

Moose Deer Point First Nation

**May
Newsletter**

*Happy Mothers
Day*



Moose Deer Point First Nation

T: 705 375 5209 F: 705 375 0532

Website: www.moosedeerpoint.com

<i>Chief and Council</i>	<i>Position</i>	<i>Email</i>	<i>Ext./Cell</i>
Jason Fisher	Chief	chief@moosedeerpoint.com	224
Joely Schrader	Councillor/E.C.E	chuckandjoely@hotmail.com	705 746 1626
Myrna Burnside	Councillor/Resource Coordinator	myrnaburnside@hotmail.com	241
Josh Isaac	Councillor/Water Treatment Operator	josh_isaac@hotmail.com	705 774 6534
Linda Williams	Councillor	williamsmdp@gmail.com	705 773 8198
Administration Office			
Rhonda Williams	First Nation Administrator	fnadmin@moosedeerpoint.com	240
Lauren Summerfield	Financial Administrator	finance@moosedeerpoint.com	233
Janis Sylvester Gorman	Social Services Administrator / NNADAP	socialservices@moosedeerpoint.com	230
Vacant until May 7/18	Community Health Representative	communityhealthrep@moosedeerpoint.com	223
Cathy Tolles	Child Welfare Prevention Worker	childwelfare@moosedeerpoint.com	235
Vacant	Economic Development Officer	ecdev@moosedeerpoint.com	226
Nichole King	Education	education@moosedeerpoint.com	229
Sheryl St Pierre	Water Treatment ORO	watertreatment@moosedeerpoint.com	705 375 2534
Josh Isaac	Water Treatment Operator	jisaac@moosedeerpoint.com	705 375 2534
James Lovett	Water Treatment OIT		705 375 2534
Gwen Taggart	Home and Community Care Worker		
Nina Isaac	Community Support Worker		
Jamie Lynn Lee	Custodian		
Sarah Middlebrooks	Meals of Wheels		
Recreation Centre			
Vacant until May 7/18	Rec Centre Coordinator	cpatterson@binnoojiiyag.ca	705 375 0879
Chuck Patterson	Child Youth Worker / DBCFS		cell 705 203 9519
Gareth Hurry	Family Support Worker / DBCFS	ghurry@binnoojiiyag.ca	cell 705 209 9596
Maintenance Crew			
Chris Williams	Acting Public Works Coordinator		
RJ King	Maintenance/ HEO		
Mike Williams	Maintenance		
Health Centre			
Connie Foster	Nurse Practitioner	moosedeer-ns@wpshc.com	705 375 9900
Lorraine Richard	Adm	lrichard@wpshc.com	705 375 9900
Binoojii House			
Joely Schrader	ECE Supervisor		705 375 3029
Terrilyn Allen	ECE		705 375 3029
Tara Taggart	ECE		705 375 3029
Brittany Burnside	ECE Assistant		705 375 3029
Vacant	Cook		705 375 3029

GENERAL MEETING

Thursday May 10, 2018

7 p.m.

Moose Deer Point
Community Centre

GRADE 8 PARENTS AND HIGH SCHOOL STUDENT PARENTS

Questions about your student transitioning to high school?

Questions about your student transitioning out of high school?

Please join us for an information session

Monday May 7, 2018 at 4:30pm.

Have your questions about course planning, high school opportunities, and future planning answered.

Meet and Greet with PSHS school staff:

- Dawn Buckland- Principal PSHS
- Lynn Rider - Indigenous Grad Coach
- Meagan Hall - Grade 9 English Teacher and Special Education Liaison

**DINNER WILL BE PROVIDED FOR
STUDENTS AND FAMILIES AT THE REC
CENTRE RIGHT AFTER SCHOOL. BUS WILL
DROP OFF STUDENTS AT THE REC CENTRE**

Cash Handling/Customer Service

THE YMCA EMPLOYMENT & LEARNING SERVICE VISITS MOOSE DEER POINT

MAY 9TH & 10TH FROM 9:30-3:30

Here is what will be covered:

Customer Service Do's & Don'ts

Active Listening

Problem Solving & Critical Thinking

Penny Rounding

End of Day Cash-outs



Interested?

Please call Nichole King at 705-375-5209 ext.229



YMCA of Simcoe/Muskoka
Parry Sound

Employment & Learning Service
60 James Street, Suite 303

www.ymcaofsimcoemuskoka.ca



**EMPLOYMENT
ONTARIO**

Your Job is out there. We'll help you find it.

Money Smart

THE YMCA EMPLOYMENT & LEARNING SERVICE VISITS MOOSE DEER POINT
MAY 22ND & 24TH FROM 9:30-3:30

Here is what will be covered:

Basic Budget Terms
Savings Plans & Financial Goal Setting
Payday Loans & Easy Home
Fine print of Flyer Specials



Interested?

Please call Nichole King at 705-375-5209 ext.229



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EMPLOYMENT
ONTARIO

Your job is out there. We'll help you find it.

Graveyard Clean Up

May 23, 2018

Starting at 5:00 p.m.

Please bring your own rakes and
come out and help clean up our
Community Graveyard.

B.B.Q. afterwards to show our appreciation for your help
and community pride.

For more information call Cathy/Myrna 375-5209

Food Baskets

We have been fortunate, the maintenance crew has been able to help with the delivery of baskets to date. However they are unable to continue delivering baskets for us.

With this being said I will need all the parents with children in public school that gets baskets to arrange pick up of their baskets Tuesday May 8, while the Recreation Centre is open

We will continue to deliver to the Senior's that do not have cars.

Grave Yard Clean Up

May 23, 2018

Starting at 5:00 p.m.

Please come out with you rakes and help us keep our Community clean.

B.B.Q. to follow.



Potluck Drum Social

**Parry Sound Friendship Center is Hosting a Potluck Drum
Social**



Saturday May 26th, 2018 5 P.M. to 9 P.M.

**Everyone welcome Come on out bring your friends and family,
sing along and dance with the Wahta Mohawk Water Drum
and the Anishinabek big Drum**

**Bring your favorite dish to share and show up the best cooks
of the house.**

Any Questions Contact (705) 746 - 5970

May Rec. Centre Report

April Visits

Gymnasium: 117	Children: 27
Fitness Room: 25	Youth: 30
Trip: 19	Adults: 104
Total: 161	

April Activities/Events

Average/Visit

Art Therapy - April, 18	15
* Culture night - April, 5 & 19	6
Culture Crafts- April, 16	9
* DBCFS information session	18
Dinner Theatre - April, 9	35
* Harlem Globetrotters - April, 20	19
* Walking # of participants	4
* Youth Group - April, 3 & 17	6

Dnaagdawenmag Binnoojiiyag Child & Family Services Information Session IPad Winner

Congratulations to Brian Burnside who won the IPad Draw held on Tues April 17. We would like to thank everyone for their valuable input.

There are many services offered in and outside this community for anyone wanting support and feel they may need some help. We may be able to help set up supports for you or a loved one. If you would like to make a DBCFS appointment please call Chuck (705) 203 – 9519 or Email cpatterson@binnoojiiyag.ca

Program Events for May

Cultural

May 16, 2018, 2018
Cultural teaching/Traditional dance nights,
leading up to Regalia making,
for girls ages 8-14
Starting at 5:30 p.m.
Community Centre

May 28, 2018, 2018
Cultural teaching/Traditional dance nights,
Leading up to Regalia making,
for girls ages 8-14
Starting at 5:30 p.m.
Community Centre

Health and Wellness

Adult Paint Therapy
May 9, 2018
Starting at 5:00 p.m.
Community Centre

Do terra Essential workshop
May 20, 2018
Facial/eye cream
Starting at 3:00 p.m.
Recreation Centre

Parenting Workshop

May 8 & 22, 2018

Stacy from Family Focus
will be in community for a Parent Support Session.
Come out and ask questions.

She can help with resources, new songs and games for parent/child interaction and much more.

Other Special Events

Kids

May 14-2018

For ages 8-14

Wooden name sign

Please call to register your child by May 7th. 2018

We will be getting the registered kids off the bus that day.

Adults

Wooden sign workshop

May 27, 2018

Starting at 2:00 p.m.

Please call Cathy or Myrna to register by May 7th

as seats are limited,

also a design needs to be picked.

Please note, when signing up for programs that you need to register for, a fee will be charged if you or your child does not show up. This is due to the fact that we have to pay prior to the event happening.

Graveyard Clean up

May 23, 2018

See flyer

Community Pot Luck

May 28, 2018

Starting at 5:00 p.m.

Recreation Centre

Thank You to Marshall

We would like to say thank you to Marshall for donating fish to the Girls cultural night starting this month.

Social Services

Please remember your statement drop off date is the 17th of the month!

Please be advised that according to Ministry Policy and Directives....

If Income Statements are not submitted, payments will NOT be processed!





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 would like a one on one home visit with me to start the process of your recovery call me at the office and we can arrange this. ****

****REMINDER to participants****

RED ROAD to Recovery Program

Every Thursday Evening at the Community Centre

6:30-8:30p.m

If you have questions, thoughts or concerns please call:

Janis Sylvester-Gorman

705-375-5209 EXT 230



Youth In Transition

This program assists youth leaving the child welfare system and transitioning to adulthood. We help connect these young adults to educational, employment, housing, life skills, health, mental health and other supports.

- Program for youth leaving the child welfare system.
- Supports youth to assist with transition to adulthood.
- Addresses individual needs of youth.
- Connects youth with cultural supports



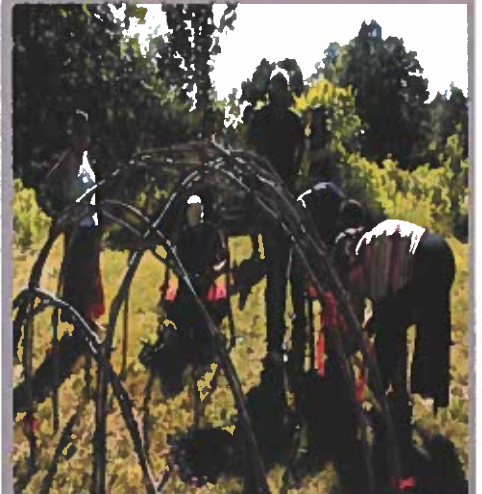
Child & Youth Mental Health & Addictions

Our Child & Youth Mental Health and Addictions workers provide support services to children, youth and their families experiencing mental health and addictions difficulties.

- Culturally appropriate support for children & youth with mental health/addiction difficulties.
- One on one or group support
- Appropriate treatment services
- Safe and welcoming environment



Dnaagdawenmag Binnoojiiyag
CHILD & FAMILY SERVICES



Native Youth Justice

Our Native Youth Justice program services FNMI youth who are in conflict with the law. We provide culturally based supports and healing approaches for our clients, and assist with any rehabilitation and reintegration

- Culturally based supports, advocacy, resource & referral services
- Supports to attend ceremonies & cultural activities
- Promotes healing & wellness

DNAAGDAWENMAG BINNOOJIIYAG

CHILD & FAMILY SERVICES



WHO WE ARE

ABOUT OUR AGENCY

We are an Indigenous child well being agency working towards obtaining the mandate to deliver child protection services

We deliver culturally appropriate services to eight First Nation communities as well as FNMI citizens within our jurisdiction in conjunction with our five partner Children's Aid Societies.

Our staff are currently being mentored and trained to provide child protection services

The philosophy and approach of Dnaagdawenmag Binnoojiiyag Child & Family Services is first and foremost, based upon the principles contained within the seven Grandfather Teachings of our people.

OUR SERVICES

HOW IS THAT PRONOUNCED

DNAAGDAWENMAG

Nog (like bog) – Da – When - Mog (like bog)

BINNOOJIIYAG

Bi (like bid) – know - zh-ee - og (like bog)

The name implies that we will always keep the safety & best interests of our children at the centre of our focus and actions.

WEBSITE

We re always posting the latest news, job opportunities, and events on our website Find us at www.binnoojiiyag.ca to make sure you're in the loop

SOCIAL MEDIA

Along with updates on job opportunities & events, we frequently post media alerts specializing in Indigenous Child Welfare

www.facebook.com/binnoojiiyag

www.twitter.com/binnoojiiyag

LET'S CONNECT

OUR PARTNERS



Highland Shores Children's Aid



Wahta Mohawks



Georgina Island First Nation



Durham Children's Aid Society



Hiawatha First Nation



Moose Deer Point First Nation



Kawartha Haliburton Children's Aid Society



Simcoe Muskoka Family Connexions



Alderville First Nation



Rama First Nation



York Region Children's Aid Society



Beausoleil First Nation



Scugog Island First Nation

OUR SERVICES

SERVING THE TERRITORY

Dnaagdawenmag Binnoojiiyag Child & Family Services provides services for members within the eight communities, as well as all Indigenous families on and off territory within our geographic jurisdiction Dnaagdawenmag Binnoojiiyag Child & Family Services is currently serviced by five Children's Aid Societies

We are working with our CAS partners to restore jurisdiction of child protection services to our agency

By working together with the five Children's Aid Societies, our children and families will have access to culturally appropriate services not previously available

LOOKING FORWARD

We've come a long way from inception in 1998, to incorporation in 2011 and in late 2018 we are looking forward to Ministerial Designation to become an Indigenous Child Wellbeing Agency.

We have also recently been issued our Provisional Foster Care License, as well as developing our alternative care capacity If you're interested in becoming an alternative care home or customary care/resource contact us today!

We are actively recruiting for our Alternative Care Program please call 1-844-523-2237 ext 30 and leave a message

517 Hiawatha Line
Hiawatha First Nation, ON K9J 0E6
Office: 705-295-7135
Fax: 705-295-7137
info@binnoojiiyag.ca

Our Indigenous Child Welfare practices are rooted in three primary values; that of non-judgment, unconditional acceptance, and wholistic values of our people.

May is Hypertension Awareness Month

What is Hypertension?

May 2018



Each time your heart beats, blood is pumped through your arteries and veins, the blood vessels of your circulatory system. Arterial blood pressure is created by the force exerted by the blood against the artery walls, as they carry blood around your body.

- Hypertension, also known as high blood pressure, is when the pressure of the blood being pumped through your arteries is higher than it should be.

High blood pressure, or hypertension has been call the “silent killer”, because it often has no warning signs or symptoms, and many people do not even know they have it. Over time, the constant pressure overload causes accumulation damage that eventually become more than your circulator system can handle, often leading to serious health problems

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May is Hypertension Awareness Month

What are the risk factors for hypertension?

Although for most people there is no identifiable cause of hypertension, there are known risk factors that increase the likelihood that you will become hypertensive. Several of these things that you can't do anything about, including:

- Genetics—having family members with hypertension increases the likelihood that you will too.
- Race—high blood pressure is more common in people with dark skin than in people with pale skin.
- Age—you blood vessels become more rigid as you age, preventing them from opening as effectively as when you were younger, which increases peripheral resistance.

Other risk factors are known as modifiable risk factors, because many people can reduce their blood pressure by changing their diet and lifestyle. The most common risk factors include being overweight and inactive, eating a high salt diet and smoking.

*****Call for an appointment with your Primary Health Care Provider or make an appointment at Moose Deer Point Nursing Station to have your blood pressure checked*****

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.

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.

Renewing Prescriptions

All medications come with a notation regarding repeats/refills. If you contact your pharmacy to refill a med and the pharmacy tells you that there are no repeats/refills left, have the pharmacy fax a Refill Authorization Form 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.*

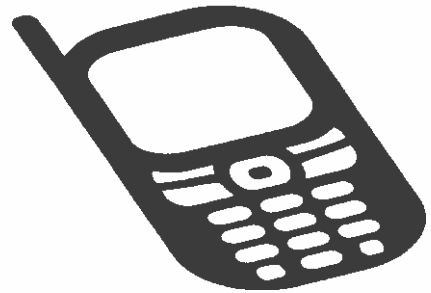
MDP NURSING STATION

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

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

Dr . Wells will be in Friday May 4, 2018

Friday June 1,2018



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.

AS A REMINDER !!!!!

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

The Nursing Station will be closed Monday May 21 for Victoria Day.

PLEASE NOTE: CONNIE FOSTER, NP WILL NOT BE ON DUTY ON THE
FOLLOWING DATES DUE TO MEETINGS AND TRAINING:

May 9,10,11,22,23

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 May 2, 2018

Sue Siwik or Lindsay— Health Nurse will be in May 2, 2018

Come in and have your blood pressure checked**

We have a new Acupuncturist.

Please welcome Blake Waters. Blake will be in Tuesday May 22, 2018. Our appointments are now starting at 10am—3pm

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

Call the Nursing Station—705-375-9900

MAY IS LYME DISEASE AWARENESS MONTH

Lyme disease is an acute inflammatory disease caused by the bite of a tick infected with the bacteria, *Borrelia burgdorferi*; Lyme disease is spread through the bite of ticks which carry *Borrelia burgdorferi* bacterium.

Symptoms

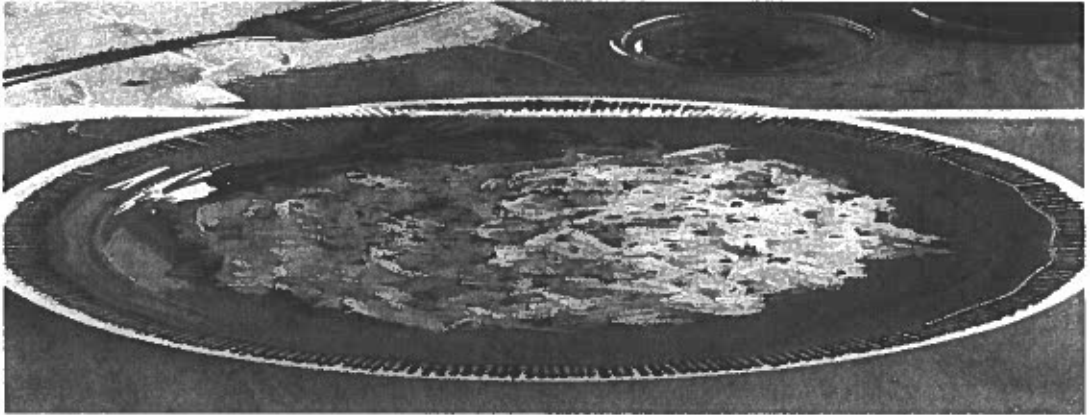
There are two types of symptoms of Lyme Disease: first and late symptoms. First symptoms are usually flu-like and include fatigue, tiredness, joint and muscle pain, and also a characteristic rash. Late symptoms can take much longer to develop: weeks, months or even years. Late symptoms may include fatigue, mental health issues, the condition arthritis and chronic encephalomyelitis.

Chronic encephalomyelitis is a progressive condition (symptoms become worse or more widespread), and include back pain, bladder problems, vertigo and weakness in the legs. Late Lyme disease can also cause brain, joint, and heart infection.

'Do It Yourself' tick removal kits should include an insect repellent, a pair of fine tweezers and antiseptic. Using the tweezers, remove the tick with the tips of the tweezers as close as possible to the skin around the ticks mouth parts. A gentle upward action is recommended by the Lyme Disease Foundation. Clean with antiseptic.

See your Primary Health care provider if you have any concerns.

Easy Spaghetti Squash Pasta



Ingredients:

- 1 medium spaghetti squash
- 1/2 tsp olive oil
- 1 tbsp. fresh basil, minced
- 1/2 tsp. sea salt
- 1/2 tsp. fresh ground black pepper

Instructions

1. Preheat oven to 375 and line baking pan with parchment paper.
 2. Cut spaghetti squash in half and scrape out seed with a spoon.
 3. Brush each half with olive oil and sprinkle with salt and pepper.
 4. Place each half on the pan with the cut side facing upwards.
 5. Roast for 45 -50 minutes.
 6. While the squash is roasting, prepare the seasoning in a small bowl. Combine 1/2 tsp. sea salt, 1/2 tsp. ground black pepper and 1 tbsp. of minced fresh basil.
 7. Remove squash from oven and use a fork to scrape out the "spaghetti".
 8. Place on a plate or in a bowl and top with the basil, salt and pepper seasoning. Enjoy.
- You can also add your favorite tomato topping.

Birthday Wishes

For

May go to....

Sue W.

Barron K.

Tami S.

Tammy K.

Gladys B.

Angel W.

Mike W.

George W.

Talon S.

Vicki S.

Jeremy C.

Timothy L.

Cameron I.

Jeff D.

Russ B.

Jace W.

Brooklyn B.

Sierra K.



May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <i>Red Road to Recovery Program 6:30-8:00 pm C.C.</i>	4	5
6	7 <i>PSHS teachers meeting with grade 8 parents. See flyer</i>	8 <i>Early Years Session Family Focus 10-12:00 Food Baskets IN</i>	9 <i>Art Therapy 5:30 p.m. RC Cash Handling / customer service See flyer</i>	10 <i>Red Road to Recovery Program 6:30-8:00 pm C.C. Cash Handling / customer service</i>	11	12
13 <i>Happy Mother's Day</i>	14 <i>Kids wooden signs Plz register</i>	15	16 <i>Cultural teaching / Dance for Girls ages 8-14 Starting at 5:30</i>	17 <i>Red Road to Recovery Program 6:30-8:00 pm C.C.</i>	18	19
20	21 <i>HOLIDAY</i>	22 <i>Early Years Session Family Focus 10-12:00</i>	23 <i>Grave Yard Clean up 5:00 p.m.</i>	24 <i>Red Road to Recovery Program 6:30-8:00 pm C.C.</i>	25	26
27 <i>Adults signs Plz register</i>	28 <i>Pot Luck Cultural teaching / Dance for Girls ages 8-14 Starting at 5:30</i>	29	30	31 <i>Red Road to Recovery Program 6:30-8:00 pm C.C.</i>		

