



Community Health Centre

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Misiway

Milopemahtesewin Community Health Centre

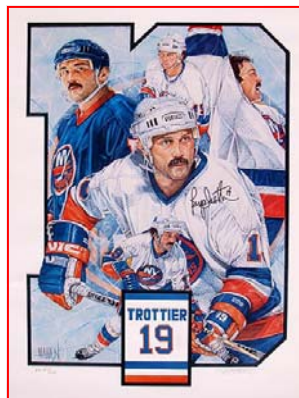
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Clinic
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Tipachimowin - Misiway's Newsletter

Your Community Health Centre

Misiway Milopemahtesewin Community Health Centre Staff recently participated in the Mushkegowuk Council Youth Department's 4th Annual Fundraising Golf Tournament.

The Golf Tournament took place here in Timmins on Thursday June 26, 2008. The staff of Misiway believe in belief to supporting and enriching the lives and future of the Youth. A large percentage of the Enrolled patients of Misiway do originally come from the Mushkegowuk Council group of communities.



1998 National Aboriginal Achievement Award Winner and former NHL Great and Hockey Hall of Fame Inductee Bryan Trottier was present and delivered many messages to all those present as well as

shared many NHL hockey stories of playing against many NHL hockey legends such as Larry Robinson of the Montreal Canadiens, Wayne Gretzky of the Oilers, Kings, Blues and Rangers



Left to right: Team Yellow: Christina Goldstone, Lawrence Martin, Lorna Cooper, Rob Hamelin; Team Red: Stacey V. Cress, Wanda Carleton and Christine Dobson, missing in this picture is Micheal Tremblay!

Bryan Trottier's message to the Youth was that each individual needs to find his of her passion and make it happen. Bryan also spoke how the Youth should surround themselves positive influential people. It was a great day and great message.

www.misiway.ca
Volume 1, Issue 4
July to September

Monday Clinic
Hours Reminder
Monday
10:00am to 6:00pm

Tuesday to Friday
8:30am to 4:30pm

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Medical Secretary Celebrates 10 Years at Misiway

Paulette Labelle wakes up every morning, eats a healthy breakfast, gets dressed in a style all her own; brushes her hair and teeth and comes to work.



Every day for 10 year Paulette has been going through this daily routine and coming to work at Misiway Milopemahtesewin Community Health Centre.

In 1998 when Paulette started to work at Misiway, things were

different then. Misiway was situated at two different sites on Pine Street South. One was a medical office and another was the Administration and Program office.

Paulette's job title at Misiway is Medical Secretary. Some of her job responsibilities are to maintain filing systems letters and process documents often from dictated tapes. Answering the telephone and dealing with queries as and when required will also be a regular part of the role.

This is her role, but many patients and individual associated with Misiway are more than aware of the dedication that Paulette has demonstrated over

the 10 years she has been employed at Misiway.

Paulette at times has played the role of Social Worker as well as the Executive Director. She has always kept the best interest of patients and the overall organization close to her daily working habits.

Misiway would not be the organizations that is, and has grown into with out the dedication of employees and community members such as Paulette has demonstrated over the years. It is very apparent that her work is much, much more than just work.

Thank you Paulette!!!

New Patients Accepted !!!

Misiway is in the process of recruiting new patients. In our last issue of the Newsletter, it was highlighted how you can become a patient of the Health Centre.

All individuals must have some connection or relationship of Aboriginal Status (First Nations, Metis, Inuit) as per funding requirements.

We recently had our new Nurse Practitioner successfully complete the 'Grow Your Own'



Wanda Carleton, our newest NP building her practice & patient list.

Nurse Practitioner Program and is now building her patient list. Some of the areas in which you can become a new patient of one of our two NP's are: Well Baby & Well Women Clinics, Health Care Education and Screening, Weight Management and Smoking Cessation, Chronic Illness in stable conditions & treat sore throats & ears, etc.

For more information or to become a patient call the office at (705) 264-2200. New Patient applications can be picked up at Misiway.

National Aboriginal Day 2008



June 21st on most calendars marks the official first day of Summer. But to Aboriginal Peoples across this country, it is also a special day, its National Aboriginal Day.

June 21st was selected because of the Sacredness that this day has had with Aboriginal Peoples for thousands of years. Many traditional ceremonies take place on this day.

Locally, the Timmins Aboriginal Organization Committee is responsible for planning the National Aboriginal Day Events. In Timmins, these celebrations have taken place since 1994 .



Some of the annual events are the Sunrise Ceremony that takes place at Hollinger Park which sees as many as 30 - 40 people participate every year. Another event is the Annual Community Family Breakfast, which sees over 100 hungry and happy people attend.

As you can see by some of these pictures from this event, a lot of fun was had by all that attended, can't wait till next year!!!

Misiway's Community Breakfast



Community Partners, Rose Iserhoff & 'Cherilyn Wesley



Some Young Volunteers Helping Out

Get Up, Go Out! Be Summer Active

The Physical Activity Readiness Questionnaire (PAR-Q)

Becoming more active is very safe for most people, but if you're in doubt, please complete the questionnaire below. Some people should check with their doctor before they start becoming much more physically active. Start by answering the seven questions below. If you are between the ages of 15 and 69, this questionnaire will tell you if you should check with your doctor before you start. If you are over 69 years of age, and are not used to being very active, definitely check with your doctor first.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (e.g., water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, talk with your doctor before you start becoming much more physically active.

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active right now. Be sure to start slowly and progress gradually - this is the safest and easiest way to go.

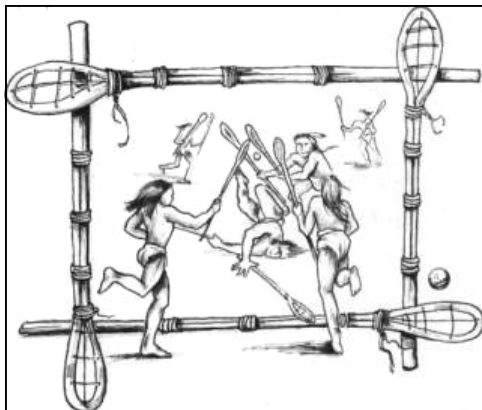
Delay becoming much more active if:

- You are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- You are or may be pregnant - talk to your doctor before you start becoming much more active.

Note: If your health changes so that you then answer YES to any of the above questions, ask for advice from your fitness or health professional.

[Source:Physical Activity Readiness Questionnaire (PAR-Q) © 2002. Used with permission from the Canadian Society for Exercise Physiology, www.csep.ca.]

Indigenous Summer Games



For thousands of years before European contact, Aboriginal people held games throughout the continent of North America. In fact, historical records suggest that many modern team sports were derived from traditional Indigenous games.

For example, Lacrosse is a traditional Aboriginal sport, originally played for days at a time on fields several kilometres long. Distinct Lacrosse communities were distinguished by their types of sticks, balls and dress.

Lacrosse was revered for its healing power, believed to teach courage, strength, honour, respect, generosity and fair play. It requires stamina, ball handling, and teamwork skills, and game strategies.

Traditional Indigenous games taught personal and social values reflected in the lifestyles and cultures of Aboriginal People to the present day.

Qualities such as honesty, courage, respect, personal excellence - as well as gratitude for the guidance of parents, elders, and communities - prepared children and youth for the responsibility of adulthood.

In this sense traditional Indigenous games help promote the holistic concepts of physical, mental, emotional, and the spiritual growth of the individuals who participate in them.

Traditional Games of the Métis Nation

The Métis Nation emerged from the union of voyageurs of European descent and Native women during the fur-trading era in Western Canada. It developed its own culture with elements taken from both the European and Aboriginal cultures.

Until the middle of the 19th century, the main concern of the Métis was primarily to survive so their sports and games were usually based on everyday survival skills needed for hunting bison and trading furs.

For example, sharp-shooting, wrestling, running and horse races honed skills essential for hunting, defending the community or working in the fur trade.



Indigenous Games Continued

The Métis Nation demonstrated great skill on their horses, performing acrobatic feats while on horseback and picking up objects from the ground while at full gallop. They also contributed to the evolution of hockey, initially skating on blades of bone.

Today many festivals and games still celebrate the Métis traditions. For instance, since 1967, the Festival du Voyageur in St. Boniface, Manitoba has organized 'le Concours du meilleur' or the Contest of the Best. Typically held in winter, this competition has evolved into six categories: log sawing, arm wrestling, pillow fights, barrel rolling, Indian wrestling and leg wrestling.

Seasonal festivals have kept the Aboriginal and Métis traditions of the fur-trading days alive. Trappers' Festivals like the one held in The Pas, Manitoba is renowned for its Dog Derby, which uses popular northern dog breeds like the Husky to pull sleds that originally would have carried fur pelts.

[Sources: The Northern Games Association; *The 2006 Inuit Games*; *The North American Indigenous Games, 2002*; *Living Traditions: Museums Honour the North American Indigenous Games*]



Summer Time
Get Active



Get Active!

Your Way , Every Day - For life

Accumulate 30 - 60 minutes of moderate physical activity daily to stay healthy or improve your health. Add up your activities in periods of at least 10 minutes each. Start slowly... and build up.



GETTING STARTED IS EASIER THAN YOU THINK

- Walk whenever you can - get off the bus early, use the stairs instead of the elevator.
- Reduce long periods of inactivity, like watching TV.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk - gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Try a new sport. Start with a lesson or join a recreational league.

TIME NEEDED DEPENDS ON EFFORT

VERY LIGHT EFFORT	LIGHT EFFORT	MODERATE EFFORT	VIGOROUS EFFORT	MAXIMUM EFFORT
	60 Minutes	30-60 Minutes	20-30 Minutes	
<ul style="list-style-type: none"> • Strolling • Dusting 	<ul style="list-style-type: none"> • Light walking • Easy gardening • Stretching 	<ul style="list-style-type: none"> • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics 	<ul style="list-style-type: none"> • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing 	<ul style="list-style-type: none"> • Sprinting • Racing

Range Needed to Stay Healthy

Starting slowly is very safe for most people.
Not sure? Consult your health professional.



Choose a variety of activities from these groups:



endurance

4 - 7 DAYS A WEEK

Continuous activities for your heart, lungs and circulatory system.



flexibility

4 - 7 DAYS A WEEK

Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.



strength

2 - 4 DAYS A WEEK

Activities against resistance to strengthen muscles and bones and improve posture.

Benefits of regular physical activity and healthy eating:

- better health
- look, feel and perform better
- stronger muscles and bones
- weight control
- better self-esteem
- feeling more energetic
- continued independent living in later life

Health risks of physical inactivity and unhealthy eating:

- premature death and disability
- heart disease
- obesity
- osteoporosis
- high blood pressure
- type 2 diabetes
- stroke
- some types of cancer

Misiway Foot Care Clinics

Foot Care Clinic - Misiway Clinic Team is extremely excited about our latest addition for enrolled Misiway patient Care. Misiway is now offering monthly Foot Care Clinics with the next one on Wednesday July 29 and Wednesday August 26, 2008. Tina Rainville from **Complete Foot Care Clinic** will provide minor foot care from Nail Care, Preventative Foot Care & Addressing Corns or Arch Pain. For more information call the office (705) 264-2200.



Misiway's Kids - Well, Kind of!??

At one time Misiway Staff took pictures of many of the kids that came in to the Health Centre and posted them on a wall.



The Staff at Misiway are very proud of the Health Care we deliver to each and every patient, but especially to our youngest and littlest patients.

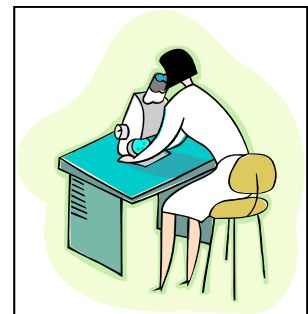
Misiway will start approaching patients to inquire as to if we can take your child's picture and post his/her as one of Misiway's kids. Your son or daughter will see their picture posted and want to show it off and remember their great visit to the doctor's office.

If you want to participate, watch soon for your child's chance to smile and if you don't want to participate, that fine too!!! We'll still ensure you and your family get the best care.

ATTENTION CLIENTS

Please be advised that effective immediately Misiway Milopemahtesewin Community Health Centre is offering an after-hours service advisory telephone service to all **ENROLLED** patients with in our health group.

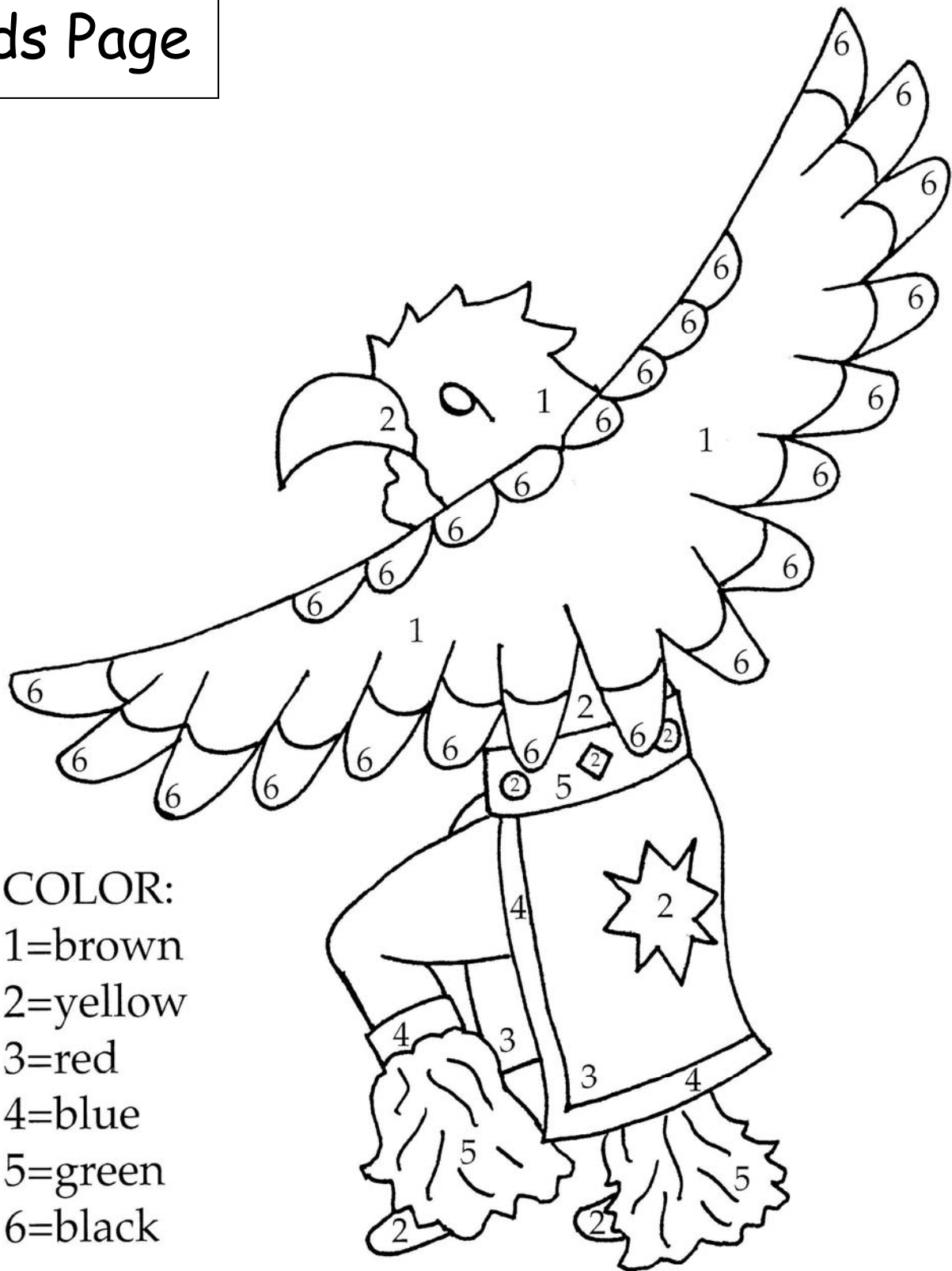
HOURS OF SERVICE ARE: MONDAY TO THURSDAY EVENINGS FROM 6:00PM TO 10:00PM ONLY.



This service will allow you to talk to a nurse for medical concerns and/or advice. All calls will be logged in your medical file and your caregiver will be advise of the contact. This will ensure you receive great primary health care from Misiway.

The telephone # is for Misiway enrolled patients: (705) 288-1732

Kids Page



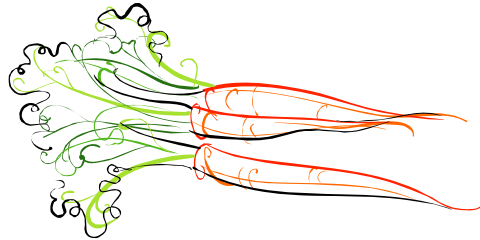
COLOR:
1=brown
2=yellow
3=red
4=blue
5=green
6=black

Teaching Kids to Eat Healthy



Those that work in health care or with children often get questions about how to teach children about healthy eating. Children learn about food best by seeing the adults around them eat in a healthy way -- plenty of fruits and vegetables, whole grains instead of refined grain products, and limited amounts of added sugars and added fats. Meals should not be a battleground. Keep junk out of the house, offer lots of choices, and don't make an issue over food likes and dislikes.

Children develop a natural preference for what they eat most often and enjoy. The challenge is to make healthy choices appealing. No matter how good your intentions, trying to convince your eight-year-old that an apple is as sweet a treat as a cookie is not a recipe for success! However, you *can* ensure that your children's diet is as nutritious and wholesome as possible, even when allowing for some of their favorite treats. can please both your child's palate and your sense of parental responsibility.



Top tips to promote healthy childhood eating

- Have regular family meals. Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting, which also enhances appetite, and provides a perfect opportunity for your children to share what's on their minds.
- Get kids involved. Children enjoy helping adults grocery shop, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and (for older children) how to read food labels.
- Make a variety of healthy foods available. Keep plenty of fruits, vegetables, whole grain snacks and healthful beverages (bottled water, milk, herbal tea, occasional fruit juice) around and easily accessible so kids become used to reaching for healthy snacks when they're hungry.
- Let them choose. Don't make mealtimes a battleground by insisting a child clean the plate, and never use food as a reward or bribe.



B

Breastfeeding your new baby

Buddy-up with an experienced breastfeeding mom.

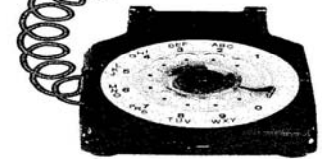
Breastfeeding Buddies is a mother-to-mother telephone support program.

Your **Breastfeeding Buddy** will call you once you are home, when you and your baby are learning to breastfeed.

To get a **Breastfeeding Buddy**, call the health unit at 267-1181.



Supporting and encouraging breastfeeding mothers in our area



Misiway Women's Sewing Circle - This Circle meets every Wednesday afternoon at 130 Wilson Avenue and is open to all and any women that would like to get out and socialize and learn or teach a new skill.

Many of the material is provided as well as much of the required tools and sewing machines. All you have to do is come out and want to spend some time with others!!!

Fundraising Initiative of Women's Sewing Circle

In an effort to raise funds for the Women's Sewing Circle, a raffle of a "beautiful" baby blanket and diaper bag will be sold.

Tickets are only sold at Misiway and are \$2/each or 3 for \$5. Next time your in, buy a few and support the ladies or call Stacey and he'll make sure he gets some out to you. 264-2200 ext 131.

