

Winter 2011



Lac Des Mille Lacs First Nation Health Newsletter

2010 Christmas Celebration

Special points of Interest:

- Upcoming Events
- Recipes
- Winter Safety
- Fall Prevention
- Story of Creation
- Alzheimer's month

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Did you know :

To prevent hypothermia and frostbite in cold conditions, wear layered clothing to create insulation. This should include mittens or gloves, a cap or hood, thermal underwear, and multiple layers of socks.

What is a cold injury?

Cold injuries include hypothermia and frostbite. Cold injuries occur with and without freezing of body tissues. The young and the elderly are especially prone to cold injury. Alcohol increases the risk of cold injury which can lead to loss of body parts and even to death. It is important not to thaw an extremity if there is a risk of it re-freezing.

www.mondofacto.com

What is Hypothermia?

Hypothermia is a decrease in core body temperature from exposure to a cold environment. Surprisingly, hypothermia can even occur at mild temperatures if exposure is prolonged. . Blood vessels in our skin constrict to reduce heat loss and to keep blood flowing to the vital organs. Shivering and the increased release of hormones result in increased heat production. However, blood vessel constriction and hormone release are usually inadequate to maintain our body's temperature in cold environments. Tim W. Allari, M.D.

What is Frostbite?

Frostbite is a localized cold injury to a body part that may occur with or without hypothermia. Frostbite commonly affects specific body parts, such as the feet and toes or the hands and fingers. When human tissue is exposed to near-freezing temperatures, the tissue temperature decreases. Frostbite symptoms typically start with a sensation of extreme coldness, followed by numbness, and then clumsiness.

Tim W. Allari, M.D.



How to Dress Warmly in Winter

Winter weather can certainly leave you feeling extremely cold, if you aren't equipped for it. Dressing warmly in winter can help you adjust to the frigid temperatures when you step outside. Whether you are braving the cold weather to hit the slopes, take a sleigh ride or just play outdoors, dressing warmly is a must.

- 1) Watch the news in the morning and listen to the weather forecast. Oftentimes, the weather reporter gives details pertaining to wind chills as well as temperatures.
- 2) Bundle up according to the weather. If you're going to be outside in the cold for a lengthy time, wear items such as windproof and water-resistant jackets and snow pants.
- 3) Wear wool socks and a nice pair of boots that keep your feet warm in the snow. Insulated boots are generally the best footwear option for dressing warmly in the winter. Make sure that the socks aren't itchy so that you're comfortable while you're active outdoors.
- 4) Don a hat with earflaps. Hats are one of the most important parts of dressing warmly in the winter. It's true that just about 40 percent of heat loss is through your head. Covering your head in the frigid winter temperatures keeps you from losing too much of that essential body heat.
- 5) Put on a good pair of gloves or mittens that are water-resistant as well. Gloves keep your hands toasty warm and protect your skin from becoming tough and damaged from the wind and chill.

Contributed from eHow

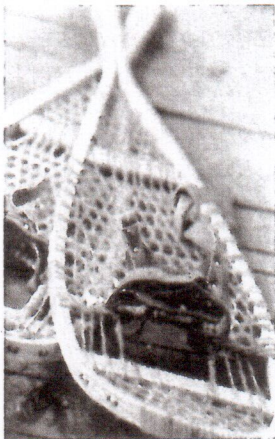
We hoped that you enjoyed this issue of our Health Newsletter. If you have any questions or suggestions for the next issue please feel free to contact one of our Health Staff at the band office. Meegwetch



Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.



The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.



Snowshoeing and cross country skiing are wonderful family outings. You can rent equipment at some outdoor activity centres or parks.



This Winter, don't Hibernate, Participate!

Take it outside

Say hello to snow!

- Create a 3-D family portrait. Build a snowperson look-alike for each family member. Make a family of snow angels.
- Build snow castles, mazes, or snow sculptures
- Go tobogganing. Remember the helmets!
- Plan a family game of snow pitch (slow pitch in the snow) or neighbourhood game of Capture the Snowball.
- Use food colouring in a spray bottle to create a hopscotch game on the snow.
- Enjoy the winter wonderland while hiking nature trails or walking on a beach.
- Try skating on an outdoor rink.

Indoor fun

Often our winters are short on snow, but tall on cold temperatures! Why not:

- Organize a house fitness circuit. Include jumping jacks in the living room, wall push-ups in the bedroom, kicks in the kitchen, etc.
- Play active games. Break up the day with a game of Twister or Simon Says.
- Create a silly family winter dance. Enjoy some of your favourite music too!
- Go swimming. Also try indoor skating, bowling and indoor playgrounds.

www.eatrightontario.ca

Winter Safety Tips

Avoid injuries this winter:

- **Wear the gear.** Avoid frostbite and hypothermia by dressing in layers and keeping your head, ears and hands covered.
 - **Be smart!** Always wear your helmet when participating in winter activities such as snowmobiling, skiing and skating.
 - **Alcohol and winter activities don't mix.** Stay sober while participating in any winter activities.
 - **Test the thickness of ice before venturing out on it.** Ice must be at least 10 cm or 4 inches for walking or skating alone, 20 cm or 8 inches for skating parties and/or games and 25 cm or 10 inches before it is safe for snowmobiles.
 - **Avoid hazards.** Survey the area and identify the potential danger spots.
- Supervise children.** Adult supervision is the best protection for children.

Canadian Red Cross

Fall Prevention for the Elderly

The causes of falls are known as risk factors. Although no single risk factor causes all falls, the greater the number of risk factors to which an individual is exposed, the greater the probability of a fall and the more likely the results of the fall will threaten the person's independence.

Quick Facts...

- The risk of falling increases with age and is greater for women than for men.
- Two-thirds of those who experience a fall, risk falling again within six months.
- A decrease in bone density contributes to falls and resultant injuries.
- Failure to exercise regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility.

K.R. Tremblay Jr., and C.E. Barber¹ (12/05)

Hazards in and around the Home

Problems:

- o loose carpets, scatter rugs
- o slippery/wet floors, walkways
- o poor lighting
- o clutter such as phone/ electrical cords, shoes, pet dishes, paper etc.
- o uneven walking areas
- o using unsafe step stools
- o crowded or poor furniture arrangement *Article from: caring-for-aging-parents.com*

Solutions for fall prevention in the Elderly

- o remove scatter rugs, tack down carpets
- o tape down electrical cords
- o install handrails for all stairs inside and outside house
- o can install handrails along hallways if needed
- o wipe up spills immediately
- o fix or mark uneven floors
- o nightlight
- o keep walkways clear of clutter
- o do not stand on ladder, chair, stool; if you do use a step stool, make sure it has a handle; try to organize shelving so items are easy to reach
- o use a trolley to carry items or your four wheeled walker basket
- o change arrangement of your furniture to open up the space, this is especially important if using walking aids *Article from: caring-for-aging-parents.com*

At least one-third of all falls in the elderly involve environmental hazards in the home



Failure to exercise regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility.



*This is what
God the LORD
says--he who
created the
heavens and
stretched them
out, who spread
out the earth
and all that
comes out of it,
who gives
breath to its
people, and life
to those who
walk on it:
Isaiah 42:5*



Traditional Teachings

The Ojibwe Creation Story



When Mother Earth was young, she had a family and was very beautiful. She is called Mother because from her come all living things. Underground rivers are her veins and water is her blood. On her surface, there are four sacred directions - north, south, east, and west. Gitche Manito, the Creator, took four parts of Mother Earth - earth, wind, fire, and water - and blew into them using the Megis or Sacred Shell, making a man. The Great Spirit then lowered man to Mother Earth, as part of her, to live in brotherhood with all that surrounded him. This man, in accordance with the Creator's instructions, walked Mother Earth and named all the animals, plants, and land features. He also named the parts of the body. The Creator sent the wolf to provide company for the man as he traveled the earth, then told them to go their separate ways. From original man came the Anishinaabe and all other tribes. The Ojibwe are Nee-kon-nis (brothers) with all other tribes. The only thing that separates these tribes is different languages.

Ah-ki' is Mother Earth

Nee-ba-gee'sis is the Moon, also called Grandmother

Gee'sis is the Sun, also called Grandfather (Mishomis)

The sky and many other things on Earth are also called Grandfather, because they were here before original man was created.

Way-na-boo'zhoo refers to Original Man. Boo-zhoo' means "hello" and acknowledges that the Anishinaabe came from original man.

This story is based on the one told by Edward Benton-Banai in his book The Mishomis Book: The Voice of the Ojibway (Indian Country Press, 1979, St. Paul, Minnesota)

*Let us walk softly on the Earth with all living beings
great and small remembering as we go, that one God
kind and wise created all.*

Indian Blessing



Easy Diabetic Recipes for Warm Winter Drinks

Hot Chocolate Recipe. This is an easy recipe for hot chocolate by the cup or pot. It is the perfect traditional warm drink for winter with the added taste of cinnamon.

You will need:

- 1 cup water or milk
- 1 tablespoon of cocoa powder
- Sprinkle of cinnamon

Stevia to sweeten, if desired. Use a few drops of liquid or a small pinch of powdered form.

Directions:

1. **Mix all ingredients**, except stevia, in a small pot.
 2. **Heat on medium low heat until hot**, about five minutes, then add stevia.
- Makes one cup of hot chocolate. Recipe can be increased to however many cups you wish to make.

Spiced Apple Cider Recipe. Apple cider is perfect warm drink for warming up in the winter. This apple cider drink recipe uses spices to give it a special taste.

You will need:

- 1 cup of apple cider
- ¼ tsp cinnamon
- 1/8 tsp cloves

1/8 tsp nutmeg

Directions:

1. **Mix all ingredients** in a small pot.
2. **Heat on medium low until hot**, about five minutes.

By: T. Lee



Chicken Rice Soup

Makes 7 ½ cups (1.875ml)

2 medium carrots chopped

2 stalks of celery, chopped

½ tsp (2ml) of dried dill

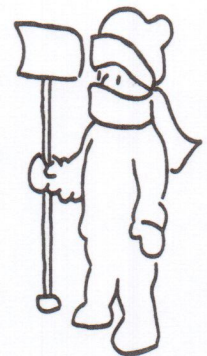
1 package (2oz/60g) of dried chicken noodle soup mix

1 medium onion, chopped

¼ cup (50 ml) uncooked rice

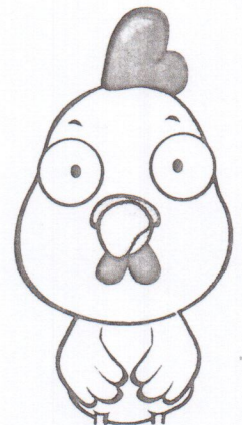
6 cups (1.5 L) of water

Chop carrots, onions and celery. Put all ingredients in a medium pot. Cover and gently boil for about 20 minutes, until the carrots are cooked. Stir occasionally. By: T. Lee



Funny Quote:

To shorten
winter, borrow
some money
due in
spring.
W.J. Vogel



Ten Signs of Alzheimer's

Che Des Mile Laes First Nation

1.) **Memory loss:** Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later.

What's normal? Forgetting names or appointments occasionally.

2.) **Difficulty performing familiar tasks:** People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game.

What's normal? Occasionally forgetting why you came into a room or what you planned to say.

3.) **Problems with language:** People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "the thing for my mouth."

What's normal? Forgetting names or appointments occasionally.

4.) **Disorientation to time and place:** People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get home.

What's normal? Forgetting the day of the week or where you were going.

5.) **Poor or decreased judgment:** Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers.

What's normal? Making a questionable or debatable decision from time to time.

6.) **Problems with abstract thinking:** Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.

What's normal? Finding it challenging to balance a checkbook.

7.) **Misplacing things:** A person with Alzheimer's disease may put things in unusual places: an iron in the freezer, a wristwatch in the sugar bowl.

What's normal? Misplacing keys or wallet temporarily.

8.) **Change in mood or behavior:** Someone with Alzheimer's disease may show rapid mood swings—from calm to tears to anger—for no apparent reason.

What's normal? Occasionally feeling sad or moody.

9.) **Changes in personality:** The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.

What's normal? People's personalities do change somewhat with age.

10.) **Loss of initiative:** A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

What's normal? Sometimes feeling weary of work or social obligations.

Article taken from www.ALZinfo.org

JANUARY IS ALZHEIMER AWARENESS MONTH

An online survey of baby boomers across Canada conducted by the Alzheimer Society reveals a worrying lack of awareness about Alzheimer's disease. Survey results show that an astonishing 23 per cent of boomers can't name any of the early signs of Alzheimer's disease, even though their risk doubles every five years after age 65. www.alzheimer.ca/testyourknowledge.

Community Kitchen & Christmas Crafts



Upcoming Events Winter 2011



January 31 (11-2 pm) ***“Traditional Crafts & Cookies”*** @ the Band Office
Please contact Wendi for more info. and to register @ 622-9835 (ext.7)

February 12 (9 -3 pm) ***“Healthy Lifestyles Winterfest”*** @ Fort William Historical Park. Please contact Christine for more info @ 622-9835 (ext. 4)

February 25 (6-9 pm) & February 26 (9 am-3 pm) ***“5th Annual LDMLFN Health Fair @ the Victoria Inn”*** - Everyone welcome! Diabetes bingo, food, prizes, diabetes testing, blood pressure testing, child find registration, traditional medicine, health program displays, literature and presentations! A delicious healthy lunch will be provided on Saturday Feb 26 @ 12 pm.

March 14-18 (12-3 pm) **March Break Activities** @ the Band Office (Ages 6-13)
Community Kitchen “Healthy Snacks/Dream Catchers” Tuesday, March 15th
Traditional Teaching & Story Telling with Ron Kanutski Thursday, March 17th
Please contact Wendi for more info. and to register @ 622-9835 (ext.7)

Positive ways to cope and manage stress

Lac Des Mills Lac's First Nation

- ◆ Avoid situations that are stressful, learn to say no adding additional obligations for you or your family is a sure way to increase stress. Allow for time with your family to slow things down and enjoy doing a family activity.
- ◆ Take control of your environment by participating in physical activities with your family to help foster relationships with your spouse and children.
- ◆ Avoid dwelling on the negatives sit with your family discuss and positive way to move ahead together be pro-active in change.
- ◆ Share feelings by using "I" statements in your home practice this with your family so that no one is placing blame on another person or situation.
- ◆ Take a break from the current issue or situation to clear your thoughts, create a space in your home where you or other family members can go to just get away
- ◆ Adjust your standards set realistic approaches to the stress
- ◆ Focus on positive things that are going on for your family

Don't give up on the possibility of seeking a professional opinion to help in getting you and your family on track.

Agencies in Thunder Bay

Dr. Jennifer Sullivan and Associates

950 John Street Road Thunder Bay

807-768-0660 Toll Free- 1-888-269-0237

The Roots of Life Counselling

97 Park Avenue, Thunder Bay

807-344-1944 Toll Free- 1-800-339-5211



BANNOCK FOR BABIES

Ingredients

- ½ cups iron fortified infant cereal
- 1 ¼ cups of whole wheat flour or 1 ½ cups of white flour
- 4 teaspoons baking powder
- ¼ cup of canola oil
- 1 cup of water

Directions

1. Pre-heat oven to 350° F
2. Grease an 8x8 glass baking dish
3. Mix all dry ingredients together in a large bowl. Slowly mix in the oil and combine to make a course mixture
4. Make a well in the center of the dough and add the water. Knead gently until it is combined.
5. Press the dough onto the oiled pan and bake for 30 minutes.
6. Cut into small diced pieces. Keeps wrapped for 2 days or it can be frozen.

Nutrition Tip

Babies should eat foods high in iron every day. Meat, iron fortified infant cereal and egg yolks are a good source of iron.

