April is Cancer Awareness Month

The logo for the Canadian Cancer Society is the **daffodil**. The flower had served as a symbol of cancer awareness since the 1950s, when volunteers for the Society organized a fundraising tea in **Toronto**; the volunteers used daffodils to decorate the tables, as they thought it would create hope that cancer could be beaten.

The use of daffodils for fundraising began in 1956, when volunteers handed out daffodils at Toronto-area restaurants, as means to spread the message about cancer awareness; at first, the daffodils were given to the patrons, just to get the word out about cancer, but when some wanted to pay for the flowers or make a donation, it was realized that the daffodils could be used as a fundraising tool for the Society.

This led to the first **daffodil days** in the spring of 1957, when Society volunteers in Toronto raised over $1,200 on sales of daffodils. As the first flower of spring, the daffodil became a symbol of hope in the fight against cancer and **daffodil days** fundraising events spread throughout the rest of Canada and amongst cancer organizations around the world, including the **American Cancer Society**, the **Irish Cancer Society** and the **Cancer Council Australia**.

Today, the Society is the world's largest purchaser of daffodils. In 2000, the Canadian Cancer Society adopted the daffodil as part of its logo, replacing the sword and snakes logo similar to that of the American Cancer Society. Many cancer organizations have also incorporated the daffodil in their logos including the **Cancer Council Australia**, **Irish Cancer Society** and **Marie Curie Cancer Care**.
**Health Center Staff & Phone Numbers**

**Director of Health & Social Services:** Monique Raymond 819-723-2599  
**Medical Clerk:** Shelley Chief 819-723-2260  
**Secretary/receptionist:** Catherine Polson  
**Nurses:** Marielle Beaulac, 819-723-2262  
Lynn Ross,  
Isabelle Beaudoin,  
Marie Bergeron Reinhardt  
**Dental Hygienist:** Denise Chief 819-723-2260  
**CHR:** Colleen Polson 819-723-2487  
**NNADAP:** Mike Beaupre & Theresa Wabie 819-723-2153  
**Medical Transportation:** Sandra McBride 819-723-2381  
**Brighter Futures Facilitator:** Janice Wabie 819-723-2260  
**Social Service Worker:** Bobbie Jo Gregorcic 819-723-2260

**Wedokowin First Line Services**

**Supervisor for Front Line Services:** Carmen Rioux 819-723-2152  
**Family Support Worker:** Carol McBride  
**Special Needs & Diabetes Prevention Worker:** Samantha Pritchard

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**Office Hours and Schedules for Blood Work, Walk-Ins & Appointments:**

**Open Hours:**  
Monday to Thursday  
8am–12:15pm  
1:00pm to 5:00 pm  
Friday 8:00am–12:30pm  
Closed Friday Afternoons.

**Blood Work Hours:**  
Every Tuesday from 8:30 am to 9:30 am  
By appointments only:  
Monday to Thursday from 1:00 pm to 4:30 pm

**Walk In Hours:**  
Monday to Friday from 9:30 am to 11:30 am
Notice from Medical Transportation

Please note that clients using their own private vehicle can submit their green “Medical Visit Attestation” sheets once they have accumulated a minimum of three medical trips. Please have your papers in no later than noon on Wednesday in order for your cheque to be issued on Thursday.

It is unfortunate the we must advise you that, due to a change in funding requirements, Petty Cash will no longer be available; therefore the same process is stated above will apply. We do apologize for the inconvenience, and appreciate your understanding.

Psychology Services

Carole Poirier is available at the Health Center for counselling services every second Tuesday. She will be seeing clients upon referral on a priority basis. She may also be available for emergencies and short notice appointments depending on her schedule. For more information or to make an appointment, please call Shelley Chief @ 819-723-2260.

ATTENTION ALL ELDERS!

Supper with Registered Dietician Morag Townsend at the Health Center from 5:00pm to 7:00pm on:

April 10    April 24    May 8    May 15

Note: These dates may change due to any unforeseen circumstances.

Trip to Sugar Bush for the Elders, seats are limited therefore you must call the Health Center to register at 819-723-2260. Date to be determined.

First Aid CPR Course

Are you working for an Elder and would like to have your CPR? Call the Health Center and give your name, the course is free of charge. For more information or to register call us at 819-723-2260.
April 20-27th 2013
Immunization Awareness Week

Protect yourself.
Protect others.
Get immunized.

In the last 50 years, immunization has saved more lives in Canada than any other health intervention. Immunizations are safe and effective.

The Canadian Immunization Guide recommends immunization as an infant and continuing through all stages of life.

Whether you are a parent, a young adult or a senior, talk to your doctor, nurse, pharmacist or local public health office about being up to date on your immunizations.

Immunize.ca provides informative resources on immunization.
World Health Day

World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO in 1948. Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world.

The theme for 2013 is HIGH BLOOD PRESSURE. WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

In the 21st century, health is a shared responsibility, involving equitable access to essential care and collective defense against transnational threats. WHO is reforming to be better equipped to address the increasingly complex challenges of the health of populations in the 21st century. From persisting problems to new and emerging public health threats, WHO needs to be flexible enough to respond to this evolving environment.

One of their many programmes and projects is Diabetes. The mission of the WHO Diabetes Program is to prevent diabetes whenever possible and, where not possible, to minimize complications and maximize quality of life. Our core functions are to set norms and standards, promote surveillance, encourage prevention, raise awareness and strengthen prevention and control.

http://www.who.int/world-health-day/en/

Submitted by Lynn Ross, RN

Jada Wabie Bourassa born at Temiskaming Hospital on March 24th, 2013 weighing 7 lbs 9 oz, daughter of Abigail Wabie and Jean-Pierre Bourassa.
APRIL Oral Health Month

What is plaque?
Dental plaque is a sticky film that adheres to teeth. It consists of food debris, saliva, and dead cells. Some types of plaque cause tooth decay. Other types of plaque cause gum disease. Plaque builds up on the tooth surface and gum line every day. If plaque is not removed, it can harden and form tartar (calculus).

Seeing Is Believing - Locate the Plaque On Your Teeth!

Adults & children often have a hard time figuring out whether or not their teeth are really clean. Disclosing tablets will dramatically demonstrate where you are missing harmful plaque and will help you to better understand how you can improve your cleaning efforts, by showing where the plaque is being missed on your teeth.

Disclosing tablets are small chewable tablets that contain a type of vegetable dye. This dye is attracted to dental plaque, and so will show you where the plaque is building up on your teeth. That plaque is just full of bacteria.

When we clean our teeth, the whole point is to get rid of that plaque bacteria. Not just food debris.

Just because you haven't eaten anything for 12 hours doesn't mean your teeth are still clean - plaque bacteria starts to collect on your teeth again within minutes after brushing!

That bacteria will cause gum disease, making the teeth loose over time. Plaque bacteria also causes inflammation to do with heart attacks, stroke and diabetes.

For the month of Oral Health, the students from grade 3 to 8 will get a dental screening and will be able to participate to a “Plaque test”. REMEMBER: an effective toothbrushing should take at least 2 or 3 minutes!

Last month we have congratulated 2 students in Kindergarten and 1 student in grade 1 who had completed their one month toothbrushing chart. In grade 2, we had 2 students who also completed their chart. We want to congratlate them as well for taking good care of their precious teeth and smile! Each of them brought back their chart before March 1st. Way to go Jessy and Grace! KEEP SMILING!
What is a dental sealant? A dental sealant is a thin, plastic coating that is "painted" onto the chewing surface of the tooth to help prevent decay. Dental sealants are primarily used on the molars and are particularly effective in children with deep pits and fissures in their teeth. It is usually applied on children who have their first permanent molars around the age of 6. Some children have them when they are 5 years of age.

How are dental sealants applied?
First, the tooth is cleaned. Then a mild etchant material is placed on the tooth to roughen the surface. A sealant material is then placed on the tooth and a curing light is used to harden the sealant into place. The application of the sealant requires no drilling or shots and is completely painless.

How long will dental sealants last?
A dental sealant should last at least five years and often lasts longer.

Why should a child have dental sealants?
Sealants are used to keep an already healthy tooth from decay. Most of us are accustomed to the concept of fillings. The problem with fillings is that each time a tooth is filled or a filling is replaced, part of the tooth is lost. Regular fillings need to be replaced every 8 to 10 years. A sealant is a preventative measure that can help avoid decay before it begins.

On march 26, Dr Serge Dessureault from Notre-Dame-du-Nord kindly accepted to visit children at Kiwetin school to evaluate their adult teeth. 13 children were eligible for dental sealants which will be done at the school this month with the help of Paule Trepanier COHI dental hygienist in Lac Simon.

Children's Oral Health Initiative is offered for children 0 to 7 years old. They are being followed throughout the school year every 2 or 3 months for fluoride applications, referrals to the dentist, sealants and educational session.

Pregnant women are offered prenatal oral health session. We begin baby's follow-ups at 2 months old!

Children can have their first dental checkup at the dentist by the age of one!

Submitted by Denise Chief DH
Fill ‘er up!

2013 SPRING FOOD DRIVE
When: March 22nd through April 12th 2013.

Items currently needed:
- Peanut butter / Jam / Cheese Whiz
- Canned tuna, salmon, chicken, turkey
  - Macaroni and cheese dinner
- Whole wheat pasta / rice (uncooked)
  - Canned soup, canned fruit
- Cereal/oatmeal / Powdered milk
- Canned veggies such as potatoes, green beans, carrots, peas, corn
  - Canned stew/beans
  - Canned tomatoes / pasta sauce
    - Tea/coffee
    - Ketchup, mustard, relish
    - Bread, pita bread
- Baking products such as baking powder/soda, flour, shortening, sugar, yeast, bread crumbs
- Snacks such as granola bars, nuts and trail mixes, apple sauce, bear paws, gold fish, popcorn, crackers
- Fruits, vegetables and frozen items such as meat, veggie burgers, pizzas and dairy products (milk, cheese, eggs, margarine) may be dropped off at the Health Center during office hours
- Personal care items such as antiperspirant/deodorant, bath soap feminine products, hair products, razors, shaving cream, toilet paper
- Baby food and items such as baby food (large or small jars, cereals, cookies), baby formula, diapers, wipes
  - Please note that we are not able to accept non-perishable food with an expired date.

FOOD BANK HOURS/NOW OPEN
Every second Tuesday of the month
9:30 a.m. to 11:30 a.m. or 1:30 p.m. to 3:30 p.m.

<table>
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<tr>
<th>April 9th</th>
<th>May 14th</th>
<th>June 11th</th>
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You can drop these off at the collection bin at the following locations: Health Center, TFN Administration, Anishanabe Seniors Home, Social Services, Marché Saguay, Dépanneur Midjim, Algonquin Variety
For emergency and/or further information call Wedokowin First Line Services 819-723-2152
WEDOKOWIN
First Line Services

Are pleased to invite you to take part in the Family Swims at the Waterfront Pool and Fitness Centre from 3:00pm to 4:00pm on the following dates: Every second Saturday

April 6th 2013          April 20-2013

Bus will leave from the Medical Centre at 2:30 sharp and return into the community at 5 o’clock. It is mandatory that all children be accompanied by an adult on the bus and in the pool. This is a requirement by Timiskaming First Nation Health Centre.

For information please call Carol McBride at 819-723-2260.

She’s Safe & Sound:
Self defense workshop for women!

There will be 4 – 1 hour sessions to teach women preventative techniques and strategies to help them feel confident and safe!

**Workshop Dates:**
Wednesday, May 1, May 8, May 15 & May 22
from 6:30-7:30 p.m.

**Workshop Location:**
To be provided to registered workshop participants.

**Workshop Facilitator:**
Barb Nielsen
Black Belt Martial Arts Instructor

Please wear loose, comfortable clothing and remove any jewelry.

Contact Bobbie Jo @ 723.2260 for registration information.

Registration Form

Name: __________________________ Phone #: ___________________

Email: __________________________

What topics would you like to see covered at this workshop?

________________________________________________________________________
Journey Through Grieving Circles
Starting April 9th 2013
Time 7pm
Health Centre

If you recently lost a loved one or experienced another lost, these grieving circles may be for you and your family. Grief can range from deep sadness to anger. Some of these feelings may be new or frightening to you. Accepting that these are normal reactions is the first step on your road to healing.

There will be 6 circles in all
Dates: April 9th 2013
April 23rd 2013
May 7th 2013
May 21 2013
June 4th 2013
June 11th 2013

More information call Health Centre
819-723-2260
CANCER WORKSHOP WILL TAKE PLACE AT

THE HEALTH CENTRE

Facilitator: Marie B Reinhardt

APRIL 16TH–2013
TIME: 7 PM
More information call Health Centre
819–723–2260

Reduce Your Risk factors

Know your body. Early detection means finding cancer at an early stage
News from the Brighter Futures Coordinator

Storytelling was held in the Brighter Futures room on Wednesday March 6th. We had 2 participants and they even agreed to read a story each. Kirstin read a French story by Robert Munsch and Janessa read her very own home made book called, “When I was a Baby”. They did a fantastic job, way to go girls and thanks for participating!!!

These are the Graduates from the Family Math Project presented by TFN Brighter Futures and Brigitte Auger Early Literacy Specialist from the OEYC. The project began in February and our last session was March 6, 2013. Brighter Futures hopes to present this project again in the new school year. Congratulations to all that participated in the 6 sessions, your certificates will be delivered shortly and a big Meegwetch goes out to Kiwetin for the use of their facilities and to “Chippy” for preparing Indian Tacos for our final session.
Another Story-telling was held in the Brighter Futures room during Kiwetin’s March Break and we had two special guests come in to tell stories. Grandma Marilyn joined us and told stories and teachings about the Eagle and about the Drum. Mike read “The Fox and the Hound” and “What’s That Noise Little Mouse?” Meegwetch Marilyn and Mike!
Zumbatomic®

for children ages 4-12 @ Kiwetin School Gym with Tammy Beaudry every Thursday morning at 11-12 beginning in February 2013. Children 4 years or older in Head Start or Passe-Partout are welcome to join with parents. And it’s FREE!

NOTE: If you would like to see evening sessions as well, please let me know and we can arrange it. Parents are also welcome to attend. Thank You.

Hosted by Brighter Futures. These are rockin’, high-energy fitness-parties, parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience. Please register with Janice by calling 819-723-2260.

Are you expecting a Baby?

Brighter Futures is offering a new program for Timiskaming First Nation mothers living in the community of TFN. Beginning February 1st, 2013 supper will be provided to you, and other household members that qualify, for 7 evenings during that first week back home from the hospital with your new bundle. No more worries about what’s for dinner. It’s as simple as filling in the registration below, and please drop it off at the Health Center at least 1 month prior to your expected due date to qualify. When you arrive home from the hospital give Janice a call at 819-723-2260. The goal is to help relieve stress during that first week home so you can rest and have more time to bond with your new baby. NOTE: Most meals will be frozen when delivered you’ll just have to thaw, heat and serve, unless it is made the very same day. It will be delivered by noon each day.

TFN Brighter Futures Postnatal Meal Program Registration

Full Name:_______________________________________________
Address:_______________________________________________ Expected Due Date:________________

Names of people you live with please include children’s ages:
#1_________________________#2________________________#3________________________
#4_________________________#5________________________#6________________________

Food Allergies (you or any other household member):
______________________________________________________________________________

Signature:_______________________________ Date:__________________________________
A free program for parents/caregivers and babies ages newborn to 9 months. Brought to you by Brighter Futures

Sessions take place once a week for 6 consecutive weeks from 10:00-11:30 a.m. Official Program start date will be announced once enough parents are signed up, possibly in May 2013.

A light snack will be available at each session and a free gift for each participant when the 6 sessions are completed.

Early registrations are being accepted now.

Please contact Mrs. Janice Wabie-Breault
Brighter Futures Facilitator
819-723-2260 ext. 123 janice.wabie@atfn.ca
Vegetarian Zucchini-Corn Cannelloni

**Ingredients:**

**Sauce**
- 1½ tsp olive oil
- ½ small onion, finely chopped (½ cup)
- 1 clove garlic, minced (1 tsp)
- ½ sage
- ½ tsp oregano
- 1 14 oz can diced tomatoes
- 1 tsp balsamic vinegar

**Cannelloni**
- 1 tbsp olive oil
- 1 medium zucchini, finely diced (1½ cup)
- ½ cup fresh or frozen corn kernels
- 2 cloves garlic, minced (2 tsp)
- ½ tsp sage
- 1 cup low-fat ricotta cheese
- 4 tbsp parmesan cheese, divided
- 1 large pinch ground nutmeg
- 6 no-cook lasagna noodles
- ½ cup low-fat shredded mozzarella cheese, optional

**Preparation:**

1. To make sauce: heat oil in saucepan over medium heat. Add onion, and sauté 7 minutes, or until soft. Add garlic, sage, and oregano; stir until combined. Add tomatoes and vinegar, and season with salt and pepper, if desired. Cover, reduce heat to medium-low, and simmer 10 minutes. Purée with blender.

2. To make cannelloni: heat oil in skillet over medium heat. Add onion; sauté 10 minutes. Add zucchini and corn; increase heat to medium-high/ sauté 3 to 5 minutes, or until beginning to brown. Stir in garlic and sage; remove from heat. Stir in ricotta, 2 tbsp parmesan, and nutmeg.

3. Bring large pot of salted water to a boil. Add noodles, and cook 3 minutes, or until noodles bend without breaking. Drain, and cool in large bowl of cold water. Drain again, pat dry, and stack on cutting board. Halve noodles width-wise.

4. Preheat oven to 350° F. Spoon ½ cup sauce into 9” square baking dish.

5. Spoon 3 tbsp zucchini mixture down center of 1 halved noodle. Roll into a tube, and place seam side down in dish. Repeat with remaining noodles and filling. Sprinkle with remaining 2 tbsp parmesan and mozzarella, if using. Bake 25 minutes, or until cheese melts and sauce is bubbly.

*Source: http://www.vegetariantimes.com*

_Heidi Bergeron Reinhardt, RN_