

tipaachimuwin

Issue No. 6

Pimuhteheu Staff Newsletter



Bella M. Petawabano sworn-in as CHB Chairperson

The Cree Health Board welcomed its new Chair of the Cree Health Board with a swearing-in ceremony held at the Mistissini MSDC on October 22.

Read Bella's message to all Cree Health Board employees: Cree (<http://goo.gl/LCV11>), English (<http://goo.gl/z3xZ8>), French (<http://goo.gl/Nmru4>)



Mabel Herodier, Executive-Director of the Cree Health Board, congratulates the new Chairperson. Laura Bearskin, Pimuhteheu AED looks on.

Taria Matoush becomes acting Head of Awash Team

Taria Matoush, the Assistant Director of Public Health for Uschiniichisuu has agreed to become acting Head of the Awash Team until a replacement can be hired.

In this Issue:

YOUR COLLEAGUES, REVEALED

Last month's 'double double' had the office buzzing. This month, all is revealed.

MENTAL HEALTH CHALLENGES

Helping yourself to feel better.

HOW TO RUN MEETINGS

3 sets of rules to follow.

GET THE FACTS, NOT THE FLU

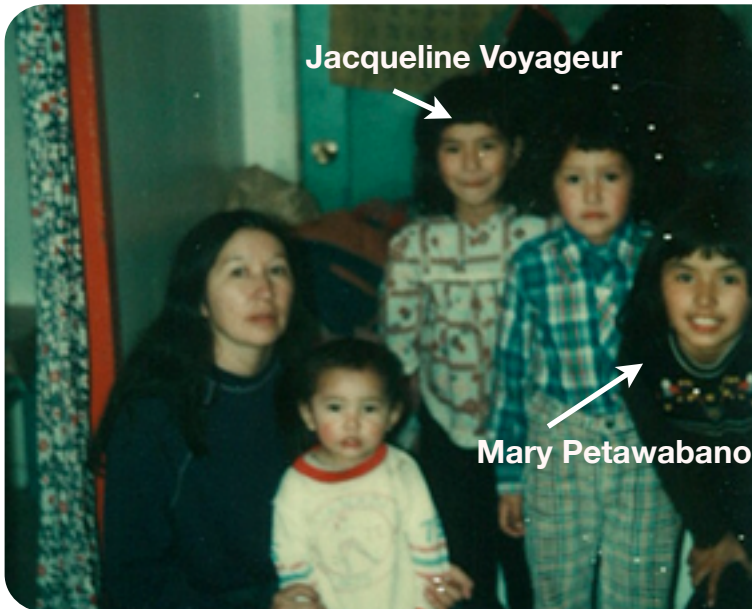
It's flu season and now's the time to take action.



creehealth.org

Your colleagues, revealed!

Contact Iain Cook (Communications PPRO, SERC Team) if you want to challenge your colleagues with a childhood photo. Next month: special holiday edition!



Jacqueline Voyageur and Mary Petawabano, admin techs.

This picture was taken in the mid-70s in one of the log houses on Riverside Street in Mistissini. These family homes were administered by Indian Affairs. Want to see more photos from around that time? (The Crees of Northern Québec: A Photographic Essay <http://bit.ly/RDH2eP>)



Dany Gauthier, Breastfeeding PPRO (Awaash Team)

Dany has been with the Cree Health Board since 2008. Dany's blog, creebreastfeeding.com, has more than 17,000 hits, and counting!

Cree Lesson

How much is it?

Taan
eihtitistaakuch?
ငံ့ ∇Δ"၀၀ငံ့?

S/he is a nice person.

Miiyeihtaakusuu
ᐃᑦᑦᑦᑦᑦᑦᑦᑦ

S/he is good looking.

Miyuunaakusuu
ᠮᠢᠢᠦᠨᠠᠭᠠᠭᠤᠰᠤᠰᠤ

Mental health challenges: red flags to look for

Everyone has bad days and life can feel painful sometimes. We can have stressful weeks, months, or even years. Too many demands, financial problems, family or work conflict, loss or injury are some of the issues that can cause imbalance in life. During these times we are challenged to stay healthy, to manage our negative feelings and to “cope.”

When faced with all of these challenges, it can sometimes be difficult to be objective. The actual state of our mental health is not easy to assess and is not always directly related to the amount of stress in our lives. On some occasions we may not feel that there is anything specific that is bothering us yet we don't feel quite like ourselves; or we may believe that once everything is “ok” that “I will feel better.” In other instances it may simply be a persistent moodiness and changes in energy levels, sleeping and eating habits, or the continued choice to forgo social activities and spending time with friends and family

Let's take a look at some symptoms that could help you figure out if you, or someone you care about, may be dealing with a mental health problem:

Social withdrawal: you no longer want to participate in your usual social arenas

Personality change: the calm friend becomes moody or the quiet person becomes loud

Sleep disturbances: sleeping too much or too little

Fatigue: lacking enough energy to deal with the day to day demands

Risky behaviours: increased alcohol consumption or initiating drug abuse

Mood disturbance: poor concentration, irritability, unrealistic confidence

Dark thoughts: overly pessimistic, irrational thoughts, talk of suicide

Physical changes: loss of attention to grooming, sudden weight loss or gain

Emotional distress: sudden outbursts of emotions without evidence of a trigger

Hypochondria: various physical complaints with no medical basis

These are indications of a mental health problem. If these symptoms persist they will eventually undermine your ability to function in your personal and work life.

If you believe that you or a loved one is struggling with mental health issues, asking for help is the first step. Our counsellors are available to assist you. They can guide you towards creating a positive plan of action to restore balance to your life.

Connect with a counselor, or explore more resources at WorkHealthLife

reprinted from WorkHealthLife blog:
<http://bit.ly/PgunQk>

Helping yourself to feel better

Know this: **You are worth it. You are special.** Remind yourself of your strengths and trust yourself. Remind yourself every day.

Forgive yourself. Not one single person in the history of humanity was or is perfect. Really. Control negative thoughts by remembering to keep perspective and look for the positive.

Avoid using drugs and alcohol. They don't help – they only numb you up for a bit, and reality looks even worse through a hangover.

Go for an endorphin rush instead! Get some feel-good hormones running through your system by exercising! (You'll sleep better too, and we all feel awful when we don't get enough good sleep.)

Listen to music that lifts you up. Read inspirational passages and books – choose ones that help you stay positive.

Eat healthy foods – not just because ‘mom says so,’ but because proper nourishment is a vital part of physical and mental health.

“Laughter is the best medicine” – so hang out with people who make you laugh. Recognize which people bring you down and forget about them.

Around the web (food for thought)

How the diabetes-linked 'thrifty gene' triumphed with prejudice over proof – The Globe and Mail (via CAHR)

A post-mortem has already begun for the 'thrifty-gene' hypothesis, amid suggestions that science flirted with racism <http://bit.ly/RlayzW>

How getting off autopilot can improve our health – The Globe and Mail

Instead of just providing health information, public health initiatives should target the knee-jerk behaviours that are making us fatter and sicker. <http://bit.ly/SJAuHQ>

Breastfeeding in Eeyou Istchee – YouTube

<http://bit.ly/TdFdr8>

Field Studies in Northern Quebec – YouTube

<http://bit.ly/VVS5mU>



Spencer Wysote, PPRO-in-training

Did you know?

Maskautin Piisim (November) is the term for the time when the shoreline starts to form ice. Small lakes will start to freeze and then larger ones. (source: [Cree Glossary for Radio Broadcasters](#))

How to run meetings

Careers have been built on poking fun at meetings. From commercials to comic strips it's no secret that most of us would rather be, you know, working.



Experimentation with meetings in the past decade by startups and Fortune 500 companies alike has produced a new set of rules to consider. Here are three that seem to be universal:

All meetings must have a stated purpose or agenda. Without an agenda, meetings can easily turn into aimless social gatherings rather than productive working sessions.

Attendees should walk away with concrete next steps or Action Items. From Apple to the Toastmasters, the world's most successful organizations demand that attendees leave meetings with actionable tasks.

The meeting should have an end time. Constraints breed creativity. By not placing an end-time, we encourage rambling, off-topic and useless conversation.

Read more: <http://bit.ly/QXAe94>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
			GCC Mining Conference	6:30pm - Hugo		
				Diabetes Prevention month		
				Movember! - Raising Funds for Prostate Cancer		
				Staff		
				Timesheets		
				11am - HWWG		
				7:30pm - Docu		
4	5	6	7	8	9	10
Diabetes Prevention month						
Movember! - Raising Funds for Prostate Cancer						
		Community 10am - SERC	Native Pride Festival @ Mistissini Sports Complex 12am - Birthda 9:45am - Empl 11am - Commu	Community 11am - HWWG	6:30pm - Wine	
11	12	13	14	15	16	17
Diabetes Prevention month						
Movember! - Raising Funds for Prostate Cancer						
	CHB Stat	Community	12am - Malika 12am - Reggie 9:45am - Empl 11am - Commu	Community Timesheets 11am - HWWG		
18	19	20	21	22	23	24
Diabetes Prevention month						
Movember! - Raising Funds for Prostate Cancer						
	Addictions Summit in Val d'Or @ Val d'Or Internationa	Community	9:45am - Empl 11am - Commu 7pm - Aurora	Community 11am - HWWG		Newsletter
25	26	27	28	29	30	1
Diabetes Prevention month						
Movember! - Raising Funds for Prostate Cancer						
	JASP Montreal @ Montreal, Quebec 12am - Taria		9:45am - Empl 11am - Commu	Timesheets 11am - HWWG		

PHD Calendar: <http://goo.gl/U3R5Y>Community Events: <http://goo.gl/Kxs8T>Corporate Calendar: <http://goo.gl/taeXT>

Get the facts, not the flu.

It's flu season and now's the time to take action. Flu shots will be available at the clinic starting November 1.



By following and sharing these steps, you can protect yourself, your family and others in your community from the flu.

Get the flu shot, if you can.

Wash your hands with soap and water for at least 20 seconds.

Cough and sneeze into your arm, not your hand.

Keep surfaces that many people touch clean -- like doorknobs and TV remotes.

If you get flu symptoms, stay home and try to limit contact with others. This goes for the kids as well.

Most people will recover from the flu within a week but others, such as pregnant women and those with chronic health conditions, are more at risk for severe complications. If your symptoms don't get better, go to the clinic.

STAFF NEWSLETTER Issue 6 tipaachimuwin



Connect with creehealth.org

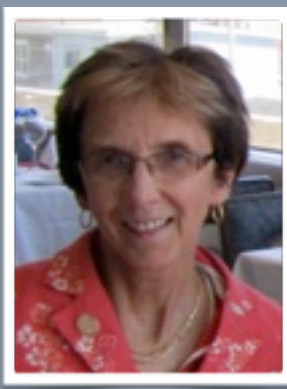


/creehealth



@creehealth

Message from the interim Director



As many of you know, I will be leaving my position as interim Director of Public Health, effective December 1. However, I will not be leaving the Department entirely. I will remain in my position as medical and scientific advisor for the Environmental Health file.

I would like to extend my personal condolences to Paul Linton, Assistant Director of Public Health for Chishaayiyuu, whose mother passed in October.

As well, a big 'au revoir' to Marsha Wysote, Prevention Technician (Chishaayiyuu Team) who has gone on a 6-month leave of absence.

Finally – the Pimuchteheu Team meeting, originally scheduled for early December, has been postponed until sometime in 2013.

Elizabeth