

# Newsletter



## PANDEMIC FLU

The media has been warning of impending flu pandemics for some time now. Good health is our focus, and it would be irresponsible not to take those warnings seriously. With the end of summer and the coming of fall (and flu season) fast approaching, we felt it was important to get people thinking about preventative measures. Please consider the following:

1. Get the vaccine, not the flu.
2. The vaccine does not give you the flu.
3. The flu shot is free... the prescriptions you might need if you get the flu may not be

## PASSING ...

Dr. Allan Torrie passed to the spirit world on August 20, 2005. Dr. Torrie was well known as a caring family physician who understood and valued community-driven and traditional healing methods as much as the ways in which he was trained. He was well known for his support and advocacy for Native people. His assistance and support in establishing the Health Access Centre was tremendous, and deeply appreciated. He will be missed.

## Recipe of the month: Pork-Vegetable Stew

1.5 lbs. pork (boneless shoulder)	1/2 tsp. salt & 1/4 tsp. pepper	3 cups 1" pieces rutabagas	1 cup chopped onion
1/8 tsp. ground cloves	1 small squash (any type) cubed	1/2 cup water	2 cloves finely chopped garlic
1 tbsp. cornstarch	1 tbsp. rosemary leaves	1 1/4 cups chicken broth (can or stock)	2 tbsp. cold water

Grease large heavy cooking pot. Strip fat from pork and cut into 1" pieces. Cook in pot over medium heat, stirring occasionally until brown; drain. Stir in onion, water, rosemary, salt, pepper, cloves, garlic and broth. Heat to boiling. Reduce heat; cover and simmer for 30 minutes. Stir rutabagas into pork mixture. Heat to boiling. Reduce heat; cover and simmer for 20 minutes. Stir in squash pieces. Heat to boiling. Reduce heat; cover and simmer for 10 minutes or until squash is tender. Mix cornstarch with remaining cold water; gradually stir into pork mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. *Contributed by Arlene Morris (Jiibakwe Ikwe)*

## FETAL ALCOHOL SPECTRUM DISORDER (FASD) AWARENESS MONTH: Teachers Among Us

FASD is a medical diagnosis that relates to learning disabilities, hyperactivity, attention and/or memory deficits, inability to manage anger, difficulties with problem solving and growth deficiencies. FASD is the result of a mother drinking alcohol while she is pregnant.

Although a great deal of information and support is available in Kenora to assist with people affected by FASD, a tremendous amount of wisdom and knowledge is also available within our own communities and First Nation peoples as a whole through traditional practices and teachings. The following teachings have come from respected teachers in Aboriginal community:

### School Children and Youth

- ◆ strong extended family and community support
- ◆ we all belong – nobody's "adopted"
- ◆ strong identity – know who you are and where you're from
- ◆ engage in cultural activities like drumming, traditional teachings, ceremonies
- ◆ take advantage of nature as a healing force
- ◆ use Native medicine, not just medication
- ◆ visit with the Elders

### Community

- ◆ organize cultural activities and events (camps, games, gatherings)
- ◆ develop a community plan and coordinated community approach
- ◆ support family members and friends to develop a good understanding of FASD behaviour, limitations and potential

### Family Men

- ◆ search out traditional teachings on the roles of men in the family and the community
- ◆ open grandfather's trails in traditional territories and learn the stories and laws of the land
- ◆ practice the role of men in ensuring a healthy pregnancy (ie. no drinking, as women usually drink with their partners)

### Women of Childbearing Age

- ◆ search out teachings on women's roles
- ◆ look into traditional laws and practices surrounding conduct of women before and during pregnancies

### Community Leaders

- ◆ sober leadership
- ◆ bring back traditional laws and practices
- ◆ support alcohol free activities

*"When voices and energies of FASD children would rise in the course of the day, the teacher could pick up the drum and quiet the children with a call back to the Heartbeat of the Mother."*

### Four top points to remember when living and working with an FASD child:

- ◆ structure – reduce choices, prearrange environments, prepare kids for changes
- ◆ less talk, more visual learning opportunities (visual clues, ask questions, don't assume anything)
- ◆ be concrete; clarity is important
- ◆ poor problem solving skills
- ◆ be aware of the "time bombs" – stimulation levels, difficult periods

## September, 2005

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## IMPORTANT NOTICE: PRESCRIPTIONS

Wassay-Gezhig Na-Nahn-Dah-We-Igamig cannot provide prescription renewals over the phone.

Proper client assessments must be made to be sure the medication is being appropriately effective.

An emergency supply can often be obtained at the pharmacy or at the Emergency Department (be prepared to wait) until an appointment time can be scheduled.

Take charge of your own health—plan ahead. Please make appointments to renew your prescriptions **before** you run out.

Mon	Tue	Wed	Thu	Fri
			1 LL @ WFB JM @ Fellowship Centre JR @ KAHAC MM @ NWA 37	2 JM @ KCA MM @ KAHAC
5 <b>Office Closed Labour Day</b>	6 Doctor at KAHAC (am) LED, MM @ KAHAC JM @ Rat Portage JR @ SL 40	7 LS @ Rat Portage LED @ KAHAC JM, JR @ GN MM @ Dalles	8 LED @ WFB JM @ Fellowship Centre MM @ NWA 37	9 JM, JR, MM @ KAHAC IC, CLW @ FASD Open House at ASK
12 Doctor at KAHAC (pm) LED @ Wabigoon JM, JR @ SL 39 MM @ Rat Portage	13 Doctor at KAHAC (am) LED @ Windigo Island JM, JR @ SL 40 IC @ Kenora Family Connections MM @ KAHAC	14 LS @ GN LED @ Minaki JM, JR @ WD MM @ Dalles	15 Doctor at KAHAC (am) LS @ SL 39 LL @ "Bug Day" Lakeside Inn JM @ Fellowship (am) Minaki (pm) JR @ KAHAC MM @ NWA 37 Sweatlodge @ KAHAC (5pm)	16 LED, JR, MM @ KAHAC JM @ KAHAC
19 JM, JR @ SL 39 MM @ Rat Portage	20 Doctor at KAHAC (am) LED, MM @ KAHAC JM @ Rat Portage LS @ Dryden JR @ SL 40	21 LED @ KAHAC JM, JR @ GN IC @ Kenora Housing Authority MM @ Dalles	22 Doctor at KAHAC (pm) LS @ Migisi LL, LED @ WFB JR @ KAHAC MM @ NWA 37	23 LED, JR, MM @ KAHAC
26 Doctor at KAHAC (pm) LED @ KAHAC LS @ Minaki JR @ SL 39 MM @ Rat Portage	27 Doctor at KAHAC (am) LED, MM @ KAHAC LS @ NWA 37 IC, CLW, SL @ Dryden JR @ SL 40	28 LS @ WFB JM, JR @ WD MM @ Dalles	29 Doctor at KAHAC (pm) LED @ WFB JM @ NeChee JR @ KAHAC MM @ NWA 37	30 LED, JR, MM @ KAHAC JM @ KAHAC

**R**ose Marie Greene is now the Acting Program Manager for Primary Care Programs while Jan Green is on maternity leave. Rose is hoping to do community visits over the next few months. For information on Primary Care programming, or to provide comments or feedback, feel free to contact Rose at 543-1065.

**N**anaandawe'iyewigamig Healing Lodge has three events planned this month:  
**September 6 - 9:** Grief Recovery at the Youth Healing Lodge  
**September 12 - 16:** Grief Recovery at the Youth Healing Lodge  
**September 26 - 30:** Grief Recovery in the community

MM	Malcolm McCormick, Nurse Practitioner
LED	Lee Ann Desrochers, Nurse Practitioner
JR	Jennifer Roberts, Nurse Practitioner
HH	Dr. Hanna Hulsbosch
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
LL	Leslie Legros, Diabetes Educator
JM	Judith McLeod, Diabetes Educator
LS	Leticia Santos, Dietician

## 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
WB	Obashkaandagaang		

## STAFF