



**Special Interest  
Articles:**

- WFN - Winter Carnival Committee.
- Meet with Tom Boyd – topics include copyrights, trade-marks, patents and industrial designs.
- “I did not smoke on these days” Tobacco Reduction Strategy.

**WFN Health Centre  
Staff Highlights:**

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## **New to the Health Center: Professional Counselling**

Beginning on Friday January 26<sup>th</sup>, 2007 the Health Center is offering a new service to anyone who is interested. A professional counselor who has a background in working with First Nations people will be having private sessions. She has a masters degree in

counseling and has worked with all age groups.

If you would like to meet with her, please call the health center at 325-3570 and ask to speak to the nurse Susanne Priest. Susanne will be making the appointments for the counselor. All

information will be very private and confidential.

Please share this notice with any friends or family you may think be interested.

For further information, please call Susanne Priest.

Thank you!

## **Happy New Year from the Nursing Office**

A friendly reminder to expectant parents: Prenatal classes start at 5 p.m. on Tuesday January 16<sup>th</sup>. There will be healthy snacks.

I have placed a notice in the newsletter regarding counseling services beginning on Friday January 26<sup>th</sup>. If you or someone you know would like to have a private meeting with a professional psychotherapist, please give me a call and book an appointment. Her name is Christine Crain. She has a 10 year background in counseling with all age groups. Her grandfather was

Mikmaq and she has taken Native Studies through the university. She sees clients from another First Nation community in her private clinic, so she should be culturally sensitive. We have decided to have the sessions on Fridays, hoping for more privacy to anyone wishing to see Christine. If you go to a session and decide you do not want to continue, there is no obligation to continue. If I am not at the Health Centre when you call for an appointment, leave a message on my answering machine and I will call you back with a confirmed

time.

I am excited to share that I have been selected to go to Toronto to take a course at the end of January. It is a lactation course, so I will be qualified to help women and babies with breastfeeding issues. I will be away from January 22<sup>nd</sup> until January 26<sup>th</sup>. Tobi Paul will be in the nursing office during my absence.

I want to say a heartfelt “thank you” for a wonderful 2006 in your community. My office door is open to you...so stop in!

With peace,

Susanne Priest (your community health nurse)

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#### MEDICAL TRANSPORTATION PROGRAM

KIM DEMCHERCHANT IS NOW MEDICAL TRANSPORTATION COORDINATOR AT THE WOODSTOCK FIRST NATION HEALTH CENTER. IF YOU HAVE ANY QUESTION ABOUT THE PROGRAM PLEASE FEEL FREE TO CALL KIM AT 325-3215 OR 325-3570.

TRIPS WILL BE PROCESSED WHEN THE FORMS ARE DROPPED OFF AND CHEQUES FOR MEDICAL TRANSPORTATION ARE NOW BEING DONE DAILY.

FORMS MUST BE COMPLETED WHEN ATTENDING YOUR APPOINTMENT.

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### **A Special Thank You**

Thank you from Tony Polchies to everyone that helped when his mother died. A Special Thank You to Carole Polchies for helping with the arrangements and all the people that brought food and also a special Thank You to the Special Care Home.

### **Drumming at Woodstock First Nation**

Every Monday Evening at 9:00 pm  
AT the Gym  
Drumkeeper - Lori Reynolds-Harries

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## Drug and Alcohol Corner

Why do we have to work so hard on being aware of our emotional and spiritual life? Why is this so central to successful recovery? Probably the simplest and best answer is that when our drug misuse started, our emotional and spiritual growth stopped. By taking drugs, we eliminated the pain at that time. When starting to recover, lots of recovering people say that although they may be older in years, they feel like teenagers emotionally – since that’s when their drug use first started. The aim of emotional and spiritual work in recovery is to catch up with ourselves and to make up for the growth we’ve missed. Once we have begun this journey, we can then grow normally in emotion and spirit. First comes transition, then maintenance.

Pain is there for a reason – it’s trying to tell us something. We have a choice at this point. We can either listen to what the pain is telling us or we can cover up the pain with more drug use or we may cover up the pain by denying it’s there or engaging in numbing, compulsive activities such as overeating, endless TV watching, workaholism, etc. If we listen to our pain, we may find a message.

### Woodstock AA Meetings

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Monday 8:00 pm	Salvation Army Building Living Free Group Open Discussion Smoke Free Wheel Chair Accessible
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Tuesday 8:00 pm	St. Gertrudes Hall Unity Group Open Discussion Smoke Free
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Wednesday 8:30 pm	Salvation Army Building Living Free Group Open Discussion Smoke Free Wheel chair Accessible
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Friday 8:30 pm	St. Gertrudes Church Hall Steps to Freedom Group Open Study
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Saturday 8:00 pm	Salvation Army Building Living Free Group Speaker Smoke Free Wheelchair Accessible
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### TWELVE QUESTIONS ONLY YOU CAN ANSWER

1. Have you every decided to stop drinking for a week or so, but only lasted a couple of days?
2. Do you wish people would mind their own business about your drinking and stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you ever had an “eye opener” upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had any problems connected to drinking during the past year?
7. Has your drinking caused any problems at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. Do you tell yourself that you can stop drinking any time you want to, even though you keep getting drunk when you don’t want to?
10. Have you missed days of work or school because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt your life would be better if you did not drink?

### FASD Mentor Program

#### A Child's First Years

Research tells us the first five years are pivotal to children's ability to learn and create, to love, to trust and to develop a strong sense of themselves. What's more, how we care for our children in their earliest years has a profound impact on how productive, resilient, compassionate and confident they will be as adults.

#### Wrap Your Brain Around This

A baby comes into the world with about 100 billion nerve cells in her brain. However, the only developed areas of activity are those controlling survival functions like breathing, eating, heartbeat, circulation and reflexes.

By contrast, the parts of the brain that control how a child listens and sees, talks and discovers, reasons and feels are formed mainly after birth-much of this during the first five years of life.

Brain cells make connections – called

synapses- throughout life. During the early years many of the vital connections are formed among the parts of the brain enable a child to begin learning, caring for others, and feeling confident.

#### From Birth to Five It All Adds Up...

Adults who comfort, play with and teach their infants and young children will establish secure relationships that can set the pattern for trusting relationships throughout life. Children who receive encouragement as they try new things and learn new information will find the processing of new information easier and will be more confident as they meet new challenges.

By the same token, babies who receive too little response from their caregivers, or who are subjected to ongoing neglect, abuse, or family conflict, are at risk of becoming emotionally and socially underdeveloped-and of staying that way for the rest of their lives. Their brains may even be

affected in ways that influence the way they remember, learn, deal with stress and experience the world.

Brain development still occurs after the early years, but it builds on these first patterns. That's why early experiences have such a disproportionately large effect on children's futures. And that's why it is so much better – in both human and economic terms – to invest now by improving how we care for our youngest children.

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“How we care for our children in their earliest years has a profound impact on how productive, resilient, compassionate and confident they will be as adults.”



**From the Dental Office**

Just a small note to let people know that medical transportation can be dropped off to me, Kim, I am now in Joe's Office for the time being. My phone number is now 325-3215.

Also, I need the parents that are receiving Milk Coupons for their children up to age (6) to let me know their children's birthday. The children's coupons will be distributed out at the beginning of every month but I would like to see the parent or guardian to let me know of the date to put on record. Your cooperation is greatly appreciated. COHI will be starting again in the New Year. I

would like to know if there are any parents that need there children screened. If so, our screener will be in the community this month. She will arrive on January 22, 2007 in the afternoon.

Thank you so much,

Kim DeMerchant

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Hot Lunch Menue

- Monday - Lasagna, Tossed Salad, Garlic Bread
  - Tuesday - Porkchops, Potatoes, Vegetable
  - Wednesday - Boiled Ham Dinner
  - Thursday - Baked Beans, Potato Salad, Macaroni Salad
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## WFN HEALTH CENTRE CONTACT LIST

OFFICE/Emergency

325-3570

EXT 571

325-3572

EXT 574

EXT 575

EXT 594

325-3576 / 325-8985

EXT 581

Coordinator

EXT 582

EXT 585 / 325-2869/  
324-3140

EXT 589

EXT 586

325-3215

328-0589 ext 576

328-0589 ext 589

328-4332

James Paul

Donnell O'Brien

Lorraine Polchies

Susanne Priest

Tobi Paul

Karen Paul

Linda Paul

Debbie McKenzie

Ethel McAllister

Arthur Sappier

Melissa Sappier

Kim DeMerchant

Charlene Tomah/Tanya Anderson

FASD/FAE Mentors

Faye Paul/Mary Duffield - Kitchen

Janet, June, Deidra and Pauline -  
HeadStart Program

Reception

Director of Health

Child & Family Services

Community Health  
Representative

Community Health Nurse,  
Director Home and  
Community Care  
Foot Care Management  
Specialist

Licensed Practical Nurse

Foot Care Management  
Specialist

Child & Family Services

Health Programs  
NNDAP

Home & Community Care

Finance

Drug & Alcohol Worker,  
NNDAP

Home & Community Care

Dental Office

# Notice

**THIS YEAR WE WILL BE HAVING A WINTERCARNIVAL. IN ORDER TO MAKE THIS A SUCCESS WE NEED TO FORM A WINTER CARNIVAL COMMITTEE TO DECIDE WHAT ACTIVITIES SHOULD TAKE PLACE AND WHEN TO HAVE IT. SO IF ANYONE IS INTERESTED PLEASE CALL JAIME HALL AT THE BAND OFFICE.**



## **Woodstock First Nation Health Center**

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Woodstock First Nation, NB  
E7M 4K9

PHONE: 506-325-3570 FAX: 506-325-3580

E-MAIL:  
[wfnreception@aernet.ca](mailto:wfnreception@aernet.ca)

We're on the Web!

See us at:

[www.woodstockfirstnation.com](http://www.woodstockfirstnation.com)

This is to inform you that Tom Boyd, Business Development Advisor at the Canadian Intellectual Property Office, will be at the Canada/New Brunswick Business Service Centre on the following dates:

**Tuesday, February 7; Wednesday, February 7; Thursday, February 8, 2007.**

He will be available to meet with anyone who would like to discuss topics like copyrights, trade-marks, patents, and industrial designs. If you or your clients would like to book an appointment with Mr. Boyd or would like a group presentation on the various topics of Intellectual Property, please don't hesitate to contact me.

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Denise Blanchard  
Information Specialist  
*Canada/New Brunswick Business Service Centre*  
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Fredericton, NB E3B 6Z6  
Tel: 506-452-4991 - Toll-free: 1-800-668-1010  
Fax: 506-444-6172  
[blanchard.denise@cbsc.ic.gc.ca](mailto:blanchard.denise@cbsc.ic.gc.ca)  
<http://www.cbsc.org/nb/>

Member of the Canada Business Network  
Membre du Réseau Entreprises Canada

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## **I DID NOT SMOKE ON THESE DAYS DRAW**

HERE IS A DRAW FOR ANYONE WHO GO WITHOUT USING TOBACCO PRODUCTS.  
EVERY DAY YOU GO WITHOUT TOBACCO PRODUCT. YOU ARE ENTER INTO A DRAW  
FOR \$100. THE RULES ARE AS FOLLOW:

Rules:

To get yourself entered into the draw you must fill out this form that you can get from Krista Wright at the Band Hall (328-3303) and give it to Lorraine Polchies or drop it off at the Health Centre reception desk with direction to give it to Lorraine.

Every day you go without Tobacco Products you are entered that many times into this draw.

Must be age 19 and above

Start date is Sunday Jan 21, 2007.

End date is Sunday March 16, 2007

Draw date is Monday March 21, 2007 at 11:45 am at the Lunch Program or if the band office is closed the draw date is the next day the band office is open at the same time and same place.

Every week you will have to get new forms from Krista Wright at the Band Hall (328-3303) and fill them out and give them to Lorraine Polchies to be entered into the draw again.

