

Employee of the Month

The selected Employee of the Month will receive a \$25.00 certificate at a local business vendor of their choice. All CRHA employees are encouraged to nominate their fellow co-workers for their hard work and dedication. *Nomination forms are available in K drive, Forms, Administration.*

Employee of the Month



Donna Flett
Housekeeping

I would like to nominate Donna Flett for employee of the month. I consistently see her working hard day after day. Although she is busy and her work may be tiring she always has a big smile for anyone passing by. It is her smile and kind words that often make my day. I would like Donna to be recognized for her hard work and warm smile. I feel that she is a great asset to the Churchill RHA.

Employee of the Month



Sharon Lang
Children's Centre

On behalf of the Parent Advisory Committee we would like to nominate Sharon Lang for the employee of the month, she is truly exceptional. Her patience and skills that she brings to the centre is so valuable to both the child and the parent. She informs parents a bit of information daily which helps us to feel connected with our child's day care life. Sharon has provided the best environment for our kids and is very deserving for this nomination.

New Employees

- | | |
|---|--|
| Charito Ballallo-Registered Nurse | Joanne Daignault-Casual Health Care Aide |
| Samantha Cascagnette-Registered Nurse | Derek Gaboury-Technician Paramedic |
| Jason Nault-Primary Care Clinic Nurse | Patricia Carter-Lecompte-Patient Safety Officer |
| Maureen Hawkins-Casual Houskeeping Aide | Jen Legault-Manager - Community Wellness |
| Tasha Esau-Full Time Term Registered Nurse | Yevheniya Kandyurina-Child Care Assistant (term) |
| Alicia Tewnton-Summer Student Admin Assistant | Cindy Wolanski- Receiving Home Parent (term) |

Departmental Recognition

- Receiving Home - September 20-24
- Human Resources - September 20-24
- Kivalliq Liaison - October 11-15th

Current Employment Opportunities

For more job opportunities please visit the Human Resources bulletin board located outside of the Finance Office. Applications or bid forms are available at this location.

- | | |
|-------------------------|-----------------------------------|
| Casual Positions | Full Time Positions |
| Health Care Aide | Early Childhood Educator II |
| Housekeeping Aide | Technician Paramedic |
| Dietary Aide | Director of Community Services |
| Technician Paramedic | Pharmacist |
| Clerk Typist | Payroll - GL Ledger Administrator |
| Receiving Home Parent | |
| Child Care Assistant | |

For more information please contact the Director of Human Resources, Ron Sweeney at 675-8307



CRHA Policy Information Animals: Treatment & Euthanasia

Veterinary medicine or the diagnosis and treatment of animals is a practice governed by the College of Veterinary Medicine of Manitoba. Any person practicing the diagnosis and treatment of animals without the necessary credentials as defined by the College or without the necessary training and express written permission of the College is engaged in an illegal act.

The staff of the Churchill RHA and the practitioners in the employ of the Northern Medical Unit working in the Churchill RHA may not treat, diagnose or engage in the diagnostic testing of animals.

Owners requiring prescription pharmaceuticals such as antibiotics for their animals shall contact a qualified veterinarian who may then contact the RHA pharmacy to order a prescription to be dispensed to the owner.

The Town of Churchill contracts the services of a veterinarian twice annually to care for pets in the community. On those visits the veterinarian performs surgical procedures. To support the efforts of the Town of Churchill to control the pet population and such communicable diseases as rabies, the RHA shall loan to the veterinarian such equipment as oxygen cylinders and the use of an autoclave for the purpose of sterilizing surgical equipment.

If you have any questions or concerns, Please call the Executive Office at 675-8318.

Children's Centre News

The Children's Centre staff hopes everyone enjoyed their summer holidays. We would like to welcome back all the families that were away. We missed you! We had a busy summer with various activities and our special Friday activities. Thank you to all the staff for their creativity. We are excited about September! It will be a busy month. We are having a yard sale and fundraising as well as planning our program.

Thank you to all who has donated all the several of items and toys! It is very much appreciated and enjoyed by all the children. We now have a "thank you" board on the outside wall of the Daycare. Thank you to Samantha for creating this board. A special thank you to the parents who donate home snacks, the children really enjoy these at the end of the day!

We would like to Congratulate Avere on her Graduation in June for her ECE II. We wish her all the best for her future endures. We would also like to congratulate the families who have new additions to their families. There will be a list of names in the next newsletter.

Our safety tip: Always wear a helmet when riding a bike and wear proper footwear when playing outside!

[This is a recipe for families to do together!](#)

Supplies: Smocks, water, cornstarch, food coloring & bowl.
Put the cornstarch in bowl. Add food coloring to water and pour water into the bowl with cornstarch. Mix with hands. See what happens. Can you mold it or stretch it? What does it feel like?

Have fun!
Submitted by: Sharon Lang

In This Issue

- Pap Test Week 2010 1
- Human Resources Info. 2
- CEO's Article..... 3
- Dietitian News 4
- Medication Reconciliation..... 5
- Order of Manitoba News 6
- Dancing Sky PCH News..... 7
- 8 Great Ways to 8
- Help Your Community 9
- Probation Officer News 10
- Pharmacy News 11
- Your Well Being 12
- Ovarian Cancer 13
- EMS: Emergency Vehicles..... 14
- Children's Centre / Pet Policy.. 15
- Announcements 16

Co-Editors:

Heather Botelho
hbotelho@churchillrha.mb.ca
(204) 675-8374

Valerie Brew
valbrew@churchillrha.mb.ca
(204) 675-8318

Publication Schedule
Future issues of the UPDATE:

JANUARY 2010
MARCH 2010
MAY 2010
JULY 2010
SEPTEMBER 2010
NOVEMBER 2010

Editorial Policy:
It is the policy of UPDATE to invite the participation of all readers by your submissions of articles etc. however we reserve the right and the responsibility to exclude or edit prior to publication. Tasteful articles excluded will be reconsidered for later editions and the editing will be for reasons of clarity and/or size, but not to change the content. Where articles are taken from other publications, we may require written permission to use them.



EMERGENCY VEHICLES



An emergency vehicle, when responding to an emergency call, will sound an alarm and use flashing lights. The alarm may be a horn, bell or siren. The lights may consist of any of the following: a flashing red light, flashing red and blue lights or alternating flashing headlights.

When an emergency vehicle (Ambulance, Fire or RCMP), sounding an alarm and flashing lights, is approaching from any direction you must yield right-of-way and take the following action:

1. Remain calm.
2. Immediately move clear of an intersection if you are stopped for a stop sign. If blocking the path of an emergency vehicle, you must proceed through a stop sign with caution, to clear the way;
3. Drive as closely as possible to the right curb or edge of roadway; and
4. Remain stopped at the edge of the road until the emergency vehicle has passed.

Following these guidelines will ensure the safety of the public and emergency responders.

675-8880

In the event of an emergency call the Churchill Ambulance



From the desk of the Chief Executive Officer, Derry Martens...

It has been some time since I have had the opportunity to speak with you in this forum. In the past I have been pretty easy on everyone and tried not to nag to any great extent on any given issue but I've been silent too long. First, I need to give you some background.

Two years ago, at the age of 63, I quit smoking. Too soon old and too late smart as my mother used to say. I quit because I felt my credibility as a health care leader was in question while I continued to smoke. The hypocrisy of preaching wellness and engaging in an activity that was clearly detrimental to my own health and the health of those around me was something I was no longer prepared to live with – so I quit. I had smoked for 44 years and still enjoyed it. So it wasn't easy and I didn't make it without help. And there are still three or four times a day when I crave a cigarette but I'm not going to let an addiction control me.

I can smell things for the first time in years – how fresh the air is after a rain and the smell of the ocean. I don't miss the smell of cigarettes on my breath or on my clothes and I sure don't miss listening to the wheezing in my lungs. I don't think I am unique. If I can succeed at this then you can too.

Whatever reasons smokers have for continuing there are that many reasons and more to quit. And we haven't even mentioned the money angle yet. If you are a pack a day smoker it's costing you \$476 a month to wreck your health.

“Ah but” you say. “I don't smoke around my kids” – good for you – that just means your kids will live healthier and might do it without you sooner as you die with a smoking related disease. And think about this one – you are role modeling addictive behavior for your kids – showing them by your actions that it's acceptable to lean on a chemical crutch.

This community has one of the highest smoking rates in the province and of course related to that is the highest incidence of smoking related respiratory disease.

We are here and ready to help when you decide to take control.

As always, my door is open – Drop in to see me any time.

Derry Martens



DIETITIAN NEWS: FIGURING OUT FATS...

Did you know - that your body needs fat? Not only does fat provide our bodies use with a concentrated source of energy, it makes up a part of our body cells Fat also protects our internal organs and helps absorb important vitamins our bodies need to function properly.

Unfortunately, a lot of us consume too much fat in our diet. Many foods are high in fat. Some foods have visible fat such as the fat around a pork chop while other foods have hidden fat like deep fried foods or salads soaked in dressings. Fat laden foods, especially those with hidden fats, can supply a surprising number of calories.

Did you know that fat has more than double the calories of protein or carbohydrates? For example: 5 grams of fat has 45 calories (same as a teaspoon of oil) while 5 grams of protein or carbohydrate has 20 calories. **Most people need between 60 to 80 grams of fat per day.**

Did you know that some fats are better for you than others? Making sure you are eating the right type of fat can be tricky. Reading food labels will tell you what type of fat is found in the foods you eat. Low fat foods have less than 3 grams per serving. Here is a quick summary of the different types of fat you will find on a food label.

Unsaturated Fat : Unsaturated fats are the “good” heart-healthy fats. These fats are liquid at room temperature. Good examples include: olive oil, canola oil, and the fat in avocados, nuts and fatty fish like salmon, char, hering, mackerel, sardines, and trout. Omega 3’s are a heart healthy fat.

Saturated Fat: Saturated fats are the “bad” fats even though they can be found in some healthy foods. Eating too much can lead to health problems like heart disease. Saturated fats are found in meats, cheese, butter, lard and in tropical oils such as coconut oil, palm kernel oil, and palm oils. Highly saturated fats are solid at room temperature. To reduce the amount of saturated fat in your diet, choose lean, non-fatty meats, remove skin from poultry, and bake, broil or steam foods instead of frying. Choose lower fat dairy products and limit butter and lard. Read food labels to ensure foods do not contain tropical oils.

Trans Fat: Trans fats are the “ugly” fats. This type of fat increases your blood cholesterol, which can cause heart disease. Trans fats not only raise bad cholesterol levels, they lower good cholesterol levels. You can find trans fats in vegetable shortening, some margarines, and many processed foods like French fries, crackers, chips, cookies and donuts. The word “hydrogenated” on a food label means that the food contains trans fat. Limit these “ugly” fats by reading food labels to be sure the food you buy has little or no trans fat.

What’s on your menu? It is easy to reduce the fat in your diet, you just have to make the right choices!

Food	Grams of Fat
Chicken nuggets (6)	18
Fries (25)	12
Caesar salad (1 cup)	15
Donut, chocolate glaze (1)	18
Milk shake, chocolate (12 oz)	16
Total Fat	79 grams
Roasted chicken (½ breast)	4
Baked potato	0
Non hydrogenated margarine (1 tsp)	5
Stir fried veggies (1 cup)	2
Garden salad with low fat dressing (1 tbsp)	2
Milk, chocolate, (1 cup)	3
Ginger snaps (2)	2
Peach slices (½ cup)	0
Total Fat	18 grams



O V A R I A N C A N C E R

DISEASE BASICS

The cause of ovarian cancer is unknown. Ovarian cancer occurs more often in women living in developed countries, but there are probably many different contributing factors. There can be a genetic factor to ovarian cancer. Women who have two or more close relatives (mother, sister or daughter) with ovarian cancer are more at risk of the disease. The risk is higher if the relative was under 50 when they were diagnosed with the cancer.

WHO IS AT RISK FOR OVARIAN CANCER? The risk of developing ovarian cancer increases as you age - 6 out of 10 women diagnosed with ovarian cancer are between 50 - 79 years old. The risk for ovarian cancer may be increased if you have:

- ◆ Had breast or colon cancer
- ◆ Used oral contraceptives
- ◆ Not had children
- ◆ A family history of breast, ovarian or colon cancer

SIGNS & SYMPTOMS

AWARENESS: LISTEN TO YOUR BODY

There is no one specific symptom for ovarian cancer. The symptoms are generally vague, non-specific and can be mistakenly attributed to other causes. Just because you have the symptoms, does not mean you have ovarian cancer.

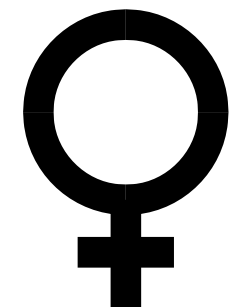
COMMON WARNING SYMPTOMS

- Swelling or bloating of the abdomen
- Pelvic discomfort or heaviness
- Back or abdominal pain
- Fatigue
- Gas, nausea, indigestion
- Change in bowel habits
- Emptying your bladder frequently
- Menstrual irregularities
- Weight loss or weight gain

OTHER SYMPTOMS

- Mass or “lump” in your pelvis that you can feel
- Inability to eat normally
- Pain with intercourse
- Vaginal Bleeding

If you have one or more of these symptoms and these symptoms persist for 3 weeks or longer, see your health care practitioner immediately.



For more information please visit:
www.ovariancanada.org

The Benefits of Dogs & Cats in Well-Being!

Pet Therapy works by providing proximity to animals to those who can benefit by it. The following are benefits of having pets beside us or living with pets.

Rapport - Animals can open a channel of emotionally safe, non-threatening communication between client and therapist. In therapy settings, animals help present an air of emotional safety. If a therapist has an animal in his/her office, attention can be directed on the animal. The animal's presence opens a path through the person's initial resistance. Children are especially likely to project their feelings and experiences onto an animal.

Acceptance - Animals have a way of accepting without qualification. They don't care how a person looks or what they say. An animal's acceptance is nonjudgmental, forgiving, and uncomplicated by the psychological games people often play. They accept you the way you are.

Develop More Empathy - Studies report that children who regularly come into contact with a pet become more empathetic. Children's ability to empathize with animals will carry over into their experiences with people.

Entertainment - The presence of an animal provides a much needed entertainment to those watching it. Even people who don't like animals often enjoy watching their antics and reactions. Especially in long-term care facilities, it seems everyone is entertained by animal visits in some way.

Socialization - Studies have shown that when dogs and cats come to visit a care facility, there is more laughter and interaction among residents than during any other "therapy" or entertainment time. In an inpatient setting, the presence of animals encourages socialization. Staff members have reported that it is easier to talk to residents during and after animal visits.

Mental Stimulation - Mental stimulation occurs because of increased communication with other people, recalled memories, and the entertainment provided by the animals. In situations that are depressing or institutional, the presence of the animals serves to brighten the atmosphere, increasing amusement, laughter, and play. These positive distractions may help to decrease people's feelings of isolation or alienation.

Physical Contact and Touch -It is well established that touch is very important for the nourishment of our mind and spirit. For some people, touch from another person is not acceptable, but the warm, furry touch of a dog or cat is. In hospitals, where most touch is painful or invasive, the touch of an animal is safe, non-threatening, and pleasant. There are a number of programs for people who have been physically or sexually abused in which staff and volunteers are not allowed to touch the clients. In cases like these, having an animal to hold, hug, and touch can make a world of difference to people who would otherwise have no positive, appropriate physical contact.

Physiological Benefits - Many people are able to relax when animals are present. Tests have shown that the decrease in heart rate and blood pressure can be dramatic. Even watching fish swim in an aquarium can be very calming.

Develop an Outward Focus - Individuals who have mental illness or low self-esteem focus on themselves. Rather than thinking and talking about themselves and their problems, they watch and talk to and about the animals.



What is it? What does it mean?

M e d i c a t i o n

R e c o n c i l i a t i o n

What is medication reconciliation? Medication Reconciliation is a process where hospital staff works with the patient and their family/caregiver to make sure that the patient is on the right medication and that they are taking the right dose at the right time.

Why should we reconcile patients medications? Research suggests that 1 in 2 patients might be taking a medication incorrectly, they might be not taking it at all, or they might be taking it with something that could work against the affects of the medication. If this problem is not found and fixed, it can lead to other health problems.

How do we reconcile medications? Hospital staff needs to get a complete list of medications the patient takes. Medications are not just the pills a doctor has prescribed to the patient.

Medications Hospital Staff need to be aware of:

- **Prescription medications:** ordered by the doctor. Ones that are being taken at that time. The staff would also want to know about medications that have been prescribed by the doctor that you have stopped taking for some reason.
- **Over the counter medications:** Such as aspirin, Tylenol, allergy medication, cough medicine, and even creams or ointments.
- **Vitamins / Minerals:** Such as Multivitamins, Calcium, Iron.
- **Supplements:** Such as omega-3, Glucosamine, Metamucil, Herbal preparations
- **Eye drops / Ear drops / Nose drops or spray:** Such as Visine, Polysporin drops
- **Inhalers, Patches, Medicated Creams or Medicated Ointments**
- **Medication Samples:** These may have been given to you by your family doctor or a specialist.

What can you do to help? Every time you come to the hospital please bring all of your medications with you. The list above outlines what is considered to be a 'medication'. Bring the medications when you come to the hospital for a scheduled appointment with a doctor or other healthcare professional; a visit to the emergency department or a scheduled admission to the in-patient area.

Benefits

To the patient:

- ✓ Ensures the patient gets the right medication to help them.
- ✓ Makes sure the patient is taking the medication properly so it doesn't lead to more health problems.

To the hospital staff:

- ✓ The doctor can chose a type of medication that will not affect or be affected by the patients other medications.
- ✓ The pharmacist can explain possible side affects to the patients medication
- ✓ The staff will know the history of the patients medications



Order of Manitoba Award

Congratulations to Dr. David Grewar Pediatrician for the Churchill RHA

A specialist in pediatrics and Aboriginal and newborn medicine, for more than 50 years he made an exceptional contribution to Northern health care, particularly among the Aboriginal and Inuit children of communities in northern Manitoba and Nunavut. He graduated from St. Andrew's University in Scotland in 1945, arriving in Canada in 1952. He became head of the department of pediatrics at St. Boniface Hospital while also working at Health Sciences Centre. His passion for northern health care began with his first trip to Rankin Inlet in 1956 as a medical consultant. He continued to fly bi-monthly to northern communities until well into his late 70s. A tenacious advocate for the needs of his northern patients, he has also promoted an interest in practising in the north among countless medical students and new physicians. He retired in 2007 at the age of 85.

Where Am I?



We are asking our readers "Where Am I?" If you can identify where the picture on the left was taken, send your answer to:

Email: hbotelho@churchillrha.mb.ca

or

Phone: 1-204-675-8374

Be as specific as you can. The first person to contact us with the correct answer will have their name published in the November 2010 issue and **receive a free lunch voucher.**

Congratulations Valerie Oman. She guessed the "Where Am I"
July 2010 photo.

Photo: **Aerial photo of the mouth of the River / Hudson Bay. (Amy Goulet)**

Do you have a unique photo that you would like featured in "Where Am I?"
Email your digital picture to hbotelho@churchillrha.mb.ca

Pharmacy News: Head Lice

What are head lice? Head lice are small insects that live on people's heads. While they may be found anywhere on the head, they are usually found on the scalp, along the neckline and behind the ears. When lice bite the scalp, they cause itching and sometimes redness.

Important things to remember about head lice:

- They do not cause or carry disease;
- They can be easily treated; and
- Knowledge can help control their spread.

What do lice and their eggs look like? Head lice are very small (usually about the size of a sesame seed), but size may vary. They move quickly, so they are difficult to spot. It is easier to look for their eggs (called nits) rather than the insects themselves.

Live nits can be grayish, cream or tan-colored. Lice lay their nits on the hair very close to the scalp. They can be found anywhere on the head but most commonly behind the ears and at the back of the neck. Each nit is attached to the hair with a hard, waterproof "glue" so they cannot be washed out or brushed off like dandruff.

How can you tell if a person has head lice?

- Frequent scratching of the head.
- Nits found stuck to the hair close to the scalp
- Small insects noticed on the head.

What is the treatment for head lice?

- ✓ Check all household members.
- ✓ Treat all infested household members at the same time.

Treatment Procedure

- Use lice crème rinse or shampoo as directed on the label
- Apply to wet or dry hair, following the directions for the product you are using.
- Work thoroughly into the hair, according to the directions on the label (usually 4-10 minutes)
- Rinse well with water to remove all crème rinse or shampoo and loosen the nits.
- **Remove Nits:** Pull off individual nits by grasping nits between finger tips or Comb hair with a fine-toothed comb, one small section at a time.

Is any other cleaning necessary? Head lice and their nits do not survive well off the scalp as they feed on humans and survive only in certain temperature and humidity range. Articles most likely to transmit lice are those that come into contact with head and nape of the neck, such as hats, helmets, furry coat collars, scarves, hair brushes, combs and hair ornaments. Where possible, these items should be washed in hot water and dried in a dryer. Combs and brushes should be soaked in hot, soapy water for 15 minutes. Other items may be sealed on a plastic bag for 10 days, or placed in a freezer for 24 hours.

Who gets head lice? Anyone can get head lice. Although parents are often embarrassed to find their children have head lice, it is really a common problem throughout society. It is most common in places where people work or play together for long periods of time, such as classrooms and child care centres.

How do you get head lice? Contrary to popular belief, poor hygiene does not cause head lice. Head lice cannot jump or fly so they are most commonly spread through close head-to-head contact with someone who has head lice. Lice are also spread by sharing personal articles that have touched the head, such as hats, helmets, scarves, combs, brushes, barrettes and ribbons. They cannot be spread from animals or pets.

How can you prevent the spread of head lice? Head lice can best be controlled through the co-operation of parents, teachers and public health personnel. Once parents learn how to recognize head lice, regular inspection of their children's scalps is the best preventive measure. Teach your children how head lice are spread and how to avoid them.

If you have any concerns or questions, or have difficulty getting rid of head lice, contact your doctor or Public Health Nurse.





Churchill Regional Health Authority Inc.
24-Hour Help Lines
 (Province Wide)



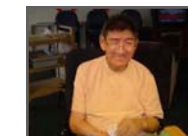
Manitoba Health (Suicide/Crisis)	Sexual Assault/Past Abuse Issues	Domestic Violence	Adolescents/Teens Crisis/Help
Manitoba Farm & Rural Stress 1-866-367-3276	Klinik Sexual Assault Line 1-888-292-7565	Thompson Crisis Line 24 hours 1-877-977-0007	Kids Help Phone 1-800-668-6868
Manitoba Suicide Prevention Line 1-877-435-7170		R.C.M.P. 204-675-8821	Teen Touch 1-800-563-8336
Canadian Mental Health Association, Thompson 1-866-677-6057			Youth Emergency Crisis Stabilization Services 204-949-4777
Mental Health Education Resource Centre 1-866-977-9918			Parent Help Phone 1-888-603-9100
Klinik Crisis Line 1-888-322-3019			Resource Assistance for Youth 1-800-668-4663
Workers Compensation Stress 1-800-362-3344			Youth Addictions Centralized Intake 1-877-710-3999
Ikwe Crisis Line—on stress 1-800-362-3344			
First Nation Healing Centre 1-800-692-6270			

Roberta Wokes, Probation Officer for Churchill

Probation is a sentence which may be imposed by a court instead of going to jail. A person who is "on probation" has been convicted of a crime but has served only part of the sentence in prison, or has not served time at all.

An offender on probation is ordered to follow certain conditions set forth by the court, under the supervision of a probation officer. He or she may be required to refrain from subsequent possession of firearms, and may be ordered to remain employed, abide by a curfew, live at a directed place, obey the orders of the probation officer, or not leave the community or province. The probationer may be ordered as well to refrain from contact with the victims, with potential victims of similar crimes (such as minors, if the instant offense involves child sexual abuse), or with known criminals, particularly co-defendants. It is very common for offenders to be ordered to submit to alcohol/drug testing or to participate in alcohol/drug or psychological treatment, or to perform Community Service work.

Think twice before breaking the law!!



...DANCING SKY PCH...

SEPTEMBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
			1 BINGO	2 Drive	3 GAMES	4
5	6 LABOUR DAY	7 Yoga & Baking	8 BINGO	9 Drive	10 GAMES	11
12	13 TEA & COFFEE	14 Yoga & Baking	15 BINGO	16 Craft: Mexican Tissue Paper Flowers	17 GAMES	18
19	20 TEA & COFFEE	21 Yoga & Baking	22 BINGO	23 Craft: Sunflower Frame	24 GAMES	25
26	27 TEA & COFFEE	28 Yoga & Baking	29 BINGO	30 Craft: Sticky Note Holder		

All senior's 65+ Welcome to join us in the events highlighted above.

Each Wednesday is the "Seniors Lunch Program" which consists of an entrée, soup, beverage and dessert at the CRHA Cafeteria.

Join the Dancing Sky Residents for a game of BINGO at 1pm on Wednesday's!!

Up-coming Fall & Winter Events:

- ◆ Youth & Senior In-Motion - October
- ◆ 3rd Annual Tea 'Celebrating Senior's Month' - October
- ◆ 2nd Annual Christmas Tea Party - December

If you have any new ideas you would like to share, please contact Penny at 675-8300 or Liza Ann at 675-8303

8 Great Ways You Can Help Your Community!

1. CONNECT with neighbours and community members to understand the issues.

Get involved in your community. Talk openly about problems and solutions. Constructive dialogue helps build momentum.

- Parent-Child Coalitions - Families R' Us Centre www.churchillfamilies.com
- Join a Committee as a Community Representative

2. VOLUNTEER your time.

Coach a children's sports team in an underserved area. Become a mentor. Join the board of a community organization. Share your talents.

- Churchill RHA - Volunteer Services - Contact Executive Office - 675-8318
- Churchill Service Clubs - <http://www.churchill.ca/community-information/service-clubs/>
- Churchill Public Library - 675-2731
- Town of Churchill - www.churchill.ca

3. DONATE what you can to support organizations making a difference.

Fundraising and participating in events are important community contributions.

- Churchill RHA - Contact the Executive Office - 675-8318
- Check with your local Churches
- Christmas Cheer Fund

4. FOSTER someone who needs a home and join the Circle of Care.

Provide a supportive home for a child in need or an adult with an intellectual disability.

- Government of Manitoba www.giv.mb.ca/fs/childfam/fostercare.html; or call toll free 1-888-995-JOIN (5646)
- Manitoba Foster Family Network www.mffn.ca
- Supportive Living www.gov.mb.ca/fs/pwdsupported_living.html

5. HELP build diverse workforce.

Hire someone lacking experience or living with a disability. Pay a decent wage. Provide opportunities for job training and work experience. Promote flexible, family friendly workplaces.

- Province of Manitoba www.gov.mb.ca/fs/pwd_work; or call toll free 1-866-966-8123, marketAbilities@mts.net

6. SUPPORT local business, services and cooperatives.

Shop locally. Support organizations that train and hire people who are disadvantaged.

7. RESPECT individuality, diversity and human rights.

Treat all people with respect. Learn more about human rights, treaty rights and other cultures. Promote multiculturalism and reject stereotypes. Smile at a newcomer or disadvantaged individual - acknowledgement does a long way. Speak up when you witness disrespect, abuse or neglect.

- Manitoba Human Rights Commission www.gov.mb.ca/hrc/english/index.html.
- Treaty Relations Commission of Manitoba www.trcm.ca/; or call toll free 1-866-296-3228
- Government of Manitoba www2.immigratemanitoba.com
- Global College, University of Winnipeg <http://globalcollege.uwinnipeg.ca>

8. CREATE safe spaces.

Walk neighbourhood kids to school. Report abuse or neglect.

- Report child abuse or neglect toll free 1-866-345-9241 (central intake)
- Report on-line sexual exploitation of children www.cybertip.ca or www.stopsexwithkids.ca
- Report Crimes to Crime Stoppers - 1-800-222-8477 (TIPS)

...remember we are all part of the solution!

For more information about provincial government actions to reduce poverty and promote social inclusion, go to the ALL Aboard website, www.gov.mb.ca/fs/allaboard; or call 945-6777