

INFORMATION FOR THE PUBLIC.....

Invitation to the Public

The Public is invited to attend
The Twelfth Annual General Meeting
Of the Churchill RHA Inc.
On Thursday October 30th, 2008
At 12:00 pm (noon)
In the CRHA Cafeteria

MEDICAL QUESTIONS & ANSWERS



If you have a medical question you would like answered by one of our healthcare professionals and published in the next Update issue please do so by sending it via mail, email or by phone. Please contact Valerie Brew at 675-8374 or email at vbrew@churchillrha.mb.ca. Your name will remain anonymous!

INFLUENZA IMMUNIZATIONS

This is a reminder that the Influenza Immunizations will be in October this year. For more information please contact the Public Health Nurse, Shanna Cowley at 675-8355. Get the flu shot, not the flu!



CELEBRATING SENIORS' MONTH

October is Seniors' Month and October 1st is the kick off date. We will be starting with Elders and Youth in Motion. They will be teaming up for an afternoon of games. More activities will follow throughout the month.

Specialists Visits

Chiropractor

Dr. Brian Lecker

October 21—23

Please call the Medical Clinic 675-8316 for an appointment.

Dietitian

Barbara Sanders

September—TBA

Please call Community Services 675-8322 for an appointment.

Podiatry

TBA

Please call Community Services 675-8322 for an appointment.

Optometry

TBA

Please call Community Services 675-8322 for an appointment.

Dental Clinic

September 2nd -12th

October 14th -24th

November 12th-21st

Dr. Andre Vos

Please call 675-8302 or 675-2419 and leave a message.

Physiotherapy Services

By Referral Only

September 17-19, 2008

October 15—17, 2008

November 12-14, 2008

Please call the Medical Clinic at 675-8316 for an appointment

Churchill Regional Health Authority

UPDATE



SEPTEMBER 2008

WELCOME TO THE SEPTEMBER 2008 ISSUE OF THE UPDATE!

As always, we welcome all kinds of submissions including health related articles, information, announcements, cool pictures and stories.

From the CEO's Desk

The summer months are gone and we can now look forward to my favorite time of year and of course one of the busiest for our community.

The past two months have been extremely busy for some of our program areas at a time when we would normally expect to have time to work on program development. We are not complaining and are very happy that the services offered are being well used.

The management team has been working on quality improvement, accreditation recommendations, organizational planning and preparation of the Annual Report which will be presented at the Annual General Meeting in October. Dr. Wendy Smith who is our Northern Medical Unit Liaison has been working with the team to develop "Best Practice" guidelines and protocols that have been implemented in the Acute and Primary Care areas.

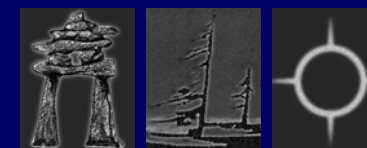
We over the summer welcomed back some of our "old" nurses who were able to come up and provide vacation relief for our permanent staff. We are also welcoming back Allison Ballentyne, a former staff nurse who is coming back to take on the role of Patient Care Manager.

Churchill RHA also welcomes back a new "old" staff member Karen McCall who has returned to her former position as the Children's Centre Coordinator. There is something about the sense of community in Churchill that just keeps calling folks home.

The Northern Medical Unit has done an admirable job over the past year ensuring we have had physician coverage. The Unit has now recruited a permanent fulltime physician and we welcome Dr. Danny Bisson to his new practice.

The staff at the RHA welcomes and appreciates feedback from the community. You are all encouraged to let us know how we are doing. Were you happy or unhappy with the service you received? Do you have a suggestion to make it better? Please let us know.

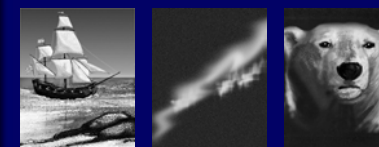
As always my door is open.
Derry Martens



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Publication Schedule

Future issues of the UPDATE will be published in:

NOVEMBER 2008

JANUARY 2009

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CRHA Vision

To develop the Churchill RHA Inc. as a recognized Centre of Excellence for our model of Northern and Aboriginal Health Care.

CRHA Mission

Working Together for the Better Health of Everyone We Serve.

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.

Welcome New Employees

Helen Hart - Dietary Aide
Tara Flett - Housekeeping Aide
Tzipporah Meijering - Community Wellness Worker
Shelley Slater - Registered Nurse Casual
Jean Ballard - Health Care Aide
Mark Brackley - Health Information Services Clerk
Elisa Redhead - Receiving Home Parent
Darcy McBurney - Registered Nurse Casual
Shayleen Martens - Special Needs Assistant
Karen McCall - Children's Centre Coordinator
Jennifer Packo - Cook/Baker
Chris Kirouac - Registered Nurse Casual
Randie Bowles - Cook/Baker



Current Employment Opportunities

If you are interested in employment at the CRHA, please see the Human Resources bulletin board located outside of the Finance Office or visit:

Mr. Ron Sweeney
Director of Human Resources
Phone: 204-675-8307
Fax: 204-675-2243
humanresources@churchillrha.mb.ca
Website: www.churchillrha.mb.ca

Employee Recognition

Not only does the CRHA acknowledge long-time service employees and new employees, we also recognize all employees by department, all year long. Employees receive a certificate and a meal in the cafeteria, compliments of the CRHA during their departmental recognition week. The following departments will be recognized over the next few months.

SEPTEMBER

Receiving Home 22-26
Human Resources 22-26

OCTOBER

Children's Centre 6-10
Kivalliq Liaison 13-17

From the desk of the NURSING WARD

What is MRSA?

Methicillin-resistant Staphylococcus aureus (MRSA) is a bacterium that causes infections in different parts of the body. It's tougher to treat than most strains of staphylococcus aureus -- or staph -- because it's resistant to some commonly used antibiotics.

- Crowded living conditions, like in hospitals or prisons
- Poor hygiene

The symptoms of MRSA depend on where you're infected. Most often, it causes mild infections on the skin, causing pimples or boils. But it can also cause more serious skin infections or infect surgical wounds, the bloodstream, the lungs, or the urinary tract.

Though most MRSA infections aren't serious, some can be life-threatening. Many public health experts are alarmed by the spread of tough strains of MRSA. MRSA is sometimes called a "super bug". MRSA is treatable.

How did MRSA become resistant to methicillin-type antibiotics?

Whenever bacteria encounter an antibiotic (such as methicillin) some of the bacteria may be able to survive it. The surviving, methicillin-resistant bacteria can then multiply, potentially producing bacteria with even better resistance.

The chances of resistant bacteria developing have been increased by:

- failure to finish full courses of antibiotics, allowing bacteria with some resistance to survive and multiply
- overuse of antibiotics, meaning that bacteria encounter and survive a wide range of antibiotics

Who gets MRSA?

MRSA is spread by contact. So you could get MRSA by touching another person who has it on the skin. Or you could get it by touching objects that have the bacteria on them.

Community-Associated MRSA (CA-MRSA)

MRSA is also showing up in healthy people who have not been living in the hospital. This type of MRSA is called community-associated MRSA, or CA-MRSA. CA-MRSA skin infections have been identified among certain populations that share close quarters.

The following things have been associated with the spread of MRSA:

- Close skin-to-skin contact
- Openings in the skin, like cuts or abrasions
- Contaminated items and surfaces

Here are some of the best ways to prevent MRSA:

- Wash your hands. Use soap and water or an alcohol-base hand sanitizer. Also, wash thoroughly. Experts suggest that you wash your hands for as long as it takes you to recite the alphabet.
 - Cover cuts and scrapes with a clean bandage. This will help the wound heal. It will also prevent you from spreading bacteria to other people.
 - Do not touch other people's wounds or bandages.
 - Do not share personal items like towels or razors. If you use any shared gym equipment, wipe it down before and after you use it. Drying clothes, sheets, and towels in a dryer -- rather than letting them air dry -- helps kill bacteria.
- If you have any infection, take all the medication that your doctor has prescribed for the recommended length of time. Because antibiotics tend to work fairly rapidly, you may feel much better after taking only a few days' worth of a prescribed seven-day course of antibiotics. Never stop taking the medication because you feel better. Taking the full prescribed course of antibiotics ensures that the infection is eradicated and won't recur.

If you have an MRSA infection, you can prevent spreading staph or MRSA skin infections to others by following these steps:

Cover your wound. Keep wounds that are draining or have pus covered with clean, dry bandages until healed. Follow your healthcare provider's instructions on proper care of the wound. Pus from infected wounds can contain staph, including MRSA, so keeping the infection covered will help prevent the spread to others. Bandages and tape can be discarded with the regular trash.

Clean your hands. You, your family, and others in close contact should wash their hands frequently with soap and water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the infected wound.

Do not share personal items. Avoid sharing personal items, such as towels, washcloths, razors, clothing, or uniforms, that may have had contact with the infected wound or bandage. Wash sheets, towels, and clothes that become soiled with water and laundry detergent. Use a dryer to dry clothes completely.

Talk to your doctor. Tell any healthcare providers who treat you that you have or had a staph or MRSA skin infection.



Dietitian News....

with Barbara Sanders, RD

Eating healthy foods is one of the best things you can do for yourself and your family. This can be very challenging. Here are some shopping tips to help you plan and prepare healthy meals while spending less money at the grocery store.

- ◆ Create a shopping list and try to stick to it.
- ◆ Avoid shopping on an empty stomach. Hungry shoppers buy more than they need.
- ◆ Watch for coupons that offer real savings. Use coupons only for products that you purchase regularly.
- ◆ Compare unit prices on the shelf below the product. This allows you to compare the prices of different brands.
- ◆ No name brands or store brands are usually a better price than brand name foods.
- ◆ Stock up on non-perishable items when they are on sale. Buy fresh produce in season.
- ◆ Buy fresh produce in amounts you can use to reduce spoilage and waste.
- ◆ Fresh, frozen and canned vegetables and fruits have the same nutritional value. Choose what works best for your budget, taste and storage capacity.
- ◆ Avoid buying rice and pasta mixes. They are much more expensive than plain rice or pasta and are usually high in fat and salt.
- ◆ Avoid buying frozen packaged meals and vegetables in sauces. These, too, are high in fat and salt. Make your own healthier sauce instead.
- ◆ Skip the snack aisle to reduce expense. Avoid bringing junk food into the house to reduce temptation.
- ◆ When you have extra time, cook in large batches. Divide into meal-sized portions and freeze for future meals.
- ◆ Prepare your own foods as much as possible. Homemade foods are healthier and less expensive than processed, packaged foods.
- ◆ Plan meals in advance and purchase the necessary food items ahead of time. This will reduce reliance on less healthy fast food options.
- ◆ Plan for healthy snacks as well as healthy meals. Fresh fruits in season, vegetables, cheese, popcorn, crackers and whole wheat bread all make good, healthy snacks. They are also more affordable than candy or potato chips.
- ◆ Avoid buying prepared raw vegetables like carrots and celery sticks. They cost a lot more. Buy them whole and cut your own.
- ◆ Whenever you can, stock up on healthy low-cost foods that keep well. These include rice, potatoes, pasta and beans. Watch for case-lot sales. When purchasing large quantities of food, consider sharing the cost with friends or family.
- ◆ Buy foods in bulk. They are usually cheaper and you can purchase just the amount you want.



THINK GREEN - GO GREEN - STAY GREEN



PLASTIC BAGS (National Geographic News)

Data released by the U.S. Environmental Protection Agency shows that somewhere between 500 billion and a trillion plastic bags are consumed worldwide each year. Less than 1% of bags are recycled. It costs more to recycle a bag than to produce a new one. There's harsh economics behind bag recycling: It's over \$4,000.00 to process and recycle 1 ton of plastic bags, which can then be sold on the commodities market for \$32.00.

Then...Where did they go?

A study in 1975, showed oceangoing vessels together dumped 8 million pounds of plastic annually. The real reason that the world's landfills weren't overflowing with plastic was because most of it ended up in an ocean-fill. Bags get blown around...to different parts of our lands...and to our seals, lakes and rivers. Bags find their way into the sea via drains and sewage pipes.

Plastic bags have been found floating north of the Arctic Circle near Spitzbergen, and as far south as the Falkland Islands.

Plastic bags account for over 10% of the debris washed upon the U.S. coastline. Over time they break down into smaller, more toxic petro-polymers which eventually contaminate soils and waterways. As a consequence, microscopic particles can enter the food chain. The effect on wildlife can be catastrophic. Birds become terminally entangled. Nearly 200 different species of sea life including whales, dolphins, seals and turtles die due to plastic bags. They die after ingesting plastic bags which they mistake for food.

So...What do we do?

If we use a cloth bag, we can save 10 bags a week, that's 24 a month, that's 288 bags a year which equals 22,176 bags in an average life time. If just 1 out of 5 people in our Country did this, we would save 1,330,560,000,000 bags over our lifetime.

Bangladesh has banned plastic bags. China has banned free plastic bags. Ireland took the lead in Europe, taxing plastic bags in 2002 and have now reduced plastic bag consumption by 90%. In 2005 Rwanda banned plastic bags. Israel, Canada, Western India, Botswana, Kenya, Tanzania, South Africa, Taiwan, and Singapore have also banned or are moving toward banning the plastic bags. On March 27, 2007, San Francisco became the first U.S. city to ban plastic bags. Oakland and Boston are considering a ban.

Plastic shopping bags are made from polyethylene: a thermoplastic made from oil. Reducing plastic bags will decrease foreign oil dependency. China will save 37 million barrels of oil each year due to their ban of free plastic bags.

Do something drastic...Cut the Plastic!



Health Hints For Travellers



What Diseases Are Spread In Blood And Body Fluids?

- AIDS/HIV
- Hepatitis B
- Hepatitis C

How Are These Spread?

- Having sex with an infected person
- Being exposed to blood in health care and child care settings
- Dental, medical or other exposure to needles that have not been properly cleaned (sterilized).

What Can You Do?

- Don't have sex with strangers or sex trade workers.
- Use latex condoms for every sex contact (buy your own before you leave Canada).
- Don't share personal items that may come in contact with the blood of another person. (ex. Toothbrush, razors)
- Don't share needles and syringes.
- Don't have tattooing, body piercing, acupuncture or other things done where your skin will be cut or pierced.
- Don't receive injections or blood transfusions unless it is an emergency. If you can not be sure that the blood has been checked for diseases like HIV/AIDS or hepatitis B & C, and you do not require emergency care, return home for treatment.

Some things to think about...

- People tend to take more risks and use less caution when they travel.
- They often feel anonymous and adventurous.
- Infections spread through sex or in blood, including hepatitis and HIV/AIDS, occur all over the world.

What Are Your Risks While Swimming?

Swimming in contaminated water may result in skin, eye, ear and certain stomach infections.

- Only pools that use chlorine may be safe places to swim.
- Swimmers should avoid beaches that might be contaminated with human sewage or with dog feces.
- Avoid walking or swimming in fresh water streams, canals and lakes that may have a water parasite (called schistosomiasis or bilharzias). This parasite is in fresh water in the Caribbean, South America, Africa, the Middle East and Southeast Asia. These parasites can go through unbroken skin and cause a bad infection.
- When swimming in the ocean, risks under the water include the undertow, rip tides, and biting and stinging things (ex. Fish, jelly fish, sharks!)
- Never swim alone or when under the influence of alcohol or drugs, and never dive head first into water unless you know it to be safe for diving.

What Is Sun Safety?

Most sunburns are a result of "too much too soon". To avoid sunburn:

- Avoid direct sunlight between 11 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 30 or greater.
- Put on sunscreen 30 minutes before going out into the sun and put more on after swimming or sweating a lot.
- Keep in mind that insect repellent reduces how well sunscreen works. Be sure to use a sunscreen of SPF 30-45 if also using insect repellent.
- Wear sunglasses, a hat and other clothing when possible.
- Get in the habit of putting on sunscreen and protecting yourself from the sun with clothing even when you are not at the beach.

Remember: Too many holidays have been ruined by a bad sunburn at the beginning of a trip.

What Do You Need To Know About Travel Insurance?

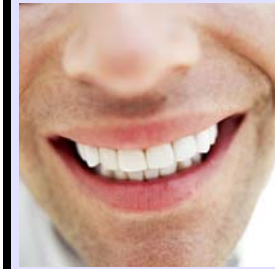
More and more, provincial health plans are reducing the amount they will pay for out-of-country travel. You should arrange for private travel insurance to pay for any costs that are not covered by your provincial plan. Should illness occur during travel, the traveler may have to spend thousands of dollars if medical care is needed. Be sure to check that the insurance will pay for the costs of emergency air fare out of the country you are in, to a country where safe medical care is available (evacuation insurance). Check to see if your partner and children can be flown out with you (if they want). Read the fine print with care or get your insurer to go through it with you.

What Diseases Are Spread By Mosquitoes?

Mosquitoes in many areas of the world spread diseases. For example: malaria, yellow fever, dengue fever, Japanese encephalitis. Be aware if you are going to countries where these diseases occur. Immunization and medicines to prevent some of these illnesses may be recommended for you. Take medicine to prevent malaria if it is prescribed for you. Travelers must also lessen their chance of being bitten by mosquitoes by:

- Using insect spray or lotion; keeping their skin covered with clothes
- Staying in places with bug screens
- Sleeping under an insecticide treated mosquito net
- For people traveling to countries where malaria occurs: **If you have a fever while you travel, or after you return to Canada, you need to see a doctor right away.** Go to the emergency unit of a hospital, where tests for malaria can be done and treatment can be given. You should insist on having a blood test for malaria. Sometimes, the test may show that you do not have malaria, but your fever does not go away. In that case, you should ask for the blood test to be done again 12 to 24 hours later.

For more information on medicine and vaccines available please contact our Community Services department at 675-8322.



TAKE THE HEALTHY GUMS CHALLENGE!

Do your gums bleed when you brush or floss your teeth? Yes No

Are your gums red, swollen, or tender? Yes No

Are your gums itchy? Yes No

Have your gums shrunken, exposing the roots of your teeth? Yes No

Do you have bad breath?...A poor taste in your mouth? Yes No

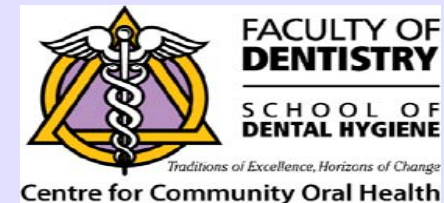
Have you noticed any change in the way your teeth fit together when you smile, or when you bite? Yes No

Are there any changes in the fit of your partial dentures? Yes No

When you press on your gums, can you see pus? Yes No

If you answered **YES** to any of these questions, your gums are **NOT HEALTHY**. Get a **CHECK-UP** at the **CHURCHILL DENTAL CLINIC** as soon as possible.

**CHURCHILL
DENTAL CLINIC
675-8302**



Eloquent E-Mail

E-Mail: Some days we can't live with it and other days we can't live without it.

There are three purposes of e-mail:

1. communicate thought
2. request information
3. provide information

How does one eloquently do this in an e-mail in a virtual world devoid of facial expressions, body language and sound? It can be easy and can become your most effective mode of communication if you can practice some e-mail "etiquette".

Keep it Short – Try to keep the message within one reading pane. Be concise and clear.

Watch your grammar and spelling – Use the spell and grammar check under the "Tools" menu. The impact (or impression) will be lost if the spelling and grammar are poor.

Don't use CAPITALS – It appears that you are shouting.

Stay away from requesting a read receipt – This can be really annoying to the recipient. If you want to know if they received it – ask.

Have a subject – The subject needs to pertain to the contents of the message. If the subject is clear, the message may be saved and retrieved easily at a later date.

Avoid using the "!" or high priority option – Not only will the message appear aggressive, overuse of this option means it won't work when you really need it.

Use the "Out of Office Assistant" – This is located under the "Tools" menu. This is good etiquette and doesn't leave people wondering why you have not replied. It also lets others know they will need to go to someone else for the information they need.

Don't forward chain letters, jokes or pictures – A virus could potentially cripple the network and "bog down" the system.

Use the BCC: field – Use this field when sending messages to a large group of people. If the To: field or the CC: field is used and the message is printed off, the first page or two will contain the e-mail addresses of every recipient. What a waste of paper. BCC should also be used to keep addresses private as the BCC line does not display the addresses of recipients.

Organize your e-mail – Delete what is unnecessary and flag e-mails that require attention (Right click on the e-mail, select "Flag"). E-mails can also be organized in folders for easy retrieval.

Various Churchill RHA Events!



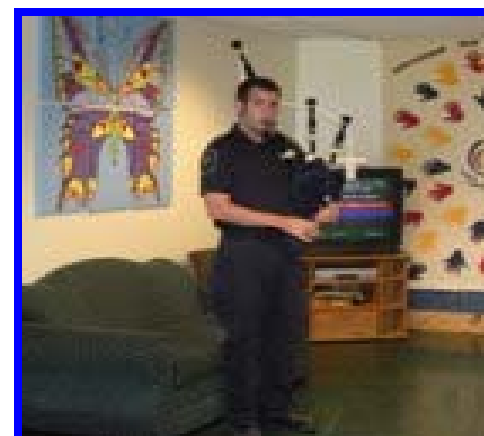
Board of Directors & Senior Management hosted a Staff BBQ June 27th, 2008.



The Staff BBQ was followed by a "yummy" ice cream treat for all staff!



Shirley Stevens trying to enjoy her hamburger, but graciously stopped long enough to pose for a picture. Thanks Shirley you're a sport.



Canada Customs Visit!!

On July 29th, Josh Grogan, accompanied by Bill Grant, came to the senior's lounge to share his music with us. Josh playing the bagpipes filled the RHA with beautiful resonance. He even took requests!!

They also donated cookies, pens, crayons, pencils, erasers, whistles, colouring books, tattoos, and balloons!! The Children's Centre sent them a wonderful THANK YOU card with everybody's hand print on it!

Thank you Canada Customs!!



This was Brad Brodziak' last day! (and you thought you could escape the pie in the face) We will miss you Brad!



CRHA staff members gathered for a dinner Friday night to say farewell to Rhonda Manczuk. Rhonda worked as a nurse in various position for over 8 years for the CRHA. Rhonda, her husband Rick and their two children are moving to Winchester, ON. Good Luck Rhonda and all the best to you and your family.



Farewell to Michelle Hauri, Clinical Resource Nurse. Michelle has taken a nursing position in Hawaii. Wow Michelle...Hawaii. All I can say is SPF 75.

UPDATE FEATURES

Getting to Know You.....

I asked the Staff at the Churchill Regional Health Authority
Where are you from? Here's what they said.....



Mary Young, Kivalliq Liaison Interpreter is from Arviat, NU and worked for Arviat Housing as a secretary prior to coming to Churchill. Mary is single with one child and loves sewing and riding her quad.



Della Nault, Kivalliq Liaison Interpreter is from Whale Cove, NU where she worked as a Clerk/Interpreter for the Health Centre. Della is married with 4 children. She loves going out to her cabin and going camping. She would like to see more activities for young people in Churchill.



Annie Deschenes, Executive Assistant is from Ottawa where she worked as a Benefits Administrator. Annie is married with one daughter Maxime. She loves quadding and skidooing. She wishes there were less bugs, so she can spend more time outdoors.



Marjorie Spence, Community Services Clerk was born & raised in Churchill. She has one son & is single. Marjorie loves Churchill & keeps busy with quadding, skidooing, boating, bonfires, & picnics. She would like to see the rail line fixed.

Name That Flower?



The CRHA UPDATE is asking our readers "Name That Flower". If you can identify the picture on the left, send your answer to:

Email: vbrew@churchillrha.mb.ca
or Phone: 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 2008 issue.



Congratulations to Lisa Whitmore who was the first to call in on the "Where Am I" July 2008 photo. Photo taken at the Lower Dock a.k.a. Slip Way looking West.

Do you have a unique photo that you would like featured. Email your digital picture to vbrew@churchillrha.mb.ca

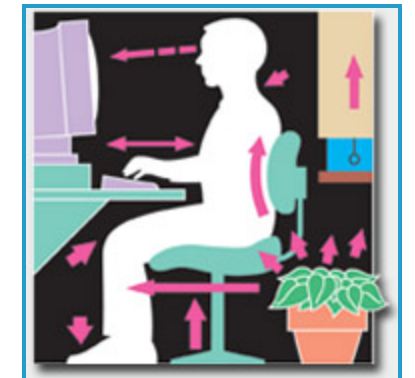
Manitoba Health (Suicide/Crisis)	Sexual Assault/Past Abuse Issues	Domestic Violence	Adolescents/Teens Crisis/Help
Manitoba Farm & Rural Stress 1-866-367-3276	Klinik Sexual Assault Line 1-888-292-7565	Thompson Crisis Line 24 hours 1-877-977-0007	Kids Help Phone 1-800-668-6868
Manitoba Suicide Prevention 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			

Making Your Workstation Work for You

We are all different. Some people have long arms, others have short torsos, others have long legs—our differences are endless, yet many of our workstations look exactly alike. If we spend several hours a day at our workstations, why not make them fit us?

How do I make my chair fit me?

- 1. Chair height.** Adjust the height of your chair so your thighs are horizontal and your knees are at right angles when you are seated.
- 2. Seat depth.** The space between the front edge of the seat and the back of your knee should be two to three finger lengths. This will minimize pressure on the underside of your leg.
- 3. Back support.** Adjust the lumbar support so it rests in the small of your back.
- 4. Armrests.** While seated, bend your elbows to 90 degrees and relax the shoulders. If your armrests do not allow for this position, do not use them while keying or using the mouse. If armrests are too high or too low, have them removed or get a new chair without armrests.



Proper Ergonomics ensures that products and environments are comfortable, safe and efficient for people to use!

THINK POSTURE!

Keep your feet flat on the floor (using a footrest, if necessary), and lean into the backrest at all times. Keep your back in good alignment and your chin tucked in. This position should feel comfortable and natural.

-Workers Compensation Board

Check out the next Update for how to customize your work surface!



ARE YOU AT RISK?

You could be one of many Canadians who have type 2 diabetes and don't know it.

If you are age 40 or over, you are at risk for type 2 diabetes and should be tested at least every three years. If you check any of the following boxes, you should be tested for diabetes earlier and/or more often:

- I have a parent, brother or sister with diabetes.
- I am a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent).
- I have health complications that are associated with diabetes.
- I gave birth to a baby that weighed over 4 kg (9 lbs) at birth.
- I had gestational diabetes (diabetes during pregnancy).
- I have been told I have impaired glucose tolerance (IGT) or impaired fasting glucose (IFG).
- I have high blood pressure.
- I have high cholesterol or other fats in my blood.
- I am overweight (especially if you carry most of your weight around your middle).
- I have been diagnosed with any of the following conditions:
 - Polycystic ovary syndrome
 - Acanthosis nigricans (darkened patches of skin)
 - Schizophrenia

Recognize these signs?

- Unusual thirst
- Frequent urination
- Weight change
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in hands or feet



Don't ignore these risk factors. The earlier you are diagnosed, the sooner you can take action to stay well—now and in the future! If you already have diabetes, your children, brothers and sisters are at risk. Urge them to be tested for diabetes.

To be tested, please see the clinic nurse or call 675-8316 to make an appointment.

Getting to Know You.....

Tzipporah Meijering, Community Wellness Counselor

I was born and raised in small town Manitoba. For the past 25 years I have lived in my custom built geodesic house near Birds Hill Park about an hour from Winnipeg.

My youngest son Raz has moved into the family home with his bride, Lyndsay. My oldest son Tobiah and his wife Stacey live in Alberta and are expecting their first child this winter. My daughter Zoe tragically drowned 2 years ago. To see the life of Zoe Goldstein look at her website. <http://destinyisnow.spaces.live.com/>

After being a stay at home mother for the childhood of my children, I worked on the Mobile Crisis Team out of Selkirk doing crisis and suicide intervention for 10 years. After an intensive career on the front lines I went back to University and then started a private practice. I focused on team building, relationship counseling, strengthening of coping skills, and "Wisdom Workshops."

I have been married to Albert Meijering for the past 4 years. He has endeared himself to my family, especially to my children who respect and value his role in our lives. Albert has started his new job as CAO for the Town of Churchill.

We have two young Registered Golden Retrievers with us and adopted out our other Golden Retrievers to good homes in order to comply with the two dog bylaw in town. I have done extensive training with dogs and hope to develop our Golden Retrievers into therapy dogs when they are older.

Albert and I have related interests in his enthusiasm for astronomy and my passion for photography. With the large telescope we can photograph space!! I hope to photograph polar bears and belugas but mostly am thrilled about capturing some great landscape images.

Thank you for the warm welcome we have received and we are looking forward to this new stage of our life together in Churchill.



I am very excited to be back at the Children's Centre!!

I was employed here from October 1989 to November 1990, as a caregiver. I left with a local, Richard Brown, whom I married in 1993. I returned in September 1996 where I stayed on as the co-ordinator until February 2001. I have since been the Director of Keewatinowi Awasisak Opi-Ki-Wak Daycare, situated within the University College of the North-Thompson Campus, until recently moving back home.

Background information: I graduated from the Child Care Worker Training Program (University of Winnipeg) in 1988 as an ECE III (Early Childhood Educator).

I completed the Daycare Management Program from the University of Manitoba in 1995. I have been working in the child care field for 25 years.

Churchill is a unique community with people who continue to amaze me! I believe that the Churchill Regional Health Authority is the heart of it all!!

I am very pleased with the Children's Centre staff and want to acknowledge their commitment to the children and parents!

Please feel free to contact me if there are any questions, concerns, or comments. 675-8310 or www.kmccall@churchill.mb.ca

Karen McCall

Children's Centre News



The busy bee's are back, and this time we were attempting to be some anorexic polar bears for the bay dip on Canada day. Unfortunately due to the cold that popped up on Canada day we were not able to participate, so we are keeping our costumes for now...maybe you'll see them around Halloween. The staff had lots of fun creating these costumes, so it wasn't a huge waste.

Summer has come to Churchill, and while some of our staff and children don't really appreciate the HOT weather, the three "Ontario" girls are soaking it up as much as we can! I think we all are looking forward to the weather cooling down just a little though.

September and October will be here and with it school is starting back again. We are so excited to welcome back some old friends and are hoping to meet some new ones as well.

All of the Staff and Children at the Centre would like to extend A HUGE HUGE Welcome to Karen McCall who is our new Director. We are very excited that she is here, and hope all of you will help us in making her feel welcome once again in Churchill.

That's all for the busy bee's this time, see you on the playground nearest you.



From the Clinic...

What is a Pap Test?

A Pap test is a test that may find changes in the cervix.

During a Pap test, cells are taken from a woman's cervix, placed on a slide and sent to a lab for assessment. In most cases, the cells are normal. In some instances, cells will be abnormal.

These abnormal cells, called cervical dysplasia, are not usually cancer. In most cases, they will never become cancer. Sometimes these cells can over time grow and become cancerous. A Pap test can detect cervical dysplasia and alert your health provider before this happens.

If the laboratory detects abnormal cells, your health provider will be notified. You should be contacted if the results are abnormal. At the time

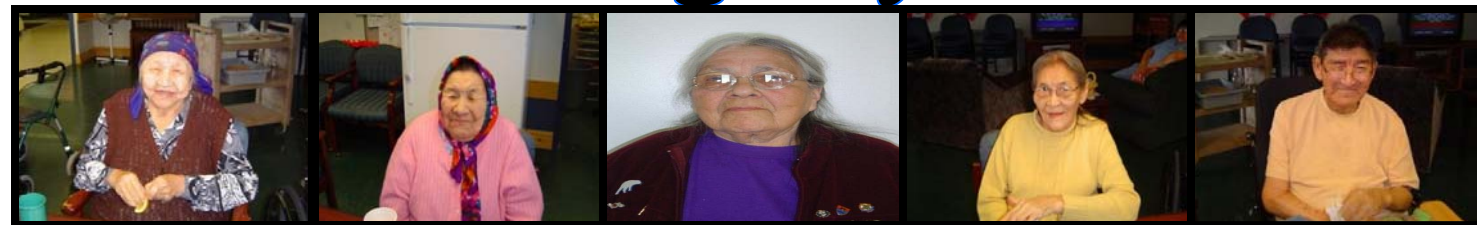
of your Pap test, it is important to ask about how and when you will be contacted.

How often should I have a Pap test? Most women need a Pap test once a year for three years. If those results are okay, then you need a pap test once every two years. Talk to your doctor or nurse about what is best for you.

Where can I get a Pap test?

To have a Pap test you need to contact the clinic at 675-8316 and book an appointment. Manitoba Pap Test week is **October 20th—24th**.

---Dancing Sky PCH---

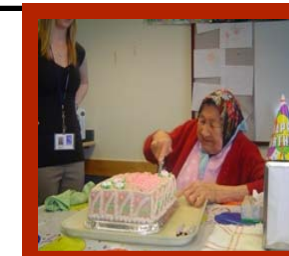


SEPTEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Baking	3 Bingo	4 Craft	5 Berry Picking	6
7	8 Sharing Circle	9 Baking	10 Bingo	11 Day Care Visit	12 Shopping	13
14	15 Sharing Circle	16 Baking	17 Bingo	18 Craft	19 Berry Picking	20
21	22 Sharing Circle	23 Baking	24 Bingo	25 Day Care Visit	26 Shopping	27
28	29 Sharing Circle	30 Baking				



Lizzie Chapman 86th
July 22nd



Effie LaVallee 87th
July 14th



Emma Powderhorn 77th
July 8th



Enjoying an afternoon making cookies



Can never get enough Bingo

Amanda Barrett,
Activities Worker
and Elizabeth Spence
down at the Flats
enjoying a fish fry.

