



Kebaowek First Nation Mazinaigan Kebaowek First Nation Community Newsletter

An Update from the Chief

To the members of our community, a huge thank you for coming out to our Aboriginal Day activities and community feast in such huge numbers, for a while there, I thought we were not going to be able to feed everyone. This day and activities would not have happened without the help of many individuals. Thank you to the organizers who planned the activities and to the volunteers and staff who contributed their time and energy to making the day a great success. The day began with activities under the tent, followed by the canoe races which were well attended by the members, it was fun to watch young and old give it their best, aside from one minor tipping, most participants managed to stay dry. This was followed by a community feast of pickerel, moose meat, bannock, beans and coleslaw. Thanks to the cooks and servers who did a fabulous job. A special thanks to Yogi and Victor for battling the bugs to catch the fish and to Melvin for yet another delicious pot of beans. The meal was topped off with another beautiful and delicious cake from Carolyn. Thanks also to the Kipawa River Band boys, Billy, Neil, Shane and Brad for playing two solid hours of good tunes despite getting eating alive by the bugs. The evening capped off with a great display of fireworks. Thanks to everyone from the Fire and Police departments for putting on a good show.

Our new post office is in the process of being completed, it is located on the back side of the community hall. We are currently renovating a space that was already in existence, by adding windows, doors and handicap access. The new postal boxes have been delivered and installed and everyone should have received keys to their new mail box keys which were placed in your old mail box. Your patience will be appreciated while we continue to renovate and improve the area.

Every year in June is an exciting time for our students as we see them finish another school year and for many they get to graduate, whether it is to the next grade, from elementary to high school, from high school to college or university. I am also filled with pride when our young people succeed. They should be proud of their accomplishments. A special thank you to the parents for the invitation to the GTS graduation supper, we had two young ladies out of a class of five that graduated high school, congratulations to Desiree Down and Trysta Young for your hard work and commitment you made over the last years to get to that day, you and your parents should be extremely proud of your accomplishments. We wish you the upmost success on your future endeavours and have confidence that you will succeed at whatever you undertake. (page 2)

**Kipawa Countryfest
is next month !!**

**Check pages 8 and 9
for important info !!**

Volunteers needed !!

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Kebaowek QC J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428
Toll Free: 1-888-229-3224

**Kebaowek
Police Department**
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277



**Kebaowek Health and
Wellness Center**
110 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885

An Update from the Chief Cont'd



(left to right ... Councillor Gerald (Yogi) Chaput, Desiree Down, Trysta Young and Chief Lance Haymond)

I had the great honour to present the Governor General Medal to our Chief of Police, Nelly Mathias for 20 years of service as a police officer including the last three here as our Chief of Police. I was extremely humbled and honoured to have been asked by Nelly to be the presenter at a ceremony held in Wendake. I

felt great pride for her as she was called up and recognized for her years of service and dedication to First Nation policing, she was the only female officer to receive a medal and is the only female Police Chief in a First Nation community. I think it's great that this recognition is given because Nelly and other officers work for far less than the SQ even though they have the exact same training, they have less benefits and training and continually make do with much older equipment but yet they stay committed to being an officer, they should all be applauded for their commitment and dedication. So next time you see Nelly, say hello and congratulate her on this important milestone.

In closing, by the time you read this school will be out, hopefully warmer and dryer weather will have found its way here for July and August and it will be a time when many communities members will be enjoying some much needed vacation time. Enjoy the time with your children, family and love ones and be safe.

Chief Lance Haymond

New Comprehensive Community Planning Coordinator



I wish to introduce myself as the new Comprehensive Community Planning Coordinator (CCP Coordinator) for Kebaowek First Nation.

Over the past three years working within the Health Centre as the Community Service Worker I built many relationships with community members and staff in different departments. I have learned much about our communities' values, history, and local political sensitivities, which can only be gained by working in the local context.

I look forward to continuing to work with our community as a collective in this new position.

I encourage all community members to exercise their right to contribute to our future goals and assist in the development of our future. I am thrilled to be involved in the planning and development for our community and eager to get to work together on developing a community plan that will have tremendous value to the overall health of our people.

I look forward to continuing to working with a great team of people within Kebaowek First Nation, including all community members and departments whom I know want to see our future plans and projections come to fruition.

It is an exciting time to be working on our pursuit for continued empowerment and I am honored to be part of the growth of Kebaowek First Nation; that will honor our past and move us into the future.

If you would like to contact me to become a part of the team please contact me at 819-627-3455 extension 263.

Respectfully,
Kim Chevrier

Kebaowek Police Department



The community of Kebaowek First Nation would like to congratulate our Chief of Police, Nelly Mathias who was presented the Governor General's Medal of Canada on June 8th, 2017 in Quebec City.

Nelly has 22 years of service that includes working here in our community and working for Police Departments in her home community of Long Point First Nation, as well as Chisasibi and Eeyou Eenu.

Nelly has been the Chief of Police for the Kebaowek Police Department for the past 3 years and is currently the only First Nations woman who serves in a Chief of Police position.

(Pictured left to right) Chief Lance Haymond, Kebaowek Chief of Police - Nelly Mathias and Francois Deschenes, Assistant Commissioner and Commanding Officer of C Division at the Royal Canadian Mounted Police.



The Kebaowek Police Department is asking the community of Kebaowek to join us in the fight against the drug trafficking going on in our community. If you have any information about drugs being sold in the community please contact us at (819) 627-9624 or come meet with us at the Police Station. No names will be mentioned for the information provided. We cannot do this alone, we need your help, together we can accomplish anything.

DON'T GET SCAMMED!



THE CANADA REVENUE AGENCY WILL NEVER:



USE AGGRESSIVE LANGUAGE OR TONE



ASK FOR PREPAID CREDIT CARDS



THREATEN ARREST OR SEND POLICE

For more information, go to cra.gc.ca/fraudprevention

Don't get scammed !!

Beware of tax fraud schemes. If you get a call or email that sounds like a scam, it probably is.

When the CRA contacts you, it makes sure your personal information is protected.

The CRA will never:

- ask for personal information by email or text message;
- request payment by prepaid credit card;
- share your tax information with another person or organization, unless you have agreed that it can be shared;
- leave personal information on an answering machine;
- threaten or use nasty language.

When in doubt, check My Account or call 1-800-959-8281.

To learn more about your personal income tax and benefit information, and to manage your tax affairs online, go to www.cra.gc.ca/myaccount.

For information on scams or to report deceptive telemarketing, contact the Canadian Anti-Fraud Centre (CAFC) online at www.antifraudcentre.ca or toll free at 1-888-495-8501. If you believe you may be the victim of fraud or have given personal or financial information by mistake, contact your local police service.

For more information, go to www.cra.gc.ca/fraudprevention.

Migizy Odenaw Childcare Center

*Migizy Odenaw Childcare
would like to congratulate our 2017 graduates.*



Ayden Charron



Jude Horne



Cole McKenzie



Haven McMartin

*Wishing you all the best on your next big adventure.
We are going to miss all your smiley faces.
Love all the staff xo*



Aboriginal Week Activities with our invited guest Marilyn Chevrier-Wills.

ACTIVITIES UPDATE

On Thursday June 22nd the children from Migizy Odenaw Childcare Center had an exciting morning with Marilyn Chevrier-Wills who is a cultural Teacher/Elder, she came and did some activities with the children to celebrate our Aboriginal Week theme. She did a Water and Food Ceremony with bannock and berries, smudging, drumming, songs and told the children a story about a bear that the children all got involved in.



The children at Migizy Odenaw Childcare Center would like to say thank you to the First-Line Services Team for the "Awesome Bag" and all the goodies that were inside (sun hat, sun block, bug spray and information for parents about extreme heat protection).



Children with their adorable bags given to them by First-Line Services.



Kebaowek Activities and Events

Kebaowek First Nation 21st Annual Boat Rally



Saturday
July 22nd, 2017



REGISTRATION

10:00 am - 1:00 pm

Kebaowek Community Hall

\$10.00 Entry Fee (Must be 18 yrs +)

You can purchase 2 extra hands at \$10.00
each under same name only.

Must participate in Rally to win !!

Must get your entry card stamped at designated stop
for a OPEN Hand/s of poker upon return to hall.

100% Payout and Prizes !!

SUPPER

To be determined ... Check menu the day of.

DANCE

to the music of DJ : Neil Pariseau

8:00 pm - 2:00 am



BAR OPEN

6:00 pm - 2:00 am

DRAW

"Countryfest Weekend Package"
Tickets \$2.00 each or 3 for \$5.00

Bingo Night

Kebaowek Community Hall

Thursday
July 20th, 2017

Doors Open at 5:45 pm

50/50 Early Bird Bingo starts at 6:45 pm

Prize Payout

6 Games of 1 line ... \$50.00 2 lines ... \$100.00

4 Games of 1 line or the 4 corners ... \$75.00

1 Games ... Outside Square ... \$500.00

1 Jackpot Game ... Full Card ... \$1000.00

Entry Pack \$30.00
(every game except Early Bird)

Extra Packs ... \$10.00

16 years + to play

Available at the Canteen:
Pop, Water, Coffee, Chips & Steamed Hot Dogs

Good Luck to all &
Thank You for your support !!

The Riparian Buffer Zone

What Is a Riparian buffer zone?

A riparian buffer zone is a natural and permanent vegetation strip bordering a water body. It represents a transition area between land and water.

What Role Does it Play?

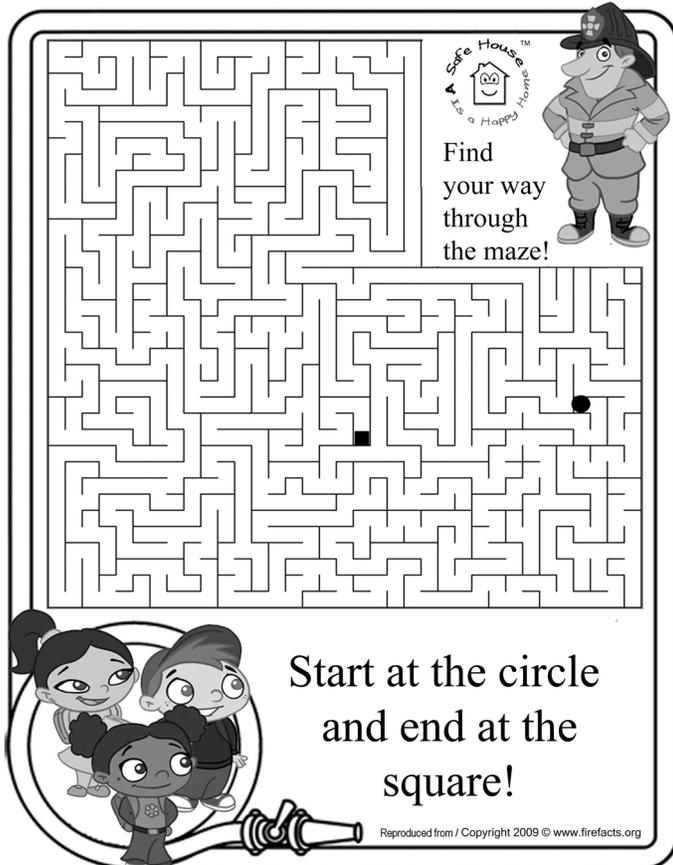
- Provides stream-bank stability
- Filters Polluants
- Absorbs the nutritive elements necessary for the growth of blue-green algae.
- Reduce erosion of your land
- Provides food and habitats for wildlife
- Contributes to keep an healthy aquatic environment

What can I do to prepare the riparian buffer zone for my own land property?

There are two ways to create a riparian buffer zone. The simplest is to let nature take over by not mowing the portion of your land that borders the lake or stream. This passive action is called re-naturalization and has the advantage of letting nature choose the vegetation for the future riparian buffer zone. This way, whatever species grows will be well adapted to the site. The other method is to re-vegetate the shore with plants, shrubs and trees native to our region. The ideal riparian buffer zone is between 10 to 15 meters wide.

If you are about to do some landscaping work and want advice or have some questions, do not hesitate to call the Kebaowek Land Management and Resources Department at 819-627-3309.

Kebaowek Fire Department



Find your way through the maze!

Start at the circle and end at the square!

Reproduced from / Copyright 2009 © www.firefacts.org

Find the 5 differences between the two pictures and circle them on picture 'B'. Then, have fun coloring Firefighter Ashleigh!

A.



Copyright 2008 © www.firefacts.org

B.





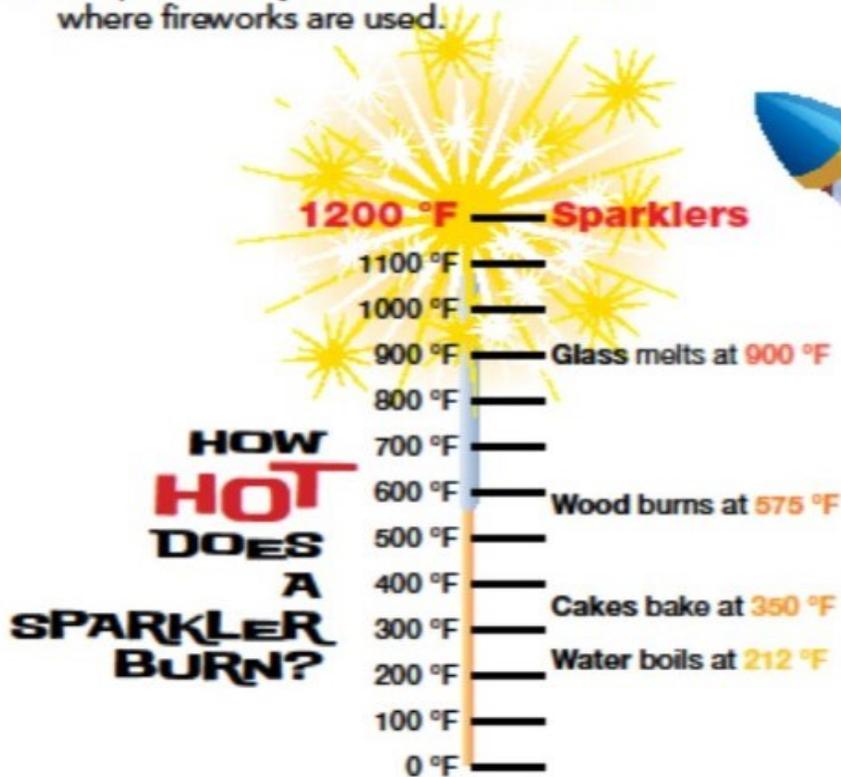
Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

BE CAREFUL!

- » Be safe. If you want to see fireworks, go to a public show put on by experts.
- » Do not use consumer fireworks.
- » Keep a close eye on children at events where fireworks are used.

CONSUMER FIREWORKS

NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



FACTS

- ! Fireworks cause an average of almost 18,500 reported fires per year.
- ! Sparklers account for more than one-quarter of emergency room fireworks injuries.



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

REPRODUCED FROM NFPA'S WEBSITE
www.nfpa.org/publiceducation

LOOKING FOR A GIFT IDEA ??
OR WANT TO PAY NOW WHILE YOU HAVE EX-
TRA CASH ??



Present this gift card at the Kipawa Countryfest
Admin Office and receive 5 bar tickets!



Sold by: _____

\$25.00 COUNTRYFEST
GIFTCERTICIATES FOR BAR TICKET PURCHASES !!

AVAILABLE FOR PURCHASE AT THE BAND OFFICE
ONLY !!

We are currently looking for
additional parking for campers for the Coun-
tryfest ...

If you have any extra space in your yard or
driveway please call Roxane and let her know.

Thank You !!

WANTED
VOLUNTEERS

Here's how you can help!

**LOOKING FOR
VOLUNTEERS
FOR THE KIPAWA COUNTRYFEST !!**

August 18th, 19th & 20th, 2017

It's that time once again that
we call upon volunteers to help
make Kipawa Countryfest
a successful event !!

To do this, we are in need
of many reliable volunteers
because without help,
Kipawa Countryfest wouldn't
be possible !!

If you are interested in
volunteering at this event,
please contact
Roxane 819-627-3455 with your name and
phone number ...

**Just 2 hours of your time can make a big
difference !!**

**KIPAWA COUNTRYFEST
BBQ STEAK SUPPER
SATURDAY AUGUST 19, 2017
5:00 p.m. - 6:30 p.m.**



\$17.50

**Only 175 Tickets
Available**

**The BBQ SUPPER will be
located at the community hall.
No wristband is needed.**



10^e édition / 10th Annual

Kipawa Countryfest

August 18-19-20 août 2017

Kipawa, Québec



TENNESSE RIVER
TRIBUTE TO ALABAMA



TANYA TUCKER



SAWYER BROWN



A Musical Tribute to
THE HIGHWAY MEN
MUSICAL TRIBUTE



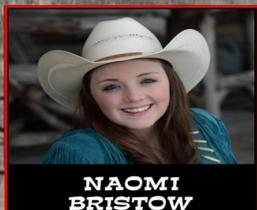
EMISUNSHINE



MIKE COLIN JASON RAMEA
GRAYITAS



CELINE TELLIER



NAOMI
BRISTOW



WEEKEND
CREW



KIPAWA RIVER
BAND



RAMBLIN
FEYER



KIPAWA
CHOIR

PRIX / PRICES

WEEKEND PASSES ADVANCE SALES UN LAISSER-PASSER DE FIN SEMAINE	WINTER SPECIAL December 1, 2016 to March 31, 2017	HIVER SPÉCIAL 1er décembre 2016 Au 31 mars 2017	SPRING SPECIAL April 1, 2017 to June 30, 2017	PRINTEMPS SPECIAL 1er avril 2017 Au 30 juin 2017
ADULT (18 + years) ADULTES (18 ans et plus)	\$50.00		\$65.00	
YOUTH (4 - 17 years) ENFANTS (4 - 17 ans)	\$20.00		\$25.00	
GATE PRICES À LA PORTE	WEEKEND FIN DE SEMAINE	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
ADULT (18 + years) ADULTES (18 ans et plus)	\$75.00	\$40.00	\$60.00	\$20.00
YOUTH (4 - 17 years) ENFANTS (4 - 17 ans)	\$30.00	\$10.00	\$20.00	\$10.00
CHILDREN (3 years & under are free) / ENFANTS (3 ans et moins) gratuit <small>(Regular gate prices will only be available at KFN Band Office and the Countryfest Gate Entry) (Les prix de portail réguliers ne seront disponibles qu'au bureau de bande de la KFN et à l'entrée de la porte de Countryfest)</small>				

Kipawa Countryfest M.C: DJ Neil Pariseau
Sound and Lights: DBSL Inc. Pro Sound & Lighting

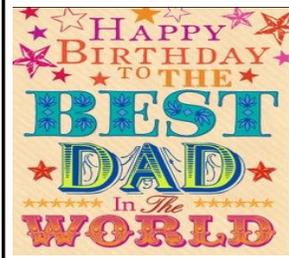
EN VENTE / ADVANCE TICKETS ON SALE AT

Migizy Gas	Kipawa, QC	819-627-3392	Argent / Cash, Debit, Visa
KFN Band Office	Kipawa, QC	819-627-3455	Argent / Cash, Debit, Visa
Lake View Store	Kipawa, QC	819-627-1307	Argent / Cash
Depanneur Dandys	Temiscaming, QC	819-627-9663	Argent / Cash / Debit
Depanneur Stop 102	Temiscaming, QC	819-627-3190	Argent / Cash / Debit
Shear Oasis Hair Design	789 McKeown Ave. North Bay, ON	705-474-4247	Argent / Cash
Maryann Babin	N.D.D.N, QC	819-723-2934 819-629-7341	Argent / Cash

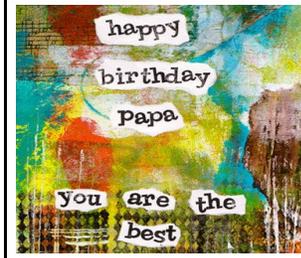
POUR INFORMATION / FOR MORE INFORMATION
819-627-3455 / www.kipawacountryfest.ca
Facebook (Kipawa Countryfest)



Wishes for the Month of July



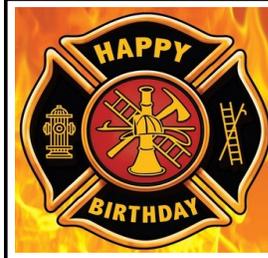
The only thing better than having you for my Dad, is my kids having you for a Papa !!
 Happy Birthday on July 7th !!
 Love Always ... Kayla & Lucius xoxo



Happy Birthday to our bestest buddy, our Papa on July 7th !!
 We love you !!
 Love Always ... Keshon, Kobe & Kaylee xoxo



Happy 1st Anniversary to my wonderful husband Lucius on July 9th.
 There is no one else in this world that I'd rather spend my life with, I love you !!
 Love Always ... Kayla xoxo



Happy Birthday Wishes to Yogi Chaput who celebrates his birthday on July 31st !!
 From your Fire Department Team



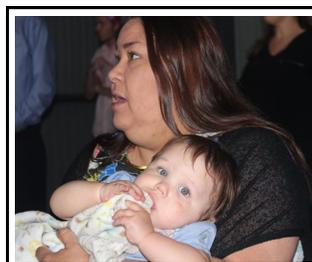
Happy Birthday to my Baby Sister Eva Ouimette who will be celebrating her special day on July 27th. I may not tell you very often, but I want you to know I think the world of you. Whether we're laughing together or helping one another out, you and I always accept each other just as we are. I feel so lucky to have you as my Baby Sister. I care and love you very much and want you to have the Best Birthday ever.
 Love Always and Forever, Your Sister Irene



Congratulations Kendra for successfully completing her Early Childhood Education Program !!
 Wat to go Kiddo !!
 Love Mom, Dad & Boo and Niko & Mikey XOXO



Tori McGregor and Steven Barrer proudly announce the safe arrival of their son Eric Allan Joseph Barrer. Born on May 28th, 2017 at 2:10 am weighing a healthy 9 lbs.



Happy Birthday Jackie (Mom & Gamma)
 Wishing you a great birthday on July 11th !!
 Love Robbie & Trysta Kendra, Niko & Mikey XOXO



Happy 24th Birthday Tanner on July 4th !!
 Have a great day we love you.
 Mom, Dad, Erica and Karleigh xox

Kebaowek Community Announcements



Congratulations
to
Erica Miness
who successfully completed the Registered Practical Nursing Program at Canadore College. Erica has been accepted into the BNSc Program at Nipissing University and will start her second year this coming September to become a Registered Nurse.

Your family is very proud of you !!



Thanks to everyone who helped organize, donated or who purchased items, this sale was a huge success thanks to all of you!

2017-2018 Calendars are now available for purchase. Calendars are \$10 each and can be purchased in person at the Kebaowek First Nation Band Office (Mon - Thursday 8 - 430 and Friday 8 - noon). These 18-month calendars run from July 2017 - December 2018 and feature beautiful photographs of the Kipawa area. All proceeds go to the Kipawa Lake Preservation Society to cover operating expenses, awareness initiatives and water quality testing. Additional locations for purchase as well as online sales will be available soon.



CLASS of 2017
and so the adventure begins




Congratulations to Trysta who celebrated her Secondary 5 Graduation !! She received an award in English and a student bursary from the Niatta Rebekah Lodge !!

Love Mom & Dad, Kendra, Niko & Mikey

CANDICE
"The dog walker"




Looking for someone to walk your furry friend?

Look no further... Candice would love to do it

She is raising money for her trip to Iceland, any reasonable donation would be appreciated. Please contact Farah @ 705-303-1757 or message on facebook. Thank you

NON-RESIDENT FEES

for all Community Members Living On-Reserve

Anyone who registers for an activity/sport at The Centre in Temiscaming and is charged a Non-Resident Fee, please bring your receipt to Roxane at the Band Office to have the NON-RESIDENT portion of the fee reimbursed. Receipts can be submitted at anytime, however, these fees will only be reimbursed on the last Thursday of each month.

THE JUNE DEADLINE FOR NON-RESIDENT FEES

An Update from the Health Director

June Meetings

- Onimiki Project Meeting for Website Development
- Health Governance Meeting in Trois Rivières
- Quebec Health Directors Network Meeting
- Conference Call with Regional Director regarding new Health Center
- CISSS A-T Board of Director's Meeting
- Chief's Committee on Health (CCOH)
- FNQLHSSC Board of Director's Meeting in Kebaowek First Nation

Upcoming in July and August

- FNQLHSSC Board of Director's Meeting and Annual General Assembly
- Chiefs Committee on Health in Ottawa
- First Nation Information Governance Center (FNIGC) Board of Director's Meeting
- Onimiki Website Development

Files in Motion:

- New Health & Wellness Center Business Development
- Onimiki P.R. Campaign to continue
- 5 Year Health Plan Renewal
- Filling of positions for targeted project under First-Line Services

Summer Time Schedule Changes

Like most organizations operating throughout the summer vacation months, your Health & Wellness Center may have

some changes within their normal hours of service. As we strive to reduce the impacts of lesser human resources availability, please be aware that some aspects pertaining to the Nursing Department may be affected. I would ask that you call the Health Center before coming with the intention to see a nurse to insure they are in fact available or you can simply to book an appointment.

On a Council Note

Kitchi meegwetch to all those who came out to celebrate National Aboriginal Day. Special recognition to Michelle St-Denis and the First-Line Services team for organizing a great day of activities. Yogi, Ronnie and Mandy did a fantastic job with the fish while Vicky, Betty, and Roseann put together the delicious meal. Thank you to Lance for the moose meat, Melvin for the homemade beans and Janet for the bannock and scon. Meegwetch Tina for the hall set up and coordination. Kipawa River Band was entertaining as usual and the Fire Department surpassed everyone's expectations with a tremendous fireworks display.

Have a safe and fun summer folks.

David McLaren
Health Director & Councillor

Quotes about Summer

Some days you just have to create your own sunshine!
"Unknown"

It's a sure sign of summer if the chair gets up when you do!
"Walter Winchell"



Hello everyone we are Karleigh and Erica Miness. We are currently employed at the Kebaowek Health and Wellness Center as summer Nursing Students. We are assisting the Nursing Department with various duties at the Health center. We are constantly learning new material related to the nursing field and expanding our knowledge in other health fields as well. Karleigh is currently enrolled in the Bachelor of Science in Nursing Program at Laurentian University. I recently completed the Practical Nursing Program at Canadore College and will be continuing my education in the Bachelor of Science in Nursing Program at Nipissing University. We will be graduating in May 2020. We are looking forward to see you throughout the summer.

Health Center Reminders



Summer Schedule Changes

The Summer Vacation Months are here!

Please call the Health Centre before arriving to insure that the staff person you would like to meet with is in the office. All staff will be in and out of the office due to summer vacation.

Clinic

Lab days will continue to be on Tuesday and Thursday mornings from 8:00am - 10:00am. There will be a nurse working in the clinic at that time.

All other times during the day, the nurse will be in and out of the Health Centre. It is best to make an appointment to see the nurse or call before arriving to insure the nurse is available.

Have a happy and safe summer.



Our Contact Information

If you need to reach the Kebaowek Health and Wellness Center please call between the office hours of:

Monday to Thursday 8:00 am to 4:30 pm
(closed for lunch from 12:00 pm to 12:45 pm)
Friday 8:00 am to 12:00 pm

Phone Number 819-627-9060
Cell Number for Text Messages 819-627-6888

You can leave a message with the receptionist or you can ask to be transferred to the voicemail of the person with whom you wish to reach.

You can also access our Facebook Page and leave a private message. Do not worry if you accidentally post on the wall, the administrators must approve the post before it can be seen.

Water Safety ... Supervising Children

Did you know that one of the leading causes of death in children ages 1 to 4 is drowning? Carefully supervise your children, secure the area around your backyard pool and teach your children about water safety. This can help prevent serious injuries and death.

Supervising children

Keep young children and inexperienced swimmers in view and within arm's reach at all times when they are in water. This will reduce the risk of serious injury.

Carefully supervising your children while they are swimming or playing in or near

water is necessary at all times. Children should be closely monitored even when they use swimming aids such as armbands, floating seats, water wings and neck rings. These devices are not intended to save lives. Swimming aids can give a false sense of security, which could result in a lack of proper supervision. Careful supervision is essential to keep children safe.

Here are some more tips to help keep your children safe around water:

- Help your children learn about water safety by signing them up for a swimming and water safety program,

sign yourself up for first aid training to learn basic lifesaving skills.

- Make sure young children and inexperienced swimmers always wear an approved lifejacket or personal flotation device when playing around water. Learn how to find the right lifejacket or personal flotation device for your children.
- Choose a safe place to swim, such as a supervised beach or public swimming pool. If swimming in a lake make sure you are familiar with drop-offs, rocks and the water current.
- Never let them swim alone.

Annual Hunter's Point Youth Camping Trip

Hunter's Point



Camping Trip 2017

The Annual Youth Hunter's Point Trips will be here shortly and I am providing the dates for the 2 age groups to give parents a "heads up" for summer planning:

**July 31st to August 4th – Younger Group
(12 and under)**

**August 7th - 11th – Older Group
(12 and over)**

***Children 5 and under must have
their parent present***

CAMPING TRIP INFORMATION

It is that time of year again with a change in the dates as we are going in August rather than July this year. For those that would like their child(ren) to participate in the Hunter's Point Camping Trip, please note: We will be leaving with the 5yrs -12yrs age group on Monday July 31st at **approximately 10:00 am**, the 12yrs -17yrs age group will be leaving the following week on Monday August 7th. All children should be at the Health Centre **by 9:30 am** with all of their camping gear. The children will again be travelling to Hunter's Point by trucks along with their camping gear. ***** PLEASE HAVE YOUR CHILD(REN) SIGN UP FOR THE TRIP BEFORE WEDNESDAY JULY 26TH AT 4:00 PM *****

Your child(ren) will be expected to respect the rules and supervisors at all times. Misbehavior, swearing, rudeness or failure to comply with these rules will result in a warning. 3 warnings and you will be called to come and get your child. Fighting is not tolerated. Please ensure that your child(ren) bring the following:

- Tent (Unless they have made arrangements to share with another child). **Make sure that the tent has all pieces.**
- Foam or air mattress (we have air pumps to fill mattresses)
- Warm sleeping bag or blankets and pillows.
- Flashlight with extra batteries
- Clothing suitable for all weather conditions.
- Toothbrush/toothpaste/soap/shampoo etc. **Sunscreen will be provided.**
- Towels and facecloths.
- Bug repellent and hat
- Life jacket

If your child(ren) need to take medication or if they have allergies, please write down this information and provide it with the consent forms. All meals, snacks, juice and water is provided, however if you want to send extra snacks, treats or pop with your child(ren) please try to keep it to a minimum, and we do not recommend sending chocolate as it melts in their tents.

Personal items such as games, water toys, tablets, video games and other toys are not our responsibility and your child(ren) are bringing them at their own risk. Please note that we inform all children that they are not to enter anyone's tent without their consent.

If you have any questions, concerns or to sign up your child(ren), please call the Health Center and ask for Mitchell, Erica or Karleigh at 819-627-9060.

"A 5 Minute PAP TEST can save your life"

THE KEBAOWEK HEALTH AND WELLNESS CENTER
IS ORGANIZING A 2 CLINIC DAYS
TO ADDRESS WOMEN'S HEALTH,
SPECIFICALLY STDI'S AND CERVICAL CANCER.

DATES FOR PAP TEST CLINICS

JOSEE CARRIERE - JULY 12TH OR DR. RAAD - JULY 13TH

Please note that these doctors do not need to be your family doctor for you to get your test done here.

If you need transportation to the Health Centre, please call Priscillia.

A PAP TEST is a quick and simple test that can be done in your Doctor's Office or Health Clinic.

It is important to have the test even if you feel fine – it's a screening test, which means it checks for signs of disease BEFORE you've noticed a problem.

A PAP TEST involves getting a sample of cells from the cervix, then looking at them under a microscope for abnormalities.

Any women can get cervical cancer, no matter what her age, background, or sexual orientation. If you ever have been sexually active you will need a PAP TEST every 1-3 years depending on your situation.

PLEASE CALL AND MAKE YOUR APPOINTMENT IF YOUR
PAP TEST IS DUE OR IF YOU FEEL YOU HAVE SYMPTOMS
OR ISSUES YOU WOULD LIKE TO HAVE CHECKED!!

For appointments call Donna Pariseau at the Health Center 819-627-9060.

Maternal Child Health & Head Start Program

I would like to congratulate my Head Start children who will be heading off to school in the Fall, I know you all will do great at school because you are so bright and love to learn. I certainly will miss seeing each of your beautiful smiles, best of luck to you all. We had a fantastic month with smudging and learning about the seven grandfather teachings. We also made a trip to the school with the ones who are going to be attending in the Fall. The MCH/PALS last activity till September was a success, it was a beautiful day to have fun in the field with firefighters and police officers.



Summer season has started and the children feel it. They certainly love to be outside on those nice hot days, here is a list of things to do while outside enjoying the summer.

Seek Shade UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.



Cover up when possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.



Get a Hat Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

Wear Sunglasses they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply Sunscreen use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.



I would like to wish everyone a fun and safe summer,
I will see everyone in September.

Lynn Grandlouis
MCH/Head Start Special Educator

Be On The Watch For Ticks and Lyme Disease

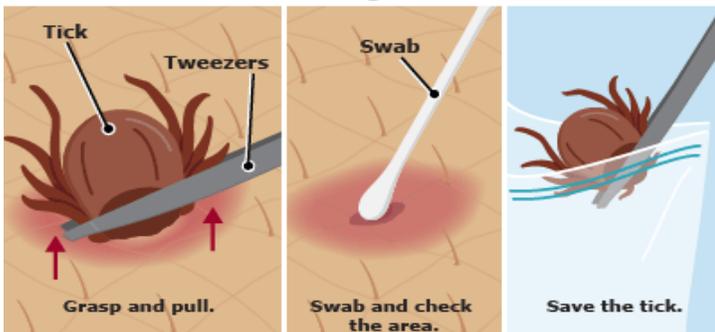
Identifying ticks

Different types of ticks live in Canada. Some can transmit diseases while others are only a nuisance. Infected blacklegged ticks can transmit the bacterium that causes Lyme disease.

Removing ticks

Removing ticks within 24-36 hours after the tick bite usually prevents infection. You can remove a tick that has latched onto you by following these steps.

1. Using clean tweezers, grasp the head as close to the skin as possible and slowly pull straight out. Try not to twist or crush the tick.
2. If the mouthparts break off and remain in the skin, remove them with tweezers or, if you are unable to remove them easily, leave them alone and let the skin heal. Consult your healthcare provider.
3. Wash the bite area and your hands with soap and water or disinfect with alcohol hand sanitizer.
4. Try to save the tick that bit you in a sealed container and record the date of the bite. Bring it to your medical appointment as it may help the doctor in their assessment of your illness.
5. Ticks can be disposed of in household garbage once they are dead, and they can be killed by drowning them in rubbing alcohol or by freezing for several hours. Avoid squashing ticks with exposed fingers.
6. Don't try to remove the tick by using nail polish, petroleum jelly or heat to burn the tick.



Visit your health care provider as soon as possible if:

- you are not comfortable with removing a tick
- you cannot remove the tick because it has buried itself deep into your skin

If you develop symptoms of Lyme disease after being bitten, contact your health care provider right away. Tell them:

- how long you think the tick was attached to you
- where you were when you were bitten by the tick

What are the symptoms of Lyme disease?

Symptoms of Lyme disease can be different from person to person.

Early signs and symptoms of Lyme disease usually start 3 to 30 days after you have been bitten by an infected blacklegged tick. Most people experience mild flu-like symptoms soon after being bitten, while a small number may have more serious symptoms, sometimes weeks after the bite.

Early signs and symptoms of Lyme disease may include:

- Rash, sometimes shaped like a bull's eye
- Fever
- Chills
- Headache
- Fatigue
- Muscle and joint aches
- Swollen lymph nodes

If left untreated, more severe symptoms may occur and can last from months to years. Severe symptoms may include:

- Severe headaches
- Additional EM skin rashes
- Facial paralysis (i.e. Bell's palsy)
- Intermittent muscle, joint, tendon and bone aches
- Heart disorders (heart palpitations, abnormal heartbeat), known as Lyme carditis
- Neurological disorders (dizziness, mental confusion or inability to think clearly, and memory loss, inflammation of the brain and spinal cord, nerve pain, numbness or tingling in the hands or feet), AND
- Arthritis with severe joint pain and swelling, particularly the knees and less commonly in other joints such as the ankle, elbow and wrists.

In rare cases, Lyme disease can lead to death usually because of complications involving infection of the heart.

Consult your health care provider right away if you develop symptoms of Lyme disease after being bitten by a tick or if you visited a known at risk area for Lyme disease. The earlier a diagnosis is made, the greater the chance of a successful treatment.

The Benefits of Physical Activity

Physical activity can be a lifesaver – literally.

It's always a good idea to add physical activity to your life, regardless of your age.

Physical activity can:

- dramatically lower your risk of heart disease and stroke
- help prevent and control risk factors such as:
 - high blood pressure
 - high cholesterol
 - type 2 diabetes
 - osteoporosis
 - certain types of cancer
 - obesity
- reduce stress levels
- increase energy
- improve sleep
- improve digestion

You may see benefits within the first week of regular activity. For example, your blood pressure may improve and you could start to feel more energetic and relaxed. After three months, you may experience better health, improved posture and balance, stronger muscles and bones, more confidence and a more positive outlook on life.

Because physical activity makes you feel better about yourself, you're more likely to make healthy lifestyle choices and avoid unhealthy ones such as smoking, overeating or drinking too much alcohol.

Inactivity, on the other hand, is linked to a higher risk of heart disease, stroke and the many disabilities they can cause. In addition, lack of activity may increase your risk for:

- high blood pressure
- high cholesterol
- type 2 diabetes
- osteoporosis
- certain types of cancer
- obesity

- falls and injuries
- depression

Almost everyone can benefit from active living. If you have arthritis or osteoporosis, physical activity is extremely important to keep you mobile. If you've already had a heart attack, becoming active may help to prevent another one. And people over 65 with poor mobility who engage in muscle and bone strengthening activities can enhance their balance and prevent falls

NOTE: Before starting a physical activity program, speak to your healthcare provider first to discuss what is right for you.

YOU CAN STILL JOIN THE CHALLENGE

WALKING CHALLENGE

WHO CAN JOIN ??

ANYONE OVER THE AGE OF 16 CAN REGISTER FOR THE 100 KM

IF YOU ARE 15 YEARS OF AGE OR YOUNGER WE HAVE A CHALLENGE JUST FOR YOU AT 60 KM

ENTRY FEES:

\$5.00 FOR 100 KM DIVISION

\$2.00 FOR 60 KM DIVISION

MUST BE PAID UPON REGISTRATION

This challenge is for walking only!

The more walking you do the more ballots your receive!

BEGINS JUNE 12TH

Ballots must be submitted before Thursday, August 17th to be put into the draws.



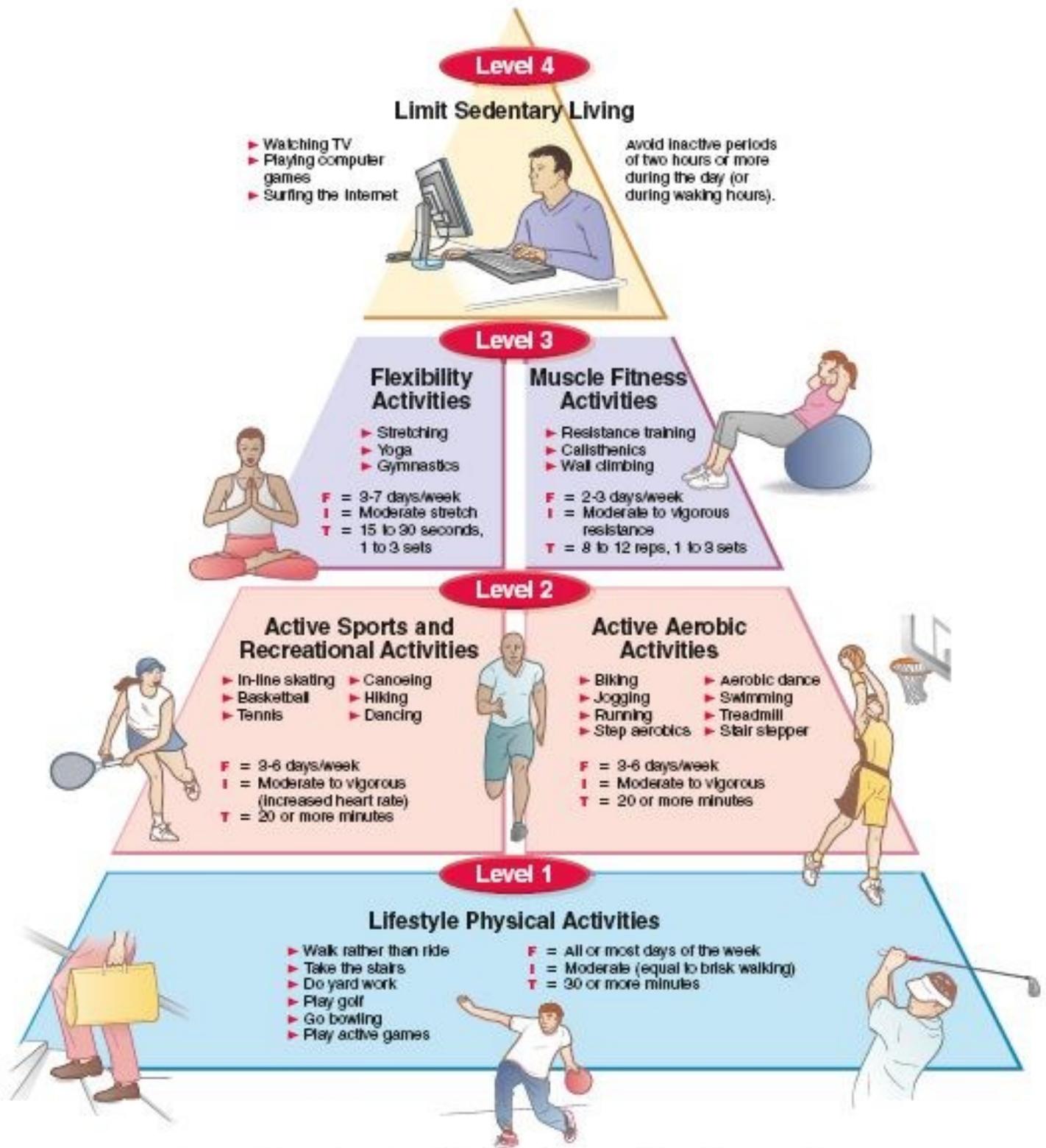
Starting June 12th, on Monday nights at 6:30pm, there will be a walking group for those that would like to walk at the Walking Track near the Health Centre.

For those participating in the Walking Challenge, there will be an incentive given to the Walkers that come out.

For more information contact Mitchell/Karleigh at the Health Centre



Sports & Mentorship



Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.

A STORY FROM AN OXYCONTIN SURVIVOR

**IMPORTANT
PLEASE READ**

THE TRUTH ABOUT OXYCONTIN ADDICTION

Many people who have not experienced the actual grip of addiction to OxyContin or other narcotics may have trouble really understanding how bad this narcotic is. Many think the addicted person is just trying to get high and does not have the "moral fortitude" to do the right thing and get off drugs. If you have not experienced OxyContin addiction, then you likely don't understand what an addict's life is really like.

Here is a description of one person's journey from pain to addiction and back. She has generously given us permission to reprint her story.

The Anatomy of Pain and Addiction

In the spring of 2000, I awoke one morning with all over muscle aches and fatigue. It persisted for over two weeks, and I became frustrated having to deal with the pain, which was, at times, debilitating. I saw my primary care physician, and he ultimately diagnosed me with a condition called Fibromyalgia. It's a disease of the central nervous system that manifests itself in all over body pain and chronic fatigue. The only treatment available for this condition is powerful narcotics, so he referred to a pain management specialist. When I arrived home, I called and made an appointment.

Several days later, I met with the doctor, and we spoke about my condition. He recommended a medication called "OxyContin." He told me it was a time-released tablet, to be taken every 12 hours. It would release narcotic into my bloodstream steadily throughout the day and night, and he said it was really important that I follow the dosing instructions carefully. He also warned me not to take more than the prescribed dose; otherwise I'd run out and go through

withdrawal. I asked him what withdrawal would feel like. He smiled, and told me in no uncertain terms, it was torture. He wrote me a prescription, which I filled at a local pharmacy on the way home.

I took my first dose, and then I waited, cautiously optimistic that my pain would start to disappear. About twenty minutes later, a strange sensation came over me. My pain had diminished, but there was something else happening. I noticed that I had a sense of euphoria, and I felt energized and mellow at the same time. I realized I had stumbled onto something amazing. I was sure I had uncovered the holy grail of wellbeing. I was in the zone — feeling contemplative and reflective. For the next several weeks, I was virtually pain free, and did all the things I'd been putting off. I cleaned the house, did the laundry, and loaded the dishwasher.

I felt great — and I craved more of those same feelings. At some point, I began to chase the "high." The urges came on quietly at first. I began shaving a few hours off between doses, and even though I knew this behavior would result in my running out early, I was, nevertheless, compelled to continue. It seemed like the more of the drug I had in my system, the more fantastic I felt. The pleasurable sensations would ebb and flow and I remained in a constant state of perpetual bliss. I became so attracted to this feeling that one day I wondered how much better I would feel if I took two tablets at a time. The rational part of my brain immediately protested, but another part became anxious at the prospect.

Before I consciously realized what I was doing, I put two tablets in my mouth and swallowed quickly. I went to the living room and laid down on the couch, preparing myself to enjoy the rush that would inevitably come. And I was not disappointed. Just when I thought it couldn't get any better, I reached a new level of intoxication, and it was amazing. I didn't know it then, but that was the moment I stepped over the line from a legitimate pain patient, on my way to full blown addict.

I used the drug this way for several more weeks. Sometimes I would take so much that I would become semi-conscious. I became isolated in my home like a prisoner. I was way too wasted to drive anywhere, and when I

wasn't sleeping. I'd sit alone in my living room, slumped over on the couch. I would have moments of clarity when my rational brain would scream at me to stop. However, those messages were always overridden by the compulsion to keep taking more.

Over the course of several weeks, I stopped showering, brushing my teeth, and I slept in my clothes. The house looked as if a tornado had hit it, with stacks of dirty dishes in the sink and laundry piled up. I stopped answering the phone all together. I had no appetite, and felt sick afterward when I did eat. I kept telling myself that I would stop tomorrow, but it was obvious, even to me, that I had lost the ability to make a conscious choice. I finally did stop, because I ran out of pills. I woke one morning, and made a beeline to the kitchen.

I opened the bottle and, to my horror, it was empty! I pulled the calendar down from the shelf and counted the days until my next doctor's appointment: I had run out nine days early. Frustrated, I went to the living room and laid on the couch. I closed my eyes and hunkered down, waiting for pain to rear its ugly head. And it certainly did. After an hour or so, it returned with a vengeance. Every muscle in my body went into spasms, blasting through me like a freight train. As the pain intensified, I felt my whole body tense up. By the time several hours had passed, the pain had transformed into sheer agony. Fear rose up inside of me, and I was scared of what would happen next.

When I felt it coming, I instinctively jumped to my feet with an alarming sense of urgency. Once across the threshold of the bathroom, I lunged toward the toilet. I grabbed the tank with both hands to support my upper body, and dropped my head. I had one short second to inhale before it began. I started to vomit repeatedly. I wretched and I heaved, and a putrid mixture of liquid and solids came up. It burned my throat and filled my nostrils. Soon my stomach was empty, but I continued to dry heave, over and over.

When I had a brief reprieve, I returned to the couch. No sooner did I sit down when I had a sudden urge to have a bowel movement. I headed back toward the bathroom, but I didn't make it. I soiled myself, and the diarrhea was explosive. I cleaned myself up, and just when I headed back to the couch, it began again. At

Addictions and Wellness

that point, I was really frightened, and I longed for just one more little yellow pill to end this physical assault. I spent the next six hours on the couch, crawling out of my skin. It was like there were bugs on my skin, and my legs spasmed and jerked continuously. I laid there, staring at the digital clock the cable box, retching and shivering and hurting, watching the minutes crawl by.

As the days passed, I began to feel a little better. The vomiting and diarrhea let up, and I could sleep for several hours at a time. I was keeping my meals down, and I was confident I had finally turned the corner. On the day of my appointment, I made it back to my doctor's office. I lied to him and told him everything was fine. I reported that the medication was working, and my pain was under control. I guess I was pretty convincing because he pulled out his prescription pad and wrote me for another month.

He'd spent less than ten minutes with me. It had almost seemed too easy. I looked at the prescription, and I noticed that my heart began to beat faster and I started to sweat. Just the mere sight of the prescription was enough to wake up the demon. I filled it on the way home. As I took the bottle out of the sack, I thought to myself "Welcome back, my friends. I've missed you." It was the very beginning of the prescription so the bottle was full. I was confident that if I took two pills, I'd be able to make it up during the month. Just this once, I told myself. Then it's back to the right dose. Yeah, sure. I spent the next couple of weeks trying desperately to keep my consumption under control. I did better on some days than others, but I was still using more than prescribed.

I was watching television one evening, and I found an episode of "48 Hours." I hit the info button on the remote to see what it was about. I couldn't believe it when I read the screen. It said, "The epidemic of abuse of prescription medication, including the most dangerous drug, Oxycontin." My eyes were glued to the set. The broadcast featured a graduate student who had become addicted to Oxycontin after a skiing accident. I watched as he described what it was like to take Oxy's, and the ways he ingested them. It showed him using two spoons to crush up two little yellow pills (that looked just like mine) into a fine powder. He shared that when he did that, the time-released component of the drug broke down and all of the medication was released at

once. He said when he did this he'd get a mind-blowing high.

That's all I needed to hear. I headed to the kitchen and pulled two teaspoons out of the drawer. I retrieved two pills and crushed them up the same way. I put the powder in my mouth and washed it down with water. And then, I waited — but not for long. He was so right. It hit me much faster and harder, and I was thrilled. The next thing I remembered was waking up on the couch. For a few minutes, I was disoriented. I glanced at the clock, and it read 4:30 p.m. My God — where had the last four hours gone?

I noticed there was something sticky on my shirt that smelled like strawberries. Puzzled, I went into the kitchen and there were open jars of peanut butter and jelly on the counter next to an open loaf of bread. There were also little piles of jelly on the floor. I wondered if my husband was home, but he wasn't. I surmised that I must have made a sandwich, but I had no recollection of the event. This episode was a milestone for me, and although at the time I didn't realize it, I had just experienced my first drug-induced blackout.

As the months went by, my overall health and appearance dramatically declined. I had lost almost forty pounds, and there were dark circles under my eyes. My hair was a disheveled mess, and my body odor was pungent. At times I would go weeks without taking a shower. I always tried to clean up before my doctor's appointment, so he wouldn't notice how drastically I had deteriorated. Somehow, it worked. The ten or so minutes he spent with me each month were uneventful.

The house was in chaos, and when my husband would come home, I could see the frustration on his face. Most of the time, he bit his tongue. However, every so often he would confront me. Those episodes would always end up in a heated argument. Weeks turned into months, and the only time I wasn't high was when I was sleeping. I was caught in a vicious cycle with no way out. I'd regularly lose periods of time; usually at least several hours. Even so, oblivion was an attractive alternative to sitting in my living room, all alone.

I opened my eyes, and was confused. My vision was blurry, and my body felt incredibly heavy. I realized I had a tube down my throat. I heard a machine beeping, and metal banging against metal. It sounded like a busy cafeteria,

but that didn't make any sense. A man's face appeared above me, and he smiled. It took me several more minutes to get my bearings. I finally realized I was in a hospital bed. The man told me to be patient, and said he'd remove the tube as soon as I stabilized. As my sleepy mind awoke, I realized I was in an emergency room.

I tried to think back and recall the last thing I remembered. I had been sitting on my living room couch watching television. So how had I gotten to the ER, and why was I there? Several minutes later the doctor returned and removed the tube. The first question I asked him was why I was there. He told me my husband had called 911 when he came home to find me passed out on the couch. My lips were blue, and I was barely breathing. He said when the ambulance arrived; the paramedics scooped me up and rushed me there. Evidently, my heart stopped on the way, but they were able to revive me. I remained silent, and all I could think to myself was, "Oh God, I really did it this time — I blew it big time."

Just then my husband came in and gently kissed me on the forehead. He began to cry, and I could tell the episode had scared him terribly. He just kept telling me that I had died, and he wouldn't sit back and watch me kill myself anymore. I was overcome with guilt and shame, and I knew things had to change. After my husband issued me an ultimatum, I agreed to go to treatment. I was scared to death, but I agreed to go to save my marriage. The next morning I did some research on the internet and found a residential treatment program.

CONCLUSION

Cheryl made it through treatment and got her life back. However, thousands more have not been able to be revived when they overdosed on OxyContin. Some of the deaths of teens were after taking one pill. Others were taking the deadly narcotic as prescribed but they overdosed and died.

This is a description of the life which your loved one may be experiencing and from which we can save him or her.

They must realize that they have a problem and are motivated and ready help themselves.

Source:

<https://novusdetox.com/oxycontin-addiction-overdose.php>

Medical Transportation and NIHB

July 2017 - Medical Transportation After Hours Pilot Project

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>AFTER HOURS</u></p> <p>8:30 A.M. TO 12:30 P.M.</p> <p>CALL 819-627-6887</p>			<p><u>AFTER HOURS</u></p> <p>4:30 PM TO 8:30 P.M.</p> <p>CALL 819-627-6887</p>		<p><u>AFTER HOURS</u></p> <p>12:00 P.M. TO 5:00 P.M.</p> <p>CALL 819-627-6887</p>	<p><u>AFTER HOURS</u></p> <p>8:30 A.M. TO 12:30 P.M.</p> <p>CALL 819-627-6887</p>

JULY MONTH END DEADLINE: JULY 27TH AT NOON !!

Claims received after this date will be processed in the following month.

Signature and Stamp

Please make sure you get your attestations signed and stamped by the professional or authorized personnel. If you are unsure of where to get the stamps, please ask. Most receptions have a stamp. If for some reason there is absolutely not stamp,

There have been some changes made to the NIHB program. Here is the June update:

This is the internet link where the information can be accessed:

<https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/non-insured-health-benefits-program-update-first-nations-inuit-health-canada.html>

MEDICAL TRANSPORTATION

Escorts for Pregnant Women

The NIHB Program has expanded the medical transportation benefit to ensure that all pregnant women who require transportation outside the community to deliver their babies are eligible for an escort.

To find out more, contact the Medical Transportation Coordinator in your community or contact NIHB at your Health Canada regional office.

- Harvoni (ledipasvir/sofosbuvir)
- Sovaldi (sofosbuvir)
- Epclusa (sofosbuvir/velpatasvir)
- Zepatier (elbasvir/grazoprevir)
- Daklinza (daclatasvir)
- Sunvepra (asunaprevir)
- Ibavyr (ribavirin)

The expanded coverage criteria for these medications can be found in the NIHB Drug Benefit List. If you have been diagnosed with hepatitis C, talk to your health care provider about your treatment options.

PHARMACY BENEFIT INFORMATION

Medications for Treatment of Hepatitis C

The NIHB Program has added new medications for the treatment of chronic hepatitis C. To improve access, the Program has also expanded the coverage criteria so that more clients can obtain these treatments. Effective March 31, 2017, the NIHB Program covers the following medications as limited use (LU) benefits:

Infliximab for Treatment of Autoimmune Conditions

Infliximab is a type of medication used to treat some autoimmune conditions and diseases, such as rheumatoid arthritis, Crohn's disease and psoriasis. Previously, the only infliximab product reimbursed by NIHB was Remicade. NIHB has recently listed a second infliximab product, called Inflectra. Inflectra is 'bio-similar' to Remicade, which means that studies have shown these medications work in the same way, and have similar effectiveness.

Effective May 1, 2017, adult clients with new prescriptions for an infliximab medication, who meet NIHB's coverage criteria, will be covered for Inflectra (instead of Remicade). Clients who are already taking Remicade will continue to be covered for their current medication.

NIHB coverage for infliximab follows recommendations from the national Common Drug Review Process (CDR), which reviews medical evidence and provides recommendations to public drug benefit plans and programs in Canada. The CDR has recommended that Inflectra should be covered because this product is similarly effective and has a lower cost, compared to other infliximab medications.

DENTAL BENEFIT INFORMATION

Frequency Change for Scaling and Root Planing for Children

Frequency Change for Scaling and Root Planing for Children Effective April 1, 2017, the NIHB Program has changed the frequency of coverage for scaling and root planing for children 0 to 16 years of age.		
	Previous frequency	New frequency
0-11 years	0.5 unit in any 6 month period	1 unit in any 12 month period
12-16 years	1 unit in any 6 month period	2 units in any 12 month period

Dental scaling is a procedure done to remove plaque from a tooth's surface, just below the gum line. Root planing is a procedure done deeper under the gum line to clean the surface of the root of the tooth.

Dental providers bill for these services based on units of time; one unit is equivalent to fifteen minutes of time. The number of units eligible annually has not changed, however the frequency period has changed from 6 months to 12 months to allow providers and clients more flexibility to provide the service as needed.

Predetermination is not required for services provided within these frequency guidelines. For additional units above the annual maximum, a predetermination (PD) is required.

Increased Coverage for Sealants and Preventive Resin Restorations

Effective June 23, 2017, the NIHB Program will increase its coverage for sealants and preventive resin restorations (which are thin plastic coatings applied on the chewing surface of the tooth to prevent tooth decay):

- Coverage for sealants and preventive resin restorations has been extended to include bicuspid.
- The age limit for coverage of these services has been increased from 14 to 18 years of age.
- There is a lifetime limit of 2 sealants/preventive resin restorations per eligible tooth.

The [Dental Benefits Guide](#) will be updated to reflect these changes. Please refer to the most recent version of the Guide for a complete listing of dental benefits and policies.

Reminder – Submitting Dental Benefit Appeals

To avoid delays in processing your dental benefits appeal, and to ensure confidentiality of the information provided, please remember to label your envelope and your appeal letter "APPEAL-CONFIDENTIAL". More information on the NIHB dental appeal process can be found on [Health Canada's website](#).

MEDICAL SUPPLIES AND EQUIPMENT

Frequency Change for Hearing Aid Battery Coverage

Effective June 19, 2017, clients may receive up to 24 batteries every 144 days (previously, the Program covered up to 15 batteries in 90 days). Hearing aid batteries are available in different package sizes, so this change allows for more flexibility to use larger package sizes.

Increased Reimbursement for Custom-Made Foot Orthotics

The NIHB Program has recently increased the reimbursement rate for a pair of custom-made foot orthotics and will now pay up to a maximum of \$456.30 (unless the price is otherwise subject to an agreement between a provider association and the NIHB Program). You can check the [Guide for MS&E Benefits](#) for more information on who can prescribe and provide custom-made foot orthotics.

As a reminder, prior approval is not required for a pair of custom-made foot orthotics because this requirement has been temporarily lifted until October, 2017. Replacement of custom-made foot orthotics is eligible every two years. If you are not sure of the date you are eligible for replacement, ask your provider to contact Express Scripts Canada, or you can call NIHB at the [Health Canada regional office](#) to confirm your eligibility.

Provider Charges for Medical Supplies and Equipment Benefits

Many providers of MS&E benefits are enrolled with NIHB and are paid directly by the Program for eligible products and service provided to NIHB clients. When providers enrol with the Program, they sign an agreement which states that they will not charge any additional fees to NIHB clients.

To avoid out-of-pocket charges, NIHB recommends that you contact your MS&E provider before you receive an item or service to confirm that the provider is registered with NIHB and will bill the Program directly, that the item or service is fully covered by NIHB, and that the provider will not charge you any additional fees.

Priscillia Durocher
Medical Transportation Coordinator & NIHB Liaison

Jordan's Principle Information

JORDAN'S PRINCIPLE NAVIGATORS

Background

Jordan River Anderson was a First Nation child from Norway House Cree Nation in Manitoba born with a rare disorder who required hospitalization from birth. The provincial and federal governments could not agree on who was financially responsible for his care. Jordan's condition worsened and he passed away in hospital before both governments could resolve who would pay.

December 12, 2007 The House of Commons unanimously supported a Private Member's motion to adopt an approach that addressed the needs of the First Nation child first.

2008 INACN and HC were tasked with implementing Jordan's Principle.

January 2016 The Canadian Human Rights Tribunal ordered the Government of Canada to cease applying a narrow definition to Jordan's Principle and take measures to implement Jordan's Principle to its full meaning and scope.

WHO can apply for assistance

- Applies to ALL First Nation Children on or off reserve, with or without a registration number
- Involves ALL jurisdictional disputes, between Federal departments or between federal and Provincial governments
- Provides payment for needed services by the government or department that first receives the request

THE PROCESS:

IFN Resource teams or family members refer family to IFN JP Navigator



IFN JP Navigator meets family and completes application



Application sent to Federal JP Focal Points



Application sent to Review Team



6-10 days

IFN JP Navigator contacted for further action



If approved \$ for resource/service arrives for children



**Independent First Nation
Jordan's Principle
Navigators**

Leeann Shimoda RSW
519-708-5830
leeann@ifnc.ca

Trudy B Jacobs
519-387-4701
trudy@ifnc.ca

Please contact us if you believe you or a family member have a **Jordan's Principle** case and we will help you file your application

LS417

**Your local contacts at the Kebaowek Health and Wellness Center:
Donna Pariseau and Priscillia Durocher**

Diabetes and Chronic Disease Prevention

Kebaowek Health and Wellness Center
3 Ogima Street
Kebaowek First Nation
Kipawa, Quebec J0Z 2H0
Tel: 819-627-9060 Fax: 819-627-1885

2016 MAMMOGRAM ATTESTATION

This is to certify that

Had a Mammogram done by _____ (Name and Title of Professional)

at _____ (Address), this day _____ (Date) at _____ (Time)

Professional or Delegated Authority Signature
Signature du professionnel ou personne autorisée

Please affix your official stamp.
S.V.P. veuillez apposer votre estamp.

Please do not forget to bring your **“2017 Mammogram Attestation”**. If you do not have one, please call Virginia at the Health Center. This attestation is to be completed when you attend your mammogram appointment and returned to the Kebaowek Health and Wellness Center at your earliest convenience. We will be having a participation draw for the women who have had a mammogram done this year.

All Mammogram Attestations must be returned to the Health Centre no later than 4:30 pm on **Thursday December 14th, 2017**. The draws will take place that same afternoon and winners will be notified.

If you have had a mammogram done between January 1st, 2016 and now, please note that you are still eligible to have your name included for the draw, your family doctor can fill in the “2016 Mammogram Attestation”.

It is important to note that it does not matter where you have had your mammogram done, for example if you have your mammogram done in North Bay you are still eligible to participate in the draw. Our goal is to ensure that all of our female community members are screened for Breast Cancer.

Thanking you in advance for your participation,
Kebaowek Health Center Team

Know your breasts All women should be aware of what is normal for their breasts even if they get regular screening tests. Many women find their own breast cancer by noticing changes in the look and feel of their breasts. There really isn't a right or wrong way for women to examine their breasts. They just need to know the whole area of their breast tissue well enough to notice changes.

Read more: <http://www.cancer.ca/en/cancer-information/cancer-type/breast/screening/?region=bc#ixzz3mTlkZklb>



On Monday June 12th at the Health Center, Mrs. Mongrain volunteered to help draw the names for the “2016 Mammogram Screening” Participation Contest. Six names were drawn and the winners were contacted. A quick reminder to bring in your attestation for your chance of winning a prize for the 2017 year. Remember early detection is the key !!

Healthy Cooking Workshop



I recently organized our second Healthy Cooking Workshop. The First workshop was a meal prepared by myself, and had a Mexican Theme to it, this one was prepared by Miss Lori Tepiscum and the menu consisted of; Hummus and crackers (appetizer) Japanese Chicken-Scallion Rice Bowl (Main dish) Quick and Healthy Cheese cake (dessert) all of which was fast, easy and efficient and all made from scratch.

The goal of this workshop is to enhance our taste for healthy food, and keeping it simple and easy to demonstrate that families can have a delicious and economical full course meal, in just minutes.

In closing it is safe to say that this was another successful workshop, and the next one will be held late August (no workshops will be held in July) due to summer holidays, events and other activities previously booked.

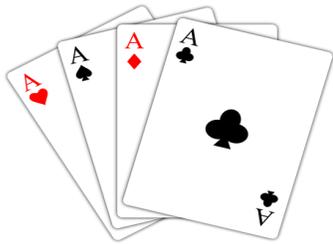
First-Line Services ... Upcoming Activities

SENIOR SOCIAL

**Every second Thursday
of the month.**

**From 1:00PM - 3:00PM
@ the Community Hall.**

**UPCOMING SENIOR SOCIALS:
July 6th and July 20th
Snacks, Cards, Board Games
and Music !!**



MINI-PALS

**For parents and children
from
0-2 years of age.**

**Every Thursday from
10:00 am - 12:00 pm.
At the First Line Services offices.**



WOMEN'S PAINTING NIGHT



When: July 5th and July 19th

Where: First Line Services (Basement)

Time: 6 pm - 8pm

Ages: 18 and up

Please come and enjoy a creative night out painting with Michelle and friends in a relaxed atmosphere. The paints/ paint brushes will be provided for, sign up by calling Michelle at First Line Services 819-627-9877, there will be room for 10 people only! There will be light snacks and drinks served.

**LIMITED SPACE AVAILABLE, SIGN UP RIGHT AWAY
TO MAKE SURE YOU HAVE A SPOT RESERVED.**

Community Shopping Trip



**The first Saturday
of every month !!**

**Please call First Line Services to submit
your name.
Important ... Spaces are limited !!**

**Next Trips:
July 8th, August 5th & September 2nd**

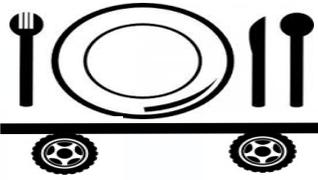
**We will be leaving the Health Center
at 9:00 am**

**1st Stop - Northgate Mall & Walmart
(10:00 am - 1:30 pm)**

**2nd Stop - Freshco Grocery Store
(1:30 pm - 3:00 pm)**

**We will leave North Bay at 3:00 pm
to return to KFN.**

First-Line Services ... Upcoming Activities



MEALS ON WHEELS

NUTRITIOUS AND TASTY MEALS DELIVERED TO YOUR DOOR

CAN'T DECIDE WHAT TO EAT? TOO TIRED TO COOK?

We firmly believe that easy access to nutritious food is important for people who want to lead a healthy life. Our service is designed to make it easier for seniors and people with disabilities to eat well. The meals we provide are specially designed to provide one third recommended daily nutritional needs.

CRITERIA:

You must meet the following criteria:

- Age 65+
- Reside on-reserve
- Special referral...

YOU GET: Soup, Hot Main Meal, Juice & Dessert

- Meals are delivered (with dates and times to be determined).
- Meals will be prepared fresh by our local catering professional
- We work and aspire to meet clients' individual dietary needs, medical condition, physical ability and personal taste.



For More Information

About delivery options, meals and prices or to find out if you are eligible for this service, please contact at:

Kebaowek First Line Services 819-627-9877

Strawberry Picking At Leisure Farms

Wednesday, July 12th

Departure at 9:00 am and Returning at 2:00 pm

**Register with First Line Services
819-627-9877 by Friday July 7th.**

Transportation will be provided.

**Please remember to bring bug spray,
sunscreen and a hat.**

Lunch will be provided.



GUARDIAN ANGELS 2017

This summer's Guardian Angels are:

Trysta Young, Jonah Wells,

Delyssa Down & Cameron Pariseau.

Under the supervision of First-Line Services and the Police Department, the 'Guardian Angels' Program is designed for youth to be more involved and proactive in our community in a positive way.

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 HOLIDAYS Mitchell McMartin Bonnie Down Kim Chevrier Billy Trepanier	3	4	5 WOMEN'S PAINTING NIGHT SENIOR SOCIAL	6 RECYCLE PICKUP	7	8 COMMUNITY SHOPPING TRIP
9 HOLIDAYS Tina Chevrier Virginia McMartin Bonnie Down Vicky Constant	10	11	12	13 GARBAGE PICK UP	14	15
16 HOLIDAYS Tina Chevrier Justin Roy Jennifer Presseault Virginia McMartin	17 HOLIDAYS Priscillia Durocher Darlene McLaren Lisa Chevrier Billy Trepanier	18	19 WOMEN'S PAINTING NIGHT	20 COMMUNITY BINGO SENIOR SOCIAL RECYCLE PICKUP	21	22 ANNUAL BOAT RALLY
23 HOLIDAYS Glenda Moore Julie Wabie Jennifer Presseault Vicky Constant	24 HOLIDAYS Stacey McBride Joan St-Denis	25	26	27 MEDICAL TRANSPORTATION CLAIMS DEADLINE GARBAGE PICKUP	28	29
30 HOLIDAYS Glenda Moore Bonnie Down Donna Pariseau Joan St-Denis	31 HOLIDAYS Billy Trepanier	JULY 2017				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 2017		1 HOLIDAYS Glenda Moore Bonnie Down Donna Pariseau Joan St-Denis	2 HOLIDAYS Billy Trepanier	3 RECYCLE PICK UP	4 HUNTER'S POINT CAMPING TRIP WEEK ONE	5 COMMUNITY SHOPPING TRIP
6 HOLIDAYS Jennifer Presseault Donna Pariseau Vicky Constant Stacey McBride	7 CIVIC HOLIDAY The Band Office and Health Center are closed for the day.	8	9	10 GARBAGE PICK UP	11 HUNTER'S POINT CAMPING TRIP WEEK TWO	12
13 HOLIDAYS Helene Savard Priscillia Durocher Billy Trepanier	14	15	16	17 RECYCLE PICK UP	18 KIPAWA COUNTRYFEST 	19 KIPAWA COUNTRYFEST 
20 KIPAWA COUNTRYFEST 	21 HOLIDAYS Helene Savard Jennifer King Stacey McBride Darlene McLaren	22 HOLIDAYS Mitchell McMartin Vicky Constant Virginia McMartin Justin Roy	23	24 GARBAGE PICK UP	25	26
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