

FEBRUARY, 2006

COMMUNITY SCHEDULE

Mon	Tue	Wed	Thu	Fri
		1 LED @NWA(PM) MM @Dalles JM/LS@GN JR @ KAHAC IC/SL@ Toronto CLW @Travel Day AA @ WD	2 Doctor @ KAHAC (PM) JR@KHAC(All day) JM@Fellowship Centre LED/AA@GN MM@WFB CLW@Edmonton IC/SL@Toronto	3 JM/LED/MM/JR@KAHAC Doctor @ KHAC (AM) CLW@Edmonton
6 Doctor @ KAHAC (PM) LS@Minaki JM/MM @ RP JR @ SL#39 LED@Kahac	7 Doctor/MM/JM@ KAHAC LED@Windigo LS/AA @ SL #39 JR @ SL #40	8 MM @ Dalles JR/AA/JM @ WD LED @ NWA (PM) RW @ SL#39 MB@Anishinabe Queg	9 JR@ KAHAC MM/SL@ WFB LED/AA @ GN LS@Dalles JM@Fellowship Centre Sweat @ KAHAC (6 pm)	10 JR@ KAHAC MM@WPG JM@Dryden RW @ WFB
13 LED@Wabigoon JM @ SL #40 JR @ SL#39 MM @ RP IC/CLW @ FASD Clinic-KAHAC	14 Doctor/LED/MM @ KAHAC AA @SL #40 JR/JM/MB@ Wiisokotaadawin IC/CLW @ FASD Clinic-KAHAC SL @ Thunder Bay	15 SL @Thunder Bay JM @ GN MM@Dalles AA@WD LED @ NWA (PM) JR/JM/MB@ Wiisokotaadawin IC/CLB @ FASD Clinic-KAHAC	16 JM @ Fellowship Centre MM @ WFB JR/JM/MB@ Wiisokotaadawin IC @ FASD Clinic-KAHAC CLW@Dryden AA@GN SL @ Thunder Bay	17 LED /MM/JM@ KAHAC
20 JM@ RP MM @ KAHAC JR @ SL #39 LED @ KAHAC LS@Minaki	21 Doctor /LED/MM@ KAHAC LS /AA@SL #39 JR @ SL #40 JM@GN IC@Kenora Family Connections	22 MM @ Dalles JR/JM/AA @ WD LED @ NWA (PM) MB@GN	23 SL @ MIGISI JR@KHAC LED/AA @ GN JM @ Fellowship Centre LS/ MM @ WFB Sweat @ KAHAC (6 pm)	24 LED/MM/JM/JR@KAHAC
27 DR @KAHAC (PM) LED@KAHAC JM @ SL#40 JR@SL#39 Traditional Healing Clinic	28 Doctor /LED/MM/JM@ KAHAC SL @ SL#39 AA @ SL#40 Traditional Healing Clinic			

EVENT ANNOUNCEMENT

WIIISOOKOTAADIWIN: Together in Nurturing Community Wellbeing will take place February 14-16, 2006 at the Best Western Lakeside Inn. This year's theme is **Jibaazigwe-yang jibi-mosesyang kezhinanaan-dawe'goyang: Rise to Walk Toward Healing.**

MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
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
CLW	Claudine Longboat-White, FASD Clinic Co-
MB	Maria Blackhawk, HIV/AIDS Coordinator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Diabetes Educator

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		

STAFF

Newsletter

FEBRUARY IS NATIONAL HEART MONTH!

Did You Know?

The heart is the size of a fist and beats about 100,000 times a day, pumping blood through the body. In order to work, the heart needs oxygen and nutrients carried by blood.

- Plaque which includes cholesterol can build up in the coronary arteries that carry blood to the heart and can become clogged. Plaque can harden and crack with age which may form blood clots (thrombus) which can also block the artery, shutting off the blood supply to the heart.
- As blood flow decreases, the heart doesn't get the oxygen and nutrients it needs. Coronary heart disease is caused when arteries are blocked with plaque and become hard and narrow and this is one of the most common forms of heart disease and one of the leading causes of death.
- This disease can lead to a heart attack by shutting off the heart's blood supply.



February 2006

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Ten simple measures to manage your risk of heart disease:

1. Take charge of your eating habits.
2. Reduce abdominal obesity—lower calorie intake.
3. Talk to your physician about your cholesterol level.
4. Quit smoking—or reduce the amount.
5. Talk to your physician about your blood sugar levels. Diabetics have greater risk of developing heart disease.
6. Check your blood pressure regularly. Reduce salt intake.
7. Adopt a healthy lifestyle. Exercise regularly. Try different approaches and set short/long-term goals.
8. Use alcohol in moderation.
9. Reduce mental stress. Join a support group, develop new ways of coping, relaxation therapy, yoga and cardiac rehabilitation.
10. Add motivation, build support and accept relapse. Take steps to improve your health.

RECIPE OF THE MONTH:

Salmon Quiche Low Cholesterol

- 1 baked pie shell
- 1/2 cup chopped green onions
- 1/2 Tsp. celery seed and 1 Tbsp flour
- 1 can salmon (7 3/4 oz)
- 2 Tbsp. grated parmesan
- 1/2 cup chopped green pepper
- 2 Tbsp. olive oil
- 3 egg whites
- 1 cup of 1% cottage cheese
- 2 Tbsp. minced parsley

Drain/flake salmon, reserve liquid. Sauté onions and pepper in oil until tender. Blend in flour and celery seed. Gradually add reserved salmon liquid, cooking and stirring until thickened. Stir in flaked salmon. With electric mixer, beat egg whites, cottage cheese, parmesan cheese until blended. Mix egg mixture with salmon mixture and pour all into shell. Bake at 325 degrees for 40 minutes or until top is set. Serves 4. *Arlene Morris (Jiibakwe Ikwe)*

DIET TIPS FOR HEART DISEASE PREVENTION:

- Load up on colorful fruits and vegetables.
- Eat the whole grain, especially the bran. Aim for 3 or more servings daily.
- Enjoy nuts every day. Studies support link between nuts and heart health.
- More beans please! Beans lower cholesterol and are loaded with fibre.
- Go for flavonoids (powerful plant compounds that protect your heart). Try berries, apples with peels on, grape juice, green/black tea.
- Slash the salts. High blood pressure is a major risk factor for cardiovascular disease and strokes.
- If you choose to drink alcohol, moderation is the key. Excessive use may increase blood pressure and risk of stroke.
- Don't rely solely on supplements for the answer. A multi-vitamin is the best choice. Eating HEALTHY whole foods is the best route to a HEALTHY heart.
- Your heart loves omega-3 polyunsaturated fats. Aim for two servings of fish per week, use canola oil, walnuts, flaxseeds as part of your diet.
- Proceed with caution when you see trans fats and saturated fats. Choose low-fat dairy products, lean meats and soft margarine.

SAFETY TIPS!

S If you have ever been treated for heart or other cardiovascular condition, it's not a good idea to shovel snow or perform other vigorous or strenuous activities.

- ★ Asthmatics must be cautious about staying out in the cold too long because it can result in tightening of airways.
- ★ If at high risk of disease or in doubt, contact your Doctor immediately.
- ★ Check with doctor about medication or other ways to prevent exercise induced asthma.
- ★ **KEEP HEALTHY & STAY FIT!!!!**