

Kebaowek First Na-

Miskomine Kizis / July 2022



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An Update from the Chief

I need to begin my article by highlighting the great day we had on June 21, Indigenous People's Day and the tremendous amount of positive feedback that we have been receiving. The day began in a good way with a well-attended Sunrise Ceremony led by Elder Noella Robinson. Many activities were held throughout day highlighted by an inspirational talk from the Three Nolan's, Ted Nolan and his sons Brandon and Jordan. They shared their stories of how they worked hard and achieved their goal of playing hockey in the NHL. Ted also spoke of growing up in a First Nation, the challenges and the hard work it took for him to achieve his dream. He left a strong message to our youth, "Dream big, you can do and become whatever you want through hard work and not giving up". He also spoke of the need and importance of getting a good education. They were terrific, speaking with everyone and making themselves available for pictures and autographs to anyone who asked. They generously donated prizes for the youth who participated in the day. It was an honour to have them come to our communities and their positive message and vibe that resonated with everyone in attendance.



The day continued with a mini pow that was once again well attended, it offered an opportunity to see bits of our culture, from the grand entry, to the drumming and dancing, those in attendance were treated to a great afternoon of activities in spite of the heat and humidity. A traditional meal was then served to all in attendance and the day wrapped up with some canoe racing and a spectacular fireworks show that felt and sounded like it was never going to end. A fitting end to day of celebrating our heritage and being First Nation.

We could not have had such a great day if it wasn't for the time, energy and effort that staff and volunteers put into the planning and execution of such an event. This celebration was a joint effort between Kebaowek and our sister community of Wolf Lake and shows that combining our efforts resulted in a terrific day which we all enjoyed.

I'd be remiss in my duties if I did not acknowledge the hard work done by Verna Polson and Melissa Robinson who were tasked with organizing the activities for the day. To their respective teams of volunteers and staff who contributed their time and effort in ensuring a great day was had by all. To our Fire Keeper Lloyd and Elder Noella for the Sunrise Ceremony and the opening prayers (Page 2)

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

An Update from the Chief Continued

that started us off in a good way. To the many many cooks and servers, the traditional meal of fish and fixings was delicious. To our KFN firefighters who took charge of the BBQ lunch and the fireworks display, you gave us a show that brought an awesome conclusion to a successful day.

We look forward to improving and expanding our activities for next year and as construction in the community will be done we can look forward to celebrating Indigenous People's Day 2023 here in Kebaowek.

I would also like to acknowledge the participation of the Mayor of Temiscaming, Mr. Pierre Gingras who accepted our invitation to celebrate Indigenous People's Day with us. As well, I honored to be invited as a special guest to celebrate the 100th Anniversary of the town of Temiscaming. Congratulations to the Mayor, Council Members and Residents, we look forward to our continued collaborations for many years to come. Many of our KFN members go to school, work and live in Temiscaming.

In other news, we will not be going ahead with the construction of our new Police Station this year as we are going to go back to the drawing board, we will be reworking the project and going back to tendering to see if we can get a better price for the construction now that prices for materials has started to drop. We have a \$4.9 million dollar budget and the lowest bid we received was \$7.9 million, the same thing has happened to Timiskaming First Nation where the bids for their new Police Station came in \$2 million over budget. It's unfortunate as we both need these facilities as we expand our Police Services to provide policing to Long Point First Nation. With this delay it means that we won't begin construction until Spring of 2023.

The work on Onimiki continues and I am happy to announce that David McLaren has accepted to be Kebaowek's representative on the Board of Directors of the company we will develop with our partners to build and manage the project on our behalf. More information will be forthcoming in the next couple of weeks as we work hard to submit our project on time as part of Hydro Quebec's call for new projects.

We are one step closer to realizing the Cultural Center project with the announcement last week by Quebec of 5 million dollars conditional to us securing the rest of the funding required for the project. This is great news and more information and details will be provided as the file evolves.



In closing, school is officially done and families are planning vacations, for many it's the first in three years since the beginning of the pandemic. I want to wish everyone a great summer, filled with good memories made with family and friends. Take care and stay safe.

Chief Lance Haymond



**TEMP
WANTED**

Kebaowek First Nation is looking for a reliable person to assist us as a Temporary Recreation Worker to plan and help with community activities and events.

You would need to be available evening/weekends and work on an hourly basis as needed.

Please call Roxane at the Band Office Reception and leave your name and contact information before Friday July 15th, 2022.

Priority will be given to Kebaowek First Nation Band Members Must be fully vaccinated.

Kebaowek Cultural Program

Now that our biggest day of the year National Indigenous Peoples Day has come to a close, I want to take this opportunity to thank all of you who came out and participated in the celebration, it was nice to see our members from both communities enjoying the day. I was inspired by the amount of people who attended the event not only our members of both communities, also those from our local municipalities who showed an interest in our culture.

And of course our celebration wouldn't have not been a success if we didn't have our volunteers. Kichi-Miigwetch Kebaowek Fire Department for doing the BBQ and Fireworks, Kebaowek Health Center for helping and Chief Lance, Yogi, Justin and helpers for frying the fish. Miigwetch to everyone who brought a canned/dry good for our Food Bank, your generosity supports a much needed service in Kebaowek.

Thank you to the 3 Nolans, Hong Kong Restaurant, Ross Electric, IGA, Migizy Gas, Dollar ou Deux Plus, Ross Electric Home Hardware, Centre de Renovation FLD for your Prize Donations., your contributions were greatly appreciated.

Looking forward to next year celebration !! Always be proud of who you are today and everyday!

Verna Polson
KFN Cultural Coordinator / KFN Councillor



To see more pictures
of the IPD Celebration
please go the
Kebaowek Cultural
Group Facebook Page
or the
Kebaowek Health
and Wellness Center
Facebook Page !





Every Child Matters

THE KEOAWEK EDUCATION DEPARTMENT INVITES ALL
 KEOAWEK BAND MEMBERS
 TO PARTICIPATE IN OUR DRAW FOR T-SHIRTS
 ON THE 30TH OF EVERY MONTH
 Send us a picture of you wearing your t-shirt on the
 30th of every month to be eligible for the draw!
 * A NEW PICTURE MUST BE SUBMITTED EVERY MONTH *
 * THERE WILL BE A DRAW EVERY MONTH FOR KEOAWEK AND WOLF LAKE FIRST NATIONS *
 * MUST BE A KFN BAND MEMBER TO BE ELIGIBLE FOR THE DRAW *

YOU CAN SEND YOUR PICTURE BY ONE OF THE FOLLOWING OPTIONS:
 Private Message to Kebaowek Health and Wellness page on Facebook.
 By email to tchevrier@kebaowek.ca or rjawbone@kebaowek.ca
 Text to 819-627-6888

YOU'RE INVITED TO

wapikoni

SHORT FILM PROJECTION

CREATED BY YOUTH FROM
 THE KEOAWEK AND WOLF LAKE FIRST NATIONS

JULY 4TH
 AT THE KEOAWEK DOME
 6:30PM - 8:00PM
 FREE SNACKS AND JUICE




**WOLF LAKE
 FIRST NATION**

DÉFI DES ANCÊTRES
 PRÉSENTÉ PAR LE CEPM

ANCESTORS' CHALLENGE
 PRESENTED BY FNEC

DÉFI DES ANCÊTRES 21
 PRÉSENTÉ PAR LE CEPM

ANCESTORS' CHALLENGE 21
 PRESENTED BY FNEC

The Kebaowek First Nation Education Department in conjunction with Wolf Lake First Nation will host the "The Ancestor's Challenge" again this year on Wednesday July 13th, 2022 at our Ballfield. The Ancestor's Challenge has students/youth competing against all the other First Nation students/youth across Quebec. You can come out and practice in the afternoon of Tuesday July 12th !!

For more information please contact:
 Rose Jawbone 819-627-3455
rjawbone@kebaowek.ca

August 2021

KFN MEMBERS

Those interested in this 20 week ICT work experience should forward their CV by the application deadline of July 14, 2022 to the attention of Rose Jawbone either by email at rjawbone@kebaowek.ca or by dropping off their application at the Band Office.

For more information contact Rose at 819-627-3455
** Preference will be given to first time applicants **

CONSEIL EN ÉDUCATION DES PREMIÈRES NATIONS
FIRST NATIONS Education Council

In association with
Indigenous Services Canada

YOUTH EMPLOYMENT OPPORTUNITY IN TECHNOLOGY

20-week ICT work experience

ARE YOU BETWEEN THE AGES OF 18 TO 30?
ARE YOU UNEMPLOYED?
WANT TO DEVELOP NEW SKILLS IN TECHNOLOGIES?

APPLICATION DEADLINE:
JULY 14, 2022

Online training and two in-person training in Wendake
(September 13 to 15 and December 6 to 8, 2022)
Course: IT Essentials

Indian Registration

Certificate of Indian Status

Secure Certificate of Indian Status (SCIS)

The Certificate of Indian Status (paper laminated) and the Secure Certificate of Indian Status (SCIS) are issued to confirm registration as an Indian within the meaning of the *Indian Act*.

Certificates of Indian Status (paper laminated) continue to be issued, however, they are no longer issued to renew/replace a Secure Certificate of Indian Status (SCIS). If you have a Secure Certificate of Indian Status (SCIS) that has reached or is near its valid until date or if you lost it, you must apply for a Secure Certificate of Indian Status (SCIS) to renew/replace your secure certificate.

Registered persons are encouraged to apply for a Secure Certificate of Indian Status (SCIS). Application forms for Secure Certificate of Indian Status are available at the Indigenous Services Canada website:

www.canada.ca/en/indigenous-services-canada

↓
Get, renew or replace a status card

↓
Application Forms

As well, application forms are available for pick-up at the Band Office.

CENTRE DE LA PETITE ENFANCE



**IF YOU NEED CHILDCARE STARTING IN SEPTEMBER
KEBAOWEK CHILDCARE CENTRE HAS PLACES AVAILABLE.
FOR MORE INFORMATION PLEASE CALL 819-627-1000 AND
ASK FOR PATTY " HURRY BECAUSE PLACES FILL UP FAST"**

PLEASE FOLLOW OUR FACEBOOK PAGE
"KEBAOWEK CHASE THE ACE"

IF YOU WOULD LIKE TO PURCHASE
TICKETS THROUGH AN ETRANSFER,
PLEASE CALL THE KEBOWEK BAND
OFFICE FOR INFORMATION 819-627-3455

KEBAOWEK FIRST NATION CHASE THE

ACE

50% OF SALES WILL BE
ALLOCATED TO REPAIR THE
OLD SCHOOL IN HUNTERS
POINT

30% OF SALES WILL GO TO
THE PROGRESSIVE

20% OF SALES WILL GO TO
BI-WEEKLY WINNER

2ND DRAW ON WEDNESDAY JULY 13TH
PROGRESSIVE PRIZE \$\$ 712.50 +
PRIZE \$\$ 400.00 +

TICKETS CAN BE PURCHASED AT:
LAKEVIEW - MIGIZY - BAND OFFICE
OR FROM LYNN GRANDLOUIS,
VERNA POLSON & TINA CHEVRIER

TICKETS SALES START JUNE 29TH UNTIL
JULY 12TH AT NOON NO EXCEPTIONS!

\$5.00/TICKET



ATTENTION KFN MEMBERS

PLEASE NOTE THAT
IF YOU DRIVE TO THE KEBOWEK
HEALTH AND WELLNESS CENTER
OR BAND OFFICE, YOU WILL NEED TO
ACCESS OUR PARKING LOT THROUGH A
TEMPORARY LANE SITUATED BETWEEN
THE POLICE STATION & DRUMBEAT
RADIO. YOU CAN PARK ON THE
BALLFIELD IF NEED BE.
MEEGWETCH

BOATS - FUN - FAMILY - FRIENDS - MEMORIES - LAKE - SWIMMING

KEBAOWEK BOAT RALLY

Saturday July 16th, 2022



100% PAYOUT WITH PRIZES TO BE WON !!

REGISTRATION 10:00 AM - 1:00 PM
AT THE COMMUNITY HALL

ENTRY \$10 EACH (18 YRS +)
You can purchase 3 hands (max) in your name.

Kitchen will be open at the Community Hall
starting at 4:30 pm serving ...
Indian Tacos, Burgers, Hotdogs, Fries, Poutines
(while quantities last)

BAR WILL OPEN AT 5:00 PM
MUSIC (DJ) STARTING AT 8:00 PM

Kebaowek Fire Department

HOW SAFE IS YOUR HOME FROM FIRE ?

Review the checklist below to see if your home has any hidden fire hazards.

Any box checked "no" is a fire hazard.

Electrical Hazards		
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Did only qualified/licenced electricians install or extend wiring in your home?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are all your electrical cords being used safely? (ie Not under any rugs, frayed or broken, over hooks or through door openings.)
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are there enough electrical outlets in every room?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are circuit-protected, multi-prong adapters used to create additional outlets?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are large and small appliances plugged directly into the wall?
Matches, Lighters & Smoking Hazards		
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you keep matches and lighters away from heat sources such as stoves and heaters?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you make sure matches and smoking materials are completely out before dispensing of them?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Is there a No Smoking rule in your household?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are ashtrays emptied into containers that will not burn?
Kitchen Hazards		
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Is your cooking area free from any items that can catch fire?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Is your kitchen hood clean and vented to the outside?

YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you always remain near the stove while cooking?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you turn the stove/oven off before leaving the house?
Household Hazards		
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you keep areas clear of old rugs, papers, mattresses, broken furniture and other flammable materials?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are all oily rags disposed of properly? Destroyed or placed in metal cans?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are paints and varnishes stored properly and tightly closed?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you keep your yard clear of debris, leaves and garbage?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Are the clothes dryer lint filter and venting systems clean?
YES <input type="checkbox"/>	NO <input type="checkbox"/>	Do you turn the clothes dryer off before leaving your home?



Attend public fireworks displays, and leave the lighting to the professionals.

Fireworks are dangerous to people and pets. Using them puts your property at risk.

Kebaowek Police Department

Statistics for May 2022

- 3 - Public Assistance
 - 1 - Civil Matter
- 1 - Assault Apply Force 265 (1a) of c.c.c.
- 1- Mischief Section 430 (3a) c.c.c.
- 1 - Infraction Ticket issued H.S.C.
- 1 - Assist to Surete du Quebec
 - 1 - Assist to Other
- 1 - Execution of a Warrant
 - 1- Family Dispute
- 1 - Harassing Communication Section 372 (3) Cr.C
- 1 - Failure to Comply with Probation Order 733.1 (1) Cr.C
 - 1 - Person in Distress

Bicycle Safety

KFN Children 12 years and Under

Please join us for our Bicycle Safety Information Session on Sunday July 3rd at 2:00 pm at the Kebaowek Community Hall

Come out and have some fun and enjoy a light snack and refreshments with the Kebaowek Police.

Once the Information Session is completed, we will ask some questions and the child who answers correctly will win a prize !!

All participants will have their name entered into a draw for the Door Prize ... a Bicycle or a Prepaid Visa for \$250.00

Come learn about ...
Hand Signals, Inspecting your Bicycle & Helmet Safety

Kipawa Countryfest



We are looking for Camping spots for August 19-20-21, 2022!
If you have space available in your yard for RV/Campers to park during the Countryfest weekend, please call the Band Office and give your name and phone number to Roxane. Thank you.



We are looking for volunteers for August 19-20-21, 2022!

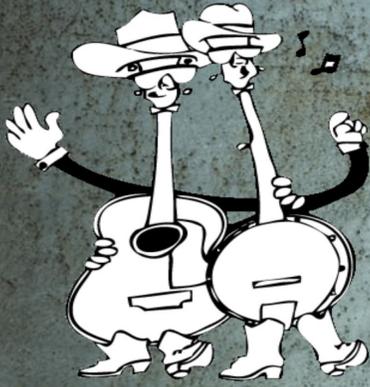
It's that time once again that we call upon volunteers to help make Kipawa Countryfest a successful event and to do this we are in need of many reliable volunteers because without help this event would not be possible! If you are attending the festival and are interested in volunteering please contact Roxane at 819-627-3455 with your name and phone number.

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

JOIN THE TEAM

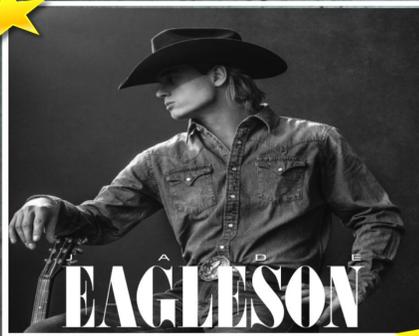
Kipawa Countryfest is looking for responsible and reliable people to be part of the Security Team during the festival weekend of August 19-20-21, 2022.

If you are interested and would like more information please contact Roxane at 819-627-3455 with your name and number .



15th Annual / 15^e edition Kipawa Countryfest

August 19-20-21 août 2022
Kipawa, Québec



EAGLESTON



THE REKLAW



Whiskey Jack
Presents
The Stories and Songs of
STOMPIN' TOM



DYLAN BURK



GRAVITAS
COUNTRYFEST HOUSE BAND



DAVID BOYD JANES



ZACH MASON
AND THE MOONSHINERS



FULL CIRCLE



NORTHWEST
COUNTRY BAND



THE COUNTY



GHOST RIDER



KIPAWA CHOIR

PRICES / PRIX

WEEKEND PASS UN LAISSER-PASSER DE FIN SEMAINE (18+ years - 18 ans et plus)	SUMMER SPECIAL July 16, 2022 to August 1, 2022	SPÉCIAL ÉTÉ 16 juillet 2022 au 1 août 2022		
	\$80.00			
GATE PRICES À LA PORTE	WEEKEND FIN DE SEMAINE	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
Adult (18+ years) Adultes (18 ans et plus)	\$90.00	\$45.00	\$65.00	\$25.00
Youth (11 - 17 years) Enfants (11 - 17 ans)	\$20.00	\$10.00	\$10.00	\$10.00

CHILDREN (10 years & under are free) / ENFANTS (10 ans et moins) gratuit

* FESTIVAL INFORMATION *

Telephone: 819-627-3455
Website: www.kipawacountryfest.ca
Facebook (Kipawa Countryfest)

- * Rough Camping Available - Call to Reserve *
- * Camping sauvage disponible - Appelez pour réserver *
- * Shuttle Bus / BBQ Supper / Vendors / Kids Inflatables *
- * Navette / Souper BBQ / Marché des artisans / jeux gonflables *

* SOUND AND LIGHTS: DBSL INC. *



Drumbeat
THE HEART OF KEBEOWIK

Desjardins



A Message from David McLaren, Health & Social Services Director

Kwe to all members of Kebaowek First Nation. At the time of writing this article, in Abitibi-Temiscamingue, there has been 150 cases declared by the laboratories, which signifies a slight increase similar to what is observed across the province. 8 people are hospitalized with nobody in the ICU. In addition, a slight increase is observed in the number of CISSS-AT employees (85) and doctors absent due to COVID-19. The positivity rate climbed back up to 20%.

If you have any questions or doubts about protecting yourself against covid-19, please call our Health Center and ask to speak to one of our nurses or visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/basic-health-instructions>

Kebaowek First Nation Health & Social Services employees are required by the rules from the CNESST to continue to wear a face mask. The same continues to apply to our clients accessing services within our office settings. Many of our staff need to work with a more vulnerable population so we must take precaution not to spread the virus which continues to mutate into other sub-variants. Omicron sub-variant B.A.4 is responsible for the recent infections as it spreads easier than the original Omicron Variant.

It's never too late to get vaccinated:

- Washing your hands frequently and using hand sanitizer when soap and water are not available.
- Wearing a face mask when you have symptoms
- Coughing in the crook of your elbow
- Wearing masks in public transit or health care settings
- Self-monitor if you are a close contact of a known positive case.
- Doing a Rapid Test if you develop flu like symptoms. Please be aware that many test positive after 48 hrs of the first sign or symptoms relevant to Covid. Please note that we have Rapid Tests available at the Health Center.

It is now confirmed that we will need to plan for Covid-19 mass vaccination clinics at the Community level early in September. We will keep you informed as to the exact week we will be vaccinating at the Dome for the 18 and up and who may be prioritized.

Meeting with new Temiscaming Pharmacy Owner

On June 16th, Priscillia Durocher our NIHB specialist and I met with Mr. Boumediene Seliab the proud new owner of

Pharmacy Uniprix in Temiscaming and he was accompanied by long standing worker and community member Nancy Willison. We had a very good exchange and Mr. Seliab was very aware of the challenges our members were facing when accessing NIHB covered medication. He vowed to facilitate our access to all NIHB meds including the over-the-counter ones that we end up paying for not realizing that he may be able to prescribe it.

I feel very optimistic that services over the next few weeks from the Uniprix banner in Temiscaming will improve. One of the most notable undertaking to look forward to is the delivery service once he has recruited a suitable candidate. Mr. Seliab reminded me of Pharmacist Clark who was an important piece of the community fabric and not just a business owner. So on behalf of our Leadership and the Anicinabe of the area, Minopijan/Welcomes to you and your family to the unseeded territory of the Algonquin Nation. We look forward to your collaboration in helping us keep our people healthy.



Above picture description: Chief Lance Haymond took a few minutes from his busy schedule to meet with the new Pharmacist Mr. Boumediene Seliab. (Left to right Health Director David McLaren, Mr. Boumediene Seliab and Chief Lance Haymond)

Meetings Held in June

- Kebaowek Bi-Weekly Emergency Response Group
- FNQLHSSC Board of Directors
- Mino Obigiwasin Social Services
- Public Health from CISSSAT with English F.N's

A Message from David McLaren, Health & Social Services Director

- CISSSAT BOD, Ethics & Governance and Verification Committees
- Quebec First Nations Health Director Network with the Province
- Coalition for English Speaking First Nations of Quebec
- With new Uniprix Owner Boumediene Seliat

Congrats and Meegwetch to all those involved in putting together our National Day of celebration on June 21st. It was a huge success from dawn to dusk.

Happy holidays and enjoy the summer months. Stay safe and healthy.

Quotes about Summer Holidays

“Cause a little bit of summer is what the whole year is all about.” ~ John Mayer ~

“It's a smile, it's a kiss, it's a sip of wine ... it's summertime!”
~ Kenny Chesney ~

“A vacation is having nothing to do and all day to do it in..”
~ Robert Orben ~

David McLaren
Director of Health & Social Services

MCH / Head Start Program

Summer fun Activities for children up to 5 years!

Activities for Babies 6-18 Months Old

Aqua Sensory Bath

Babies totally adore their bath time and we can make the most of it by stimulating their senses as they have some fun in water. The investment is fairly basic. A bath-tub, some colorful balls, a yellow rubber ducky or rubbery sea animals like fish, whale, octopus, turtle or a dolphin. You can even add some plastic straws and a sponge to watch them freewheel in their tiny watery world.

Indoor Obstacle Race

Babies can learn a lot while crawling or as they are set to take their first real steps. Convert your floor into a racing-track. Place pillows or folded blankets and bedsheets as hurdles and watch your babies crawl by. Applaud them when they overcome the hurdles. You can shower them with

hugs and kisses to share their happiness and multiply their joy. You can place their favorite rattles or toys in between the play area as reinforcement too. Right before dinner, this activity could get your kids to work up quite an appetite.

Balloon Pool

It is obviously that blowing up so many balloons can be a task, but the reward that follows is immeasurable! Remember to not blow them up too much as you do not want them to bust while your child or children are playing with them. Scatter a bunch of balloons on the floor and Viola...watch them blow away.

Activities for 2 to 5 Years Old

Letters Outside

Gather your materials. You will need a garden hose (or squirt bottles), some

sidewalk chalk and a future sharp shooter to play. Don't forget your sunscreen either! Start by drawing letters on your fence (or patio) I asked my son which letters he wanted. Hand them the hose and call out the letters. Spray, after the letters were sprayed away we moved to another piece of fence and did shapes and spray again.

Back Yard Carwash

Gather your materials. What you need for this is a bowl or bucket of water, some dish or hand soap, some wash clothes or sponges, a dish towel and the toys you are going to wash. I like to use sponges because they are easy to cut small enough for toddler hands. Put the soap in the water, and get some bubbles going. Grab a sponge and clean those cars! After sponging them down make sure you dry them well and I let them sit upside down so no water gets stuck in any crevasses.

Lynn Grandlouis
MCH /Head Start Program

Employment Opportunity

Kebaowek Health & Wellness Center **Community Health Nurse Full-Time Position**

Term:

- 14 month maternity leave replacement with potential to becoming permanent
- 35 Hrs/Week: 8:00 am to 4:30 pm, Monday to Thursday and till 12:00 pm on Friday.

Mandate:

Under the supervision of the Clinical Programs Manager, the Community Health Nurse (CHN) will participate in the planning, organization and provision of health and homecare services in accordance to her scope of practice, training and in line with the programs and policies adopted by Kebaowek First Nation Council. The incumbent will provide holistic assessments and create linkages with other community or external resources. They will support healthy living habits with a view to preventing and reducing the incidence of disease, ill health and mortality thus, allowing the highest level of health and homecare services as possible to KFN members. The incumbent is also responsible for the case management, so as to ensure that each client receives the care and services according to their specific needs

Summary of Duties:

- Participates in the planning, organization and provisions of professional health services at the Kebaowek Health and Wellness Center.
- Will participate in providing health services in the homes of Elders and patients who do not have sufficient mobility.
- Evaluates the client's needs, plans the types of services to be dispensed and assures the service delivery according to the therapeutic plan.
- Involves individuals, families and groups as active partners to take action to address health inequities and foster a self-management care approach for chronic conditions.
- Plans and delivers courses in prenatal and postnatal care, organizes clinics, participates in consultations and examinations according to client needs.
- Organizes and participates in all aspects of immunization; infant, school aged, and adult immunization accordingly to provincial public health guidelines.
- Maintains immunization records and medical records of individuals according to provincial standards, protocols and guidelines.
- Participates in prevention and reportable programs such as TB, STD's, epidemiological investigations, smoking, alcohol and substance abuse, and keeps a closer attention to Elders, chronically sick, disabled and vulnerable clients.
- Acts as a resource for patient information on issues such as sanitary conditions, hygiene, use or handling of prescribed medication as per physician instructions etc.

- Administers therapeutic programs according to the medical treatment plan, uses sound and proper nursing techniques when treating patient in compliance with all procedures and policies or as directed by medical professionals.
- Participates in the administration of the Health Centre so that sufficient and adequate health services and materials are provided to the community by working in close cooperation with the local health and social services workers, by participating in meetings and workshops with other community workers and educators, by writing reports as requested by management, by organizing information and educational sessions for the community, and by having a cooperative attitude and behavior in dealing with the other employees of the Kebaowek Health & Wellness Center.
- Utilizes evidence and research to influence health policies, programs and practices and synthesizes nursing and health knowledge from a broad range of theories, models and frameworks to address the health status of the population and the inequities.
- Contributes to the development and maintenance of a cooperative and stimulating Team Work environment.
- Flexibility to fill on occasion other gaps in service delivery to clients.

Requirements:

- University or College degree in Nursing;
- Member of "L'Ordre des infirmières et infirmiers du Québec" / or capacity to obtain a restricted licence.
- 2 years nursing experience (First Nation community experience would be an important asset).
- Demonstrated planning and organization skills that include time management.
- High degree of confidentiality and discretion.
- Good communication skills in English (French would be an important asset).
- Possesses creative and innovative thinking combined with ethics and integrity.
- Knowledge of the Algonquin culture will be an asset.
- Be of good and trustworthy character who works great in a team setting.
- Must be fully vaccinated

Competitive compensation and benefits and work schedule:

In accordance to new 2020/2023 Provincial Salary Scale agreement and recognized work experience.

Please submit your application and references in writing, specifying your education, experience and skills before 4:30 pm on Thursday July 15th, 2022 to:

Kebaowek Health & Wellness Center
c/o: David McLaren
110 Ogima Street, Kebaowek QC J0Z 3R1
Tel : (819) 627-9060 Fax: (819) 627-1885
dmclaren@kebaowek.ca

Learn About Cataracts

WHAT ARE THEY?

Your eye works a lot like a camera. Light rays focus through your lens onto the retina, a layer of light-sensitive cells at the back of the eye. Similar to photographic film, the retina allows an image to be “seen” by the brain. Over time, the lens of your eye can become cloudy when normal proteins in the lens begin to break down. This prevents light rays from passing clearly through the lens. When the lens becomes cloudy enough to obstruct vision to a large degree, it’s called a cataract.

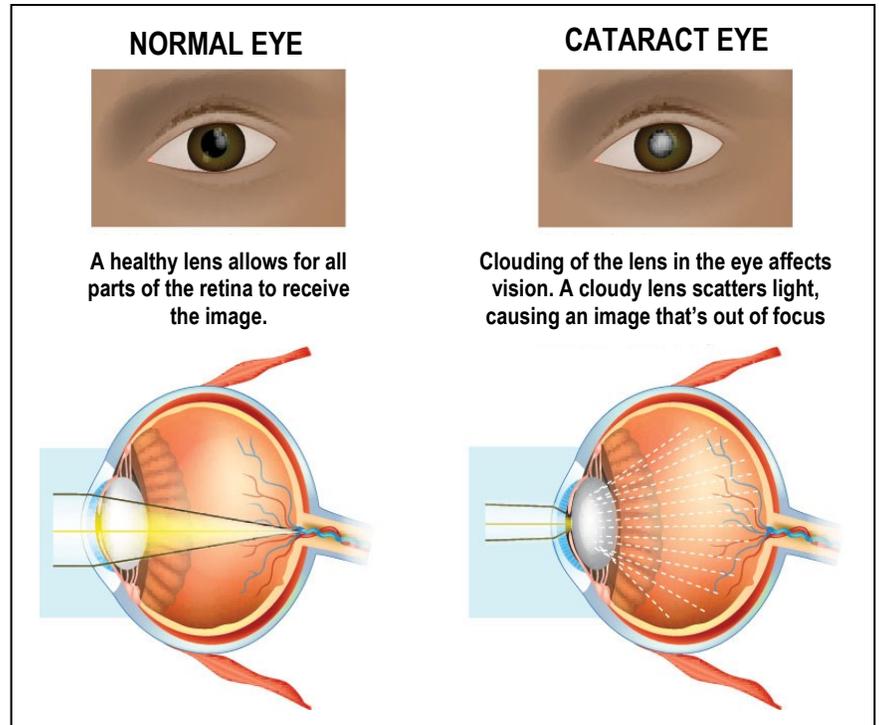
Cataracts usually develop slowly, causing a gradual and painless decrease in vision. Changes you might experience include:

- Blurry vision
- Glare, particularly at night
- Frequent changes in your eyeglass prescription
- A decrease in colour intensity
- A yellowing of images
- Improved close-up vision for farsighted (presbyopic) people
- Reduced distance vision for nearsighted (myopic) people

The loss of transparency may be so mild that vision is barely affected, or it can be so severe that no shapes or movements are seen – only light and dark.

The most common cause of cataract is aging. Normal changes to the eye start happening around the age of 40. People over the age of 60 usually start to experience some lens clouding. Occasionally, babies are born with a cataract.

To see if you have cataracts, your eye doctor will ask you about your medical history and the symptoms you have. They will also perform an eye exam and conduct a few tests.



TREATMENT - CATARACT SURGERY

If a cataract is affecting your vision enough to interfere with your normal lifestyle, you may choose to have cataract surgery.

During this outpatient surgical procedure, an ophthalmologist removes the cataract by making a small opening in the cornea at the front of the eye. The cloudy lens is broken into small pieces and removed through an ultrasonically vibrating needle that acts as a miniature “jackhammer”. A synthetic intraocular lens (IOL) is inserted to replace the focusing power of the natural lens.

Cataract surgery is a very successful operation. One and a half million people have this procedure every year in North America, and over 95% have a successful result.

The following factors can lead to cataracts:

- Being over the age of 60
- Eye injury
- Some medications (e.g., steroids)
- Systemic diseases such as diabetes
- Being a smoker
- Spending a lot of time in the sun without sunglasses that protect your eyes from harmful ultraviolet (UV) rays
- Having close family members that have cataracts

Medical Transportation and NIHB

Medical Transportation After Hours Schedule

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

IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR UPCOMING OFFICE CLOSURES

Medical transportation to the Temiscaming hospital emergency department is available during the following office closures:
Unless prior arrangements have been made, during the specified hours, you will need to call 819-627-6887.

Thursday June 30th (Canada Day Holiday): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

Friday July 1st (Canada Day Holiday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

Monday August 1st (Civic Holiday): Medical Transportation available 8:30 am - 12:30 pm.

Monday September 5th (Labour Day): Medical Transportation available 8:30 am - 12:30 pm.

PRESCRIPTION PICK-UPS

Please note we are still doing prescription pick-ups on Tuesdays and Thursdays for the Band Members living on reserve. You must call in your prescription to the pharmacy to make sure it is ready and you must call us to have your name put on the list the day before pick-ups. You will not be required to sign for your prescription on account of the COVID 19 virus. (No pen sharing) Your prescriptions will be delivered during the day according to our schedule.

EXTRA PRECAUTIONS FOR COVID-19

Extra precautions have been put into place for those travelling in our medical transportation vehicles.

- All clients to wash with hand sanitizer upon entering the vehicle.
- If clients have travelled within the last 14 days out of the country they need to call the #811 or #1-877-644-4545
- It's important to notify us if you are experiencing cold or flu like symptoms so that we can take the extra precautions necessary to protect ourselves and our clients. If clients have any cold or flu-like symptoms, they are to wear a mask. The driver may be wearing a mask to protect themselves.

- We will try to keep the same driver for the same clients if the schedule allows.
- Clients will travel alone with the driver unless there are special circumstances. (parent/child)
- Clients will sit in the back opposite of driver – public distancing.
- Our drivers are sanitizing the high touch areas in between clients.
- Non-urgent appointments are likely to be cancelled by your health providers. If you have questions regarding your appointments, call your health care provider.

MEDICAL TRANSPORTATION CLAIMS

Private Vehicle

We encourage you to use private vehicles when possible to limit the number of people entering our medical transportation vehicles. Medical transportation reimbursements are done weekly. Claims handed in on Wednesday before noon will be processed for the same week if all the information is present and eligible. We encourage you to sign up for direct deposit as this will limit the number of people entering our Health Center. Please ensure your documents are properly completed to avoid delays.

PHARMACY BENEFIT INFORMATION

New Pharmacy Benefit Listings

Check the **drug benefit list** to find all eligible products and criteria for coverage.

The following medications and products are now covered as open benefits without prior approval:

- Duobrii (halobetasol/tazarotene) lotion for the treatment of moderate to severe plaque psoriasis
- GE200 Blood Glucose Test Strips, within program quantity limits
- Durezol (difluprednate) eye solution to reduce inflammation after cataract surgery
- Lotemax (loteprednol) eye solution, gel and ointment to reduce inflammation after cataract surgery
- Prolensa (bromfenac) eye solution to reduce pain and inflammation after cataract surgery

The following new listings are covered as limited use benefits with prior approval:

- Osnuvo (teriparatide) injection for the treatment of osteoporosis. Osnuvo is a biosimilar to Forteo (the reference biologic drug)
- Cabometyx (cabozantinib) tablets for the treatment of liver cancer
- Ajovy (fremanezumab) for the prevention of migraine in adults who meet certain medical criteria
- Calquence (acalabrutinib) for treatment of chronic lymphocytic leukemia in adults
- Ateectura Breezhaler (indacaterol/mometasone furoate) for the treatment of asthma in patients aged 12 years and older
- Enerzair Breezhaler (indacaterol/glycopyrronium/mometasone furoate) for the treatment of asthma in patients who meet certain medical criteria
- Beovu (brovacizumab) for the treatment of certain types of macular degeneration
- Ilumya (tildrakizumab) injection for the treatment of moderate to severe plaque psoriasis
- Crystiva (burosumab) for the treatment of X-linked hypophosphatemia (XLH)
- Riabni (rituximab) for the treatment of rheumatoid arthritis, granulomatosis with polyangiitis and

microscopic polyangiitis. Riabni is a biosimilar to Rituxan (the reference biologic drug)

- Mayzent (siponimod) for the treatment of secondary progressive multiple sclerosis

Increased coverage for Champix and Zyban

- NIHB now covers the following amounts for these smoking cessation products:
 - **Champix** – increased to 330 tablets per year
 - **Zyban** – increased to 360 tablets per year
- The one year period begins on the date the first prescription is filled
- NIHB accepts prescriptions from pharmacists for Champix and Zyban, if this is within their provincial/territorial scope of practice

Eligible nutrition products recommended by dietitians

- NIHB covers selected nutrition products (infant formula or nutritional supplements) when medically necessary, with prior approval
- NIHB accepts recommendations from dietitians for eligible nutrition products, if this is within their provincial/territorial scope of practice
- You may obtain a prescription or a recommendation for nutrition products from a physician, nurse practitioner or dietitian (where allowed)
- Check the drug benefit list to find eligible products and coverage criteria

MEDICAL SUPPLIES AND EQUIPMENT

COVID-19 temporary policy changes: update

- As of July 1, 2022, temporary COVID-19 policies related to MS&E benefits will end
- Normal program requirements for prescriptions will be in effect for MS&E benefits. For replacement of equipment or supplies, prescriptions must not be older than one year for most benefits
- Some temporary COVID-19 changes will become permanent Program policy, in full or with modifications. These are described in the articles that follow
- Refer to the MS&E guide and benefit lists for all current policies

Medical Transportation and NIHB

Coverage of oral digital thermometers

- Oral digital thermometers will continue to be covered as open benefits, at a cost of up to \$16 once every 5 years
- They are covered with a prescription from a doctor or nurse practitioner, or a recommendation from a registered nurse or licensed/registered practical nurse

Requests for supplemental home oxygen

- As of July 1st, 2022, all requests for supplemental home oxygen (initial or renewal) will again require testing
- Either an arterial blood gas (ABG) or an oximetry test is required for coverage of oxygen
- For supplemental home oxygen renewal, a respiratory therapist or registered nurse can request a change in oxygen equipment or in the quantity being requested. A written explanation for the change must be provided with the request

Coverage of tele-audiology

- Providers who are equipped for tele-audiology may continue to perform these services virtually for clients who live in remote areas:
 - fitting and dispensing of hearing devices
 - hearing device performance check and readjustment

Expanded eligibility for hearing aids

- NIHB has expanded eligibility for hearing aids to cover adults with a wider range of hearing loss
- Your provider can confirm if you meet the criteria for coverage

Coverage changes for eye prosthesis

- The recommended replacement guideline for eye prostheses was changed to 5 years (from 3 previously) because adjustment services are now covered to adapt the prosthesis to changes in the eye socket over time
- The recommended frequency guideline for polishing was increased to 2 times per year
- Conformers are now covered. These are temporary shells used to hold the shape of the eye socket before fitting the prosthesis
- Optometrists were added as prescribers of eye prosthesis

- Ocularists can now recommend replacement of eye prosthesis

DENTAL BENEFIT INFORMATION

Understanding your dental predetermination letter

- Some dental and orthodontic services require predetermination, or prior approval, to confirm eligibility for NIHB coverage. For these services, your dental provider will submit a predetermination request to the NIHB Dental Predetermination Centre (DPC)
- Once NIHB has reviewed the request, you and your dental provider will receive a predetermination letter from the NIHB DPC to let you know the result. The predetermination request may be
 - approved (showing eligible amount)
 - on hold requiring additional information
 - denied
- Important information on the result, such as what information is missing if the request is on hold, can be found in the **Predetermination Line Level Messages** section at the bottom of the predetermination letter
- When you receive a predetermination letter, contact your dental provider's office to schedule the service or discuss next steps
- If you have any questions about a predetermination letter, call the NIHB Dental Predetermination Centre at 1-855-618-6291 (dental services) or 1-866-227-0943 (orthodontic services)

GENERAL PROGRAM INFORMATION

Client mailing address

- In order to receive important mail from NIHB, such as predetermination letters or client reimbursement cheques, your mailing address must be up to date
 - if you have an NIHB client web account through Express Scripts Canada, you can update the address in your profile
 - if you do not have a client web account, call Express Scripts Canada at 1-888-441-4777 to update your mailing address

July 28th is World Hepatitis Day

What Is Viral Hepatitis?

Viral hepatitis is an inflammation of your liver that's caused by a virus. There are five types, but the most common ones in the U.S. are hepatitis A, B, and C. All of them affect your liver. Some of the symptoms are similar, but they have different treatments.

Hepatitis A. This type won't lead to long-term infection and usually doesn't cause any complications. Your liver heals in about 2 months. You can prevent it with a vaccine.

Hepatitis B. Most people recover from this type in 6 months. Sometimes, though, it causes a long-term infection that could lead to liver damage. Once you've got the disease, you can spread the virus even if you don't feel sick. You won't catch it if you get a vaccine.

Hepatitis C. Many people with this type don't have symptoms. About 80% of those with the disease get a long-term infection. It can sometimes lead to cirrhosis, a scarring of the liver. There's no vaccine to prevent it.

How Do You Get Hepatitis A?

The main way you get hepatitis A is when you eat or drink something that has the hep A virus in it. A lot of times this happens in a restaurant. If an infected worker there doesn't wash their hands well after using the bathroom, and then touches food, they could pass the disease to you.

Food or drinks you buy at the supermarket can sometimes cause the disease, too. The ones most likely to get contaminated are:

- Fruits and Vegetables
- Shellfish
- Ice and Water

How Do You Get Hepatitis B?

The virus that causes hepatitis B lives in blood, semen, and other fluids in your body. You usually get it by having sex with someone who's infected.

You also can get it if you:

- Share dirty needles when using illegal drugs
- Have direct contact with infected blood or the body fluids of someone who's got the disease, for instance by using the same razor or toothbrush as someone who has hepatitis B, or touching the open sores of somebody who's infected.
- If you're pregnant and you've got hepatitis B, you could give the disease to your unborn child. If you deliver a baby who's got it, they need to get treatment in the first 12 hours after birth.

How Do You Get Hepatitis C?

Just like hepatitis B, you can get this type by sharing needles or having contact with infected blood. You can also catch it by having sex with somebody who's infected, but that's less common.

If you had a blood transfusion before new screening rules were put in place in 1992, you are at risk for hepatitis C. If not, the blood used in transfusions today is safe. It gets checked beforehand to make sure it's free of the virus that causes hepatitis B and C.

It's rare, but if you're pregnant and have the disease, it's possible to pass it to your newborn.

There are some myths out there about how you get hepatitis C, so let's set the

record straight. It's not spread by food and water (like hep A). And you can't spread it by doing any of these things:

- Kissing
- Hugging
- Sneezing or coughing
- Sharing forks, knives, or spoons

How Do I Know If I Have Viral Hepatitis?

The best-known symptom is jaundice, which can make your skin or the whites of your eyes turn yellow.

But not everyone who has hepatitis gets jaundice. You might just feel like you have the flu -- weak, tired, and sick to your stomach. These symptoms are common for many types of hepatitis:

- Fever
- Loss of appetite
- Nausea and vomiting
- Stomach pain
- Diarrhea
- Dark-colored urine
- Light-colored bowel movements
- Joint pain

See your doctor as soon as possible if you have any of these symptoms.

Sometimes, people have no symptoms. To be sure you have hepatitis, you'll need to get tested.

If your doctor thinks you have hepatitis, there are blood tests to tell if you have type A, B, C, or another type called D. You should get lab results back within a few days.

Some types of hepatitis get better on their own. Others turn into chronic cases and can damage the liver and cause liver cancer. If your doctor thinks you could have chronic hepatitis B or C, they may perform a liver biopsy.

How Drug Addiction Affects the Entire Family

It's easy to think of the ways drug addiction affects the person using substances. As addiction progresses, the impact only gets worse with time. The short and long-term health effects, loss of jobs, increasing financial troubles, run-ins with the law. Living in active addiction is not a simple way to live.

However, people who struggle with addiction are not the only ones who feel the impact. The effects of active addiction stretch out far beyond the person using substances. Immediate family members are also affected when their loved one has a drug or alcohol problem. Whether it's a child, parent, or spouse, addiction alters the lives of anyone who loves the person.

How Addiction Affects Children

The effects of addiction on a child depend on a few things:

- Whether they come from a single-parent or two-parent household
- Whether one or both parents struggle with addiction

Children living with a single parent who abuses drugs don't have anyone else to turn to. It's similar for children living in a two-parent household with both parents struggling. When only one parent has a problem, though, there's another parent to step in. They still feel the effects of drug addiction, but still, have some support.

Children who live with an addicted parent grow up in an unpredictable environment. Their home is often filled with secrecy and role reversal. They receive inconsistent physical and emotional support. There is a much higher possibility of abuse or violence against these children. Children in these environments experience affected social development, self-confidence, health, and more.

How Addiction Affects Parents

Parents who have a child with an addiction problem have a unique set of difficulties. They may feel responsible for the path their child chose and wonder where they went wrong. They're constantly plagued by worry about their safety and wellbeing.

It's painful to be a parent and feel powerless as you watch your child suffer. Many try supporting their children financially, hoping they will turn their life around. Some parents take on an overbearing and enabling role. This

creates an inappropriately dependent relationship as their child grows up.

How Addiction Affects Siblings

Siblings of addicts are sometimes referred to as the "invisible victims." Parents tend to be consumed by the sibling with the addiction problem. Their ongoing and increasing problems draw attention away from the other children. They often end up taking the sidelines. These siblings feel a variety of emotions like confusion, frustration, shame, resentment, and more.

Some siblings take the path of refusing to follow the path their brother or sister took. They see the effects of addiction on their family and refuse to add to the problem. Others turn to drugs or alcohol too, following in the footsteps of their sibling. They use substances either as a way to escape the pain or to draw some of their parents' attention back to them.

The Six Family Roles in Addiction

When a person struggles with addiction, each member of the family develops their way of handling the problem. Clinicians notice five distinct roles that family members may take on to cope with their loved one's substance use. Some families have a person for each role, others have members who adopt multiple roles, and still, others may not have certain roles in their family.

The six family roles in addiction are a simple way to observe how family members of addicts deal with their loved ones. None of these roles are healthy ways of working through the difficulty, but each makes sense given the circumstances and effects that addiction has.

The Addict The addict is the person with the substance abuse problem and the focal point of the family. They are the source of most of the conflict in the home, whether directly or indirectly. Addicts tend to act and behave in whatever ways suit them, regardless of the effects on their family members. They may not realize just how much of the family dynamic centers around them.

The Caretaker The caretaker is the family member who makes excuses or covers for the addict and the problems they create. They take on many household responsibilities to "keep the peace" and do their best to make sure the family is as happy as possible. The caretaker finds their purpose in enabling the addict, which

How Drug Addiction Affects the Entire Family

keeps the entire cycle in motion. Caretakers are also martyrs of the family because they sacrifice themselves for what seems like the good of the family.

The Hero The hero is similar to the caretaker but doesn't participate in enabling the addict. Instead, they do everything in their power to make sure the family appears normal. They try to maintain stability behind closed doors and keep up appearances when outside the home. Heroes tend to be the "golden child": highly responsible, self-sufficient, and perfectionists. However, their golden exterior merely covers up the increasing pain they feel inside.

The Scapegoat The scapegoat is the opposite of the hero, the "problem child". They tend to be defiant and are filled with hostility toward the rest of the family. Instead of compensating for the chaos in the home, they try to draw attention to themselves through harmful behaviors. This diverts attention away from the addict in another way but still keeps the cycle in motion.

The Mascot The mascot is the funny guy in the family. They try to alleviate the chaos and stress by diverting attention through humor or silly behavior. Mascots tend to be in motion at all times, constantly trying to make other members of the family feel better with their antics. This exhausting role keeps the mascot from having to look at the reality of their family dynamic, regardless of its impact.

The Lost Child The lost child is the quiet one in the family. They do their best to stay out of the way and keep from creating any additional difficulty. The lost child watches as the chaos plays out among their family members and does what they can to blend into the background. Lost children tend to be younger or middle children, already used to their older siblings taking the lead. They all but disappear amidst the tumultuous environment in their home.

The Effects of Addiction on a Family

Just like addiction causes a variety of effects on the person using substances, it leads to another set of effects on the family. The exact outcomes depend on things like which family member struggles with addiction, the age of the children, or whether children live with their parents. Not all families experience the same effects, but oftentimes they are at least somewhat similar.

Financial Hardship It isn't cheap to support an active drug habit. Many addicts funnel all their money toward getting the substances they need. They may have a hard time keeping a job, so they ask for money, food, shelter, or other forms of support. Some might ask for help paying for a treatment facility or other program.

Families tend to take on financial responsibility for an addicted family member. Parents allow children to live with them while trying to get "back on their feet." They pay for lawyers or post bail if legal troubles start. They're all too familiar with the balance of how to help an addict without enabling them.

Increased Risk of Abuse As addiction progresses, people become unpredictable and difficult to deal with. They are erratic, frustrated, and angry, lashing out at those closest to them. Drugs and alcohol affect an individual's inhibitions. People are more likely to act out while under the influence.

One of the most serious ways addiction affects the entire family is the higher risk of abuse. There is a higher likelihood that family members may experience violence at the hands of an addict. Whether it's emotional, physical, or sexual abuse, the risk increases.

More Addiction in the Family Another impact of addiction on the family unit is the chance that another family member will also turn to substances. Children who grow up with a family member that abuses drugs are more likely to turn to substances. They follow the example set for them. Siblings might use substances as a way to escape the chaos in their house. Oftentimes, substance abuse "runs" in families. The chances of having more than one person in a family with a problem are high. This creates another pattern of addiction and the cycle starts all over again.

Broken Families The effects of addiction tear families apart. A person who struggles with addiction usually pushes their family members to their limits. Some people can only take so much before they decide to cut their loved one from their life, so long as they're in active addiction. This leads to severed ties and broken families.

Some parents also use to the point that their spouse declare them incapable of caring for their children. Children who lose a parent or parents to drugs are left with feelings of abandonment and betrayal that may cause them to write their parents off for months or years.

PRACTICE SUN-SENSE

The best ways to reduce your risk of developing skin cancer is to protect yourself from UV rays, be Sun Safe

CHECK THE UV INDEX EVERY DAY

UV Index	Exposure
0-2	Low
3-5	Moderate
6-7	High
8-10	Very high
11+	Extreme

On days where UV reaches 3 or more you need to be extra careful to protect your skin.

Reduce your time in the sun.

SEEK SHADE

If your shadow is shorter than you, find shade because this means the sun's rays are at their strongest.



WEAR SUNGLASSES



Sunglasses don't have to be expensive, just choose the ones with UVA and UVB protection

USE SUNSCREEN

Sunscreen absorbs UV rays and prevents them from penetrating the skin. Apply an SPF of 30 or higher, and water-resistant and reapply as needed.



WEAR A HAT - COVER UP



Wear a wide brim hat that covers your head, face, ears and neck. Cover as much skin with light clothing.

"LET'S GET GROWING" GARDEN PHOTOGRAPH WINNERS

1st Place

Roger & Cathy Mitchell
\$150 Burrows Garden Center Gift Card

2nd Place

Michelle St-Denis
\$100 Canadian Tire Gift Card

3rd Place

Stacey Audet
\$50 FLD Gift Card



10 TIPS | FOR BETTER HYDRATION

WATER
ISN'T THE ONLY THIRST QUENCHER



FOOD
CONTAINS WATER, TOO

GOOD PERFORMANCE
REQUIRES HYDRATION

TRACK YOUR HYDRATION

STAYING HYDRATED IS IMPORTANT ON **MANY LEVELS**

BEWARE OF
DRINKING TOO MUCH WATER

Sometimes water isn't enough 

HUNGER
IS A COMMON SIGN OF DEHYDRATION

THIRST
ISN'T THE ONLY SIGN OF DEHYDRATION

STAYING HYDRATED AID'S WEIGHT LOSS

myfitnesspal





We had some great work done by all our participants that joined the Walk/Jog/Run Challenge. We had 32 participants that signed up for the challenge. The participants walked a total of 1,811 kilometres!!! Great job !!!

We had 8 weekly draws for the 5km category and our winners (in order) were Taylor Perrier, Linda Harris, Jaime Pilon, Priscillia Durocher, Ronnie Raymond, Rose Perrier, Rose Perrier, and Norman McKenzie.

For our 8 weekly draws in the 15km category, our winners (in order) were Norman McKenzie, Nicole Gaudet, Julie Wabie, Mary McKenzie, Roxane McKenzie, Nicole Gaudet, Roxane McKenzie, Roxane McKenzie.

In our final draw for the 3 winners of the Walk/Jog/Run challenge we had Clyde Mongrain (1st place - \$200 gift card), Wanda Smith (2nd place - \$150 gift card) and Lynda Chevrier (3rd place - \$100 gift card). Congratulations to all the winners!!!

We will be giving sending out a prize for participants that did not win one of the top 3 prizes however they walked 100+ kilometres. These participants include Norman McKenzie, Roxane McKenzie, Nicole Gaudet and Patsy Joly.

We will have another Walk/Jog/Run Challenge in the future!!

Thank you to everyone who participated and sent in their distance !!

Mitchell McMartin
Sports & Mentorship Coordinator

Youth Hunter's Point Camping Trip

Please do not forget to register your children/youth for our Annual Hunter's Point Camping Trip.

When you sign up your child, we can send you a list of what your children will need to bring.

We have some great food and lots of different activities planned including ...

Activity Session with Land Management, Cultural Activities and Crafts, Christmas in July with Santa, Canoeing, Outdoor Movie Night, Swimming, Water Activities including kayaks, floating pad, paddle boards and pedal boats.

Many other outdoor and indoor activities !!

If a parent would like to attend and take part, you can come with your kids and stay for a couple days or the full week.

Deadline to register will be Monday, July 18th at 4:30pm !!

YOUTH HUNTER'S POINT CAMPING TRIP

July 24th - 29th, 2022



**DON'T FORGET
TO REGISTER**

**OUR 21ST YEAR GOING TO HUNTER'S POINT !!
LEAVING SUNDAY JULY 24TH AT 1:30 PM
AND RETURNING FRIDAY JULY 29TH AT 12:00 PM**

WE ARE EXCITED TO BE PLANNING OUR ANNUAL TRIP TO HUNTER'S POINT FOR THE YOUTH. WE ARE HAPPY TO BE GOING BACK TO OUR TRADITIONAL LANDS TO HAVE A WEEK FULL OF ACTIVITIES !!

YOU CAN SEND YOUR CHILD OR COME AS A FAMILY FOR ALL OR PART OF THE TRIP !! CHILDREN UNDER 6 MUST BE ACCOMPANIED BY AN ADULT.

**TO REGISTER PLEASE CONTACT MITCH AT THE HEALTH CENTER
819-627-9060 mmcmartin@kebaowek.ca**

THE SPEECH CORNER

BY TARA GLICKMAN

SPEECH-LANGUAGE PATHOLOGIST, S-LP (C), REG. CASLPO, OOAQ
ORTHOPHONIE CONSTELLATION SPEECH THERAPY

HOW DO SPEECH-LANGUAGE PATHOLOGISTS HELP ADULTS?

When most people think about Speech-Language Pathology (also often called Speech Therapy), they think about what we do with children. Speech-Language Pathologists actually work with people across the lifespan, and a big part of what we do is provide communication health support to adults and seniors.

Who do we work with?

Communication is central to how we connect throughout life. Speech-Language Pathologists can help adults who have speech, language, swallowing, voice and fluency (i.e., stuttering) difficulties. Let's talk about a few frequently occurring speech and language difficulties:

Aphasia: This is a language disorder that results in difficulty putting together what you want to say, expressing yourself, or understanding what others say to you.

Apraxia: This is a speech planning and programming disorder that makes it difficult to get your words and sentences out, resulting in "jumbled" or out-of-order messages.

Dysarthria: This is group of motor speech disorders due to weakness/paralysis or reduced control of the muscles needed for speech, resulting in speech that may sound "slurred", quiet, slow and more difficult to understand.

Fluency disorders: Also commonly called stuttering, this is a group of disorders that cause a disruption in the normal flow/rhythm of speech. Some of our clients have stuttered for most of their lives, and others may have more recently experienced stuttering due to a head injury or stroke.

Dysphagia: This is the name for difficulty swallowing food and drink, which can result from certain diseases or kinds of surgery.



SCOPE OUR SCOPE OF PRACTICE

Curious what else we do? Check out this article by Speech-Language and Audiology Canada (SAC) about the Speech-Language Pathologist's scope of practice:

<https://www.sac-oac.ca/professional-resources/resource-library/scope-practice-speech-language-pathology-canada>

Voice disorders: This is when people have difficulty with voice quality, loudness, pitch, clarity, etc. Voice disorders can come from disease, certain conditions, overuse or misuse (think: yelling), or surgery.

Hearing health: Audiologists are the professionals that help with hearing, balance and auditory disorders like tinnitus (ringing in the ears). Speech-Language Pathologists often work alongside our Audiologist colleagues to help people with hearing loss and their support networks to learn communication strategies.

Taking care of your communication health is important for people of all ages. If you have any questions, feel free to reach out for more information or resources!

✉ info@constellationspeechtherapy.ca

☎ (514) 400-4551

Orthophonie
CONSTELLATION
Speech Therapy

HEALTHY FUNFETTI POPSICLES



INGREDIENTS

- 2 cups plain greek yogurt
- 1/4 cup honey or maple syrup
- 3 tbsp milk
- 1/4 tsp vanilla extract
- 1/3 sprinkles divided

Yogurt: You can also use vanilla greek yogurt in this recipe instead of the plain greek yogurt and the honey. You would still use 2 cups of it

Fruit: You can always add in fruit like strawberries, blueberries, raspberries, etc.

Popsicle Amount: this recipe makes 6 - 3.1 ounce popsicles, depending on the size of your molds, you may need to make more or less of this recipe.

INSTRUCTIONS

- In a medium bowl, mix together the yogurt, honey and vanilla extract until completely smooth.
- Add in 1/4 cup of sprinkles and mix until combined.
- Spoon the mixture into your yogurt molds.
- Add the extra sprinkles on top of the yogurt, then slide in popsicle stick.
- Freeze for at least 4 hours or until frozen.

daily reminder:

overthinking → write

anxious → move

tired → read

confused → walk

sad → exercise

@cami_paull

I would like to thank our 3 Youth that came out and completed the 5 km Every Child Matters Walk/Run in Temiskaming First Nation. Not only did the 3 Youth complete the Walk/Run but they also placed in their age category:

1st Place: Capri McMartin

2nd Place: Emma McLeod

3rd Place: Amber Grandlouis

Sheila St-Denis - Youth Coordinator



Summer BUCKET LIST

FOR KIDS



AT HOME (INSIDE)

- Take a family photo
- Make an indoor fort for a movie day
- Start summer journals
- Participate in a fun reading program
- Make a time capsule
- Do The Home Depot crafts
- Try a fun Science project
- Engage in 4th of July traditions.
- Make friendship bracelets
- Do a family puzzle
- Make treats for neighbors
- Have a pillow fight
- Learn a new board game
- Set up a living room campout
- Paint rocks
- Make sun-catchers
- Make paper airplanes or paper boats
- Make a bird feeder
- Write a story
- Do a random act of kindness.
- Start a pen pal

TASTY SUMMER TREATS

- Eat breakfast for dinner (or backwards day with food)
- Do a homemade pizza party
- Make homemade jam
- Make healthy smoothies
- Bake cookies
- Make root beer floats
- Eat ice cream sundaes
- Make snow cones
- Try homemade fruit popsicles
- Make BLTs using fresh in season tomatoes
- Make s'mores
- Have a fondue night
- Celebrate National Ice Cream Month

AT HOME (OUTSIDE)

- Create sidewalk art or paint rocks
- Gather around the firepit
- Plant a garden (or an herb garden)
- Do a scavenger hunt walk
- Skip rocks in the creek
- Campout in the backyard
- Catch fireflies
- Have a balloon or water gun fight
- Run in the sprinklers
- Fly a kite
- Stargaze, and get out that telescope
- Dance in the rain
- Do some cloud watching
- Nap in a hammock
- Make an obstacle course
- Run in the slip n slide (or baby pool)

GOING PLACES

- Visit the county fair
- Go to your favorite pool
- Bike a new trail or neighborhood
- Check out three new parks
- Hit up a drive-through movie theater
- Go to a summer matinee
- Visit the zoo
- Go to a sports game
- Go to an amusement park
- Visit a nature center
- Buy fresh food at the Farmer's Market
- Go on a road trip (even a short one!)
- Visit a state or national park
- Go bowling
- Go fishing in a new spot
- Go to a water splash park
- Attend a story time
- Go to the beach - make sandcastles
- Visit an aquarium
- Go to a children's museum
- Play mini golf
- Ride a ferris wheel or amusement ride
- Visit a new library
- Try a new restaurant
- Visit a pick your own produce farm

YOUTH ACTIVITIES FOR THE SUMMER FOR JULY

Youth - Ages 10 to 17

Summer Day Activities for Youth:

Monday July 4, 2022 @ 1:00-3:00

Monday July 11, 2022 @ 1:00-3:00

Monday July 18, 2022 @ 1:00-3:00

Summer Night Activities for the Youth:

Tuesday July 5, 2022 @ 4:30-6:30

Wednesday July 20, 2022 @ 4:30-6:30

To sign up or if you have questions regarding these activities please call Sheila @ 819-627-9877 or message us on Facebook.

Masks will be mandatory indoors and all sanitary measures will be in place.



Community Kitchen

ON THE MENU:

Taco Salad



Tuesday July 12, 2022

Deadline to register: Tuesday July 5, 2022

4:30 PM - 6:30 PM at the Dome !!

To register call Sheila at First Line Services @ 819-627-9877

Mini Pals and Baby & Me activities are postponed until further notice due to the road construction in front of the First-Line Services Building.

Watch for new activity dates to be announced !!



Help is available for **suicide crisis and prevention.**

CALL 9-1-1
if you or someone you know
is in immediate danger

Get support from a local distress centre
at: www.crisisservicescanada.ca/en/looking-for-local-resources-support

CANADA SUICIDE PREVENTION SERVICE 1-833-456-4566

KIDS HELP PHONE
1-800-668-6868 or KidsHelpPhone.ca
For youth, text **CONNECT** to 686868
For adults, text **WELLNESS** to 741741

QUEBEC RESIDENTS
1-866-APPELLE (1-866-277-3553)
or suicide.ca

HOPE FOR WELLNESS HELP LINE
1-855-242-3310 or hopeforwellness.ca

REACH OUT TODAY.

CANADA.CA/HEALTH

Canada

Community Shopping in North Bay



Pick Up Time: 9:00 am

Shopping at:

Giant Tiger - Dollarama

Walmart - Northgate Mall - Freshco

Return to Kebaowek: 3:00 pm

Dates:

Saturday July 9th, 2022

Saturday August 6th, 2022

Saturday September 10, 2022

**Contact Shelly @ 819-627-9877
the Wednesday before the trip to save
your seat as spaces are limited.**

Reminder to bring your own Grocery Bags!

SENIOR SOCIAL

ELDERS 55+



Dates: Thursday July 21st, 2022

Thursday August 4th, 2022

Thursday August 18th, 2022

Thursday September 1st, 2022

Time: 1:15 pm - 3:15 pm

Place: First Line Basement

Snacks, tea & coffee will be provided!

**Masks will be mandatory and all sanitary
measures will be in place including social
distancing. We hope to see you there!**

Strawberry Picking



**ELDER'S 55+ AND
YOUTH AGES 10-17**

Date: Friday July 15, 2022

Place: Sturgeon Falls

Pick up Time: 9:00am

Drop off Time: 3:00pm

**To sign up please contact Shelly or Sheila
@ 819-627-9877/Facebook No Later than
Friday July 8, 2022 by 12:00pm. Seats are
limited. We hope to see you there!**

Meals On Wheels

Meals on Wheels Dates for July

Wednesday July 13th ... Delivery between 2 - 3 pm

Meals on Wheels Dates for August

Wednesday August 10th ... Delivery between 2 - 3 pm

Wednesday August 24th ... Delivery between 2 - 3 pm

**Please keep the weather in mind.
If it is really hot or raining,
please leave a cooler or bag outside.**

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT



Limited spots available!

Upon registration, you will have access to any zoom class with E.I.T (Joanie). Registration is done monthly, so you must sign-up at the beginning of each month. Must provide proof of class attendance (send photo of before,during or after each class) .

YOU'LL HAVE ACCESS TO:

Pre-recorded and live zoom classes such as Pilates (beginner and intermediate level), Fitness (a mix of body weight, tabata, cardio classes)



For more information and/or to register call Darlene @ 819-627-9877.

Kebaowek First Nation

FOOD BANK

Food Bank Schedule

Please call Monday to register for a pick up on Tuesday
Please call Wednesday to register for pick up for Thursday

For more information contact Sheila @ 819-627-9877.



2022 Medicine Cabinet Clean Up Contest

Don't forget to drop off your expired medications or medications you no longer use to the Health Center and have a chance to win a prize.

This includes any prescription drugs and/or over-the-counter medication that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Kebaowek Health and Wellness Center for help.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Card.

Drugs that are thrown in the garbage can be retrieved by others and sold, while flushing medications can potentially contaminate the water supply. By safely disposing, you will help prevent poisoning, misuse and overdose in our community.

All medications must be dropped off before 4:30 pm on Thursday December 15th, 2022 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!

Psychologist Services

Arlene Laliberte is a Clinical Psychologist who provides services to Kebaowek First Nation.

**In-Person Appointments:
** Every Second Monday ****

**Appointments by Phone:
** Every Second Thursday ****

If you would like to book an appointment with Arlene Laliberte ...
Please call Darlene at 819-627-9877 or by email darmclaren@kebaowek.ca

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 2022					1 KFN Offices are closed for Canada Day (Thursday PM and Friday AM)	2
3 HOLIDAYS Mitchell McMartin Bonnie Down Virginia McMartin	4 WAPIKONI Short Video Presentation	5 HOLIDAYS Shelly Grandlouis Kim Chevrier Shirai Chevrier	6	7 Garbage	8	9 Shopping in North Bay
10 HOLIDAYS Tina Chevrier Karleigh Mines Priscillia Durocher Kim Chevrier	11	12	13 Ancestor's Challenge Meals on Wheels Chase the Ace Draw	14 Recycle	15 Elder's & Youth Strawberry Picking	16 KFN Boat Rally
17 HOLIDAYS Tina Chevrier Jennifer Preseault Priscillia Durocher Stacey McBride	18	19	20	21 Senior Social Garbage	22	23
24 HOLIDAYS Jennifer Preseault Roxane Mckenzie	25	26	27 Chase the Ace Draw	28 Recycle	29	30
◀◀ YOUTH ANNUAL HUNTER'S POINT CAMPING TRIP ▶▶						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOLIDAYS Darlene McLaren Stacey McBride Mitchell McMartin	1 KFN Offices are closed for Civic Holiday	2	3	4 Senior Social Garbage	5	6 Shopping in North Bay
7 HOLIDAYS Virginia McMartin Shirai Chevrier	8	9	10 Meals on Wheels Chase the Ace Draw	11 Recycle	12	13
14 HOLIDAYS Mitchell McMartin	15	16	17	18 Senior Social Garbage	19 Kipawa Countryfest	20 Kipawa Countryfest
21 Kipawa Countryfest	22 HOLIDAYS Jamie-Lee McKenzie	23	24 Meals on Wheels Chase the Ace Draw	25 Recycle	26	27
28 HOLIDAYS Tina Chevrier	29	30	31	AUGUST 2022		