

Newsletter



November 2005

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K eep the Circle Strong!!!!

National Addictions Awareness Week (November 20 - 26)

National Addictions Awareness Week is a time to celebrate the joy of an addictions free lifestyle. It's a time to recognize the strength that people possess to lead a lifestyle free of the crutches that enable them to have a healthy life.

The slogan conveys the message of a circle of individuals, families, communities and nations who have chosen a healthy lifestyle free from addictions. In addition, the theme exemplifies the constant forward movement of the circle of life for all people and all nations, encouraging balance and harmony. For the people who have addictions it can be ended through successful treatment such as counseling.

RECIPE OF THE MONTH:

Not Just Another Chicken Casserole

This is a really tasty dish and is easy to make with leftovers...such as chicken, turkey and rice. Can be made ahead and frozen (covered); uncover before baking. Heat for about 1 hour to heat if frozen.

- 4 Tbsp. margarine
- 3 Tbsp. flour
- 1 tsp. thyme
- 1 cup chicken broth
- 1 cup milk
- 2 cups diced cooked chicken
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 2 cups cooked rice
- 1 cup frozen peas
- 1 Tbsp. bread crumbs
- 1 Tbsp. grated parmesan cheese

Melt 3 Tbsp. marg. in saucepan over med. heat. Blend in flour and thyme ; cook 1 min. Gradually add broth and milk; stirring constantly til smooth and thickened; set aside. Grease a 2 qt. casserole dish and spread rice in bottom; sprinkle with peas and pour creamed chicken over all. Dot with remaining Tbsp. marg. Sprinkle crumbs and parmesan over and bake @ 400* for 20 - 30 min. until bubbly.

Arlene Morris (Jiibakwe Ikwe)

National AIDS Awareness Week November 21st to December 1st

Health professionals at the community level can take advantage of this time to inform, teach, and enlighten our people with the latest facts, while at the same time correcting the misinformation/myths of HIV/AIDS.

Communities can make an effort to reach out in kindness and compassion to community members and their families who have been infected or affected by HIV/AIDS. We can take time to recognize those people who are volunteering their time and effort to teach others about HIV/AIDS.

Plan an event or activity at your community that will inform the people about HIV/AIDS:

- ★ how to prevent HIV by practicing safer sex
- ★ how HIV is and is not transmitted
- ★ HIV testing
- ★ how to live well with HIV
- ★ invite a guest speaker
- ★ traditional teachings promoting healthy sexual relationships
- ★ traditional ceremonies preparing both men and women for parenthood
- ★ traditional ceremonies celebrating parenting

For topic information, or contact numbers for guest speakers contact:

Maria Blackhawk, HIV/AIDS Coordinator (807) 543-1065

Aboriginal People Are At High Risk of Type 2 Diabetes!!!!

Aboriginal people are at a higher risk of diabetes. If any of the following statements describe you, you are at a much higher risk of diabetes and should see your health-care provider soon.

- ★ I am over 40 years old.
- ★ I am overweight
- ★ I have high blood pressure or high cholesterol
- ★ I have a parent, brother or sister with diabetes
- ★ I had a baby weighing over 4 kg (9 lb.) or had diabetes while pregnant.

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|--|--|
| | 1 Doctor @ KAHAC (all day) AA, JM @ GN MM @ KAHAC JR @ SL 40 LED @ KAHAC | 2 AA, JM @ GN MM @ Dalles SL @ WFB JR @ WD LED @ KAHAC | 3 AA @ WD MM @ NWA 37 A - AM MM @ WFB - PM JR @ KAHAC LED @ GN JM @ Fellowship Centre | 4 Doctor @ KAHAC (AM) |
| 7 Doctor @ KAHAC (PM) AA @ GN MM @ Rat Portage LS @ Minaki JR @ SL 39 JM @ SL 40 | 8 AA @ GN MM @ KAHAC LS, JM @ SL 39 IC @ Lunch Program SL @ WFB JR @ SL 40 LED @ KAHAC | 9 Doctor @ KAHAC (all day) AA, LS @ WFB MM @ Dalles JR @ SL 39 JM @ WD | 10 Doctor @ KAHAC (AM) MM @ NWA 37A - AM; WFB - PM IC @ Lunch Program SL @ WD MB @ SL 40 JM @ Fellowship Centre | 11 Remembrance Day Office Closed |
| 14 Doctor @ KAHAC (PM) MM @ Rat Portage LED @ Wabigoon / Flu Shots | 15 JM @ Minaki Doctor @ KAHAC (all day) MM @ KAHAC IC @ Lunch Program LED @ KAHAC SL @ NWA 37A | 16 MM, SL @ Dalles LED @ NeChee Centre (Flu Shots) JM @ GN | 17 Doctor @ KAHAC (AM) LED @ GN MM @ NWA 37 A - AM MM @ WFB - PM LS @ Migisi IC, SL @ Lunch Program JM @ Fellowship Centre | 18 Doctor @ KAHAC (AM) MM @ KAHAC |
| 21 Doctor @ KAHAC (PM) JR @ SL 39 MM @ Rat Portage LS @ NWA 37 MB @ YHL CLW @ Dryden LED @ KAHAC Traditional Healing Clinic | 22 SL @ Dalles Doctor @ KAHAC (all day) MM, LED @ KAHAC LS @ SL 39 IC, SL @ Lunch Program JR @ SL 40 JM @ Rat Portage Traditional Healing Clinic | 23 MM @ Dalles LS @ WFB JR, JM @ WD LED @ Minaki | 24 Doctor @ KAHAC (AM) MM @ NWA 37 A - AM MM @ WFB - PM IC, SL @ Lunch Program JR @ KAHAC LED @ GN JM @ Fellowship Centre Sweatlodge @ KAHAC (5pm) | 25 MM, JR, LED @ KAHAC |
| 28 Doctor @ KAHAC (AM) MM @ Rat Portage LS @ Dalles JR @ SL 39 LED @ Wabigoon | 29 Doctor @ KAHAC (all day) MM @ KAHAC IC, SL @ Lunch Program JR @ SL 40 LED @ KAHAC | 30 MM @ Dalles SL @ Kenora JR @ WD LED @ KAHAC | | |

Pandemic Flu Presentations are available. Communities requiring assistance with pandemic planning may call Rose Marie Greene at 543-1065.

A traditional clinic with Mark Thompson and Kathy Bird will be held in the KAHAC board room on November 21 and 22. For appointments call 543-1065 and book with the front desk.

Rose Marie Greene is planning a networking workshop with First Nation Health Directors. For information on primary care programming, or to provide comments or feedback, feel free to call Rose at 543-1065.

Nanaandawe'iyewigamig Healing Lodge is running an adult residential session from October 31 - November 24.

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| MM | Malcolm McCormick, Nurse Practitioner |
| LED | Lee Ann Desrochers, Nurse Practitioner |
| JR | Jennifer Roberts, Nurse Practitioner |
| 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 |
| CLW | Claudine Longboat-White, FASD Clinic Coordinator |
| MB | Maria Blackhawk, HIV/AIDS Coordinator |
| JM | Judith McLeod, Diabetes Educator |
| LS | Leticia Santos, 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