

tipaachimuwin

Issue 16 January 2014

creehealth.org/pim-news

ALLIED HEALTH NUTRITIONIST TEAM MEETS AND EATS

Lucie Leclerc reports

WEBSITE STATS AT A GLANCE

Iain Cook reports

ALSO:

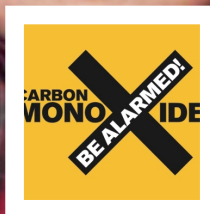
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Carbon monoxide
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Employee
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January is No Smoking Month

Editor

Iain Cook

Contributors this month

Dr. Rob Carlin

Lucie Leclerc

Jocelyne Cloutier

Ron Shisheesh

Katherine Morrow

Cover Photo

Ron Shisheesh celebrates the success of the 2012 Smoking Sucks Workshop.

<http://creehealth.org/library/online/health-promotion/smoking-sucks-workshops-training-peer-educators-tobacco-reduction>

Have something to contribute to *tipaachimuwin*? Contact Iain Cook (icook@ssss.gouv.qc.ca) or 514-220-5649

Message from Dr. Rob Carlin

Wachiya. Hi. Kwey. Bonjour.

I would like to sincerely wish everyone a happy and prosperous New Year. I took a moment at the end of 2013 to look at all of the issues of *Tipaachimuwin*. It was exciting to look back at all that was accomplished over the past 12 months. Of course, not everything turned out exactly as planned. However, I like to think that we climbed a bit higher on our journey as a result.

À tous, je vous souhaite sincèrement une bonne et heureuse année. J'ai pris un moment à la fin de 2013 pour examiner tous les publications de «Tipaachimuwin ». C'était intéressant de revenir sur tout ce qui a été accompli au cours des 12 derniers mois. Bien sûr, tout ne s'est pas déroulé comme prévu. Cependant, je préfère à penser que nous sommes montés un peu plus haut pendant notre voyage en conséquence.

Dr Rob Carlin
interim Head of Public Health



Allied Health Nutritionist Team



Allied Health Nutrition team meets in Mistissini in November

by Lucie Leclerc

This meeting was a great opportunity to strengthen the collaboration between us and to network in person. Many members met for the first time, while others joined via teleconference from Montreal. We had a full 3 day-agenda.

Local nutritionists provided information related to their recent activities done during breastfeeding week and diabetes month. Public health nutritionists presented or gave updates on some of their files such as: Nutrition Policy, Nutritious food basket project, Traditional food project, Mother and Child Health Program (MCHP) nutrition content, Gestational diabetes protocol and current diabetes guidelines/best-practices.

The team provided feedback on various nutrition resources that

are currently being developed (i.e.: pamphlets on diabetes during pregnancy and on MCHP nutrition, flipchart on infant feeding). Continuing education sessions were offered through presentations on pre-dialysis by Joceline Piché and on dysphagia by Jani Cheseaux.

Jonathan Linton's testimony about his personal and work experience on diabetes was also well received. The team would like to thank Paul Linton, Public Health Director of Chishaayyuu Miyupimaatisiin for making these annual meetings possible and for his recognition of the nutrition field and his continuous support to the nutritionists working on the territory over the years.

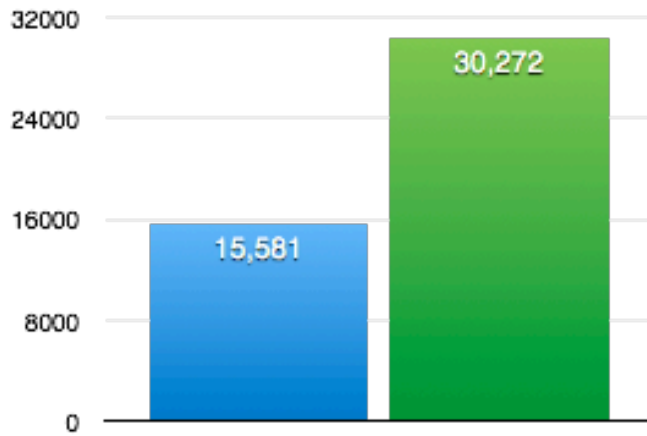
From left to right: Catherine Godin (Diabetes training agent, Chishaayyuu, Public health, Mistissini), Aurée Gilbert (Nutritionist, Chisasibi hospital), Sonia Lu (Awash and Uschiniichisuu Nutritionist, Mistissini), Sandra Gentili (Awash special project, Public health), Jani Cheseaux (Awash and Uschiniichisuu Nutritionist, Chisasibi), Joanie Flibotte, (Nutritionist, Waskaganish), Mihigo Muganda (Chishaayyuu Nutritionist, Mistissini), Kneeling: Catherine Helik (Institutional Nutrition and Food Services, Public health, Mistissini), Sarah Quint (Chishaayyuu Nutritionist, Chisasibi), Caroline Cormier (Nutritionist, Wemindji), Amélie Roy-Fleming (Chishaayyuu special project, Public health), Joceline Piché (Nutritionist, Oujebougoumou), Chantal Vinet (Chishaayyuu PPRO Nutrition, Public health, Mistissini), Lucie Leclerc (Awash PPRO Nutrition, Public health, Mistissini).

From Montreal: Lilian Kandiliotis (Institutional Nutrition and Food services, Public health, Mistissini) and Hélène Porada (Nutritionist and Certified Diabetes Educator, Chishaayyuu, Public health).

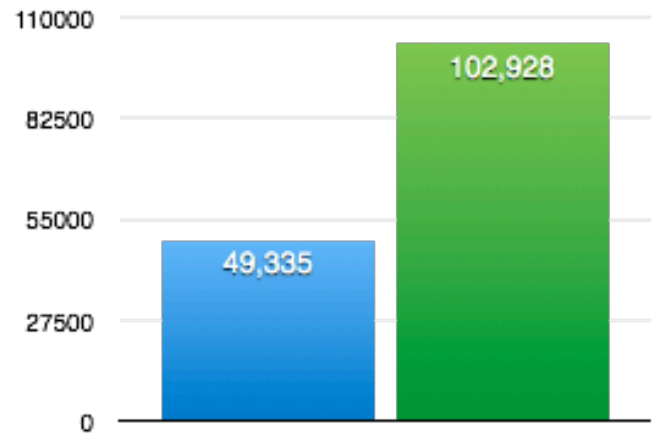
Regrets: Dominique Boucher (Nutritionist, Nemaska)

■ 2012 ■ 2013

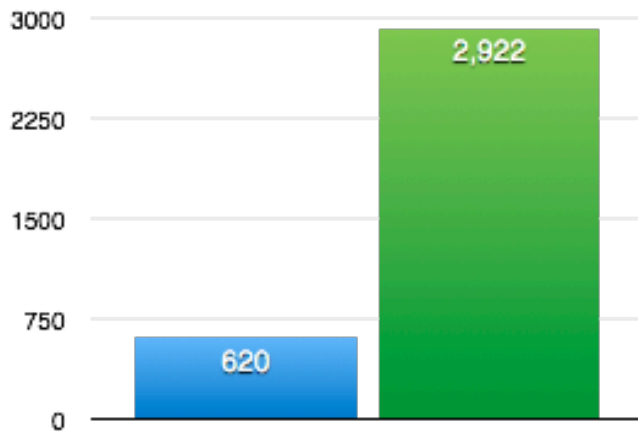
Site Visitors



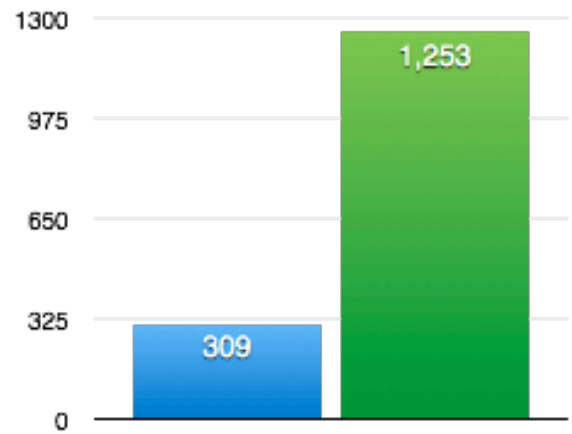
Number of Pages Viewed



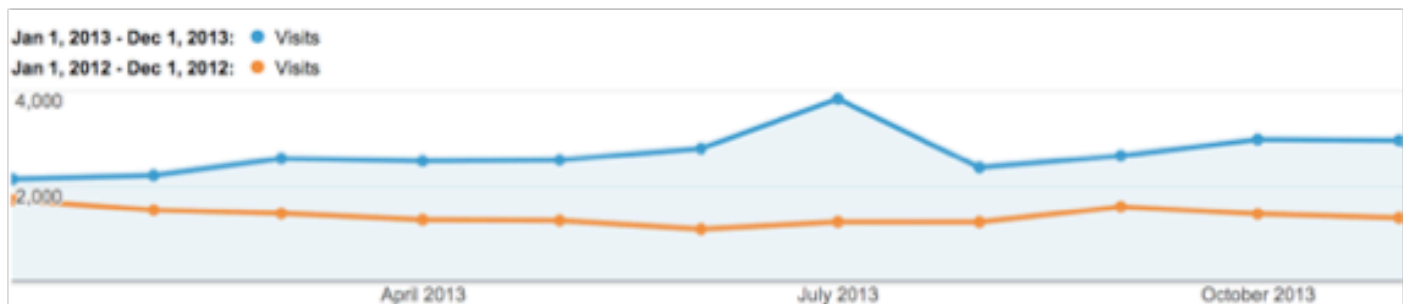
Mobile Devices (phones)



Mobile Devices (tablets)



Website Visitors Each Month





**CARBON
MONOXIDE**

BE ALARMED!

Preventing Carbon Monoxide Poisoning After an Emergency

by Jocelyne Cloutier

Generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices should never be used inside a home, basement, garage, or camper - or even outside near an open window.

Every home should have at least one working carbon monoxide detector. The detector's batteries should be checked at least twice annually, at the same time smoke detector batteries are checked.

Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled.

When power outages occur during emergencies such as hurricanes or winter storms, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause CO to build up in a home, garage, or

camper and to poison the people and animals inside.

Accidental CO poisoning can kill.

CO is found in combustion fumes, such as those produced by small gasoline engines, stoves, generators, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

How to Recognize CO Poisoning

Exposure to CO can cause loss of consciousness and death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

Important CO Poisoning Prevention Tips

- Never use a gas range or oven to heat a home.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.

- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside an open window, door, or vent where exhaust can vent into an enclosed area.

- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation lines.

- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- If conditions are too hot or too cold, seek shelter with friends or at a community shelter.
- If CO poisoning is suspected, consult a health care professional right away.

PIMUHTEHEU NEWS

Kwey Kahá:wi Jacobs (Mental Health Services)

Kahawi Jacobs was hired as PPRO in November to develop the procedures and policies for psychiatric services.

“As a Program Lead and Program Consultant at the Canadian Institute for Health Information (CIHI), I managed staff and collaborated with colleagues to develop and implement projects on key corporate deliverables while maintaining stakeholder relations. This included developing corporate knowledge of Aboriginal peoples’ health information needs, their frameworks for understanding health and well-being, as well as carrying out analytic work to inform health care policy. I applied my research, writing and analytical skills in the development of long-term analytical plans and publications, consolidating information from diverse data holdings, and working with multiple teams.”



Gregory Brass on part-time Educational Leave

Gregory Brass Coordinator of the Regional Mental Health Department is on part time Educational Leave until May 19, 2014. His replacement is Mary Louise Snowboy.

Mary Louise will be responsible for the coordination of Mental Health service delivery and any other administrative duties.



Come to the Employee Drop-In

Want to know what is happening at Public Health and Pimuhthehu Management Meetings?
For an update, come to the Employee Drop-In, which follows each Management Meeting.

Public Health Management (standing invitation for Pimuhthehu managers)	Time	Employee Drop In
Friday, January 17	9-10:45	10:45-11
Friday, January 24	9-10:45	10:45-11
Friday, January 31	9-10:45	10:45-11
Thursday, February 6	9-10:45	10:45-11
February 10-14 - Public Health Department Meeting		
Friday, February 21	9-10:45	10:45-11
Friday, February 28	9-10:45	10:45-11
Friday, March 7	9-10:45	10:45-11
Friday, March 21	9-10:45	10:45-11
Friday, March 28	9-10:45	10:45-11
Friday, April 4	9-10:45	10:45-11
Friday, May 9	9-10:45	10:45-11
Friday, May 16	9-10:45	10:45-11
Friday, May 23	9-10:45	10:45-11
Friday, May 30	9-10:45	10:45-11
Friday, June 20	9-10:45	10:45-11
Thursday, June 26	9-10:45	10:45-11

Employee Drop-In (update on Management Meeting)

Call-in number is 1-877-534-8688
Conference ID: 2101030#

Face-to-face management meetings in Mississauga:

February 10-14 (part of Department Meeting)

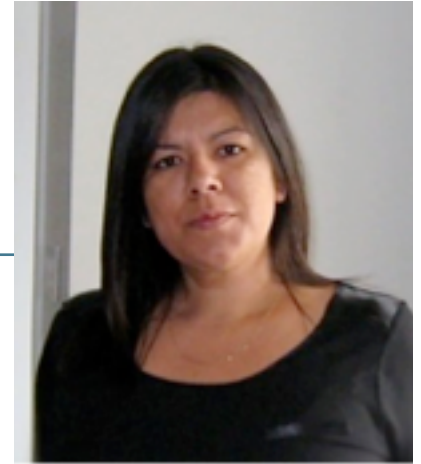
April 7-11

June 2-6

BOARD NEWS

Kwey Nancy Bobbish, new AED Administrative Resources

Nancy Bobbish, formerly Director of Human Resources of the CBHSSJB and current Director of Corporate Social Responsibility & Community Relations at Goldcorp, was appointed Assistant Executive Director for Administrative Resources Group, effective January 27, 2014.



2014 Staff Calendar available online

<http://creehealth.org/library/online/2014-calendar-calendrier-2014>

New Vice-Chair of the Board Jonathan Sutherland

The Vice-Chair is elected from among the members of the Board. Thomas Jolly from Nemaska has been Vice-Chair for three years. He chose not to run again.

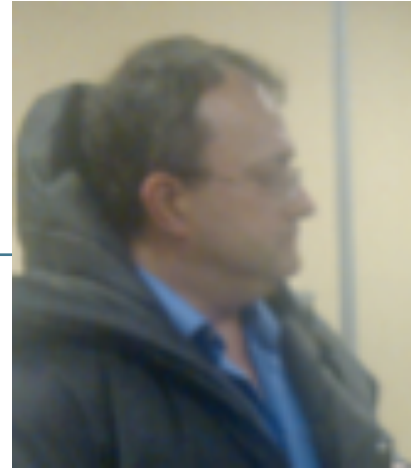
Jonathan Sutherland, Board rep for Waswanipi, was elected by acclamation for a term of one year.



BOARD NEWS

Au revoir, Martin Meilleur

Martin Meilleur, Director of Finance and currently Interim AED, Administration Group, resigned effective January 31, 2014.



Kwey new Board member Ida Gilpin

Ida Gilpin was elected to the Board of Directors as Community Representative for Wemindji, replacing Angus Georgekish.

She is a respected educator with a lifelong interest in health.

Kwey Paula Rickard

Paula Rickard was nominated Assistant to the Executive Director (status 2, interim), replacing Richard St-Jean, who is retiring. This is a Director-level position.

The position will be posted once the job description is revised. The position will be officially vacant February 10, 2014.



Board of Directors meeting summary available online

<http://creehealth.org/library/online/board-directors-meeting-summaries>



January is No Smoking Month

Trina Sandy-Onalik, proud graduate of the 2012 Smoking Sucks workshop. She is one of seventy five youth trained as peer-educators in smoking cessation.