

TIPAACHIMUWIN

AUGUST 2012

Join Sol Awashish on his walk to the CRA Annual General Assembly in Waskaganish

Sol Awashish, Chronic Diseases PPRO (Chishaayiyuu Team) is walking 640 kilometers, the distance from Mistissini to Waskaganish to promote healthy lifestyle and diabetes prevention. Sol's 'virtual walk' has taken him more than 500 kilometers so far. He will be walking the final 102 kilometers from the James Bay Highway turnoff to

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A successful partnership

On June 18 and 19, Mistissini health workers organized an outreach day for preschoolers and their parents and families.

In the VMS school gym Cree Health Board set up different booths and activities to highlight prevention and wellness for young children.

The stands included oral health,

vaccination, healthy lifestyles, and well baby. The entire CMC staff would like to thank Bjorn Olsen for the loan of the school gym, Quebec en Forme for the door prizes (bikes and bike helmets) and the HEAL fund under regional Public Health and Brighter Futures for the refreshments.



SOCIAL MEDIA MILESTONES

Our Facebook Page (facebook.com/creehealth) has 200+ 'likes'; our Twitter feed (@creehealth) has 500+ followers.



FIRST AID TRAINING? If

interested, contact Jocelyne Cloutier. Two courses will be offered: a comprehensive, 2-day workplace safety training and a Red Cross training in basic first aid.



PUT AWAY YOUR UMBRELLA

HAT! Mistissini office roof is now fixed. Thanks for your patience during this difficult time.

continued from front page
Waskaganish starting August
3rd.

Sol says, "Wachiya, my friends
and colleagues! I reached the
Waskaganish turnoff at the
James Bay Highway. So far I
walked 538 kms. Only 102 km
to reach Waskaganish. I'm
dedicating my walk to our late
friend, The General. I am
walking to promote healthy
lifestyle & diabetes prevention
in Eeyou Istchee. Please walk
with me for the last 102 kms.
We will reach Waskaganish on
Aug. 7 in time for the GCCEI/
CRA AGA. There I will address
our leaders about the Diabetes
Pandemic in Eeyou/Eenou
Istchee. Please join me in my
walk."

SOL WAS JOINED BY COLLEAGUES
ON LAST YEAR'S WALK TO THE AGA
HELD IN EASTMAIN.

I.D. YOUR COLLEAGUES



* *HINT: Not the guy in the
red suit.*



HINT: Former bar singer!



KWEY! (AND AU REVOIR)



Suzanne Ally, nurse responsible
for vaccination (Awash Team), is
leaving Public Health to work on
the Mistissini clinical Awash
Team. We wish Suzanne the best
as she returns to clinical work.



Jonathan Elkhoury is back with
us for the summer, working on the
Admin Team (documentation
technician). He returns to CEGEP
St-Felicien on Aug 20 to continue
his studies in Wildlife
Management.



Rachel Martin, Head of Admin
Team, will be extending her
maternity leave for 3 months. She
had planned on returning to work
in August, but is having too much
fun with her daughter Lia! Bessie
House will continue to replace her.

What's happening in August?

by Tracy Wysote

Research Administrator

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Chisasibi

August 3-5 • Pow Wow

August 17-19 • Cree Arts Festival

August 17-19 • Fishing Derby

Ouje

August 9-12 • Blueberry Festival

Eastmain

August 3 • Golf Benefit

August 10-11 • Youth Concert

Wemindji

August 13-17 • Youth Appreciation Week

Mistissini

August 2 • 10 km Walk or Run

August 5-11 • Elder's Gathering

August 7-11 • Babysitter's course

August 12-19
Mamuuteusiitau
(Traditional Gathering)

August 16-18 • Christian Concert

August 18-19 • Sports Fitness Challenge (to be confirmed)

Elders Fish Project
(Morning and Afternoon Activities and Lunch M-F)

Every Wednesday in August
(and sometimes on Sundays)
Bike Race at 6:30 p.m.
starting at Sports Complex

Youth Music Festival (Dates to be confirmed)

August 10-12 • Invitational Softball Tournament

Nightly • Midnight Hoops

Chibougamau

August 2-5 Festival
(Music by Plume Latraverse and Vincent Vallieres)

Website:

<http://>

www.ville.chibougamau.qc.ca/

Triathlon (Dates to be confirmed)

3 or 6 km Run (Dates to be confirmed)

Training Opportunities

Quantitative Research Designs 101: Addressing Practice-Based Issues in Public Health

National Collaboration Centre for Methods and Tools offers free online course. Quantitative Research Designs 101: Addressing Practice-Based Issues in Public Health [More info](#)

Cours en ligne MSO 6330: Protection de la santé

En collaboration avec l'Université de Montréal, l'INSPQ vous offre le cours MSO 6330 Protection de la santé, qui s'intègre dans le microprogramme en santé publique à l'intention des cadres et des professionnels en exercice.

Salomon.Tchameni-Ngamo@inspq.qc.ca

New on creehealth.org

James Bay Cree population data (age, sex, community) 1982-2012

[Population data on the Cree population, beneficiaries of the James Bay agreement residing on the territory of the 9 bands, as of July 1st, 2012. Data includes information spanning 1982-2012.](#)

What is Pre-Diabetes? A Guide to Understanding Pre-Diabetes | Qu'est-ce que le prédiabète? Guide pour mieux comprendre le prédiabète

[This 8-page guide explains in simple terms what happens to our body when we have pre-diabetes and what steps we can take to prevent this condition from developing into type 2 diabetes.](#)

[Ce guide de 8 pages explique, en termes simples, le fonctionnement de notre corps en cas de prédiabète et comment nous pouvons](#)

[prévenir le développement éventuel du diabète.](#)

Emiyuu Ayayaachiin: Being able to move

[When we talk about our health, we often focus too much on weight and not enough on lifestyle and well-being. We can also easily be discouraged by setting unrealistic weight loss goals. Here are answers to common questions about weight and health.](#)

Training Cree Nurses

[Eeyou Istchee needs nurses. At least 100 nurses are required to provide health care in the nine Cree communities, and the demand continues to grow. As a result, four years ago the Cree Health Board, along with the Cree School Board, Cree Human Resources Development, the Chibougamau Centre for Collegial Studies \(affiliated with CÉGEP du St-Félicien\), launched a nursing program specially designed for Cree students.](#)

To freeze, or not to freeze. That is the question.

by **Marsha Wysote**

Prevention Technician

...

Are you noticing fellow employees are getting a little hot under the collar? Maybe a few have been giving you the cold shoulder. You may be experiencing a different type of office stress: thermostat wars!

Office temperatures that are too hot or too cold are one of the most common complaints amongst staff in a work environment. Unfortunately, keeping all employees "comfortable" in an office is almost impossible; women will often report feeling the cold more than men or some parts of a building could be different temperatures than others.

Other causes of office temperature discomfort include your level of fitness, your diet and even your age. Finally, being too tense or stressed in the office can

affect your circulation and make you feel colder.

Temperature affects productivity; productivity can drop off by up to 20% if the temperature is so uncomfortable it causes a distraction to the employee.

The best solution is to poll the audience. If 99% of people are comfortable then there has to be give and take.

If there is a noticeable problem, however, try the following troubleshooting tips:

1. Have someone check the ventilation to ensure it is adequate throughout the building.
2. Have someone check and maintain ventilation equipment often.
3. If you have an office with a window, open it (or close it), if necessary.
4. If you are a part of the 1%, you should consider bringing a sweater or personal fan to work ;).





Photo of the Month
by Josee Quesnel
Whapmagoostui Sky

Work Calendar

CREE DIABETES NETWORK (CDN) CONFERENCE CALL

Mondays, 11 am

Call in number:

1-866-392-3211

Conference ID: 2913541#

EMPLOYEE DROP-IN

Wednesdays, 9:45 am

COMMUNICATIONS DROP-IN

Wednesdays, 11am

HEALTHY WORKPLACE WORKING GROUP

Thursdays, 11 am

Call-in number:

1-877-534-8688

Conference ID: 2101030#

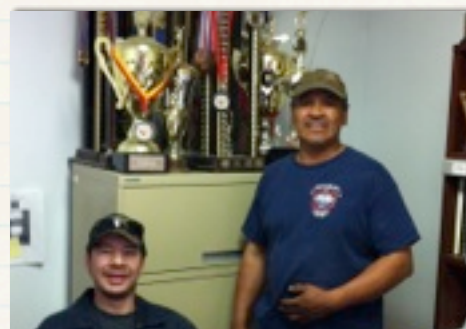
[Online calendar of activities](#)

[Updates on Forest Fires
in the Region \(SOPFEU\)](#)

Occupational Health Summer Outreach



Jocelyne Cloutier (Occupational Health PPRO) in Whapmagoostui with the Awash Team CHRs and Karen Masty, the Band Environment/Public Health Officer.



Proud Waskaganish firefighters pose with their trophies.

Birthdays in August

2nd	Bessie House
7th	Allison Tomagatick
8th	Paul Linton
14th	Felix Girard
28th	Patrick Owen
29th	Marsha Wysote

This month's newsletter comes in 2 tasty formats: paper and PDF. Check your email to download the PDF version to follow the links mentioned in the articles.

NEWSLETTER STAFF

Iain Cook (editor)
Tracy Wysote (social calendar)
Marsha Wysote and Jocelyne Cloutier (healthy workplace tips)
Sol Awashish (team updates)
David English (admin support)

TIPAACHIMUWIN

August, 2012

August is Sexual Health Month