



Noojmowin Teg Health Centre

A Place of Healing

Mnidoo Giizisoonhs -- Little Spirit Moon

DECEMBER 2018 NEWSLETTER



YouTube

Noojmowin Teg Health Centre provides culturally relevant services, and is committed to support and promote the overall wholistic health and well-being of Anishinabek individuals, families and communities within the District of Manitoulin Island and area. To do this, we will operate community-based programs and services, establish partnerships, and promote healthier communities through both traditional and western healing methods.

HAND WASHING



Stage 1. Palm to palm



Stage 2. Backs of hands



Stage 3. Between the fingers



Stage 4. Fingertips



Stage 5. Thumbs and wrists



Stage 6. Nails in the palm of the hand



STAY HEALTHY

Washing hands prevents illnesses and spread of infections to others. Handwashing with soap removes germs from **hands**. This helps prevent infections because: Germs can get into the body through the eyes, nose and mouth and make us sick.

National Handwashing Awareness Week 1st week of December


Noojmowin Teg Health Centre Traditional Program Presents


SACRED FIRE TEACHINGS


Monthly at the Healing Lodge
from 9am -3pm

The Sacred Fire will be lit at 9 am with the Teaching given afterwards. On each Teaching day, all are welcome to sit by the fire to pray, give thanks or for quiet reflection.

For more information, contact the Traditional Program:
705-368-3182 or visit www.noojmowin-teg.ca

 **Noojmowin Teg Health Centre**
A place of healing

 **Ontario**
Ministry of Health and Long-Term Care

 **Find us on Facebook**
"Noojmowin Teg Health Centre"

Elders and Social Isolation

As our elders age, they may find that they begin to lose regular contact with other people. This is particularly true for those who are living alone. The lack of contact with others can result in the elder suffering from social isolation which is a condition that can have a negative impact on their health and their overall well-being



Elders and Social Isolation (con't)

Social isolation can occur when an elder has minimal contact and interaction with other people which ultimately prevents them from developing close, meaningful and fulfilling relationships. According to Chow, who is the founder of DailyCaring.com, he reports that elders "often feel that like they no longer 'belong' in a social sense."

According to a Canadian report on Social Isolation of Seniors, socially isolated seniors are more at risk of negative health behaviours including drinking, smoking, being sedentary and not eating well. They also have a higher likelihood of falls and are at four to five times greater risk of hospitalization. Research has also demonstrated that social isolation is a predictor of mortality from coronary heart disease/stroke.


In collaboration with NOOJMOWIN TEG & MNAAMODZAWIN

Healthy HOLIDAY TIPS

DIETITIAN **FLU SHOTS**

BP & GLUCOSE HEALTH SCREENING **COMMUNITY HEALTH NURSE**
DIABETES HEALTH PROMOTION

CERTIFIED DIABETES EDUCATOR



Healthy Through the Holidays Tips
Diabetes baking
Holiday themed lunch provided
Getting active in the winter

DECEMBER 2018

In your community!
Contact Eleanor for more information (705) 368-2182

PosterMyWall.com

Elders and Social Isolation (con't)

Social isolation also affects the psychological and cognitive health of seniors. According to research, 1 in 4 seniors lives with a mental health problem (depression, anxiety or dementia) or illness and 10 to 15% of adults 65 years or older and living the community suffer from depression.

Factors that have been identified as increasing the risk of an elder becoming socially isolated include:

- Living alone;
- Being 80 or older
- Having multiple chronic health problems
- Having no children or contact with family
- Lacking access to transportation
- Living with a low income and
- Changing family structures, younger leaving for work and leaving seniors behind and location (rural or remote regions)

Other life transitions including retirement, death of a spouse or losing a driver's license can increase the risk of social isolation as well.

What are some ways you can help seniors avoid social isolation?

Helping elders form personal connections is critical. This can be done by inviting family or friends to come over regularly for meals or coffee/tea. Other ideas that may reduce social isolation include;

- Attending activities at local churches, community centers or libraries.
- Participate in activities at senior centers—some even offer transportation.
- Join a club that shares a favorite hobby, like knitting, book club or gardening.

With Christmas around the corner, it's important to be mindful of the elders in our communities that may be spending it alone. According to a report by CBC (2015) research has shown that Christmas can be a lonely time – especially for seniors. If you have a loved one that lives alone, try and set some time aside to visit with them over the holidays. If time allows, engaging them in a meaningful task such as wrapping presents, cooking or baking may go a long way.

If you are concerned that your loved one may be at risk of social isolation, please consider making a referral to our Geriatric Social Worker by calling 705-368-2182 ext. 268. Referrals can be community and/or provider based or self referral. The Geriatric Social Worker is able to meet with your loved one in their home to provide assessment and support in alleviating symptoms associated with social isolation.





Noojmowin Teg Health Centre's Traditional Program Presents Cultural Teachings;

A PERSONAL LIVING PLAN (BODY, MIND, SPIRIT)

With

ESSTIN MCLEOD

Monday December 17, 2018 - 12pm to 1pm
Noojmowin Teg Healing Lodge - Aundeck Omni Kaning, ON



For More Information Please Contact

Noojmowin Teg Health Centre at

(705) 368-2182 or Visit www.noojmowin-teg.ca

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National Influenza Vaccination Week

December 2 – 8, 2018

HOW VACCINES WORK

- Vaccines contain a portion of a weakened bacteria or virus.
- The bacteria or virus in the vaccine do not cause disease. Instead, vaccines teach your body's defence (immune) system what to do if you come into contact with the bacteria or virus again.
- To ensure you have full and lasting protection against the bacteria and viruses that cause that disease, you may need to get more than one dose of a vaccine. These repeat doses are called boosters.



**DID YOU
KNOW:**

Vaccines provide such a tiny amount of bacteria or virus in an injection, getting more than one vaccine at the same time won't overwhelm your immune system.



**CELEBRATING
IMMUNIZATION
SUCCESS**

Website: <https://immunize.ca>



Cooking

Gathering

HARVEST TO SHARE
INDIGENOUS FOOD ACCESS
Contact Noojmowin Teg Health Centre at 705-368-2182
for more information.

Harvesting



Fishing

WE ARE NOW

ACCEPTING REFERRALS

FOR THOSE WHO ARE INTERESTED IN
ACCESSING INDIGENOUS HARVESTED FOODS.

For more information please contact:

Noojmowin Teg Health Centre at 705-368-2182

Indigenous Food Coordinator at 705-368-0229 Ext.218

OR



Find us on
Facebook

@turtleislandroots

And leave us a message!

Cyberbullying Awareness

Cyberbullying is a growing issue in our society. It can reach children and teens behind the doors of your own home. Many people believe that adolescents are safe in their room playing on a computer. However, in reality, accessing the cyber world, can expose children to high risk situations and unsafe people.

Did you know that approximately 1 in 5 internet users aged 15-29 report experiencing cyberbullying or cyberstalking in Ontario? (Statistics Canada, 2016).

Cyberbullying is defined as the use of internet sources and technology to communicate threatening or hurtful messages aimed at someone else. The repetitive harassment messages, can be from someone you know or don't know and are in the form of text, email, Facebook, online chats and twitter. There are various tactics used, such as tricking someone into sending embarrassing or personal photos to share it with others, sending threatening messages or creating messages to make fun of someone else (Royal Canadian Mounted Police, 2017).

Cyberbullying is not just a local Ontario issue but rather a global problem as well. The 10th annual pink shirt day in 2018 originally focused on Canada but was turned into an international movement to raise awareness of cyberbullying. It displayed a saying of "nice needs no filter" on the front of pink shirts which were worn by many participants. The goal was to not only relay a clear message about anti-bullying but to also promote internet users to write safe non-threatening messages. It is hopeful this catchy phrase continues to gain traction (Price, Ferguson, & Dubois-Phillips, 2018).



Myths

There are many myths when it comes to bullying statements such as "it builds character", "that's not bullying, but just teasing", "kids will be kids". However, children who come forward to talk about being treated poorly are often at the point where they don't know how to resolve the problem and are feeling the effects of bullying and searching for a resolution (Bullying Canada, 2018).



Risks to Adolescents

Adolescents may believe it is harmless to talk to a stranger online that are the same age. Many online users disguise themselves as being the same age as their victim. Perpetrators do this by using a false picture and/or giving false information to elicit personal contact information and/or personal pictures. Perpetrators may also lure them into an unsafe situation.

The Effects of Bullying

There are various effects of bullying on adolescents. The main impact is isolating themselves from school, friends and events. They may have somatic complaints such as stomach aches, headaches and sleep disturbances coupled with signs of distress in mood and elevated anxiety (Bullying Canada, 2018).



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Cyberbullying Awareness (con't)

Prevention Tips

- 1) Talk to adolescents about building healthy relationships. They all have the right to feel safe.
- 2) It is important to discuss what cyberbullying is before they experience it.
- 3) It is important to have safety rules for internet use such as,
 - A. To never send a picture of yourself or personal information to anyone unless you would make it public.
 - B. If someone is asking for this information, tell a parent or safe adult.
 - C. Never speak to anyone that you don't know on social sites or give them your address, phone number or any identifying information.
 - D. When children begin to use the internet, it is important for parents to develop a safety plan to identify and respond to bullying, such as, guiding them to report any bullying to a parent or teacher.
 - E. If someone else they know is being bullied, report it to a parent or adult.
- 5) Parents can take further steps such as speaking to teachers, other parents, and police to resolve the bullying behaviour (Promoting Relationships & Eliminating Violence Network, 2018; Kids in the Know: Canadian



EMPLOYMENT OPPORTUNITY
Aging at Home Van Support Driver
Casual/On-Call
Inquiries: 705-368-2182 ext. 235

9TH ANISHINABEK G7 FASD CONFERENCE

SAVE THE DATE

FASD: SUPPORTS AND RESOURCES

ANISHINABEK G7 FASD CONFERENCE

FEBRUARY 26 & 27, 2019

Quattro Hotel & Conference Centre
 229 Great Northern Road, Sault Ste Marie

REGISTRATION TO OPEN ON
DECEMBER 1, 2018

FOR MORE INFORMATION AND TO REGISTER, PLEASE CONTACT:
 Carol Anne Cheechoo, Shkagamiik-Kwe Health Centre, 705-675-1596, ext. 233, ccheechoo@skhcc.ca
 Brianna Hadjipson, Shkagamiik-Kwe Health Centre, 705-675-1596, ext. 213, bhadjipson@skhcc.ca

Coming soon.....



Noojmowin Teg
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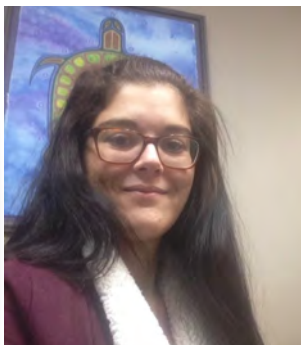
OPEN HOUSE
ESPANOLA OFFICE
JANUARY 2019

Welcome team members!



Dakota Recollet, Healthy Living Children's Program, Espanola Office

Aanii! My name is Dakota and I am excited to be joining the team at Noojmowin Teg Health Centre. I started on November 8th as the Healthy Living Children's Program Coordinator for the Espanola area. My husband and I recently moved to our community of Wikwemikoong after residing in Sudbury with our five young children and we are very excited to be transitioning back to our community! I have a background in children and youth programming and was previously the Healthy Kids Community Challenge Program Coordinator for Shkagamik-Kwe Health Centre in Sudbury. Prior to my role there, I worked for Wahnapiatae First Nation and when I was a student worked summer jobs for Jubilee Heritage Family Resources and N'Swakamok Native Friendship Centre in Sudbury.



Jennifer Marenger- Cultural Support Worker, Espanola Office

My name is Jennifer and I started with Noojmowin Teg Health Centre as a cultural support worker for the off-reserve clients in Espanola, on November 19, 2018. I am originally from Sudbury where I completed my studies and went off to Calgary, Alberta to pursue my career. After seven (7) years, I returned to Espanola to care for family and start a family of my own. I am a social worker technician with education and experience working with the indigenous population. My hobbies include sewing, cooking and being a mom to my son and several pets. My interests are sewing, animals and the environment. I am happy to be part of the team and I'm excited to offer services to off-reserve clients in the Espanola area.



Beverly Nahwegahbow, Marketing Officer

Aanii! My name is Bev and I am a member of the Whitefish River First Nation. I started working with Noojmowin Teg Health Centre on Friday, November 23, 2018; as the Marketing Officer. My work experience consist of many years in the Business Administration field. I have gained valuable knowledge working with software and I have a creative sense for graphics. I recently celebrated my 35th wedding anniversary. I have two boys and I cherish being a grandmother to two boys. My hobbies consist of reading, floral designing and most recently beading.



Monique Blais, Interim Clinical Program Support

My name is Monique and I started with Noojmowin Teg Health Centre on November 5th, 2018 with the Primary Care team as Interim Clinical Program Support. I moved to Manitoulin Island just over 2 years ago on a full time basis. Previous to that, I lived in Sudbury and had a cottage here for 12 years. The cottage is now converted into our home. The majority of my career has been in the dental field. I have worked as a dental assistant for over 26 years. I was also program coordinator and a teacher for the Dental Assisting Program at College Boreal in Sudbury. A great learning and networking experience for me was my 8 years as a member of the Exam Development Committee and Clinical Practice Evaluator for the National Dental Assisting Examining Board. Patient care has always been a priority for me. Some of my interests and hobbies are fishing, gardening and any outdoor activities.

**MONDAY & TUESDAY
DECEMBER 17 & 18 2018**

NOOJMOWIN TEG HEALTH CENTRE

Traditional Healing Services

WITH ESSTIN MCLEOD

Esstin is an Anishnaabe kwe from Mississauga First Nation and shares her many gifts in healing.

To Book An Appointment Contact
Evelyn Leeson at 705-368-2182 Ext. 201
www.noojmowin-teg.ca

**Find us on
Facebook**
"Noojmowin Teg Health Centre"



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Health
Canada Sante
Canada



SAVE THE DATE

RESEARCH CONFERENCE

February 1 & 2, 2019

**Manitoulin Hotel & Conference Centre
Little Current, Ontario**

RSVP to michaelann.macleod@noojmowin-teg.ca

**GaaDinMekaagoom
Ji Mino Niibaanaamaayak
Mii waa
Ji Mino Nimkaagoyak**

**Merry Christmas
&
Happy New Year!**

HARVEST TO SHARE

SEEKING HUNTERS

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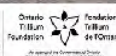
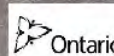
**WILL COVER YOUR ENTIRE
LICENSED BUTCHER FEE FOR A
MIN. OF 1/3 OF MEAT DONATION
IN RETURN!**

**GUIDELINES & RECRUITMENT
PROCESS:**
Hunters will be referred to as
"Contributors"

- Contributors will be responsible to provide potential hunting dates at least 1 day in advance
- Contributors must sign Waiver Form prior to potential hunting dates
- Contributors will have 2 weeks to harvest an animal
- One harvested animal per Contributor
- If no wild game is harvested within the 2-week period provided, they must provide additional dates if interested in partaking once again
- Contributors will be responsible for providing notice before transporting wild game to licensed butcher
- Contributor will be responsible for own portion pick-up
- NTHC is responsible for own portion pick-up and receiving the bill

**IF INTERESTED
CONTACT INDIGENOUS
FOOD COORDINATOR:
P: 705-368-2182
E: courtney.kurek@noojmowin-teg.ca**

**BROUGHT TO YOU BY:
NOOJMOWIN TEG HEALTH CENTRE
48 HILLSIDE RD.
POSTAL BAG 2002
LITTLE CURRENT, ON**





Noojmowin Teg Health Centre Holiday Hours of Operation

24 Offices closes at noon hour	25 	26 	27 Office open	28 Office open
31 Office Closes at noon hour	01 	02 Office open	03 Office open	04 Office open



**Noojmowin Teg
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Noojmowin Teg Health Centre Hours of Operation

Monday - Friday

8:30am - 4:00pm

Main Office Telephone

(705) 368-2182

Main Office Fax

(705) 368-2229

Website

www.noojmowin-teg.ca

Postal Bag 2002, Hwy 540, 48 Hillside Rd.,
Aundeck Omni Kaning First Nation, Little Current, ON P0P 1K0

