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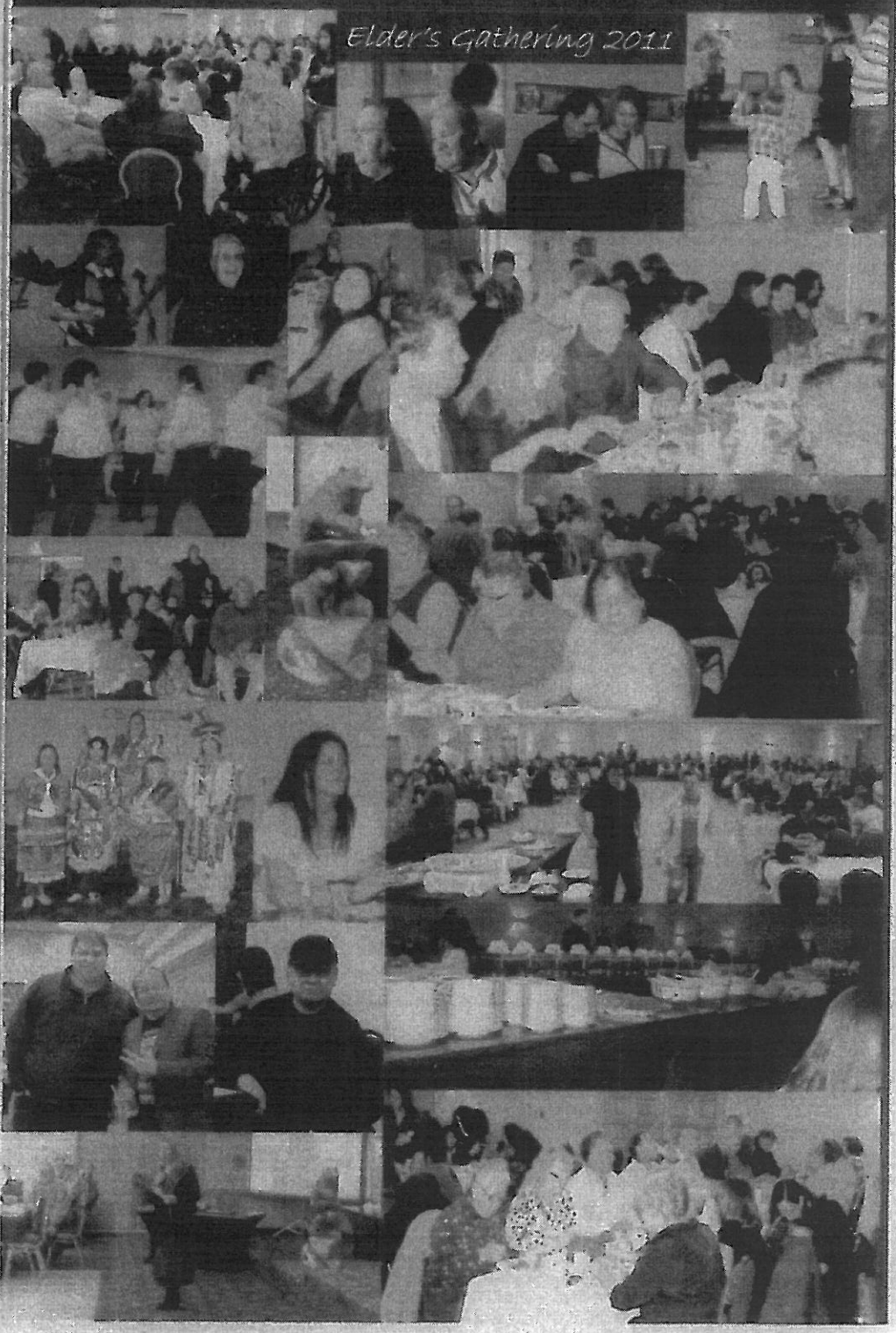
Lac des Mille Lacs First Nation Health Newsletter



Special points of interest:

- Maintaining good Oral Health
- Importance of foot care for Diabetics
- Cancer Prevention
- 3 Types of Beneficial Exercise
- Story of the Drum
- Hydroelectric Dam Safety
- Considering Long Term Care

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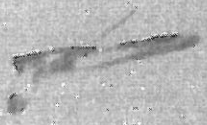
Always replace a toothbrush after you had a cold, sore throat or a notorious infection. Bacteria will plant itself on the toothbrush which can lead to reinfection.

www.dentalhealthsite.com



Contrary to popular belief, there is no significant advantage of an electric or powered toothbrush over the normal toothbrush except ease of use.

Oral Health

Oral health refers to the health of your teeth and your mouth. Maintaining good oral health includes keeping your teeth free from cavities and keeping your gums free from disease.

Did You Know

Poor oral health can affect more than just your mouth; it can affect other areas of your body as well. In fact there is now research that shows the connection between poor oral health and systemic disease such as diabetes in people of all ages and respiratory diseases particularly among elderly people. Also there is new research now pointing to possible connections between oral health and other systemic conditions such as heart disease and premature, low birth weight babies. It is important to maintain the health of your mouth and teeth throughout your lifetime.

What Can You Do to Keep Your Teeth and Gums Healthy?

Brush and floss daily. Learn more about oral hygiene practices for all ages.

Eat a healthy diet according to Canada's Food Guide.

Find out if your municipal water is fluoridated? If not, ask your municipal councillors about fluoridated water and its benefits.

Have regular visits with a dental professional. See your dental professional immediately if you notice any problems with your mouth and teeth.

Look after your teeth and mouth if you are pregnant. Be sure to eat healthy foods and maintain good oral health.

Know the signs and symptoms of oral cancer.

Think about quitting smoking and/or using tobacco products.

Know about the connections between diabetes and your oral health, especially if you are diabetic.

Health Canada Santé Canada

Why foot care is so important for those with Diabetes?

People who have diabetes often have trouble with their feet. The loss of feeling in your feet can make it hard for you to tell if you have a blister or sore. If little sores aren't taken care of, they can get worse and turn into ulcers (serious, deep sores). If these ulcers become infected, you may have to go to the hospital or, in very serious cases, have a foot amputated (removed). This handout will give you some tips on how to care for your feet.

Your doctor or nurse should check your feet periodically when you go in for a visit.

How can I avoid problems with my feet?

- Wash your feet every day with lukewarm (not hot) water and mild soap.
- Dry your feet well, especially between the toes. Use a soft towel and pat gently; don't rub.
- Keep the skin of your feet smooth by applying a cream or lanolin lotion, especially on the heels. If the skin is cracked, talk to your doctor about how to treat it.
- Keep your feet dry by dusting them with non medicated powder before putting on shoes, socks or stockings.
- Check your feet every day. You may need a mirror to look at the bottoms of your feet. Call your doctor if you have redness, swelling, pain that doesn't go away, numbness or tingling in any part of your foot.
- Don't treat calluses, corns or bunions without talking to your doctor first.
- Cut toenails straight across to avoid ingrown toenails. It might help to soak your toenails in warm water to soften them before you cut them. File the edges of your toenails carefully.
- Don't let your feet get too hot or too cold and don't go barefoot.

What should I look for when choosing shoes and socks?

- Don't wear shoes without socks.
- Don't wear sandals or other open-toed shoes.
- Avoid high-heeled shoes and shoes with pointed toes.
- Wear well-padded socks or stockings that are 1/2 inch longer than your longest toe.
- Don't wear uncomfortable or tight shoes that rub or cut into your feet.
- Talk to your doctor before you buy special shoes or inserts.
- Shop for new shoes at the end of the day when your feet are a little swollen.
- Break in new shoes slowly by wearing them for no more than an hour a day for several days.
- Change socks and shoes every day.

If you are having any problems, such as numbness, sores or ingrown toenails, tell your doctor right away.

Every three minutes another Canadian is faced with fighting cancer.

www.cancer.ca

Cancer is the second leading cause of death in First Nations people living on reserve in Canada.

www.cancercare.on.ca

Aboriginal Health: Cancer Prevention

Years ago only the rates for cervix and gallbladder cancers were higher in First Nations people. And in the 1970s and 1980s the rates for colorectal cancer were much lower among First Nations than among the general population. Unfortunately these rates have been steadily rising - much more so than in the general population - and are now about the same.

What happened?
The most likely theory is that this increase is due to changes in Aboriginal Peoples' lifestyle and diet, poorer diet less physical activity and more obesity. These same changes are also probably responsible for the rising rates of diabetes and metabolic syndrome (a combination of three or more health risks) among Aboriginal Peoples which further increase their risk of colorectal cancer.

Eating habits have changed
The lifestyle of Aboriginal Peoples has changed a lot over a very short period and not always by the choice of Aboriginal Peoples. For example more than 50 % of Aboriginal Peoples in Canada now live in urban centres which mean they are not often able to get the foods that made up their traditional diet.

Not enough physical activity
Aboriginal Peoples now spend many hours in front of a television or computer screen and less time outdoors. According to one survey of Aboriginal communities walking is the most common exercise but only 21 % of First Nations adults get 30 minutes of physical activity a day.

Yes smoking is involved
Over 50 % of First Nations adults smoke compared to only 20 % of non-Aboriginal people. An even bigger concern is the high rates of smoking among youth: 61 % of young First Nations females smoke and 47 % of young First Nations males. 70 % of Inuit smoke and 57 % of Métis smoke.

What can Aboriginal Peoples do to protect themselves?

Get tested for colorectal cancer!

Maintain a healthy body weight.

Eat healthier!

Choose healthy fats instead of harmful fats

Limit alcohol consumption.

Exercise more!

Quit smoking!

Maintain a healthy lifestyle.

www.healthycanada.com

The Importance of Exercise in the Elderly

Katherine Kilpatrick, MD, CCFP

The importance of exercise in maintaining and promoting optimal health has become so pronounced and comprehensive, it is frequently referred to as the "perfect pill". Exercise is equally important to our elderly population. In fact, since chronic disease processes are more common in the elderly, the older population may derive even more benefits from exercise than younger people.

What is the evidence for promoting exercise?

Exercise has been shown to decrease acute and chronic illness through improved body composition, effects on metabolism, and cardio respiratory fitness. It decreases disability by improving endurance, muscle mass and strength, and flexibility.

What are the barriers?

There are many reasons why older people do not feel they can or should engage in physical activity or exercise.

- Lack of time and motivation
- Transportation problems
- Lack of knowledge
- Fear of injury
- Physical limitations

3 Types of Exercise for the Elderly

Aerobics/endurance like walking, cycling, swimming or low impact aerobics can benefit cardio-respiratory system, weight loss, Glycemic control bowls and sleep.

Resistance/strength like free weights, elastic bands and body weight against gravity will help with muscle strength, bone mass, physical functioning and mobility.

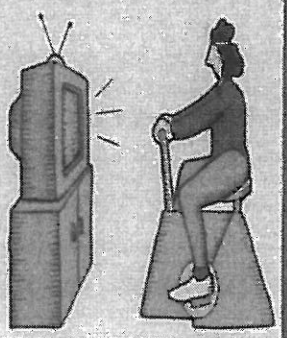
Balance/flexibility like stretching, yoga, tai chi, stair climbing, balance boards/balls and elastic bands can help with balance, fall prevention, mobility and reaction time.

What resources are available?

Most older patients can safely begin a moderate exercise program without a prescription or guidance from their family physician.

Did You Know:

Fifty percent of Canadian seniors over the age of 65 report engaging in "regular physical activity", with a further 12% reporting "occasional" physical activity. These numbers are relatively constant across age groups. In comparison, Canadians over 60 watch an average of nearly five hours of television a day.



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

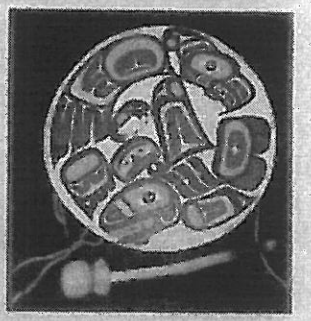
John 3:16,17

May the stars carry your sadness away, May the flowers fill your heart with beauty, May hope forever wipe away your tears, And, above all, may silence make you strong.

Chief Dan George

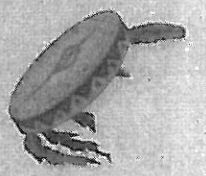
The Story of the Drum

An Abenaki Legend



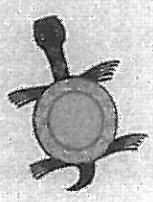
It is said that when Creator was giving a place for all the spirits to dwell who would be taking part in the inhabitancy of Mother Earth, there came a sound, a loud BOOM, from off in the distance. As Creator listened, the sound kept coming closer and closer until it finally it was right in front of Creator. "Who are you?" asked Creator. "I am the spirit of the drum" was the reply. I have come here to ask you to allow me to take part in this wonderful thing." "How will you take part?" Creator questioned." I would like to accompany the singing of the people. When they sing from their hearts, I will to sing as though I was the heartbeat of Mother Earth. In that way, all creation will sing in harmony. "Creator granted the request, and from then on, the drum accompanied the people's voices.

Throughout all of the indigenous peoples of the world, the drum is the center of all songs. It is the catalyst for the spirit of the songs to rise up to the Creator so that the prayers in those songs reach where they were meant to go. At all times, the sound of the drum brings completeness, awe, excitement, solemnity, strength, courage, and the fulfillment to the songs. It is Mother's heartbeat giving her approval to those living upon her. It draws the eagle to it, who carries the message to Creator.
www.firstpeople.us



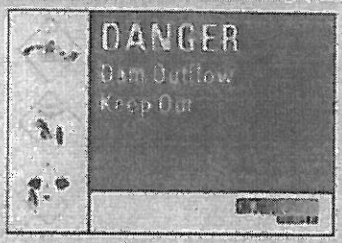
Learning the Ojibwe Language

Boozhoo/Greetings	*Aanii /Hello*
Aniish na?/How are you?	*Beendigen/Come in*
Baamaapii/Until later	*Migwetch/Thank you*
Gi zah gin/I love you	*Gigawabamin Nagutch/See you later*
Nokomis/Grandmother	*Mishomis/Grandfather*
Ikwey/Woman	*Inini/Man*
Binoojiing/Child	*Chiahyaog/Elders*



Stay Clear, Stay Safe

By Ontario Power Generation



There are dangers in coming too close to hydroelectric dams and stations. A spot that looks calm and safe one moment can become dangerous within a few seconds as water levels and flows change, often without warning. Calm waters or a dry riverbed could change quickly into one with rapidly moving, dangerous waters. Even if you can't see a generating station or dam, waterways upstream and downstream can still be affected by their operations. It's important to be aware of the potential dangers caused by changing water flows, and to stay clear of the waters near stations and dams.

Hydroelectric dams and stations, and the areas around them are:

NOT for parking

NOT fishing holes

NOT boating areas

NOT swimming areas

NOT safe places for recreation

NOT snowmobile or X-Country Ski areas.

NOT camping sites or picnic areas

For your own safety near a hydroelectric dam or station, make sure that you:

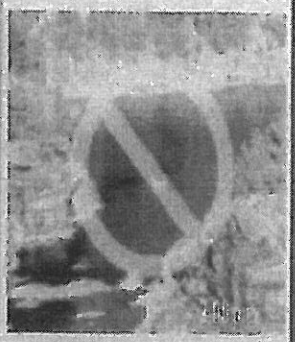
Obey all warning signs, fences, buoys, booms and barriers.

Stay a safe distance outside of warning signs, buoys, booms and barriers when fishing, boating or swimming.

Stay well back from the edge of waters above and below hydroelectric dams and stations

Never stand below a dam, or anchor or tie your boat there.

Stay well back of dry riverbeds below dams



These anglers are in a dangerous spot and should not be there. Areas inside warning signs, buoys and booms are dangerous, stay clear of them

The same spot just minutes later. Remotely operated dam gates release large volumes of water that could swamp your boat or put you in the grip of an undertow

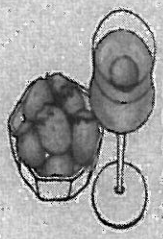
www.boaterexam.com

"The body, mind and spirit are not separate; they're a unity. To have mental and spiritual health one needs bodily health. Bodily health depends mostly on nutrition. It is that simple"

Food is an important part of a balanced diet

Fran Lebowitz

Native Fruit Drink



Ingredients 4 Cups water
1 Cup of Fruit (Wild Strawberries, Wild Blackberries, any fresh berry or perhaps peaches)
Honey (to taste)
Directions Combine the water with the crushed, strain fruit. Add the honey and stir. Chill. Note: Great cool down for a warm day!
www.nativetech.org/recipes

Fry Bannock Dessert

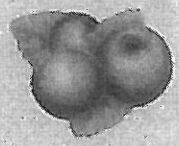
Ingredients
Favourite is home canned wild berries, Mmmm, Mmmm.
1-carton frozen strawberry/raspberry
Deep fry your favourite bannock.(1 piece fry bread serves 2)
Whipping cream (which ever brand you prefer)

Directions
Tear or cut bannock in half.
Lay each half on a serving dish or saucer, then pour your favourite berries, including its juice on top of the bannock. Pile high with whipping cream, garnish with shaved chocolate.
Mouth watering experience!!! www.nativetech.org/recipes

Blueberry Pudding

Ingredients

- corn flour
- water
- Berries



Directions
cook corn flour with water and blue berries and leave to set.
www.nativetech.org/recipes

Baby Announcements

Congratulations to all the new parents in our membership:

Honey Chicago & Rob Lowder on the birth of their baby girl
Zoe Anne Lowder 7 lbs 12oz Feb 03, 2011
Stacy Chung & Adam McDermid on the birth of their baby boy
Kaius Scott McDermid 6lbs 7oz Feb 27, 2011
Tamara Zoccole-Thibeault and Todd Schooley on the birth of their baby boy
Ethan Kevin Schooley 7 lbs 8oz May 15, 2011

Our apologies if we missed any new parents, please let us know if you have any announcements (births, graduations, accomplishments, etc.) so we can place in future issues.

Upcoming Events

Aboriginal Cultural Expedition: *June 28th 3-5:30 pm @ Old Fort William (please register by June 15th, 2011 @ the Band office)*

Community Fitness Challenge: *Final weigh-in July 6, 2011 @ the Band office*

LDMLFN Cultural Kid's Camp: *July 15-18th, 2011 @ the Savanne River Resort (ages 9-13) phone the Band office for registration forms, deadline June 30th*

Teddy Bears Picnic: *July 12th Vickers Park 12-3pm phone the Band office to register*

LDMLFN 4th Annual Pow Wow: *July 22-24th, 2011 @ the beautiful Savanne River Resort Camp grounds, call the band office for more info*

Sewing Spirits

Sewing Spirits brings together cultural artist, Elders and our First Nation community members to transmit regalia making skills and traditional teachings about Anishinabe dance and drum. The duration of this project is 16 weeks and commenced on March 7 and meets twice a week, Mondays and Thursday from 6:30 to 8:30.

Like the grasses showing tender faces to each other, thus should we do, for this was the wish of the Grandfathers of the World.

Black Elk

Let us be very sincere in our dealings with each other, and have the courage to accept each other as we are. Do not be surprised or become preoccupied at each others failures - rather, see and find in each other the good, for each one of us is created in the image of God. ~ Mother Teresa of Calcutta

Considering Long - Term Care

As we age we may find our personal needs changing where we need help with health care or notice that daily activities become increasingly challenging for us and our family members. There are several options when considering long term care. Understanding what those options are can become overwhelming using a professional service is always recommended. Your health professional such as a doctor can assist you in linking you to service providers in your area. Thunder Bay Community Access Care is one of the agencies here in Thunder Bay able to assist people's needs in arranging for health and personal care needs.

Home care services are individualized to meet the needs of the client. Community Care Access is able to assist with the following: Information and Referral services this allows people of the community aware of community organizations and services available.

Visiting health professional service, this service is geared to provide services in the client's home.

Personal support includes assistance with a variety of daily living activities such as personal hygiene and meal preparation in home care supports.

Homemaking includes a combination of light housekeeping duties and laundry with personal support services.

If you are seeking residential options Community Care Access is able to provide information on residential options such as, Retirement homes, Supportive Housing and Long - Term Care Homes.

Retirement Homes are privately owned and operated rental accommodations, the types and levels of services offered vary considerably according to each retirement home.

Supportive Housing is another option which is designed for people who need personal care and support in order to live independently. These services include personal care and support on a daily basis with 24- hour availability.

Long-Term Care Homes provide higher levels of care which address the full attention to medical care such as nursing and doctors.

The application process for Long - Term Care should be arranged through your local Community Care Access Coordinator.

Deciding which services and residential options best suit your needs for care and support is a difficult decision. To assist in making these choices to your life you may wish to involve key people in your life such as your family, your physician or spiritual advisor to be a part of the planning process. Ask for informational packages to Long-Term Homes prior to making a final decision. Coordinating a walk through on site might be beneficial to see the environment.

Article taken from: Thunder Bay Community Care Access

Congratulations

The community of Lac des Mille Lacs First Nation is incredibly fortunate to have a wealth of gifted, dedicated and talented individuals within our membership. We would like to take this time to honour some of these individuals who through their hard work and sacrifices have recently achieved their academic goals. The following are some of our Post-Secondary Education graduates from the 2010/2011 school year.

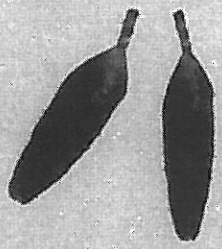
Leo Baskatawang: BA (Advanced) Degree, University of Manitoba

Rikka Berkan: Native Child and Family Services Diploma & Aboriginal Canadian Relations Certificate, Confederation College

Rachael Boucher: Accounting Diploma, Aston College

Meagan Campbell: Native Nursing Entry Program Certificate, Lakehead University

Shelly Fugere: Native Nursing Entry Program Certificate, Lakehead University



Lawrence Frost: College Access Certificate, Confederation College

Doreen Lyon: Pre-Health Certificate, Confederation College

Alfred Clarence McKenzie: Pre-Technology Certificate, Confederation College

Chad Morrison: Police Foundations Diploma, Confederation College

Curtis Primeau: Police Foundations Diploma, Confederation College

Celeste Pedri: Master of Arts, Royal Roads University

Trista Sawdo: Native Child and Family Services Diploma & Aboriginal Canadian Relations Certificate, Confederation College

Sharon Sallasvarra: Food Service Worker Certificate, Loyalist College

Shane Peters: Heavy Equipment Operators Certificate, Taylor Pro-Training

Andrew Kishiqweb: Heavy Equipment Operators Gold Certificate, Transport Training Centres

Brandon Lambert: Heavy Equipment Operators Gold Certificate, Transport Training Centres

Jesse Osadec: Railway Conductor Program Certificate, Confederation College

Jason Boucher: Railway Conductor Program Certificate, Confederation College

Josh Chicago: Railway Conductor Program Certificate, Confederation College

Jason Chicago: Railway Conductor Program Certificate, Confederation College

Michael Nixon: Railway Conductor Program Certificate, Confederation College

Anthony Susin: Railway Conductor Program Certificate, Confederation College

John Rimkus: Railway Conductor Program Certificate, Confederation College

We extend our congratulations & wish you the very best in all of your future endeavors.

4th Annual Traditional Pow Wow
July 22,23,24, 2011

Pow Wow will be held on the beautiful grounds of Lac des Mille Lacs First Nation's own *Savanne River Resort* located 110 km west of Thunder Bay & 18 km east of Upsala on Hwy 17.