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Misiway

MilopemahteseWIN Community Health Centre

130 Wilson Avenue
Timmins, ON P4N 2S9

Phone: 705.264.2200
Fax: 705.264.2243

Clinic
Fax: 705.267.5688

Tipachimowin - Misiway's Newsletter

Your Community Health Centre

Misiway MilopemahteseWIN Community Health Centre is one of 56 Community Health Centres (CHC) in the province of Ontario.

Misiway is one of two Aboriginal CHC's, the other is Anishnawbe CHC in Toronto, Ontario.

Misiway's primary function is to provide primary health care to urban Aboriginal people within a 140 kilometre radius of the City of Timmins.

Many of our staff that you can read about in this issue have been dedicated employees of Misiway for 4, 5, 9 and even up to 12 years.

The staff are dedicated to provid-

ing effective primary health care services and community involvement.

In keeping Misiway community oriented, the staff have created and maintained many community partnerships with various organizations and services. Many of these partnerships address health, culture, education (*continued on page 6*)



www.misiway.ca

Volume 1, Issue 1

February 2008

Special points of interest:

- ☉ Getting to know the staff.
- ☉ Walking for the Health of it.
- ☉ A community update.

"I love helping people and feel truly blessed to be working at Misiway."

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New Monday Clinic Hours

In order to meet the needs of patients and clients, effective Monday February 4th, 2008, the **Misiway Clinic** will be changing patient appointment hours from 1:00 pm to 6:00pm. **This is for**

Monday's only.

This time will allow for patients to make appointments to see the doctors or Nurse Practitioners at times that work for our patients busy schedules.

These new hours will have trial period of 4 to 6 weeks.



Please note that Tuesday to Friday Clinic hours will remain 8:30am to 4:30pm.

Meet the Staff at Misiway



Lawrence Martin has been the Acting Executive Director at Misiway Milopemahtesewin since June 2007. Lawrence brings with him many years of management experience with various organizations and services in the Northern Ontario region.

These include; Wawatay Native Communications Society, Cochrane Ininev Friendship Centre, Nishnawbe Aski Police and elected Mayor of Sioux Lookout, two terms as Mayor in Cochrane and the first elected GrandChief of the Muskegowuk Council which serves communities of At-tawapiskat, Kashechewan, Fort Albany, Moose Cree, Taykway Tagomou, Chapleau Cree and Missinabe Cree.

Martin was the First Native person in Canada to win a Juno Award for Aboriginal Music.

He currently has three CD's all of which were nominated for Juno's.

Lawrence lives in Cochrane, with his wife Betty and they own and operate the Ekwateh Art Gallery that features Betty's art and other Aboriginal Artist.

Lawrence is very happy to be working at Misiway, because it reflects exactly the kind of work he does in his personal life, helping people by using traditional ceremonies.

Christine Dobson is the Registered Nurse and Clinical Coordinator. She has been employed full time with Misiway CHC since September 2006. She works collaboratively with



Physicians, Nurse Practitioners and Social Worker in providing high quality health care to our patients. She has seventeen years experience in nursing and worked with Aboriginal Health Centers in the Northern communities. She is a Moose Cree First Nation member and raised in her home community of Moose Factory. She and husband Brad are parents to six beautiful children.

Her present role as Clinical Coordinator at Misiway is working directly with the physicians and assisting with on-going care. One of her duties and responsibility of my position is health promotion/education.



Lorna Cooper is one of our Nurse Practitioners. Lorna has been at Misiway since 1995, first as a Community Health Nurse, then as a Nurse Practitioner in 1999. She brings over 20 years of nursing experience to Misiway. Other places she has worked include: Fort Francis, Kenora, Ottawa, and Deer Lake.



She was raised here in Timmins. Her roots are in Manitoulin Island at Wikiwemikong and Whitefish River First Nation. She has one son, She enjoys downhill skiing, golfing, biking, gardening and taking her dogs out for long walk in the bush. Other passions are knitting and reading.

Continued from page 2—Meet Misiway Staffing



My name is **Paulette Labelle** and I have been the medical secretary at Misiway for the past 9 years. I was raised in Angliers Quebec, a small town on the shores of Lake Des Qui

nzies in northern Quebec. It is a small town of approximately 300 people and very touristy. My parents moved the family to Temiskaming, Quebec when I was 16 years so we could go to school in North Bay to learn English. I attended Algonquin Secondary School and went on to Canadore College where I graduated from the medical secretary program in 1976. I have been working as a medical secretary since then.

While living in North Bay,

I worked for the same family physicians for 11 years, I then moved to Timmins in 1990 and started working for Porcupine Health Unit and Community Care Access Centre before coming to Misiway. I am married and the proud mother of two adult children. I enjoy walking gardening, fishing, camping and reading.

I love helping people and **feel truly blessed** to be working at Misiway.

I am one of the physicians **Dr. Susan Kaczmarek**. Although I have lived and worked in Timmins for 23 years, I was born raised and educated in England. I left England in 1982 after finishing Medical school at Nottingham University, to join my husband, a mining engineer who had moved to Canada the previous year.

I then spent 2 years at McMaster in Hamilton completing my Family residency before moving to Timmins.



From 1984 to 1992, I worked as a Family Physician in my own busy practice. From 1995 to 2002 I made a career change, completing a Masters Degree

in Community Health and Epidemiology and worked in Public Health as the Medical Officer of Health for the Porcupine Health Unit. In 1995, I decided to practice Family Medicine once again and since then I have enjoyed working as a Clinic Physician in Multidisciplinary team at Misiway. Outside of work, endurance sports plays a big part in my life. I love to cross country ski, run and bike.

Dr. Patrick Critchley has been with Misiway for just over 3 years and brings many years of experience as a family physician.

Not only does Dr. Critchley work at Misiway, but he also has his own busy family practice in Timmins.

Dr. Critchley practiced family medicine for many years in the community of Hamilton, ON



and felt a return to Northern Ontario was needed and called for. Hailing from the town of Black River-Matheson, Dr. Critchley is aware of the

needs of the people of the North.

Dr. Critchley has taken an interest in complimentary methods to health care and demonstrates a genuine interest in providing positive care his patients.



More of the Staff

Hello everyone, my name is **Anne Iserhoff** my start date here at Misiway commenced on July 5th, 2006. I currently fill the role as receptionist and work collaboratively with the medical secre-



tary. My duties include answering and booking appointments as well, sharing work responsibilities with the medical secretary. My educational background includes Office Administration which I recently graduated in May 2006, along with a Social Worker diploma. I am a member of Moose Cree First Nation, born in Moose Factory, but raised in Timmins. I am a mother of three boys, Ryan and twins Jeffrey and Thomas Jr. and enjoy parenting with my

other half, Tomas Sr.

I very much enjoy working with the public and with my co-workers at Misiway, as it as enjoyable and pleasant atmosphere.



Hi! My name is **Wanda Carleton**. I am a Nurse Practitioner at Misiway Clinic, which formally began September 2007.

I am originally from Moose Factory, but moved to Timmins in 2005. I am married and I have 3 children (ages 15, 12 and 8) who keep me very busy. My interests away from work include curling, reading, needlepoint,

biking and hanging out with my



My main areas of practice include well women and well child care and management of common and episodic illnesses. I am also very interested in diabetes management in our aboriginal population. I look forward to serving the aboriginal population of Timmins and surrounding area by providing primary health care and promotion.

My name is **Christina Goldstone** and I am the newest member of the Misiway. My position is Finance Administrator/Data Management Co-coordinator. I was born in Moose Factory but was raised in Timmins and I am a member of Moose Cree First Nation. My maternal relatives still live in Moose Factory. I come to Misiway from a local accounting firm, prior to which I was bookkeeper in the retail sector. My duties at Misiway include the overall bookkeeping function, and

agement for collaboration of billings and reports for patient care, and daily administration of all functions of the Centre.

My education background consists of a business Administration—Accounting diploma taken throughout my career. On a personal note, I am the mother of one daughter and one son; my husband and I enjoy numerous outdoors activities such as camping, fishing and walking with our children. I look forward to using my 15 years experience in the

finance field to benefit the organization and working with the dedicated team of employees at Misiway.



Staff Continued...

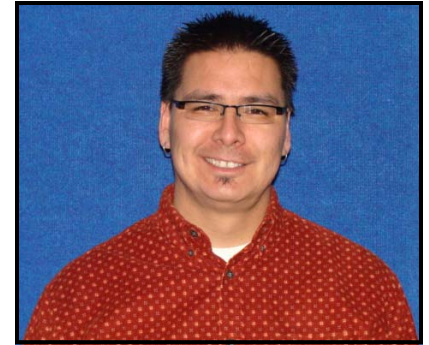
Stacey. V. Cress is Anishnawbe hailing from Garden River First Nation—Ojibwa Territory. He is a father to his three beautiful children. For 14+ years Stacey has worked for Aboriginal and First Nations people in the field of social services. Stacey is very involved in the Aboriginal and First Nations community. He has served as co-chair on the Timmins Aboriginal Organization Committee, served on the Board of Timmins Native Friendship Centre and presently sits on the

Board of VCARS (Victim Crisis and Referral Services) as well as the Board of the Timmins & District Hospital.

Stacey feels that working for and with the Aboriginal and First Nations people is more than a job, it's a privilege.

He enjoys the multidisciplinary approach to health care utilizing various professions to enhance the care that patients receive at Misiway.

Recently, Stacey has taken on the position of Health Promoter and Educator and looks forward to working with the community in order to address health from various perspectives.



Jasmine Lafreniere, an affiliate of Mattagami First Nation, was born in the small village of Shin

-ing Tree. She attended high school in Timmins before proceeding to further her education in North Bay and Oshawa. Returning to Timmins in 1999 after graduation from college, Jasmine soon began working at Mamo to attend schooling at Toronto School of Business Administration and Payroll Administrator. In 2004, Jasmine began

working at Northern College as the Institutional Research Clerk.

In July 2007, Jasmine was brought on board at Misiway to assist with secretarial and other administrative duties.

Michael Tremblay—is a Registered Social Worker with over 15 years of clinical experience in the mental health field, including 6 years managing his private practice in his hometown of Timmins. He received his B.A in Psychology and Philosophy from the University of Ottawa in 1995, and his Masters of Social Work Degree from Lakehead University in 2000. Michael has clinical experience



Working with all client populations, but mostly notably working with Aboriginal people. His clinical specialties include the treatment of anxiety, depression, aggression, grief and trauma. Michael also has extensive experience and training in working with children/adolescents experiencing a variety of problems including: coping with separation and divorce, anxiety, ADHD, defiance and aggression

Meet our Social Service Worker Student

Wa-Chay! My name is Tanya Jeffries. I was born and raised in Moose Factory and I am a member of Moose Cree First Nation. I am a mother to my beautiful 10 year old daughter, Kiana.

My other half resides in Moose Factory and has three children, whom I love as my own.

Presently, I am a student in my fourth semester of the Social Service Worker Program through Northern College.

I commenced my placement in November, every Friday. Then began my placement full-time January 7, 2008. I will be doing my placement here at Misiway with Stacey until the end of April. I am looking forward to the opportunity to gain valuable knowledge and learning experience from this organization. During my spare time I enjoy going hunting, camping, and fishing with my family.

I also enjoy playing baseball during the summer months and spending time with my family and friends.



Traditional Healer to Visit Misiway

Traditional Anishnawbe Healer Jake Ago'neh will be visiting Timmins on **February 21, 22 and 23** as well as **March 20, 21 and 22**.

Jake is from Sheguianda First Nation on Manitoulin Island and has been offering his traditional services as a healer for almost 10 years under the direction of Adam Lussier.

Jake's spirit name is *Gaa Gek Ga Gee Ga Doo* or Hawk Who Talks.

Jake has experience working with Anishnawbe Health Centre in Toronto, Ontario. As well as various other First Nation Communities across the province.

Some of the ceremonies that Jake has participated in the past are spiritual guidance,

naming ceremonies, healing circles and sweats.

Jake is available for one on one sessions; call Stacey or Tanya and schedule an appointment at (705) 264-2200, ext 128. Please remember to bring an offering of tobacco when you come and visit Jake.

Your Community Health Centre

(Continued from page 1) and community development.

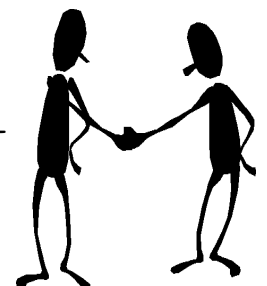
One of the partnerships that Misiway is particularly proud of is the Timmins Aboriginal Organizations Committee. (TAOC). The TAOC is made up of local Aboriginal organizations and allows Misiway to work regularly with Aboriginal Organizations by working towards celebrating National Aboriginal Day, June 21st as well as providing Christmas vouchers to families.

The Porcupine Diabetes Information Services has been instrumental in addressing care for our diabetes patients.

The relationship the Misiway's has with The Timmins Native Friendship Centre has also been valuable over the years and continues to grow!!!

Partnerships can help our CHC grow and allow our organization to provide enhanced services to our patients and community members.

Some committees in which Misiway participates are the following: Aboriginal Advisory Committee - Timmins Police and TDH, Family Violence Coalition - Porcupine Health Unit Northern College Pow Wow and Positively Timmins to name a few.



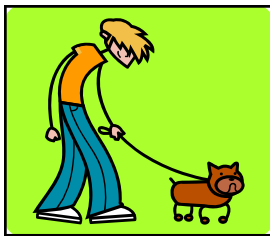
Let's Get Walking in 2008

There are almost as many reasons to walk as there are people who walk. People walk for pleasure, to stay in shape or manage their weight. Families explore the outdoors by walking together.

Some people use walking as therapy for injured muscles or troubled feelings. People walk to take a break at work, to find adventure and as a mode of getting from here to there.

Many people walk with friends for companionship and improved well-being. The more you walk,

the more reasons you'll find to make walking part of your daily routine.



Pleasures and Benefits of walking!!!

- walking refreshes the mind, reduces fatigue and increases energy.

- More than half the body's muscles are designed for walking; it is a natural movement and virtually injury-free.
- Regular, brisk walking can reduce elevated blood fats or blood pressure and improve digestion.
- Regular walking will help you maintain a healthy weight and positive body image.
- Brisk walking trains your heart, lungs and muscles to work more efficiently.

Count your steps to Better Health!!!

How many steps do you take in a day? Most people would have a difficult time answering this question. The average North American takes about 3500 - 5000 steps a day.

Researchers suggest that in order to improve your health a person should try to take 5000 to 7000 steps a day.

If your total number of steps per day is:

- under 5000, you are in need of more walking.
- Between 5000 & 7499, you are low active.
- Between 7500 & 9999 steps indicates you are getting some exercise and described as "somewhat active."



- 10,000 or more means you are an active individual.
- More than 12,500 steps a day would mean you are highly active.

Walking Is Easy As 1-2-3!!!!

If you're reading this and thinking; Hey, this sounds easy. Then just follow these 3 simple steps.

1. **Choose your pedometer and test it out!** - a pedometer is a small battery powered device that displays on a screen, the number of steps you take. These range in price from \$15 to \$40 .

Clip on your pedometer on your waist belt. It should be snug to your hip and lined up above your knee.

2. Set your daily step goal!

Recommended daily step goals depend on your age, current level of physical activity & how active you want to be.

- find out how many steps you are taking a day!

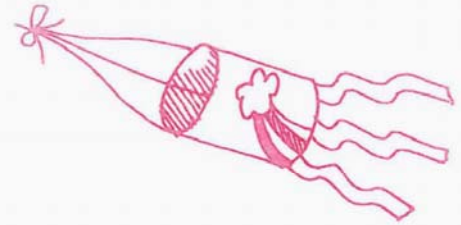
- Go about your daily routine, and record how many steps you take. Try this for a week, then you'll know how active you are.
 - Once you find out how active you are, then set a goal and work up to it.
- ### 3. Keep a weekly walking log.

Write down the days you walk and see how Easy it is to get active .

Activities for Kids



WIND SOCK



Skill:

creativity

Materials:

- * 24" × 12" or 18" × 8" piece of construction paper or posterboard
- * crayons, markers, or paint
- * tissue paper
- * string or yarn
- * hole punch, scissors, glue

Directions:



1. Place the paper lengthwise and draw a picture or paint a design.
2. Cut strips of tissue paper approximately 1" × 18" long.
3. Turn the paper over, then glue the tissue strips to the bottom edge.
4. Curve the sides around to make a cylinder and glue or staple.
5. Punch three holes in the top that are spaced apart evenly.
6. Take three 18" pieces of yarn and tie one end of each in a hole. Bring the other ends together and knot at the top.
7. Hang wind socks from the ceiling or a tree.

Adaptations:

- * Let the children make a wind sock of a favorite book, about themselves, or to relate to a unit of study.
- * "Baby" wind socks can be made with toilet paper dowels. Decorate the dowel with markers or crayons, glue ½" × 10" strips of tissue paper to the bottom, then punch holes and attach yarn to the top.

Activities for Kids is a new part of the *Tipa-chimowin Newsletter* that will appear in every issue.

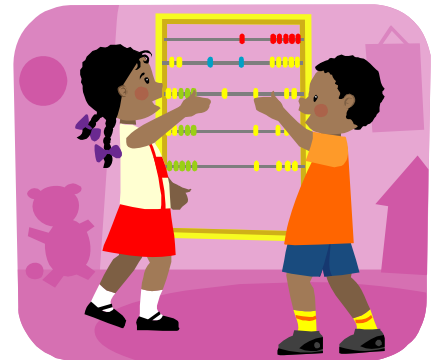
The most important thing to remember when trying these activities with your kids is that the goal is to have fun and spend time with your child(ren)

Finding the time is sometimes a challenge, but the benefits of spending quality time with your child or children is far more important than making sure the laundry is done right now or the floor is washed. Take 30 minutes and have some fun with someone who loves you very much and build a relationship that will last for a very long time... besides, the floor is going to get dirty again this week!!!

Some places to go and have fun with your kids are:

Timmins Native Friendship Centre - 316 Spruce Street South, 705-268-6262 or the CAPC Program at Misiway, 705-264-3300 ext 127, ask for Debbie.

Toy Lending Library 707 Ross Street, 705-360-7100.



First Nations Legends - How dogs came to be! - Ojibwa

Two Ojibwa Indians in a canoe had been blown far from shore by a great wind. They had gone far and were hungry and lost. They had little strength left to paddle, so they drifted before the wind.

At last their canoe was blown onto a beach and they were glad, but not for long. Looking for the tracks of animals, they saw some huge footprints that they knew must be those of a giant. They were afraid and hid in the bushes. As they crouched low, a big arrow thudded into the ground close beside them. Then a huge giant came toward them. A caribou hung from his belt, but the man was so big that it looked like a rabbit. He told them that he did not hurt people and he likes to be a friend to little people, who seemed to the giant to be so helpless. He asked the two lost Indians to come home with him, and since they had no food and their weapons had been lost in the storm at sea, they were glad to go with him.

An evil Windigo spirit came to the lodge of the giant and told the two men that the giant had other men hidden away in the forest because he like to eat them. The Windigo pretended to be a friend, but he was the one who wanted the men because he was an eater of people. The Windigo became very angry when the giant would not give him the two men, and finally the giant became angry too. He took a big stick and turned over a big bowl with it.

A strange animal which the Indians had never seen before lay on the floor, looking up at them. It looked like a wolf to them, but the giant called the animal 'Dog.' The giant told him to kill the evil Windigo spirit. The beast sprang to its feet, shook himself, and started to grow, and grow, and grow. The more he shook himself, the more he grew and the fiercer he became. He sprang at the Windigo and killed him; then the dog grew smaller and smaller and crept under the bowl.

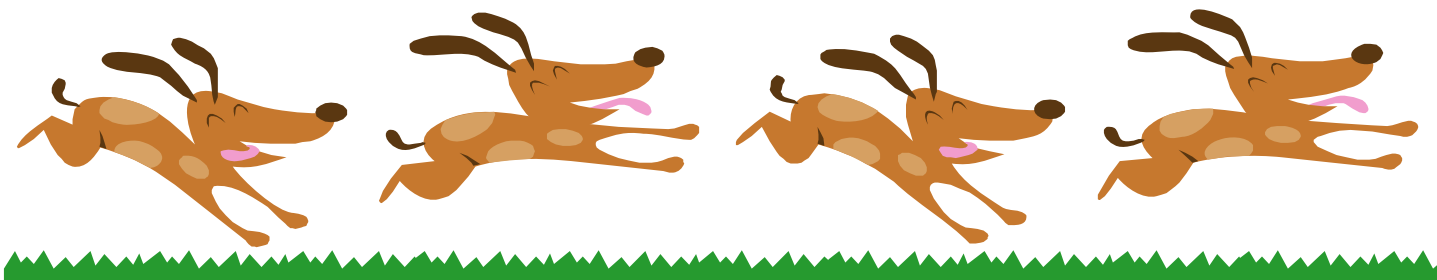
The giant saw that the Indians were much surprised and pleased with Dog and said that he would give it to them, though it was his pet. He told the men that he would command Dog to take them home. They had no idea how this could be done, though they had seen that the giant was a maker of magic, but they thanked the friendly giant for his great gift.

The giant took the men and the dog to the seashore and gave the dog a command. At once it began to grow bigger and bigger, until it was nearly as big as a horse. The giant put the two men onto the back of the dog and told them to hold on very tightly. As Dog ran into the sea, he grew still bigger and when the water was deep enough he started to swim strongly away from the shore.

After a very long time, the two Ojibwa began to see a part of the seacoast that they knew, and soon the dog headed for shore. As he neared the beach, he became smaller and smaller so that the Indians had to swim for the last part of their journey. The dog left them close to their lodges and disappeared into the forest. When the men told their tribe of their adventure, the people though that the men were speaking falsely. "Show us even the little mystery animal, Dog, and we shall believe you," a chief said.

A few moons came and went and then, one morning while the tribe slept, the dog returned to the two men. It allowed them to pet it and took food from their hands. The tribe was very much surprised to see this new creature. It stayed with the tribe.

That, as the Indians tell, was how the first dog came to the earth.



Misiway Milopemahtesewin CHC-A community update!

Misiway Milopemahtesewin CHC is funded through the Ministry of Health Long Term Care (MOHLTC), like all other Health Centres in Ontario.

At the end of 2006 and early 2007, Misiway was no longer able to operate the program.

Weenaybayko Health Ahtuskaywin (WHA) agreed to monitor and to be a mentor for an interim period of time. WHA's task is to assist in rebuilding its governance structure, hire qualified personnel and ensure that the mandate of Misiway is followed appropriately, as well as the policies and procedures that govern Health Centers in Ontario.

An acting Executive Director was hired by WHA to conduct the day-to-day business of the organization in collaboration with WHA. Ross Pope & Company, Chartered Accountants, had already been assigned to process the financial commitments of Misiway on a weekly basis.

As a result of a complaint to the Timmins Police Service regarding financial and management issues, a Forensic Audit team from the province conducted its investigation. Once the Forensic team left in mid-fall, they shared their report with the Timmins Police Service (TPS), who in turn sought advice from the Crown's Office, to determine whether there would be charges laid. *As*

of January 14, 2007 - TPS said, the investigation is carrying on.

Once the Forensic team completed their work, the auditor from KPMG finally was able to access the books for 2006/2007. The audit is to be completed by early February 2008.

At some point in time, prior to March 2008, the Ministry of Health will decide how Misiway will continue to operate. The funding for Misiway is not being questioned, the services will carry on, but it is the Governance structure that will be reviewed and decided on: Will Misiway remain under WHA? Will Misiway have the public elect its board of directors? Will there be certain conditions placed on Misiway i.e., some members of the board to be appointed, while others are elected? Discussions are now underway to help determine the answers to these questions.



In the meantime, its business as usual... with full staffing in place, the clinic hours will be expanded on Mondays starting on

February 4, 2008. There will be an assortment of activities being planned and executed by the Health Education Promotion office, i.e., Native Traditional Healers will be available on a regular basis (sign up now by contacting Stacey V. Cress); we will continue to work with the Timmins Native Friendship Centre with their CAP-C program, which operates out of our building; our monthly Diabetes program will carry on, and so forth.

Throughout the above period, the Clinic staff - physicians, nurses and support staff did not miss a beat in carrying out their duties as a Health Centre. They continued working with patients but had to provide some of the administrative duties, i.e. acting executive director role, management of the remaining staff and resources. The CEO of WHA also provided assistance in the initial stage of the 2007 budget year.

The bottom line is that there is a lot of work to be conducted by the staff and the present coordinating body of WHA and MOHLTC. For example, as we transfer our budget submissions and reporting mechanisms over to the new LHIN structure, there are special considerations to be made, such as the timing for this new relationship; an upgrade of the technology in both hardware and software; training requirements, up dates of the

Misiway Update Continued

needs assessment and gap analysis, and adaptation to a constantly changing landscape of the health care system.

The demographics of our client base is also rapidly changing, whereby, 85% of our clients are from the northern James Bay coastal communities, with more and more arriving each year. Albeit, Misiway's path has had a few bumps, the history and rea-

son to be present in the Timmins and catchment area (140 km radius) is very crucial to the well being of hundreds and hundreds of people who are the patients of Misiway.

The nature of our patients dictates the format of our patient care - where we will take half hour to 45 minutes to work with a patient rather than the 10 - 15 minute in other clinic settings.

I am certain that our professional team of physicians, nurses and program administrators will only enhance the services of Misiway in the years to come.

Misiway is a special place, where special care is given to special people.



Walking for the Health of It - Just Do It!!!

Okay, here I go. Today I'm here to prove/challenge the fact that walking will make a difference in my life and yours.

I consider myself health conscious and aware. I like to play summer sports; golf, tennis, slow-pitch and often take walks in bush with my kids, both in the summer and winter.

I usually don't walk many places, however I recently got a family dog and this gets me out 1 to 2 times a day. These walks are usually 10 to 15 minutes in length.

I walk from my home/office to my van and from my van to my home/meeting.

I estimated that I take less than 5000 steps a day. According to an article in this newsletter, I would be a person that needs to be more active.

So what I'm going to do is; keep

track of my activity over the next 3 months and challenge/prove that walking can be beneficial to everyday people such as myself.

So, as I sit here today, I weigh 187 pounds, I wear a 34 inch waist and I usually eat with a health conscious mind.

My Body Mass Index (BMI), which takes into consideration my sex, height and weight and gives me a BMI reading. As of today, my BMI of 26.8. According to this number, I am overweight. Even without having this # I feel I could stand to lose 5 to 10 pounds for my own comfort. According to the BMI calculations, a suggested weight for me would be 173 pounds.

This keeps in line with my own feeling that I could lose 10 pounds.

So, I'm going to start walking and if you'd like to join me, you are more than welcome. **Misiway has pedometers available for loan as well as starting weekly walking programs to get you started.** With this walking program will be some prizes for participants to keep them motivated.

If you're interested and want more information, give me a call at (705) 264-2200 at extension 128. We'll talk soon. Stacey



Walking will bring a smile to your face and your overall life. Let's do it together!!!

The top 10 reasons for getting the flu shot !!!

We are still giving the flu shot all the way through the winter months.

The top 10 reasons for getting the flu shot:

10. You have a chronic medical condition
9. You have a weakened immune system
8. You're a senior citizen
7. You're 6-23 months of age
6. You're a health care provider
5. You provide essential community services

4. You can't afford the time off work

3. You're traveling to another country

2. You live with someone who has a chronic medical condition.

AND THE #1 REASON YOU SHOULD GET THE FLU SHOT IS...

1. You care about your own health and the health of those around you!

Prepared by the [Canadian Coalition for Immunization Awareness & Promotion](#)

Submitted by Lorna Cooper

If you're interested in getting a flu shot, call Misiway, 705-264-2200.



Suicide Education/Awareness Workshop

In partnership with the Ininew (Cochrane), Moosonee Friendship Centres' as well as Cochrane-Smooth Rock Falls VCARS; Misiway will be hosting a 2 day Suicide Education/Awareness Workshop. The Workshop will take place at the Tim Horton Event Centre in Cochrane on Wednesday February 27 and Thursday February 28, 2008.

It is expected that this training opportunity will reach upwards to 100 professionals in the communities of Cochrane, Smooth Rock Falls, Timmins and the various communities.

The cost for the workshop is \$25.00 and \$40.00 to include an night of entertainment and dinner.

For more information or to register call Josie Chrysler in Cochrane @ 705-262-4497, ext 28 or Stacey V. Cress @ 705-264-2200@ ext 128.



Aboriginal Family Wellness Program

Debbie Loveless 'loves' her job. Debbie is the Aboriginal Family Wellness Worker and is situated in the lower level of Misiway at 130 Wilson Avenue. Debbie is actually a employee of the Timmins Native Friendship Centre, but in an attempt to reach the wide range of Aboriginal people (First Nations, Inuit & Métis), the program is located off site

of the Friendship Centre.



This program has a wide range of services designed and developed to assist families with children aged 0 to 6 years of age. If you are interested in programming, call Debbie at 705-264-2200 @ ext 127





February 2008

Aboriginal Family Wellness Program
 130 Wilson Ave.
 Phone: 264-2200 X127
 Contact Debbie for more information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Drum birthing ceremony 10-3 @ friendship centre
4 Playgroup 9:30-12pm Parent Support Circle 1-3pm	5 fitness program 9-10:30am sewing 1-3pm	6 nutrition bingo 1-3 @ Friendship centre Family Swim 6:15-7:30pm	7 ADMIN	8 closed
11 Playgroup 9:30-12 Yoga 10am-11am	12 fitness program 9-10:30am sewing 1-3pm	13 Parent Self-care (self massage 9:30-11am Family Swim 6:15-7:30pm	14 Valentine's Day Party 1-3pm ADMIN	15 closed
18 CLOSED FOR FAMILY DAY	19 infant massage 10- 11pm sewing 1-3pm	20 nutrition bingo 1-3pm Family Swim 6:15-7:30pm	21 ADMIN	22 closed
25 Playgroup 9:30-12pm	26 sewing 1-3pm fitness program 9-10:30am	27 collective kitchen 10-2	28 ADMIN	29 PD Day

Aboriginal Family Wellness Program

Bannock, a food staple of many families!!!

Food is an expression of culture. All cultures share the love of food, whether it is a collection of the family's favorite recipes, their memorable meals, or the rituals around collecting and preparing food.

This common bond between people is a good place to start to learn about each other's culture. Bannock, for instance, is a favorite food of First Nations on Turtle Island (North America) and all Canadians.

In precontact times, bannock was made from natural substances gathered from the woods: flour from roots, natural leavening agents and a sweet syrup made from the sap of trees.

Elders have warned that today's reliance on "white foods" -refined sugar and flour- are contributing to an overall decline in the health of the people.

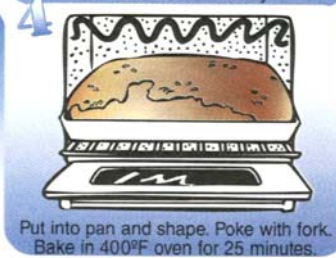
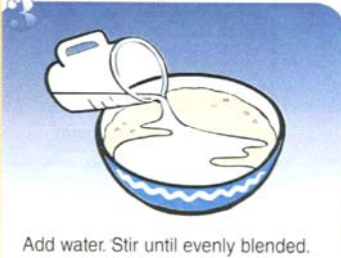
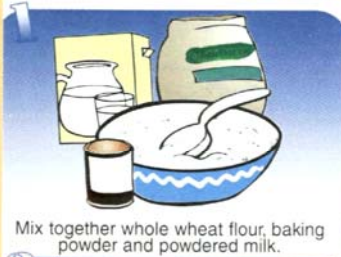
While it would be impractical to return to the woods for all our sustenance needs, it is possible to chose healthier alternatives.

Try substituting whole wheat flower and maple syrup or honey for sweeteners into the recipes for a more natural taste

Whole wheat Bannock Ingredients

5 cups whole wheat flour ½ cup skim milk powder
3 tblsp baking powder 1 cup water
½ cup vegetable oil

Directions



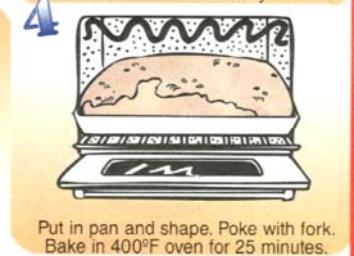
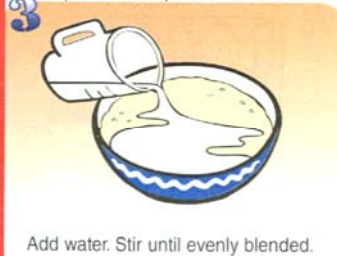
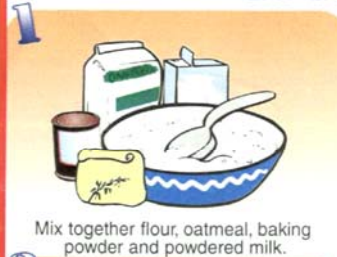
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Oatmeal Bannock Ingredients

5 cups flour 2½ cups oatmeal
3 tblsp baking powder ½ cup skim milk powder
½ cup vegetable oil 2 cups water

Directions



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