



# Health Centre Newsletter



## News from the Director ....

Lately the Health Committee, along with G.R.F. Consultants, have been busy analysing the results gathered for the Needs Assessment of our community. With the input you have provided us through the focus group discussions, questionnaires and quantitative data from various sources, we are now ready to validate our findings with you.

A summary of our work is included with this edition so you can consult and discuss amongst one another the results of our findings. The purpose is to allow you ample time to prepare for an upcoming meeting (mid January) so we can receive your valuable feedback and make adjustments accordingly.

On the same note, our community along with Timiskaming and Long Point have begun a review of the Social Services as delivered by Centre Jeunesse and other service providers. This type of review will permit all partners involved to have a clear picture of the strengths, weaknesses and funding shortcomings of this important social component. Again, focus discussion groups will be organized and your participation will be solicited.

The studies and service evaluation that seem to be a continuous event in our community lately are nevertheless a vital tool that brings about positive change in the way we do things. Increasing accountability for the clients and the funding agents have dramatically modified the way services will be provided in the future.

*David McLaren*

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## FOOTCARE

To book an appointment for foot care with Jackie Dorval please call Cecile at the Health Centre (627-9060). Pictured here is Lucienne Chevrier receiving foot care from Jackie.

## LET IT SNOW !!

### SAFETY TIPS FOR SHOVELLING THE HEALTHY WAY

Shovelling your driveway or a walkway to your door can be a strenuous workout, who knew that those tiny specks of snow could weigh so much. When you start shovelling snow, its like picking up weights. So if you are older or out of shape, there's a greater chance of hurting yourself. Even people who exercise regularly can find shovelling strenuous. Shovelling snow in the winter is not to be taken lightly. The impact on your back and your heart can be very serious.

Here is some advice to help keep your heart healthy before you dig in:

- If you have a history of heart problems, talk to your doctor first before picking up a shovel. If you have controlled angina shovelling shouldn't be a problem. But if your angina is unstable, you can have an attack with little or no exertion.
- If your doctor has given you permission to shovel, or if you have no history or heart problems, warm up first, especially if you've been a couch potato all year long. Shovelling snow is like any other rigorous physical exercise.
- If you have a heart condition and you take nitroglycerin, be sure to keep it close at hand in case you run into problems.
- Dress warmly. Many people don't bundle up because they assume they will warm up once they start to shovel. Warmth is very important because cold air constricts the blood vessels and puts a lot of strain on the cardiovascular system. Take frequent breaks so that you can stop to catch your breath.



**Stop shovelling immediately if you experience:**

- **Shortness of breath**
- **Heavy sweating**
- **Any kind of pain**

**Anything not normal is a warning sign!**

Your heart isn't the only part of your body you need to protect while you shovel. Your back needs some attention too. Here are some tips to help you avoid unnecessary strain.

- If you have a history of lower back pain, it's wise to consider hiring a student to shovel your snow for you. Also consider buying a snow blower.
- If you must shovel the snow yourself, try to condition your back with stretch-strengthening exercises long before winter arrives.
- Before you start shovelling, take the time to do some back stretches.
- Don't let the snow accumulate. It's better to shovel three or four separate times than to clear your whole driveway at once.
- Scoop up half shovelfuls. Don't try to be a hero by piling your shovel sky high.

**Follow these steps when you shovel:**

1. Keep your back straight.
2. Try to push the snow instead of lifting it.
3. When your shovel is full, take one step forward and dump the snow.
4. Avoid twisting at any time.

**When you're shopping for a shovel, look for these features:**

1. Seek out the "push/dump" shovel available at most hardware stores.
2. Find a shovel made out of light material such as aluminum or plastic.
3. Make sure the handle is long enough to prevent you from bending forward while you shovel.
4. Wear layered clothing. It's better to wear a heavy sweater with a light jacket. Bulky coats can put a strain on your shoulders.

WINTERTIME QUIZ ANSWERS

1. **True.** Trapped perspiration and overheating while walking or climbing is the enemy, and the way to defeat it is to wear multiple layers, removing outer clothing while exercising and putting them back on while stationary.
2. **B. Wool.** Goose-down loses its loft and warmth when wet, and most synthetic fleeces offer poor wind resistance. Down can be covered with waterproof materials, of course, and fleece can be backed with a windproof liner -- but natural wool retains warmth when wet and, if close-woven, offers good wind resistance.
3. **False.** Hypothermia is a subnormal body core temperature - - and weather need not be freezing for it to occur. Without adequate clothing, or when combined with dampness and wind chill, hypothermia is very possible with temperatures in the 50° F range.
4. **Absolutely False.** Any warmth offered by alcohol is a false warmth. Alcohol and caffeine (and, for that matter, nicotine) adversely affect circulation, so they are poor choices for treating chills or cold injuries.
5. **B. Burn.** Frostbite and burns are very similar, including the degrees to which they occur. Treatment is also similar, except that gradual, never sudden, warming is essential for the frostbite-affected area.
6. **C. Hat.** A tremendous amount of heat loss takes place from the head and neck. A well-insulated hat goes a long way toward keeping the whole body warm. A smart trick is a muffler or even a bandanna tied around the neck.
7. **False.** Frostbite is freezing of the affected area. While rubbing may bring back circulation to chilled hands, feet, or face before frostbite actually sets in, it will only cause more tissue damage if actual frostbite has occurred.
8. **True.** Packed snow is a superb insulator, and getting out of the wind is the first key to survival. Ordinary wax candles should be a part of any cold-weather emergency kit, and a single candle provides amazing warmth in a snug snow cave. Caution: Make absolutely certain you keep a well-packed breathing hole open.
9. **B. Build a fire and get dry as quickly as possible.** Wet feet in freezing weather are an invitation to frostbite.
10. **True.** In cold weather, people tend not to feel thirsty, and dehydration can be a severe problem -- just as severe as in extreme heat, and just as dangerous. Concentrate on drinking plenty of fluid whether you feel thirsty or not. Eating snow is only a partial answer, for it takes surprising quantities of snow to offer significant amounts of water.

## A NOTE FROM THE FIRE DEPARTMENT

The winter holidays is a good time to be especially cautious about fire in the home. Here are some safety tips to help make your home safe from fire during the holidays.

Be careful using candles. Keep them well out of the reach of children and always blow them out when you leave the room.

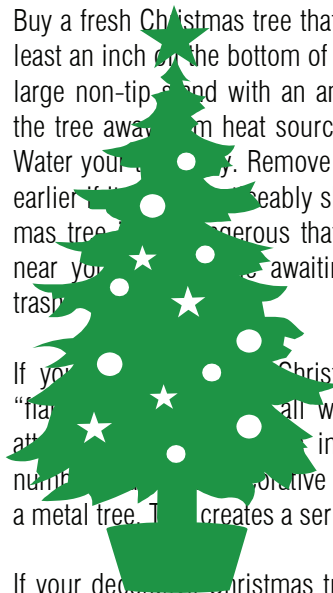
Buy a fresh Christmas tree that is not shedding needles. Trim at least an inch of the bottom of the trunk and install your tree in a large non-tip stand with an ample reservoir for water. Position the tree away from heat sources, wood stoves, and exit routes. Water your tree daily. Remove your tree soon after Christmas or earlier if the tree is noticeably shedding its needles. A dry Christmas tree is so dangerous that it should not be left in or even near your home awaiting disposal, not even with your trash.

If you buy a Christmas tree, be sure it is labeled "flame retardant." Read all warnings carefully, paying special attention to instructions about the appropriate number of decorative lights. Never put electric lights on a metal tree. This creates a serious shock hazard.

If your decorative Christmas tree lights are worn or have loose connections, replace them. When shopping for lights, buy only those that bear the label of an independent testing lab. If you decorate with lights outdoors, use only lights that are insulated and labeled for outdoor use.

Always unplug or switch off all decorative lights, including outdoor lights, before leaving your home or going to bed.

Keep fire safety in mind at holiday parties, especially those where people are drinking and smoking. Provide smokers with large, deep, non-tip ashtrays and keep cigarettes and smoking materials away from Christmas trees and flammable decorations. Soak the contents of ashtrays before dumping them into a wastebasket. Check your furniture for smoldering butts after the party and make sure that no one has left matches or lighters within reach of children.



## NNADAP NOTES

Suggestions for things to do during the Christmas season to avoid alcohol and/or drugs.

- Be careful of situations or events where alcohol is present.
- Find a support group, family member or friend who also wish to avoid being tempted during the festive season.
- Organize or join in a family get-togethers with family and friends and serve your favourite non-alcoholic drink with your food.
- Find other interests such as out-door sports, ice fishing, or a hobby.
- Visit an elder. Sometimes just talking with an elder can help pass the time quite interestingly.

Re-lapse factors during the festive season are strong. Christmas can very difficult for someone trying to avoid alcohol or drugs. To help avoid loneliness and boredom, plan to do something with people who will offer you the best support.



## NEWS FROM PATTY

On behalf of the Director and the board of Directors of the Migizy Odenaw Child Care Centre we would like to wish you the merriest Christmas and a new year filled with family, love, joy, happiness and good health.

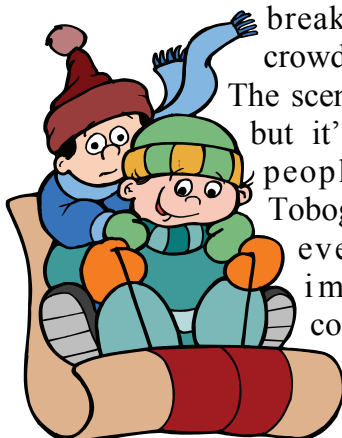
The new year will bring exciting new ventures for the Migizy Odenaw Child Care Centre...

- Construction and hiring of staff in Spring 2003.
- Doors will open for business in the Fall of 2003.

We look forward to offering a wonderful service to the community.

## Dashing through the snow ... Toboggan safety is a must !!

It's a familiar scene during winter, a neighborhood hill, toboggans streaking down at break-neck speed among crowds of shrieking children. The scene may warm your heart, but it's enough to give some people a heart attack! Toboggans can be dangerous, even lethal if used improperly. Sliding collisions can cause head, pelvic and back injuries. You can still go dashing through the snow though, even "laughing all the way" if you follow a few simple safety rules offered by Health Canada so please go over them with your children ...



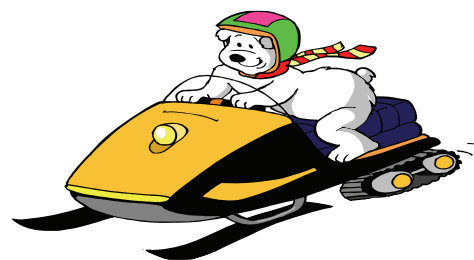
- Don't slide near driveways, roads, trees, rocks, poles, buildings or water.
- Take care on icy hills, you will go faster than you think.
- Leave your dog at home.
- Make children wear protective helmets.
- Don't overload your toboggan or sled.
- Wait until the hill is clear before you start to slide.
- Stay seated on the toboggan or sled.
- Climb up the side of the hill, away from other people sliding down the hill.
- Stop if you are tired, a lot of collisions happen in the afternoon when fatigue sets in.
- Don't go sliding alone. Take a friend with you so you can both check for frostbite or guard against injury.
- Look before you go down the hill.
- Ride your toboggan feet first, if you slide off you'll be less likely to hit your head.
- Ride on something safe, do not use an inner-tube, tire or a piece of plastic.

## WINTERTIME QUIZ

### Test Your cold Weather Know-How

(The answers are on page 7)

1. When cold weather activities require physical exertion, layering is the best approach.
  - True
  - False
2. In cold, wet, windy weather a good choice for out clothing would be:
  - Goose down insulation
  - Wool
  - A synthetic fleece
3. Hypothermia results from frostbite.
  - True
  - False
4. Hot coffee laced with brandy is a quick cure when chills set in.
  - True
  - False
5. Frostbite is most similar to:
  - A bruise
  - A burn
  - A scrape
6. In extremely cold weather, one of the most important items is a warm ...
  - Pair of gloves
  - Coat
  - Hat
7. First-aid for frostbite includes vigorously rubbing affected areas.
  - True
  - False
8. If you're caught out in frigid weather, a snow cave can save your life.
  - True
  - False
9. It's below freezing and your feet get wet crossing a stream. You should ...
  - Head for a camp immediately
  - Build a fire and get dry
  - Walk briskly until your feet are dry
10. Dehydration is a common physical problem in cold weather.
  - True
  - False



### MY LITTLE BROTHER

Dear Santa, I hold you in highest regard,  
That's why I am sending this holiday card.  
First I will wish you much seasonal cheer,  
And really looking forward to your visit here.

I'm sure that you know my young brother, Bill.  
Who sometimes behaves like six year olds will.  
I hope you'll forgive him for being so bad  
His horrible acts make me his sweet sister sad.

Six months have passed since he shaved our poor cat  
And put Krazy Glue in Uncle Bob's hat.  
Now I have forgiven him with all of my soul  
For flushing my mittens which he himself stole .

That *you* are forgiving was made extra clear  
When you honored his wish for a drum set last year.  
Now I'm writing this card for everyone's sake  
So you will not again make another mistake.

You soon will be getting a letter from him,  
So just put a line through each silly whim.  
He doesn't think straight. He acts in haste,  
It'll take a few years to teach him good taste.

Now, Santa you know of the many real dangers  
Involved in the use of those dumb Power Rangers.  
With violence being our fear--Number One!  
It wouldn't make sense to give him that gun.

So bring him a Barbie with nice fancy clothes,  
And new dresses, size eight, with cute little bows.  
If you do as I ask, I'll try, Santa Dear  
To help him behave much better next year.

**COME OUT FOR THE**  
**CHRISTMAS PRE-TEEN & TEEN DANCE**  
at the  
**Eagle Village Community Hall**

Pre-Teen Group (6 - 11 years of age) - 7:00 pm - 9:00 pm  
Teen Group (12 and up) - 9:00 pm - 11:00 pm  
Please bring your own music !!

**ADMISSION \$1.00**  **ALL SNACKS \$1.00**

**Fun Activities For All**  
**Limbo Dances ... How low can you go ?**  
**Spot Dances**  
**Short Skits**

**PREPARE YOUR PREPARE !!**



**WAY TO GO !!**

- Collin McKenzie
- Jakob McKenzie (Yellow Belt)
- Erika Reynolds (Yellow Belt)
- Vincent Gèneaux
- Tiana Jalabois
- Clint Pulchinski
- Jake Whissell (Yellow Belt)
- Jason Goulet (Yellow Belt)
- Billie Chevrier (Yellow Belt)
- Zachery Haymond
- Vanessa Reynolds
- Shirai Chevrier (Yellow Belt)
- Tori McGregor (Yellow Belt)
- Sylvia Bourque
- Philip Dandy
- Logan Haymond
- Kieran McGregor
- Preston Chevrier (Yellow Belt)
- Not Pictured ...
- Erin McKenzie (Yellow Belt)
- Casey McKenzie (Yellow Belt)
- Olivia Reynolds
- Jamie-Lee McKenzie
- Dylan McKenzie



# FROST-



Frostbite is, literally, frozen body tissue - usually skin but sometimes deeper - and must be handled carefully to prevent permanent tissue damage or loss. Children are at greater risk for frostbite than adults, both because they lose heat from their skin more rapidly than adults and because they may be reluctant to leave their winter fun to go inside and warm up. You can help prevent frostbite in cold weather by dressing your child in layers, making sure he comes indoors at regular intervals, and watching for frost-nip, frostbite's early warning signal.

**Frost-nip usually affects areas that are exposed to the cold, such as the cheeks, nose, ears, fingers, and toes, leaving them white and numb. Frost-nip can be treated at home.**

#### What to Do:

- Bring your child indoors immediately.
- Remove all wet clothing. Wet clothes draw heat from the body. Immerse chilled body parts in warm (not hot) water until all sensation returns.
- Don't let your child control the water temperature



during re-warming. Numb hands won't feel the heat and can be severely burned by water that is too hot.

**Frostbite is characterized by white, waxy skin that feels numb and hard. It requires immediate emergency medical attention.**

#### What to Do:

- Get your child into dry clothing, then take him to a hospital emergency room. If feet are affected, carry him.
- If you cannot get him to a hospital right away or must wait for an ambulance, give him a warm drink and begin first-aid treatment: Immerse frozen areas in warm water (around 100 degrees Fahrenheit) or apply warm compresses for 30 minutes. If warm water is not available, wrap gently in warm blankets.
- Do **not** use direct heat such as a fire or heating pad.
- Do **not** thaw the area if it is at risk for refreezing, which may cause severe tissue damage.
- Do **not** rub frostbitten skin or rub snow on it.
- Re-warming will be accompanied by a burning sensation. Skin may blister and swell and may turn red, blue, or purple. When skin is pink and no longer

## WHOS COMING TO THE HEALTH CENTRE

January 8th - Dr. Brock  
 January 15th - Dr. Zivkovic  
 January 18th - Dr. Gurekas  
 February 5th - Dr. Brock  
 February 12th - Dr. Zovkovic  
 February 19th - Dr. Gurekas



## REMINDER

IN ORDER TO CONTINUE HAVING THE DOCTORS COME TO OUR HEALTH CENTRE, IT IS VERY IMPORTANT TO CALL AHEAD AND CANCEL YOUR APPOINTMENT IF





**After being off due to medical reasons, I am very happy to be back at work. I would like to mention that since my return, I have attended a Quebec Native Women's Meeting in Montreal December 6th-8th, 2002 where I had the pleasure of meeting Ms. Jacqueline Kistabish who is from Pikogan. Jackie is the new CAVAC (Community Agency for Victims of Violent Acts) for the Abitibi-Temiscamingue Region. I have since contacted Jackie to invite her to our community to meet our members. Her response was positive and she is tentatively scheduled to come to our community for a visit during the first week of February 2003.**

I would like to take this opportunity to wish everyone a Merry Christmas and a Happy New Year!



Virginia McMartin  
 Mental Health & Family Violence




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Terry is in Maniwaki (meeting)	4 Dr. Brock is at the Health Centre	5	6 Virginia is in Montreal (meeting)	7 Virginia is in Montreal (meeting)
8 Virginia is in Montreal (meeting)	9	10	11 Dr. Zivkovic is at the Health Centre	12	13	14
15	16 David is in N.D.D.N. (meeting)	17 Terry is in Montreal (meeting)	18 Dr. Gurekas is at the Health Centre	19	20 Health Centre is closed for the Holidays	21
22	23 Health Centre is closed for the Holidays	24  Christmas Eve	25  Christmas Day	26  Boxing Day	27 Health Centre is closed for the Holidays	28
29	30 Health Centre is closed for the Holidays	 New Years Eve	<b>HEALTH CENTRE SCHEDULE FOR DECEMBER 2002 NOVEMBER 2002</b>			



The Health Centre is closed for the holidays ...  
Monday December 23rd, 2002 - Friday January 3rd, 2003  
We look forward to seeing you in the new year !



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HEALTH CENTRE SCHEDULE FOR JANUARY 2003 NOVEMBER 2002</b>			1  New Years Day	2 Health Centre is closed for the Holidays	3 Health Centre is closed for the Holidays	4
5 Tina is in Winnipeg (training)	6 David is in Arnprior (training)	7 David is in Arnprior (training)	8 Dr. Brock is at the Health Centre	9 David is in Arnprior (training)	10 David is in Rouyn (meeting)	11
12 Tina is in Winnipeg (training)	13	14	15 Dr. Zivkovic is at the Health Centre	16	17	18
19	20	21	22	23	24	25
26	27	28 Dr. Gurekas is at the Health Centre	29 Terry is in Ottawa (meeting)	30 Terry is in Ottawa (meeting)	31 Terry is in Ottawa (meeting)	