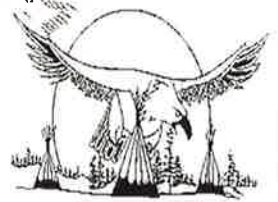


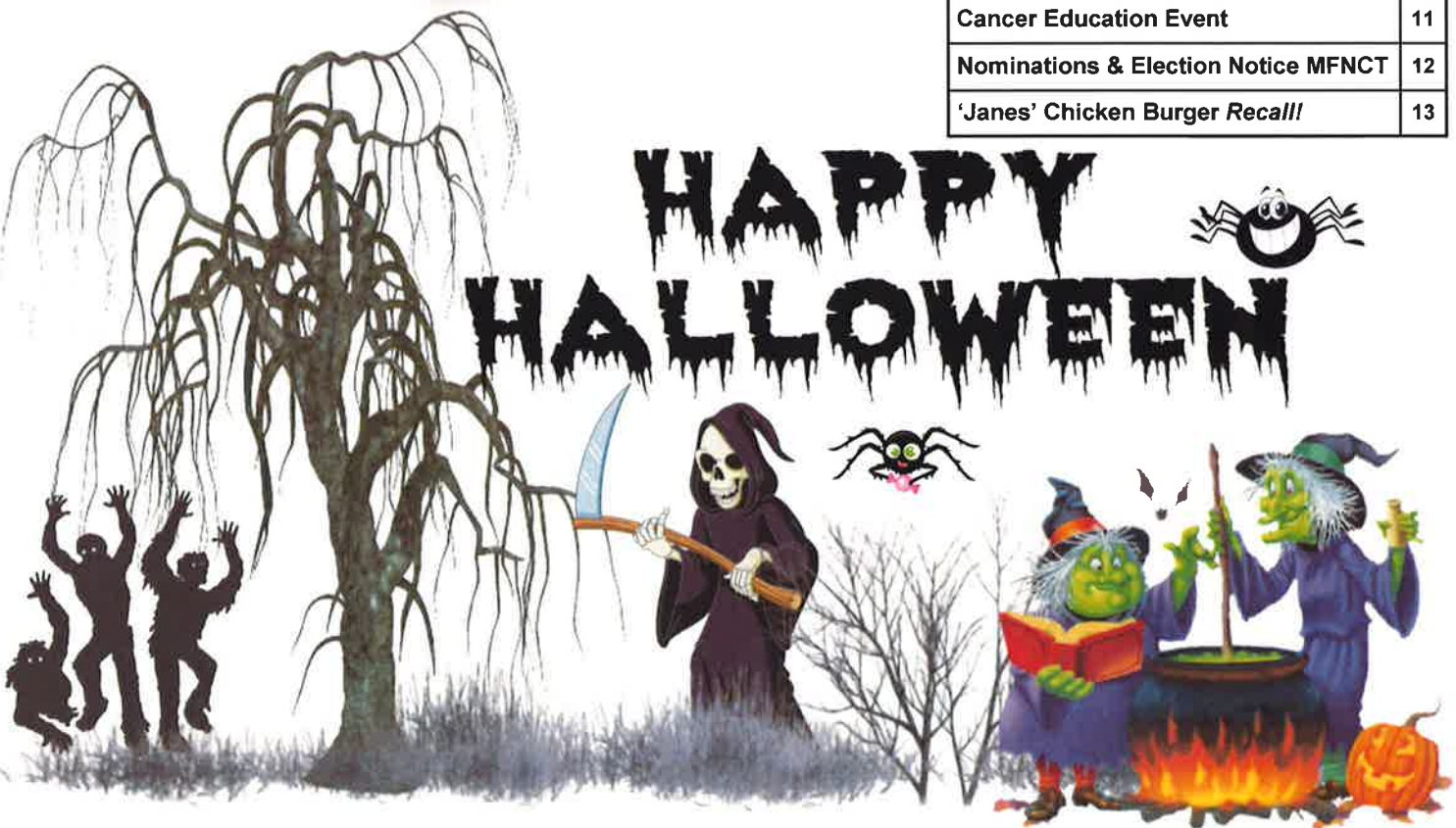
# MICHIPICOTEN FIRST NATION Community Flyer



## Wednesday October 31<sup>st</sup>, 2018



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# HAPPY HALLOWEEN

	Wednesday 31 <sup>st</sup>	Thursday 1 <sup>st</sup>	Friday 2 <sup>nd</sup>	Saturday 3 <sup>rd</sup>	Sunday 4 <sup>th</sup>	Monday 5 <sup>th</sup>	Tuesday 6 <sup>th</sup>
Weather Conditions	 Chance of a shower	 A mix of sun & clouds	 A mix of sun & clouds	 A mix of sun & clouds	 A mix of sun & clouds	 Light Rain	 Rain
High	5°C	4°C	2°C	1°C	2°C	5°C	5°C
Low	1°C	0°C	-2°C	-1°C	1°C	3°C	2°C
24 hr. rain	—	—	—	—	~1mm	5-10mm	15-20mm
24 hr. snow	—	—	—	—	~1cm	—	—



The Health Department would like to say  
**Miigwetch! Miigwetch! Miigwetch!**  
for making our first Wiiyaas Bingo a success.  
Congratulations to all the winners and we will keep you posted  
on the next date for our Wiiyaas bingo.



## Soup'n'Share/Exercise

Monday's with Helga

11:30-2:00pm

MFN Complex Common room



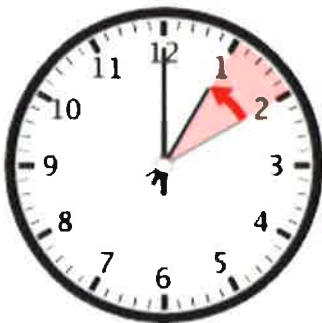
## Bible Study

Wednesday Nights at 7:00pm

Complex in the Common Room

*Contact Ida Swanson*

*705-856-7151*



## Daylight Saving Time Ends

On Sunday November 4<sup>th</sup>, 2018

2:00a.m. clocks are turned backward one hour to 1:00a.m.

Make sure to set your clock back an hour before going to bed the  
night before on Saturday November 3<sup>rd</sup>, 2018.

# LIBRARY



MONDAY	8:30AM – 4:15PM
TUESDAY	8:30AM – 4:15PM
WEDNESDAY	8:30AM – 4:15PM
THURSDAY	8:30AM – 4:15PM
FRIDAY	8:30AM – 1:15PM

**\*Closed from 12:00-12:30pm daily\***  
(programs and new times in the near future)

## Introduction:

Hello everyone! My name is Deanna Buonomo. I have recently accepted the role as Michipicoten First Nation Librarian. This is my first experience as a librarian and I am very excited to learn and deliver programs and news to this community. I have been a Kindergarten Educator for the past nine years and also have a background in Social Service Work. I have listed my email and phone number if you would like any information on upcoming Library Programs. Please reach out if you have any interest in helping out with our programs. Miigwetch  
[d.buonomo@michipicoten.com](mailto:d.buonomo@michipicoten.com)  
(705) 856-1993 ext. 219

Aanii. My native name is “the woman who flies with the eagles”, and my english name is Melanie Stone. I am the Aboriginal Support individual for Michipicoten First Nation Library. I have been a drummer for fifteen years and have knowledge around our cultural ways. I am looking forward to learning about artifacts. I like singing and look forward to sharing my songs and cultural knowledge. You can reach me at: [m.stone@michipicoten.com](mailto:m.stone@michipicoten.com) or (705) 856-1993 Ext. 219



# Multi-Family Community Yard Sale

~Donations \$5.00 per table~

All donations will go towards the  
2019 National Elders Gathering in Manitoba

**When:** Saturday, November 3, 2018

**Where:** 10-plex Common Room-Michipicoten First Nation

**Time:** 10am-4pm

If you would like to participate in the Community yard sale, gather your treasures and meet us at the Complex. Call Evelyn at (705)856-7442 if interested.



**Jams**

**Indian Taco's**



**Cabbage Rolls**



**Beets**



**Pies**



**Pickles**



**FREE 6-week Workshop**

**Atelier gratuit - 6 semaines**

## **Atelier Vivre en santé | Living Healthy Workshop**

- People with chronic illnesses (diabetes) Family members & caregivers welcome.
- *Personnes ayant une maladie chronique (diabète); membres de famille et aidants.*
- **Learn new skills to use every day! | Développez des aptitudes à utiliser tous les jours!**
- Making Action Plans; learn to better manage your health conditions, your emotions and your daily activities.
- *Dressez des plans d'action; gérez mieux vos problèmes de santé, vos émotions et vos activités quotidiennes*

**Next Workshop / Prochain atelier :** This workshop will be offered in english (ateliers offert en anglais)

### **Diabetes Self Management Workshop**

Open to all Community Members

**Mondays, November 5 to December 10, 2018 | Les lundis, du 5 novembre au 10 décembre 2018**

**Heure | Time :** 6:00pm - 8:30 pm | De 18 h 00 h à 20 h 30

**Lady Dunn Health Centre Boardroom (lower level) | Phone: 705-856-2335 ext. 3108**



Health Sciences North  
Horizon Santé-Nord

livinghealthy  vivre en santé  
NORTH EAST NORD-EST





**Dilico**

Anishinabek Family Care

**PRIMARY CARE TRAVELLING TEAM**

**MEET & GREET**

*Attendance Draw!*



**Please come out and meet your  
Primary Care Travelling Team:**

Tuesday, November 6, 5:30pm—8:00pm

3 Maple St, Wawa

Wednesday, November 7, 9:00am — 1:00pm

Michipicoten First Nation Band Office



# Primary Care Travelling Team

*PCTT: A multidisciplinary collaborative health care team*

*To access services call – 1.855.623.8511 (ext. 5249)*

Specializes in the evaluation, diagnosis, and treatment of speech, cognition, and swallowing disorders..

## Speech Language Pathologist



Advises on the selection, dosage, and side effects of medications and in monitoring of drug programs or regimens.

## Pharmacist



Support the delivery of primary care services, both clinical and educational.

## Registered Practical Nurse



Focus on psychological therapies and medication, building therapeutic alliances, and dealing with challenging behaviour.

## Mental Health Nurse



## Nurse Practitioner

Work directly with community members providing comprehensive primary care services and refers to other PCTT services where applicable.



# PCTT

Our allied health care team is focused on bringing respectful holistic health care services to First Nation communities.



## Psychologist

Assess, diagnose, and treat psychological problems and behavioral dysfunction related to physical and mental health, and play a major role in the promotion of healthy behavior and improved quality of life.



## Social Worker

Provide individual, group, or family counselling and deliver specialized clinical mental health services.



## Chiropodist

Specializes in assessing, managing, and preventing dysfunctions, disorders and diseases of the foot.



## Traditional Healing Liaison

Promotes and helps incorporating traditional medicines and practices into the primary care plan.



## Registered Dietician

Advises on healthy food and nutrition choices, and creates affordable nutritional plans.

# Medicine Wheel Teachings

with Leona



November 7, 2018

3 Maple street, Wawa

Family Well-Being Lodge

From: 1:30-3:30



**\*All welcome\***

For more information call Helga at 705.856-0129 ext. 235



**MICHIPICOTEN**



**FIRST NATION**



*Anishinabek*

**Parents, Caregivers, Service Providers  
Health Care Workers, Frontline Workers, Educators,**

**What is Jordan's Principle?  
How can this program assist our  
First Nations children?**

**We will be hosting 2 information sessions  
Thurs. Nov. 8, 2018**

**12:30pm-2:30pm 3 Maple ST. (back entrance)  
or  
5:30pm-7:30pm Michipicoten First Nation  
Complex**

**Please call or email  
Joanne Nelson, Family Support Worker  
for more info and to sign up  
705-856-1993 ext. 228  
j.wilson@michipicoten.com**



light lunch and dinner provided



# Finger Weaving

for beginners

with Carolle

When: November 13, 2018

Time: 5pm-7pm

Where: 3 Maple Street, Wawa

Family Well-Being Lodge



Please register at:

(705)856-0129 ext. 235

**\*Limited space\***



# Cancer Education Event

## Two-way Sharing on what works best for your community and creating awareness

### Michipicoten First Nation

Health Sciences North and Cancer Care Ontario will be offering an event for community members to discuss cancer care initiatives. This will be an opportunity to provide feedback on how to implement new issues at grass root level and determine how to build capacity.

Tuesday, November 20, 2018

5:00 pm – Dinner

6:00 pm - Presentation

7:00 pm - Draw

Where: Complex



Health Sciences North  
Horizon Santé-Nord



Cancer Care Ontario

*If you have any question, contact:* Rose Pitawanakwat  
[rpitawanakwat@hsnsudbury.ca](mailto:rpitawanakwat@hsnsudbury.ca)





## Michipicoten First Nation Community Trust

### NOMINATIONS AND ELECTION NOTICE

The M.F.N. Community Trust will be holding nominations / election for  
Three (3) Trustee Positions:

three (3) off-reserve

(1) One year term

(2) Three year term

**Saturday, December 8, 2018.**

**Nominations are from 9:00 a.m. – 11:00 a.m.**

**And voting will take place from 12:00 p.m. – 6:00 p.m.**

**At the Michipicoten First Nation Community Trust Administration Office  
located at 16 Whitesands Drive.**

**Please be advised that three (3) positions are available.**

The Trustees encourage all voting M.F.N. band members to participate and to note the following regulations pertaining to the Saturday, December 8, 2018 election date:

1. No mail-in nominations or votes are permitted.
2. Electors must be 18 years of age or older in order to vote.
3. You are required to bring applicable identification (i.e. status card).
4. Potential Trustees must be 25 years of age or older to be eligible.
5. All nominees must be present and sign an Acceptance Form prior to 11:30 a.m.

If you have any questions and/or concerns, please contact **Michelle Wheatley** at the Michipicoten First Nation Community Trust Office.

M.F.N. Community Trust Toll-free #: 1 (888) 818-4417 or 1 (705) 856-9559  
Or by e-mail: [mfnctadmin@xplornet.ca](mailto:mfnctadmin@xplornet.ca)

# Janes chicken burgers recalled due to possible Salmonella contamination (3 photos)

The agency says the uncooked breaded chicken burgers were sold across the country in 800 gram packages  
about 18 hours ago by: Canadian Press



OTTAWA — The Canadian Food Inspection Agency (CFIA) says Sofina Foods Inc. is recalling Janes brand Pub Style Chicken Burgers from the marketplace due to possible Salmonella contamination.

The agency says the uncooked breaded chicken burgers were sold across the country in 800 gram packages with a best before date of **May 14, 2019 (UPC code 0 69299 12491 0)**.

In its [recall warning](#) the CFIA says Salmonella investigations led by the Public Health Agency of Canada have linked frozen raw breaded chicken products to 25 illnesses in nine provinces — one in B.C., three in Alberta, three in Saskatchewan, one in Manitoba, 12 in Ontario, two in Quebec, one in New Brunswick, one in P.E.I., and one in Newfoundland and Labrador.

It says two people have been hospitalized, though no deaths have been reported.

The agency, however, did not say whether any of the illness were directly related to the products being recalled.

It says the recalled items should be thrown out or returned to the store where they were purchased.

Symptoms of Salmonella poisoning typically include fever, headache, vomiting, nausea, abdominal cramps and diarrhea, but long-term complications can include severe arthritis.