

Monday, November 9, 2020



Tuesday, November 10, 2020



Wednesday, November 11, 2020



MAYBE THIS DAY IS NOT
ONE OF YOUR FAVORITES, BUT
NEVER FORGET THAT EVERY
DAY YOU WAKE UP IS AN
AMAZING GIFT AND ITS UP TO
YOU TO MAKE IT COUNT

Town Run

REGISTRATION DEADLINE @ NOON

Snack & Yak

6:00 PM via ZOOM

**Negative Extraction
Removal & Cedar Bath**

Nov. 20 & 21 @ Health

**Remembrance Day
CCFN Offices Closed**



*On the 11th hour,
of the 11th day,
of the 11th month,
We shall remember them.*

Thursday, November 12, 2020

BINGO Numbers

Drawn in Morning

Winners

Single Line: Martina Raposo

Town Run

Friday, November 13, 2020

BINGO #s Drawn

(As of Nov. 5, 2020)

B 14, I 21, O 65, O 72, O 75

I 27, I 29, N 40, G 59, O 71

B 4, I 20, G 56, I 30, G 50

I 18, N 38, G 49, G 52, O 74

Saturday, November 14, 2020

#movember

Grow a Mo to
Save a Bro!



Sunday, November 15, 2020

Friendly Reminders:

705-864-0200

Participants must

PRE-REGISTER, BRING
and WEAR facemask for
ALL programs/activities.

Hydro One Scheduled

Power Outage

7:00 AM - 10:30 AM



**For the week of the
Nov. 9 - Nov. 15, 2020**

Winter Hours
Monday - Friday
8:30 AM - 4:30 PM

Activities/Events/Programs

Participation & feedback is

always welcomed

& greatly appreciated

Freezing Up Moon

**Earth and waterways begin to freeze to
protect the land for the wintering
moons.**

**Please pre-register for the
interesting/interactive programs,
activities and events offered
in our community.**

Covid Mental Health Challenge 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Complete a puzzle	2 Meditate	3 Organize one cupboard in your home	4 Facetime or call a loved one and talk for 20 minutes	5 Do 10 minutes of yoga	6 Colour a picture	7 Make a campout in the Livingroom
8 Make a photobook of at least 10 pictures	9 Go for a walk	10 Write a letter	11 Mail that letter	12 Play cards	13 Make a new snack recipe	14 Make a family tree
15 Learn how to sign your name in ASL	16 Write 10 interesting things about your family	17 Make your Christmas wish list	18 Make homemade bread	19 Paint a rock, paper or picture of one of the 7 Grandfather teachings	20 Take 3 family photos Silly one Serious one Smiling one	21 Go on a scavenger hunt
22 Have a PJ Day	23 Plant a flower or vegetable	24 Taco Tuesday! Make tacos for supper!	25 Have a dance party	26 Learn to whistle	27 Make a snowman (Use clay, dough or rocks if you have no snow)	28 Bake cookies
29 Write 10 things all about you	30 Start a Christmas countdown					

Record your progress by making a video or taking a picture of each completed item. Once you have finished them, email them to Programfacilitator@chapleaucreehealth.ca to be entered into a draw!

THE RULES



RULE ONE

Once registered at movember.com each Mo Bro must begin the 1st of Movember with a clean shaven face.

RULE TWO

For the entire month of Movember each Mo Bro must Grow and groom a moustache.

RULE THREE

Don't fake it. No beards, no goatees and no fake moustaches.

RULE FOUR

Use the power of the moustache to create conversation and raise funds for men's health.

RULE FIVE

Each Mo Bro must conduct himself like a true gentleman.



MOVEMBER®



Imagination Library Registration Assistance

Dolly Parton has partnered with NAN
Offering FREE books every month for children 0-5 years old.
Interested in signing up, but don't have access to a computer/ internet?

ASK MAAMWESYING FOR REGISTRATION ASSISTANCE

Registration forms can be filled out and left at the Health Centre to be
sent in, please make sure to have parent signature included.

For further information call
WAWA OFFICE: 1-833-564-2726

DOLLY PARTON'S IMAGINATION LIBRARY REGISTRATION FORM



Enroll your child today!

Research has shown that reading aloud to children from an early age will promote their literacy skills, language development, and love of learning and reading, and give them the biggest boost toward a successful education they will ever get. Now, reading regularly to your preschool child will be easier than ever! By enrolling in Dolly Parton's Imagination Library, your child (age 0 to five years) will receive a **FREE book every month**, mailed directly to your home. With these free, age-appropriate books, you and your child will experience the joy of reading together, and you'll be creating a special bond with your child that will last a lifetime. **It all begins with you.**

Child's Last Name:	Child's First Name:	
Child's birthday (MM/DD/20YY)	Gender:	
Address:	City:	Postal Code:
Phone Number:	Email Address:	
Authorized Parent/Guardian's Last Name	Authorized Parent/Guardian's First Name:	

PRIVACY CLAUSE: I hereby explicitly consent to allow the Dollywood Foundation, Inc. to use the information provided herein for the purposes of participating in Dolly Parton's Imagination Library book gifting program. To measure the benefits of this program we may create data sets with the information provided herein and share them with research and educational advancement partners. You agree to review our full Terms & Conditions and Privacy Policy by visiting imaginationlibrary.com. By signing and submitting this form you expressly consent to the terms set forth herein.

Authorized Adult Signature: _____



Nishnawbe
Aski Nation
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Enrolling your child is easy!

Simply fill out the above form and mail to:

**Nishnawbe Aski Nation, Childhood
Development and Planning**

100 Back Street Unit 200

Thunder Bay, ON P7J 1L2

1-800-465-9952

Jennifer Wrigley

jwrigley@nan.ca

Or enroll online at: www.imaginationlibrary.ca



P.O. Box 400 ♦ Fox Lake Reserve, Ontario ♦ P0M 1K0

Ph (705) 864-0784 ♦ Fax (705) 864-1760

reception@chapleaucree.ca

NOTICE

FREE CHAIRS

WHOM: LOCAL CCFN BAND MEMBERS
WHEN: **MONDAY, NOVEMBER 9 @ 4:30 PM**
WHERE: **RINK**

BAND MEMBERS ONLY

PICKUP at the RINK

RINK: All remaining lottery CHAIRS will be available for open pick-up at the rink. Any remaining items after that time will be disposed of on garbage day.

Snack & Yak

**TUESDAY, NOVEMBER 10
6:00 PM**

Procedure:

**Call Amanda via
705-864-0200
to register before
November 10th at Noon.**

**Ingredients will be dropped off
before the event.**

**Let's log on to Zoom
and cook together!**



All CCFN Offices
& Businesses Are
Closed in
Recognition of



Remembrance Day

Wednesday, November 11th, 2020

Pimii Kamik Gas Bar Remains Open





NOVEMBER 11TH

ROAST BEEF DINNER

**ROAST BEEF, POTATOES & GRAVY.
VEGGIES & CAKE**

\$15

**DUE TO THE
CORONAVIRUS
TAKE OUT**



**ORDERS
ONLY**

5-7 PM

***UPSTAIRS
AT THE
LEGION***



WORLD DIABETES DAY

THIS YEARS THEME: NURSES MAKE THE DIFFERENCE



Meet your Diabetes Nurse Educator

KASEY BISSAILLION, RPN, FOOT CARE NURSE, DIABETES NURSE EDUCATOR.

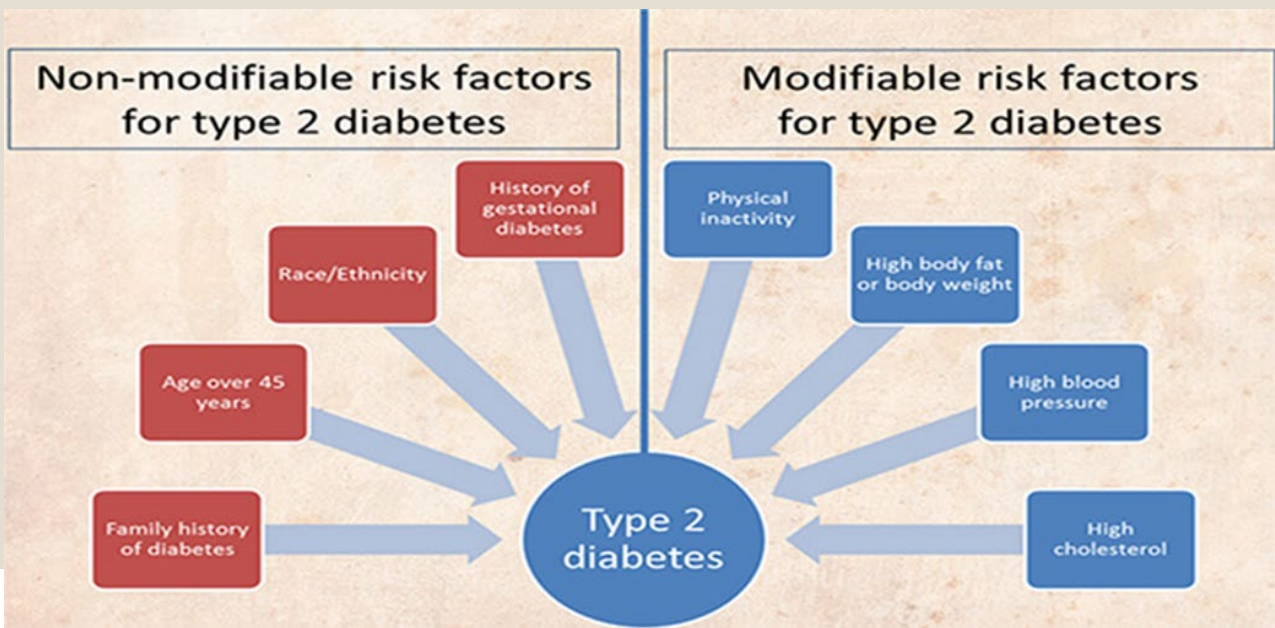
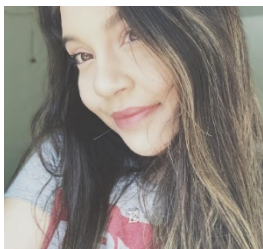
Hello/ Aanii,

This year World Diabetes Day focuses on the Nurse and Diabetes, so here is a little more about me. I belong to Serpent River First Nation, and have been working as a Registered Practical Nurse with Maamwesying Health Services for the past four years and have been residing in Chapleau for the past three.

During this time I have worked closely with the surrounding First Nations Communities in the Chapleau and Wawa area, providing Primary Health Care Services to the Indigenous/ Metis people and their families. Since changing my role to Diabetes Nurse Educator I have become certified in Basic, Advanced, and Diabetic Foot Care, in the past year I have also completed the Diabetes Education Certificate Program with The Michener Institute. My end goal is to take on the Canadian Diabetes Education Certification Board Exam in the Spring. I am excited that this year's theme focus' on my roles as a helper to all of you. In these uncertain times around us it is important to keep our health a priority. I am available for one-on-one phone call appointments during the week.

I hope to hear from you soon :)

-Thank you/ Miigwetch
Kasey Bissaillion, RPN



The Nurse and Diabetes

SATURDAY NOVEMBER 14TH , 2020

This year's campaign aims to raise awareness around the crucial role that nurses play in supporting people living with diabetes. As the number of people with diabetes continues to rise across the world, the role of nurses and other health professional support staff is becoming increasingly important in managing the impact of the condition. Nurses are often the first and sometimes only health professional that a person interacts with and so the quality of their initial assessment, care and treatment is vital. Facts provided by the International Diabetes Association:

- ~ 463 million adults (1-in-11) were living with diabetes in 2019 the number of people living with diabetes is expected rise to 578 million by 2030.
- ~ The number of nurses trained and employed needs to grow by 8% a year to overcome alarming shortfalls in the profession by 2030.
- ~ 1 in 2 adults with diabetes remain undiagnosed (232 million).
- ~ Nurses accounts for 59% of health professionals
- ~ Approximately 90% of the nursing workforce is female.

★Nurses play a key role in:

- ~ Diagnosing diabetes early to ensure prompt treatment.
- ~ Providing self-management training and psychological support for people with diabetes to help prevent complications.
- ~ Tackling the risk factors for type 2 diabetes to help prevent the condition
- ~ Problem-solve the challenges of diabetes care.
- ~ Support individuals by collaborating and determining an individualized plan to improve diabetes management.
- ~ All areas of diabetes self-care are covered, including adjustments that might be needed for diet, physical activity, blood glucose monitoring, medication dosing and even stress management.

To book an appointment call Toll-Free 1-866-564-2726
Or Email
Kasey.bissaillion@nmninoeyaa.ca



Hydro One scheduled planned Outage
Sunday, November 15th, 2020
7:00am until 10:30am

Areas Affected:

ALL CHAPLEAU HYDRO CUSTOMERS

Outages are necessary for delivery of a safe and reliable supply of electricity to you. We apologize for any inconvenience.

Thank you for your patience.

Hydro One
Panne d'électricité
Le dimanche 15 Novembre, 2020
de 7h00 à 10h30

Régions Affectées:

Tous les clients de Chapleau Hydro

Les pannes d'électricité planifiées sont nécessaire afin d'assurer un service fiable et sécuritaire. On s'excuse des inconvénients que cela pourrait vous occasionner.

Merci pour votre patience.



NUTRITION BINGO

**Wednesday,
November 18
7:00PM-9:00PM
Via Zoom!**

Play bingo from the comfort of your own home.

Call Amanda at 705864-0200 with your email to register!

**GREAT PRIZES!
FUN FOR ALL!**

Negative Extraction Removal & Cedar Baths

*with Traditional Healer, Isabelle Meawasige,
and Knowledge Keeper Helper, Margaret Jackson*

The **negative extraction removal** is a personal ceremony that removes negative energy from body and spirit.

The **cedar bath** is also a personal ceremony that brings healing and comfort to the body. This gentle and relaxing ceremony provides healing from past traumas, grief, negativity, fear and toxins.



Negative Extraction Removal 1/1 ~ 1.0 hr. for Traditional Healing
Cedar Baths (Full Body) 1/1 ~ 1.5 hr. for Traditional Healing

Friday, November 20, 2020 ~ 2:00 PM @ Health

Negative Extractions: 2:00 & 3:00 PM

Cedar Baths: 4:00 & 5:30 PM

Saturday, November 21, 2020 ~ 9:30 AM – 5:30 PM

Negative Extractions: 9:30, 10:30, 11:30 AM

Cedar Baths: 12:30, 2:00 & 3:30 & 5:00 PM

**Registration deadline for Traditional Healing
appointment is November 10/2020*

**Bring an extra pair of clothing for Cedar Bath Healing*

CHAPLEAU CREE HEALTH PRESENTS

UFC



MEN ONLY EVENT

FIGHT NIGHT NOVEMBER 21

@BAND OFFICE DINNER PROVIDED

POOL AND DARTS ALSO AVAILABLE

IN SUPPORT OF MOVEMBER

Limited Spots available. Call Amanda at 705-864-0200 to register

Social Distancing and masks required