

Newsletter



NATIONAL DAY AGAINST HOMOPHOBIA—MAY 17

Homophobia is defined as, “an irrational hatred, disapproval, or fear of homosexuality”; and “fear of or aversion to, or discrimination against homosexuality”. Fear of being targeted for such negative behavior is an important factor affecting our ability to deal with the HIV/AIDS epidemic sweeping our communities. Saturday, May 17th would be a great opportunity for community members to recognize that homophobia exists and needs to be addressed in our communities.

Some teachings tell us that “two-spirited” Aboriginal people were historically valued and respected teachers, healers, care-givers, educators and, if need be, warriors—who had the ability to perform tasks usually done by the opposite sex. Our traditions also define us generally as loving, respectful, and non-judgmental people who, as such, would treat homosexual (gay/lesbian) community members with the same respect ALL human beings deserve.

You can address homophobia by organizing an event in your community designed to remove the anger, hatred and disapproval directed toward our two-spirited people. On May 17th, help to educate and put an end to homophobia in our First Nations.

MAY 2007

P.O. Box 320
Keewatin, Ontario
P0X 1C0

Administration & Healing Lodge

Phone: (807) 543-1065
Fax: (807) 543-1126
Toll Free: 1-800-656-9271

Satellite Clinic

Phone: (807) 467-8770
Fax: (807) 467-2666
Toll Free: 1-877-224-2281

www.kahac.org

MAY IS MENTAL HEALTH MONTH

Stress can cause health problems or make them worse if you don't have positive ways to deal with it. Talk to your family doctor or nurse practitioner if you think some of your symptoms may be caused by stress.

Signs or Symptoms of Stress:

- anxiety / depression / problems with relationships
- back pain / headaches / stiff neck / shoulder tension / clenched hands
- heartburn / previous or symptoms of heart attack / shortness of breath
- fatigue / insomnia (sleep problems)
- upset stomach / constipation / diarrhea
- weight gain / weight loss

Tips for Dealing with Stress:

- don't worry about the things you can't control, ie. the weather
- do something about the things you can control
- prepare, as best you can, for events you know may be stressful
- work to resolve conflicts with other people
- ask for help from friends, family or professionals
- set realistic goals at home and work
- take a break from daily stresses through exercise, meditation, sports, social events, hobbies, etc.
- try to look at change as a positive challenge, not a threat
- don't try to do more than you reasonably can—learn to say “NO”

Family violence includes many different forms of abuse, mistreatment, or neglect that adults and children may experience in their intimate or dependent relationships.

Family violence covers a wide range of situations and includes physical, emotional, psychological, mental, sexual, spiritual and economic abuse.

For more information or information sessions in your community, contact Jan Green at 467-8770 or jgreen@kahac.org.

Traditional Teaching

Our Elders, who provide wisdom and knowledge, tell us that the physical, mental, emotional and spiritual are the four basic elements of life. We need to live our lives in balance for a productive and healthy lifestyle.

KAHAC primary care and community development services are based on a wholistic model that perceives “health” as a balance between the mental, emotional, physical, and spiritual. Specific services currently include:

- case management for individuals and families
- referrals and resource coordination within KAHAC programs and services *and* externally with other agencies and programs
- preventative education on mental health and related topics including: family violence, self-esteem, etc.

Services are available through the satellite clinic, or by emailing jgreen@kahac.org

The Traditional Health program offers cultural counseling, referral to traditional healing practitioners, and cultural teachings. Services are available through the head office at Obashkaandagaang First Nation, or by emailing rwhite@kahac.org.

Nanaandawe'iyewigamig Healing Lodge offers culture-based group programming and limited services to individuals as well as group cultural teachings. Services are currently provided on a day basis at the Obashkaandagaang site and on an outreach basis in communities. Residential programming is expected to resume in the fall. For more information, contact head office or email tarmstrong@kahac.org.

May, 2007

COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	1 DR @ Clinic - PM LS, JM, LED @ Clinic BP @ OBK JR @ SL40 SL @ Keewatin Public School MM @ RP	2 DR @ Clinic - PM JR, AA @ WD LED @ NWA37 LAM, LS, BP @ Clinic JM @ Minaki SL @ Healthy Families	3 DR @ Clinic - PM LED, AA @ GN SL, BP @ WD LAM, LS, JR @ Clinic JM @ Fellowship MM @ WFB	4 SADIE'S WALK DR @ Clinic - PM
7 DR @ Clinic LAM, LS, JM, BP, LED @ Clinic JR @ SL39 MM @ Clinic	8 DR @ Clinic - PM BP, AA @ OBK LAM, LS, JM, LED @ Clinic JR @ SL40 SL @ Keewatin Public School MM @ RP	9 AA @ SL39 LED @ NWA37 JM, BP @ Clinic LAM, LS @ Minaki SL @ Healthy Families MM @ DA	10 AA @ SL40 SL, LED @ GN BP @ Minaki LAM, JR @ Clinic RW @ Kenora Jail JM @ Fellowship	11 DR @ Clinic - PM
14 DR @ Clinic LED @ Wabigoon MM, JM, BP @ Clinic LS @ WFB	15 DR @ Clinic - PM AA @ SL39 LS, JM, LED @ Clinic BP @ OBK SL @ Keewatin Public School	16 AA @ WD LED @ NWA37 LS, JM, BP @ Clinic SL @ HealthyFamilies MM @ DA	17 BP, AA @ WD LAM, LS, LED @ GN JM @ Fellowship MM @ WFB	18 DR @ Clinic - PM Spring Feast
21 VICTORIA DAY	22 DR @ Clinic - PM JR, AA @ SL40 LAM, JM, LED @ Clinic BP @ OBK SL @ Migiisi	23 JR, AA @ WD LED @ NWA37 LAM, LS, JM, BP @ Clinic MM @ DA SL @ Healthy Families	24 LED, AA @ GN BP @ Minaki JM, JR @ Clinic SL, LAM, LS @ SL39 MM @ WFB	25 
28 DR @ Clinic AA @ RP LED @ Windigo Island MM, LAM, LS, JM, BP @ Clinic JR @ SL40	29 DR @ Clinic - PM LAM, LS, JM, LED @ Clinic BP @ OBK JR @ SL40 MM @ RP	30 AA @ WD LED @ NWA37 LS, JM, BP @ Clinic LAM @ Migiisi SL @ Healthy Families	31 LED, AA @ GN BP @ WD JR @ Clinic JM @ Fellowship LAM, LS @ TH Bay	

Traditional Healing Clinic
May 15 and 16, 2007
Kathy Bird, RN of Peguis, MB
For appointments and information, call Randy White at **543-1065**. A limited number of spots are available, so book early. Remember to bring tobacco and a gift. Miigwech!

NEW! Toll-free number for head office and Nanaandawe'yewigamig Healing Lodge:
1-800-656-9271

Anishinaabe Abinooji
Second Annual Pow Wow
Wauzhushk Onigum
(Pow Wow Island)
May 24, 25, 26, 2007

Sadie's Walk Day is in memory of Sadie Muik a CHR who was very active in education and research of diabetes within the Aboriginal community. Let's share in the vision of all First Nation communities joined in the fight against diabetes. On May 4th, go

Communities

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|--------|------------------|------|---------------------------|
| GN | Grassy Narrows | WD | Whitedog |
| NWA33A | Dogpaw Lake | WFB | Whitefish Bay |
| NW | 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 | | |

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| MM | Malcolm McCormick, Nurse Practitioner |
| LED | Lee Ann Desrochers, Nurse Practitioner |
| JR | Jennifer Roberts, Nurse Practitioner |
| BP | Barb Pernsky, 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, FASD/CN Consultant |
| 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 |

Staff