

# Newsletter

## June is Stroke Awareness Month



**June 2006**

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A stroke occurs when blood flow to the brain is blocked by blood clots or narrowed blood vessels, or when there is bleeding in the brain. Deprived of nutrients, brain nerve cells begin to die within a few minutes. The result can be sensory and vision loss, problems talking and walking, or difficulty in thinking clearly. Warning signs include:

- sudden weakness, numbness or tingling in the face, arm or leg;
- sudden temporary loss of speech or trouble understanding;
- sudden loss of vision - particularly in one eye - or double vision;
- sudden severe and unusual headache; and
- sudden loss of balance, especially with any of the above signs

Risk factors include high blood pressure, high blood cholesterol, and smoking. Hormone replacement therapy (HRT) is also suspected of increasing stroke risk. Poor physical condition, family history of strokes, and lifestyle choices including consumption of alcohol or illicit "street" drugs and physical inactivity also contribute to the development of risk factors.

### Prevention Strategies

- control blood pressure - have regular screenings
- stop smoking and eliminate exposure to secondhand smoke
- be physically active for at least 30 minutes a day
- eat healthy diet - high in fruit, vegetables, low-fat dairy products and low in saturated and total fat
- diabetic people should control sugar levels carefully
- lower total cholesterol to acceptable levels
- people with hypertension can lower blood pressure by reducing sodium intake (no more than 2.3 grams a day) and increase potassium intake (at least 4.7 grams a day)

For more information, care or referrals please contact a member of the Primary Care Team.

### Recipe of the Month MEXICAN PASTA SALAD

Prep 8 min. Cook: 8 min

- 1/2 lb rotini or other spiral pasta
- 2 tomatoes, seeded and diced
- 1-1/2 cups frozen corn, thawed
- 2 carrots, shredded
- 1/4 cup red onion, chopped
- 1 tblsp Dijon mustard
- 1 tblsp lime juice
- 1 tblsp Jalapeno pepper, seeded, minced
- 3/4 tsp chili powder
- 3/4 tsp fresh cilantro, chopped

Cook pasta in boiling water 8—10 min or until al dente. Drain and transfer pasta to a large bowl. Add next 4 ingredients and toss. Combine remaining ingredients, except cilantro, in a jar with a tight fitting lid. Shake vigorously. Pour dressing over pasta. Add fresh cilantro and toss thoroughly.

## Bimaadiziwin in Action

One of the elders here in Obashkaandagaang First Nation stands out for us as living a good, simple life. This Elder can readily be seen on McKenzie Portage Road, making what seems to be a daily walk from his community to Kenora and back. He is a very quiet gentleman who seems very content just doing what he needs to do to live in a good way. He follows the Anishnaabe way of life but also credits AA for getting him off alcohol and allowing him to maintain sobriety for 19 years. He considers walking a way to meditate and stay physically fit. He tends his garden during the summer and collects blueberries, fishes, picks wild rice and hunts for partridge, duck, etc. in season. During the winter, he can also be seen hauling wood for his stove. His home does not have modern conveniences like electricity and running water. He is a healthy man and credits being physically active and eating traditional foods as the key. As for the social and psychological problems that we see in the world, this Elder feels that these are "not Creator problems, but problems created by humans." This Elder believes that all aspects of our being must be in balance so that we can heal. In order to remain in balance, we must find balance between the materialism and the spiritual.

# JUNE 2006

# COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
			1 DR @ KAHAC - AM JR,LED @ KAHAC JM @ Fellowship Center SL @ SL40 AA @ GN	2 DR @ KAHAC - AM JR @ KAHAC - AM LED,JM @ KAHAC
5 DR @ KAHAC - PM JR @ SL39 LED @ WAB JM @ WD LAM @ KAHAC AA @ OBK	6 DR @ KAHAC JR @ SL40 LED @ NWA37B JM @ WFB LAM @ KAHAC SL @ NeChee Center AA @ SL39	7 JM, AA @ WD LAM @ KAHAC	8 DR @ KAHAC - AM JM @ Foot CareClinic LAM @ WFB SL @ NeChee Center AA @ GN Sweat @ KAHAC (6PM)	9 DR @ KAHAC - AM LED,JM,LAM @ KAHAC
12 DR @ KAHAC - PM JR @ SL39 LED,LAM,LS @ KAHAC JM @ DA	13 DR @ KAHAC JR, AA @ SL40 LED @ KAHAC JM,LAM,LS @ SL39 SL @ NeChee Center	14 JR, AA @ WD LED @ NWA37A JM @ GN LAM, LS @ KAHAC	15 DR @ KAHAC - AM JR @ KAHAC LED, AA @ GN JM @ Fellowship Center MB @ NeChee Center LAM,LS @ Minaki	16 DR @ KAHAC - AM JR @ KAHAC - AM JM @ KAHAC
19 DR @ KAHAC - PM JR @ SL39 LED @ Minaki RW @ Migisi	20 DR @ KAHAC JR @ SL40 LED @ KAHAC JM @ WFB LAM, LS @ WD SL @ NeChee Center	21 <b>ABORIGINAL SOLIDARITY DAY</b>	22 DR @ KAHAC - AM JR,LAM @ KAHAC LED @ GN JM @ Fellowship Center SL @ NeChee Center Sweat @ KAHAC (6PM)	23 DR @ KAHAC - AM JR @ KAHAC - AM LED,JM,LAM @ KAHAC
26 DR @ KAHAC - PM JR @ SL39 LED @ KAHAC JM @ NWA37A LAM @ DA	27 DR @ KAHAC - AM JR,JM @ SL40 LED @ KAHAC LAM @ GN	28 JR @ WD LED @ NWA37A JM @ GN LAM @ KAHAC	29 DR @ KAHAC - AM LED @ GN JM @ Foot Care Clinic LAM @ NWA37A	30 DR @ KAHAC - AM JR @ KAHAC - AM LED ,JM, LAM @ KAHAC LAM, LS @ SL40

## Aboriginal Solidarity Day

June 21, 2006

*Reflections of Days Past, Present & Future*

Celebration parade event starts at the Kenora Wellness Centre at 3:30 PM and finishes there at 5:30 PM. Route will loop around downtown Kenora. First Nations, local schools and Aboriginal organizations will be participating.

Entertainment events continue at the Harbourfront with a showcase of local Aboriginal talent (drumming, poetry reading, comedy, magician, jiggling, singing, music, etc.). Children will enjoy inflatable bouncers, wildlife exhibit and presentation.

Craft vendors will also be on hand.

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

## 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