



# May 2010 Newsletter

Wahnapiatae First Nation Health Department



## Curb-side Waste Removal Program Information Session Monday, May 10, 2010

In preparation for implementing a waste recycling program, All community members are URGED to attend an information session on Recycling

- Recycling Bins will be provided to the community members at the Community information session being held on **Monday May 10, 2010. at 6:00 p.m.** at the Gazebo.

The Wahnapiatae First Nation will be working in conjunction with the City of Greater Sudbury. WFN will be delivering all of their recycled items to the Frobisher Street recycling facility. In doing so, we must ensure that we abide by the rules and regulations outlined by the city related to what items can be placed in the recycle bins. If there are items that are placed in the blue box that should not be in the blue box, these items will be left behind at the time of curbside pickup. All items should be emptied and rinsed before placing in bluebox.

If you have any questions, please contact Cheryl Recollet, Peter Recollet or Vince Roque.  
Chi-Miigwetch

## Earth Day Update

Thanks to everyone who came out to help clean up and celebrate Earth Day. Gloves and garbage bags were supplied along with hand sanitizer to 20 participants. Approximately 10 bags of garbage were picked up along Loonway Road and Taighwenini Trail Rd. as far as the fireworks storage area. Gloves and garbage bags were supplied along with hand sanitizer. Chi Miigwetch to Cheryl Recollet for coordination this great event.

After the garbage was picked up we had a bbq and a cake to celebrate Mother Earth.

Don't forget to come to the gazebo on May 6th, 2010 between 4pm and 5 pm and adopt a couple of peat pots and seeds. Take home and nurture until planting season. Tammy Guimond will be on hand for a simple gardening workshop. Miigwetch!  
Wendy Tyson—CWW



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# May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Zumba 5:30pm-6:30pm	4	5 Zumba 6pm-7pm	6 Adopt a Peat Pot & Seed 4pm-5pm at the gazebo	7 Mocc Walk 10am-11am	8
9 Mother's Day	10 Mocc Walk 10am-11am Waste Removal Information Session 6pm-gazebo	11 Foot Soak 6- 8 pm Gazebo	12 Zumba 6pm-7pm	13 Mocc Walk 10am-11am	14	15
16	17 Mocc Walk 10am-11am Zumba 5:30pm-6:30pm	18 Indian Taco Fundraiser 4:30pm-6:30pm	19 Zumba 6pm-7pm	20 Foot Soak 6- 8 pm Gazebo	21 Mocc Walk 10am-11am	22
23	24 Victoria Day	25 Congregate Dining 5:30 pm	26 Zumba 6pm-7pm	27	28 Mocc Walk 10am-11am	29
30	31 Mocc Walk 10am-11am Zumba 5:30pm-6:30pm					

May 7,10,13,17,21,28 & 31, 2010 - MOCC WALK - 10am-11am - Meet Wendy at the Health Trailer

May 3,5,12,17,19,26,31,2010 - ZUMBA- (Monday's at the firehall 5:30pm-6:30pm) & (Wednesday's at the firehall from 6pm-7pm) - No children under 10 during classes.

Sunday, May 9, 2010 - Mother's Day

Monday, May 10, 2010 - Curb-Side Waste Removal Program Information Session - 6:00 pm at the gazebo.

Tuesday, May 11th & 20th, 2010 - Foot Soak 6 - 8 pm at the gazebo

Tuesday, May 18, 2010 - Indian Taco Fundraiser - 4:30pm-6:30pm-Delivery starts at 5 pm

Monday, May 24, 2010 - Victoria Day - Office closed

Tuesday, May 25, 2010 - Congregate Dining - 5:30 p.m. at the gazebo

# Learn - Nanagikendan

## WENESH OW NANABUSH?

### WHO IS NANABUSH?

Nanabush is the main character in many Ojibwe legends and is as old as the Ojibwe language itself. He was sent to teach the Anishinaabek how to live. His mother was Anishnaabe-kwe and his father a spirit. Being half spirit he had amazing abilities. But being half human, he had the virtues and flaws that people have and often could not control his humanly wants and needs.

Nanabush could be selfish or generous; cowardly or brave; caring or spiteful; always curious and mischievous and often his own worst enemy. Sometimes he daringly saved the Anishinaabek, other times he caused them everlasting hardship. Nanabush walked all over Turtle Island. His many humorous escapades and great adventures explained the natural world, entertained generations of Anishnaabe and helped preserve the Ojibwe language. He remains an important figure in Anishnaabe culture.



## Body Parts

Nikan	Arms
Tawagan	Ears
Shkiinzhigoon	Eyes
Zidan	Feet
Iinizisan	Hair
Ninjiin	Hands
Shtigwaan	Head
Kaadan	Legs
Doon	Mouth
Jaanzh	Nose
Misad	Stomach

## VICTORIA DAY

N	N	Y	I	B	M	Y	G	P	V	G	V	F	C	I	J	B	F	Z	U
Y	J	R	V	D	T	U	O	X	Z	N	Y	M	O	I	G	A	T	D	G
T	B	Y	Z	R	N	L	C	C	P	F	X	Y	G	C	Z	I	Z	Y	A
I	A	S	A	K	Y	E	D	Y	W	Q	Y	Q	I	V	A	S	H	F	Y
A	M	P	H	Q	D	C	K	F	F	D	T	N	O	R	V	W	Q	D	A
Y	X	H	Q	I	N	A	G	E	I	H	F	W	T	S	Y	W	G	E	P
E	Z	L	A	T	O	O	Z	Y	E	H	U	R	M	A	A	I	Z	H	K
S	R	E	W	O	L	F	I	R	E	W	O	R	K	S	D	P	P	W	P
Y	B	N	K	G	Y	J	K	T	A	P	E	T	C	S	I	O	Q	S	U
M	E	G	S	F	K	U	W	V	A	G	F	H	T	P	L	Q	T	P	Y
N	Y	I	P	L	B	S	E	T	A	R	Q	P	B	Y	O	A	Q	K	E
M	H	E	W	O	V	K	R	I	O	G	B	I	R	T	H	D	A	Y	H
U	C	R	K	N	Y	I	R	Y	E	Q	U	E	E	N	I	D	I	E	A
Q	R	E	D	Y	O	R	A	Q	Y	Y	Z	B	L	Z	B	Z	R	N	C
Z	A	V	T	T	A	L	K	D	N	A	L	G	N	E	B	Z	O	C	B
U	N	O	I	C	Q	O	R	N	A	I	D	A	N	A	C	H	T	B	S
M	O	S	P	A	R	K	L	E	R	S	H	C	Q	H	R	S	C	O	H
M	M	O	N	D	A	Y	U	V	P	B	B	F	E	B	O	I	I	A	L
D	U	A	Q	M	S	I	K	U	X	J	C	D	G	I	W	Y	V	O	F
H	M	O	Y	C	E	K	S	Q	L	Q	Q	P	S	J	N	E	C	A	S

BIRTHDAY	PARTY
CANADIAN	PARTIOTISM
CARRIAGE	PORTRAT
CELEBRATION	QUEEN
CROWN	ROQAL
ENGLAND	SOVEREIGN
FIREWORKS	SPARKLERS
FLOWERS	VICTORIA
HATS	WAVE
HOLIDAY	WEEKEND
MAY	
MONARCHY	
MONDAY	
MUM	



# Foot Care

## Diabetes and your feet    Foot Care Do's and Don'ts

Foot problems are very common in people with diabetes and can lead to serious complications.

Diabetes affects the circulation and immune systems, which makes it harder for the body to heal itself. Over time, diabetes can damage sensory nerves (this is known as “neuropathy”), especially in the hands and feet. As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.

Shake out your shoes or wear them on your hands before you wear them on your feet, because you don't know what's in there.

### Daily foot care

As always, prevention is the best medicine. A good daily foot care regimen will help keep your feet healthy.

Start by putting together a foot care kit containing nail clippers, a nail file, lotion, a pumice stone and a non-breakable hand mirror. Having everything you need in one place makes it easier to follow this foot care routine every day:

**1.** Wash your feet in warm (not hot) water, using a mild soap.

Don't soak your feet, as this can dry your skin.

**2.** While your feet are still wet, use a pumice stone to keep calluses under control.

**3.** Dry your feet carefully, especially between your toes.

**4.** Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc.

Use a hand mirror to see the bottom of your feet, or ask someone else to check them for you.

**5.** Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.

**6.** Trim your toenails straight across and file any sharp edges. Don't cut your nails too short.

**7.** Apply an unscented lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture may cause infection.

**8.** Wear fresh, clean socks and well-fitting shoes every day. Whenever possible, wear white socks – if you have a cut

# Foot Care

## Diabetes foot care dos and don'ts

### When to see your family health care provider

- If you have any swelling, warmth, redness or pain in your legs or feet, see your family health care provider right away.
- If you have any corns (thick or hard skin on toes), calluses (thick skin on bottom of feet), ingrown toenails, warts or slivers, have them treated by your family health care provider or a foot care specialist (such as a podiatrist, chiropodist or experienced foot care nurse). Do not try to treat them yourself.
- Have your bare feet checked by your family health care provider at least once a year. In addition, ask your family health care provider to screen you for neuropathy and loss of circulation at least once a year.
- Take your socks off at every diabetes-related visit to your family health care provider and ask him or her to inspect your feet.



## Diabetes foot care dos and don'ts

- Do** wear well-fitting shoes. They should be supportive, have low heels (less than 5 cm high) and should not rub or pinch. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.
- Do** wear socks at night if your feet get cold.
- Do** elevate your feet when you are sitting.
- Do** wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.
- Do** exercise regularly to improve circulation.
- Do** inspect your feet daily and in particular, feel for skin temperature differences between your feet.

- Don't** wear high heels, pointed-toe shoes, sandals (open-toe or open-heel) or worn-out shoes.
- Don't** wear anything tight around your legs, such as tight socks or knee-highs.
- Don't** ever go barefoot, even indoors. Consider buying a pair of well-fitting shoes that are just for indoors.
- Don't** put hot water bottles or heating pads on your feet.
- Don't** cross your legs for long periods of time.
- Don't** smoke. Smoking decreases circulation and healing, and significantly increases the risks of amputation.
- Don't** have pedicures by nonhealth care professionals.





### *Bears Travel Far For Food*

#### **BEARWISE**

#### **Natural. Valued. Protected.**

Bears are highly intelligent. They easily learn where food sources can be found and use their keen sense of smell to seek them out. Bears will travel more than 100 kilometres to a known food source like a berry patch or a stand of beech trees and they will return to these same locations year after year. Bears are always looking for new food sources, including your garbage or the contents of your cooler. Once they determine that food can be found at your house or campsite, they will revisit again and again.

To report bear problems call:

**1 866 514-2327**

TTY 705 945-7641

In a life-threatening emergency, call your local police or 911.

For more information, visit

our website: [ontario.ca/bearwise](http://ontario.ca/bearwise)

Some things to remember about Ontario's black bears:

- When food crops fail, the potential for human-bear conflicts increases as bears search for alternate food sources.
- Bears lose their natural fear of humans through repeated exposure to people in areas where food is intentionally or unintentionally provided. In such cases, conflict with humans is inevitable. Bears may even become destructive or dangerous.
- Such bears are often destroyed because they have become “nuisances” or are perceived as a threat to human safety. They also have a greater risk of getting injured or killed in collisions with vehicles. That is why you should never intentionally feed bears or place food to attract other wildlife (including birds) to your yard for viewing.
- Bears quickly learn to associate human residences and campsites with a readily available food source. In fact, most bear problems occur as the result of improperly stored household garbage.
- Bears are also attracted to pet food that is left outdoors, bird feeders, grease and food residue left on barbecue grills, composters, fruit trees, sweet corn and grain fields.
- Garbage dumps provide a concentration of readily available food that often attracts bears. Bears that feed on garbage in landfills risk physical injury. They also become conditioned to eating garbage at landfills.



## **10 Tips for Mental Health**

### **1. Build Confidence**

Identify your abilities and weaknesses together, accept them, build on them and do the best with what you have.

### **2. Eat right, Keep fit**

A balanced diet, exercise and rest can help you to reduce stress and enjoy life.

### **3. Make Time for Family and Friends**

These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.

### **4. Give and Accept Support**

Friends and family relationships thrive when they are "put to the test".

### **5. Create a Meaningful Budget**

Financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.

### **6. Volunteer**

Being involved in community gives a sense of purpose and satisfaction that paid work cannot.

### **7. Manage Stress**

We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.

### **8. Find Strength in Numbers**

Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.

### **9. Identify and Deal with Moods**

We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.

### **10. Learn to Be at Peace with Yourself**

Get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

Mold can cause allergies. It can make it hard for some people to breathe. Mold can make it harder for your body to fight off infections. Mold can even cause serious illness.

Mold can grow in your house. You can prevent it from growing. If you have a little mold in your house, you can clean it up.

## This pamphlet tells you:

- how to prevent mold from growing;
- how to find out if mold is growing in your house; and
- how to clean up small amounts of mold.

## How to prevent mold from growing

Mold needs moisture to grow. Controlling the moisture and keeping the house dry prevents the growth of mold.

Check your house for signs of moisture or molds. Find out if water is coming in from the outside or if lots of moisture is produced inside the house. Check your house foundation, walls and roof for leaks. Check for plumbing leaks. If you find any, fix them. Think of the different ways moisture is

produced inside the house  
(for example,

cooking, bathing). Remove the moisture as it is

produced by opening a window or using exhaust fans.

Reduce the amount of stored materials, especially items

that are no longer used. Fabrics, paper, wood and

practically anything collect dust and hold moisture.

## Mold-proofing your house, room-by-room

### Basement or crawl space

- Get rid of clothes, paper and furniture stored in the basement. Keep only the items you can wash. Throw out wet and badly damaged or musty smelling

materials. Keep the basement tidy so air can move around more easily.



- Store firewood in a shed or garage, not inside the house.
- Avoid having carpets on the basement floor.
- Periodically clean the drain in your basement floor.

Use half a cup of bleach, let it stand for a few minutes, then flush with plenty of water.

Keep the drain trap filled with water.

- A dehumidifier helps to reduce moisture in the basement during the warmer months. Close the basement windows when the dehumidifier is running.
- Avoid standing water. Keep your sump pit covered.

Use a piece of metal or you can make a good cover by wrapping plywood in plastic.

### Furnace

- Regularly clean and replace the furnace filters.

Use a pleated, one-inch filter, not a coarse filter.

- If you have a *heat recovery ventilator* (HRV), clean the filter inside the HRV often.
- If you notice mold or signs of dampness, such as water on your windows or wet spots elsewhere,

do not humidify. Disconnect furnace humidifiers that are no longer used.

### Laundry

- Connect your clothes dryer to an exhaust ducted to the outside.
- Remove lint every time you use the dryer.
- Avoid hanging laundry indoors to dry.
- Dry your laundry tub and washing machine after you use them.

### Bathroom

- Check the fan to make sure it exhausts to the outside, not to your attic.
- Turn the bathroom fan on when you shower. Keep it running for a few minutes after you finish your shower.
- Take short showers if possible.
- Keep surfaces that get wet, such as the walls around the bathtub and s• If there is a carpet in your bathroom, remove it.
- Keep drains in good shape by removing debris from them. To clean a drain
  - pour a handful of baking soda into it
  - hower, clean and dry.



- add a cup of vinegar
- put the plug in the drain
- let the vinegar and baking soda work for about 20 minutes
- run fresh water into the drain.
- if the drain is still plugged, use a small plumbing snake to unplug it.

## Kitchen

- If the fan over your stove exhausts outside, use it when you cook.
- Minimize prolonged boiling.
- Keep your drains in good shape.

Follow the steps  
in the Bathroom  
section, above.

- There's a drip pan at the back of refrigerator. Pull the refrigerator out to clean the drip pan. At the same time, vacuum dust from the coils at the back of the refrigerator.



- Check under the kitchen sink to make sure there are no leaks.
- Take out the garbage daily to prevent odours and spoiling.

## Closets and bedrooms

- Get rid of clothes or other stored items that you don't use. Keeping your closets and bedrooms tidy makes it easier for air to circulate and harder for mold to grow.

## Other parts of the house

- When family and friends come into the house, have them take off their shoes.
- Vacuum often. If you are buying a vacuum cleaner, try to get one with a HEPA (High Efficiency Particulate Air) filter. A HEPA vacuum cleaner is more efficient in removing small particles of dust and molds.
- Clean hard floors with a damp mop.
- Remove unnecessary furniture that collects dust.
- Do not bring furniture that has been stored in a moldy place into your house.
- Cut down the number of potted plants in the house—soil is a good place for mold.

## Outside the house

- Install downspout extensions to take rainwater and melted snow away from the house.
- Make sure that eavestroughs, downspouts and downspout extensions are connected and working.
- Grade the soil so the ground slopes away from the house.

- Make sure that eavestroughs, downspouts and downspout extensions are connected and working.
- Grade the soil so the ground slopes away from the house.
- Fix problems as quickly as possible.



## How to tell if there is mold in your house

Mold grows in damp places. The best places to look for mold are the basement, under or behind stored items, under the kitchen or bathroom sink, on the wall or floor next to the bathtub, at the bottom edge of windows or in closets.

Mold can be black, white or almost any colour. It often looks like a stain or smudge. It may smell musty.

To find out if a stain or a smudge is mold, carefully dab the mark with a drop of household chlorine bleach.

If the colour of the stain or smudge changes or disappears, it is probably a mold.

## How to clean up small mold areas

Mold areas less than the size of a standard garbage bag folded in half are considered small. You can clean small areas yourself. For moldy areas that are larger, consult your housing department.

Wear rubber gloves, glasses or safety goggles, a dust mask and a shirt with long sleeves.

### Washable surfaces:

- scrub with a detergent solution; then
- sponge with a clean, wet rag and dry quickly.

### Moldy drywall:

- clean the surface with a damp rag using baking soda or a bit of detergent. Do not allow the drywall to get too wet.

If mold comes back after cleaning, or you think your house has lots of mold, contact your housing Bad Good department for more information.





## “Those Who Are Successful”

**NEWSLETTER – May, 2010**

Submitted by: Sandra Martin, Employment Counsellor

### **QUOTE**

“Success is almost totally dependent upon drive and persistence. The extra energy required to make another effort or try another approach is the secret of winning.” Dennis Waitley

### **UPCOMING EVENTS/NOTICES**

**B’Saanibamaadsiwin:** Aboriginal Mental Health 11<sup>th</sup> Annual Mental Health Expo being held Thursday, May 6, 2010 at the Charles W. Stockey Centre, Parry Sound, ON from 10:00am to 2:00pm. Information booths, free literature, wholistic health practitioners (massage, reiki), local drums (men, women, and youth), alternative health care and wellness products and demonstrations. Come on in and talk to your community helpers! For more information call B’Saanibamaadsiwin at 705-746-2512.

**Gezhtoojig Outreach In Your Community:** If you would like to learn about programs such as mobility, relocation, purchase of training/skills development, wage subsidy, job creation, information on apprenticeships, review of your resume or cover letter, interview tips or if you have any employment/education related questions: call to set up an appointment or watch for a poster for an upcoming outreach date in your community.

### **Summary of Interview Tips:**

- Learn about the organization.
- Review your qualifications for the job.
- Prepare answers to sample questions about yourself.
- Review your resume.
- Practice with a friend or relative.
- Be punctual and arrive prior to your scheduled interview time.
- Be well groomed.
- Dress appropriately.
- Do not chew gum.
- Relax and answer each question.
- Use good manners.
- Shake hands when you meet the interviewers.
- Avoid slang and communicate properly.
- Be enthusiastic.
- Be prepared to ask questions about the position/organization/industry.
- Bring the names and contact information for at least 3 references. (Be sure to ask the individuals for their permission to use them as a reference.)
- Thank the interviewers when the interview is completed and you are ready to leave.

### **Featured Website:**

Employee Self Help Kit provided by the Ministry of Labour <http://www.labour.gov.on.ca/english/es/pubs/selfhelp/index.php>

If employees have a problem with their current or former employer relating to unpaid wages, vacation pay, public holiday pay, overtime, minimum wage, termination or severance pay? The Employment Standards Act 2000 contains rules about what most employees are entitled to be paid. Most employers in Ontario must follow these rules. The Self Help Kit is provided by the Ministry of Labour to help employees help themselves to resolve problems on their own without having to file a claim and help them to figure out how much money they may be owed.

### **Humour:**

A high-school student came home from school seeming rather depressed.

“What’s the matter son?” asked his mother.

“Aw, gee,” said the boy, “It’s my marks. They’re all wet.”

“What do you mean ‘all wet’?” asked the mother. “I mean” he replied “below C – level!”

RECEIVED APR 19 2010



**IRONSIDE LAKE  
CAMPERS' ASSOCIATION**

April 15, 2010

Mr. Myles Tyson, Chief  
Wahnapiitae First Nation  
36 Loonway Road  
Capreol, ON P0M 1H0

Dear Chief Tyson:

I am writing to ask members and campers from Wahnapiitae First Nation to participate in the annual City of Greater Sudbury Clean-Up Blitz being held on Saturday, May 8, 2010 from 9 to 11 a.m.

Last year, twenty-two people from the Ironside Lake Campers' Association participated and cleaned the roadside from the end of Regional Road 84 to the Bailey bridge at the Vermillion River. This year, we are hoping to continue from there, but as you know R.R. 84 is very long and horribly littered, particularly from Capreol to Portelance Road, and more help is necessary. It would be great if we could get the whole road done but can't do it without more hands.

The City supplies the garbage bags, gloves, and safety vests. Pre-registration is required by May 1<sup>st</sup> at any Citizen Services Centre (there is one at the Capreol Citizen Service Centre and Library). Further information is available at the City website.

If you do decide to put a group together to help in this very worthwhile cause, please contact me or Kelly Smith (562-8140 or [the.lakehouse@hotmail.com](mailto:the.lakehouse@hotmail.com)), so that we can coordinate the start and finish points for your group.

Hope to see you on May 8<sup>th</sup>!

Yours sincerely,

A handwritten signature in blue ink that reads "Pat Ovens". The signature is stylized and cursive.

Pat Ovens  
President  
[pjs@personainternet.com](mailto:pjs@personainternet.com)  
(858-2647)



# UNION OF ONTARIO INDIANS

Head Office: Nipissing First Nation P.O. Box 711, North Bay, Ont. P1B 8J8 Phone: (705) 497-9127 Fax: (705) 497-9135

## **A Communiqué to Anishinabek Chiefs**

### **from Grand Council Chief Patrick Madahbee**

UOI OFFICES – **April 26, 2010** Grand Council Chief Patrick Madahbee would like to remind everyone of the 2005 First Nations Action Plan for Non-Insured Health Benefits (NIHB) created by the Assembly of First Nations.

The First Nations Action Plan for NIHB is aimed at ensuring that First Nations can access services based on their needs and as per their Treaty and Inherent Rights to Health, and Crown's fiduciary duty. Access must be sustainable and flexible, and must be founded on a community health approach.

"The federal government has been cutting back services to the point that it's affecting our citizens' health," says Grand Council Chief. "Our people should not have to pay for their prescriptions up front – we just can't afford to do so."

Please find below questions and answers regarding getting prescriptions filled under the NIHB.

**Q 1: My local Metro grocery store pharmacist informed me today that effective April 1, 2010 (now revised to April 26, 2010 approximately) they would be no longer honouring our status cards for prescriptions. Can they legally refuse to honour our status cards for prescriptions?**

A. The Metro Group made the corporate decision not to renew their contract with the Non Insured Health Benefits Program (NIHB) of the First Nations, Inuit and Aboriginal Health Branch of Health, effective April 1, 2010. Metro was exercising the legal right to do so. Under the terms of all such contracts, either party can choose not to renew or withdraw from the contract, by serving legal notice to the other party.

NIHB also changed claims processing contractors in December 2009. As a result, all service providers under contract with NIHB were required to register with the new contractor, ESI. The deadline for enrollment was March 31, 2010. Health care providers that missed the deadline were instructed that they could enroll after the deadline by the Ontario region NIHB office. ESI had also encouraged all health providers to take **advantage of the electronic billing system already in place.**

**Q 2: Does ESI approve/deny claims?**

A. ESI has been contracted by Health Canada as the NIHB pharmacy, medical supplies and equipment, and dental benefits claim processor. The **Q 3: Should I pay "Up Front" for prescriptions and then submit my receipts manually to NIHB for reimbursement?**

# UNION OF ONTARIO INDIANS

Head Office: Nipissing First Nation P.O. Box 711, North Bay, Ont. P1B 8J8 Phone: (705) 497-9127 Fax: (705) 497-9135

Q 3: Should I pay “Up Front” for prescriptions and then submit my receipts manually to NIHB for reimbursement?

A. All first Nations citizens should attempt to NEVER pay for their Prescriptions, “Up Front “ and then submit their receipts to NIHB for Reimbursement. When you agree to pay “ Up Front “ at a pharmacy not under contract with NIHB, you have no way of knowing if the medication purchased is on one of the “ Approved “ NIHB drug schedules.

In the case of prescription being for a generic drug, in accordance with Ontario Ministry of Health and Long Term care policy, (MOHLTC) prescriptions covered by the Ontario Drug Benefit Program (ODP) are reimbursed at a lower drug price than is charged to cash paying customers. The NIHB Program matches ODP prices when reimbursing pharmacies directly through on-line billing and when reimbursing clients through manual claims. Additionally, some pharmacies may charge a higher dispensing fee for point of sale payments when an customer opts to pay at the check out. As a result our First Nations citizens could be out of pocket by a significant amount of money. He/she also faces the possibility that the drug is not covered ( NOT being on an NIHB approved list of medications ). In keeping with NIHB policy, the citizen will only be reimbursed for the lower approved cost. This policy also applies to the dispensing fee. NIHB presently pays only a \$ 8.85 dispensing fee, while most pharmacies charge upwards of \$10.00 for dispensing fees.

**Q 4: What should I do then to ensure that I won't be forced to pay “Up Front “for all my prescriptions?**

A. Please confirm with your present pharmacy that it is under contract with the NIHB program and enrolled in the electronic billing system through ESI. If you determine that this is NOT the case, please request that your prescriptions be transferred to a pharmacy that is enrolled with NIHB. In most cases, you should be able to locate an NIHB enrolled pharmacy in close proximity to where you were previously getting your prescriptions filled. Ontario now has 3,306 pharmacies.

**Q 5: Are there any exceptions to my transfer of prescriptions to another pharmacy?**

A. Pharmacies cannot legally transfer prescriptions for narcotics to another pharmacy. You must contact your prescribing physician for a new prescription for these narcotics and present it to your new NIHB enrolled pharmacy.

**Q 6: Can you provide me with the names of some of the NIHB enrolled Pharmacies?**

A. According to the latest NIHB information, the vast majority of pharmacies in Ontario are presently under contract with their program. These include Shoppers Drug March, Rexall, Pharma Plus, Pharma Save, Guardian, Wal Mart, Zellers, and MOST IDA, Independent Grocers, and No frills. Some of the smaller stores are locally owned/operated and may not be under contract with NIHB.

Q 7: Do you predict any further fallout from the latest dispute involving the Ontario Minister of Health, Deb Matthews, and the Ontario Pharmacy Association, and if so how will this impact upon First Nations citizens in Ontario?

A. We should all consider this as “Round One” in this evolving dispute. It is not outside the realm of possibility that the First nations may be used as pawns, as was the case in at least one recent dispute. We will continue to monitor the developments and work with our NIHB/First Nations partners to best protect the rights and health of ALL First Nations citizens in Ontario. Should you encounter any problems getting a prescription filled please contact our office, so that we can assist you. Please see our contact information below.

If you have any questions or concerns, please contact Tony Jocko, Health Policy Analyst at the Union of Ontario Indians toll-free 1-877-702-5200 ext; 2313 or by e-mail [tony.jocko@anishinabek.ca](mailto:tony.jocko@anishinabek.ca)

## MAY 2010

### Monday May 3: ZUMBA in the firehall 5:30-6:30 pm

\*ZUMBA is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. It is a lot of fun and a great workout. We will be working out to the DVDs projected on to the large screen. Since it is a workout class no children under the age of 10 will be admitted to any ZUMBA class\*

### Wednesday May 5

- Mom and tots 10-12pm in the gazebo "Mothers Day Activity"
- School Age 4-5 pm in the gazebo "Mothers Day Activity"
- Zumba 6-7pm in the firehall- Bring water to drink and running shoes

### Thursday May 6

- Gardening workshop for youth and families
- 4-5pm at the Gazebo
- Snacks and beverages will be provided

### Saturday May 8- Mothers Day

- Mothers Day Extravaganza
- 10-2 pm at the Gazebo
- \*You must be registered by 4:30 pm on Friday May 7 to attend, no exceptions\*
- \*MOMS ONLY\* (no kids/no men)

### Wednesday May 12

- Mom and tots 10-12pm in the gazebo "Foam Art"
- Age 4-5 pm in the gazebo "Making Bird Feeders"

### Friday May 14- Family Dinner

- Youth and Family Dinners of the world "China"
- \*Parents must attend with youth\*

### **Saturday May 15**

- Drop in center at the gazebo 11-4pm

### **Monday May 17**

- ZUMBA in the firehall 5:30-6:30 pm Bring water and running shoes

### **Tuesday May 18- Indian Taco Sale**

- Indian Taco Sale
- 4:30-6:00pm at the gazebo
- Delivery starts at 5:00

### **Wednesday May 19**

- Mom and tots 10-12pm in the gazebo- craft
- School Age 4-5 pm in the gazebo-craft
- Zumba 6-7pm in the firehall- Bring water to drink and running shoes

### **Wednesday May 26**

- Mom and tots 10-12pm in the gazebo- craft
- School Age 4-5 pm in the gazebo-craft
- Zumba 6-7pm in the firehall- Bring water to drink and running shoes

### **Friday May 28- Family Dinner**

- Youth and Family Dinners of the world "Greece"
- \*Parents must attend with youth\*

### **Saturday May 29- The Great WFN Scavenger Hunt**

- 10-4pm -starts at the Gazebo
- Prizes for first, second and third places

# Indian Taco Take Out Youth Fundraiser



Includes:

Indian Taco

Fried Bread with Maple Butter

Beverage

**FREE DELIVERY**



**All for only \$10.**

**Tuesday, May 18, 2010**

**4:30 pm - 6:00 pm**

Please call anytime at 858-0610  
ext: 106 (Lynn), 107 (Wendy) or 111 (Marty)  
to place your order.

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## Wahnapiatae FN Mocc Walk 2010

Join me every Monday and Friday morning  
for a Nature Walk

Meet me at the Health Trailer

at 10 am

(Walk for 1 hour)

Starts on Friday, May 7 - June 30, 2010

Mark your time on your walking calendar  
and rack up the minutes.

### Incentives

For more information contact Wendy at 858-0601 ext: 107



# Mocc Walk 2010

The Ontario Native Women's Association (ONWA), in partnership with the Aboriginal Diabetes Programs of ONWA, is sponsoring a walking challenge. This walking challenge is intended to increase diabetes awareness as well as to promote physical activity among Aboriginal people across Ontario.

## ***Who can participate?***

### Individuals

- Women
- Men
- Youth
- Children

or

### Team (4 individuals to a team)

- Family team
- A team of co-workers
- A team of friends
- anyone

## ***What do participants have to do?***

- Register with Wendy at the Health Trailer by filling out the attached register form and she will fax to the Ontario Native Women's Association April 30, 2010
- Begin walking and recording their minutes on the calendar that will be provided
- Tally their points
- Hand in your tracking forms (calendars) to Wendy by July 9, 2010 and she will fax them in on July 10, 2010

## ***Where is this event taking place?***

- This is an all Ontario event
- Participants can walk anywhere - a treadmill, outside, at the mall. All they need to do is record their minutes walked and points on the calendar provided. Teams do not need to walk together but submit their points as a team.

## ***When is the walking challenge:***

- Walking will begin May 1, 2010 at 12:00 AM and end on June 30, 2010 at 11:59 PM

## ***Why should you participate?***

- Get active
- Get fit
- Have fun
- Win cool prizes

## ***What cool prizes?***

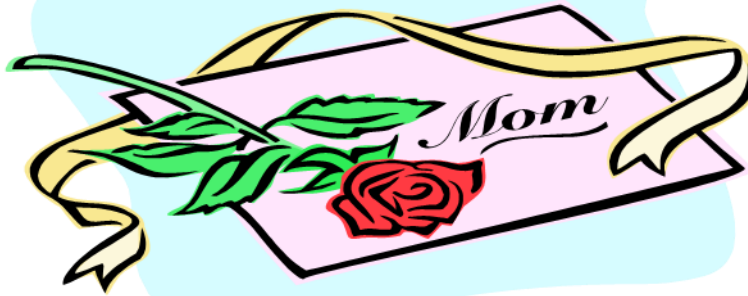
- There will be prizes awarded for teams and individuals in the northern, eastern, southern, and western regions of Ontario
- Cool stuff like t-shirts, fanny packs, cookbooks, pedometers and foot care packages
- All participants are eligible for 3 Grand Prizes (W11 Fitness, MPG3 Player or Ipod, Kids bicycle)

## ***How do you get involved?***

- Contact Wendy at 858-0610 ext 107 or
- Diabetes office at the Ontario Native Women's Association at 807-623-3442 or toll free @ 1-800-667-0816 or

# May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
	Zumba 5:30-6:30pm in fire-hall		Mom and tots 10-12 pm School age 4-5pm Zumba 6-7pm in firehall	Gardening workshop for youth and family 4-5 pm at the Gazebo		Mother's Day Extravaganza! *must be registered to attend*(no exceptions)J
9	10	11	12	13	14	15
			Mom and tots 10-12 pm School age 4-5pm		Family and Youth dinners of the world " Chinese" 5-6 pm	Drop in at the Gazebo 11-4 pm
16	17	18	19	20	21	22
	Zumba 5:30-6:30pm in fire-hall	Indian Taco Sale for Youth Fund-raising 4:30-6:30 pm Delivery starts at 5pm	Mom and tots 10-12 pm School age 4-5pm Zumba 6-7pm In firehall			
23	24	25	26	27	28	29
			Mom and tots 10-12 pm School age 4-5pm Zumba 6-7pm in firehall		Family and Youth dinners of the world "Greek" 5-6 pm	The Great WFN Scavenger Hunt 10-4pm
30	31					
	Zumba 5:30-6:30pm in fire-hall					



## WFN Mother's Day Extravaganza!!

Saturday, May 8 10am-2pm at the Gazebo!



Tarot card readings, hand soaks, makeovers!  
And have a glamour picture taken afterwards!

**All participants must be registered by  
Friday, May 7, 2010** at 4:30 pm.

(Sorry no exceptions)

You can call/visit Marty or Lynn at the health trailer . Food and refreshments will be served.

**\*No children or men allowed, just MOMS \***



# Foot Soak



## BRING A PARTNER

Tuesday, May 11th, 2010

&

Thursday, May 20th, 2010

at the gazebo

6 PM - 8 PM

For more information contact  
Wendy @ 858-0610 ext: 107



## 50 or Over?

### Congregate Dining BBQ Dinner

on Tuesday, May 25, 2010

5:30 pm at the gazebo

Steak, Baked Potatoes, Vegetable Medley

Drumstick Cake

**Call Wendy @ 858-0610 ext: 107  
if you will be attending**

# Best Wishes!

Happy Birthday  
Debra Plain McGregor  
on  
May 1st

Happy Birthday  
Abby Kratky  
on  
May 2nd

Happy Birthday  
Maggie Deguire  
on  
May 5th

Happy Birthday  
Haley McGregor  
on  
May 8th

Happy Birthday  
Rebecca Osawamick  
on  
May 19th

Happy Birthday  
Kobie McGregor  
on  
May 11th

Happy Birthday  
Cheryl Recollet  
on  
May 20th

Happy Birthday  
Carolyn Molyneaux  
on  
May 20th

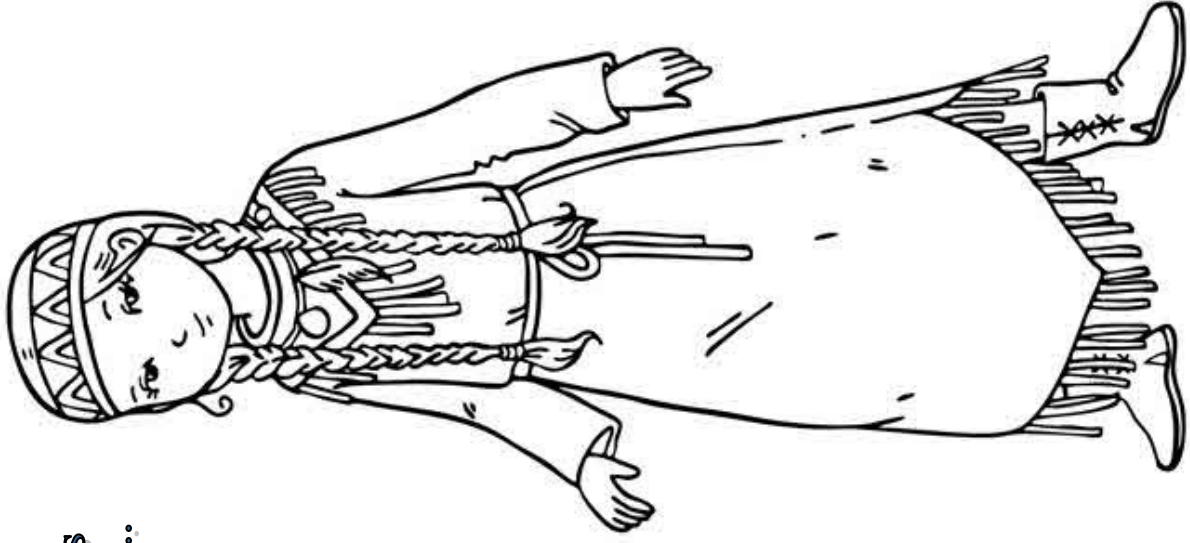
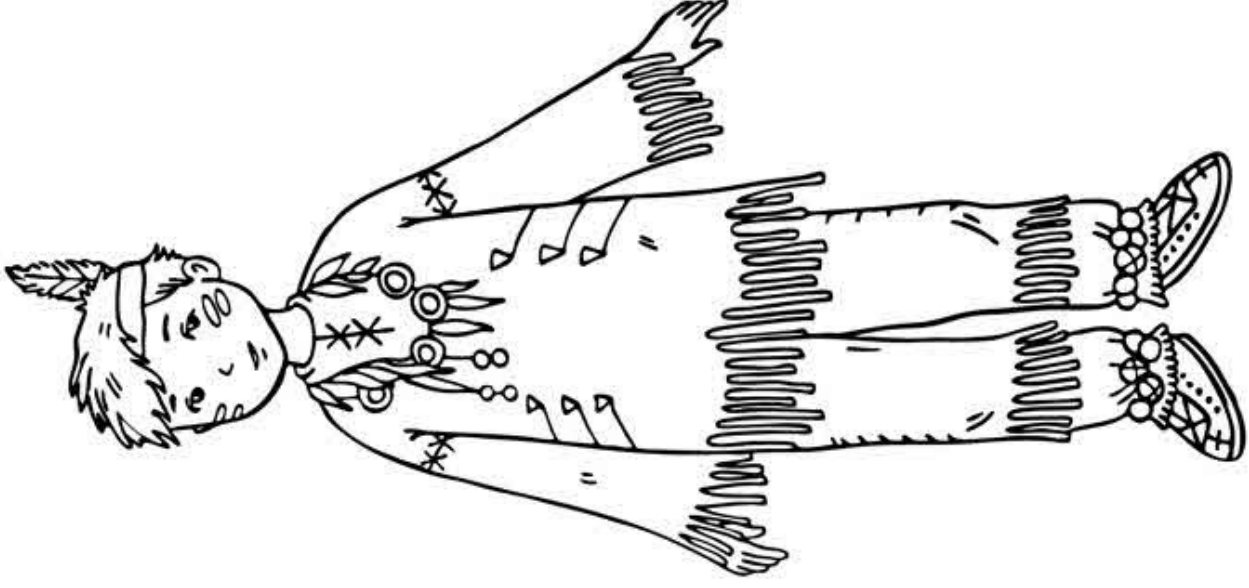
Happy Birthday  
Denise Burke  
on  
May 25th

Happy Birthday  
Anne Marie Recollet  
on  
May 30th

May 2010 Colouring Page

Be Creative

Add flowers  
animals, trees  
or butterflies...



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Colour and bring in to Wendy for a treat.