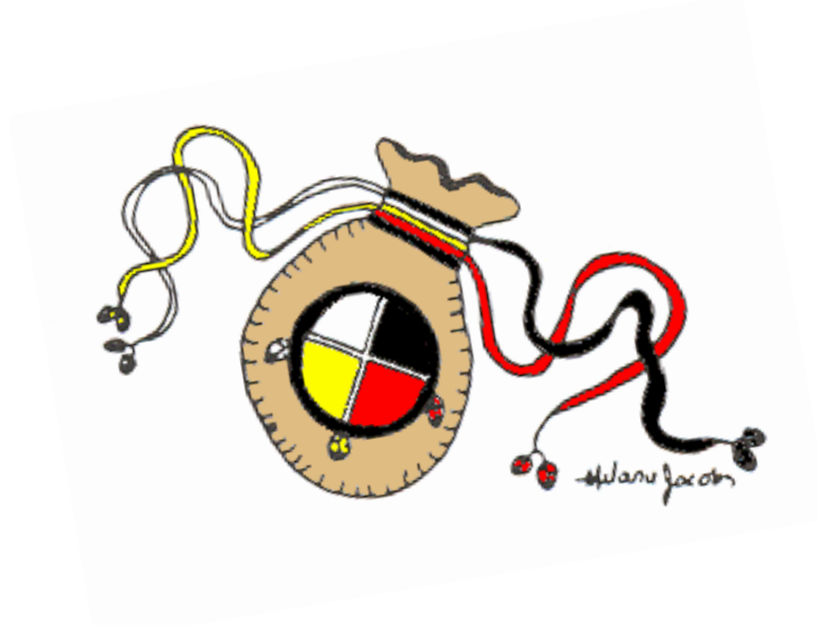




WshkiiGomaang MnoBmaadziwin Gaming Curve Lake Health Centre



Service Directory

38 Whetung Street East

Curve Lake, Ontario K0L 1R0

Phone: 705-657-2557

Fax: 705-657-3067



Biidegin

Welcome to the Curve Lake First Nation Health Centre!

It is my pleasure to introduce you to the programs and services that are offered here at the WshkiiGomaang MnoBmaadziwin Gaming.

Since 1996, the Curve Lake First Nation Health Centre has made tremendous strides with respect to providing primary care and programming that meet the community's physical, mental, emotional and spiritual health care needs.

Being a community health centre, we place a strong emphasis on health promotion and chronic illness prevention throughout the lifecycle (from prenatal to senior citizen programming).

The Health Centre is equipped with qualified staff that works together as a team to put in place the supports that are necessary for the health and wellbeing of all our membership.

Credit must be given to: our custodian who ensures the health and safety needs of our facility are met; and, dedicated community members who sit on the Health and Family Services Committee to provide us guidance on the policies, programs and services delivered.

In the pages that follow, you will find a brief description on the programs and services that are offered here at the Centre, as well as the personnel contact information.

For more information on Health Centre Services please contact:

Health & Family Services Manager

E-Mail: manager@curvelakehealthcentre.com

Mission Statement (2011)

The Curve Lake First Nation Health and Family Services Team will work together to support and educate the individuals and families of the Curve Lake First Nation in their self defined pursuit of a healthy and dignified life.

Enzhinamewang Gwayakwaajmowining

Waayaag Zaagigan Nitam Nishnaabe Shkongan
Giigewendaagoziwining geh odoozhiinwinwaa ebaamiitaagejig
gamaawndonokiiwag chi bimih aasnaawaad geh chi bimi Kinoom a
wawaad ezhi bimi bebezghomjin geh adoozhiinwinwaa Waayaag
Zaagigan Nitam Nishnaabeh Shkonganing wiidokaadwaad
aeshimaajiishkaajig mnogiigewendaag-oziwining geh
kichitwaawendaagoziwining.

Vision Statement (2011)

That the individuals and families of the Curve Lake First Nation experience a healthy life that is rich in Anishnaabe experiences, personal growth, and a true sense of community being.

Naagwidsowin Gwayakwaadziwining

Giwh ebimibebeshkojig geh odoozhiinwinwaa Wayaag Zaagigan
Nitam Nishnaabe Shkongan kikendaanaawaa maa nishnaabeg kchi
mno giigewendaagoziwining ewaandiziiwiyaag imaa enzhi
kwiigwaad kichitwaawendaagdinig.

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Curve Lake Medical Clinic

As part of the Curve Lake Health Centre, is the Curve Lake Medical Clinic. Curve Lake First Nation is privileged to have onsite medical practitioners who are responsible for providing primary care to the community. Currently, the Medical clinic has a: Doctor; Nurse Practitioner; and, Registered Nurse.

Please note, the clinic is unable to accommodate 'walk-in' clients. To make an appointment and/or follow-up with your physician, please contact the Medical Receptionist at:

Hours of Operation:

9:00 am – 4:30 pm (Monday to Thursday)

Tel: 705-657-1544

Fax: 705-657-2371

Curve Lake Health Centre

The Curve Lake Health Centre offers an array of programs and services, to ensure that members are connected to the appropriate program staff; our receptionist will assist you with your request and direct your call.

Hours of Operation:

8:30am – 4:30 pm (Monday to Thursday)

8:30am – 4:00 pm (Friday)

Tel: 705-657-2557

Fax: 705-657-3067

Email: secretary@curvelakehealthcentre.com



Health Centre Services

Counseling

Periodically, the Health Centre has on-site counseling services one day per week. Should on-site counseling services be unavailable, the Health Centre will direct you to outside agencies.

Foot Care

Every Friday, the Health Centre has a visiting chiropodist available to provide preventative care and treatment for foot health issues.

Medical Transportation

To assist clients with the financial burdens of medical transportation, the Health Centre's Medical Transportation/Administrative Clerk is available to assist on-reserve members. For information, please contact receptionist@curvelakehealthcentre.com.

For members residing off the reserve, reimbursement is provided through the Non-Insured Health Benefits (NIHB) program, for information please contact the CHR at chr@curvelakehealthcentre.com.

Reflexology and Reiki Therapy

The Health Centre has a visiting therapist who specializes in Massage Therapy, Reflexology and Reiki, every Tuesday and Thursday this services provides clients with an alternative to pain management.

Swimming Lessons/Community Pool

During the summer months, the Health Centre offers: open swim; aqua fit classes; swimming classes; and, daycare/school-age programming.

Touch Point Pharmacy (TPP)

TPP is available at the Health Centre. It provide members the ability to access pharmacy services directly in the community.

Child Protection Worker



Email: ChildWelfare@curvelakehealthcentre.com

The Child Protection Worker works to ensure the welfare, protection and best interest for the children and offers support to those families who are in need of help in caring for their children. The Child Protection Worker will consider the least disruptive course of action that is available. This includes Customary Care, Family Support and mentoring Programs.

Responsibilities include (but are not limited to)

- To advocate the interests of the children.
- To ensure the health, well-being and rights of the children.
- To ensure the availability of child/family support and developmental programs and services.

Prevention Services offered, but are not limited to: Parenting Programs; Nobody's Perfect; Making the Connection; Mother Goose Programs; and, Yoga (a calming technique)

Other Services Provided

- Babysitting information (promotes parent/child relief)
- Letters of support (for off-reserve housing)
- Counseling services that are recognized by First Nations
- Transportation for **clients** to attend counseling services
- Access visits (recommended by Child Welfare)
- Address housing issues
- Prepare all court documentation for child protection (should a matter be taken to court).

Duty to Report

The Act states clearly that members of the public, including professionals who work with children, have an obligation to report promptly to a Children's Aid Society if they suspect that a child is or may be in need of protection (Section 72 Child & Family Services Act).

Community Health Nurse


Email: CHN@curvelakehealthcentre.com

The Community Health Nurse (CHN) functions as a member of the health care team in the provision of health education programs and services in a culturally sensitive manner. The CHN utilizes the nursing process relevant to theory and research findings as they relate to health education, promotion and provision. Ongoing development and implementation of community health program planning, monitoring of caseloads and the maintenance and safeguarding of health records and information.

Responsibilities include (but are not limited to)

- Provision of health information/education programs and services
- Ensuring the availability of and access to medical/health programs
- Monitoring the effectiveness of the medical/health programs
- Development and maintenance of community based medical/health documentation.

Services offered may include but are not limited to:

- Provision of treatment service, physical assessment, basic diagnostic tests and individual client care.
- Ongoing development, implementation and evaluation of necessary regular preventative clinics and classes that are relevant to the community. For example: well baby clinics, diabetes support, hypertension, speech, vision and hearing screening.
- Coordinate and deliver programs designed to ensure the control of communicable disease for all ages ie; immunization
- Instruct community members, individually or in groups (i.e. home visits, workshops, schools, etc.) for healthy lifestyles and the prevention of disease (i.e. healthy growth and development, parenting, peri, pre and post natal classes)
- Ongoing development and distribution of health education materials
- Coordinates the annual community health fair
- West Nile Virus Monitoring (June to September).

Community Health Representatives

Email: CHR@curvelakehealthcentre.com or CHR2@curvelakehealthcentre.com

Curve Lake has two Community Health Representatives (CHRs). The roles of the CHRs are to work together in the development and implementation of programming that assists community members to live healthier lifestyles.

Diabetes Support

Education is provided on: Type 1; Type 2; and, Gestational Diabetes; as well as, the importance of foot care; and, nutritional eating. May refer clients to a dietitian, and offer glucose monitoring support.

Food Bank

On the third Monday of every month, the food bank is open to the community to provide members with food shelf basics and staples to off-set costs and support a healthy balanced diet.

Nutrition & Physical Activity

Healthy eating programs may include: Label Reading; Menu Planning; Eating on a Budget. The Community Kitchen is an opportunity for members to come learn to cook and share healthy snacks and recipes. Physical activity programs are seasonally based such as: Boot Camps, Mocc Walk; walking clubs, and aqua fit during the summer months.

Non-Insured Health Benefits (NIHB) Program

NIHB is a program that is administered by Health Canada that provides access to certain health care benefits. Contact your CHR to learn more about which benefits are covered (dental care; vision care; medical transportation; prescription drugs; medical equipment and supplies).

Water Testing

CHRs are trained in basic water testing to support the importance of educating community members about 'well water testing'.

Additional Services include, information workshops based on community needs such as: Tobacco Cessation; Rabies Clinic; Alzheimer's; Heart Health; and, the Great Big Crunch.

Community Health Worker


Email: HBHC@curvelakehealthcentre.com

The Community Health Worker is focused on improving the long term health aspects of Curve Lake children and families. The CHW provides prevention/intervention strategies for families and provides opportunities for the healthy development of children between ages of 0 - 6 years of age, through family home visiting and service coordination referrals.

Responsibilities:

- pre & postnatal screening/assessment;
- pre & postpartum care;
- home visiting;
- preparing for parenting;
- child development;
- nutrition education for mom and baby.

Services & Programs Offered:

Arrange workshops/seminars that pertain to programs, such as:

- Parenting Classes
- Infant Massage
- Infant/Child CPR
- Child Development & Infant Sessions
- Cooking Classes
- Parent/Child Groups
- Child Health Sessions
- Preschool and School Age Screening
- Breast Feeding Support
- Provide monthly good food boxes and recipe sharing
- 'Welcome' baskets for new babies
- Safety Awareness

Community Youth Worker



Email: YouthPrevention@curvelakehealthcentre.com

The Community Youth Worker provides programs and services to assist children and their families to overcome life's challenges as well as provide them the tools necessary to live a healthy and productive life.

Responsibilities:

- The provision of: recreational; developmental; and, family support programs/services for youth.
- Monitoring the effectiveness of youth programs and services.
- Development and maintenance of youth services documentation.

Services and Program offered:

- March Break Activities
- Annual Easter Egg Hunt & Pancake Breakfast
- Hope Valley Summer Day Camp
- Self Defense Classes
- Movie Nights
- Hip Hop sessions
- Traditional Dance classes
- Santa Claus Parade
- Christmas Hampers
- Community Christmas Shopping Trip
- Teen Dances
- Bicycle Safety Course
- Duathlon
- National Child Day activities
- Summer Day Camp
- Annual Mother's Day Celebration
- Volunteer Recruitment & Recognition
- Community Halloween Party

NNADAP Program Worker



Email: NNADAP@curvelakehealthcentre.com

The purpose of this program is to plan, develop and deliver educational awareness programs with a specific focus on the reduction and prevention of: alcohol; drugs; substance abuse; and, other addictions within the community of Curve Lake. The NNADAP worker is a positive community role model, by abstaining from the use of alcohol, un-prescribed drugs, substances and other addictions.

Responsibilities include:

- Coordinating activities that will serve as positive lifestyle alternatives to alcohol, drug and substance abuse.
- Provide and promote positive lifestyle alternatives to alcohol, drugs, substance abuse and other addictions by planning and facilitating educational and awareness workshops and events
- Provide resource materials, with respect to treatment agencies, counseling and support services available to community members
- Liaison with support groups and organizations (i.e. AA, Ala-Teen, Women's Support Groups) to provide referral services
- Work jointly with other health staff and departments to coordinate, organize and implement programs focused on healthy alternative choices, positive self-image, and life skills.
- Communicate with the community, encouraging participation, volunteerism, and awareness of the need for addiction prevention

Services Offered, but not limited to:

- Counseling and referrals
- Transportation for **clients** to treatment facilities
- Addiction workshops
- Family Violence Awareness
- Responsible Gambling Workshops
- Annual Father's Day Celebration

Day Care Centre



Hours of Operation

7:00 am to 5:30 pm (Monday to Friday)

Tel: 705-657-3672

Email: clfndaycare@persona.ca

The Curve Lake First Nation Day Care Centre's philosophy is to create an atmosphere of a home away from home reflecting and reinforcing the values and traditions of our community. We offer culturally appropriate activities that provide a holistic approach to learning based on the needs and interest of the children within each program.

The Curve Lake Day care is licensed annually by the Ministry of Children and Youth Services.

Infant Program: Is licensed to accommodate 10 children under the age of 18 months (5 children may be 18-24 months)

Toddler Program: Is licensed to accommodate 15 children from 18 months up to and including 30 months.

Preschool Program: Is licensed to accommodate 26 children from age 44 months to 67 months

School Age Program: Is licensed to accommodate 30 children up to the age of 12 years (this license is further extended during the summer months to run a full time summer school age program for 40 children).

Summer Program: Extends regular programming to include activities at the community pool and Kutang Island. The Island Program offers a lunch for the children, as well as a wide variety of

activities such as: swimming, craw fishing, canoeing, paddle boating, trail walking, story-telling in the teepee, swinging in the hammocks, singing, fishing, making crafts, and having camp fires.

Daily trips to the island, and overnight island camp outs offer a unique program experience where children and staff enjoy the benefits of being outdoors.

In addition to regular programming, the Daycare coordinates bus trips, where the children of Curve Lake venture outside the community to learn from various educational experiences.

The Daycare Picnic is another exciting initiative where families and friends come together to share in the educational achievements of the children.

Early Childhood Educators (ECEs): All ECE's employed at the Day Care are certified with ECE Diplomas and are associate members of the College of Early Childhood Educators.

Registration: Enrolment of any child to the Curve Lake First Nation Day Care is based on a priority list identified in the Curve Lake Day Care Manual. The Manual is reviewed annually by the Day Care Services Coordinator and recommended for approval by the Health & Family Services Committee to Chief & Council.

The Day Care Centre strictly adheres to policies and procedures governed by the: Day Nurseries Act; Ministry of Community and Social Services; Ministry of Children and Youth Services; Child Protection Act; and, Curve Lake First Nation Chief & Council.

Senior Citizens' Centre



Hours of Operation

7 days a week – 24 hours a day

Tel: 705-657-8010

Fax: 705-657-9905

Email: clfnseniors@nexicom.net

Curve Lake First Nation is honoured to have their own community Senior Citizen's Centre. The Centre is located on the lake and is able to accommodate up to 12 full time residents, within this comfortable home-like setting.

The centre is equipped with Personal Support Workers (PSW) that are committed to providing personal care services 24 hours a day, seven days a week. In addition to ensuring resident's personal care, staff also provide: medication management; social programming and home cooked meals.

Programming

Family and friends are welcome and are encouraged to visit their family members as often as they wish. Various social events are hosted at the centre such as: live music; crafts; and, yoga to keep the residents engaged and entertained.

Health Services

The Centre benefits from the healthcare services which are provided by visiting health professionals, such as the: House Doctor; Community Health Nurse; Nurse Practitioner; Occupational Therapist; VON; Chiropodist; and the ACCESS Centre (which provides medical supplies).

Personal Support Workers (PSWs)

Personal Support Workers are also available in the community to provide client care; palliative care; and, respite services.

Home & Community Care Program

Along with in-house activities, additional staff provide 'home care' services to member households in Curve Lake. The purpose of the program is to assist individuals to live independently in the community. Services include but are not limited to: Recycling and garbage pick-up, lawn maintenance; snow removal, and cleaning house.

Boat Cruise & BBQ

Each year the Seniors Centre organizes the following for residents and their family members. Kawartha Lake Boat Cruise and Community BBQ. Both of these events provide family members the opportunity to socialize and spend quality time together while enjoying the outdoors.

Loan Cupboard

The Centre also provides services to the community through the lending cupboard, which maintains and loans various medical supplies and equipment. Supplies that can be signed out free of charge, include but are not limited to: crutches, wheel chairs, bathing chairs/rails, walkers, canes, and portable ramps.

The Senior Services Coordinator is responsible for maintaining and operating the Curve Lake First Nation Senior Centre and assist in developing, promoting and delivering programs and services. For further information and or to access services, please contact the Senior Services Coordinator.

Social Services



Hours of Operation

8:30 am – 4:30 pm (Monday to Thursday)

8:30 am – 4:00 pm (Friday)

Tel: 705-657-8045

Fax: 705-657-8708

Email: socialservicesadministrator@curvelakefn.ca

Ontario Works (OW): The OW program is a Provincial Government regulated program which provides financial and employment assistance to people in financial need. The Rates, the Acts and the Regulations are consistent across Ontario whether one applies on a First Nation, a city or a municipality. A Provincial Review Officer (PRO) conducts random file reviews, Subsidy Claims Examinations and Cost of Administration Claims Examinations to ensure that we abide by the Acts and Regulations. In April 2010, Curve Lake opted into the Employment Assistance Portion of Ontario Works so the PRO will audit the financial as well as the statistical information for that program.

Anyone who is in financial need and resides on Curve Lake First Nation Territory has the right to have an application taken for Ontario Works Financial Assistance. Eligibility is determined after the completion of a lengthy Financial Needs Test.

Mandatory OW Benefits

Financial assistance is provided according to a provincial rate schedule and depends on family size. There is an amount for food (basic needs) and an amount for shelter such as mortgage, rent, hydro and house insurance. A Special Diet Allowance may also be available. Drug cards, medical transportation, dental and vision for children, diabetic and surgical supplies are also mandatory items. A Community Start-up Allowance is available once in a two year period to assist with moving for employment, leaving an institution or a domestic violence situation, for the continuation of essential services or to prevent eviction etc.

The denial of any mandatory benefit is appealable. Clients are informed of their rights and responsibilities at the time of application.

National Child Benefit Program

Indian and Northern Affairs provide funds to the Ontario Works office through a program called the National Child Benefit Program to assist with child poverty. An application must be completed each year in order to access these funds. With these funds, contributions are made to the following programs: Curve Lake Food Bank, Fresh Produce Program in Curve Lake, Breakfast Program at Lakefield Ridpath School, Lunch Program at Curve Lake School, Snack Program at Lakefield Secondary School, Homework Club in Curve Lake, summer employment for students of low-income families, Curve Lake Employment Program for Home-to-Work transitions for low-income clients and to the Curve Lake Library for Cultural Activities.

Homemakers and Nurses Services Program

The Social Services Administrator is responsible for the Needs Testing and approval of who receives Homemaker services as well as the completion of the Subsidy Claims for monthly reimbursement of costs. The Senior Citizen Centre staff determined units of service, scheduling of homemaker staff, payroll and direct supervision of the homemakers. The payroll information is provided to the Social Services (Ontario Works) Administrator who ensures that the information is correctly transmitted to the Subsidy Claims and forwarded to the Ministry of Health.

Ontario Discretionary Benefits

Discretionary Benefits are available for extraordinary items for people who are receiving Ontario Works Mandatory Benefits. Items can include, but are not limited to, emergency home repairs, emergency dental and vision care for adults and funeral and burials. Funding is limited in this category and the issuance, or not, is not appealable.



Curve Lake Directory

Anishinabek Police

(705) 657 - 8892

Community Centre

(705) 657 - 3432

Cultural Centre

(705) 657 - 2758

Curve Lake School

(705) 657 - 3651

Day Care Centre

(705) 657 - 3672

Employment Resource Centre

(705) 657 - 9455

Family Resource Centre

(705) 657-8612

Government Services Bldg.

(705) 657 - 8045

Library

(705) 657 - 3217

Post Office

(705) 657-9966

Public Works

(705) 657 - 2178

Senior Citizen's Centre

(705) 657-8010

POISON CONTROL 1-800-268-9017

Local Clinics

Buckhorn Health Center

(705) 657-7933

Peterborough Health Unit

(705) 743-1000

Lakefield Day Clinic

(705) 652-6355

Beard & Webster Foot Care

(705) 748-3668

Local Area Pharmacies

Peterborough Pharmacies

Alexander Court Pharmacy

(705) 741 - 1646

Medical Centre Pharmacy

(705) 743 - 3484

Pharmasave Clinic Pharmacy

(705) 748 - 5859

Sullivan's Pharmacy

(705) 742 - 3469

Walmart Pharmacy

(705) 741 - 5008

Hospital Pharmacy

(705) 749 - 0008

Lakefield Pharmacy

IDA - (705) 652 - 8184

Shoppers Drug Mart's

225 Charlotte St.

(705) 743-3541

865 Chemong Road

(705) 745 - 2401

High & Lansdowne

(705) 748 - 6141

Maple Ridge Plaza

(705) 749 - 6547

Shopper's Home Care

(705) 743 - 5100

Bridgenorth Pharmacy

(705) 292-7200

Buckhorn Pharmacy

(705) 657-1700

SERVICE DIRECTORY

Access Centre

Phone: (705) 743-2212

Family & Children Services

Peterborough County-City Health Unit

Phone: (705) 743 -1000

This is a free and confidential telephone service for families and professionals. A Public Health Nurse is available.

Five Counties Children's Centre

Phone: (705) 748 -2221

Assessment and treatment for speech, physiotherapy and occupational therapy is offered primarily for children up to 6 years of age, but serves children with physical disabilities up to age 19.

Kawartha Haliburton Children's Aid Society (CAS)

Toll Free: 1-800-661-2843

Non Insured Health Benefits (NIHB)

Toll Free: 1-800-640-0649

Information line that will inform clients what health benefits are covered under NIHB: Dental Benefits; Eye Care Benefits; Drug Benefits; Medical Supplies; and, Equipment.

Pap test Clinic

Phone: (705) 741-1191

Routine cervical screening (Pap test) for women without a family doctor.
Covered by OHIP.

Sexual Health Clinic

Peterborough County-City Health Unit

Phone: (705) 748 - 2021

Birth control, pregnancy testing (up to 20 years of age with a doctor, up to 25 years of age without a doctor); sexually transmitted disease testing and treatment (no age restrictions).

Victim Support Line

Toll Free: 1-888-579-2888

Confidential line that is available 24 hours a day, 7 days a week. Will provide information and referrals to supports and services available in the community.

Information is current as of
September, 2011