

August 2017

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Administration
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Outpatient Hostel
Lake of the Woods District Hospital
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Minaki Nursing Station
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www.wnhac.org

Summer Water Safety!

For many families, summer includes activities such as boating and swimming.

* Young children ages 1—4 are at the greatest risk of drowning.*

- ◆ Drowning is one of the leading causes of unintentional deaths for children ages 1-4
- ◆ Please make sure to always supervise your children when you are out enjoying the day in the water!
- ◆ Always wear life jackets when you go boating, and always put life jackets on children.
- ◆ Always swim with a friend, and swim in designated areas supervised by lifeguards.
- ◆ Have a safe and happy summer!!

Strawberry Frozen Yogurt!

Ingredients:

- 4 cups frozen strawberries
- 3 tablespoons honey
- 1/2 cup plain Greek yogurt
- 1 tablespoon lime juice

Directions:

Place all ingredients in a blender and blend until smooth. That's it!

Enjoy!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MD: RP DES: DA FC: SL39, DA CHN: SL39, NWA37A	2 NP: NWA33A, DES: WFB CHN: SL39, RP FC: RP, WFB	3 NP: WFB, DES: GN CHN: SL40 CO: WFB FC: SL39, GN	4	5
6	7 STAT— Office Closed	8 NP: SL40, NWA33B, NWA37B, RP DES: NWA33A, NWA37A CHN: SL39, NWA37A FC: SL39, NWA33A, NWA37A CO: DA, RPN—DA	9 NP: NWA 33A CHN: SL39, RP FC: SL40	10 NP: SL39, GN, WFB RPN: WFB CHN: SL40 MD: WD FC: OBK	11	12
13	14 NP: NWA37A CHN: OBK, NWA33A CO: WD Prenatal Group	15 NP: RP, WAB, CHN: SL39, NWA37A FC: WD	16 NP: NWA33A DES: RP CHN: SL39, RP FC: RP RPN: GN	17 NP: GN, WFB DES: WFB RPN: WD CHN: SL40 FC: WFB	18	19
20	21 NP: NWA37A , OBK DES: GN CHN: OBK, NWA33A FC: GN CO: NWA37A Prenatal Group	22 NP: SL40, RP, NWA33B, NWA37B DES: NWA33B, NWA37B CHN: SL40, NWA37A FC: NWA33B, NWA37B CO: NWA33B, NWA37B	23 NP: NWA33A DES: SL39 CHN: SL39, RP :	24 NP: SL 39, GN, WFB CO: NWA33A	25	26
27	28 NP: OBK CHN: OBK, NWA33A CO: WD Prenatal Group	29 NP: SL40 DES: WD CHN: SL39, NWA37A MD: RP	30 DES: WD FC: SL39 CHN: SL39	31 NP: SL39, GN, WFB CHN: SL40 FC: SL39 CO: WFB		

Communities:

GN	Grassy Narrows	SL39	Shoal Lake 39	DA	Dalles
NWA33A	Dogpaw Lake	SL40	Shoal Lake 40	WD	Whitedog
NWA33B	Angle Inlet	NWA37A	Regina Bay	WFB	Whitefish Bay
OBK	Obashkaandagaang	NWA37B	Whitedog Island	RP	Rat Portage
WAB	Wabigoon	CSL	Central Service Location	MNS	Minaki Nursing Station

Services:

CHN	Community Health Nurse	HL	Healing Lodge
DD	Diabetic Dental	HP	Health Promotion
DES	Diabetes Education Services	NP	Nurse Practitioner
CO	Counselor / Therapist	RPN	Blood Work
FC	Footcare	RET	Retinopathy

