

# Newsletter



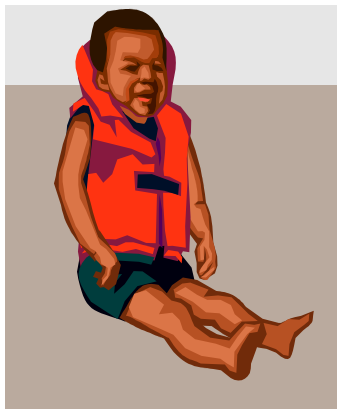
July/August

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[www.kahac.org](http://www.kahac.org)



**C**hildren should wear a Personal Flotation Device (PFD) when in, on, or around the water. **Remember - the PFD must never substitute for adult supervision.** And parents should set a good example by wearing a PFD too! Make sure the PFD is Canadian Coast Guard or Department of Transport-approved.

Make sure the child's flotation device has a grab strap and groin tie (standard on infant and toddler PFDs); this ensures they don't slip out and keeps their head afloat. PFDs should also have a whistle. And make sure they fit properly. Check that all snaps, belts, tapes and/or zippers are in good condition.

## Safe summer fun

**B**e **CAREFUL** when you go outside on a sunny day! Too much sun can be harmful. It can cause sunburn, skin cancer or eye damage. You or your baby or child can sunburn in only **15 minutes**. Here are some safety tips:

- cover up/stay in the shade/use sunscreen.
- Plan to be outside in the early morning or late afternoon.
- Stay in the shade out of the hot sun between 11 a.m. and 4 p.m.
- Wear long sleeves or a wide brim hat.
- Wear sunscreen that is SPF 15 or more. SPF means **sun protector factor**. Using a higher number gives you more protection.
- Put sunscreen on your skin 20 minutes before you go out and reapply every 2 hours, don't forget your lips, ears and nose.
- Sunscreen gets washed off by water and sweat, you need to reapply.

### Dance, Gather ...

Naotkamegwaning First Nation  
Competition July 13-15.

24th Annual Peguis Contest  
Powwow July 20-22

For more pow wow listings, just  
Google "powwows".

Check with band offices for local  
powwows check band offices.  
Enjoy ...



Poison Ivy foliage

**P**oison ivy can give you those summer time blues. Tired of itching? Want to prevent **poison ivy** from happening next time? One herb you should know about when it comes to poison ivy is the beautiful **jewelweed**. Jewelweed is a plant that grows in wetter conditions, such as near streams. The jewelweed will often grow near poison ivy, but not always. Jewelweed will almost always have poison ivy growing nearby, so be careful if you're looking for the jewelweed. If you run into the "summer time itch", the jewelweed plant is your home grown life line of relief. To use the jewel plant pick a bunch, crush it, and rub it on the exposed parts of your body. The jewelweed is very juicy, and is more effective before the oils of the poison ivy set into your skin and cause the rash. Transplant some jewelweed to a wetter area of your yard; it's a beautiful plant and is very helpful.

**This is what the Jewelweed herb looks like.**



# July 2007

# COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Canada Day</b> 2 LED, LAM, JM @ Clinic BP @ OBK MM @ RP MB @ SL40	3 LED, LAM, JM @ Clinic BP @ OBK MM @ RP MB @ SL40	4 <b>DR @ Clinic - PM</b> LAM, LS, BP, JM @ Clinic AA @ WD LED @ NWA37 RW @ Portage Youth	5 JM @ Fellowship BP @ Clinic MM @ WFB SL @ WD LAM, LS @ Minaki <b>Sweat @ Kahac (6 p.m.)</b>	6 <b>DR @ Clinic - PM</b>
9 <b>DR @ Clinic - PM</b> LAM, LS, MM, BP, JM @ Clinic LED @ Wabigoon	10 <b>DR @ Clinic - PM</b> JM @ Clinic MM @ RP AA @ SL39 LAM, LS @ SL40	11 JM @ Minaki LAM, LS, BP @ Clinic MM @ DA SL @ SL40 RW @ Portage Youth	12 JM @ Fellowship BP @ Minaki SL @ DA LAM, LS @ NWA37	13 <b>DR @ Clinic - PM</b>
16 <b>DR @ Clinic</b> LAM, LS, MM, BP, EB @ Clinic	17 <b>DR @ Clinic - PM</b> LED, LAM, LS, EB @ Clinic BP @ OBK MM @ RP MB @ SL39	18 MM @ DA RW @ Portage Youth LAM, LS @ NWA37B MB @ WD LED @ NWA37	19 LAM, LS, BP @ Clinic LED @ GN <b>Sweat @ Kahac (6 p.m.)</b>	20 <b>DR @ Clinic - PM</b>
23 LAM, BP, JM @ Clinic LED @ Windigo	24 <b>DR @ Clinic - PM</b> LAM, JM @ Clinic BP @ OBK MM @ RP	25 MM, BP, JM @ Clinic SL @ GN LAM @ SL39 LED @ NWA37 IC @ Kid's Zone RW @ Portage Youth	26 JM @ Fellowship MM @ WFB SL @ Migisi LAM @ Clinic LED, MB @ GN	27 <b>DR @ Clinic - PM</b>
30 <b>DR @ Clinic</b> MM, BP, JM @ Clinic LAM, LS @ Clinic LED @ Clinic - PM RW @ Kid Zone	31 <b>DR @ Clinic - PM</b> LED, LAM, LS, JM @ Clinic BP @ OBK AA @ SL40			

## Health Cards

A reminder that while valid OHIP cards are not required to access KA-HAC services, they are necessary to cover the cost of lab tests, x-rays, etc. Without a valid health card number, labs will often refuse to complete testing. The results of those labs tests are critical to providing appropriate and effective care to our patients. We will make every effort to assist people who don't have a valid OHIP number to obtain one as soon as possible.

**Esme is back! Esme Boone, RN(EC) is helping out at the satellite clinic on a half-time basis as of May, 2007,**

- EB Esme Boone, Nurse Practitioner
- MM Malcolm McCormick, Nurse Practitioner
- LED Lee Ann Desrochers, Nurse Practitioner
- JR Jennifer Roberts, Nurse Practitioner
- BP Barb Pemsy, Nurse Practitioner
- DR Dr. Hammett, Thomas, or Snyder
- AA Allan Anderson, Dental Health Educator
- RW Randy White, Traditional Health Coordinator
- IC Ida Copenace, FASD/CN Consultant
- SL Serena Lewis, Health Promoter
- MB Maria Blackhawk, HIV/AIDS Coordinator
- JM Judith McLeod, Diabetes/Foot care Clinician
- LS Leticia Santos, Dietitian/Diabetes Clinician
- LAM Lauri-Ann Marshall, Nurse/Diabetes Clinician
- JG Janet Green, Family Support Coordinator

**Communities**

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

**Staff**