

# Health & Wellness Centre

Timiskaming First Nation

## Bullrock Camp

**Attention TFN children & teens**

The TFN Health & Wellness Centre is hosting  
their annual camping trip to Bullrock.

**1st group: ages 7 to 13 need to be registered  
by July 29th, 2019.**

**2nd group: ages 13 and over need to be  
registered by August 2nd, 2019.**



Bus leaving on Mondays at  
9:00am and returning  
around noon on Fridays.

**NO LATE**

**Registrations will  
be accepted**

Activities include; Kayaking, canoeing,  
archery, swimming and more....

For more information please call the  
health Centre @ 819-723-2260

# Rodeo Retreat

**August 1-2-3 & 4-2019**



Escape from the Truck rodeo at Bullrock Camp.

Bring your tent! Bring your Camper!

There will be fun & games at this dry event.

Call the Health & Wellness Centre to register.

Fun for the whole family !!!!

For more information please call

Mike or Theresa at 819-723-2260.





## DREAM CATCHER WORKSHOP

**Monday August 19th starting at 1:30pm**

**We're teaming up with the Anishnabe Long Term  
Care Center & their families.**

**Everyone welcome to join!**

**Register with Bonnie or Marsha 723-5223**

## ***water safety tips***



Swim in  
lifeguard-supervised  
beaches and pools.



Put up barriers around the  
pool or hot tub.



Always swim with a  
buddy. Even experienced  
swimmers can tire or get  
muscle cramps.



Keep an eye out on  
children around  
water. Stay within  
reach.



Learn proper swimming  
and safety skills.



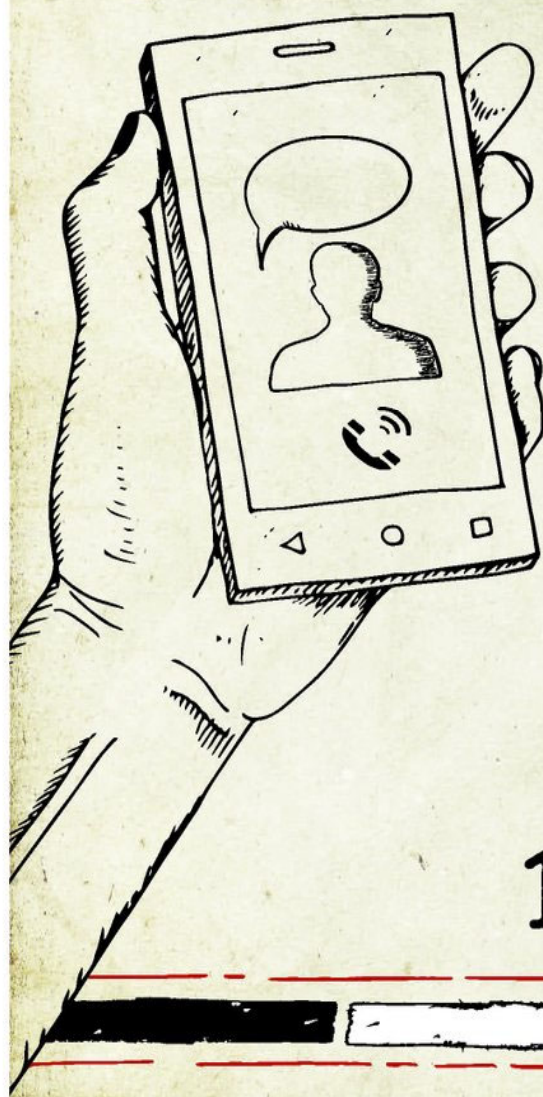
Wear a life jacket while  
boating.



LiveRightNow.ca



# NEED TO TALK?



Support is a  
phone call away.



Call the **First Nations and Inuit  
Hope for Wellness Help Line**

**1-855-242-3310**

Pub. 170025



Health  
Canada

Santé  
Canada

Canada



## Canoe or kayak outing

Latchford Anima Nipissing lake

Tuesday August 27th –2019 Leaving 10am At Health  
Centre

Weather permitting & please pack a lunch

Any children wanting to attend need to be accompanied  
by an adult

For anyone interested please contact:



## Back to school Family picnic

You are invited to join us for a family  
picnic at the New-Liskeard Park.

Wednesday, August 28th 2019

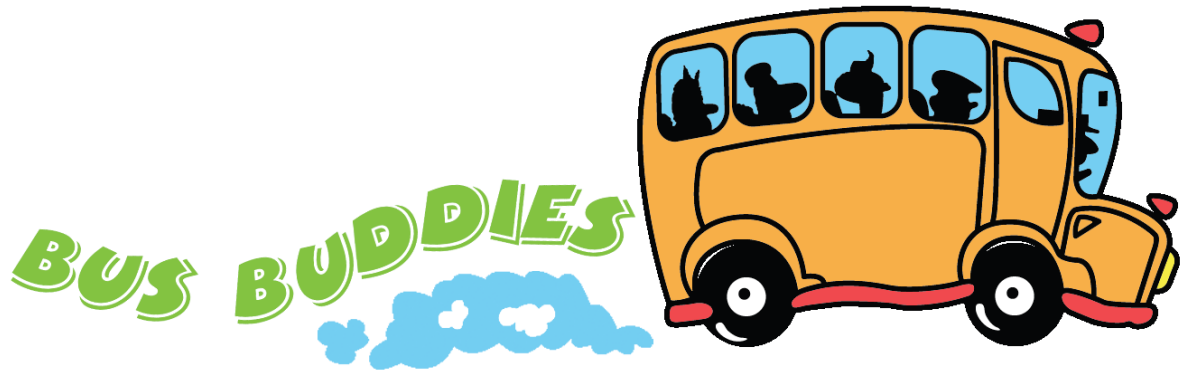
Bus leaves from  
the Health Center @ 11am.

Don't forget to  
pack a lunch!

**\*\*Weather  
permitting\*\***

**Please call the reception at the Health Center to register.**





**Young Rider Day** will introduce young children to school buses in a fun way before the first day of school and remind all children and their families of the safety procedures involved with getting to and from school safely, whether it's by **BUS**, **BIKE** or **FOOT**.

This educational awareness program is **FREE**, and includes: **Fun Safety Video ~ Interactive Bus Ride ~ Door Prizes ~ back to school surprises for**

**Wednesday August 14th from 4:00—6:00pm at the  
TFN Health & Wellness Centre/ Head Start entrance**

*Brought to you by Brighter Futures/Head Start, for more information  
contact Janice at the Health Centre 819-723-2260 Thank You*

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# Day trip to Bullrock for the seniors

Friday August 2nd, 2019.

Bus will be leaving at 10:00am from the  
Health Centre & returning at 2:00pm.

For more information you can call  
Brenda at 819-723-2260 or  
Marsha at 819-723-5223

**Lunch is provided**



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## Seniors exercise Group

Held every Tuesday at the Seniors unit  
until the end of August

Every Thursday at the Health Centre  
both starting at 1:30pm to 3:00pm.

If you require transportation please call  
the Health Centre @ 819-723-2260



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## Circle of Moms & Friends

The group will have the option to explore  
& share new ideas while working on  
personal crafts. For further information  
please call Bonnie at 819-723-2260.

Starting in mid September.

**Date to be determined.**





## **Englehart Outdoor Pool**

Please join us for a outdoor swim & picnic

**Tuesday August 20-2019**

Bus will be leaving the Health Center 10am returning 2pm

There is a picnic table on site

All children **must be accompanied by a parent  
or persons over 16**

Don't forget sunscreen & Hat

kiddie pool available !

Please register by the **15th, of August 819-723-2260**

**All families are welcome to attend**





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# Diabetic Breakfast & Diabetic Supper

Both events will start up once again in September, so  
keep watch our newsletter for the date and time.

Looking forward in seeing everyone!!!



**Our dietitian  
Kassy Breton will be  
back giving out valuable  
information on living  
with Diabetes**



## Health & Wellness Centre

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### News from Medical transportation

Medical Transportation is now equipped with a wheelchair adapted van.

I would also like to take this time to welcome our newest member  
to the team **Girlie (Ada) Chevrier**.

Ada will be available for emergency trips from 4:30pm to 8:00pm.

12:00 pm to 4:30pm she can be reached at 819-723-2260.

After hours & emergency trips she can be reached at 819-629-1243.

Meegwetch, Sandra McBride, medical transportation coordinator

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### Office hours & schedules for lab work, walk-ins and appointments

#### Office hours:

**Monday to Thursday**

8:00am to 12:15pm

1:00pm to 4:15pm

**Fridays:**

8:00am to 12:00pm

**Closed Friday afternoon**

#### Walk-in hours:

Monday to Friday

9:30am to 11:30am

#### By appointments only:

Monday to Thursday

1:00pm to 4:30pm

#### Lab work:

Every Tuesday

8:00am to 9:30am

## Staff extensions & positions

Director:	Cameron Clark	113	819-723-2260
Medical clerk:	Shelley Chief	104	
Secretary/receptionist:	Catherine Polson	109	
Nurses:	Isabelle Beaudoin	136	
	Brigitte Therrien	132	
	Chantal Pellerin	131	
	Cindy Craig	101	
	Dianne Farquhar	236	
Health Administration Manager:	Dan Lavigne	112	
Healthy life style coordinator:	Alex Millette	154	
Brighter Futures:	Janice Wabie	108	
Personal support worker (PSW)	Brenda Polson	122	
Dental Hygienist:	Denise Chief	137	
Dental Health representative:	Bonnie Chief		
Community Health Representative:	Colleen Polson:	119	
Medical Transportation:	Sandra McBride	110	
Medical transportation drivers:	Suzie Polson	115	
	Maggie Polson		
	Ada (Girly) Chevrier		
Jordan's principal coordinator:	Betty Rose Tepiskon	153	
Psycoeducator:	Cindy Champoux	144	
Psycoeducator assis.	Caroline Camarand	106	
Dietitian:	Kassy Breton	103	
<b><u>Wedokowin First Line Services:</u></b>			
Clinical Supervisor:	Jennifer Bourdon	114	
Cultural coordinator:	Tammy Chevrier	152	
Family Violence worker:	Martine Morais	155	
Social worker:	Mary Renaud	126	
Social worker:	Kamda Julka	117	
Social worker:	Samantha Dufresne	106	
Social worker:	Laura Moore	156	
Youth Outreach worker:	Jeremy Sutherland	105	
NNADAP:	Mike Beaupre	125	
	Theresa Wabie:	124	
Residential school worker:	Marsha Wabie		819-723-5223
Youth Theatre worker:	Darrell McBride		819-723-2255
	Tasha Hamelin		
	Nicholas Rodgers		





## SPINACH & MUSHROOM BARLEY PILAF

### Ingredients:

- 1 cup (250 mL) water
- 1/2 cup (125 mL) quick-cooking barley
- 1 1/2 tbsp (25 mL) canola oil, divided
- 1 1/2 cups (375 mL) diced onions
- 1/2 package (4 oz./230 g) mushrooms, sliced
- 2 medium garlic cloves, minced
- 2 cups (500 mL) loosely packed baby spinach
- 1 tsp (5 mL) dried oregano leaves, crumbled
- 1/2 tsp (3 mL) salt

### Instructions:

1. Bring water to a boil in a small saucepan over high heat. Stir in barley, reduce heat, cover tightly, and simmer 10-12 minutes or until tender. Remove from heat and let stand 5 minutes.
2. Meanwhile, heat 1/2 tablespoon (7.5 mL) canola oil in a large nonstick skillet over medium-high heat. Tilt skillet to coat bottom evenly; add onions, and cook 6 minutes or until richly browned, stirring frequently. Add mushrooms and cook 4 minutes or until tender, using two utensils to toss. Add garlic and cook 30 seconds, stirring constantly.
3. Remove from heat. Add spinach, oregano, salt, and undrained barley. Toss well to blend. Drizzle remaining 1 tablespoon (15 mL) canola oil evenly over all and toss gently until just coated.