

MOOSE DEER POINT FIRST NATION



MARCH NEWSLETTER 2019

Arianna Fitchett: Indigenous Healing and Wellness Worker
arianna.fitchett@moosedeerpoint.com

**All Activities at the Rec Centre are Subject to
Change until it is Re-Opened**

Tutoring

By Appointment

One-on-one tutoring sessions in any subject, all ages
Contact Arianna: arianna.fitchett@moosedeerpoint.com
(705)375-5209 ext. 230

MDP Health and Wellness

Follow “MDP Health and Wellness” on Facebook for daily
health and safety tips.

Men’s Poker Tournament and Wellness Night

At The Rec Centre – See Flyer for Details
6pm-9pm March 7th

Winter Carnival

March 8th 10am-3pm at the Rec Centre
See Flyer for Details

Language Night

(Tentative) March 14th & 21st
Brush up on your Ojibway with Helen,
Prizes to be won!
6pm-8pm at the Band Office

Snow Valley Tubing
Meet March 20th 4:30 at the Rec Centre
Call to reserve your spot

Women's Spa and Health Day
March 25th
10am-2pm at the Rec Centre
See Flyer for Details

Community Pot Luck March 27th
This Month's Theme: Family Favourites!
5pm at the Community Centre
Bring your family's favourite food to feed a crowd

Monthly Health Information Session
March 28th 11am-12pm
At the Community Centre
This Month's Topic: Canada's New Food Guide
Lots of giveaways!

Movie Night
March 28th - Details to come
All Ages, Tickets Provided but Snacks are **NOT**
Call the office to reserve your spot

Save the Date - Traditional Quilling Art
April 4th 10am-4pm
Limited spots, please call to reserve your space
At the Community Centre

CHR PROGRAMS FOR MARCH

Due to upcoming conferences and joining the kids at Great Wolf Lodge during the March break, there will be some cancellations of programs.

The Walk, Stretch and Balance program dates will be as follows:

- Monday March 4th
- Monday March 11th
- Friday March 15th
- Friday March 22nd
- Wednesday March 27th
- Friday March 29th

Men's Health Night is March 7th at 6pm! Join us for dinner, give-aways and prizes for the poker tournament! Informative night as well as FUN!!

Ellen will be here for meditation on the 18th at 7pm in the Government Office

Ellen will also be here for massage on the 19th! If you would like an appointment with this gifted lady, please call.

Ingred Beam from the Arthritis society will be back in the community to do a workshop for arthritis of the hands, this will take place downstairs here at the Government Office on the 21st at 10am.

Jessica Valiant will be back to do another raw food demo on the 21st at 6pm. This one will be a little different but just as interesting! She is a wealth of nutrition knowledge and happy to help anyone on a healthier eating journey. Please let me know if you are interested so we have an idea of attendees.

The Healthy Living program will only be offered on the 26th at 11am

We will be having a woman's Spa Day on the 25th!!!

Mamaway will also be there to discuss woman's cancer issues while you get pampered. Come on down to get your nails, hair and make-up done as well as a reading or energy healing. First come, first serve for these services. We will begin at 9am- 3pm.

Rachelle (705) 375-5209



Ladies Spa Day

And Health Information Session
Door Prizes To Be Won
Lunch Will Be Supplied

March 25th
At the Rec Centre
9am-3pm

Denys Beaucage
Rec centre coordinator
Youth Life Promotion
1(705)375-0879

I would like to give a big thank-you to everyone who came out to the fishing derby; it was a great success with Emma Williams winning the grand prize!

And a special thank you to all who donated:

Bill Miller from Bait, Tackle and More in Port Carling
Tim Fitchett from MuskokaMade Construction in MacTier
Gords' Home Hardware in MacTier
The Cove in MacTier
Timber-Mart in MacTier
Moose Deer Point Chief and Council
Moose Deer Point Marina
Moose Deer Point Water Treatment Plant

Rec Centre Usage

Fitness Room	20 people
Gym	11 People
Groups	12 People
Fishing Derby	23 people

Usage is down this month due to the furnace being broken, so only the weight room is usable. I will notify everyone when the furnace is fixed and the rec centre programs are back to normal.

Thank You

Social Services



REMEMBER TO SUBMIT INCOME STATEMENTS

Where: Moose Deer Point Government Office

NO LATER THAN

March 17th, 2019



Please feel free to call the
Moose Deer Point Government Office
For Social Services Questions

Chi-Miigwetch

Ashley St. Pierre (705) 375-5209 x 223
Email: ashley.stpierre@moosedeerpoint.com



*Proudly working together to build a prosperous and healthy environment that promotes independence;
honours and respects our values, and enhances our way of life.*



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Pharmacy Benefit Information for First Nations

Did you know that many products and medications covered by the Non-Insured Health Benefit (NIHB) Program can be prescribed or recommended by your local pharmacists?

This means that you do NOT need a prescription from your doctor, so it is easier to access these types of benefits:

- Acne medications
- Allergy medications
- Constipation treatments
- Diabetes devices such as Blood glucose test strips
- Emergency contraception (the 'morning after pill')
- Lice treatments
- Medications to treat eye or ear infections
- Medications for the prevention and treatment of nausea and vomiting in pregnancy
- Naloxone
- Prenatal vitamins
- Vaginal yeast infection treatments
- Smoking cessation aids
- Treatments for fungal skin infections
- Vitamin D or multi-vitamins for children under the age of 6

Please ask your local pharmacist to provide a written recommendation.

Brighter Futures/Building Healthy Communities

Myrna Burnside

March - 2019

Winter Carnival

This Friday is a PA day

March 8

Breakfast

9:00am

* See flyer

Youth Fire/Sharing Circle

March 13th

Open to ages 10-18

6:00pm - Rec Centre

Art & Movement

March 11th

9:00am - 12:00pm

At the Rec Centre

Children's Cooking Class

March 15th

9:00am at the Rec Centre

Please call to sign you child up

Healthy Cooking

Tammy Fitchett - Epicure Consultant

March 18th

4:30pm - at the CC

Only 10 spots are available please call to sign up

Snow Valley Tubing

March 20th

Bus leaves at 4:30

Please call to sign up

Essential Oils for Mental Health Workshop

With Natalie Pelto

Open to everyone

March 26th

6:00pm

At the Recreation Centre

Girls Group - Ages 3 - 12

Every Monday (19 & 26)

Supper will be provided

Off the bus until 6:00pm - Parents to pick up kids

NEW WORKOUT PROGRAM

EVERY MONDAY

(4,11,18,25)

5:00 - 6:00pm **WOMEN/GIRLS**

6:00 - 7:00pm **MEN/BOYS**

Hair Cuts

By Amy's Hair Studio

March 20th

Appointments start at 10:30am

Woman's cut \$30.00

Men's cut \$25

NON-INSURED HEALTH BENEFITS OR NIHB

YOUR STATUS CARD COVERS A VARIETY OF BENEFITS.

ONE COMPONENT IS: MEDICAL SUPPLIES & EQUIPMENT. THE PRESCRIPTION MUST BE FROM A DOCTOR, NURSE PRACTITIONER, SURGEON OR SPECIALIST (DEPENDING ON THE ITEM NEEDED).

SOME OF THESE ITEMS ARE CONSIDERED OPEN BENEFITS, SOME NEED PRIOR APPROVAL AND FREQUENCY LIMITS APPLY. FOR EXAMPLE, A NON-SLIP TUB MAT (BATH MAT) IS AN OPEN BENEFIT, AND CAN BE DISPENSED IMMEDIATELY (AS LONG AS THE PROVIDER HAS THE SUPPLY IN STOCK), BUT A FREQUENCY LIMIT (1 X PER 2 YEARS) APPLIES.

WHEN NECESSARY, THE PROVIDERS MUST WORK IN CONJUNCTION WITH THE ASSISTIVE DEVICES PROGRAM (PROVINCIAL PROGRAM) AND AN OCCUPATIONAL THERAPIST OR PHYSIOTHERAPIST ASSESSMENT MAY BE REQUIRED.

YOU WILL BE REQUIRED TO GIVE THE SERVICE PROVIDER YOUR NAME, DATE OF BIRTH & STATUS NUMBER. (OR SHOW THEM YOUR **VALID** STATUS CARD).

MEDICAL EQUIPMENT & SUPPLIES INCLUDE ITEMS SUCH AS:

- BATHING AND TOILETING AIDS
- MOBILITY AIDS, WHEELCHAIR\PARTS\REPAIRS, ROLLATORS, CANES, ETC.
- OSTOMY SUPPLIES \ DEVICES, INCONTINENCE SUPPLIES
- WOUND DRESSING SUPPLIES
- RESPIRATORY EQUIPMENT & SUPPLIES

EXCLUSIONS – WILL **NOT** BE COVERED UNDER ANY CIRCUMSTANCES.

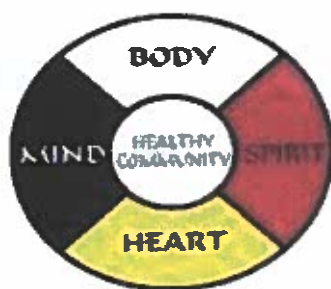
IF YOU HAVE ANY QUESTIONS, OR CONCERNS ABOUT YOUR MEDICAL SUPPLIES & EQUIPMENT, YOU CAN CALL THE TOLL FREE NIHB CLIENT INFORMATION LINE AT 1-800-640-0642. IF YOU ARE UNABLE TO RESOLVE THE ISSUE, CALL NANCY AND SHE CAN SEE IF SHE CAN RESOLVE THE ISSUE OR ASSIST YOU IN THE APPEALS PROCESS.

FOR YOUR USE, I HAVE INCLUDED A LINK TO THE NIHB BENEFIT PAGE.

<https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information.html>

MARCH IS: LIVER DISEASE MONTH

MARCH 2019



Your liver is your body's high-performance engine

Car owners often have some sort of a relationship with their vehicles. Some may put their time, money and effort into caring for a high-performance vehicle. Others care only the bare minimum about their vehicles, ignoring the oil leaks, the spreading rust or the concerning noises, just hoping that it will always start up in the morning.

The same rules apply to your greatest and most valuable investment; your body.

Your body is a luxury vehicle that requires fuel, regular maintenance, hazard protection and some loving care. Your liver functions like your body's engine. It drives many of the body's critical systems but unfortunately, it can be easily overlooked. The reality is that when your liver stops and breaks down, your body does too.

Liver Health

- Your liver is the body's largest internal organ, weighing in at about 3 pounds.
- A healthy liver is dark reddish-brown with a smooth, rubbery texture.
- At any one time, your liver contains about 10% of the blood in your entire body, pumping about 1.4 litres per minute.
- Your liver can regenerate, making it possible for one person to donate part of their liver to another. This is called a "living donation."

Within the first few months of a living liver donation, the liver can regenerate to within 90% of its original size.

Liver Disease

- There are over 100 liver diseases, only one is caused by alcohol.
- Non-alcoholic fatty liver disease (NAFLD) is the most common liver disease in Canada, affecting over 7 million people.
- Biliary atresia is the leading cause of liver failure in children.
- Acetaminophen (Tylenol) overdose is the leading cause of acute

liver failure.

- Liver cancer is now one of the fastest rising and deadliest forms of cancer in Canada.

Over half a million Canadians suffer from chronic viral hepatitis.

Make an appointment with your Health Care Provider to have a discussion about any symptoms that you may be experiencing.

MONTHLY CLINICS

FOOT CARE:

Esther Brennan - will be in March 6, 2019

Sue Siwik or Lindsay— Health Nurse will be in March 6, 2019

Come in and have your blood pressure & blood sugar checked**

Blake Waters—Acupuncturist will be in Tuesday March 19,2019. Appointments are starting at 12am—3pm

Call to book an appointment

Becky starting August 21,2018 and can offer a variety of services. She can assess and help with exercise programs and other physio services from Acute or chronic back pain to Pulmonary Rehab, Obesity, Balance Impairments, Osteoporosis, Equipment prescriptions for walkers, braces, splints etc., linking with community resources such as Home care, Outpatient rehab and a whole lot more If you are interested in these services, please call the Health Centre—705-375-9900 and we can make an appointment for an assessment for you. Or drop by and we can have this discussion.

Brett Barager, MSW, RSW, is the new Social Worker working with the MDP Nursing Station (and rotates between the various Rural NPLCs). Brett brings over 30 years experience working with a variety of clients. Brett can be helpful in the areas of individual therapy (anxiety, depression, PTSD, etc.), couple counselling (communication, spousal violence, etc.), Family therapy (parenting strategies, parenting team work) as well as working with children and youth (including Youth Justice). Brett has experience working with Anishinaabe people and has worked with the effects of Colonialism and Intergenerational Trauma and values working in collaboration with Traditional Workers as part of a holistic team. As a Social Worker, Brett can also be helpful in accessing external supports, advocating and completing forms and paperwork. Brett remains current in the field via continuing to participate in various trainings to further his understanding and skills. Call the Health Centre or drop by to have a discussion.

Shelby Dunk, Mental Health and Addictions Worker. Shelby offers counselling using a cultural approach. If you or a family member are having addiction issues that are interfering with your home life, Shelby can start you on the road to recovery.

Health Centre News

HOURS

Health Centre Hours:

Mon–Fri 8:00am –3:30pm

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

Closed: March 12,13,14–March Break

BLOOD CLINIC: EVERY TUESDAY

PRESCRIPTION DELIVERY: WEDNESDAY
& THURSDAY

*We are a “No”
Smoking Facility.*

MDP HEALTH CENTRE

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

Phone: 705-375-9900

Fax: 705-375-9905

Dr. Wells will be in Friday March 22, 2019

Friday April 26, 2019

Naloxone Kits are available. We can exchange expired kits, kits that have been exposed to high or low temperatures or new kits if you have used your kit already.

AS A REMINDER !!!!!

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

Due to the increased number of medications that have been missed on deliveries from the Pharmacies, we recommend that you call the Health Centre when you are expecting a delivery and we can contact the pharmacy either the day before or the morning of the delivery to verify that your medications are in the delivery.

We have a new service to provide our community with transportation for Doctor's Appointments, Health Centre appointments and Hospital appointments. Contact Myrna Burnside and let her know the appointment date and time. It is best to make these arrangements as soon as you know of these appointments. This will ensure that there is no overlap of bookings for same dates and times.

Moose Deer Point Health Centre is pleased to announce that we will now have Traditional Healers on site monthly.

Kin-Nod-Mo-Win Traditional Healing – Jake Ago Neh.

Traditional Healing: Troy Greene—Honoured Traditional Healers use traditional Aboriginal approaches to bring about wellness for individuals and/or groups with mental, physical, spiritual and emotional holistic healing needs. ***Please note that it is customary to give a gift of tobacco to the Healers at each visit.**

Traditional Healer Schedule

Next date: Weather Permitting

Jake Ago Neh: March 26,2019 @ 10am—Traditional Healer

Troy Greene—March 27,2019 @ 10am—Traditional Seer

****Please note: For those appointments that were cancelled for February due to weather, the appointments have been carried over to the March date.****

Any new appointments will be made for the next month: April 2019

James Rolland—Orthotics will be in on March 20,2019 @ 9:30am.

Come in and see if Orthotics can help with your:

POSTURE

BACK STRAIN

LEG STRAIN

FOOT PAIN

James will make a cast and create orthotics specific to your needs.

If you have a status card, you are covered by NIHB every two years.

Contact the Health Centre to book an appointment.



INDIAN STATUS! Who has it? Who should have it?

Collaborative Process on Indian
Registration, Band Membership and First
Nation Citizenship. **Your input is required on
this very important matter.**

Come out and have your say.

DINNER AT 5:00

WEDNESDAY MARCH 6, 2019

Community Centre





Hello Parents,

There are spaces available for the **After School Program** (this includes bus cancellation / PD Days). This program is for ages 4 - 12 years.

1 space is available for a child (4-5 years of age). They will be in the Preschool classroom. **Pick – up time is at 4:30 P.M.**

Children 6 – 12 years of age will be in the School Age classroom. **Pick – up time is at 5:00 P.M.**

Children will be picked – up from the bus, snack will be provided upon arrival at the centre. Activities and centres (art centre, dramatic play etc.) are set up to provide options for children’s interest.

If you would like your child to attend for March Break, please call: (705) 375 – 3029.

Thank you,

Joely Schrader

Binoojii House Supervisor

March Birthdays

Norma

Frank

Laird

Jessie

Brian

Sadie

Brayden

Pat

Sapphire

Sebastian

Carys

Ken

Crystal

Zoe

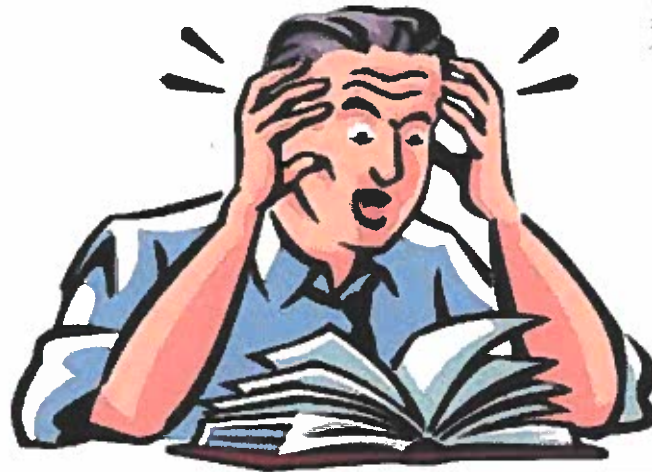
Berta

Anthony

Happy
Birthday!

Are You Tired of Being Stressed?

Learn to Cope with It



When:

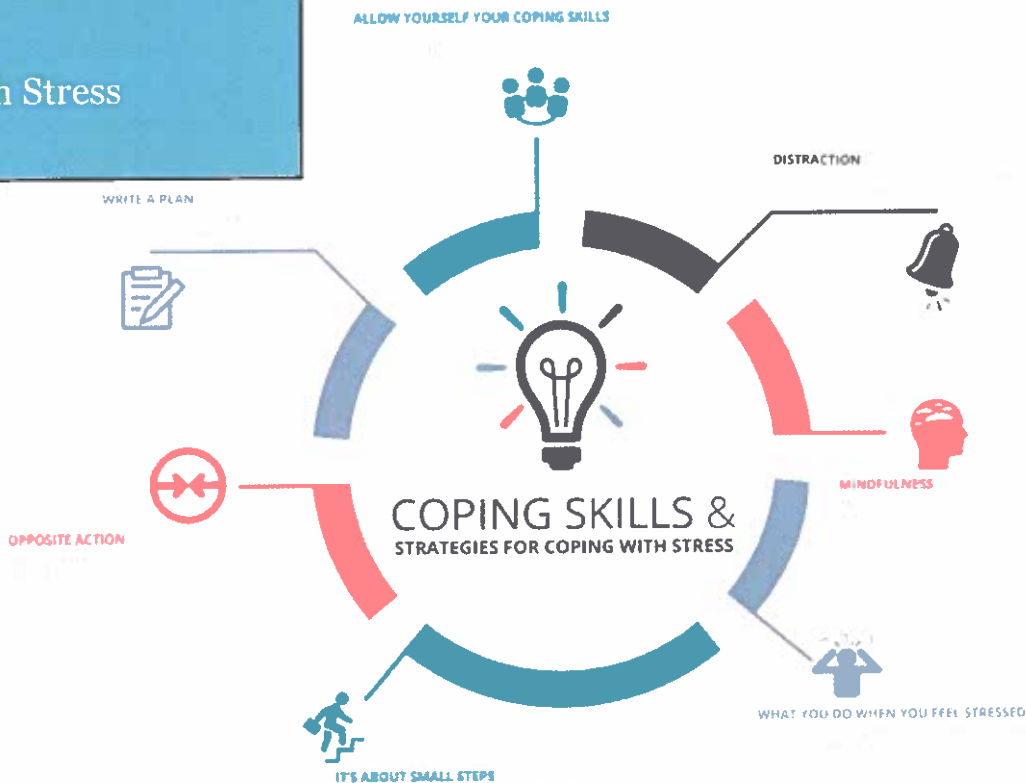
March 5th, 2019
12-3pm (Lunch Included)

Where:

Band Office, downstairs
boardroom

What:

Coping with Stress
Workshop



Call Ashley @ the Band Office if you liked to sign up for the workshop.

(705) 375-5209 or text (705) 773-2703



EMPLOYMENT
ONTARIO

EMPLOI
ONTARIO



YMCA of
Simcoe/Muskoka

At The Rec Centre

Winter

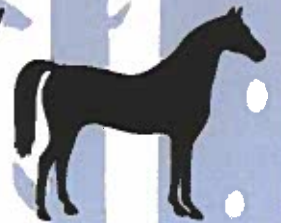
Carnival

March 8th, 2019

10am-3pm



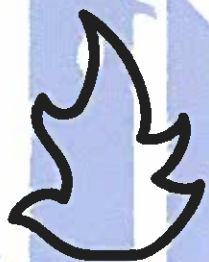
10am-11am Brunch



12pm-1pm Family Magic Show

1pm-3pm Horse Carriage Rides

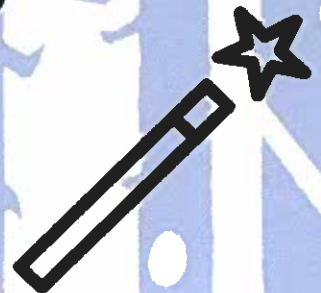
*Snowman/Sculpture Building Competition
Prizes to be Won*



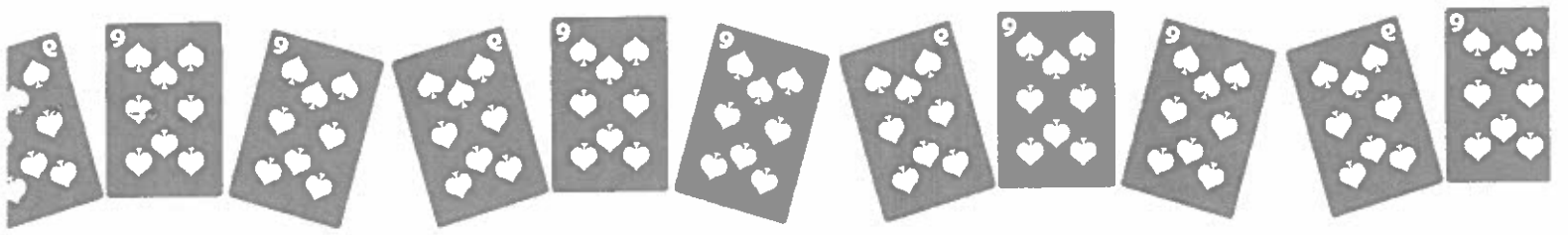
Face Painting

Tobogganing

Bonfire



Dress for the Weather!



Men's Poker Tournament

**And Wellness Night With Guest Speaker
At The Rec Centre**

 **18+** 

March 7th



6-9pm



**Dinner Included
Special Gift for First 15**

Door Prizes Throughout the Night

Prizes For Those Who Make and Attend Appointment

Big Prize For Winner of the Tournament

