



# MICHIPICOTEN FIRST NATION



## Community Flyer



Diabetes Prize Bingo	2
Searchmont Trip	3
Show me how & Lets do it! - Fancy Shawl Making	4
First Aid & CPR-C	5
Re: National Non-smoking week	6

Monday, January 11, 2016



**“Don’t wait for the perfect moment,  
take the moment and make it perfect”**



~2016~	Monday Jan 11	Tuesday Jan 12	Wednesday Jan 13	Thursday Jan 14	Friday Jan 15	Saturday Jan 16	Sunday Jan 17
<b>Weather Conditions 6am-6pm</b>							
	A few clouds	Scattered flurries	A few flurries	Scattered flurries	A mix of sun & clouds	Mainly sunny	A mix of sun & clouds
<b>High</b>	-15°C	-20°C	-13°C	-13°C	-14°C	-18°C	-18°C
<b>Low</b>	-19°C	-28°C	-20°C	-20°C	-24°C	-25°C	-23°C
<b>24 hr snow</b>	—	<1 cm	1-3 cm	<1cm	—	—	—

**B**  
**TUESDAYS**  
**I**  
**6:30PM**  
**N**  
**COMPLEX**  
**G**  
**BE THERE**  
**O**

Marylou will be in the Community on  
Thursday, January 14, 2016  
From 11-12pm @ Complex

**Baby Weight/Measurements**

Snacks included



Medical Van/Passenger Van

If you require transportation to town please contact  
(705)856-1993 ext # 229

The answering machine will come on, please leave  
your message and the driver will check the messages  
before he leaves the Medical Centre.

Please do not call the Front Desk or the  
message may not reach the driver.

**Diabetes Prize Bingo**  
Thursday, January 21, 2016  
6:30pm @ Complex



**Dilico-Urine/A1C Diabetes Testing & Luncheon**  
Friday, January 22, 2016 @ noon  
Complex

**Know Your A1c!**

The blood test with a memory



**poor control** — more than 8

**be careful** — more than 7

**good control** — less than 7

**~Searchmont Trip\_  
Skiing & Snowboarding**

We are planning a trip to Searchmont and are looking for interested participants!

**A day pass & food will be provided!**

To sign up, please call Wendy at  
(705)856-1993 ext 219 or Tina at ext 226



Rene Mellish (Diabetes Educator) and Rebecca Coughlin (Dietitian)  
will be at the Medical Centre on  
Thursday, January 21, 2016 from 3:00pm to 5:30pm  
for anyone wishing to see them.  
(They will also attend the Diabetes Bingo)

**~United Church Thrift Shop-Wawa~  
Thursday, January, 28, 2016 @ 5pm**



**“Something for everyone”**

Elder – Anthony DePerry will be at the Dilico Family Health Clinic  
200 Anemki Place, Fort William First Nation on Jan 12, 13, 14 & 15, 2016

Appointment times are 9:30am; 11:15am; and 2pm.

Please contact the Dilico Family Health Clinic at 807-626-5200 OR  
1-855-623-8511 (Toll Free)

Please bring a tobacco offering with you.

**IMPORTANT!: IF YOU ARE NOT ABLE TO KEEP YOUR APPOINTMENT, PLEASE CALL TO CANCEL  
SO THAT YOUR SCHEDULED TIME CAN BE FILLED BY SOMEONE ELSE. MIIGWETCH!**



# Show Me How & Let's Do It!

Please feel free to  
bring your own  
embellishments.



Material, ribbon and  
thread provided.

## Fancy Shawl Making

- Wednesday, Jan. 13, 2016\*
- \* Wednesday, Jan. 27, 2016\*

**4-5:30PM @ Michipicoten High School**

- **Cultural Lodge**

**EVERYONE WELCOME!**



superior children's centre  
centre supérieur d'enfants



Best Start Hub   
Carrefour Meilleur départ

Connecting Children and Families with Community Services and Supports  
Relier les enfants et les familles aux services et les centres des collectivités



**CANADIAN  
RED CROSS**



**STANDARD  
FIRST AID AND CPR-C  
CERTIFICATION**

Includes: **DEFIBRILLATION** Certification



**Jan 19-20<sup>th</sup> 9-3pm**

**Or**

**Feb 10-11<sup>th</sup> 9-3pm**



**\$110 PER PERSON**

**CALL:**

**Trudy Dunham**

**Call or text 705-852-1048**

**[tdunha@adsab.on.ca](mailto:tdunha@adsab.on.ca)**

**TO REGISTER**

Hello Smoking Cessation Partners,

As National Non-Smoking Week is coming up on January 18th - 24th, we would like to celebrate by having a "launch" of the reducing smoking by 5% in 5 years campaign and all of the community supports for smoking cessation.

We would like to invite all of the smoking cessation community partners to the official launch, on Thursday January 14th from 11:30 - 12:30 at the Lady Dunn Health Centre lobby with light refreshments provided. At 12:00 (or shortly after) we would like to take a photo of our group so we can write an article about smoking cessation.

We plan to have a display in the hospital lobby next week (January 11th- 15th), highlighting the community smoking cessation programs. As part of the campaign, we have banner ups with the "I quit wanna know how" campaign, that is on the Algoma Public Health website. Part of the display will also have the theme "Don't let your dream vacation go up in smoke" and compare the cost of cigarettes to a vacation (as it is vacation season). We can also circulate the banner ups and the display to other places in the community (Dentist office etc.).

If you could kindly RSVP to Amanda by Wednesday, to let me know if you would be available on Thursday January 14th at noon in the Lady Dunn Health Centre lobby for a picture that would be great!



Have a great day,

Amanda Gauthier RN BSCN

Public Health Nurse

Algoma Public Health

18 Ganley Street

Wawa ON P0S 1K0

Tel. # (705)856-7208 ext. 6007

[agauthier@algomapublichealth.com](mailto:agauthier@algomapublichealth.com)

Visit our website at [www.algomapublichealth.com](http://www.algomapublichealth.com) <<http://www.algomapublichealth.com/>>