



# JANUARY



HAPPY  
NEW YEAR

WISH YOU JOY, PEACE, LOVE, HAPPINESS  
AROUND THE WORLD. LETS CELEBRATE!



# January Birthdays

Lyndy McQuabbie-

January 4, 2017

Jeff Ashawasagai-

January 12, 2017

Judy Contin-

January 14, 2017

Erin McQuabbie-

January 15, 2017

Ashley Zenhenko-Panamick-

January 15, 2017

Bernie McQuabbie-

January 18, 2017

Amanda Barbe-

January 18, 2017

Rachel Kagagins-

January 25, 2017

Sorry if anyone was missed, Please call the Health Centre to put your name on list.





# Henvey Inlet First Nation Staff

## Chief and Council

~Chief Wayne McQuabbie~

~Lionel Fox~

~Patrick Brennan~

~Brenda Contin~

~Genevieve

Solomon-Dubois~

~Tony Solomon~

~Carl

Ashawasagai~

## Health Centre

Edward Panamick ~ Health Director

Kara Harkness ~ Community Health Educator

Darcy Ashawasagai ~ Program Supp. Clerk/Receptionist

Deborah Newton ~ Membership/Medical Van Driver

Kerri Campbell ~ Native Child and Family Worker

Louise Ashawasagai ~ NNADAP Worker

Brenda Contin ~ Community Health Nurse

Valerie Ashawasagai ~ Home Making Worker

Jonathon Contin ~ Home Maintenance Worker

Luana McQuabbie~ Community Wellness Worker

## Administration

Millie Pawis ~ Director of Finance/Administration

Carla Noganosh ~ Executive Assistant

Doris Contin ~ Financial Assistant

Patty Walsh ~ Financial Assistant

Marianne Dunn ~ Housing/Financial Assistant

Lyndy McQuabbie ~ Administrative Assistant

Dorothy Contin ~ Social Services

Debbie Fox ~ Librarian

Judy Contin ~ Economic Development Officer

Greg Newton ~ Maintenance

Janice McQuabbie ~ Custodian

Genevieve Solomon-Dubois ~ Education Councillor

Raymond Kagagins ~ NRF Point Person

Angele Dubois ~ Community Mentor/YLP

## Daycare Centre

~Supervisor~

Charlene Ashawasagai

~ Assistant ~

Erin McQuabbie

~Cook/Relief Worker~

Carrie-Lynn Bennett



**Henvey Inlet First Nation Contact Info**

**Band Office Contact Info**

Phone Number: (705)857-2331

Toll Free: 1-800-614-5533

Fax: (705)857-3021

**EXTENSIONS**

Dorothy- 222 Mary Anne-223

Raymond-224 Patty-225

Wayne-226 Doris-227

Judy -228 Genevieve-229

Millie- 230 Carla- 232

**Health Centre Contact Info**

Phone Number: (705)857-1221

Toll Free: 1-866-252-3330

Fax: (705)857-0730

**EXTENSIONS**

Darcy- 221 Kara- 222

Eddy- 223 Debbie- 224

Kerri- 225 Brenda- 226

Luana- 227 Louise- 228



## Henvey Inlet First Nation

### Lands Office

**Sherry Contin-Lands Manager**

**Email: [lands@henveyinlet.com](mailto:lands@henveyinlet.com)**

**Amanda Barbe- Lands Assistant**

**Email: [barbe\\_amanda@yahoo.ca](mailto:barbe_amanda@yahoo.ca)**

**Located at: 25 West Road**

**Pickerel, ON**

**Mailing Address: 295 Pickerel River Road**

**Pickerel, ON**

**PoG 1J0**

**Phone Number: (705) 857-5211**

**Fax Number: (705) 857- 3021**





# Henvey Inlet First Nation First Response/Fire Rescue

**THE FOLLOWING ARE NUMBERS TO CALL IN THE  
EVENT OF AN EMERGENCY:**

**O.P.P.**

**1-888-310-1122**

**SUDBURY AMBULANCE**

**705-673-1117**

**PARRY SOUND AMBULANCE**

**705-746-6262**

**HENVEY INLET FIRE DEPT.**

**705-857-2121**

**BRITT FIRE DEPT.**

**705-383-2411**

**CRISIS LINES**

**B'SAANIBIMAADSIWIN**

**1-800-461-5424**

**HEALTH SCIENCES NORTH**

**705-675-4760**



## NOTICE TO BAND MEMBERS

If you have utilized an ambulance service and receive a bill. You must call the number on the bill and give them your account number on the bill and also give them your status number and they will bill Non-Insured Health Benefits!

This is a benefit covered under  
NIHB!

# Medical Van Schedule

Monday	Sudbury
Tuesday	Parry Sound
Wednesday	Britt
Thursday	Sudbury
Friday	Emergency Only





# **REMINDER!!**

There have been changes in The Medical Van Transportation Policies and Procedures that are in effect immediately! Appointment times MUST be between 10:00am

And 3:00 pm!

If not, a community submission can be used even if the van is travelling that direction.

Thank You!



# **Friendly Reminder!!**

**The Health Centre will not  
reimburse for Medical  
Trips on the days the  
Medical Van travels that  
direction unless the  
appointment times are  
before 9:00am and after  
3:00pm.**

**Miigwetch**

# NOTICE

This is a reminder that if you make an appointment at **Britt Nursing Station** to see any of the Doctors and for any reason you cannot make it to your appointment. YOU must call/leave a message the morning of your appointment no later than 9:00 am. There will no exceptions!! A \$30.00 late fee could result from not cancelling. This fee is subject to change at any time!

Thank You Kindly!

## Friendly Reminder

For the Community Members who use their own vehicles for Medical Appointments (Community Submissions).

It is very important that you hand in your submissions to The Health Centre the same month as the appointment date! As this affects our data input for the Medical Transportation Charts Quarterly Reports. Your co-operation would be greatly appreciated!

Miigwetch!







**In the Event of an  
Emergency Please call  
the Parry Sound or  
Sudbury Ambulance  
first. As the Health  
Centre can only  
accommodate you if  
there are NO Booked  
appointments.  
Thank You!**

# **Notice**



**The Health Centre  
doesn't pay or  
reimburse for  
prescription pick up.**

**Thank You Kindly,  
Health Centre**

# **Friendly Reminder**

**3 days notice** is required to  
have your name and  
appointment put into the  
Medical Van Transportation  
Book. **Effective**  
**Immediately-Missed**  
**Appointment charges/late**  
**fees** are the responsibility of  
the Band Member.

**Thank You Kindly,**

**Health Centre**





**Henvey Inlet First Nation**  
**Gas Bar Hours**

**Monday-Friday 7:00am-7:00pm**

**Saturday 9:00am-7:00pm**

**Sunday 9:00am-7:00pm**





# Henvey Inlet First Nation Library Hours

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Closed during lunch hours 12-1:00PM

Monday - 8:30am -4:30pm

Tuesday - 8:30am -4:30pm

Wednesday - 8:30am - 4:30pm

Thursday - 8:30am - 4:30pm

Friday - 8:30am - 12:00N



Henvey Inlet First Nation Library  
Debbie Fox- Librarian

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295 Pickerel River Road  
Pickerel, ON  
PoG 1J0

Phone:(705)857-2222  
Email: maheengun12@hotmail.com





## Prescription Deliveries!

Noelville Pharmacy will be  
delivering Meds Thursdays @  
10:00AM

If you wish to have Meds  
delivered to the Health Centre,  
You must fax the prescription in  
by Wednesday at the latest!!

## **NOTICE TO MEMBERS!!!**

When utilizing Community Submissions ALL fields must be filled out! We will not process your payment for medical appointments unless all fields are filled out! Name, Date and time of appointment, Date of Birth, Band Number, Name of Doctor, Destination, Reason, Drivers signature and Printed name also as we cannot make out some signatures, and most importantly the Stamp/Signature of Receiving Officer!!!

# **BRITT NURSING STATION**

## **NOTICE**

**ALL PATIENTS ARE ASKED  
TO BOOK APPOINTMENTS.**

**WALK INS WILL ONLY BE  
SEEN AFTER APPOINTMENT  
PATIENTS ARE SEEN.**

**LABS ARE DONE ONLY  
BETWEEN 8:00 – 12:00**

**THANK YOU**





**Henvey Inlet  
First Nation**

Pickeral, ON P0G 1J0

Administration  
295 Pickeral River Road  
T 705-857-2331  
F 705-857-3021  
1-800-614-5533

Health Centre  
354A Pickeral River Road  
T 705-857-1221  
F 705-857-0730  
1-866-252-3330

Day Care  
354B Pickeral River Road  
T 705-857-0957  
F 705-857-1369

Chief  
M. Wayne McQuabbie  
Council  
Lionel Fox  
Patrick Brennan  
Carl Ashawasagai  
Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Henvey Inlet First Nation Community  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 7/26/2016  
**Re:** **Non-Band Members utilizing the Medical Van**

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The Medical Transportation Vehicle may be used by Non-Band Members. However, The Non Band Member must call and put their name in the Medical Transportation Book. Their name can only be added in the book if there is already Medical Appointments booked for that day for Band Members. Non Band Member appointments must be after the First appointment in the book and before the last appointment in the book and follow the Medical Transportation Schedule in order to be put in the book.

Reminder for Band Members/Non Members, Please book your appointments according to the Schedule which is:

Monday- Sudbury

Tuesday- Parry Sound

Wednesday- Britt

Thursday- Sudbury

Friday- Emergencies Only

ONLY Band Member appointments that do not coincide with this schedule or are not within the acceptable hours will be eligible to utilize a Community Submission. We at the Health Centre would appreciate your cooperation.

/DA



**Henvey Inlet  
First Nation**  
Pickeral, ON P0G 1J0

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Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Henvey Inlet First Nation Members  
**From:** Henvey Inlet First Nation Health Centre  
**Date:** 9/29/2016  
**Re:** Prescription Pick-ups/Reimbursements

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This is in regards to Prescription pick-ups/reimbursements to remind Band Members that Henvey Inlet First Nation Health Centre does not pick-up prescriptions from any Medical offices ie: Britt Nursing Station as we utilize Noelville Pharmacy for delivery of Prescriptions. We also do not reimburse clients for Over the Counter Prescriptions.

If you wish to have your prescriptions delivered to the Health Centre, Please get your prescriptions transferred/faxed to Noelville Pharmacy as they deliver prescriptions to the Health Centre every Thursday.

DA/ep



## Henvey Inlet First Nation

Pickeral, ON P0G 1J0

Administration  
295 Pickeral River Road  
T 705-857-2331  
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Brenda Contin  
Genevieve Solomon-Dubois  
Tony Solomon

# Memorandum

**To:** Band Members of Henvey Inlet First Nation  
**From:** Darcy Ashawasegai-P.S.C./Reception  
**Date:** 11/14/2016  
**Re:** **Community Submission Forms**

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This memo is to remind Community Members who utilize the Community Submissions that **all spaces on the form**; Name of Client, Date of appt, Date of Birth, Time of appt, Status Number, Client Signature, Reason for appt, Doctor/Nurses Name, Destination, Stamp/Signature of receiving office, and Drivers Signature are to be filled out before handing in to the Henvey Inlet Health Centre.

This info is needed for reporting purposes to First Nations and Inuit Health Branch. We **WILL NOT** process a community submission unless all fields are filled out.

Appointments booked before 10:00 am or after 2:30 pm on days the van travels that direction will qualify to use a Community Submission (ex: an appointment in Sudbury on a Monday/Thursday at 9:30am will qualify) We at the Health Centre would appreciate your cooperation.

/DA



**Henvey Inlet  
First Nation**

Pickeral, ON P0G 1J0

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295 Pickeral River Road  
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Tony Solomon

## MEMORANDUM

To: HIFN Community Elders  
Fr: Millie Pawis, Director of Finance/Administration  
Dt: January 12, 2017  
Re: **Furnace Fuel Delivery – January 2017**

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I have ordered the fill up of furnace fuel for our elders as of January 9, 2017. You will receive the same monetary value in oil as last year, please remember that the price of oil may cause this to differ in the amount of oil received though.

The same company who services our Gas Bar, Coop will be delivering the oil. They have been instructed to ensure that the total credit amount that HIFN is providing is delivered, so if you did not receive the total value in the first delivery, you will receive the full amount via subsequent trips.

If you are left with the invoice please bring it to the office and give it to me for payment.

*MP*

/MP

## Instructions: Application for Ontario Portion of the Harmonized Sales Tax (HST) Refund for First Nations

### General Information

The attached application is to be used by Status Indians, Indian bands and councils of an Indian band when claiming a refund for the Ontario component of the Harmonized Sales Tax (HST) paid for off-reserve acquisitions and importations of qualifying property or services.

The refund is not available unless the qualifying property or services were acquired for the exclusive personal use of the Status Indian or exclusively for the use by an Indian band or council of an Indian band. In addition, a refund is not available where other HST relief has been applied.

### Who is Eligible

The following persons are eligible for a refund of the 8% Ontario component of the HST paid on qualifying property or services:

- Status Indians who are Ontario residents, or
- Status Indians who are Canadian residents and residents on the Akwesasne reserve, or
- An Indian band or council of a band of an Ontario First Nations reserve (including the Akwesasne reserve).

### Documentation Required

Please provide the following documentation:

- completed and signed application form;
- original receipts in the purchasers name for qualifying off-reserve acquisitions and importations **showing the 13% HST was paid**;
- photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of use by the band or the council of the band.

### Qualifying Property and Services

For detailed information on the property and services that qualify for the point-of-sale exemption/refund when acquired in or imported into Ontario, please refer to our publication entitled [Ontario First Nations HST Point-of-Sale Exemption](#).

### Direct Bank Deposit

If you wish your refund to be deposited directly into your bank account, please attach a VOID cheque to your refund application, showing your name and address. You may also request direct deposit by sending us a letter with a VOID cheque attached.

If you wish to cancel the direct deposit, please send us a letter requesting the cancellation.

### Authorized Representatives

If you would like an authorized representative to act on your behalf with regards to your claim, complete an [Authorizing or Cancelling a Representative form](#) and return the completed form to the ministry.

Before completing this application, please read the attached instructions. Please type or print.

**A Claimant Information**

Name of Claimant \_\_\_\_\_

**Mailing Address**

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

Do you authorize any person to act on your behalf with regard to this claim e.g. your local Band council?  Yes  No

**Representative's Name**

Last Name	First Name
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**Mailing Address**

Unit Number	Street Number	Street Name	PO Box
City/Town		Province	Postal Code Telephone Number

**B Summary of Claim**

Total Number of Receipts (Maximum 100 receipts)	Period Covered: From (yyyy/mm/dd)	Period Covered: To (yyyy/mm/dd)
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The following are examples of receipts that are not eligible for exemption/refund:

- a point-of-sale exemption/refund was already applied by the retailer/supplier
- public transit stubs & debit receipts
- cigarettes
- gasoline
- parking
- veterinarian services
- prescription drugs
- dine-in restaurant meals
- out of province (Ontario)
- movie tickets/entertainment
- hair-cuts
- books
- lessons/courses
- hotel accommodation

Send in only original receipts. If receipt is required for warranty purposes please keep a copy for your records.

Please submit a maximum of 100 receipts per claim. Do not re-submit receipts that have been previously submitted.

Send in a photocopy of both sides of the **Certificate of Indian Status** card, or in the case of Indian bands and councils of an Indian band, a letter from the band or council certifying that the property or services are exclusively for the consumption of or use by the band or the council of the band.

Where all supporting documents are submitted, please allow up to eight weeks for verification and processing of your claim.

**Applications must be submitted to the address above within four years from the date the 8% HST was paid. If the application for refund relates to HST paid in another participating province but imported into Ontario within 30 days, the application must be submitted within one year from the date the qualifying goods were imported into Ontario.**

**C Certification** Please remember to sign this application

I certify that all the facts stated on this application are correct to the best of my knowledge and I understand this claim is subject to verification.

(Print) Name of claimant or an authorized official of the Indian band or council	Title	Signature	Date (yyyy/mm/dd)
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Every person who, by deceit, falsehood, or by any fraudulent means, obtains or attempts to obtain a refund or rebate of tax under this Act or the regulations to which the person is not entitled is guilty of an offence and on conviction is liable to a fine of not less than \$500 and not more than an amount that is double the amount of the refund or rebate obtained or sought to be obtained, or to a term of imprisonment of not more than two years, or to both (*Retail Sales Tax Act*, Subscription 32(5)).

Personal information contained on this form is collected under the authority of the *Retail Sales Tax Act*, R.S.O. 1990, c. R31, and will be used to determine eligibility for the amount of the refund. Questions on this collection can be directed to the Ministry of Finance, 33 King Street West, Oshawa Ontario L1H 8E9, or by calling 1-866-ONT-TAXS (1-866-668-8297)





**Hello! My name is Aurora Ashawasegai and I am the successful candidate for the position of Recreation Assistant. I'll be working along side with Melissa Kagagins and Angele Dubois in planning activities and getting the youth/ children in the community up and active. I look forward to working with the children and youth in the community and setting up some fun activites and programs for them to attend! If anyone has any further questions or suggestions on any activities/programs, you'd like to see happen in the community feel free to email me at [ashawasegai@gmail.com](mailto:ashawasegai@gmail.com).**

## **\*\* CHANGE OF ADDRESS, PHONE NUMBER, AND FAX NUMBER\*\***

With its partners in the Parry Sound Family Health Team, the physicians and staff of Medical Associates, Wright Clinic, and Parry Sound Family Physicians are relocating to a new building at **60 Bowes Street, Parry Sound, Ontario P2A 2L3** and will be open on Monday, June 13, 2016.

We are excited about the opportunities for improved program access and operational efficiencies that a shared location will provide, and wish to reassure our patients and clients that the clinical services delivered by each clinic group will remain the same.

Our phone numbers and fax numbers will remain the same.

**Medical Associates, Telephone - 705-746-9382, Fax - 705-746-7758**  
**Wright Clinic, Telephone - 705-746-2181, Fax - 705-746-4753**

**Parry Sound Family Physicians will now use The Wright Clinic numbers.**

During this transition period, we are committed to reducing the impact on service delivery to our patients. Please help us with your suggestions that can be offered by placing them in our suggestion box located in the waiting room.

**For our clinical partners please note these fax numbers:**

**Wright Clinic and Drs. Kim Warwick and Leigh Davis,**  
**705-746-4753** for all documents  
**705-746-9009** for all RXs

**Medical Associates**  
**705-746-6901** urgent attention, RXs, LTC, CCAC, VON, Care Partners  
and Ins. Companies  
**705-746-7251**, Referral appointments  
**705-746-7758** all other documents



Henvey Inlet First Nation Health Centre

## Traditional Healer – Jake Pine

Jake Pine will be at the HIFN Health Centre on

Thursday February 23, 2017

and

Friday February 24, 2017

Please Call Darcy at the Health Centre to Book an appointment. Please Remember to bring tobacco offering.



**Henvey Inlet First Nation Health Centre**

354 A Pickerel River Road

Pickerel, ON

PoG 1 J0

Phone: (705)857-1221

Toll Free: 1-866-252-3330

Fax:(705)857-0730



**We are located 45 minutes South of Sudbury off highway 69 and 1 hour North of Parry Sound.**

# **Personal Empowerment for Healthy Lifestyles and Diabetes Prevention Workshop**



**When: Wednesday, February 1st and Thursday, February 2nd, 2017 (2 Full Days)**

**Time: 9:00 am to 4:30 pm**

**Where: Log Cabin Inn, 9 Little Beaver Blvd.  
Sequin Township**

**Who Should Attend: Diabetes Front Line Workers  
and Community Members**

**Cost: \$10.00 per person**

**ACILITATOR:** Alex McComber is Kanien'kehá:ka (Mohawk) bear clan from Kahnawake Territory near Montreal, Quebec. He has worked with the Kahnawake Schools Diabetes Prevention Project since 1994 in many roles, presently as a community advisor and researcher and as a trainer. He has been a high school teacher and principal as well as a university instructor in education and healthy lifestyles.

Alex holds an honorary Doctor of Science from Queens University, a Master's in Education Administration from McGill University, and a Certificate in Indigenous Community Health Approaches from First Nations Technical Institute and St. Lawrence College.

Building upon the successful experiences of the Kahnawake Schools Diabetes Prevention Project, this interactive two-day workshop will give participants the opportunity to:

- Review information diabetes, wellness, stress management, healthy eating, & physical activity
- Examine personal life activities and ideas on health and wellness
- Develop personal action plans for lifestyle changes
- Understand the importance of healthy role modeling for children, families & community

The two-day workshop will include lectures, question and answer sessions, discussion groups, personal action time, personal planning, videos and interactive physical activity sessions. Healthy lunches, snacks and beverages will be served.

Please call Janice Horn at the Shawanaga First Nation Healing Centre @ 705-366-7878 to register. Deadline Date: Wednesday, January 25, 2017



# DibAAJIMOOWINAN

GEZHTOOJIG EMPLOYMENT & TRAINING

## ***FEBRUARY 8, 2017—Community Outreach***

***Unemployed? Looking for Options?***

***Are you a member of one of these First Nations?***

- ***Henvey Inlet First Nation***
- ***Magnetawan First Nation***
- ***Shawanaga First Nation***
- ***Wasauksing First Nation***
- ***Dokis First Nation***
- ***Wahnapiatae First Nation***
- ***Temagami First Nation***

***Sandra Martin will be available to meet with you in your community.***

WHERE	DATE & TIME
<b>Henvey—Health Centre</b>	<b>Wednesday, Feb. 8/17 9:00—10:15am</b>

### **Purchase of Training:**

- For full-time programs (20+hours/week)
- Must obtain diploma within 52 weeks
- If eligible, funding may be available for tuition, books/supplies, transportation, dependent care, and living allowance



### **Apprenticeship:**

- Wage Subsidies available for Registered Apprentices
- Purchase of Training for In Classroom Offer of Training

### **Wage Subsidies:**

50% of wage for full-time jobs

### **Mobility:**

Assistance to attend job interview

### **Relocation:**

Assistance to relocate for a full-time job

### **Employment Support:**

Up to \$250 to start a full-time job

**Self Employment Information Administer Second Careers**



**ONTARIO WORKS SCHEDULE**

MONDAY TO THURSDAY                      8:30 a.m. to 2:30 p.m.  
Wednesday, January 18 – 19<sup>th</sup>    **SAIL module#4 training**  
Wednesday, January 25<sup>th</sup>                      **not in office**

**EMPLOYMENT ASSISTANCE**

EMPLOYMENT INFORMATION WORKSHOP IS SCHEDULED  
FOR MONDAY, JANUARY 30TH PENDING AVAILABILTY OF  
A MEETING SPACE.

**GIFT CARD INCENTIVES FOR PARTICIPANTS!!!**

\*\*\*\*\*



**FOOD BANK**

**FRIDAY, JANUARY 20<sup>TH</sup> @ 11:30 A.M.**



## FOOD BANK NOTICE

Ahnee!

- **Date:** Friday, January 20<sup>th</sup>, 2017
- **TIME:** 11:30 a.m.

**PLEASE NOTE\*** YOU MUST FILL OUT YOUR REQUEST FORM & PICK UP YOUR OWN BAGS OF FOOD.

**EXCEPTION:** Elders can have a family member pick up for them or a staff person.

Families, Couples and Single Adults eligible to receive assistance from the Food Bank **must only be in receipt** of the following **fixed low incomes:**

- ◆ Ontario Works
- ◆ O.D.S.P. (Ontario Disability Support Program)
- ◆ O.A.S. (Old Age Security)
- ◆ C.P.P. (Canada Pension Plan)
- ◆ E.I. Benefits (Employment Insurance)
- ◆ Post-Secondary Student Allowance



# Medicine Wheel Teaching



**When:** Monday January 30, 2017

**Where:** To be determined

**Time:** 9:30 a.m.

Lunch Provided



**Miigwetch**

**Ontario Works Program**



**OPEN HOUSE**  
Wagamake Learning Centre

# ADMIT ONE

Date  
January  
**25**  
2017

**2:00-**  
**3:00**

Get Your High School  
Diploma  
Come find out how !!

**SNACKS WILL BE SERVED! YUMMY**

# RSVP

Maturity  
Credits  
Prior  
Learning  
Credits  
Near  
North  
District  
School  
Board  
Credited

# Wasauksing First Nation Adult Volleyball Tournament



**Saturday, January 28<sup>th</sup>, 2017**

**First 8 teams to register**

**(fee: \$100.00/ Per team)**

**Wasauksing FN Gymnasium**



**Contact: Chuck Baker**

**@705.746.2531 ext. 2224**



Henvey Inlet First Nation  
Health Centre

**COMMUNITY HEALTH EDUCATOR  
and  
CHILD AND FAMILY**

▶ **"Healthy Babies Healthy Children  
For A Healthy Future"**



Phone: 705-857-1221 ext 222

Toll Free: 1-866-252-3330

Fax: 705-857-0730

[kara.harkness@henveymedicalcentre.com](mailto:kara.harkness@henveymedicalcentre.com)





# Henvey Inlet First Nation Health Centre

"Healthy Babies Healthy Children  
For A Healthy Future"

354A Pickeral River Road  
Pickeral ON P0G 1J0

Phone: 705-857-1221  
Toll Free: 1-866-252-3330  
Fax: 705-857-0730  
E-mail: kara.harkness@henveymedicalcentre.com



## JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2017	2 ← -----	3 OFFICE	4 REMAINS	5 CLOSED	6 ----->	7
8	9 Well @baby Clinic BACK TO WORK	10 IN OFFICE	11 IN OFFICE	12 INFANT FOOD BANK SHOPPING SUDBURY	13 IN OFFICE	14
15	16 IN OFFICE PHYSICAL ACTIVITY MTG 1PM	17 PROGRAM PREP	18 IN OFFICE/GYM	19 IN OFFICE/GYM	20	21
22	23 IN OFFICE/GYM Well @baby Clinic	24 IN OFFICE/GYM	25 IN OFFICE/GYM PARENTING WKSHP 10AM	26 PROGRAM PREP	27	28
29	30 PROGRAM PREP	31 IN OFFICE/GYM	1	2	3	4





**Henvey Inlet  
Health Centre**

354-A Pickeral River Rd.  
Pickeral, ON  
POG J10

Phone: 705)857-1221 or 866-252-3330  
Fax: (705) 857-0730  
Email: [kerrl.campbell@henveymedicalcentre.com](mailto:kerrl.campbell@henveymedicalcentre.com)

# CHILD & FAMILY PROGRAM JANUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
<b>HOLIDAYS</b>						
15	16 CAS Visits Physical Activity Meeting 1pm	17 Program Prep	18 In Office Gym	19 In Office Gym	20 Sudbury	21
22	23 In Office Gym	24 Family Court	25 Gym Parenting work- shop Keeping Kids Active in Winter	26 Program Prep	27 Parry Sound	28
29	30 Program Prep	31 In Office Gym				





PLEASE BE ADVISED THAT DURING  
THE WEEK OF

**JANUARY 9-13, 2017**

**KERRI CAMPBELL, NCFW**

**WILL BE ON HOLIDAYS**

IN CASE OF ANY CHILD WELFARE EMERGENCIES PLEASE CONTACT  
CHIEF M. WAYNE MCQUABBIE, AND FOR ALL OTHER INQUIRIES,  
PLEASE CALL OR VISIT THE HEALTH CENTRE AND ANOTHER STAFF  
WILL PROVIDE ASSISTANCE



# It's a **HEALTHY** Lifestyle

TO EDUCATE, EMPOWER AND PROMOTE WELLNESS

## KARA AND KERRI ARE BACK AT IT AGAIN!!!

WE ARE LOOKING FOR **8 BAND MEMBERS** WHOM ARE MOTIVATED TO GET PHYSICALLY ACTIVE AND LEARN HEALTHY EATING TECHNIQUES.

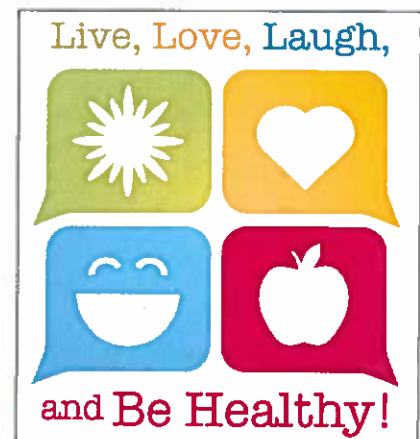
## **THIS IS NOT A WEIGHTLOSS COMPETITION!!!**

WE WILL BE PROVIDING ONE ON ONE GUIDANCE IN THE HENVEY INLET FITNESS CENTRE AT LEAST 3 TIMES PER WEEK AND DOING SOME FOOD PREPARATION WITH AND FOR THOSE WHOM MAKE THE COMMITMENT TO THE PROGRAM.

WE ARE HOPING TO ALSO INCLUDE OUTDOOR ACTIVITIES AS WELL SUCH AS SNOWSHOEING AND WINTER WALKS.

IF YOU ARE INTERESTED IN BECOMING PART OF THIS PROGRAM, PLEASE CONTACT DARCY BY [JANUARY 12, 2017](#) TO SIGN UP!!!

**HERE'S TO A HEALTHY 2017!!!**



# Parenting Workshop

January 25, 2017

10 am

Health Centre

Join Kara and Kerri at the Health Centre for some Winter Activity ideas to do with your children!!!

Seating is limited to the first 6 who call!!!

Please sign up by January 19, 2017 at 4pm by calling

Darcy at 705-857-1221!!!

Light snacks and beverages will be provided to those whom attend!!!





# 2017 Program Sign Up

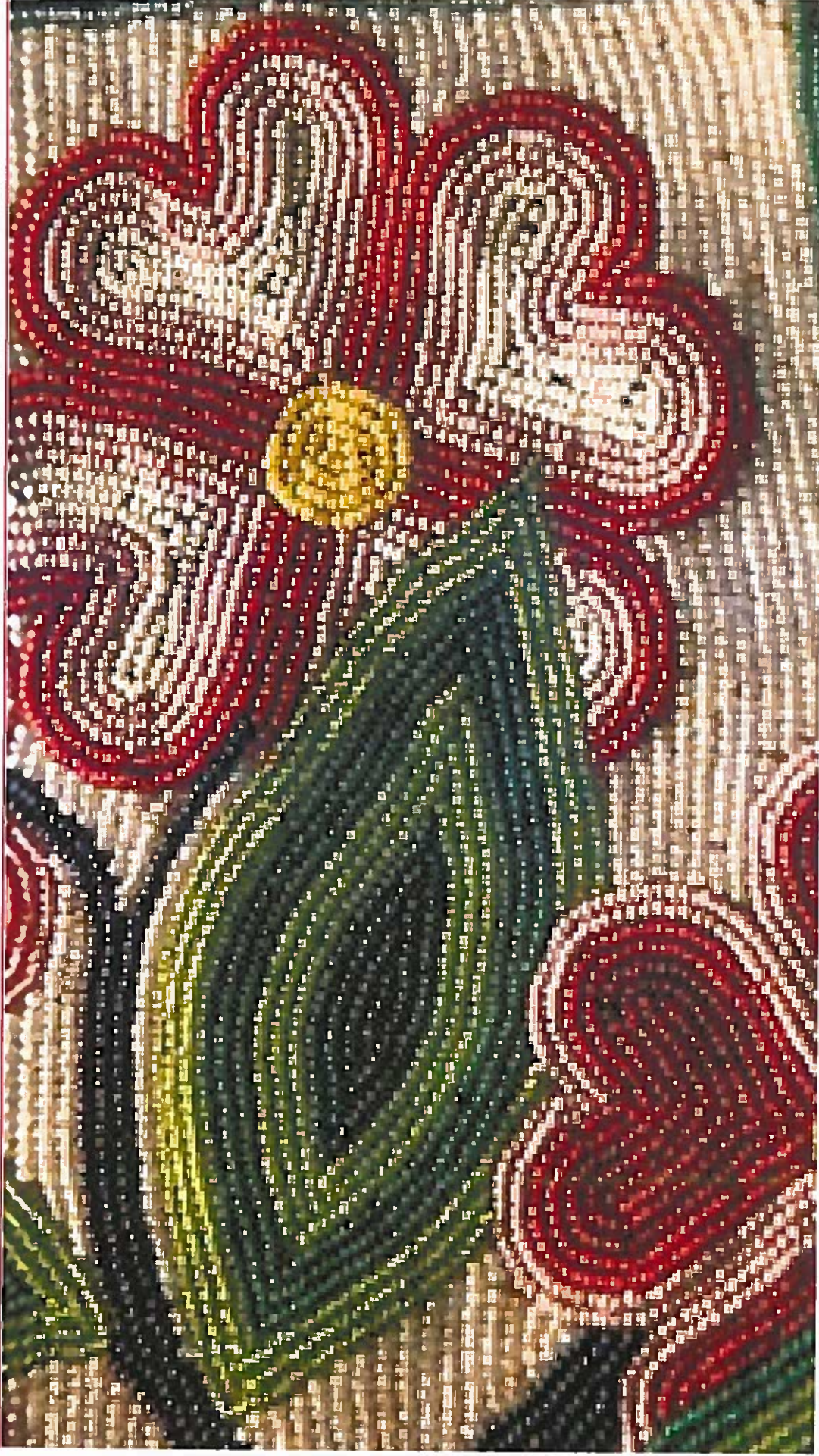
Happy New Year!!!

2016 proved to be a rather exciting and productive year for the Health Centre! During that time, Kerri and Kara used a Sign Up list to further keep their activities and workshops organized. It worked great and allowed them to not only save time, but money too as they only purchased for those whom had signed up!!! We have made some adjustments and here are the new Sign Up Guidelines for 2017!!!

- You must sign yourself up for a workshop or event. The only time we will allow for someone to sign someone else would be if the participant is signing up their child (ren).
- Sign up must be done by the date specified, if no date is specified then you may sign up right up until the event
- If there is a request to have items submitted with your sign up (i.e., recipes) by a certain date and they are not, no exceptions or provisions will be made to accommodate the participant and your spot will be forfeited to the next person on the waiting list providing they have provided Darcy with the requested information.
- Should you sign up repeatedly for workshops and not show up, your name will be put on the waiting list for the following months activities.
- Please check your schedules before signing up. We understand life happens however please be courteous and call the Health Centre to inform us of your absence
- You will be given a 10 minute window to show up to a workshop, once that time has lapsed, the next person on the waiting list will be called
- For those of you that may end up on the waiting list, your name will be called to attend in the event that a participant doesn't show up, however, if you require transportation from areas such as Key River or Beekanon, we will be unable to organize a driver in a short period of time and we will move to the person that can attend the activity immediately.



# COMMUNITY WELLNESS PROGRAM COMMUNITY WELLNESS PROGRAM



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.





# COMMUNITY WELLNESS PROGRAM



The difference between the impossible and the possible lies in a person's determination.

## JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
C H R I S T M A S B R E A K						
8	9 OFFICE OPENS STAFF MEETING HOME VISIT	10 HOME VISITS IN OFFICE	11 IN OFFICE	12 ELDERS LUNCHEON WASAUKSING	13	14
15	16 BASIC/ADVANCE SEWING & DESIGN	17 HOME VISITS	18 IN OFFICE	19 DRESS TO IMPRESS BARRIE	20 CULTURAL ARTS CLASS TRIP	21
22	23 STAFF MTG BASIC/ADVANCE SEWING & DESIGN	24	25 OUT OF OFFICE GOOD MEDICINE CONFERENCE-SSM	26	27 CULTURAL ARTS	28
29	30 BASIC/ADVANCE SEWING & DESIGN	31 DRUMMING with RODNEY STANGER	1 PERSONAL EMPOWERMENT FOR HEALTHY LIFESTYLES & DIABETES PREVENTION WORKSHOP PARRY SOUND	2 OUT OF OFFICE	3 CULTURAL ARTS	4



Ahneen Brothers and Sisters, near and far

We wish you a glorious start to the New Year: 2017 !!!

From Wasauksing First Nation &

The Parry Sound Friendship Center

We would like to remind you that our **ELDERS  
LUNCHEON** has been rescheduled to this

Thursday, January 12<sup>th</sup>, to be held at the

Wasauksing community gymnasium from 11 a.m. to 2 p.m.

Come join us to catch up with family, friends and  
chances to win prizes for YOU!!!

Please contact your CWW Luana McQuabbie @ 705 857-1221.



# BASIC & ADVANCED SEWING & DESIGN PROGRAM

NEW CLASSES BEGIN JANUARY 16, 2017  
BOARD ROOM @ H.C.



EVERY MONDAY

9:00A.M. – 3 P.M. or 10:00 on Staff Meeting Days.

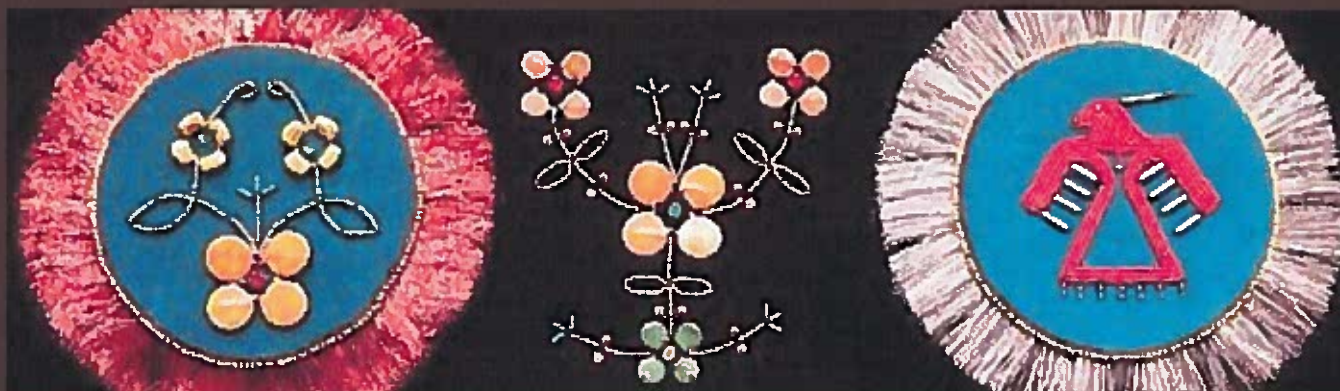
## PARTICIPANT INFORMATION ABOUT THE PROGRAM

This course is designed to teach basic hand sewing skills, sewing machine operation, decorative techniques of applique work and embroidery. Skills will be developed by working through a number of projects in which participants will research and develop their own designs. Participants will become familiar with the many types of tools and supplies and how these can be used to enhance their work. A light lunch will be served.



**For More Information Contact:**  
CWW Luana McQuabbie  
OW Dorothy Contin  
EDO Judy Contin

# ART GALLERY OF SUDBURY TRIP



## RESEARCH OUTING

### ART GALLERY OF SUDBURY

Location: 251 JOHN ST.  
Sudbury

Date: 1/20/2017

WE WILL BE LEAVING THE  
COMMUNITY AT 9:15 A.M. Lunch  
to follow.

WE WILL BE VIEWING THE BARRY ACE  
EXHIBIT CALLED:

Nayaano-nibiimaang Gichigamiin: The  
Five Great Lakes

Open to all community members.

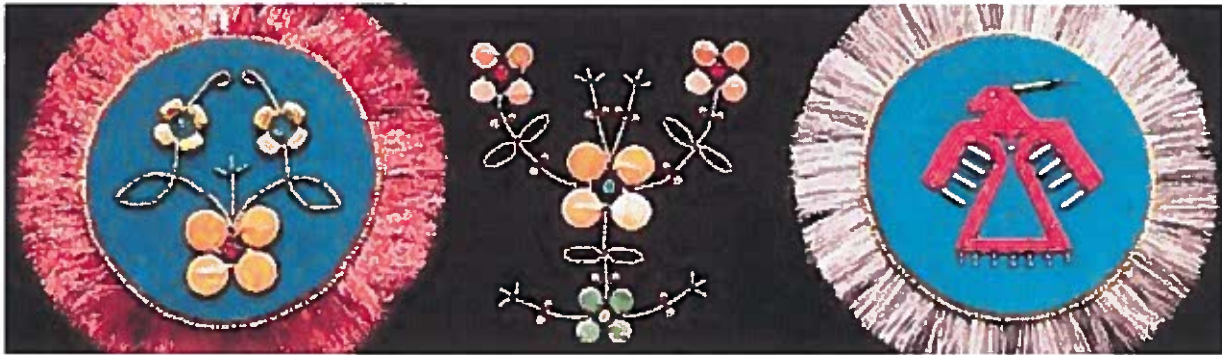
Next CULTURAL ARTS CLASSES FOR JANUARY

**JANUARY 20 CLASS TRIP**  
**JANUARY 27 IN CLASS**



BARRY ACE

# Nayaano-nibiimaang Gichigamiin: The Five Great Lakes



GICHI-AAZHOOGAMI-GICHIGAMI: LAKE HURON (GREAT CROSSWATERS SEA) DETAIL 2016.

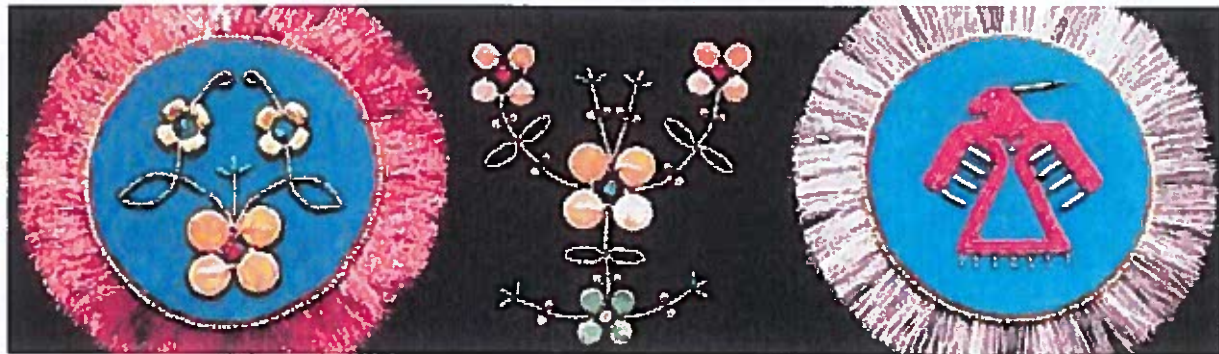
HUDSON BAY BLANKET, VELVET, BEADS, CAPACITORS, RESISTORS, LIGHT EMITTING DIODES, HORSE HAIR, COPPER WIRE, METAL. 183 X 228 CM.

**October 26 to January 22, 2017**

*Drawing inspiration from multiple facets of his Anishinaabe (Odawa) culture, artist **Barry Ace** creates objects and imagery that utilize many traditional forms and motifs. He then disrupts the reading of these works with the introduction of other elements and technology, endeavouring to create a convergence of the historical and the contemporary. He is a band member of M'Chigeeng First Nation, Manitoulin Island (Ontario), currently residing in Ottawa (Ontario), and he is represented by Kinsman Robinson Galleries in Yorkville (Toronto).*

**Nayaano-nibiimaang Gichigamiin: The Five Great Lakes** presents a brand new series of Anishinaabe honouring blankets with mnemonic recounting blanket strips for each of the Five Great Lakes: the territory and homeland of the Anishinaabeg (Ojibwe, Odawa and Potawatomi peoples). This textile work replicates traditional Great Lakes' floral and geometric motifs, but they are made from reclaimed and salvaged electronic circuitry (capacitors, microchips, resistors, and diodes) that act as metaphors for cultural continuity (antithesis of stasis), bridging the past with the present and the future. The Hudson Bay trade blankets carry with them a longstanding narrative and response to colonization; acts of self-determination and a complicated economic trade history between the original peoples of the Great Lakes and newly arrived settlers, but these blankets also carry with them significant culture-based signs and semiotics. This body of work explores these aspects of the trade blanket.





## Art Gallery of Sudbury galerie d' art de Sudbury

251 rue John St.  
Sudbury, Ontario  
P3E 1P9, Canada

Gallery Hours:  
Tuesday - Saturday:  
10 - 5pm  
Sunday:  
12 - 5 pm

Galerie Heures  
lundi au samedi  
10h-17h  
dimanche  
12h-17h

Office/Bureau:  
Monday to Friday  
9:00-5:00  
lundi au vendredi  
9h-17h

## Admissions/Frais d'admissions

# CULTURAL ARTS PROGRAM

2017

HEALTH CENTRE BOARD ROOM



EVERY FRIDAY STARTING JANUARY 20 (CLASS TRIP)  
STARTING @ 9:00 A.M.

## PARTICIPANT INFORMATION ABOUT THE PROGRAM

This program is open to all learners interested in developing artistic skills in traditional and contemporary Native arts and crafts. Participants will learn from hands on instruction including Beadwork, Footwear, Decorative Arts, Nature Crafts & Small Crafts.



**For More Information Contact:**  
CWW Luana McQuabbie  
OW Dorothy Contin  
EDO Judy Contin

# IMAGE NORTH CONSULTING

Formerly Perceptions Personal Image Consulting

*Dress to impress!*

EMBRACE WHO YOU ARE  
THROUGH THE POWER OF  
DRESS AND PHOTOGRAPHY

## **Attention all registered PARTICIPANTS who have signed up for the Dress to Impress trip to Barrie Thursday, January 19th, 2017.**

We will be meeting Image Consultant Dawn Bolduc at her place of business  
near Barrie for 9:30 a.m.

To meet at the scheduled time, we will be leaving the main community  
from your home at 7a.m.

Lunch will be provided by Dawn in the food court in Georgian Mall, Barrie  
where you will be doing your shopping etc.

Dinner has been arranged by Henvey Inlet First Nation  
Social Services Worker, Dorothy Contin before we return home.

Thank you!

Community Wellness Worker

*Luana McQuabbie*

For further information please contact:

Dorothy Contin, Social Services

Judy Contin, Economic Development Officer

YOUNG BOYS & MEN

# WEEKLY DRUMMING/SINGING WITH RODNEY STANGER

— EVERY TUESDAY STARTING JANUARY 31, 2017 —



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HENVEY INLET FIRST NATION LIBRARY

6:00 – 8:00 PM

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BROUGHT TO YOU BY THE FAMILY WELL BEING PROGRAM

FOR FURTHER INFORMATION PLEASE CONTACT

CWW LUANA MCQUABBIE @ 705 857-1221 Ext 227



## From the desk of RODNEY STANGER

I'm writing this letter to show my support for the upcoming drumming program for the community of Henvey First Nation. The work I'll be doing will be teaching drumming, songs and the teaching behind them, learning the Ojibway language, and other cultural related topics. I also promote being drug and alcohol free and healthy living, that is a must in being involved in this drumming program. I try to give them their native identity back and being proud of their native culture again. I believe the drum and songs help with healing, trauma, and self-identity. I've been working with members of Henvey with drumming and other cultural related tasks since 2015. I'm hoping to keep the momentum from last year going, seeing that there is much to learn and requires more than a one year commitment. I'm also looking forward to putting on a hand drum workshop so that community members can have a drum of their own for their personal bundles. Drumming and learning my culture has helped me in my life and I'm hoping it will do the same for others.

To share a little history of myself, I've been singing since the age of 13 years old. I sing with a Grammy award winning drum group name "Midnite Express". Our group was featured on a 2011 Gathering of Nations CD that won a Grammy, which I'm very proud of. I've also won 2 Canadian Aboriginal People's Choice awards as well. These days since 2013 I work for the Near North school board, teaching Jr kindergarten through to grade 12 the ways of the drum and native culture and the importance of staying drug and alcohol free.

FOR MORE INFO PLEASE CONTACT  
CWW LUANA MCQUABBIE



FEBRUARY 11  
MARCH 12  
APRIL 11  
MAY 10  
JUNE 9

**FULL MOON CEREMONY**  
With Judy Contin

263 PICKEREL RIVER ROAD

7:30 PM



All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings. Ceremonies are held around each Full Moon

Please remember to:

- Wear a Skirt and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering
- Bring Yellow cloth to make a tobacco tie offering
- Bring a Chair to sit on
- Blanket
- Food to share with the other women

If you need a ride please call CWW at the Health Centre

Phone: (705) 857-1221 Ext 227

Fax: (705) 857-0730

E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)



**A HERITAGE PRESERVATION  
PROJECT**

*All photos will be returned to their owner original owner after a scanned copy has been made for the Heritage Collection.*

*Same day return.*

*Please come with your photographs to the CWW office for scanning.*

*Thanks,*



**HERITAGE COLLECTION 2017**

**OLD PHOTOGRAPHS ARE STILL NEEDED**



*In 2013, I have started to compile a small collection of photographs from Community Members for the purpose of using them in the 2014 Community Calendar and to begin a Heritage Collection. Copies of the original photographs will made into 8"x10" copies and will be permanently displayed along the long hallway at the Band Administration Office once I have gathered enough to start a photo gallery. I need your help! The success of this project cannot be made possible without the help of its Contributors. This collection is such an important part of our heritage as well as our connection to one another.*



**NO NEW PICTURES  
THIS MONTH TO  
DISPLAY.**

**COMMUNITY WELLNESS  
PROGRAM**

**LUANA MCQUABBIE  
COMMUNITY WELLNESS WORKER**

Phone: 705 857-1221 EXT 227

E-mail: [luana.mcquabbie@henveymedicalcentre.com](mailto:luana.mcquabbie@henveymedicalcentre.com)

COMMUNITY  
HEALTH NURSING  
PROGRAM



# January 2017

Brenda CONTIN, C.H.N.

Henvey Inlet Community Health Nursing Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 CHRISTMAS	3 HOLIDAYS	4 (cont'd)	5	6	
	9 ANNUAL	10 HOLIDAYS	11	12	13	
	16 NOT IN OFFICE: MEDICAL APPT.	17 OFFICE	18 HOME VISITS	19 OFFICE	20 OFFICE	
	23 LEAVE FOR SSM	24 SAULT STE	25 MARIE: U.O.I. Health Conference	26	27 OFFICE	
	30 FINANCE	31 FINANCE				



**Mnido-Giizis  
2017  
January  
HIFN Daycare  
Newsletter**

**Children are our second chance to have a great parent-child relationship.  
-Laura Schlessinger**

Welcome to the Mindo-Giizis: the first moon of creation is Spirit Moon. It is manifested through the northern lights. It is a time to honour the silence & realize our place within all of Great Mystery's creatures. Here at the Daycare it's a New Year & a new start. Welcome 2017, may this year bring Good Health, Happiness, Peace of Mind, & May all that you wish and pray for come to you & your Families in a good way. Very Thankful for the Holiday & having time to rest & relax with family during this time of year. Many new memories were made & thankful for what we have received this season. But it's time to get back to the daily work schedule & back to making a living. Here are the topics for the Month of January 2017.

January 9 to 20, 2017 Review Week #1/#2

Reviewing for the two weeks  
Back at daycare. Just taking the  
Time to review the basics with  
The kids.

January 23 to 27, 2017 Penguin Week

Penguins it is! Cute, small, and  
Excellent swimmers, hunters, &  
Are flightless birds. A week of  
Learning about this unique  
Species.

January 30 to Feb. 3, 2017 Glitter Week

This week is one that gets messy,  
But the children really enjoy it.  
There will be painting with  
Glitter, crafts with glitter,  
Making playdoh with glitter,  
Crafts with glitter. We are all  
Just going to sparkle every  
Where.

**A reminders for the month are:**

January 9 to 20, 2017 Dee & Erin are away at school in North Bay.

January 23 to 27, 2017 Erin is on HOLIDAY's

Thank you  
HIFN Daycare

Charlene Ashawasegai  
RECE Daycare Supervisor

Erin McQuabbie  
RECE Educator

Carrie L. Bennett  
RECE Educator

**Our First teacher is Our HEART.  
~Cheyenne**

# January 2017 Mnido-Giizis

Sun      Mon      Tue      Wed      Thu      Fri      Sat

1	2	3	4	5	6	7
8	9	Holidays			6	
15	16	10 Theme: Review Week #1	11	12	13	14
22	23	17 Theme: Review Week #2	18	19	20	21
		24 Theme: Penguin Week	25	26	27	28
29	30	31 Theme: Glitter Week	<ul style="list-style-type: none"> <li>ERIN/DEE IN SCHOOL</li> <li>Jan 9—20, 2017</li> </ul>		<ul style="list-style-type: none"> <li>January 23 to 27/2017 ERIN HOLIDAYS</li> </ul>	
						
						
						

# NIH News in Health

A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services

A monthly newsletter from the [National Institutes of Health](#), part of the U.S. [Department of Health and Human Services](#)

## Beat the Winter Blues *Shedding Light on Seasonal Sadness*

As the days get shorter, many people find themselves feeling sad. You might feel blue around the winter holidays, or get into a slump after the fun and festivities have ended. Some people have more serious mood changes year after year, lasting throughout the fall and winter when there's less natural sunlight. What is it about the darkening days that can leave us down in the dumps? And what can we do about it?

NIH-funded researchers have been studying the "winter blues" and a more severe type of depression called seasonal affective disorder, or SAD, for more than 3 decades. They've learned about possible causes and found treatments that seem to help most people. Still, much remains unknown about these winter-related shifts in mood.

"Winter blues is a general term, not a medical diagnosis. It's fairly common, and it's more mild than serious. It usually clears up on its own in a fairly short amount of time," says Dr. Matthew Rudorfer, a mental health expert at NIH. The so-called winter blues are often linked to something specific, such as stressful holidays or reminders of absent loved ones.

"Seasonal affective disorder, though, is different. It's a well-defined clinical diagnosis that's related to the shortening of daylight hours," says Rudorfer. "It interferes with daily functioning over a significant period of time." A key feature of SAD is that it follows a regular pattern. It appears each year as the seasons change, and it goes away several months later, usually during spring and summer.

SAD is more common in northern than in southern parts of the United States, where winter days last longer. "In Florida only about 1% of the population is likely to suffer from SAD. But in the northernmost parts of the U.S., about 10% of people in Alaska may be affected," says Rudorfer.

As with other forms of depression, SAD can lead to a gloomy outlook and make people feel hopeless, worthless and irritable. They may lose interest in activities they used to enjoy, such as hobbies and spending time with friends.

"Some people say that SAD can look like a kind of hibernation," says Rudorfer. "People with SAD tend to be withdrawn, have low energy, oversleep and put on weight. They might crave carbohydrates," such as cakes, candies and cookies. Without treatment, these symptoms generally last until the days start getting longer.

Shorter days seem to be a main trigger for SAD. Reduced sunlight in fall and winter can disrupt your body's internal clock, or circadian rhythm. This 24-hour "master clock" responds to cues in your surroundings, especially light and darkness. During the day, your brain sends signals to other parts of the body to help keep you awake and ready for action. At night, a tiny gland in the brain produces a chemical called melatonin, which helps you sleep. Shortened daylight hours in winter can alter this natural rhythm and lead to SAD in certain people.

NIH researchers first recognized the link between light and seasonal depression back in the early 1980s. These scientists pioneered the use of light therapy, which has since become a standard treatment for SAD. "Light therapy is meant to replace the missing daylight hours with an artificial substitute," says Rudorfer.

In light therapy, patients generally sit in front of a light box every morning for 30 minutes or more, depending on the doctor's recommendation. The box shines light much brighter than ordinary indoor lighting.

Studies have shown that light therapy relieves SAD symptoms for as much as 70% of patients after a few weeks of treatment. Some improvement can be detected even sooner. "Our research has found that patients report an improvement in depression scores after even the first administration of light," says Dr. Teodor Postolache, who treats anxiety and mood disorders at the University of Maryland School of Medicine. "Still, a sizable proportion of patients improve but do not fully respond to light treatment alone."

Once started, light therapy should continue every day well into spring. "Sitting 30 minutes or more in front of a light box every day can put a strain on some schedules," says Postolache. So some people tend to stop using the light boxes after a while. Other options have been tested, such as light-emitting visors that allow patients to move around during therapy. "But results with visors for treating SAD haven't been as promising as hoped," Postolache says.

Light therapy is usually considered a first line treatment for SAD, but it doesn't work for everyone. Studies show that certain antidepressant drugs can be effective in many cases of SAD. The antidepressant bupropion (Wellbutrin) has been approved by the U.S. Food and Drug Administration for treating SAD and for preventing winter depression. Doctors sometimes prescribe other antidepressants as well.

Growing evidence suggests that cognitive behavioral therapy (CBT)—a type of talk therapy—can also help patients who have SAD. "For the 'cognitive' part of CBT, we work with patients to identify negative self-defeating thoughts they have," says Dr. Kelly Rohan, a SAD specialist at the University of Vermont. "We



try to look objectively at the thought and then reframe it into something that's more accurate, less negative, and maybe even a little more positive. The 'behavioral' part of CBT tries to teach people new behaviors to engage in when they're feeling depressed, to help them feel better."

Behavioral changes might include having lunch with friends, going out for a walk or volunteering in the community. "We try to identify activities that are engaging and pleasurable, and we work with patients to try to schedule them into their daily routine," says Rohan.

A preliminary study by Rohan and colleagues compared CBT to light therapy. Both were found effective at relieving SAD symptoms over 6 weeks in the winter. "We also found that people treated with CBT have less depression and less return of SAD the following winter compared to people who were treated with light therapy," Rohan says. A larger NIH-funded study is now under way to compare CBT to light therapy over 2 years of follow up.

If you're feeling blue this winter, and if the feelings last for several weeks, talk to a health care provider. "It's true that SAD goes away on its own, but that could take 5 months or more. Five months of every year is a long time to be impaired and suffering," says Rudorfer. "SAD is generally quite treatable, and the treatment options keep increasing and improving."

#### **Lift Your Mood**

These "self-care" tips might help with seasonal depression. See a mental health professional if sadness doesn't go away or interferes with your daily life:

- Go to a movie, take a walk, go ice-skating or do other activities you normally enjoy.
- Get out in the sunlight or brightly lit spaces, especially early in the day.
- Try to spend time with other people and confide in a trusted friend or relative.
- Eat nutritious foods, and avoid overloading on carbohydrates like cookies and candies.
- Be patient. You won't suddenly "snap out of" depression. Your mood will improve gradually.
- If you have thoughts of suicide, get help right away. Call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



## Free Printable Word Search Puzzles

### Elvis

Find and circle all of the words, names, songs, and movies that have to do with Elvis.  
The remaining letters spell a line from an Elvis song.

U O Y N O K C U T S C L A M B A K E Y O  
G N I K E H T R O C K A B I L L Y U C B  
D N I A R Y K C U T N E K A S N D O A L  
O S N Y E G O D D N U O H D T H B S L U  
N A R E T U R N T O S E N D E R U D E E  
T G U I S V G I N G T I B J G A R R T H  
B E O R I E U Y A T M U A L O L N O O A  
E V Y A S R C C R S A I P Y O L I C H W  
C S T M E N R O U A L O R E D S N E K A  
R A O A L O F O L H T E K S L H G R A I  
U L N S T N I S O O D I U O U O L N E I  
E A S I T C E U D N N R N H C O O U R Y  
L V E L I U S N E G R E C G K K V S B P  
L I H P L E A T C E N U L F C U E S T P  
E V S B R L E R N I M O F P H P M I R A  
P U I O E M E D G O Y Y M R A S U H A H  
S G C C E O E H O A A R O N R R B P E L  
O K A V L R T T S Y D A L G M L K M H R  
G R O E I N T H E G H E T T O U E E S I  
G L U E D E S R O U S T A B O U T M R G  
D R A F T E D A L L I C S I R P H O E S

AARON	GOOD LUCK CHARM	LITTLE SISTER	STUCK ON YOU
ALL SHOOK UP	GOSPEL	LOVE ME TENDER	SUN RECORDS
BLUE HAWAII	GRACELAND	MEMPHIS	SURRENDER
BURNING LOVE	GYRATING	ONE NIGHT	SUSPICIOUS MINDS
CLAMBAKE	HEARTBREAK HOTEL	PRISCILLA	THE KING
COLONEL PARKER	HOUND DOG	RCA	TOO MUCH
DON'T BE CRUEL	IN THE GHETTO	RETURN TO SENDER	TUPELO
DRAFTED	JAILHOUSE ROCK	ROCKABILLY	U.S. ARMY
G.I. BLUES	KENTUCKY RAIN	ROUSTABOUT	VERNON
GIRL HAPPY	KING CREOLE	SHE'S NOT YOU	VIVA LAS VEGAS
GLADYS	LISA MARIE		

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# Galaxy Playdough



What you will need:

2 cups of plain flour

2 cups of water with black and blue food coloring

1 Tbsp. of cooking oil

1 Tbsp. cream of tartar

1 cup of salt

## INSTRUCTIONS:

Mix liquid ingredients in a large pan. (FYI: I found black food coloring in a large size at Big Lots – so I added the entire bottle! I added a small bottle of blue food coloring. It made the dough so deep and rich!) Begin to heat liquids.

In a separate bowl mix dry ingredients. Add to the heating liquids. Stir until the dough gathers and thickens. Cook until it gets that sheen to it. Let it cool slightly and then knead to bring proper consistency. Store in plastic container.



Button Heart Craft.

[Anne Davies](#) explains how you can use buttons and wire to make this heart craft.

- **Age Guideline:** 8 Years and Up
- **Time Required:** 60 minutes *(Does not include drying time)*

*The above age and time guidelines are estimates. This project can be modified to suit other ages and may take more or less time depending on your circumstances.*

#### **Materials Needed:**

- [Craft Wire](#)
- Piece of Raffia or [Ribbon](#)
- [Buttons](#)
- Beading Wire
- Needle
- [Wire Cutters](#)
- [Scissors](#)

#### **Instructions:**

Cut a length of craft wire and twist both ends together. Bend the wire to make a heart shape. Tie a piece of ribbon or raffia to the top of the heart to make a hanger.

Thread a needle with a piece of beading wire. Wrap one end of the beading wire around the heart frame. Sew your first button to the frame by pushing the needle through the holes in the button and then securing the beading wire to the heart frame at the back. Repeat with further buttons until all of the heart frame is covered.

Quick tip: the buttons will lie flatter if you overlap them slightly.

## Fun Penguin Facts for Kids

Enjoy our fun penguin facts for kids.

- Penguins are flightless birds.
- While other birds have wings for flying, penguins have adapted flippers to help them swim in the water.
- Most penguins live in the Southern Hemisphere.
- The Galapagos Penguin is the only penguin specie that ventures north of the equator in the wild.
- Large penguin populations can be found in countries such as New Zealand, Australia, Chile, Argentina and South Africa.
- No penguins live at the North Pole.
- Penguins eat a range of fish and other sealife that they catch underwater.
- Penguins can drink sea water.
- Penguins spend around half their time in water and the other half on land.
- The Emperor Penguin is the tallest of all penguin species, reaching as tall as 120 cm (47 in) in height.
- Emperor Penguins can stay underwater for around 20 minutes at a time.
- Emperor Penguins often huddle together to keep warm in the cold temperatures of Antarctica.
- King Penguins are the second largest penguin specie. They have four layers of feathers to help keep them warm on the cold subantarctic islands where they breed.
- Chinstrap Penguins get their name from the thin black band under their head. At times it looks like they're wearing a black helmet, which might be useful as they're considered the most aggressive type of penguin.
- Crested penguins have yellow crests, as well as red bills and eyes.
- Yellow eyed penguins (or Hoiho) are endangered penguins native to New Zealand. Their population is believed to be around 4000.
- Little Blue Penguins are the smallest type of penguin, averaging around 33 cm (13 in) in height.
- Penguin's black and white plumage serves as camouflage while swimming. The black plumage on their back is hard to see from above, while the white plumage on their front looks like the sun reflecting off the surface of the water when seen from below.
- Penguins in Antarctica have no land based predators.