plus many videos in our video library connecting to alcohol and drugs.

If I can help you in any way, please don't hesitate to stop by the office, or give me a call at 627-9060. Rest assured all files are confidential. Take care!

Vicky Constant - NNADAP Worker

HEALTH NOTES

WHY YOU SHOULD EXERCISE ...

Many people know that exercise is good for them, but they aren't sure why it is good. No matter what age you are, your body can benefit from exercise!

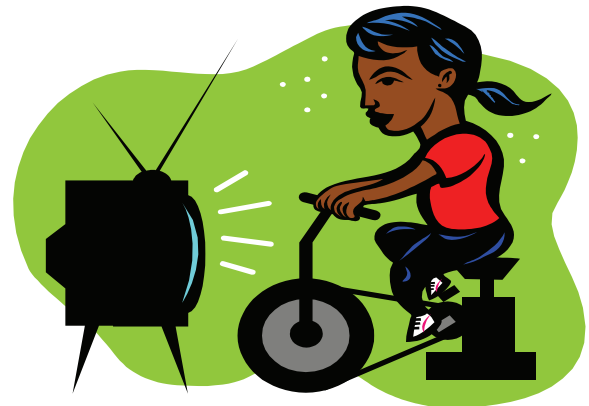
EXERCISE CAN HELP YOU...

Strengthen Muscles: Muscles that are exercised increase in size and strength, while muscles that are not exercised will deteriorate.

Strengthen the Heart: The heart is a muscle, and it can be strengthened by exercise.

Improve Circulation: Exercise forces the heart to pump more blood throughout the body. This increased flow can improve circulation and lower blood pressure.

Improve Use of Oxygen: Exercise improves the body's absorption of oxygen, which means that you build up endurance as you continue to exercise.



Maintain Desired Weight: As we age, our bodies need fewer calories, so we tend to put on weight. Exercise burns calories and helps maintain an appropriate weight.

Release Tension: Many people find that a good workout relieves stress. They also find that a workout gives them a more positive attitude and an ability to better handle difficult situations.

Maintain Strong Bones: As we age, our bones tend to get thinner and weaker. Exercise helps bones maintain their strength.

Reduce Fatigue: Your body uses more oxygen when you exercise. Many people find they feel refreshed and alert after exercising. Regular exercise also means they do not tire as easily.

Studies have shown that people who start exercising later in life can still achieve their goal of physical fitness ... so whatever your age, the best time to start is now!

NEWS FROM PATTY

The workshop I attended in Toronto on July 25th & 26th with Virginia McMartin and Sylvia Ouimette on "Stop the Bullying in the Schools" was very informative and resourceful. With the resources we received we look forward to holding a workshop before school starts. I would like to share a small part of what "bullying" is all about ...

DEFINITION OF BULLYING

Bullying is an act of violence. It can be physical, social or emotional in nature. Bullying in its truest form is comprised of a series of intentionally, often very subtle, cruel acts.

BULLYING FACTS:

- The emotional scars from bullying can last a lifetime.
- Hurt kids hurt, most bullies have been victims somewhere else in their lives.
- Children who are repeatedly victimized sometimes see suicide as their only escape.
- Most victims are unlikely to report bullying.
- Schools are a prime location for bullying.
- In a 1997 survey of nearly half a million high school students, one third (160 000) expressed a desire to change schools because of being bullied.
- Schools where bullying is considered an issue, often have less bullying.
- 40% of elementary age school students (Grade 5-8) reported experiencing sexual harassment from peers within the school term.
- Boys bully boys, girls bully both.
- Bullies are popular up to about Grade 6 or 7 but lose popularity as they get older.
- 80% of students report that it is unpleasant to watch bullying.
- 80% of students report that it is unpleasant to watch bullying.
- One study shows that the incidences of reporting declined from 26% in primary grades to 12% in intermediate grades. One explanation for this reduction is that students who report bullying are often shunned by their peers and as a result as they get older they are less likely to report.

- When asked, students usually report that they would intervene to help a victim.
- 33% of students say they would join in a bullying episode.
- Peers participated in 85% of the observed bullying episodes.
- Many adults do not know how to intervene in bullying situations and as a result bullying is often overlooked.
- 25% of teachers will do nothing because they believe that bullying is a right of passage.
- On average, bullying episodes are brief, lasting approximately 37 seconds.
- Mobbing, this form of bullying is the product of collective, rather than individual behaviors.
- Bullies use weapons in 4% of incidents.
- Repeated exposure to bullying may desensitize the negative effect of aggressive behaviors.
- By age 24, 60% of identified bullies have at least one criminal conviction.

**STORIES OF BULLYING:**

In March 2000 an honor-roll student named Hamed Nastoh jumped off the Pattullo Bridge in New Westminster, British Columbia. Hamed, 14, left a seven-page note that said he was killing himself because his classmates tormented him with names like gay or faggot. He had never told his mother he was being bullied.

A few months later, on November 10th, another 14 year old, Dawn-Marie Wesley of Mission, British Columbia hanged herself with a dog leash in her bedroom. She too left a note for her family. It read: "If I try to get help, it will get worse. They are always looking for a new person to beat up, and they are the toughest girls. If I ratted, there would be no stopping them. I love you all so much!"

♥ QUOTE OF THE MONTH ♥

Statistics show that by the time children reach the age of 18
They have seen 18000 violent murders on television !

WHEN SWIMMER'S ITCH IS IN THE WATER ...

WHAT IS SWIMMER'S ITCH?

Swimmer's itch is a skin rash caused by small larvae found in certain lakes. These larvae are called "cercariae". They are so tiny that it is hard to see them with the naked eye. When you are out swimming or wading, cercariae can stick to your skin until you get out of the water. Out in the sunshine, the skin dries and the cercariae bite to penetrate your skin. They die afterwards.

HOW DO YOU GET SWIMMER'S ITCH?

- Waterfowl are the hosts for the parasite that causes the presence of cercariae in the water you swim in.
- The cycle begins with bird feces that are the source of contamination for the snails along the shore.
- The cercariae emerge from the snails and return to contaminate the birds.
- Unfortunately, the cercariae do not distinguish between birds and people. So people in the water get bitten by accident.

HOW DOES IT AFFECT YOUR HEALTH?

- Swimmer's itch can be disagreeable to those who have it;
- Soon after you leave the water, small red spots appear on your skin;
- These spots can appear on all the uncovered parts of your body exposed to the water;
- A few hours later, the red spots will have swollen up to resemble insect bites that can grow as big as a dime;
- Intense itchiness sets in and can last for more than 10 days, but it generally disappears in a week or two;
- Some people may suffer a minor skin infection.

HOW CAN SWIMMER'S ITCH BE PREVENTED?

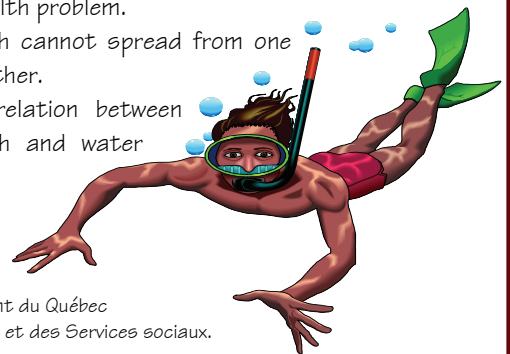
- If possible, stay away from beaches where cases of swimmer's itch have been reported.
- Spend no more than a few minutes in the water.
- When you leave the water, vigorously rub yourself dry with a towel. Do not let the water evaporate off your skin out in the sun.
- Let the other swimmer's know if you have swimmer's itch.
- Do not feed the birds.

HOW CAN YOU TREAT SWIMMER'S ITCH?

- First of all, don't scratch or you may cause a skin infection.
- To relieve itching, you can also use a cream or lotion with calamine or a similar agent. If in doubt, talk to your pharmacist.
- If the itching continues more than a few days or if you are worried about your health, contact your doctor immediately.

IS THERE ANYTHING ELSE I SHOULD KNOW?

- In spite of the rash and the itching, swimmer's itch is not a significant health problem.
- Swimmer's itch cannot spread from one person to another.
- There is no relation between swimmer's itch and water pollution.



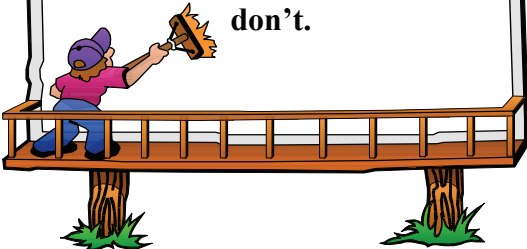
From the Gouvernement du Québec
Ministère de la Santé et des Services sociaux.

MYTH

Borderline diabetes means you do not have diabetes yet.

FACT

Just like "borderline" pregnancy, there is no such thing as "borderline" diabetes. You either have it or you don't.



Come in and check out the bulletin board at the Health Centre.

All news we receive gets posted on the board including ...

- Health Canada Information
- Job Postings from other Organizations
- Food and Drug Warnings
- Upcoming Community Events
- Press Releases
- and other stuff too !!

UPCOMING WORKSHOP

Vicky Constant (NNADAP) and Virginia McMartin (Mental Health) will be hosting a workshop in the very near future.

"Self Esteem Workshop for Children"

Please watch for more information confirming the date, time and place !!

GIARDIA AND CRYPTOSPORIDIUM IN DRINKING WATER

by Terry Perrier

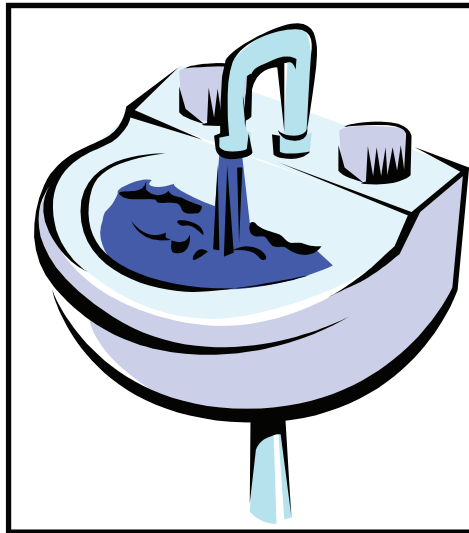
Giardia and *Cryptosporidium* are microscopic parasites that can be found in water. *Giardia* causes an intestinal illness called giardiasis or “beaver fever”. *Cryptosporidium* is responsible for a similar illness called *cryptosporidiosis*.

Both parasites produce cysts (encapsulated egg) that are very resistant to harsh environmental conditions. When ingested, they germinate, reproduce, and cause illness. After feeding, the parasites form new cysts, which are then passed in the feces.

Diarrhoea, abdominal cramps, gas, malaise, and weight loss are the most common symptoms caused by *Giardia*. Vomiting, chills, headache, and fever may also occur. These symptoms usually surface 6 to 16 days after the initial contact and can continue as long as one month.

The symptoms of *Cryptosporidiosis* are similar; the most common include watery diarrhoea, abdominal cramps, nausea, and headaches. These symptoms occur within 2 to 25 days of infection and usually last 1 or 2 weeks; in some cases they stick around for up to a month.

Both of these parasites are usually cleared from healthy people without treatment within a month. But as any Health Professional will tell you a trip to the Doctor is advisable after 3 days of diarrhoea!



Giardia are often found in human, beaver, muskrat, and dog feces. Cattle feces appear to be the primary source of *Cryptosporidium*, although these parasites have also been found in human and other animals. Drinking water sources become contaminated when feces containing the parasites are deposited or flushed into water. If treatment is inadequate, drinking water may contain sufficient numbers of parasites to cause illness. Other sources include direct exposure to the feces of infected humans and animals, eating contaminated food, and accidental ingestion of contaminated recreational water.

Municipal drinking water treatment providing filtration and disinfection with chlorine can reduce the risk of contracting *Giardiasis* and *Cryptosporidiosis*. Chlorine by itself is not effective against *Cryptosporidium* but can inactivate *Giardia*. Recent research indicates that ultraviolet light will inactivate both organisms. Protection of the raw water supply is also beneficial.

In the outdoors, water should be boiled for at least 1 minute before it is used for drinking, food preparation or dental hygiene. This treatment will destroy not only *Giardia* and *Cryptosporidium*, but also any other disease-causing microorganisms that might be present. Travellers to countries where the safety of drinking water is suspect should boil or disinfect and filter water that is to be used for drinking, food preparation, or dental hygiene.

For more information on Health Canada’s water quality program, see their water quality website <http://www.hc-sc.gc.ca/waterquality>



This is a photo of community member, Erin McKenzie, taken the weekend of our Pow Wow. She is wearing a dress that belonged to her Grandmother Myrna (McKenzie) Natawapineskum. This dress was made for Myrna by Charlie and Ann McKenzie.

A POEM FOR MOMS AND DADS

Now I lay me down to sleep,
I pray my sanity to keep.
For if some peace I do not find,
I'm pretty sure I'll lose my mind.
I pray I find a little quiet
Far from the daily family riot
May I lie back--not have to think
about what they're stuffing down the sink,
or who they're with, or where they're at
and what they're doing to the cat.
I pray for time all to myself
(did something just fall off a shelf?)
To cuddle in my nice, soft bed
(Oh no, another goldfish--dead!)
Some silent moments for goodness sake
(Did I just hear a window break?)
And that I need not cook or clean--
(well heck, I've got the right to dream)
Yes now I lay me down to sleep,
I pray my wits are mine to keep,
But as I look around I know--
I must have lost them long ago!
(Author Unknown)

Recipe for Cooking Light

CHICKEN & PASTA SALAD

You can use any short pasta in this recipe. It is easy to make and great for hot days and picnic lunches.

INGREDIENTS

- 1½ cups Chopped peeled cucumber
- 1 cup Frozen green peas (thawed)
- ¾ cup Plain fat-free yogurt
- ¼ cup Chopped onion
- ¼ cup Light mayonnaise
- 2 tsps Prepared mustard
- ½ tsp Celery seeds
- ¼ tsp Salt
- ¼ Pepper
- 4 cups Chopped cooked chicken
- 1 cup Cooked pasta

INSTRUCTIONS:

Combine the first 9 ingredients in a medium bowl.

Add the chopped cooked chicken and the cooked pasta to the bowl and toss mixture very well.

Cover salad and chill for a minimum of 1 hour.

NUTRITIONAL INFO:

Calories	188
Carbohydrates	14.6 g
Fibre	0.8 g
Fat	4 g
Cholesterol	48 mg
Sodium	296 mg
Calcium	86 mg
Iron	1.6 mg

(TAKEN FROM COOKING LIGHT WEBSITE)
www.cookinglight.com

DIABETES WORD FIND

L	H	D	E	Z	E	D	P	S	X	C	S
O	E	I	S	V	L	O	R	Y	B	N	S
W	A	A	O	M	D	O	E	E	S	A	E
S	R	B	C	D	E	L	V	N	E	F	N
G	T	E	U	N	R	B	E	D	L	Y	L
U	J	T	L	A	S	G	N	I	B	T	L
Y	W	E	G	V	N	Q	T	K	A	I	E
O	S	S	T	I	B	T	I	L	T	V	W
U	U	O	K	S	E	G	O	H	E	I	H
T	G	L	P	I	O	R	N	E	G	T	K
H	A	O	D	O	D	C	A	R	E	C	P
W	R	Q	E	N	H	I	G	H	V	A	R

FIND THE FOLLOWING WORDS:

- | | | |
|----------|------------|------------|
| ACTIVITY | HEART | VEGETABLES |
| BLOOD | HIGH | VISION |
| CARE | KIDNEYS | WALKING |
| DIABETES | LEARN | WELLNESS |
| DIET | LOW | YOUTH |
| ELDERS | PREVENTION | |
| GLUCOSE | SUGAR | |

Breakfast is an important meal, especially for growing children. Children need healthy food in the morning to fuel their brain and body.

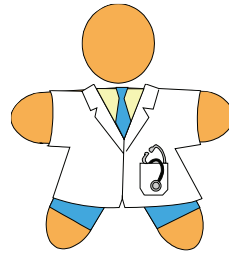
Quick and Healthy Breakfasts for your Children and Teens

- Orange wedges, toaster waffles and a glass of milk,*
- Cereal and milk topped with banana, strawberries or raisons.*
- Whole wheat toast with peanut butter and jam and a glass of fruit juice.*
- Last night's leftovers Pizza is always a favorite!*



**Congratulations to Lois & Stanley
on the birth of their daughter
McKinnley Tepiscum-Moore
who was born June 26th, 2002
at 2:49 pm. weighing 8 lbs 12 ozs
McKinnley is a new little sister**

WHOS COMING TO THE HEALTH CENTRE



- July 10th - Dr. Zivkovic
- July 17th - Dr. Brock
- July 24th - Dr. Raad
- August 1st - Foot Care Clinic
- August 2nd - Dr. Gurekas

CALL CECILE FOR AN AP-

Notice to all Community Members
Please come by the Health Centre or call me at 627-9060 to
give me your medical card numbers and the expiry date.
Thank You ... Cecile

**Eagle Village Health Centre is open Monday to Friday
8:30 am - 12:00 pm and 1:00 pm - 4:30 pm**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Office is closed today for Canada Day.	2 Jackie is on holidays this week. ➔ Health Centre Staff Meeting	3	4	5	6
7 Tina will not be in this week. She is taking training in Winnipeg. ➔	8	9	10 Dr. Zivkovic will be at the Health Centre	11	12	13
14 Tina will not be in this week. She is taking training in Winnipeg. ➔	15 	16 	17 	18 Vicky will be in Maniwaki on the 17th & 18th for a Quarterly Meeting.	19 Health Centre Staff Meeting	20
21	22	23	24 Dr. Raad will be at the Health Centre	25	26	27
28	29 Tina and Pascale are on holidays this week. ➔	30 Health Centre Staff Meeting	31	HEALTH CENTRE SCHEDULE FOR JULY		