

**Moose Deer Point
First Nation
October**



**Newsletter
2018**

Moose Deer Point First Nation

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Nina Isaac	Community Support Worker		
Jamie Lynn Lee	Custodian		
Sarah Middlebrooks	Meals of Wheels/Elder Support		
Mike McGrath	Public School Bus Driver		
Crystal Davidson	Public School Bus Monitor		
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Chris Williams	Public Works Coordinator		225
RJ King	Maintenance/ HEO		
Mike Williams	Maintenance/High School Bus Driver		
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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
Charles Patterson Jr	Cook/Custodian		705 375 3029

WONDERLAND HALLOWEEN HAUNT OUTING

For teens and adults

October 13th bus leaving the Rec Centre at 5:00 p.m.

Please, call to register on or before October 11th at noon.

We will provide the transportation and pay admission.

Come out and enjoy the night out.

Rain date will be October 20th.

This is a community out, no drugs or alcohol allowed.



ROUNDS RANCH (ELMVALE, ONT)

We will reimburse families (mom, dad and siblings) for their registration if they wish to attend as a family outing.
Just bring your receipt to Cathy at the office.

Brighter Futures/Building Healthy Communities
October 2018

Essential Oils Workshop

Introduction to new oils

With Natalie Pelto

(she has been coming to MDP for 2 years now and was at the health fair)

October 14, 2018

6:00pm

at the Recreation Centre, Everyone welcome

Paint Therapy

With Melissa Beasley

October 22nd

5:30pm

At the Community Center, Everyone welcome

Girls Group - Ages 6 - 12

Every Monday (15, 22 & 29)

Off the bus supper will be provided

Recreation Centre

Please pick up Child by 5:30

Ladies Craft Night - 18 and up

October 21st

6:00pm

At the Community Centre

Halloween Party - Everyone Welcome

October 28th

3:00 - 6:00pm

Recreation Centre

Social Services

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

Please remember to claim your earnings!

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! Absolute Confidentiality!

**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.**

If you have questions, thoughts or concerns please call:

Janis Sylvester-Gorman

705-375-5209 EXT 230

Naloxone Information Session & Take Home Naloxone Kits

October 23, 2018

Three Sessions Available

10 a.m., 12 p.m. and 2:00 p.m.

Community Centre with Tara Edeh from OATC

October 24, 2018

**Please join us for Dinner and Naloxone Training and Kits at
the REC Centre Dinner at 5 p.m. and Training at 6 p.m.**

Learn facts on:

What is an opioid overdose?

What are risk factors for an overdose?

What are the signs of an overdose?

What do you do if you think someone has overdosed?

What is Naloxone? What will it do to help?

Come out and participate in this training it could save a family
members, neighbours or visitors life.

For more information call Janis at the office, 375-5209

Ext 230



CHR Programs for October

Meditation Circle, Sunday evenings from 7-8pm at the Government Office. Ellen will be joining us on the 21st.

Healthy Living program every Tuesday, 11-1pm at the Rec Center.

Claire and Leanne will be joining us on the 9th.

Either Sue or Lindsey will also be joining us on the 23rd.

Walk, stretch and balance program every Wednesday from 10-11am at the Rec Center.

Adult Colour Therapy every Wednesday night from 7-9pm at the Community Centre.

Active Minds program every Thursday from 12:30-3:30 at the Community Center.

Ceramics every Tuesday evening from 6-9pm.

The Moose Deer Book Club will meet on the 11th at 8pm in the Government Office.

The Annual Seniors Boat Cruise is on the 4th, lunch and bingo to follow at Wasauksing First Nation.

Thank you to all those who came out to the Health Fair and made it a really great day!

October 1st – 7th is Mental Illness Week

What is mental illness?

Mental illness is the reduced ability for a person to function effectively over a prolonged period of time because of:

- significant levels of distress
- changes in thinking, mood or behaviour
- feelings of isolation, loneliness and sadness
- the feeling of being disconnected from people and activities

Canadians affected with mental illness may not be able to cope with the simplest aspects of everyday life. They may need help to regain a healthy emotional balance in their lives.

Mental illness usually begins during adolescence and young adulthood. However, mental illness can be experienced by people:

- of all ages
- of all cultures
- from all educational levels
- from all income levels

Mental illness is not the same as feeling distressed because of normal reactions to difficult situations, such as:

- the death of a loved one
- job loss
- a romantic breakup
- a sudden change of circumstance, like:
 - moving to a new area
 - attending a new school
 - going through a divorce

Most of us are able to regain control of our lives after a difficult situation. But those with mental illness feel distress regularly. They may feel powerless to regain control.

What are the types of mental illness?

Mental illness takes many forms, including:

- mood disorders that affect how you feel, such as:
 - depression
 - bipolar disorder
- anxiety disorders, which cause intense and prolonged fear that is not based on actual threat or danger
- schizophrenia, which causes mixed-up thoughts, delusions or hallucinations
- personality disorders
 - a type of mental disorder in which someone has unhealthy patterns of thinking, functioning and behaving
- eating disorders, which influence eating behaviours and are accompanied by negative thoughts about body shape and weight, such as:
 - anorexia
 - bulimia

Although suicide is not itself considered a mental illness, it is often the result of some underlying mental illness. It is a significant cause of premature death in Canada.

What are the risk factors for mental illness?

Many factors cause mental illness. Contributing factors include:

- genetics, which are influenced by your family history
- early life experiences, such as:
 - abuse
 - trauma
- stressful life events, such as:
 - financial problems
 - a loved one's death
 - divorce
- environmental influences on a fetus, such as exposure to drugs or alcohol
- your social, economic and educational status

What are the symptoms of mental illness?

Mental illness involves changes in thinking, mood or behaviour, or a combination of these issues.

Symptoms include:

- significant distress
- inability to function as needed over an extended period of time

These symptoms can be mild or severe, depending on the:

- type of mental illness
- individual
- family
- patient's environment

What are the physical health effects of mental illness?

Mental health is as important as physical health, and they both directly affect the other. People with physical health problems often experience anxiety or depression, which affects their recovery.

Similarly, mental health factors can increase the risk of developing physical problems, such as:

- diabetes
- heart disease
- weight gain or loss

How is mental illness treated?

Most mental illnesses can be effectively treated by health professionals and community-based services. However, some people may need hospitalization to stabilize their symptoms.

Unfortunately, because of the stigma of mental illness, many people avoid or delay treatment. Stigma is the negative associations made about certain:

- behaviours
- activities
- people
- qualities
- circumstances

If you experience signs of mental illness, it is important that you seek help as soon as possible. If someone close to you is showing signs, talk to them about getting help. You can talk about your concerns to a licensed health professional, such as a:

- family physician
- psychologist
- mental health nurse
- social worker
- You may also want to talk to another trusted professional, such as a counsellor or spiritual leader.

HPV Awareness Week is Oct. 1 – 7

What is HPV?

There are over 100 types of human papillomavirus (HPV), each one having a number to identify it, for example HPV-6, HPV-11, HPV-16 and HPV-18. Human papillomaviruses are viruses that can infect many parts of the body. Some types of HPV are sexually transmitted and can cause warts or other consequences such as cancer (e.g., cervical, penile and anal). The types of HPV that infect the anal and genital (anogenital) areas are not the same as the ones that infect other areas of the body such as the fingers, hands and face. The types which cause anogenital warts do not usually cause cancer.

The various types of HPV are often classified into low and high risk according to their association with cancer. The “low-risk” types are rarely associated with cancer. The “high-risk” types are more likely to lead to the development of cancer. Although certain types are associated with cancer, the development of HPV related cancer is considered a rare event.

What are the signs and symptoms of HPV infection?

Most people who have an anogenital HPV infection do not know they are infected. Most HPV infections occur without any symptoms and go away without treatment within a couple of years. However, in some people HPV infections can persist for many years.

Some people with an HPV infection may develop anogenital warts. The precancerous and cancerous changes that may result from HPV infection usually do not present with any noticeable symptoms, and therefore regular health check-ups are essential. For women, screening for cervical should be routinely completed according to local recommendations.

Does HPV cause anogenital warts?

Some HPV infections, mostly HPV-6 and HPV-11, can cause anogenital warts. Anogenital warts are usually flesh-coloured, soft to the touch and may appear as tiny flat bumps, or bumps that look like cauliflowers. They are usually painless but may itch. They usually grow in more than one location and may cluster in large groups. Sometimes anogenital warts can be present but may not be visible if they are internal (i.e. inside the vagina or rectum) or if they are on the skin but are too small to be seen. Anogenital warts do not turn into cancer. If you are sexually active, you should have regular check-ups. If you think you have warts you should speak with a health care professional.

What is the link between HPV infection and cervical and other cancers?

Persistent HPV infection, with high risk types is the cause of over 99% of cervical cancers.

HPV can also play a role in the development of cancers of the anus, penis, oropharynx (in the throat, at the back of the mouth) and other areas of the female genital tract such as the vulva or vagina. The degree to which HPV is associated with these cancers varies by the particular type of cancer.

How does someone get HPV?

HPV is estimated to be one of the most common sexually transmitted infections in Canada and around the world. Any person who is sexually active can get the virus. Studies show that approximately 75% of sexually active men and women may acquire an anogenital HPV infection, at some point in their lives. Most HPV infections occur without any symptoms and go away without treatment within two years.

The types of HPV that cause anogenital warts (mostly HPV-6 and HPV-11) are spread by skin-to-skin contact, usually during vaginal, anal, or possibly oral sex with someone who has this infection. It is possible, however, to become infected with the virus without having penetrative sex if you come into contact with an infected area (skin-to-skin) in the anogenital region. HPV is more likely to be transmitted when warts are present, but the virus(es) can be transmitted even when there are no visible warts.

It is possible to be infected by more than one type of HPV at a time.

Does HPV infection mean that someone has cheated in a relationship?

A recent diagnosis of anogenital warts or HPV related precancerous or cancerous lesion(s) does not necessarily mean that a partner has been unfaithful. Infection with HPV may have occurred years ago, and the virus can remain in the body for weeks, years, or even a lifetime, without any sign of an infection. This makes it hard to know exactly when or from whom someone got the virus. There is no way to find out how long a particular infection has been there. Most people who are infected with anogenital HPV are not aware of it.

Is there a test for HPV, cervical cancer or anogenital warts?

There are DNA tests available which can be of benefit in detecting an HPV infection in certain situations. In Canada, HPV DNA tests have been approved for use in women, but availability is limited. HPV DNA testing is not usually part of a regular check-up, pelvic exam, screening tests for sexually transmitted infections or a Pap (Papanicolaou) test. In those regions which recommend and use HPV DNA testing in certain situations, it is used in conjunction with the results from a Pap test to determine the need for further testing and management. Ask your health care provider about HPV DNA testing recommendations in your region.

The Pap test is used to detect abnormal cells in the cervix and regular Pap tests can help to find abnormalities or changes in the cervix before cancer develops. The recommendations for Pap screening vary depending on the province or territory you live in. Ask your local health care provider about the recommended Pap test intervals in your region.

There are currently no HPV DNA tests approved for men outside of scientific studies

Anogenital warts are diagnosed by visual inspection during a physical exam by a health care professional. There is no reliable test available for men or women that can detect anogenital warts. It is important to remember that just because you cannot see warts, does not mean that you do not have any. They may be small, or in a place where they are not visible, such as inside the vagina or rectum. It is important to have regular check-ups by a health care professional.

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What happens if you have an abnormal Pap test result?

For women, if the Pap test shows abnormal cells, the health care professional will determine what needs to be done according to the type of changes that have occurred in the cells. The health care professional may simply monitor you for further changes or request further investigations. These may include a repeat Pap test, HPV DNA testing (when indicated, where available and where included in provincial or territorial recommendations) or a referral to a colposcopist, who will examine the cells of your cervix using specialized equipment. Small biopsies of tissue from the cervix may be taken to determine the extent of the cell abnormality. Cryotherapy (freezing), electrosurgery (using electric current) or laser surgery may be necessary to remove the abnormal cells. The management decision will depend on many factors, including the degree of abnormality on the Pap test.

Can HPV be treated?

Although there is no cure for HPV infection, warts, lesions and precancerous and cancerous changes caused by the virus can be managed and/or treated. No treatment guarantees that the HPV infection is no longer present in the body.

Some treatments for anogenital warts, such as cryotherapy (freezing the warts), are done in a clinic or doctor's office while other treatments, such as prescription creams, can be used at home. Repeat treatments are often necessary. Just because you can no longer see the wart does not mean the HPV infection is gone - the virus may still be present which means you could develop warts again without being re-exposed to the virus. For most people, warts will clear on their own over time.

The lesions and precancerous changes caused by high risk types of HPV can be treated if a health care provider feels that it is necessary. A large number of these infections will clear without any treatment. Only a small number of high risk persistent infections will progress to cancer. As with many other cancers, early detection is one of the key factors to successful treatment.

Discuss treatment options with a health care professional to determine which treatment choice may be best for you. People who are immunocompromised, especially those who are HIV-positive, may require special care.

How can you protect yourself from getting HPV?

While condoms do not eliminate the risk of HPV infection, using a condom, consistently and properly, during vaginal, anal and oral sex decreases the chances of getting HPV or passing it on to your partner. You need to remember that a condom can only protect the area it covers so it may be possible to become infected by any uncovered warts (e.g., on the scrotum). Using a condom will also help to protect you from other sexually transmitted infections and reduce the chances of unintended pregnancies.

Other ways to reduce your risk of infection include delaying sexual activity (waiting until you are older), limiting your number of sex partners and considering your partners' sexual history as this can create a risk to yourself (e.g., if they have had multiple previous partners).

There are now two HPV vaccines authorized for use in Canada: Gardasil® and Cervarix®.

Gardasil® provides protection against four HPV types: two that cause approximately 70 per cent of all cervical cancers (HPV-16, HPV-18) and two that cause approximately 90 per cent of all anogenital warts in males and females (HPV-6, HPV-11). It is approved for use in females and males aged 9 to 26.

Cervarix® provides protection against the two HPV types that cause approximately 70 per cent of all cervical cancers (HPV-16, HPV-18). It has been approved for use in females aged 10 to 25.

Can cervical cancer be prevented?

It is possible to prevent cervical cancer through screening, which can detect abnormal cells and precancerous changes before they progress to cancer. Women are screened for cervical cancer and precancerous changes when they have a regular Pap (Papanicolaou) test by a health care professional.

Both available HPV vaccines protect against two high risk types of HPV (16 and 18) which cause approximately 70% of cervical cancers. Even when someone is vaccinated it is still possible to become infected with one of the types of HPV that the vaccine does not protect against. Therefore, it is still important that vaccinated girls/women continue to have regular Pap tests.

What about pregnancy and anogenital warts?

HPV does not interfere with a woman's ability to get pregnant. Most pregnant women who have previously had anogenital warts, but no longer do, would be unlikely to have any complications or problems during pregnancy or birth. However, anogenital warts can increase in size and number during pregnancy.

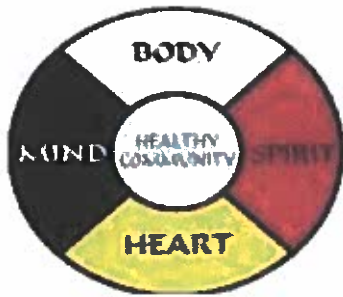
Rarely, a pregnant woman can pass HPV to her baby during vaginal delivery. Caesarean section is not recommended unless the warts obstruct the birth canal.

What else is important to know about HPV infection?

Remember, HPV infections are common. People should not be judged negatively because they have an infection that is transmitted sexually, as it is not a reflection of personal character. It is important to realize that even with HPV or another sexually transmitted infection it is still possible to lead a healthy balanced life, including a fulfilling sex life. Considering the link between HPV and cancer, it is important to remember that very few women who have HPV will develop cervical cancer. However, it is important for women to follow their doctor's/nurse's advice related to cervical cancer screening and any necessary treatment or follow-up.

October is Breast Cancer Month

October 2018



What causes breast cancer?

There is no single cause of breast cancer but some factors that increase the risk of developing the disease include:

- Age: 80% of the cases of breast cancer occur in women over 50 years of age.
- Family history of breast cancer, especially in a mother, sister or daughter diagnosed before menopause, or if a mutation on the BRCA1 or BRCA2 genes is present.
- Previous breast disorders with biopsies showing abnormal cells.
- No full term pregnancies or having a full term first pregnancy after age 30.
- High breast tissue density.
- In post menopausal women: obesity and physical inactivity.
- Beginning to menstruate at an early age.
- Later than average menopause.
- Taking hormone replacement therapy (estrogen plus progestin) for more than 5 years.
- The use of oral contraceptives, may be associated with a slight increase in breast cancer risk.
- Alcohol use is associated with a modest increase in breast cancer risk.

Early detection and screening for breast cancer

Finding breast cancer early even when there are no symptoms is important. Early diagnosis of breast cancer when it is small and less likely to have spread to the other parts of the body results in effective and simpler treatment thus improving the quality of life and reducing a woman's chance of dying from the disease. Mammography is the most reliable method of detecting breast cancer. Speak to your Primary Health Care Provider about breast cancer screening.

MONTHLY CLINICS

FOOT CARE:

Esther Brennan - will be in Oct 3, 2018 & Nov 7, 2018

Sue Siwik or Lindsay— Health Nurse will be in Oct 3, 2018 & Nov. 7

Come in and have your blood pressure checked**

Blake Waters—**Acupuncturist** will be in Tuesday Oct 23 2018. Appointments are starting at 12pm–3pm

Call Lorraine Richard @ 705-375-9900

FLU CLINIC

There will be a flu clinic on October 30,2018 from 11am to 2pm at the Health Centre.

No Appointment necessary

Dr . Wells will be in Friday October 19, 2018

*We are a “No Smoking “
Facility.*

HOURS

Health Centre Hours:

Mon–Fri 8am–3:30pm

BLOOD CLINIC: EVERY TUESDAY

**PRESCRIPTION DELIVERY: WEDNESDAY
& THURSDAY**



MDP HEALTH CENTRE

1025C Mitawbik Road
PO Box 119

Mactier, ON POC 1H0

Phone: 705-375-9900

Fax: 705-375-9905

PLEASE NOTE: The Health Centre will be closed on Monday Oct 8,2018 for Thanksgiving Day

A Potawatomi Story

The Seven Grandfathers Teachings

In the early years, the Earth was hard on the people. Many died from diseases and others just passed on from the tough lives they lived. The Seven Grandfathers were powerful spirits given the responsibility to watch over the people by The Creator.

Seeing how hard it was for the people, the Seven Grandfathers sent their helper Shkabwes amongst the people to find one who could be taught how to live in harmony with the world. Six times Shkabwes searched amongst the people and found no one, but on his seventh trip he found a newborn baby who was unaffected by the hardships of the world who would be able to learn from the Seven Grandfathers.

Taking the boy from his parent's tent while they slept, Shkabwes left gifts of tobacco and a piece of his clothing to show them he had not been taken by a wild animal and would one day return.

When Shkabwes presented the baby to the Seven Grandfathers, they said, "He is too young to hear our teachings or gaze upon us. To do so would be fatal for him. Take him out and show him the four quarters of the universe and then return. When he is stronger, he will learn."

Shkabwes showed the boy many things across the four quarters of the universe. It took many years, so when they returned to the lodge of the Seven Grandfathers, the boy was seven years old. As they stood before the entrance, the boy realized that Shkabwes had been his uncle all along. Uncles help guide us in our journeys through life, and Shkabwes had done the same for the boy.

The Grandfathers told the boy of his parents and how they expected him to return one day and what he would teach the people when he returned. They then pointed to a water jug, painted for the four directions and colors of people the Creator had made.

"North is white, West is black, red is South and yellow is for the East," they told him. Then they each placed a gift in the water jug, sharing it just as one does in the peoples' ceremonies today.

The first gift was **wisdom**, which would allow people to cherish the knowledge they attained. The second was **love**, because to know it was to know peace. Then, to honor all of the Creation, they gave **respect**. **Bravery** in the face of the foe was next, then **honesty** to face a difficult situation with pride. **Humility** to know ones place in the expanse of the Creation came next, while the gift of **truth** to know and understand all of those things came last.

"But remember," they warned the boy, "for in the world each gift has an opposite, like evil is the opposite of good. You must teach them carefully in the right way to use each gift."

Shkabwes took the boy and his water jug back to the people, but by this time the boy was a fully grown man. In the spirit world, time does not pass, but the boy had been gone many years. When he entered his old village, an old couple stood in front of the rest of the crowd and recognized the man as their son. They had understood the gift of tobacco Shkabwes had left when he took the boy and had always known he would return one day.

Then the man taught the people about the gifts of the Seven Grandfathers, and how they had to be careful of their opposites. He also taught them that the physical world also had a twin in the spiritual world, and that a fit body was as necessary to harness one as a strong mind was to harness the other. Using the gifts and understanding of the directions painted on the water jug, the people began to adjust to life and its daily challenges. Diseases and accident didn't claim as many lives because the people learned to live in the delicate balance that comes in living in harmony with the Creation.

The lesson of the story is that beginning at a very early age, we must teach our children about the world. They already aware of the things that are happening around them, so we must instill the values provided by the Seven Grandfathers in them that they will need to guide them along life's uncertain path.

October Birthday Wishes

go to.....

Henry W.

Dan S.

Leah F.

Margo S.

Mitchell B.

Mathew W.

Owen H.

Tia T.

Lori F.

Bobby I.

Amelia W.

Ellen H.

Nina I.



NEW

REC CENTRE HOURS

MONDAY 9 A.M – 3 P.M 5:30 P.M – 8:30 P.M

TUESDAY 9 A.M – 3 P.M 5:30 P.M – 8:30 P.M

WED 9 A.M – 3 P.M 5:30 P.M – 8:30 P.M

THURSDAY 9 A.M – 3 P.M 5:30 P.M – 8:30 P.M


FRIDAY CLOSED

SATURDAY CLOSED

SUNDAY 3 P.M – 7 P.M

***THESE HOURS ARE EFFECTIVE MONDAY SEPTEMBER 10, 2018**

October 2018

	Mon	Tue	Wed	Thu	Fri	Sat
	1 Girls Group (Traditional Teachings)	2	3 Walk & Stretch R.C Color therapy C.C Family Group R.C 6 pm	4 Parry Sound Seniors Boat Cruise age 55+	5	6
7 Adult Craft Night CC 6pm Meditation 7 pm	8 	9 Healthy Living 11-1 R.C Ceramics CC 6pm	10 Walk & Stretch R.C Color therapy C.C Family Group 6 pm Fire Safety	11 Active minds 12:30-3:30 C.C Book Club 8 p.m. All ages Cultural Teachings 5-7 pm	12	13 Halloween Haunt Trip ages 13+ Call to register
14 Adult Craft Night CC Meditation	15 Girls Group	16 Healthy Living 11-1 R.C Ceramics CC 6pm	17 Color therapy C.C Walk & Stretch R.C Family y Group R.C 6pm	18 Active minds 12:30-3:30 C.C	19	20 Rain Date For Halloween Haunt
21 Adult Craft Night CC Meditation	22 Ladies/Girls Paint Night	23 Healthy Living 11-1 R.C Naloxone training CC See flyer Ceramics C.C 6pm	24 Color therapy C.C Walk &Stretch R.C Naloxone training and supper. 6 R.C	25 Active minds 12:30-3:30 C.C All age Cultural teaching 5-7pm	26	27
28 Kids Halloween Party	29 Girls Group (Traditional Teachings)	30 Healthy Living 11-1 R.C Ceramics CC 6pm	31 