



Did you know:

The human brain has the capacity to store everything that you experience.

When you take a step, you are using up to 200 muscles.

Wearing headphones for an hour increases the bacteria in your ear 700 times.

Your heart pumps about 2,000 gallons of blood each day!

Children are more allergic to cockroaches than they are to cats!

Inside this issue:

First Impressions 2

Traditional Healing with Balsam Fir 4

Prenatal Health 6

SLFNHA attends Career Fair 7

It's not easy being green 8

NAN Youth Conference 9

National Day of Healing and Reconciliation Grant 11

Hostel opens doors



The new hostel facility, Jeremiah McKay Kabayshewekamik, opened its doors on February 14, 2011.

"Community members must leave the comforts of home, family and community to access health services often under trying circumstances," says John Cutfeet, Sioux Lookout First Nations Health Authority (SLFNHA) Board Chair. "The new hostel will alleviate some of the stressors of being transported to medical appointments, accommodations and meal locations while allowing community members the opportunity to begin their recovery earlier in a comfortable environment."

During the next month, staff worked to continue the transition process moving files and supplies from the old building and settling into their new environment.

Construction of the hostel began in 2008 with the official sod-turning taking place in June (pictured above). But it was many years before the sod-turning that the work towards a new hostel began.

In 1995, SLFNHA began receiving funding for its Client Services Program, which provides non-medical health services to First Nations clients travelling to Sioux Lookout and other urban centres for medical appointments. Services provided by Client Services include ground transportation, accommodations, client advocacy and support, activity coordination and courier services.

Continued on Page 3

Happy Easter!

Sunday, April 24



Heavenly Lighting

70-year-old George went for his annual physical. All of his tests came back with normal results.

Dr. Smith said, "George, everything looks great physically. How are you doing mentally and emotionally? Are you at peace with yourself, and do you have a good relationship with God?"

George replied, "God and me are close. He knows I have poor eyesight, so he's fixed it so that when I get up in the middle of the night to go to the bathroom poof the light goes on, when I'm done poof the light goes off."

"Wow!" commented Dr. Smith, "That's incredible!"

A little later in the day Dr. Smith called George's wife.

"Ethel," he said, "George is doing fine. Physically he's great. But, I had to call because I'm wondering about his relationship with God. Is it true that he gets up during the night and poof the light goes on in the bathroom, and then when he is through poof the light goes off?"

Ethel exclaimed, "Oh, my goodness! He's peeing in the refrigerator again!!"



The first client at the new hostel was Maggie Sakanee. Maggie and her escort Alex Moonias (pictured above) are both from Neskantaga First Nation and were very pleased with the new facility.

"The rooms are excellent," Alex said. "It's a very good building. It's better for patients, they're happier to see a better place. It's more of a traditional style and look. I'm surprised to see the poles and the cafeteria. Thank you to all the people who worked on it."

"It's good to have a good place. It's a nice building and better than the hotels," Maggie added.



During the week-long open house in March at the new hostel in Sioux Lookout, Kenora Federal NDP Candidate Tania Cameron came to see the facility with Marlene Elder, the President of the Kenora Federal NDP Riding Association and Anita Cameron, Executive Director of Waasegiizhig Nanaadawe'iyewigamig, the Health Access Centre serving the Kenora region. After a tour of the hostel, the group visited the new Sioux Lookout Meno Ya Win Health Centre next door, where Sharon Yule, Volunteer Coordinator and Special Projects Manager, graciously showed them the new hospital.

Pictured from left to right; Marlene, Tania and Anita standing in front of the Jeremiah McKay Kabayshewekamik.

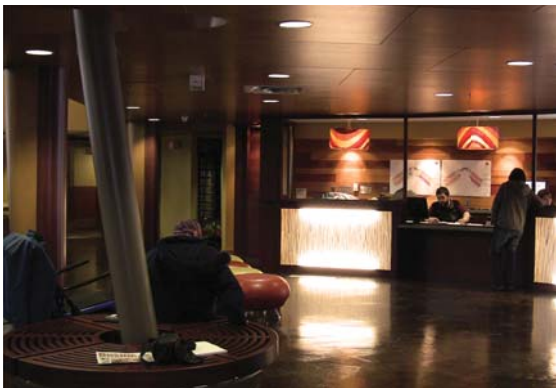
Continued from front page SLFNHA and the Sioux Lookout area Chiefs began seeking a new hostel facility in 1997.

The Four Party Agreement was signed in April 1997 by the Municipality of Sioux Lookout, Nishnawbe-Aski Nation and the federal and provincial governments. This agreement meant the amalgamation of the federal and provincial hospitals in Sioux Lookout and the replacement of the existing hostel facility. The task was time-consuming, so it wasn't until June 2004 when the Sioux Lookout area Chiefs established the Chiefs Committee on Health and took steps to review the Four Party Agreement and the condition of the existing hostel.

Throughout 2004 and 2005, the Chiefs Committee on Health and SLFNHA proceeded with negotiations and secured funding. Friesen Tokar Architects began detailed design work for a new 100-bed hostel.

In June 2006, the hostel site had been closed, due to unsafe conditions. The hostel re-opened under voluntary use, which meant clients were able to stay there if they wished to, otherwise they were booked at local hotels.

During construction phase, SLFNHA held a name and logo contest for the new hostel. The logo was designed by Jenae Tinney from Hudson, Ontario and the name came from the Chiefs of the Sioux Lookout zone communities; Jeremiah McKay Kabayshewekamik.



The name honoured the late Jeremiah McKay, and Kabayshewekamik means "a place of rest."

A ribbon-cutting ceremony was held in September 2010, where dignitaries and key stakeholders gave speeches and the new sign was unveiled.

It's been a long journey, but the hostel is now open and the staff welcomed the public out for an Open House during March-break (March 14-18). Tours, coffee and refreshments were available during the week and it concluded with a cake cutting and group tours on the last day of the Open House.

For those who missed the Open House but would like a formal tour of the Jeremiah McKay Kabayshewekamik, they can contact the Communications Officer at SLFNHA, Irene Dube, at 737-6124 or irene.dube@slnha.com.



SLFNHA welcomed everyone to a week-long open house at the new hostel. On Friday, March 18, the week ended with a cake-cutting and tours. Joining James Morris, Executive Director of SLFNHA, pictured far left, is; (from left to right) Mike Lovett, Health Canada's Sioux Lookout Zone Director; Roger Valley, Kenora Federal Liberal Candidate; Calvin Southall, Town Councillor for the Municipality of Sioux Lookout; and Joyce Timpson, Town Councillor for the Municipality of Sioux Lookout.

Have something to say?

Do you have an article or column to contribute?
Is there a health-related issue close to your heart?

Do you have a photo to share or even a joke or recipe?

Get it in the June/July SLFNHA newsletter!

Email your content to the Communications Officer, Irene Dube, at irene.dube@slnha.com or fax to (807) 737-1076 before May 20, 2011



Sodium 101

Sodium 101 was developed by the Canadian Stroke Network to address the growing concern of too much salt in our diets.

www.sodium101.ca is a fun, interactive website which informs consumers about the sources of sodium in our diet, ways to lower sodium and the health implications related to too much salt.

It also has a 3 minute informative video on choosing healthy foods at the grocery store. It is well worth checking out!



For your Calendar

SLFNHA offices will be closed for the Easter weekend on Friday, April 22 and Monday, April 25.

Monday, May 23 is Victoria Day. SLFNHA offices will be closed.



Balsam Fir

Source: <http://ontariotrees.com/main/species.php?id=2039>

Other common names: Canada Balsam

French names: Sapin baumier

Family: Pine Family (Pinaceae)

Group: Firs

Distinctive features: Tree; Flat needles.

Similar species:

- Eastern Hemlock (*Tsuga canadensis*) - very similar; needles shorter, more spread apart.
- Yew (*Taxus canadensis*) - a sprawling shrub, and its needles are green underneath.

Leaves: Coniferous; Flat needles.

Habitat: Forests.

Edible: The needles make a nice bush tea.

Status: Very common.

Balsam Fir needles resemble those of Eastern Hemlock (*Tsuga canadensis*), except they are longer. They are also attached to the twig with a tiny disk. Eastern Hemlock needles are attached with a tiny stem. The needles have a white stripe underneath (not shown).

A delicious tea can be made from Balsam Fir needles. Be sure to add the needles to the hot water after it has been removed from the source of heat. If you boil the needles with the water, the tea will taste of turpentine!

Additional Note: According to another website, a tea of the needles (1½ teaspoons simmered ten minutes in one cup water) is good for lung problems. The site also notes that the tea is good for the flu – To rid the system of toxins during flu or severe colds, sipping a tea of the needles is helpful. The dosage taken during a sauna is also very effective. Laxative – As a laxative, make tea using 2 tsp. of the dried needles per cup of boiling hot water. Drink one cup after morning and evening meals. Do not take for more than three consecutive days. *source: <http://www.darcyfromtheforest.com>*. The tea can be enjoyed by itself, with some honey or maple syrup. There is no information on the effects of this tea for those who are pregnant or nursing- as with any herbal tea or supplement, please consult a doctor if you are unsure about its properties and side effects.



Toys for tots

Windigo First Nations Council kindly donated a vast assortment of toys to the new hostel. Windigo staff, Amanda Mekanak and Crystal Hudson, stopped by with the donations while James Morris, SLFNHA's Executive Director, and Mike Lovett, Health Canada's Sioux Lookout Zone Director, accepted the toys, which will be enjoyed by children at the hostel.



Ann Cleland, a volunteer from the Salvation Army in Sioux Lookout, presents Darryl Quedent, Director of Client Services, with boxes of gently used children's books which the Sally Ann has been collecting for the last few months to donate to the new hostel. A hostel visitor, Raeza, age 4, from Sandy Lake First Nation enjoys some of the new books.

Gear up for the great outdoors as a family

News Canada - The frost is lifting, the snow is melting and you're beginning to remember how good it feels to be outside. Your fingers stop going numb, you don't see your breath anymore and you can finally take your kids out of the house without wrapping them in more layers than a wedding cake.

Spring is coming and that means the ability to get back outside. Outdoor activities are a great, inexpensive way to spend quality time with your family while staying fit and setting healthy lifestyle habits for your children.

As a parent, show your children outdoor physical activity can be fun by:

- Taking a hike and having a picnic
- Bike riding through your neighbourhood – and ask your neighbours to join
- Lace up your sneakers and spend an afternoon adventuring through town

Remember outdoor activities require some safety equipment such as helmets, sunglasses and sunscreen. If you have young children, make sure you're using a proper stroller. Chariot Carriers, a Canadian company, offers strollers that can easily turn into a jogger, biker, hiker or even cross country skier. The versatility of the stroller gives families a range of outdoor options for them to be active together.

Spring is the time for new beginnings, so the time is right to set your family on a healthy path. As you put away your winter coats and start opening your windows, keep in mind all the outdoor activities you can do with your family. - www.newscanada.com

East Coast Crispy Salmon Cakes



from www.northernstores.ca

Snacking on salmon made easy.

100 calories, 3.2 g fat, 1.3 g fibre, 64.4 mg calcium *per salmon cake

Recipes Ingredients:

- 1 can salmon**
- 1 package of whole wheat, unsalted crackers**
- 1 egg**
- 1/4 cup milk**
- 1 teaspoon onion powder**
- steamed carrots sliced**
- lemon juice**

Easy Directions:

1. Drain and dump 1 can (106 g) of salmon in a bowl and mash with a fork until smooth.
2. Crush a package of whole wheat, unsalted crackers while still in the package;
3. Make sure cracker crumbs are crushed very finely.
4. Dump the crackers in the bowl; Add an egg, 1/4 cup of milk & 1 teaspoon onion powder.
5. Mix all the ingredients up together and form into 6 patties (about the size of small hamburger patties).
6. Heat 1 tablespoon of canola oil in a medium fry pan on medium high heat.
7. Place the patties in the skillet; Brown on one side then turn over.
8. Place on paper towel to ensure they stay crisp as they cool.

Serve alongside steamed vegetables or a salad.

A Healthy Start for Baby and Me

Best Start Resource Centre is pleased to announce the release of a new prenatal book titled, A Healthy Start for Baby and Me.

This book is suitable for pregnant women who have difficulty reading due to literacy or language.

The text is concise, focussing on key messages. You can order this 90 page book online at a cost of \$3.00 per book or download it for free. To view the resources go to

www.beststart.org/resources/rep_health/index.html.

Best Start also released an informative poster on folic acid supplementation during pregnancy adapted specifically for Aboriginal females. It is available for download at

http://www.beststart.org/resources/aboriginal_health.html



FACT: alcohol is a teratogen, which is any agent or chemical substance that causes birth defects.

Teratogens can cause death, malformations, growth deficiencies, and functional deficiencies. Alcohol can cause all four of these to happen. Researchers (Dumas and Rabe, 1994) have found that a "single embryonic exposure of a teratogenic dose of alcohol produced a deficit in long term memory." Alcohol causes more serious neurological damage to the unborn baby than all illicit drugs, including cocaine, heroin, and marijuana: Institute of Medicine, 1996. Alcohol is a legal drug, and it is the most frequently used drug throughout the world.

What is Canada Prenatal Nutrition Program (CPNP)?

The Canada Prenatal Nutrition Program (CPNP) is a community-based program delivered through the Public Health Agency of Canada (PHAC).

For more than ten years, CPNP has helped communities to promote public health and provide support to improve the health and well being of pregnant women, new mothers and babies facing challenging life circumstances.

There are currently 330 CPNP sites serving close to 50,000 women in over 2,000 communities across Canada each year. In addition, a separate stream of the program administered through Health Canada (External link) External link serves Inuit and First Nation women living on-reserve.

CPNP fills a distinct gap in communities. Almost all sites (98 percent) report that they provide a unique service in their community. Many of the other available prenatal services do not meet the needs of the CPNP target population.

Prenatal Nutrition

From Health Canada - <http://www.hc-sc.gc.ca>

A woman's nutritional and overall health, before and during pregnancy, influences the health of her developing baby.

Eating well, combined with taking a daily multivitamin, can give a woman the nutrients she needs to feel good, have energy, and support a healthy pregnancy.

Key recommendations:

- * Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.

- * Have at least 150 g of cooked fish each week. Fish contains omega-3 fats and other important nutrients for pregnancy.

- * All women who could become pregnant and those who are pregnant should take a multivitamin containing 0.4 mg of folic acid every day. Pregnant women should also ensure that their multivitamin contains 16-20 mg of iron.

- * Follow food safety advice and avoid eating foods that are a higher risk to you during your pregnancy.

- * Gaining weight is a natural part of pregnancy. How much weight you should gain depends on her your body mass index (BMI) before you became pregnant. Visit the Pregnancy Weight Gain Calculator (available online at www.hc-sc.gc.ca) to learn more or speak to your doctor or nurse.



SLFNHA participates in Pelican Falls Career Fair

On Friday, February 18, Sioux Lookout First Nations Health Authority participated in the Pelican Falls First Nations High School annual career fair.

Despite blizzard-like conditions, the career fair had a lot of exciting booths for the students to check out.

SLFNHA staff rallied together in the weeks before the career fair to setup a booth that would represent all of the four departments: Client Services, Nodin CFI, Health Services and Administration.

Under these four departments, SLFNHA offers a multitude of exciting career options for youth to consider when thinking about their future. SLFNHA had so many careers to tell the students about that they had 10 tables full of displays, brochures and other information.

To encourage student participation, a draw was held for a Netbook. Students had to answer skill-testing questions about the organisation before they could enter the draw. The winner was Nathan Masakayash, 14, from Mishkeegogamang First Nation.

SLFNHA thanks all the staff who took time to prepare the displays and speak with our future leaders and employees.

Top photo: Students speak with staff at the career fair while checking out the various displays.

Bottom photo: Draw winner Nathan Masakayash.





GOING GREEN



Sioux Lookout First Nations Health Authority is taking steps to be a greener, more environmentally conscious organisation. Can we, as average employees, make a difference?

Just a handful of SLFNHA staff are extending a challenge to all of our SLFNHA offices - are you willing to step up to the plate to make a few changes in your day-to-day work environment?

Write info@slfnha.com to share your pledge and tell us how you are making changes. Whether it's utilizing some of the tips below or doing something different that you would like to share with others.

The challenge has been extended! Start today and email in your going-green changes to be posted in our next SLFNHA e-newsletter.

Tips to be more environmentally conscious at work

Be bright about light

Artificial lighting accounts for 44 percent of the electricity use in office buildings.

Make it a habit to turn off the lights when you're leaving any room for 15 minutes or more and utilize natural light when you can.

Maximize computer efficiency

Computers in the business sector unnecessarily waste \$1 billion worth of electricity a year.

Make it a habit to turn off your computer when you leave for the day. Otherwise, you're still burning energy even if you're not burning the midnight oil. (Check with your IT department to make sure the computer doesn't need to be on to run backups or other maintenance.)

During the day, setting your computer to go to sleep automatically during short breaks can cut energy use by 70 percent. Remember, screen savers don't save energy.

Print smarter

The average U.S. office worker goes through 10,000 sheets of copy paper a year.

Make it a habit to print on both sides or use the back side of old documents for faxes, scrap paper, or drafts. Avoid color printing and print in draft mode whenever feasible.

Go paperless when possible

Make it a habit to think before you print: could this be read or stored online instead? When you receive unwanted catalogs, newsletters, magazines, or junk mail, request to be removed from the mailing list before you recycle the item.

Make it a policy to post employee manuals and similar materials online, rather than distribute print copies. They're easier to update that way too.

Ramp up your recycling

Right now, SLFNHA doesn't have recycling pick-up. This doesn't mean you can't offer to collect your office recycling to take home for pickup or talk to your supervisor about what could be done for recycling in your office.

Watch what (and how) you eat

Make it a habit to bring your own mug and dishware for those meals you eat at the office.

Planning a meeting or party? Encourage the use of reusable or recyclable dishes. Also, buy food products that use less packaging.

Rethink your travel

Make it a habit to take the train, bus, or subway when feasible instead of a rental car when traveling on business. If you have to rent a car, some rental agencies now offer hybrids and other high-mileage vehicles.

Utilize teleconferencing and videoconferencing to reduce the amount of employee travel.

Reconsider your commute

Make it a habit to carpool, bike, or walk to work. Have a meeting during the day? Consider walking instead of driving.

Create a healthy office environment

Make it a habit to use nontoxic cleaning products. Brighten up your cubicle with plants, which absorb indoor pollution.

SLFNHA attends NAN Youth Conference

Submitted by Christine Bressette
Special Needs Case Manager

Boozhoo!

In February of this year, Nishnabe-Aski Nation (NAN) was host to an awesome Youth Conference in Thunder Bay.

Sharon Bunting, Transitional Youth Initiatives Worker, and Christine Bressette, Special Needs Case Manager, were honoured to participate in this conference with several clients from numerous communities in the north.

The three-day event hosted numerous workshops addressing issues that challenge our youth, such as addictions, education, family planning, self-worth, respect, as well as proactive approaches to setting up community-based youth initiatives.

In addition, we had access to traditional and cultural teachings, all of which encompassed the Seven Sacred Teachings.

This was a great opportunity for our youth to meet other Aboriginal youth from across the north and to reacquaint with cousins and family, as well as to develop new friendships.

A special thanks goes out to SLFNHA and the youth who attended this conference with us.

Chi Miigwetch!



Sharon Bunting, Transitional Youth Worker, and Christine Bressette, Special Needs Case Manager, enjoy the conference with clients. Pictured above: Front row: Sharon Bunting, Garnet A., Randall W. Back row: Jason K., Charles S. and Christine Bressette.

Facts about Diabetes

- The frequency (prevalence) of diabetes among First Nations adults is nearly four times as great as the general Canadian population. The general prevalence of diabetes in First Nation adults is 19.7%.

- One in three First Nations adults aged 50-59 years have diabetes.

- First Nation females have a higher prevalence of diabetes compared to First Nation males across all age categories.

- Diabetes is most prevalent among the senior First Nations females (37.6%).

- Treatments for diabetes used by First Nation adults include: pills (68%), diet (65.5%), exercise (52.9%), insulin (16.7%), traditional medicines (12.9%), and traditional healers/ceremonies (6.0%).

- Nearly nine out of ten First Nation adults report adverse consequences related to their diabetes, including vision problems, problems with legs and feet, kidney function and infection, and heart problems:



Coming soon!

The TEACH and STOP projects at the Centre for Addiction and Mental Health (CAMH) are working in collaboration with an Engagement Circle of stakeholders, practitioners, frontline workers, as well as an instructional designer, to offer new commercial tobacco cessation resources for First Nations communities. The materials utilize Indigenous methods and processes of teaching and learning, and include a wealth of knowledge and teachings about commercial tobacco use and paths toward change and recovery. A trainers' tool-kit will be available as teaching circle lesson plans with supplementary online resources. There are also materials for working with First Peoples who want to quit commercial tobacco use. The materials have been developed with attention to OCAP principles (Ownership, Control, Access, and Possession). If you or your organization is interested in obtaining this resource, please contact the project coordinator, Karina Czyzewski (karina_czyzewski@camh.net, 416-535-8501 x7408).

Spread the Word: Upcoming TEACH Certificate Program

The Training Enhancement in Applied Cessation Counselling and Health (TEACH) Project is designed to ensure that individuals in the public, private, and non-profit sectors who provide counselling services to tobacco users obtain knowledge and skill in the delivery of intensive cessation interventions.

We are excited about our upcoming **May 16-20, 2011** Certificate Program in Intensive Cessation Counselling, where we will be offering our Core Course, and one of our most popular specialty courses, Tobacco Interventions for Patients with Mental Health and/or Addictive Disorders. Registration is only \$150.00 for practitioners or community workers in Ontario, and travel and accommodation in Toronto are covered by the project. Applications are currently open and will remain open until April 4th at 5PM. Visit <http://www.teachproject.ca/application> for more information and to register for our TEACH Certificate Program.

In addition, on **May 19-20, 2011** we are offering a 2-day Continuing Education/Community of Practice (CoP) course, Integrated Chronic Disease Prevention. The CoP course is open to any health practitioner (TEACH-trained or not). The fee for this course is \$450.00 plus travel and accommodation (note that the CoP courses do not have coverage for travel and accommodation as they are offered on a cost-recovery basis).

What's coming up in the Fall?

Can't attend the May 2011 training but still want to become TEACH trained? Well, stay tuned for more information on our fall 2011 Certificate program in November where we will be offering the Core Course, as well as our Tobacco Interventions with Aboriginal Peoples Specialty Course. This specialized course will allow participants to increase their knowledge about the detection and treatment of tobacco dependence among Aboriginal populations. The fall certificate program will be offered November 14-18, 2011, and online applications will open in September. If you would like to be placed on our email list (to make sure that you find about all TEACH-related trainings and professional development opportunities), please send us a note at teach@camh.net.

**For any questions or information about TEACH please email teach@camh.net
or check out our website www.teachproject.ca**

national day of healing and reconciliation

JUNE 11, 2011

**This year, NDHR will offer 5 grants of \$2500 across Canada!
And we have extended the deadline to May 15, 2011.**

The National Day of Healing and Reconciliation (NDHR) is a movement of people committed to growing together within our families, communities and across Canada, towards healing and reconciliation.

Our team is committed to helping communities across Canada have access to easy-to-understand resources related to the historical relationship between Aboriginal people and Canadian society as a whole. By creating meaningful partnerships our goal is to increase the awareness and engagement of youth in the healing and reconciliation movement growing across Canada!

We also offer free promotional items such as conversation cards, pens, sticky note pads, and inspiration books that help people and organizations celebrate NDHR. We are excited to offer these items free of charge for communities across Canada!

In addition to our educational and promotional resources we also offer up to FIVE \$2500 grants - we invite schools and organizations across Canada that plan to host an NDHR event on June 11 to apply.

SUBMIT A PROPOSAL FOR OUR \$2500 GRANT

The following questions are required elements of a successful NDHR proposal:

COMMUNITY INVOLVEMENT IN PROPOSED EVENT

In planning an NDHR event, it is very helpful to have community partners to assist in the implementation - and to spread the word that the event is happening. Who are your community partners? Who or what organizations are involved in your planning committee? How will you ensure that your community is involved in you NDHR event?

COMMUNITY DESCRIPTION

In one paragraph, please tell us about your community (include details like: name, and why your community is in need of healing and reconciliation, etc)

EXPLAIN THE IMPORTANCE OF HEALING AND RECONCILIATION

to your community and the connection to the events you are hosting.

PAST NDHR EVENTS

Have there been NDHR events in your community before? If so, briefly describe the event; number of participants, etc. What were the best NDHR moments in the past? How has hosting an NDHR event helped your community?

PROPOSED NDHR

Please describe in as much detail as you can, what you plan to do for NDHR 2011.

LETTERS OF SUPPORT

Please include a minimum TWO letters of support, preferably from your community partners.

PLEASE SEND COMPLETE APPLICATIONS TO:

National Day of Healing and Reconciliation
Native Counselling Services of Alberta
10975-124 Street
Edmonton, Alberta T5M 0H9
Ph: (780) 447-9340 / Fax: (780) 428-0187

**Visit www.ndhr.ca
for more information**