

# Newsletter

## AUGUST - YOUTH HEALTH ISSUES



August 2006

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### 'To Pierce or Not to Pierce'

In recent years, oral piercings have become a popular form of self-expression. Piercing your tongue, lips or cheek involves greater health risks than piercing your ears. The problem that can result are far from glamorous. Piercing can lead to drooling, broken or missing teeth, a swollen tongue or an infection that could attack your heart.

- avoid serious infections such as HIV or Hepatitis by making sure everything is sterilized in an autoclave. Ask the piercer questions about cleanliness and equipment.
- ask your piercer for instructions for aftercare, including the use of antimicrobial alcohol free mouth rinses and sea salt rinses.

You can minimize the damage to your teeth and gums by:

- using the correct style and size of jewelry for your type of piercing
- Replace the initial longer jewelry with a shorter piece after the swelling goes down
- Acrylic balls can be worn on tongue barbells
- Avoid playing with the jewelry!

Be sure to see your dentist at the first sign of pain or problems in addition to your regular checkups. Because of the risks involved, even after the wound has healed, such as damage to the teeth or jewelry that becomes loose or swallowed, your safest bet is to avoid oral piercing altogether.

### Advice to Parents - Building your child's self-esteem

1. Be a good role model.
2. Honest praise.
3. Focus on positive aspects of your child's behavior.
4. Put a photo of your child with family members next to the bed as a subtle reminder of the family support.
5. Communicate with your child.
6. Keep criticism to a minimum.
7. Show your child there is a way they can control their feelings.
8. Teach your child to set goals, follow through and complete projects.
9. Remind your child to think positive thoughts by putting notes around the house with smiley faces drawn on them.
10. Say "I love you" and mean it, every day.
11. Teach your child to say and do good deeds. It builds good character and produces positive feelings within the child
12. Teach your child anger control. Building self-control can be a major source of pride for your child.

### Tips For Teens:

#### The Truth About Alcohol

**Slang Terms: Booze, Sauce, Brews, Brewskis, Hard Stuff, Juice**

#### Get the Facts:

##### Alcohol affects your brain.

Drinking excess alcohol leads to loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses and even blackouts.

##### Alcohol affects your body.

Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life threatening diseases, including cancer.

##### Alcohol affects your self-control.

Alcohol depresses your central nervous system, lowers your inhibitions and impairs your judgment. Drinking can lead to risky behaviors, including having unprotected sex. This may expose you to HIV/AIDS and other sexually transmitted diseases or cause an unwanted pregnancy.

##### Alcohol can kill you.

Drinking large amounts of alcohol can lead to coma or even death. Alcohol can hurt you—even if you're not the one drinking. If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes or affected by violence.

**So before you risk it, be responsible and get the facts and stay informed.**

### 'YOUTH PERSPECTIVE'

Tyler Armstrong

This is my second year as a master of the custodial arts for Wassay-Gezhig. Over these past couple of years I've learned a lot about our culture and I am continuing to learn more every-day. Recently we learned to set up a teaching lodge and what its purpose is. After we set it up, some elders shared some of their teachings which was beneficial, not only to us as students and youth that come out but for everyone who works here. We learned that we will always continue to grow and learn. One of the most important things I've learned is respect - to respect the trees, animals, elders, people in general and most importantly ourselves. We learned that respect is a continuous process and a way of life.

INTERNATIONAL YOUTH DAY—AUGUST 12TH

# AUGUST 2006

# COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 DR @ Clinic BP @ SL40 SM,LS,LAM @ SL39 AA @ OBK	2 BP @ NWA37 JM @ GN SM,LS,LAM @ Clinic	3 DR @ Clinic - AM BP @ GN JM @ Fellowship SM,LAM @ Clinic	4 DR @ Clinic - AM SM @ Clinic
7 <i>Civic Holiday Office Closed</i>	8 BP @ Clinic JM @ Nechee LS @ Clinic SM @ DA	9 BP @ NWA37 JM @ WD SM,LS @ Clinic	10 DR @ Clinic - AM JM @ Minaki - AM JM @ Fellowship - PM SM @ Clinic LS @ DA	11 DR @ Clinic - AM SM,LS @ Clinic
14 BP @ Clinic JM @ WFB JR @ SL39 SM,LS,LAM @ Minaki	15 DR @ Clinic BP @ Clinic JR,JM @ SL40 LS,LAM,SM @ WD	16 BP @ NWA37 JM @ GN JR @ WD SM,LS,LAM @ Clinic	17 DR @ Clinic - AM BP @ GN SM,LS,LAM @ RP JM Foot care @ Clinic	18 DR @ Clinic - AM
21 LAM, BP @ Clinic JM @ NWA#37- PM JR @ SL39 SM @ Nechee	22 DR @ Clinic - AM BP @ Clinic JM @ WD Clinic SM,LAM, JR @ SL40	23 BP @ NWA37 JR @ WD SM,LAM @ Clinic JM @ WD HomeCare	24 DR @ Clinic - AM SM,LAM, BP @ GN JM @ Fellowship	25 DR @ Clinic - AM SM, LAM @ Clinic
28 SM, LAM, BP @ Clinic JM @ DA JR @ SL39 <i>Traditional Healing Clinic</i>	29 DR @ Clinic JM @ WFB JR @ SL40 SM, LAM @ NWA37A <i>Traditional Healing Clinic</i>	30 BP,JM @ GN JR @ WD SM, LAM @ Clinic	31 DR @ Clinic - AM JM Foot care @ Clinic SM, LAM @ WFB	

## TRADITIONAL HEALING CLINIC

August 28-29, 2006

at Obashkaandagaang  
(KAHAC site)

Mark Thompson & Kathy Bird -  
Healers

Please call  
(807) 467-8770  
to book appointments

## Communities

GN	Grassy Narrows	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish Bay
NWA33B	Angle Inlet	SL39	Shoal Lake 39
SL40	Shoal Lake 40	RP	Rat Portage
NWA37A	Regina Bay	DA	Dalles
NWA37B	Windigo Island	WAB	Wabigoon Hall, Wesawkwete
OBK	Obashkaandagaang		

SM	Stacy Morgan, Nutritionist
MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
BP	Barb Pernsky
JH	Dr. John Hammett
HH	Dr. Hanna Hulsbosch
AA	Allan Anderson, Dental Health Educator
RW	Randy White, Traditional Health Coordinator
IC	Ida Copenace, FASD Consultant
SL	Serena Lewis, FASD Consultant
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator
LAM	Lauri--Ann Marshall, Diabetes Educator

STAFF