



Health Centre Newsletter



VOLUME 1 - ISSUE 6

NAMEGOS KIZIS / OCTOBER 2002

News from the Director Needs Assessment and Health Plan

First of all, I would like to thank all those who had taken the necessary time to fill out our health needs questionnaire and for those who had taken that extra step and participated in our Focus Group Discussion, please receive my deepest gratitude. Going that extra mile will help us create the plan that you helped shape.

In the weeks to come, we will be processing, analysing and validating the data we have collected. Soon after, we will be informing you the people of our findings and the strategies that may be used to reach our goals. Again, thank you for your input & important participation. "Many minds bring out many good ideas".

Congratulations to Tanya McKenzie, Wanda Hunter, Nora Young, Betty Lou Lariviere, Larry Moore., Willy Young, Troy McMartin & Mathieu McKenzie on their 50\$ focus group participation voucher draw. The lucky voucher winner for the questionnaire participation is Lillian Dandy. So please come to the Health Centre and pick up your voucher.

Commencing late October early November, the "Longitudinal Health Survey" that resurfaces every 5 years amongst our communities will be conducted by Ms. Noella Fortin who received the program training just recently. This elaborate survey that covers the physical, emotional and spiritual needs is aimed at painting an accurate picture of the health status of First Nations from coast to coast. Approximately 36 computer chosen people will receive monetary compensation along with promotional items for participating in the survey. Again, your complete cooperation is the key to a sought after success. Please refer to the leaflet included in this month's newsletter.

In regards to medical transportation, the leadership and health department have been working hard to obtain the best results possible according to our present needs. We should see some favourably anticipated answers within the next couple of weeks. Your understanding will be rewarded with the quality of service we intend to deliver.

David McLaren

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YOUR HEALTH ALL ABOUT THE FLU / INFLUENZA

WHAT IS THE FLU?

The flu (influenza) is a highly contagious respiratory disease caused by a virus. You may experience symptoms much like having a common cold, but flu symptoms are much more serious. They include fever, head/body aches and pains, weakness, sneezing, sore throat, cough and sniffles. People with the flu are bedridden for up to, or more than, a week.



The real dangers of the flu are the complications that can arise from it. True influenza leaves you weak and at the risk of other infections (e.g. pneumonia) or heart/kidney failure, nervous system disorders.

WHO CAN GET THE FLU?

Anyone can get influenza, but for some people, it can become a serious, or even life-threatening illness.

WHAT ARE THE HIGH RISK GROUPS?

It is important for people who are in a high-risk group to get their flu shot, in order to reduce the impact of the flu. You are part of a high risk group if you:

- Are an adult or child with chronic heart, lung, or kidney disorders or cystic fibrosis.
- Have lung disease, diabetes, severe chronic anemia, cancer or another long-term illness or have received an organ transplant.
- Are 60 and over or all those who live in a long term care facility.
- Children (6 months - 18 years) with conditions treated for long periods with aspirin.

CAN I PROTECT MYSELF FROM INFLUENZA?

Yes! The easiest way to protect yourself and those around you from getting the flu vaccination each fall. You should have your shot as soon as possible so that antibodies have time to develop.

DOES THE FLU SHOT WORK?

The flu shot works very well. Yearly vaccination prevents the flu in most people, and can even save lives. In others, vaccination usually reduces the severity of the illness.

CAN I GET THE FLU FROM A FLU SHOT?

Flu shots can't cause the flu because they contain a dead form of the virus.

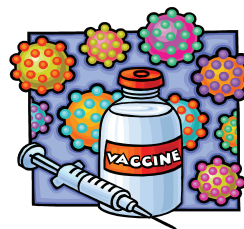
CAN THE FLU SHOT PROTECT ME AGAINST COLDS TOO?

The flu and the common cold are two different things. Flu shots are effective against the flu, but do not protect against colds or other respiratory illnesses.

HOW LONG WILL THE FLU SHOT WORK?

The flu virus changes every year and the vaccine is changed accordingly. Therefore, protection is only for the year in which the vaccine is received.

WHO CAN GET THE FLU SHOT?

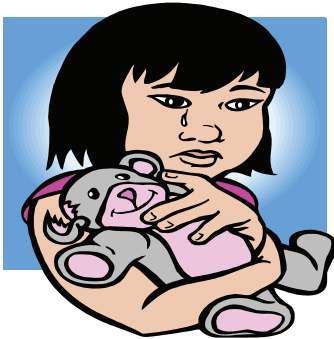


Anyone can catch the flu and anyone can be vaccinated against it. However, flu shots are only free for people over 60 or over and people at risk.



**FLU SHOTS WILL BE AVAILABLE STARTING
NOVEMBER 1ST, 2002
CALL THE HEALTH CENTRE FOR AN APPOINTMENT**

Awareness
Because
Until it happens
Suffering shall not
End



HELP ME UNDERSTAND

What its like to say those words
that always cause me pain?
What its like to hurt me
time and time again?

How's it feel to be you,
when you turn your anger on me?
I wish I could understand
and see things the way you see.

I guess I'll never know
what motivates a man
To hurt the one who loves him
I'll never understand

But, I know what its like
to be on the receiving end,
Of all those angry actions
and for my heart to break and then;

For you to say you're sorry
and act like everything is fine
And then you start all over
and treat me so unkind.

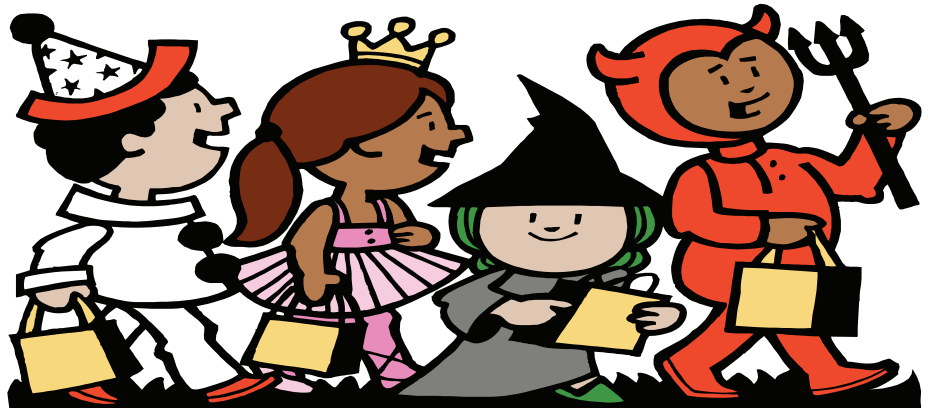
HALLOWEEN SAFETY TIPS

TIPS FOR KIDS!!

- ✧ Carry a flashlight
- ✧ Walk, don't run.
- ✧ Don't cut across yards or driveways.
- ✧ Wear a watch you can read in the dark.
- ✧ Make sure costumes don't drag on the ground.
- ✧ Shoes should fit (even if they don't go with your costume)
- ✧ Avoid wearing masks while walking from house to house.
- ✧ Carry only flexible knives, swords or other props.
- ✧ Wear clothing with reflective markings or tape.
- ✧ Approach only houses that are lit.
- ✧ Stay away from and don't pet animals you don't know.

TIPS FOR PARENTS!!

- ✧ Make your child eat dinner before setting out.
- ✧ You should know where they're going.
- ✧ Ideally, young children of any age should be accompanied by an adult.
- ✧ If you buy a costume, look for one made of flame-retardant material.
- ✧ Older children should know where to reach you and when to be home.
- ✧ Tell children to bring candy home to be inspected before consuming anything.



**GET INTO THE SPIRIT OF HALLOWEEN
JOIN OUR HALLOWEEN COLORING CONTEST
FILL OUT THE INFORMATION ON THE BACK OF
THE HALLOWEEN PICTURE AND DRIP IT OFF AT
THE HEALTH CENTRE!**

**EXTRA COPIES CAN BE PICKED UP THERE TOO
ALL PICTURES MUST BE HANDED IN BY
1:00 PM ON OCTOBER 25TH, 2002
THE WINNERS WILL BE ANNOUNCED AT THE
COMMUNITY HALL AT THE HALLOWEEN PARTY!**

NEWS FROM PATTY

CHILD CARE UPDATE

The Board of Directors have now contracted the architect services of Trame to provide us with the plans and specs for a 24 space Child Care Centre. This building will be approximately 44 X 60 feet in size. The Centre will be situated on the first lot in the new development. Construction is scheduled to commence in the spring of 2003 and completed in the fall of 2003. This project is fully funded by the Ministère de la Famille et de l'Enfance. Client registration and job postings will occur prior to the summer of 2003.

RISK WATCH WORKSHOP

There will be a Risk Watch Workshop for children in Grade 3 on Friday November 22nd, 2002 at the Eagle Village Community Hall. It will be held from 10:00 am to 4:00 pm. Lunch and Snacks will be served.



Risk Watch is an Injury Prevention Program for children. The following topics will be addressed:

- Motor vehicle safety
- Fire and burn prevention
- Choking, suffocation and strangulation
- Poisoning prevention
- Bike and pedestrian safety
- Water safety

Please call and reserve your spot at 627-3455 and ask for Patty or leave your name at the front desk at the Band Office. Deadline for registration is November 20th, 2002.



IN THE PICTURE ABOVE IS A GROUP OF PARENTS WHO PARTICIPATED IN THE NOBODY'S PERFECT PARENTING PROGRAM. THIS WAS HELD ON THREE EVENINGS IN THE MONTH OF SEPTEMBER, 2002!

IN THE PICTURE BELOW PATTY, TINA, VIRGINIA AND RHONDA ARE PICTURED WITH EVIKE GOUDREULT WHO WAS HERE IN THE COMMUNITY TO TRAIN THESE WORKERS TO BE NOBODY'S PERFECT PROGRAM FACILITATORS!



COLD OR FLU ... HOW CAN YOU TELL?

SYMPTOMS	COLD	FLU
Fever	Rare	Yes; usually high with a sudden onset and lasts 3-4 days.
Headache	Rare	Yes
General Aches and Pains	Slight	Usually; often quite severe
Fatigue and Weakness	Quite Mild	Extreme; can last up to a month
Bedridden	Never	Early
Runny, Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough Chest Congestion	Mild to moderate hacking cough	Common; can become severe
Complications	Earache Sinus congestion	Bronchitis, Pneumonia; Can be life-threatening



On my homecare visits I get asked many questions about vitamins and supplements. With all the conflicting information presented on T.V., the radio and newspapers it is difficult to determine what is true. Here is some information that has been well researched.

VITAMIN A

Vitamin A was the first vitamin to be identified. It is known as the vision vitamin, for its role in eyesight. In ancient Egypt, the cure for poor eyesight was to eat raw liver. Vitamin A occurs in two forms ... *preformed Vitamin A* (known as retinal) and *pro Vitamin A* (known as beta carotene). It is well established that Vitamin A is essential for good health. Retinal is found in some of the meats we eat. Beta carotene is found in yellow or orange pigment found in many fruits and vegetables, they include carrots and sweet potatoes. It is a fat-soluble vitamin and is stored in the liver.

Vitamin A is used in the prevention of night blindness and other eye problems hence the reason for your mother making you eat your carrots "so you can see better". It is found to be necessary for the repair of skin tissue, particularly for skin disorders like acne. Due to its value as an antioxidant it may help protect against cancer and heart disease. It is known to aid in the formation of bones, teeth as well as help the body fight against infections, particularly those of the urinary tract.

Signs of mild Vitamin A deficiency include dryness of the skin, hair and eye, decreased immunity to infection and inhibited growth. More severe symptoms include night blindness and other eye disorders. Despite its value as an antioxidant it is important that Vitamin A not be taken in large doses over a long period of time. It will become toxic to the body particularly the liver.

If you feel your diet may lack in Vitamin A, try to include more orange and yellow fruits in your diet.



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 YOU CAN'T MAKE IT SO WE MAY RESCHEDULE SOMEONE ELSE.

A MESSAGE TO THE HUNTERS IN OUR REGION CADMIUM IN MOOSE

The Regional Health Department wishes to advise the population to refrain from eating the kidney and liver from a moose. This is because studies undertaken by the Quebec Game and Fish Department have shown high cadmium contents in these organs, some of the highest in all of Quebec in fact. This recommendation also applies to black bears, caribou and deer shot in and outside of our region.

Cadmium is a metal that can affect your health if ingested in large quantities. In the Abitibi-Temiscamingue area, because of our intake through regular foods, high levels present in our air, soil and water, and because of the high percentage of smokers we already absorb the maximum daily intake recommended by the World Health Organization (WHO). This is 57 to 72 micrograms per day. We should not add more to that.

Studies undertaken by the Quebec Game and Fish Department held in 1985, 1986, 1995 and 2001, have shown that kidneys from a moose might be highly contaminated, specially around the city of Rouyn-Noranda and in the Temiscamingue area. For instance, one single meal of moose kidney (4 ounces, which is the size of a deck of cards), might add 40 times more to the recommended daily intake of cadmium. Livers are also contaminated, although less than the kidneys. Cooking *does not* remove cadmium. As for the meat itself, it is free of cadmium and can be eaten safely. Other tissues like the heart and tongue are also safe to eat.

Every 5 years or so, a follow-up of cadmium levels in calves (fawns) is planned. It would be the case this year. Game wardens are asking hunters to collaborate to this survey by bringing kidney and livers to registration stations, if they have killed a calf moose.



RECIPES

MOOSE AND MACARONI

Ingredients:

3 cups	Macaroni
1 lb	Moose Steak (cut into thin strips)
1 tsp	Vegetable Oil
1 clove	Garlic (minced)
1	Onion (¼ cup finely chopped)
1	Red or Green Pepper (cut into thin strips)
1 tbsp	Basil
1 tbsp	Oregano
4	Tomatoes (2 cups chopped)
	Pepper (to taste)
2 tbsp	Parmesan Cheese (optional)

Directions:

- In a large pot of unsalted boiling water, cook macaroni about 10 minutes. Remove from heat and drain.
- Heat oil in frying pan and pour in meat.
- Fry meat until brown.
- Add garlic, onion, green or red pepper and seasoning and cook for 2 minutes.
- Add tomatoes and cook until hot .
- Mix macaroni with meat mixture. Sprinkle pepper and parmesan cheese over top and serve.

OATMEAL BANNOCK

Ingredients:

5 cups	Flour
2½ cups	Oatmeal
3 tbsp	Baking Powder
¾ cup	Powdered Milk
¾ cup	Vegetable Oil
2 cups	Water

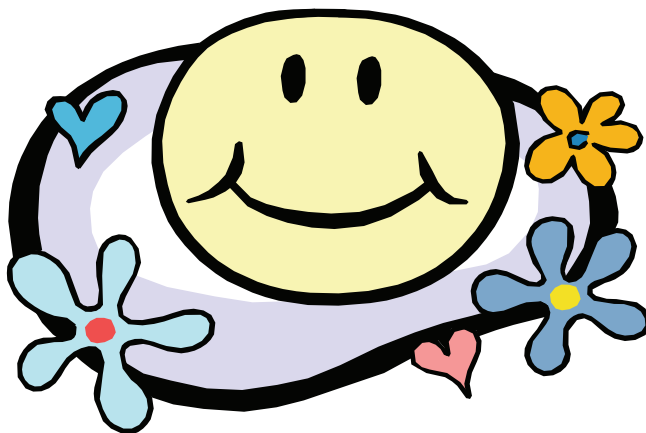
**Fiber-rich
and
healthy
for you
too!**

Directions:

- Preheat oven to 400°F.
- Mix together flour, oatmeal, baking powder and powdered milk.
- Blend in your vegetable oil until mixture looks crumbly.
- Add water. Stir until evenly blended.
- Pour into pan.
- Bake in oven for 25 minutes.



Anyone interested in participating in an outing to visit friends at the Elder's Home in Temiskaming First Nation (Notre Dame du Nord), please call Virginia at 627-9060 or Noella



Good Deeds Get Noticed !!
Thank you Tiana Jalabois, Alicia Jalabois and Cheyenne Paul for helping Buffy Hunter clean the playground on Sunday Oct. 13th... Great work girls in helping keep our community clean .



Congratulations to Vicky and Jason
proud parents of a baby boy!
Trent Jimmy Jason McLaughlin
was born on October 11th, 2002



WHOS COMING TO THE HEALTH CENTRE

- October 16th - Dr. Gurekas
- October 23rd - Dr. Brock
- November 13th - Dr. Zivkovic
- November 21st - Dr. Brock

Dr. Gurekas will not be here in November

CALL CECILE FOR AN APPOINTMENT

IF YOU ARE DRIVING ON HALLOWEEN BE EXTRA CAREFUL WHEN DRIVING! CHILDREN ARE EXCITED AND MAY FORGET SAFETY RULES ... SLOW DOWN AND WATCH FOR THEM!! WISHING EVERYONE A SAFE AND HAPPY HALLOWEEN !!



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Tina will not be in this week. She is taking training in Winnipeg. →	1	2	3 Virginia attending Native Mental Health Conference in London, Ontario	4 Virginia attending Native Mental Health Conference in London, Ontario	5 Virginia attending Native Mental Health Conference in London, Ontario
6 Tina will not be in this week. She is taking training in Winnipeg. →	7 	8	9	10	11	12
13	14 Happy Thanksgiving	15	16 Dr. Gurekas will be at the Health Centre today.	17	18	19
20	21	22	23 Dr. Brock will be at the Health Centre today.	24	25	26
27 Jackie will not be in this week. She is taking Foot Care Training. →	28	29	30 Dr. Zivkovic has cancelled her appointments for Today.	31 Happy Halloween	HEALTH CENTRE SCHEDULE FOR OCTOBER 2002	