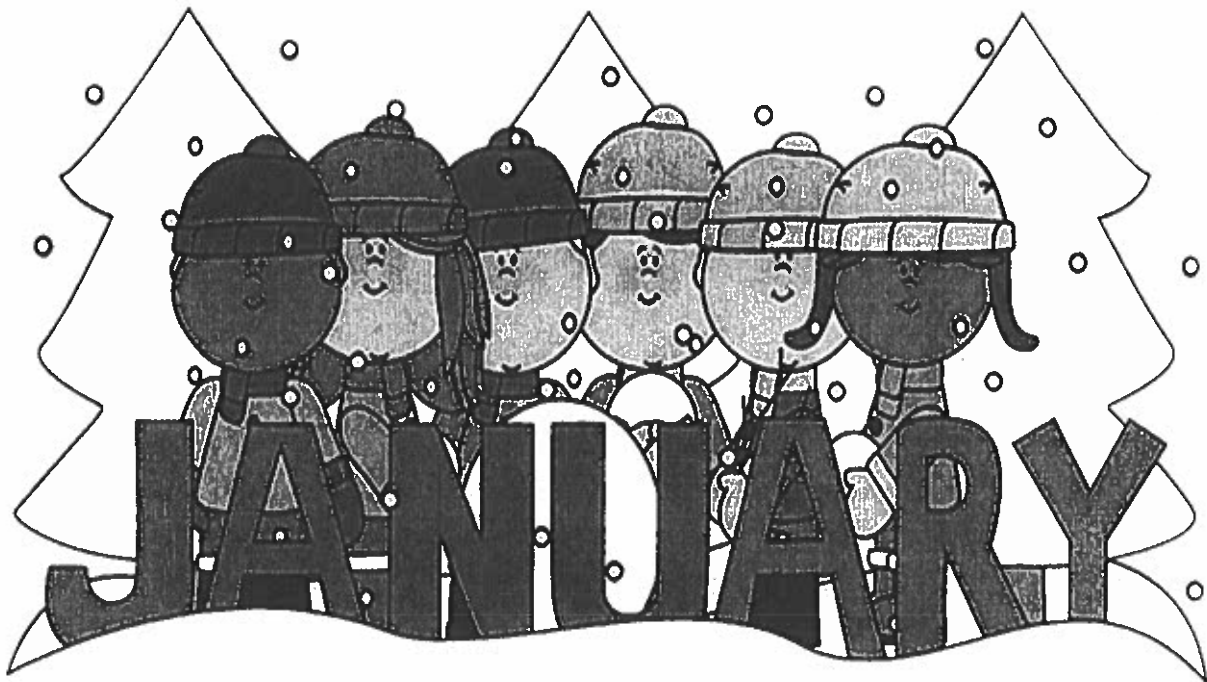


**Moose Deer Point First Nation  
Newsletter  
2018**





*"Proudly Working together to build a prosperous and healthy environment that builds Independence, honours and respects our values and enhances our way of Life."*

**From the Chief's Desk .....** I would like to wish each and everyone of you a Happy New Year and all the best in 2018!! My apologies on behalf of Council and Staff for the newsletter being out so late this month and as you know the office did not reopen until January 03/18 and it has taken us a bit of time to get caught up with planning and articles in for the newsletter. This is something that we will consider for the turning of a new year in regard to advance planning and preparation for the newsletter items to get it out to the members more promptly in a new year.

#### **Staffing Updates:**

A few announcements regarding staffing updates, Joely Schrader has been appointed the new Binoojii House Supervisor, Paul Richard is the new High School Bus Driver, and we welcome back Nichole King to the Education Counsellor position.

#### **Snow Removal:**

Yes winter is upon us and at times relentless with the amounts of snowfall that can be dumped on us in a short period of time. Our maintenance crew works hard to try and stay on top of clearing snow for the community buildings, parking areas, laneways and driveways. Just a reminder to members that the level of snow threshold for plowing driveways is 6" of accumulation and the crew is dispatched when snow reaches that level. There are also established priorities for snow clearing as follows;

- 1 Community Buildings, walkways and parking areas
- 2 Main Laneways
- 3 Elders Driveways and walkways
- 4 Residential Driveways

It takes time for the guys to get around to everyone to clear the snow and your patience and consideration is appreciated.

### **Twelve Mile Bay Road Snow Removal:**

This Year it seems as though the main road coming into the community has not been very well taken care of when it comes to snow removal and winter maintenance. I have received numerous complaints from members regarding these conditions and I assure you I have taken action on it! I was not impressed at all when there were two accidents on this road in less than a week with the poor road conditions being a main contributing factor. The OPP have even called the township to complain. After several calls to the township, only getting a voicemail and no response, I finally got through to someone to stress and address the concerns about the poor road conditions. Before the Christmas break I met with the roads superintendent who had to drive in this choppy poorly groomed road to meet me at the office. When I met with him, I firmly explained the concerns and conveyed the messages and complaints that I receive. He explained to me how they schedule the snow plows to clear roadways during heavy snowfall and agreed after driving in the road it was in need of better care. He ordered the grader to come in and plow behind it immediately. He has given me his contact number and advised me to call him if I have any issues or concerns. When the road is in need of extra care, I assure you I do contact him and put as much pressure as I can on him to clear the road and keep it maintained at a better level. They also have processes to follow, schedules, budgets and response times to try to achieve and maintain as well. Drastic changes in temperature from extreme cold to mild and vice versa can also affect the road conditions. I will continue to call and do my best to help keep the roads at an acceptable level.

### **Water Tower Emergency:**

Over the Christmas holidays you may have noticed or heard of the water tower with mass icicle accumulations and flooding. Yes we experienced a number of malfunctions during the extreme cold flash that did cause some damage. Sheryl was out of the community at the time of the occurrence and made the appropriate technician contacts to help deal with the emergency and Josh, Chris and I worked on the tower to free up some of the ice and thaw some lines. I was shocked to discover that a secondary back up heating system was not a feature in the tower and it may have prevented this incident from occurring. The necessary steps were taken to deal with the incident and measures are going to be taken to avoid this from happening again. Water operators have ensured that no water contamination occurred from this incident and nobody is at risk consuming the water.

A reminder to home owners that you should ensure your water pipes are protected and have sufficient heat to avoid freezing especially if your plumbing is located in a crawl space.

**Meeting Updates:** December was a busy month before the Christmas shutdown and the main meeting I attended was the Assembly of First Nations in Ottawa December 5-7, 2017. I have provided highlight report provided by the AFN in this newsletter.

# ASSEMBLY OF FIRST NATIONS



## AFN BULLETIN

### Report on the AFN Special Chiefs Assembly

December 2017

*The Assembly of First Nations issues regular updates on work underway at the national office. More information can be found at [www.afn.ca](http://www.afn.ca).*

#### ***AFN Special Chiefs Assembly December 5-7, Ottawa, Ontario***

Almost 1,500 Chiefs, Elders, youth and other delegates attended the AFN Special Chiefs Assembly (SCA) in Ottawa, Ontario held December 5 - 7. First Nations gathered under the theme "Our Languages, Our Land, our Future" to discuss key priorities and set direction for the coming year. Issues and challenges were identified, along with areas where there is momentum and progress. This Bulletin provides an overview of key areas of discussion.

First Nations languages have been a priority for many years. Delegates discussed the work to co-develop an Indigenous Languages Act, announced in 2016, that aims to ensure First Nations languages are recovered, revitalized and restored. The AFN held a series of regional Engagement Sessions that will guide its work, and the AFN will ensure the federal government fulfills its duty to engage properly and respectfully with First Nations. The goal is to have the legislation in place sometime in 2018.

First Nations education is an area where significant progress is underway. First Nations are working with federal counterparts on a Memorandum to Cabinet to unlock more than \$650 million in funding for First Nations students, schools and education systems. The approach is based on First Nations control of First Nations education, and respect for First Nations rights, jurisdiction and Treaties. First Nations will be able to organize themselves in any way that works best for them to receive this funding. It is clear that First Nation governments will receive more funding to support First Nations education in 2018. Minister of Indigenous Services Jane Philpott affirmed publicly that education is a Treaty right, something First Nations have always known, but it's the first time a federal cabinet minister has publicly acknowledged this reality.

First Nations are calling for action to address the situation of children in care, a situation Minister Philpott admitted is a "humanitarian crisis". Minister Philpott committed publicly in her remarks to the Assembly that the next federal budget will close the gap in funding for First Nations child welfare. First Nations have been strongly pushing for this, and AFN held a National Day of Action on First Nation Child Welfare in November. The Minister's commitment is long overdue, especially in light of the Canadian Human Rights Tribunal decision in response to the complaint brought forward by the AFN and the First Nations Child and Family Caring Society, but it is welcome news for our children.

The work continues on a New Fiscal Relationship to ensure long-term sufficient, predictable, sustainable funding for First Nation governments. This is important work as it will allow First Nations governments to move away from yearly, unpredictable funding agreements with

Communiqué from the Assembly of First Nations – December 2017

multiple departments and get into longer-term funding arrangements that will allow for stability, predictability and strategic planning. The overall goal is healthy, secure communities and strong First Nation governments to set the foundation for Nation re-building.

First Nations Policing is an urgent priority. The AFN position is that First Nations police forces must be deemed an essential service and be supported and funded, at minimum, on par with other police forces in Canada. Many policing agreements will sunset at the end of March 2018 so it's critical to get new agreements and funding in place now. The AFN Quebec-Labrador region held a press conference on this issue during the Assembly and the AFN has a national resolution from the 2017 AGA supporting this approach. The AFN will continue to keep up the pressure to support First Nations policing. This is about safety and the security for First Nations police officers and for First Nations families and communities as well.

Minister of Justice and Attorney General of Canada Jody Wilson-Raybould informed the Assembly that the federal government will support Bill C-262, a private member's bill put forward by NDP MP Romeo Saganash to implement the United Nations Declaration in Canadian law. She announced the federal government's intention to work with First Nations on the co-development of a National Action Plan to support its implementation. More information is coming on this important work. First Nations will be able to comment on Bill C-262 and put forward recommendations as it moves through the parliamentary process.

There has been a great deal of work on First Nations Housing and Infrastructure. There is a clear need to address the legacies of colonization, the barriers under the *Indian Act* and the lost opportunities resulting from top-down federal approaches. Reform is needed towards First Nations-driven options and approaches. A resolution was passed supporting a Draft Policy Reform Framework Toward a First Nations Housing and Infrastructure Strategy, co-developed by the Joint Housing and Infrastructure Working Group. This Framework will lay the groundwork for fundamental reform, including draft options for consideration to ensure the Framework reflects First Nations perspectives and the transition to First Nations care and control of housing and infrastructure. The intention is to have the Policy Reform Framework included as an Annex to INAC's Memorandum to Cabinet to ensure the federal cabinet understands the First Nations view and vision.

On the final day of the SCA, Chief Commissioner Marion Buller of the National Inquiry into Missing and Murdered Indigenous Women and Girls addressed the Assembly to provide an update on the Inquiry's work. First Nations remain committed to action and the need for an inquiry, but many were not convinced that the Inquiry is embracing a true "families first" approach and the changes set out in the resolution from the 2017 AFN AGA. Family members were provided much time to speak and many expressed deep frustration and hurt, and were critical of the Inquiry.

There were many powerful and moving moments at the Assembly. This included the signing of a protocol with the Indigenous peoples of Ecuador to support their fight in holding Chevron Corporation accountable for damages to their peoples and their traditional territories, and ongoing violations of Indigenous rights. Domingo Paes from Ecuador addressed the Assembly in Spanish, thanking the AFN for its support. National Chief Bellegarde stated: "Any violation of Indigenous rights is a violation against all Indigenous peoples. ...We stand with our brothers and sisters in Ecuador in calling for full respect for Indigenous peoples, their rights and traditional territories."

Communiqué from the Assembly of First Nations – December 2017

A number of resolutions providing direction and support were passed during the 2017 AFN SCA. Resolutions will be posted on the AFN website the week of December 18.

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***Meeting between Federal-Provincial-Territorial Ministers Responsible for Human Rights and National Indigenous Organizations – December 11, 2017***

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On December 11, leaders of the national Indigenous organizations – the AFN, the Inuit Tapiriit Kanatami and the Métis National Council – attended a meeting of the Federal-Provincial-Territorial Ministers Responsible for Human Rights. This was the first meeting of Ministers responsible for human rights since 1988.

AFN National Chief Bellegarde conveyed a strong message about the need for all jurisdictions to implement the UN Declaration on the Rights of Indigenous Peoples and that all governments have a role in this work. The National Chief stated that governments must work with First Nations on a national action plan to implement the Declaration. The National Chief called for action on First Nations child welfare across all jurisdictions and to do so in a way that acknowledges the link between the child welfare crisis and the over-representation of Indigenous peoples in conflict with the legal system. The National Chief called on all members to support the recommendation that Canada conduct a formal review of the findings and recommendations of the UN Committee on the Elimination of Racial Discrimination's August 2017 report Concluding Observations on Canada, and to do so in a cooperative and transparent manner, working in partnership with Indigenous peoples.

Going forward, there is a need for full inclusion of Indigenous peoples and leadership in these meetings. The National Chief's Opening Remarks are available on the AFN website.

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***Happy Holidays!***

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The AFN wants to thank all those who attended the AFN Special Chiefs Assembly and related events. We offer our best wishes to you for a safe and happy holiday season and look forward to our ongoing work in the New Year!

# January Rec. Centre Report

## Dec. Visits

Gymnasium: 163  
Fitness Room: 18  
Trips/Outings: 5  
Total: 186

Children: 52  
Youth: 27  
Adults: 107

## Activities/Events

- \* Charity Youth Loonie Auction - Dec. 6
- \* Community Christmas - Dec. 2
- \* Drumming Lessons Dec. 7 & 14
- \* Healthy Family Night - Dec. 4, 11 & 18
- \* Family Swimming Trip - Dec. 28
- \* Jr. Youth Group - Dec. 13
- \* Youth Group - Dec. 5

## Average/Visit

20  
94  
2+  
10+  
5  
4  
3

## Youth Workshop

On Tues. Jan. 23 we will once again be welcoming Stacy Shant and Marcy Hill from the YWCA. Stacy and Marcy will be facilitating a Social Skills & Dealing with Anxiety workshop for the youth in our community. This event will take place on youth group night and dinner will be provided. All youth are welcome to attend and will take place when the youth get off the bus until 5:30pm.

## January Workout Challenge

January is traditionally the month where many of us make New Year's resolutions for many different reasons. We would like to help those who made resolutions to exercise more and get in better shape. We will be holding two contests (each one with a \$100.00 gift card prize).



The first will be a walking challenge & the person most regularly to come out and participate. Most Regularly to Participate (20 laps around the gym = 1 mile). Our second challenge is for the individual that uses the workout room the most during this period. In the event of a tie, the winners will split the prize. The contests will take place from Jan. 14- Feb. 14 and is whenever there is no scheduled event going on in the gym for the walking contest. If you would like

more information please come by or call the Rec. Centre. Good luck!

## Loonie Auction Results

Thank you to everyone who came out, donated a gift, or volunteered while supporting our children and youth at our Loonie Auction on Dec. 6. Together we raised \$534.00!!

## Youth Basketball Clinic

On Jan. 16, Will and Amanda Poil will be coming back to MDP to put on a basketball clinic for our youth. They have put on clinics all over Canada and we are looking forward to having them here. These clinics will also take place when the youth get off the bus until about 5:30 and dinner will be provided.

## Pot. Luck Dinner

On Mon. Jan. 29 we are having a community Pot Luck Dinner @ the Rec. Centre starting @ 5:30pm. We would like to welcome everyone in the community to come out and enjoy each other's great food and company.

## Boys Drumming Group

We are looking for new members for our drumming group. Thursdays from 6:00pm - 8:00pm, Rodney Stanger will come into MDP to teach Traditional Drumming. Rodney teaches at Mactier P.S. as well as 6 other schools, lives his life around traditional teachings and regularly competes in drumming competitions. If you are interested in joining our drumming group, please call or come by the Rec. Centre to get more information.



## Community Tubing Trip

On Sun. Jan. 22 we are planning a Community Snow Tubing outing. The bus will meet @ the Community Centre and dinner will be provided at Snow Valley. Please contact Chuck, Myrna or Cathy by Jan. 15 if you intend to go or would like more information. All children/youth under 16 years old will have to be accompanied by a parent/guardian.

## Harlem Globetrotters outing In Barrie

We are planning a community outing to see world famous Harlem Globetrotters at Barrie's Molson Centre Friday April 20, 2018 @ 7:00pm. We would like to hear from anybody interested by Jan. 23 because tickets are going fast so we need to buy them in advance.

## Family Points System

We would like to thank everyone who participated in the Family Points System. Before we close this out we will be rewarding families with 14 points or more with a trip to Deerhurst in February. Family's will be contacted with all the details.

## January Rec. Centre Hours

Sun.	2:00 pm - 8:00 pm
Mon. - Thurs.	11:30am - 8:00 pm
Fri. - Sat.	Closed



2018

JANUARY

SUNDAY

Rec. Centre

CALENDAR YEAR

CALENDAR MONTH

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 Happy New Year! 4:00pm - 8:00pm	02 Open Gym	03 Open Gym	04 Closed	05 Closed
	07 Open Gym 2:00pm - 8:00pm	08 Youth Group 3:30pm - 5:30pm	09 Jr. Youth Group 3:30pm - 5:30pm	10 Drumming Lessons 6:00pm - 8:00pm	11 Closed	12 Closed
	14 Open Gym 2:00pm - 8:00pm	15 Healthy Family Night Painting 6:00pm - 7:00pm	16 Jr. Youth Group 3:30pm - 5:30pm	17 Drumming Lessons 6:00pm - 8:00pm	18 Closed	19 Closed
	21 Community Snow Valley Tubing	22 Youth Group 3:30pm - 5:30pm YWCA Workshop	23 Jr. Youth Group 3:30pm - 5:30pm	24 Drumming Lessons 6:00pm - 8:00pm	25 Closed	26 Closed
	28 Open Gym 2:00pm - 8:00pm	29 Community Pot Luck Dinner Closed for Training Starts @ 5:30pm	30 Closed for Training	31		27

If You would like to make a DBCFSS appointment please call Chuck (705 - 203 - 9519 or (705 - 375 - 0879) ; Email cpatterson@bimmojivag.ca

**January 2018**

**Art Therapy**

**January 10, 2018**

**5:00 - 7:00pm at the**

**Community Centre**

**19 years and up are welcome to join**

**For more information call Myrna**

**Community Snow Tubing Trip**

**Sunday January 21, 2018**

**For this event we need to purchase**

**Tickets in advance so please call**

**Myrna, Chuck or Cathy to register by January 19**

**Anyone who doesn't call ahead will not**

**Get the frees covered**

**Healthy Eating and Weight Loss**

**With Dean Perry**

**January 17, 2018**

**10:00am at the**

**Community Centre**

**For more information call Cathy**



# NEWS RELEASE

## Bill C-61 receives Royal Assent

ANISHINABEK NATION HEAD OFFICE, Nipissing First Nation (December 15, 2017)—On behalf of the Anishinabek Nation, Grand Council Chief Patrick Madahbee would like to extend congratulations to the 23 Participating First Nations and the Kinoomaadziwin Education Body (KEB) on the Royal Assent of Bill C-61, the *Anishinabek Nation Education Agreement Act*.

"I am elated that Deputy Grand Council Chief Glen Hare, KEB Board members, and technical support staff successfully steered this historic bill through the final stage of Canada's Legislative process," said Anishinabek Nation Grand Council Chief Patrick Madahbee. "For so long, having our own education system was a dream, but today, we take a step forward on our journey to building a better education and realizing a better future for our Anishinabek youth."

Bill C-61 underwent Canada's Legislative process, having passed both the House of Commons and the Senate in identical form, and most recently, receiving Royal Assent by written declaration in order to make the bill a law. Bill C-61 is now an Act of Parliament and Chapter 32 in the Statutes of Canada 2017.

On December 12, 2017, Bill C-61 was before the Senate for its First and Second Reading. An Anishinabek Nation contingent, that included the Anishinabek Nation Deputy Grand Council Chief Glen Hare; Anishinabek Education System (AES) Education Director Kelly Crawford; and two KEB board members, Lisa Michano and Evelyn Ball, were there to support the question period of the bill. The Senate debated the bill and passed the bill on the Third Reading on December 13, 2017.

The *Anishinabek Nation Education Agreement* is an important step out from under the *Indian Act* toward greater self-determination for the Participating First Nations. Under the Agreement, the Participating First Nations will create the AES. The Agreement recognizes Anishinabek law-making powers and authority over education on and off reserve from Junior Kindergarten to Grade 12, as well as administrative control over funding for post-secondary education.

The next steps are to continue supporting the Participating First Nations in preparation for the target effective date of April 1, 2018, for the AES to be operational.

The *Anishinabek Nation Education Agreement* is the largest education self-government agreement in Canada, and the first of its kind in Ontario.

*The UOI is a political advocate for 40 member communities across Ontario, representing approximately 65,000 people. The Union of Ontario Indians is the oldest political organization in Ontario and can trace its roots back to the Confederacy of Three Fires, which existed long before European contact. The Anishinabek Nation established the Union of Ontario Indians as its secretariat in 1949.*

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## **Social Services**

**Please remember your statement drop off date is the  
17<sup>th</sup> of the month!**

**Please be advised that due to Ministry Policy and Directives,  
If Income Statements are not submitted, payments  
will NOT be processed!**

**I will be away for Training January 21-26, 2018**

## **NNADAP**

**Sometimes making the first step can be the hardest...  
Please know I am here, you are not alone!**

**I am offering individual or family support and awareness:**

**“The Truth about Drugs and Alcohol” as well as**

**“Staying Sober Relapse Prevention”**

**Give me a call to sign up!**

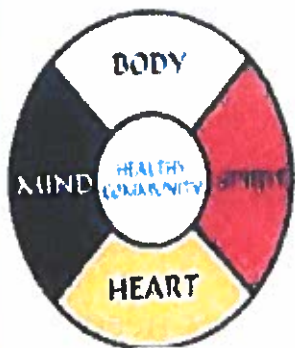
**If you have questions, thoughts or concerns please call:**

**Janis Sylvester-Gorman**

**705-375-5209 EXT 230**

## January is Alzheimer Awareness Month

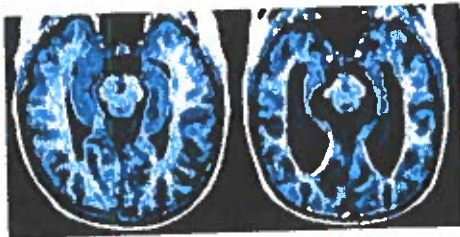
January 2018



Alzheimer's disease is irreversible and destroys brain cells, causing thinking ability and memory to deteriorate. Alzheimer's disease is not a normal part of aging.

Dr. Alois Alzheimer first identified the disease in 1906. He described the two hallmarks of the disease: "plaques," which are numerous tiny, dense deposits scattered throughout the brain that become toxic to brain cells at excessive levels, and "tangles," which interfere with vital processes, eventually choking off the living cells. When brain cells degenerate and die, the brain markedly shrinks in some regions.

The image below shows that a person with Alzheimer's disease has less brain tissue (right) than a person who does not have the disease (left). This shrinkage will continue over time, affecting how the brain functions.



**Alzheimer Awareness Month—Cont'd**

Whether you're experiencing possible symptoms or are concerned for someone you care about, the Alzheimer Society has developed the following list of signs to look for:

1. **Memory loss affecting day-to-day abilities** - forgetting things often or struggling to retain new information.
2. **Difficulty performing familiar tasks** - forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.
3. **Problems with language** - forgetting words or substituting words that don't fit the context.
4. **Disorientation in time and space** - not knowing what day of the week it is or getting lost in a familiar place.
5. **Impaired judgment** - not recognizing a medical problem that needs attention or wearing light clothing on a cold day.
6. **Problems with abstract thinking** - not understanding what numbers signify on a calculator, for example, or how they're used.
7. **Misplacing things** - putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl.
8. **Changes in mood and behaviour** - exhibiting severe mood swings from being easy-going to quick-tempered.
9. **Changes in personality** - behaving out of character such as feeling paranoid or threatened.
10. **Loss of initiative** - losing interest in friends, family and favorite activities.

If you are concerned about any of these signs, talk to your Health Care Provider

## HEALTH INFORMATION

As part of the Simcoe-Muskoka Harm Reduction Program, Moose Deer Point Nursing Station now has Needle Exchange and Inhalation kits available. This is a confidential program. Contact the Nursing Station by phone or drop in to see us. Help stop the spread of Hepatitis and HIV/AIDS.

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### WHAT IS HARM REDUCTION?

Harm reduction is an approach that aims to decrease the negative health, Social and economical consequences of substance abuse. This benefits the user, and the community until the user can quit.

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### Renewing Prescriptions

All medications come with a notation regarding refills.

Once the medication has run out, the pharmacy will fax a refill authorization request to the Nursing Station. The NP will review and we may call you to arrange an appointment to make sure that this medication is still working for you. If there is no appointment necessary, then the NP will re new the prescription. You may then call the pharmacy and have the prescription filled and either delivered to the Nursing Station or you can pick it up. Please allow up to 7 days for completion.

### Please Note:

It may take up to 7 days to renew prescriptions faxed to the Nursing Station.

We get Medication delivery from:

Shoppers Drug Mart, Parry Sound - Every Wednesday

Pollards' IDA, Parry Sound - Every Thursday

We may not always have time to contact patients for medication pick-up. If you have ordered medication, please pick it up by Friday @ noon.

HOURS

Health Centre Hours:

Mon–Thurs 8:00am -4:00pm

Fri.–8:00am–1:30pm

Dr. Wells Hours are 9:00am to 3:00pm

BLOOD CLINIC: EVERY TUESDAY

PRESCRIPTION DELIVERY: WEDNESDAY  
& THURSDAY

*We are a “No”  
Smoking Facility.*

MDP NURSING STATION

1025C Mitawbik Road  
PO Box 119  
Mactier, ON P0C 1H0

Phone: 705-375-9900  
Fax: 705-375-9905

*Dr . Wells will be in Friday January 12,2018*

*Friday February 9,2018*



Please remember to call and cancel your appointment if you are unable to attend.  
This allows others in the community to have the appointment spot.

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AS A REMINDER !!!!!

WE DO NOT ACCEPT RECEIPT OF NARCOTICS FROM THE PHARMACY.  
THESE HAVE TO BE PICKED UP BY THE PATIENT.

PLEASE NOTE: THE NURSING STATION WILL BE CLOSED ON  
MONDAY JANUARY 15,2018 FOR TRAINING COURSES.



## Attention Community Members

If you have any medical supplies which need to be discarded, please do not throw them into the community dumpsters. The supplies can include, syringes with needles, syringes without needles, swabs, empty diabetic syringes, old pills, etc. Please bring these items to the Nursing Station and we will have them discarded safely.

Any diabetics in the community can swap old/full sharps containers for new ones.

Please do not throw these items into the dumpsters. This poses a health risk for the entire community.

### MONTHLY CLINICS

#### FOOT CARE:

Esther Brennan will be in Jan. 3, 2018

Sue Siwik—Health Nurse will be in Jan. 3, 2018

#### ACUPUNCTURE:

Dean Perry will be in Jan. 10, 2018

To Book your appointments !!!!!!!!

Call the Nursing Station—705-375-9900

## EATING THE BLUES AWAY—9 FOODS TO MAKE YOU FEEL BETTER

Winter blues or winter depression is common during colder seasons. Let's have a look at the foods that will make us sprightly again.

### **1. Green leafy vegetables**

Have a greener diet by eating more leafy vegetables than you usually eat; 1 -2 cups cooked or raw before a heavy meal. Vegetables like spinach, collard greens, and chard provide maximum health benefits during winter as their nutritional content is high in this season. The high potassium, calcium and magnesium content in these veggies, helps to regulate sleep cycles, stress hormones and strengthen tired muscles. These functions directly affect our moods.

### **2. Black eyed peas**

Depression is linked to folate deficiency, which also renders antidepressant medication ineffective. Folate rich-food like black-eyed peas could be a healthy option to add in with green vegetables. Half a cup of black-eyes peas will provide the necessary boost to your happy moods.

### **3. Mushrooms**

Did you know, mushrooms too produce Vitamin D in the sunlight? They also contain Vitamin B – Niacin and Riboflavin that affect moods positively. It has been proved that deficiency in vitamin content in body leads to depression. Considering this fact, eat half a cup of mushrooms daily, especially wild mushrooms that have more Vitamin D.

### **4.Fruits**

Fruits rich in vitamin C, like oranges and grapefruit, also have folate content that provide zing to a tired or depressed mind. Cooking or heating destroys the Vitamin C

## EATING THE BLUES AWAY—9 FOODS TO MAKE YOU FEEL BETTER—Cont'd

Only a handful of walnuts will get you the desired effect; moderation is the key. Seasonal fruits and vegetables are packed with nutrients required by our body during that season. So, go seasonal with eating when it comes to getting rid of the blues.

### **5. Eggs**

Omelets made from egg whites are good for happy moods. Make eggnogs by mixing non-fat or low-fat milk or cream with eggs; limit the quantity of alcohol. Eating these egg foods will provide your body Vitamin D and B12 which is associated with melancholic depression.

### **6. Protein**

Eat protein food three times a day or bright colored vegetable four times a day, and you are sure to keep the blues away. These keep your stomach full, stabilizing cranky moods due empty stomach.

### **7. Pumpkin Seeds**

Have you ever ate pumpkin seeds and felt relaxed or a bit drowsy? These are serotonin boosters as they contain tryptophan, a compound that produces serotonin. For lighter moods, find a way to get these seeds in your daily diet, by having them over salads or just munching them before high tea.

### **8. Walnuts**

Walnuts contain omega-3 fatty acids, the good fat that people talk about. Although winter blues make you log some Z's, eating walnuts will make you sleep soundly; it won't be a disturbed sleep. Walnuts provide your body with sleep inducing melatonin.

### **9. Fish**

Fish is yet another food rich in omega-3 fatty acids which helps you sleep better and

# COLD FLU

With well known symptoms, the cold and flu are common illnesses. The cold is caused by a virus and is usually mild. The flu is also caused by a virus and is more severe. Both can be prevented by getting a vaccine. If you get sick, rest and drink plenty of fluids. See your doctor if you have a fever that lasts more than a few days or if you have difficulty breathing.



## COLD

Symptoms for the cold usually come on gradually

Runny nose

A sore throat, cough, and sneezing

Headaches

Fatigue

## FLU

Symptoms can appear suddenly

Fever and chills

Head symptoms are less common

People may develop serious complications, including pneumonia or ear infections

Severe body aches and fatigue

The only way to know for sure if you have the flu is to visit your doctor and get a diagnosis test. However, most people with the flu don't need lab tests, because the results usually won't change your treatment.



The good news is that both cold and flu usually go away on their own, without any medical treatment. But you should visit your doctor if your symptoms become so bad you can't do your daily activities.

SCIENCE

Make an appointment or drop in to see us at the Nursing Station if you want or need help or you want more information.

# January Birthday wishes go to...

Aimee K.

Marshall W.

Coyote

Joan H.

Rachelle B.

Lauren

Helen StP.

Perry B.

Gail F.

PJ W.

Scott P.

Diamond W.

Tracy H

Athena

Jessie K.

Betty S.

Myya H.

Brandon K



