



MICHIPICOTEN FIRST NATION



Community Flyer



Diabetes Bingo / Breakfast	2
Band Buildings Closed	3
Show me how & let's do it	4
Diabetes Program - A1C testing	5
Elder Fun Day Activities	6
Aftercare Circle- Sacred skirts	7
Mental Health & Wellness Contact	8

Monday, April 10, 2017

Daily Affirmations

LIVE simply, **BE** grateful,
GIVE love, **LAUGH** lots

~2017~	Monday Apr 10	Tuesday Apr 11	Wednesday Apr 12	Thursday Apr 13	Friday Apr 14	Saturday Apr 15	Sunday Apr 16
Weather Conditions 6am-6pm							
	Mixed precipitation	Light snow	Mainly sunny	A mix of sun & clouds	Mainly sunny	Light rain	A few showers
High	3°C	5°C	9°C	9°C	11°C	10°C	5°C
Low	-4°C	-3°C	-3°C	-2°C	4°C	3°C	-6°C
24 hr rain	~ 1mm	—	—	—	—	1-3mm	2-4mm
24 hr snow	<1cm	1-3cm	—	—	—	—	—

Diabetes Prize Bingo

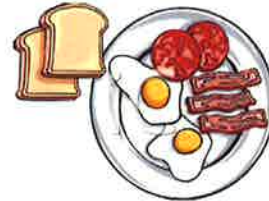
Diabetes bingo will be held on
Wednesday, April 12, 2017.
6:30pm @ Complex



Breakfast Program

Thursday, April 20, 2017
7:30am @ Band Hall

~All Welcome~



Medical Van / Passenger Van

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

Please leave your message of when and where you would like to be picked up. The driver will check the messages before leaving the Medical Centre.

Please do not call the front desk or your message may not reach the driver.

Poker Loppet Fundraiser

We will begin our poker loppett again on
Monday, April 3-13, 2017 @ 1pm

~Winners determined at the end of two weeks~

\$2:00 per play ~ High hand wins 50% pot.

Funds raised will go towards the
Youth & Elders Gathering ~Open to all~

"Miigwetch for your support"

All Band Buildings Closed

All Band Buildings will be closed for
Easter weekend.

Apr 14, 2017– Good Friday &
April 17, 2017- Easter Monday



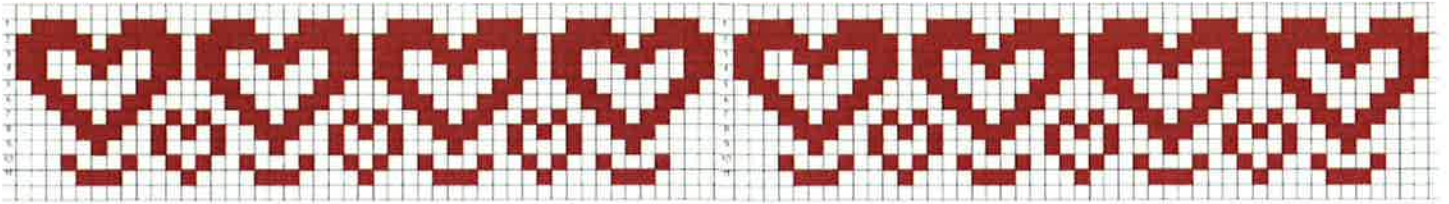
“Have a great Long Weekend”



United Church Thrift Shop

The United Church Thrift shop begins on
Thursday, April 27, 2017 @ 5pm





SHOW ME HOW & LET'S DO IT!



~ Beadloomng & Leather burning ~

*Free & all
supplies included!*

with Wendy Peterson


*Light snack will
be served!*

April 12, 2017- 4-5:30pm

@ the MFN Library!

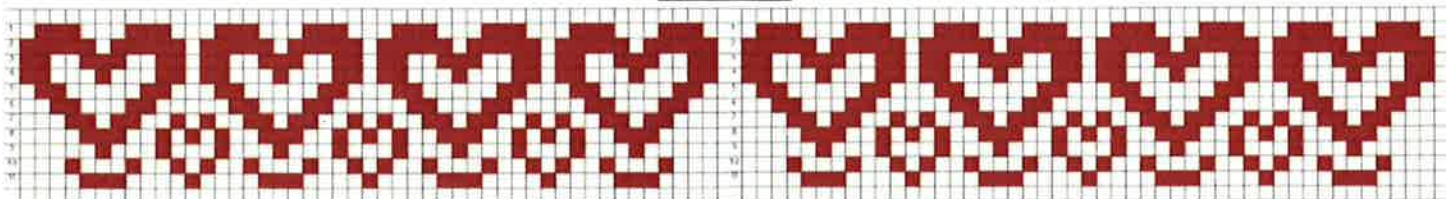
Please sign up with Wendy Peterson
705-856-1993 Ext 219 or Marilyn Farand
705-856-7354 and/ or for more info.

~ ALL WELCOME! ~

 superior children's centre
centre supérieur d'enfants



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Dilico Health Services Diabetes Program



In-home and community based services committed to clients who require diabetes education for prevention of diabetes and diabetes care for individuals diagnosed with pre-diabetes, diabetes and gestational diabetes.



**A1C lab testing available.
Receive your result within
minutes.**

Visit the Diabetes Educators at the Michipicoten Health Centre:

When: April 19th and May 17th

From: April 19th 9:00am – 4:30pm

May 17th 9:00am – 4:30pm

Call Lena at 856-1993 ext. 224 to book a visit with the Diabetes Educator.

*** Elder Fun Day Activities *
and Ojibwe language too :)**

Every Tuesday afternoon 12:30-3pm
@ the Medical Centre!

Activities can include –
knitting, crocheting, beading
and/or other crafts!
First one will be kind of a planning
session organizing what we need.



ALL WELCOME!

MEN
Woman
Young Ladies
Baby Girls

Sewing Circle Creating Sacred Skirts

Circle will start off with:

*Smudge/prayer

*Teaching of the Sacredness of
Woman and wearing their skirts

Where: Miigizi Suswiin Complex

When: Saturday May 13, 2017—Time 9:00—4:00 pm

Sunday May 14, 2017—Time 9:00—2:00 pm

First 10 Michipicoten First Nation Woman, young ladies and babies

In order to hold your seat there will be \$10.00 deposit that will be re-funded upon date of Program start. Non refundable for “no Show”

Lunch and refreshment will be provided for both days

Come out for some love and laughter

Please call Teresa at 856-1993 ext 228 or email tblack@michipicoten.com

This circle is a circle of friendship and healing.

Light Snack
and coffee

Mental Health & Wellness

Do you live with?

- ✚ Depression
- ✚ Anxiety
- ✚ Bi-polar Disorder
- ✚ Anger
- ✚ Schizophrenia
- ✚ Post-Traumatic Stress Disorder
- ✚ Self-Harm



Services We Provide

- ✚ Medication Review
- ✚ Health Promotion and Teaching
- ✚ Grief Support and Counseling Services
- ✚ Addiction and Treatment Support
- ✚ Referral Services



Who Can I Contact?

Mental Health Community Health Nurses

Tina Dennis, RN

Direct: 1-807-625-8599

Cell: 1-807-632-0515

Email: TinaDennis@dilico.com

Jacque Ten Napal, RN

Direct: 1-807-625-8516

Cell: 1-807-632-0566

Email: JacquelineTenNapal@dilico.com

“Wellness is having a healthy balance of self. It includes your physical, mental, emotional, and spiritual self.”



Dilico

Anishinabek Family Care