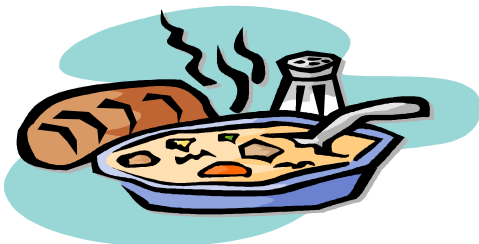


# Newsletter



## Anishinaabe Food is Nutritious

The days are getting cold once again. It is time to bundle up and eat hearty meals to help keep our bodies warm. Root vegetables (carrots, rutabaga, turnip, potatoes, sweet potatoes, onions and garlic) are winter vegetables packed with nutrients (Vitamin A for immune



building and Vitamin C to ward off colds). Good stew meats are naturally lean (low in fat) venison and moose. You can also use stewing beef, chicken or turkey. Complement your meal with healthy carbohydrates (energy, brain food) such as baked bannock that includes oatmeal, flax seed, whole wheat, or cooked wild rice to add B vitamins (for nerves), fiber (for elimination), iron (oxygen for blood, energy) for a more nutritious bread serving. Other good winter foods are soups such as dried peas, beans and lentils.

For more information to make sure you are meeting your nutritional needs, refer to the new Canada Native Food Guide, ask a dietitian, nutritionist or other

November, 2007

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POX 1C0

**Administration/Healing Lodge**  
Obashkaandagaang First Nation  
Phone: (807) 543-1065  
Fax: (807) 543-1126  
Toll Free: 1-800-656-9271

**Satellite Clinic**  
212 4th St. S., Kenora  
Phone: (807) 467-8770  
Fax: (807) 467-2666  
Toll Free: 1-877-224-2281

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

## November is Diabetes Month

What's going on in your community?

### DROP-IN SCREENING

1:00 PM on Friday, **November 2nd** at the Lake of Woods Diabetes Education Center

### DIABETES CLINIC DAY

10:00 AM to 4:00 PM by appointment (call 468-7412 to book) on Friday, **November 9th** at Johnson's Pharmacy

### "ASK THE DIABETES EDUCATORS" BOOTH

10:30 AM to 3:30 PM on Friday **November 16th** at the Kenora Shoppers' Mall

### READING FOOD LABELS/NUTRITION SEMINAR

Drop in between 10:30 AM and 3:30 PM on Monday **November 19th** at Zeller's Pharmacy

### GROCERY STORE TOUR FOR PEOPLE WITH DIABETES

Tours at 10:00 AM and 1:00 PM on Thursday **November 22nd** at Safeway  
By appointment - call **468-4495** to book

### DIABETES CLINIC DAY

10:00 AM to 4:00 PM by appointment (call for 468-8869 to book) on Wednesday, **November 28th** at Shopper's Drug Mart

**A** full and healthy life is possible through well-managed diabetes. To manage your condition, it is important to learn about diabetes and understand the factors that influence your blood glucose levels.

# November, 2007

# COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
			1 LED @ GN BP @ WFB JR @ SL39 IC @ GN LAM, LS @ Clinic JM @ Fellowship Centre	2
5 LED @ Wabigoon BP @ NWA37 LS, JM @ Clinic	6 BP @ OBK LED, LAM, LS @ Clinic JR, AA @ SL40 JM @ Clinic - PM	7 BP @ Clinic LED, JM @ Minaki AA, BP @ WD LAM, LS @ SL39	8 DR @ Clinic - PM AA, LED @ GN BP @ WFB JR @ SL39 LS @ Clinic JM @ Fellowship Centre	9
12  <b>Remembrance Day</b>	13 DR @ Clinic BP, LAM, LS @ Clinic JR @ SL40 LED @ RP/DA AA, @ OBK JM @ Clinic - PM	14 DR @ Clinic - PM JR, LAM @ WD LED, BPLS, JM @ Clinic AA @ SL39	15 LED @ GN BP @ WFB JR @ SL39 AA @ WD JM @ Fellowship Centre LAM, LS @ Minaki	16 DR @ Clinic - PM LAM, LS @ Kenora Mall
19 LAM, LED @ Clinic BP @ NWA37 LS @ Kenora Mall	20 DR @ Clinic BP @ OBK JR @ SL40 LED, LAM, LS @ Clinic AA @ RP JM @ Clinic - PM	21 DR @ Clinic - PM BP, LED, JM @ Clinic AA, BP @ WD LAM, LS @ WFB	22 DR @ Clinic - PM LS @ Clinic JR @ SL39 BP @ WFB AA @ GN JM @ Fellowship Centre	23 DR @ Clinic - PM
26 LAM, JM @ Clinic LED @ Wabigoon BP @ NWA37 IC @ Dryden	27 DR @ Clinic - PM BP, LAM, @ Clinic JR @ SL40 LED @ RP/DA JM @ Clinic - PM	28 BP, LED, JM @ Clinic JR @ WD	29 DR @ Clinic - PM LJR @ SL39 ED @ GN BP, AA @ WFB JM @ Fellowship Centre	30 DR @ Clinic - PM

The Centre's satellite clinic is expanding to serve you better in the very near future.

We apologize for any inconvenience during this time, while we complete Phase II of our renovations.

**Join us in wishing Esme Boone a speedy recovery after her recent mishap!**



- EB Esme Boone, Nurse Practitioner
- AP April Preisentanz, Registered Practical Nurse
- 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	WD	Whitedog
NWA33A	Dogpaw Lake	WFB	Whitefish
NWA33B	Angle Inlet	SL39	Shoal Lake
SL40	Shoal Lake 40	RP	Rat Portage
NWA37A	Regina Bay	DA	Dalles
NWA37B	Windigo Island	WAB	Wabigoon
OBK	Obashkaandagaang		

## REMINDER:

The phone number for booking appointments is **467-8770**, or **1-877-224-2281 (toll-free)**. Office hours are from 9:00 AM to 4:30 PM, Monday thru Friday.

## Staff