

Newsletter



"Let's Get Together" for Breast Cancer Awareness Month

Let's Get Together is the theme for the Canadian Cancer Society's Breast Cancer Awareness Month. Community events that encourage gathering to share experiences, provide mutual support, or just to have a good time are being promoted.

Breast cancer is the most common cancer diagnosed in North America. When detected early and treated promptly, suffering and loss of life can be significantly reduced.

Women are encouraged to ask their doctors and other health care providers about mammography screening. Mammography (an x-ray picture of the breast) is the single most effective method to detect breast changes that may be cancer, long before physical symptoms can be seen or felt. For early stage breast cancer, there are more treatment options, treatment can be less disfiguring and less toxic, and survival is improved. As women age, their risk of breast cancer increases. For most women, high-quality mammography screening should begin at age 40, and continue throughout a woman's lifetime. Most organizations recommend screening every 1 to 2 years; some recommend every year.

October 2005

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National Family Week: October 3—9

National Family Week is a time to recognize and celebrate all the qualities that make families special. This year's theme is: **Nurturing the Spirit of Family in Our Communities**. This theme looks at what brings family members together and makes family such an important source of nurture and development for individuals.

The spirit of family is about sharing with loved ones and taking care of people. It is about being inclusive, showing respect for others and understanding that everyone has something to offer. It is about passing on knowledge and wisdom between generations.

This theme also gives us an opportunity to honor and strengthen the value of families as a source of well-being for individuals, communities and nations. National Family Week is a chance to rediscover the spirit of family in our own lives, and to find ways to direct these strengths and values to make our communities better places for everyone.

Mobile Breast Screening Van

The Ontario Breast Screening Program will have its Mobile Breast Screening Van in the Safeway parking lot, October 18 to 27.

To make appointments, call toll free 1-800-461-7031.

International Day for Older Persons (October 1)

International Day for Older Persons recognizes Canadian seniors and their contributions to society.

Canada's seniors play a vital role in our society. Their efforts, past and present, contribute richly to the quality of life we all enjoy.

On this day we would like to recognize the elders in our lives who have enriched our existence with their stories and wisdom.

Recipe of the Month:

ZUCCHINI CASSEROLE

3 zucchini sliced
3 tbsp. olive oil divided
1 onion sliced
1 clove of garlic minced
1 can diced tomatoes (juice and all)
1 tbsp. basil
1 tsp. oregano
1/2 tsp. garlic salt
1/4 tsp. pepper
1 1/2 cup dry instant stuffing mix
1/2 cup Parmesan cheese
3/4 cup mozzarella cheese shredded
in skillet, cook zucchini in 1 tbsp. olive oil for 5 - 6 minutes; drain and set aside. Sauté onion and garlic in remaining oil for 1 minute. Add tomatoes, basil, oregano, garlic salt and pepper; simmer uncovered for 10 minutes.
Remove from heat; gently stir in zucchini. Place **all ingredients** in ungreased 13x9 pan. Top with stuffing mix; sprinkle with parmesan.
Cover and bake at 330C for 20 minutes. Uncover and sprinkle with mozzarella. Return to oven for 10 minutes until golden. 6 to 8 servings

Arlene Morris (Jiibakwe Ikwe)

OCTOBER 2005

COMMUNITY SCHEDULE

Mon	Tue	Wed	Thu	Fri
3 TREATY#3 DAY Office Closed	4 Doctor @ KAHAC (all day) JM @ SL 40 LS @ Minaki MM @ KAHAC MB @ GN	5 JM @ GN RW, MB @ SL 39 LS @ SL 40 MM @ Dalles	6 Doctor @ KAHAC (AM) JM @ Fellowship Centre MM @ NWA 37A - AM MM @ WFB - PM LED @ GN CLW @ Dryden	7 Doctor @ KAHAC (AM) JM @ GN MM & JR & LED @ KAHAC MB @ Migisi
10 THANKSGIVING DAY Office Closed	11 Doctor @ KAHAC (all day) JM @ Rat Portage MM @ KAHAC FASD Clinic @ KAHAC MB @ Lac Seul	12 JM @ WD LS @ GN MM @ Dalles FASD Clinic @ KAHAC	13 Doctor @ KAHAC (AM) LS @ SL 39 MM @ NWA 37 - AM MM @ WFB - PM LED @ GN FASD Clinic @ KAHAC Sweatlodge @ KAHAC (5pm)	14 Doctor @ KAHAC (AM) MM & JR & LED @ KAHAC
17 Doctor @ KAHAC (PM) SL, IC @ Fort Frances MM @ Rat Portage LED @ Wabigoon	18 Doctor @ KAHAC (all day) MM @ KAHAC KAHAC Fall Feast	19 IC, SL, CLW @ Dryden MM @ Dalles	20 Doctor @ KAHAC (AM) MM @ NWA 37A - AM MM @ WFB - PM	21 Doctor @ KAHAC (AM) MM & JR & LED @ KAHAC
24 Doctor @ KAHAC (PM) JM @ SL 39 MM @ Rat Portage	25 Doctor @ KAHAC (AM) JM @ Fellowship Centre MM @ KAHAC	26 JM @ WD MM @ Dalles LED @ Windigo Island	27 JM @ NeChee Centre MM @ NWA 37A - AM MM @ WFB - PM LED @ GN	28 MM & JR & LED @ KAHAC MB @ Migisi
31 MM @ Rat Portage				

Rose Marie Greene is continuing to visit communities to meet with health staff about programs and services, and how well they are meeting community needs. For information on primary care programming, or to provide comments or feedback, feel free to call Rose at 543-1065.

Nanaandawe'iyewigamig Healing Lodge has two events planned this month:
September 26 - October 20: Male Youth Session at the Youth Healing Lodge
October 31 - November 24: Adult Session at the Youth Healing Lodge

MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
JH	Dr. John Hammett
HH	Dr. Hanna Hulbosch
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, Dietician



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
WB	Obashkaandagaang		

