

Newsletter



**July/August,
2005**

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Focus on Community

Hats off to **Wabaseemoong, Whitefish Bay, Iskatewizaa-gegan, Minaki Nursing Station and the NeChee Friendship Centre**. They provided valuable community experience for students from the **Northern Ontario School of Medicine**.

These students spent the last two weeks experiencing community life and health care as part of their curriculum as a pilot for the first class of medical students who will be starting in September.

New Faces

Dr. Hannah Hulsbosch has joined the KA-HAC team, replacing Dr. Sandra Sas.

SUMMER FUN & SAFETY

It's that time of year when most people are on holidays and enjoying the warm weather. Here at the Health Access Centre we want people to enjoy a safe and healthy summer. Don't forget to wear your sunglasses and UV protection, drink lots of water and know how to recognize and treat allergies and poison ivy.

West Nile Virus - Protect Yourself!

West Nile virus is transmitted to people mainly through the bite of infected mosquitoes. Mosquitoes are infected by feeding on the blood of birds which carry the virus. Most people infected with the virus either have no symptoms or develop flu-like symptoms.

By taking simple precautions to lessen your chance of being bitten by a mosquito, you can lessen your chance of getting West Nile Virus:

- * use insect repellents that contain DEET or other approved ingredients
- * wear protective clothing such as long-sleeved shirts, long pants and a hat
- * light coloured clothing is best as mosquitoes tend to be attracted to dark colours.

Summer Recipes:

Sunny Summer Blueberry Salad

- 1/4 cup firmly packed brown sugar
- 1/2 cup orange juice
- 1 tsp. vanilla extract
- 2 cups fresh blueberries
- 2 cups fresh pineapple chunks
- 1 mango (peeled, pitted and cubed)
- 1 kiwi (peeled and thinly sliced)

Microwave brown sugar and orange juice on high for one minute, completely dissolving sugar. Add vanilla. In large bowl, combine blueberries, pineapple, mango and kiwi. Stir in sugar-orange juice mixture until blended.

Blue Kiwi Smoothie

- 3 kiwis, peeled and chopped
- 2 frozen bananas, peeled and chopped
- 1 cup fresh blueberries
- 1 cup plain yogurt
- 3 tablespoons honey
- 6 to 8 ice cubes

Puree ingredients in blender until smooth and creamy.

12 Ways to Keep Active for the Summer - Just Do It!

- | | | | |
|------------|-------------|-------------------|-----------|
| * Walking | * Gardening | * Home Exercise | * Dancing |
| * Swimming | * Baseball | * Roller-blading | * Bowling |
| * Cycling | * Jogging | * Weight Training | * Golf |

Bear Wise - What to do if you encounter a bear

Bears are normally shy of humans and quickly get out of our way when they see us. There are a number of things you can do if you spot a bear on a trail or one enters your campsite or yard:

- ◆ Do not approach the bear to get a better look. **Slowly back away** while watching the bear and wait for it to leave.
- ◆ If you are near a building or car, get inside it as a precaution. If the bear was attracted to food or garbage, make sure it is removed after the bear leaves to discourage the bear from returning.
- ◆ It is important to keep dogs away from a bear. While a well-trained dog may deter a bear, a poorly trained one may only excite it resulting in the bear following the dog to its owner.

If a bear tries to approach you, here is how you should react:

- ◆ Stop. Face the bear. Do not run. If you are with others, stay together and act as a group. Make sure that the bear has a clear escape route, then yell and wave your arms to look bigger. Use a whistle or air horn if you have one. The idea is to be aggressive and to persuade the bear to leave. This will work if the bear is still partly afraid of humans.
- ◆ If these attempts fail to frighten the bear away, slowly back away watching the bear and giving it a wide berth.

July / August

COMMUNITY SCHEDULE

Mon	Tue	Wed	Thu	Fri
<p>August 1 Civic Holiday</p>	<p>August 2 Doctor at KAHAC (am) MM @ KAHAC JR, JM @ SL 40 Nanaandawe'iyewigamig Healing Lodge - Adult Program - August 2-26 - Session open for applicants until July 25th</p>	<p>August 3 MM @ Dalles LS @ NWA 37A JR, JM @ GN FASD Clinic</p>	<p>August 4 MM @ NWA 37A JR @ KAHAC JM @ Fellowship Centre</p>	<p>July 1 Canada Day Until July 7, Young Women's residential program (ages 16-24) at Healing Lodge August 5 MM & JR & JM @ KAHAC</p>
<p>July 4 Doctor at KAHAC (am) JR @ SL 39 LL @ KAHAC LED @ Wabigoon MM, JM @ Rat Portage JM @ NWA #33 LL @ YHL Traditional Women's Teachings @ NeChee(5pm) August 8 Doctor at KAHAC (am) JR, JM @ SL 39 LED @ KAHAC MM @ Rat Portage FASD Clinic</p>	<p>July 5 Doctor at KAHAC (am) JR, JM @ SL 40 LED & MM @ KAHAC LL & LS @ Dalles Traditional Gardening @ KAHAC August 9 LED & MM @ KAHAC JR @ SL 40 FASD Clinic</p>	<p>July 6 LED @ Minaki MM @ Dalles JR, JM @ GN LL @ KAHAC LS @ SL 40 August 10 Doctor at KAHAC (am) LED @ Minaki MM @ Dalles LS @ SL 40 JR, JM @ WD FASD Clinic</p>	<p>July 7 Doctor at KAHAC (am) MM @ NWA 37A JR @ KAHAC JM @ Fellowship Centre LED, LL @ WFB LS @ SL 39 August 11 Doctor at KAHAC (am) LED @ WFB MM @ NWA 37A JR @ KAHAC JM @ Fellowship Centre LS @ SL 39 SL @ WB FASD Clinic</p>	<p>July 8 Doctor at KAHAC (am) MM & LED & JR @ KAHAC JM @ KAHAC August 12 Doctor at KAHAC (am) MM & LED & JR @ KAHAC JM @ KAHAC MB @ Migisi</p>
<p>July 11 Doctor at KAHAC (am) JR, JM @ SL 39 LED, LL @ KAHAC MM @ Rat Portage August 15 Doctor at KAHAC (am) JR @ SL 39 LED @ Wabigoon MM, JM @ Rat Portage IC @ Kid's Zone—Kenora</p>	<p>July 12 Doctor at KAHAC (am) LED, MM @ KAHAC JM @ KAHAC JR @ SL 40 LL, LS @ NWA 37A CLW @ KAHAC August 16 Doctor at KAHAC (all day) MM @ KAHAC LED, LL @ Windigo JR, JM @ SL 40</p>	<p>July 13 MM @ Dalles JR, JM @ WD LS @ GN SL @ SL 39 August 17 LED @ KAHAC MM @ Dalles JR, JM, LS @ GN</p>	<p>July 14 Doctor at KAHAC (am) MM @ NWA 37A JR @ KAHAC JM @ Fellowship Centre LL, LS @ WB MB @ NeChee Sweatlodge @ KAHAC (5pm) August 18 Doctor at KAHAC (am) LED, LS @ WFB MM @ NWA 37A JR @ KAHAC JM @ Fellowship Centre Sweatlodge @ KAHAC (5pm)</p>	<p>July 15 Doctor at KAHAC (am) MM & JR @ KAHAC JM, LL @ KAHAC MB @ Migisi August 19 Doctor at KAHAC (am) MM & LED & JR @ KAHAC JM @ KAHAC</p>
<p>July 18 Doctor at KAHAC (am) LED, LL @ KAHAC MM, JM @ Rat Portage August 22 Doctor at KAHAC (am) MM @ Rat Portage JM, MB @ SL 39</p>	<p>July 19 Doctor at KAHAC (am) LED @ Windigo MM @ KAHAC JM @ SL 40 SL @ NWA 37A IC @ Legal Clinic August 23 JR @ SL 40 MM @ KAHAC LS @ Migisi</p>	<p>July 20 LED @ KAHAC - July 20 MM @ Dalles JM @ GN LS @ WFB August 24 MM @ Dalles LS @ KMC JR, JM @ WD</p>	<p>July 21 Doctor at KAHAC (am) MM @ NWA 37A JM @ Fellowship Centre LED, LL @ WFB CLW @ KAHAC Full Moon Ceremony at KAHAC (8:30 pm) August 25 Doctor @ KAHAC (am) MM @ NWA 37A JM @ Fellowship Centre JR @ KAHAC</p>	<p>July 22 Doctor at KAHAC (am) MM & LED @ KAHAC JM, LL @ KAHAC August 26 Doctor at KAHAC (am) MM & JR @ KAHAC JM @ KAHAC</p>
<p>July 25 Doctor at KAHAC (am) JR, JM @ SL 39 LED @ Wabigoon MM @ Rat Portage August 29 Doctor at KAHAC (am) JR @ SL 39 LED @ KAHAC MM, JM @ Rat Portage Traditional Clinic @ KAHAC</p>	<p>July 26 Doctor at KAHAC (am) MM @ KAHAC JM @ KAHAC SL @ GN JR @ SL 40 August 30 Doctor at KAHAC (am) MM @ KAHAC JR, JM @ SL 40 Traditional Clinic @ KAHAC</p>	<p>July 27 LED @ KAHAC MM @ Dalles JR, JM @ WD SL @ Rat Portage August 31 LED @ KAHAC MM @ Dalles JR, JM @ GN</p>	<p>July 28 Doctor at KAHAC (am) LED @ WFB MM @ NWA 37A JR @ KAHAC JM @ Fellowship Centre</p>	<p>July 29 Doctor @ KAHAC (am) JR & MM & LED @ KAHAC JM @ KAHAC</p>