

Newsletter



MARCH 2007

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**Administration
Healing Lodge**

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www.kahac.org

World Water Day—**March 22**— was established to highlight the need for clean and accessible water throughout the world. Did you know that ...

1. 2/3 of the planet's surface is covered by water?
2. 12% of Canada's surface is covered by water, in the form of lakes, rivers, and streams?.
3. A single gallon of gasoline can contaminate 750,000 gallons of water?
4. Industry alone withdraws 94% of the water used, with households, schools, and hospitals using the other 6%?
5. The average person uses approximately 200 liters of water for bathing and cooking?
6. The recommended daily amount of water one should drink is about 13 cups for women and 18 cups for men?
7. 80% of the human body is made up of water.

Water is becoming scarcer as the world's population increases. Closer to home, we know first hand how our communities struggle to maintain clean drinking water. Together we create the circumstances in which we all live. Each person's choices about water can make a difference. Think about it, the next time you turn on the tap. One day, it may not be there.



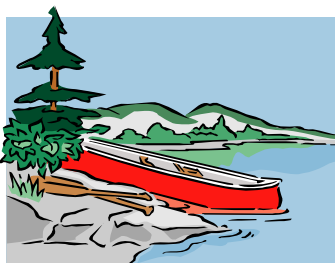
Water Teachings

It is said that Grandmother Moon watches over the waters of the earth. We see this in her regulating of the tides, and that the water represents the blood of mother earth.

Just as Grandmother Moon watches over the water of the earth, it is said that women watch over the waters of the people. Water always comes before new life.

It is taught that women are the water keepers and to always ask for the cleansing of the earth, as the water - lakes, rivers, and oceans constitute women's responsibility.

Nelly Mesengeezhik



Satellite Clinic Update

Effective immediately, all patients will be asked to update their contact information, including **OHIP numbers**, when checking in at each appointment. While valid OHIP cards are not a requirement for KAHAC services, they are required 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 lab 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.

Valid contact information is also very important in health care. It is often necessary to contact patients to follow up on urgent issues that have been identified, and it is important to have accurate information so we can be sure to contact the right person in a timely manner.

Our downtown location and recent changes at the Kenora Medical Centre are creating increasing pressure on KAHAC staff. Due to **increased demand for services**, we are now booking a month in advance. We apologize for the longer wait time. We do maintain a waiting list to "fit in" urgent matters in the event of no-shows or cancellations.

Water is necessary—without it, there is no life. Water is an essential daily nutrient and an important component of body tissue, accounting for between one half to three fourths of body weight. A person can live without food for up to 2 months, but can only survive for only a few days without water.

Why do we need fluids?

- water regulates body temperature, cushions our organs and lubricates our joints
- water forms the liquid portion of blood which carries oxygen and nutrients to—and waste products away from—the cells
- water is involved in all chemical reactions and metabolism; it moves nutrients, hormones, antibodies and oxygen through the blood stream and lymphatic system
- water aids in digestion, circulation, absorption and excretion processes.

Daily water losses must be replaced from dietary sources such as water, other beverages, and water in food. Adults should drink at least 8-10 cups (1 cup=8 oz or 250 ml) per day of non-caffeinated fluids.

Beverages that contain caffeine such as soft drinks, coffee or tea stimulate fluid loss and promote dehydration. For example, soft drinks contain phosphorous which leads to depletion of bone calcium. A 12-ounce regular soda contains 8-12 tsp. of sugar which are empty calories. These drinks may tax our body more than cleanse it. It is best to drink them in moderation. At most, drink 2-3 caffeinated beverages per day.

March 2007

COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
			1 LED @ GN BP @ WD	2 JM @ Clinic - PM AA, LAM @ Clinic
5 DR @ Clinic SL, JR @ SL39 LAM, JM, MM @ Clinic LED @ Wabigoon	6 DR @ Clinic - AM only AA, JR @ SL40 LAM, LED, JM, MM @ Clinic BP @ OBK SL @ Keewatin Sweat @ KAHAC (5 PM)	7 AA, JR @ WD MM @ DA BP, JM @ Clinic LED @ NWA37 SL @ Healthy Families	8 DR, JR @ Clinic - AM only MM @ WFB JM @ Fellowship Centre AA, LED @ GN BP @ WD LAM @ Clinic SL @ Keewatin Public School	9 DR @ Clinic - AM only LAM, JM @ Clinic
12 DR @ Clinic JR @ SL39 JM, MM @ Clinic	13 MM @ RP JM @ Clinic AA, BP @ OBK	14 BP, JM @ Clinic LAM @ Clinic - AM LAM @ Métis Council - PM AA @ WD	15 DR @ Clinic - PM JR @ Clinic MM @ WFB JM @ Fellowship Centre BP @ Minaki	16 DR @ Clinic - AM LAM, JM @ Clinic
19 DR @ Clinic JR @ SL39 LS, LAM, JM, MM @ Clinic	20 DR @ Clinic AM JR @ SL40 MM @ RP LS, LAM, LED, JM @ Clinic BP @ OBK AA @ SL39	21 AA, LAM, JR @ WD MM @ DA LS, BP, LED, JM @ Clinic LED @ NWA37 SL @ Healthy Families	22 DR @ Clinic - PM only JR @ Clinic - AM only MM @ WFB JM @ Fellowship Centre AA, LED @ GN SL, BP @ WD LS, LAM @ Clinic	23 DR @ Clinic - AM JM @ Clinic
26 DR @ Clinic LS, LAM, JM, MM @ Clinic LED @ Wabigoon	27 DR @ Clinic - AM only MM @ RP LAM, JM @ Clinic BP @ OBK SL @ Urban Aboriginal Program	28 MM @ DA JM @ Minaki LAM, BP @ Clinic AA @ WD JG, SL @ Healthy Families	29 MM @n WFB JM @ Clinic LED @ GN AA, BP @ WD SL @ Migisi	30 JM @ Clinic

Parking at downtown clinic

Parking for clients attending appointments is available across the street on the south side of the lane.

The driveway can be used for pick-up and drop-off or parking for handicapped clients while at the clinic.

Do not park along the street or in the alley behind the clinic—you will be towed by the City of Kenora.

Head Office and Nanaandawe'iyewigamig Healing Lodge at Obashkaandagaang First Nation have a toll free number: 1-800-656-9271

- MM Malcolm McCormick, Nurse Practitioner
- LED Lee Ann Desrochers, Nurse Practitioner
- JR Jennifer Roberts, Nurse Practitioner
- BP Barb Pernsky, Nurse Practitioner
- DR Dr. J. Hammett, OR Dr. M. Thomas
- AA Allan Anderson, Dental Health Educator
- RW Randy White, Traditional Health Coordinator
- IC Ida Copenace, FASD/CN Consultant
- SL Serena Lewis, FASD/CN Consultant
- MB Maria Blackhawk, HIV/AIDS Coordinator
- JM Judith McLeod, Diabetes Clinician/Foot Care
- LS Leticia Santos, Diabetes Clinician/Dietitian
- LAM Lauri-Ann Marshall, Diabetes Clinician/Nurse
- 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, Wesawkwete

Staff