

Newsletter



September 2007

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In One Magic Minute, We Can Change The World

International FASD Awareness Day will begin on Sunday, September 9th at 9:09 am in New Zealand and move west. At this time, stop for a minute to reflect on the approximately 60 million people who live with brains damaged by alcohol before they were born. In this minute, join us in resolving to do everything we can to reduce the number of infants born with this terrible disorder - and to help those who are currently struggling with Fetal Alcohol Spectrum Disorder, or FASD.

The only way someone can get FASD is if their mother drinks alcohol while pregnant. A mother diagnosed with FASD will not pass it to her child. Alcohol causes brain damage in the developing baby. If women drink when they are pregnant, their babies may suffer brain damage. **THERE IS NO SAFE AMOUNT OF ALCOHOL DURING PREGNANCY.** If you are planning a pregnancy or are not using reliable birth control, avoid alcohol. Remember that friends, family and community members can all help a pregnant woman not to drink during pregnancy.

If you drink alcohol while breastfeeding, alcohol passes through breast milk to the baby. The baby's brain and spinal cord (central nervous system) continues to grow after birth, and can be affected by alcohol. Studies show that alcohol with milk production and causes babies to eat less and to sleep less.

FASD can be prevented! If you need help to stop drinking, look for someone who works in the addictions field. If you are the partner, family member or friend, you can support a pregnant woman by not drinking, and encouraging her not to drink alcohol during this crucial time. If you need help to stop drinking the best thing is to find help as soon as possible. Your doctor, community health nurse, midwife or other health care provider can help. The FASD Information Service (Canadian Center on Substance Abuse) is also available at 1-800-559-4514.

For more information or for help in addressing these issues, please contact Claudine Longboat-White or Ida Copenace, Wassay-Gezhig Na-Nahn-Dah-We-Igamiig FASD & Child Nutrition Consultants at 543-1065.

International FASD Awareness Day starts at 9:09 am on September 9th



Ojibway endearments

Grandmother: *Nookomis*
(slang - *kookum*)

Grandfather: *Mishoomis* (slang
- *shoomis*)

Celebrate Grandparents:


September 9th, the first Sunday after Labor Day, is also Grandparents' Day. September signifying the "autumn years" of life, was chosen as an appropriate time to honor grandparents, give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information and guidance older people can offer. Observance of Grandparents Day is very important. Some enjoy small, private gatherings with story-telling time that allows grandparents to relate stories of their past. We should not forget shut-ins and those in nursing homes who are unable to be with their families or have no families.

Everyone is a grandchild and can be involved in the observance of this day - a time to discover one's roots and learn patience and understanding for the elderly. This is also a perfect time to establish a communication that will never be broken. Many times only grandparents have knowledge or answers to questions about family histories. When this information is passed down to the grandchildren, everyone can be assured of his heritage being preserved; a valuable and necessary asset in a today's age.

But most important, this day should be a spirit that lives throughout the year - a spirit we carry inside ourselves.

September, 2007

COMMUNITY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY 3 	4 BP @ OBK LAM, LS, JM @ Clinic JR @ SL40 LED @ Windigo	5 LAM, LS, JM, EB, BP @ Clinic JR @ WD EB @ Clinic - PM RW @ Portage Youth Center	6 Staff Development Retreat	7 
10 DR @ Clinic LS, JM @ Clinic JR @ SL39 LED @ Wabigoon	11 BP @ OBK LED, LS - Clinic Sweat (6 P.M.)	12 BP @ Clinic LS @ SL39 RW @ Portage Youth Center LED @ NWA37 EB @ Clinic - PM	13 BP @ WD EB, LS, EB @ Clinic	14 EB @ Clinic
17 LAM, JM, BP @ Clinic EB @ Clinic - PM	18 DR @ Clinic JR, AA @ SL40 EB, LAM, JM @ Clinic	19 JR, AA @ WD JM, LAM, EB, BP @ Clinic RW @ Portage Youth Center	20 DR @ Clinic - AM LED, AA @ GN BP @ Minaki LAM, JR @ Clinic JM @ Fellowship	21 DR @ Clinic - PM
24 BP @ Minaki EB, LAM, JM @ Clinic JR @ SL39	25 DR @ Clinic - PM AA @ SL39 BP @ OBK LED, LAM, JM @ Clinic Sweat (6 P.M.)	26 AA @ WD LAM @ Clinic JM @ Minaki RW @ Portage Youth Center LED @ NWA37 EB @ Clinic - PM	27 LED, AA @ GN LAM, JR, EB @ Clinic JM @ Fellowship	28 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.

Handicapped parking will be blocked by a scrap bin, but the wheelchair ramp will remain clear for pedestrian access. Proceed with caution.

The clinic will operate as usual. Again, we are sorry for the inconvenience.



- EB Esme Boone, Nurse Practitioner
- AP April Preisentanz, Registered Practical Nurse
- 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, 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
- NWA33A Dogpaw Lake
- NWA33B Angle Inlet
- SL40 Shoal Lake 40
- NWA37A Regina Bay
- NWA37B Windigo Island
- OBK Obashkaanda-
- WD Whitedog
- WFB Whitefish Bay
- SL39 Shoal Lake 39
- RP Rat Portage
- DA Dalles
- WAB Wabigoon Hall

Staff