

# JANUARY, 2006

# COMMUNITY SCHEDULE

Mon	Tue	Wed	Thu	Fri
2	3 Doctor @ KAHAC (ALL DAY)	4 JM @ KAHAC	5 Doctor @ KAHAC (AM) JM @ Fellowship Centre	6
9 Doctor @ KAHAC (PM) MM @ RP AA @ WFB JM @ SL #40 JR @ SL #39 LED @ WAB	10 SL @ NeChee Doctor @ KAHAC (all day) AA @ SL #39 / 40 IC @ NeChee JM @ Fellowship Centre LS @ SL #39 JR @ SL #40	11 MM @ Dalles JR,AA,JM @ WD LS @ WFB LED @ NWA (PM)	12 SL @ Kenora Jail Doctor @ KAHAC (AM) MM,AA @ WFB IC @ NeChee LED,JM,MB @ GN	13 Doctor @ KAHAC (AM) MB @ RP
16 Doctor @ KAHAC (PM) MB @ Toronto JM @ RP MM @ RP JR @ SL #39	17 SL @ NeChee Doctor @ KAHAC (all day) AA @ SL #39 OR 40 IC @ NeChee MB @ Toronto LS @ Migisi JR @ SL #40	18 JM,AA @ GN IC @ WFB MB @ Toronto LS @ Minaki MM @ Dalles LED @ NWA (PM)	19 SL @ NeChee Doctor @ KAHAC (AM) IC @ NeChee JM @ Fellowship Centre MM @ WFB LED @ GN	20 Doctor @ KAHAC (AM) SL @ Aboriginal Head Start
23 Doctor @ KAHAC (PM) JM @ SL #40 MM @ RP JR @ SL #39 LED @ WAB	24 SL @ NeChee Doctor @ KAHAC (ALL DAY) AA @ WFB IC @ NeChee LS @ SL #39 JR @ SL #40	25 SL,IC,CLW @ Dryden JM @ KCA LS @ WFB MM @ Dalles JR @ WD LED @ NWA (PM)	26 SL @ MIGISI Doctor @ KAHAC (AM) LED,AA @ GN IC @ NeChee JM @ Fellowship Centre LS @ NWA #37 MM @ WFB Sweat @ KAHAC (6 p.m.)	27 Doctor @ KAHAC (AM) IC @ Kenora MB @ NWA #37
30 Doctor @ KAHAC (PM) JM @ RP MM @ RP	31 Doctor @ KAHAC (ALL DAY) JR @ SL #40			

**P**andemic Flu Presentations are available. Communities requiring assistance with pandemic planning may call Rose Marie Greene at 543-1065.

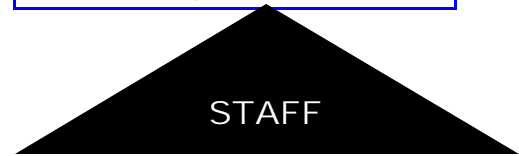
For information on primary care programming, or to provide comments or feedback, feel free to call Rose at 543-1065.

**W**IISOKOTAADAWIN: Together in Nurturing Community Wellbeing is scheduled for February 14-16, 2006 at the Best Western Lakeside Inn. This year's theme is **Jibaazigweyang jibimosesyang 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



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		



# Newsletter



## January 15-21 is National Non-Smoking Week!!!!

### Did You Know?

- Eliminating tobacco use is one of the most effective ways to reduce the number of Canadians who will be diagnosed with cancer.
- Tobacco use is the number 1 cause of preventable disease, disability and death in Canada. It is responsible for more than 47,500 deaths per year in Canada.
- Cigarette smoking causes about 30% of cancers in Canada and more than 85% of lung cancers.

**January 2006**

P.O. Box 320  
Keewatin, Ontario  
P0X 1C0  
Phone: 807-543-1065  
Toll Free: 1-877-224-2281  
Fax: 807-543-1126  
Website: [www.kahac.org](http://www.kahac.org)

## To Quit or Not To Quit?

**Q**uitting smoking is the single, most important thing you can do for your health! We know the addictive impacts of smoking. It not only stimulates our central nervous system, but also increases blood pressure, muscle tension, hormones and chemicals in the brain. When a smoker tries to quit, withdrawal symptoms can include anger, anxiety, difficulty concentrating, headaches, a rise in blood pressure, stomach pain and an intense craving for nicotine. **Think of it as short-term pain for long-term gain.**

Food will start to smell and taste better and you will be tempted to eat more. Avoid skipping meals. Doing so will probably lead you to overeating later in the day. Instead, combine smaller helpings at breakfast, lunch and supper with a variety of healthy lower fat snacks. Try these helpful hints to get you through:

- ★ build your meals and snacks on whole grains, vegetables, fruits, low fat dairy products, leaner meats and meat alternatives
- ★ drink lots of fluids (water, unsweetened fruit juices, clear soups and low fat milk)
- ★ cut back on coffee, tea and colas; they contain caffeine
- ★ go easy on alcohol, or better yet, don't drink; it can trigger a craving for smoking
- ★ chew sugar-free gum, eat carrot/celery sticks; keep your mouth busy
- ★ snack on rice cakes, sugar-free jams, low fat yogurt, raw vegies, fruit, pretzels, air-popped popcorn
- ★ grill, stew, casserole, bake or microwave instead of frying your food
- ★ and don't forget to exercise!

Did you know that you would have to gain eighty to one hundred pounds to offset the health benefit of quitting smoking (not that we're encouraging anybody to gain that amount of weight!)? Healthy eating and being physically active reduces stress, helps to build muscle tissue, provides your body with necessary nutrition and helps to keep your mind off cigarettes. So, **Say 'YES' to QUITTING** and reap the benefits.

## RECIPE OF THE MONTH:

### Healthy Muffins

1 cup whole wheat flour	2 tsp sesame seeds
2 tsp. baking powder	1/4 cup almonds-chop
1 tsp. baking soda	1/4 cup apricots-chop
1/2 tsp. salt	3/4 cup grated carrots
1/2 tsp. cinnamon	grated rind of orange
1 cup Bran	1 cup buttermilk
1/4 cup wheat germ	1/4 cup oil
1/2 cup brown sugar	1 egg beaten

Sift together flour, baking powder, soda, cinnamon, salt. Mix in bran, wheat germ, brown sugar. Add sesame seeds, almonds, apricots, carrots and orange rind. Add buttermilk and oil to beaten egg and pour into dry ingredients. Mix to moisten and fill paper lined muffin cups. Bake at 375 for 20 minutes or until done.

Arlene Morris (Jiibakwe Ikwe)

## W

## eedless Wednesday!!

### 4 steps to a "Weedless Wednesday"

The Canadian Cancer Society wants everyone to quit smoking for 24 hours—the highlight event in its **National Non-Smoking Week**. Surveys conducted by the Canadian Cancer Society show that more than 85% of smokers would like to quit and make several attempts before they succeed.

The four D's will help you make it through the day:

- ★ **DELAY.** Remind yourself cravings don't last forever. The average craving lasts only 30 seconds to 5 minutes.
- ★ **DISTRACT.** Plan in advance to avoid "triggers". Distract yourself from your smoking routine, like the after-dinner or coffee-break cigarette.
- ★ **DRINK WATER.** It helps replace the oral gratification and cleanses toxins from the palette.
- ★ **DEEP BREATHING.** Two deep and slow breaths relax and calm. This will help manage stress, the primary trigger.

## Smokers' Helpline

The Canadian Cancer Society's Smokers' Helpline is a free, confidential telephone service for all smokers, whether or not they are ready to quit. Our trained quit specialists can provide you with information, advice and support along with print resources and referrals to local programs and services in your community. They can also assist family and friends who would like to help a smoker quit.

*Free, Confidential, One-To-One  
When you're ready to talk about quitting,  
we're ready to help.*

**ONTARIO 1 877 513-5333**