



# Noojmowin Teg Health Centre

## A Place of Healing

APRIL 2018 NEWSLETTER



YouTube

Noojmowin Teg Traditional Program Presents

# WORKING WITH ENERGY

With Isabelle Meawasige

**Wednesday, Thursday**  
**April 11 & 12, 2018**

To Book An Appointment Contact:  
Linda Maloney at 705-368-2182 ext. 201  
[www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)



Noojmowin Teg  
Health Centre  
A place of healing

Ontario

Ministry of  
Health and Long-Term Care



2018-19-20  
2019-20-21  
2020-21-22

Noojmowin Teg Health Centre

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



**WEDNESDAY, THURSDAY**

**APRIL 4 & 5 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 Linda  
Maloney at 705-368-2182 ext. 201  
[www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)**



**Find us on  
Facebook**

"Noojmowin Teg Health Centre"



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



**Health  
Canada**

**Sante  
Canada**



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](http://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"



**Noojmowin Teg Health Centre  
Program Support Clerk - Full-Time Permanent Position**

Noojmowin Teg Health Centre is accepting applications for the position of a full-time Program Support Clerk – Scheduling and Health Data. The candidate will be a key front-line contact to the public and to clients including scheduling and booking appointments for clients (Aging at Home Van, clinical), coordinating Ontario Telehealth network (OTN) appointments, scanning charting information, general bookings, and general program support. We are seeking a candidate who is approachable, a self-starter, well-organized, professional, and able to meet deadlines for multiple requirements at any given time.

Noojmowin Teg Health Centre provides primary health, allied health, traditional healing, mental health and addictions, and health promotion services with First Nation and other area social service and health partners to community members within the Manitoulin Island District and Espanola area. Check out our web-site at [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca).

*Given the traditional practices of the Anishinabek, from time to time exposure to wood smoke and the burning of sacred medicines, including tobacco, sweet grass, sage or cedar, may occur within the work setting.*

**Skills and Qualifications:**

- College level certification and/or diploma relating to office administration, and/or relevant designation, preferably in health
- One year relevant experience working within an office environment, preferably health
- Previous experience working within an indigenous work environment, preferably health
- Excellent knowledge and aptitude for working in an electronic work environment
- Demonstrated ability to prioritize, plan, organization and schedule
- Knowledge of the Anishinabek culture, traditions and protocols
- Ability to speak Anishinabemowin, an asset
- Current CPR C, First Aid Certification, and clear Criminal Record's Check
- Excellent written, verbal and technology communication skills
- Valid Class G driver's license and reliable vehicle

***Submit a covering letter, resume, three (3) work related references, and a recent Vulnerable Sector Criminal Record's Check. Please mark correspondence as "Confidential" to:***

Pamela Williamson, Executive Director  
Noojmowin Teg Health Centre  
Hwy 540, 48 Hillside Road, Bag 2002  
Audeck Omni Kaning First Nation  
Little Current, Ontario POP 1K0

Phone: (705) 368-2182 x204  
Fax: (705) 368-2229  
Email: [p.williamson@noojmowin-teg.ca](mailto:p.williamson@noojmowin-teg.ca)  
Web-site: [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)

***Applications should be received by: Friday, April 13, 2018. Only the successful applicant will be contacted. Thank you for your interest.***





## EMPLOYMENT OPPORTUNITY

### Primary Health Care Nurse Practitioner

*Full-time*

Noojmowin Teg Health Centre is seeking a full-time Primary Health Care Nurse Practitioner (NP-PHC). The NP will provide primary health care to full scope, with a strong emphasis on health promotion and disease prevention. Noojmowin Teg Health Centre is an aboriginal community-based primary health care organization committed to outreach and a collaborative approach, focused on wholistic and comprehensive care through both traditional and western healing methods. The NP will work as an integral and collaborative member of an interdisciplinary team. The NP will report to the Primary Care Manager.

Noojmowin Teg Health Centre is an Aboriginal Health Access Centre that provides traditional healing, primary health, mental health, and health promotion services to community members of the seven First Nations of Manitoulin District as well as First Nations clients living within the surrounding areas. Visit our web-site at [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca). *Given the traditional practices of the Anishinabek, from time to time, exposure to wood smoke and the burning of sacred medicines, including tobacco, sweet grass, sage or cedar, may occur within the work setting.*

#### Skills and Qualifications:

- Primary Health Care Nurse Practitioner, Masters preferred
- Member in good standing and without restrictions, College of Nurses of Ontario
- Member in good standing of Nurse Practitioners Association of Ontario.
- Experience working as an NP in a primary health care or community setting an asset.
- Experience working within an EMR and an electronic office working environment
- Work experience with Anishinabek organizations or communities an asset
- Anishnabe or aboriginal ancestry, or the ability to speak Anishinabemowin, an asset
- Ability to travel to multiple sites on Manitoulin Island and the surrounding area is mandatory.

#### How to Apply

Please submit a covering letter, resume, three (3) work-related letters of reference. Please mark correspondence as "Confidential." Email submissions are preferred. *Employment offers will be contingent upon satisfactory reference checks, proof of college and insurance registration, criminal records/vulnerable sector check, and clear driver's record.*

#### Application Deadline: Monday, April 23, 2018

Human Resources, Noojmowin Teg Health Centre  
48 Hillside Road, Aundeck Omni Kaning First Nation  
Postal Bag 2002, Hwy. 540  
Little Current, ON POP 1K0

T: (705) 368-2182  
F: (705) 368-2229  
E: [info@noojmowin-teg.ca](mailto:info@noojmowin-teg.ca)  
W: [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)

*We thank all applicants for their interest; however only those selected for an interview will be contacted.*



## Know Your Rights!

As community members, we are often asked to participate in research projects. Before you decide to participate, you should fully inform yourself about the research. Below is a list of questions you can ask researchers before participating in a research project:

- 1) What is the purpose of this research?
- 2) Who are the researchers and who do they work for?
- 3) Who is funding the research project?
- 4) How much time will this take?
- 5) What will I be expected to do?
- 6) Are there any risks if I participate? (physical, emotional, social)
- 7) Are there any risks if I don't want to participate? (ie. withdrawal of services)
- 8) What happens if I decide, partway through, that I don't want to participate anymore?
- 9) Where will my information be stored?
- 10) Who will have access to my information?
- 11) How will the privacy and confidentiality of my information be protected?
- 12) Will I get a copy of my results?
- 13) Will I get a copy of the overall study results?
- 14) What will happen with the overall results?
- 15) Is the research for community use only or will it also be published?

**Community members should be aware that consent to participate is voluntary and can be withdrawn at any time.**

*Submitted by Lorrilee McGregor, Chair, Manitoulin Anishinaabek Research Review Committee*

# Celebrate National Volunteer Week

## April 15-21, 2018



Volunteer.ca/NVW2018  
#NVW2018

Building confidence, competence, connections, and community

**Noojmowin Teg Health Centre would like to thank their volunteers for their generous gift of time and energy that has been provided throughout the year. Chi-Miigwetch/ Thank you!**



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

## FOOT CARE SERVICES AVAILABLE

Noojmowin Teg Health Centre is offering foot care services to Anishinabek people living off-reserve within the Island District. The services are available once a month on the **third Wednesday of every month**. Our provider is Mary Ann Auger, an experienced diabetes footcare nurse.

Please contact Noojmowin Teg Health Centre at 705-368-2182 ext. 201 and book an appointment with Linda Maloney. Miigwetch/Thank you.



What will you do to  
help protect mother  
earth?

## EARTH DAY

Sunday, April 22, 2018





# 7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

**70%** is controllable through lifestyle.

Men live **9** years in poor health, mostly preventable by making small lifestyle changes.



## MENTAL HEALTH

Inactive men are **60%** more likely to suffer from depression than those who are active.

## DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.

**7-8 HOURS**

## SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.

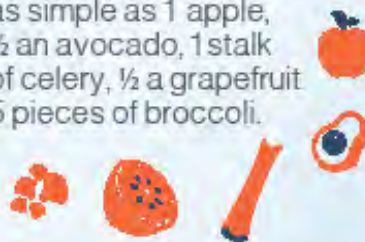


## ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

## NUTRITION

Getting your 5-7 servings of fruit and veggies is as simple as 1 apple, ½ an avocado, 1 stalk of celery, ½ a grapefruit 5 pieces of broccoli.



**DontChangeMuch.ca**  
**MensHealthFoundation.ca**

### SOURCES

[www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/nh67-eng.htm](http://www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/nh67-eng.htm)  
[www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf](http://www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf)  
[www.hs-aic.gc.ca/man/food-guide-aliment/choose-choix/mult/serving-portion-eng.php](http://www.hs-aic.gc.ca/man/food-guide-aliment/choose-choix/mult/serving-portion-eng.php)  
[www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf)  
[www.ncbi.nlm.nih.gov/pubmed/18962963](http://www.ncbi.nlm.nih.gov/pubmed/18962963)  
[www.ncbi.nlm.nih.gov/pubmed/1772969](http://www.ncbi.nlm.nih.gov/pubmed/1772969)  
[www.ncbi.nlm.nih.gov/pubmed/10857362](http://www.ncbi.nlm.nih.gov/pubmed/10857362)  
[www.ncbi.nlm.nih.gov/pubmed/11976443](http://www.ncbi.nlm.nih.gov/pubmed/11976443)

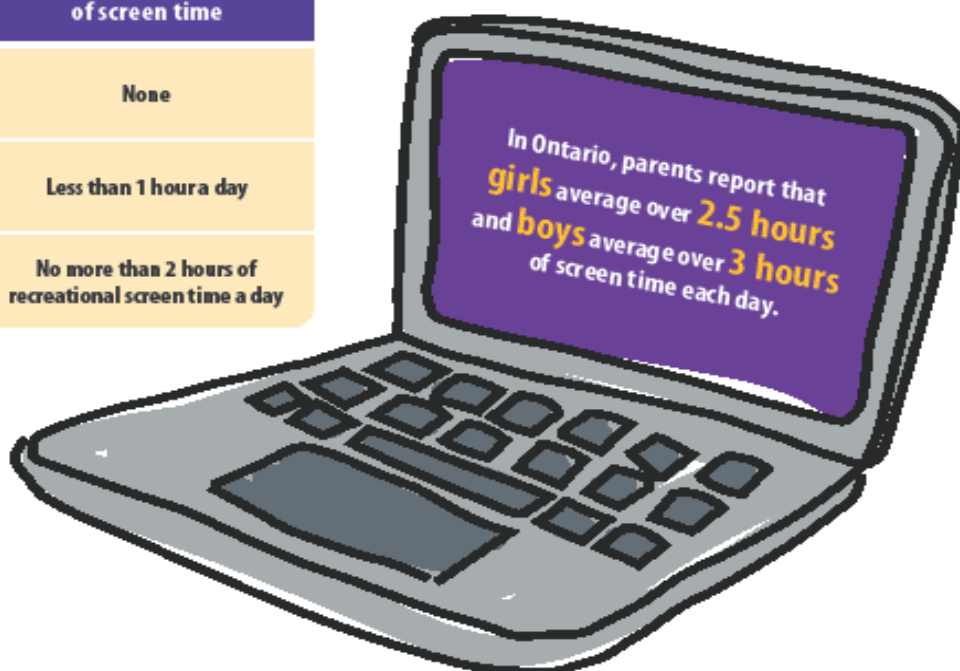


The Healthy Kids Community Challenge is in Theme 4 of the program. Theme 4: "Power Off and Play!" encourages healthy screen habits among children and families while continuing to encourage us to "Choose to Boost Veggies and Fruit!" and to "Run, Jump, Play Everyday!" This theme also continues to promote drinking water over sugary beverages because "Water Does Wonders!"



Age	Percentage in Ontario who meet Canadian screen time guidelines
1-4 years	15.3%
5-8 years	54.5%
9-12 years	37.7%
13-17 years	29.7%

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day



# UNLOCK THE POTENTIAL OF FOOD

Visit [NutritionMonth2018.ca](http://NutritionMonth2018.ca)



## THE POTENTIAL TO DISCOVER

### Foster healthy eating habits in children by teaching them to shop and cook.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians.

Visit [NutritionMonth2018.ca](http://NutritionMonth2018.ca)

Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. A great way to teach children about food is to let them shop and cook with you. Yet, a recent Ipsos survey found that 38 per cent of parents rarely or never let their child prepare a meal or snack – it's a missed opportunity, but it can be easily fixed! This Nutrition Month, dietitians want to remind you of the power of discovering food with your children.

## FIVE TIPS FOR COOKING WITH KIDS

It's fun and rewarding to involve kids in meal preparation – whether it's at breakfast, lunch or dinner. Here are five tips for getting your kids involved:

1. **Pick a recipe together:** Children need to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!
2. **Incorporate learning:** Build on lessons they learn in school, such as math, social studies, media literacy, spelling, science and reading. Younger children can practice fine motor skills.
3. **Keep it fun!** Imaginative play helps children get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show.
4. **Be a role model:** If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to

### DIETITIAN PRO TIP



**Madonna Achkar MSc, RD**  
Montreal, QC  
(currently working in Igloolik, Baffin Island, Nunavut)

Improving children's ability to prepare food can lead to healthier eating habits, including eating more vegetables and fruit. Cooking exposes children to fresh, healthy ingredients. The earlier kids become familiar with nutritious foods, the less likely they will develop a taste for processed foods.

## TRY THIS!



**Monterey Jack and egg pita pockets**



**Stacked panzanella salad with avocado**



**Taco soup**

Find all 15 feature recipes at [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)



Track eating and activity on the go with **eaTracker**.  
Get inspired with recipe ideas from **Cookspiration**.





Continued from previous page

## POTENTIAL TO DISCOVER

visit [nutritionmonth.ca/2018.ca](http://nutritionmonth.ca/2018.ca)



do the same. Get other members of the family involved.

5. **Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

Kids are much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters. It's fun for them to eat their art creation! Cooking with kids helps reduce mealtime battles and boost their willingness to try new foods. It's great for their self-confidence too.

## IN YOUR NEIGHBORHOOD

Do you want to inspire your kids with food? Here are three ways to get started:

1. Head to your nearest grocery store or farmer's market and taste something new.
2. Call your local public health department or boys & girls club to see if they offer cooking programs for children.
3. Check the children's programming at the local supermarket. Many offer grocery store tours, food demos and cooking classes for children.

## WHAT CAN MY CHILD DO?

Here's a guideline of kitchen skills based on age:

- 2-3 year olds can wash vegetables and fruit or tear lettuce and salad greens
- 3-4 year olds can mash potatoes and bananas or mix together batters
- 4-6 year olds can measure dry and liquid ingredients or set the table
- 6-8 year olds can toss salad ingredients together or make a simple breakfast
- 8-12 year olds can make their own school lunch or help to plan meals
- Teens can follow more complicated recipes or assemble and mix most ingredients. They can also be in charge of making one meal per week.

## WANT TO UNLOCK THE POTENTIAL OF FOOD?

### TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Find a dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find).

Find all 5 fact sheets at [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)

OFFICIAL SPONSORS:



FACT SHEET SPONSOR:



This fact sheet is distributed compliments of:

© Dietitians of Canada 2018. Permission is granted to reproduce for non-commercial purposes.



# TACO SOUP

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**MAKES:** 13 cups (3.25 L)

## INGREDIENTS

1 lb (500 g) of lean ground beef  
 1 medium onion, chopped  
 2 large stalks of celery, chopped  
 1 green pepper, chopped  
 28 ounce (796 mL) can tomatoes, diced or whole  
 19 ounce (540 mL) can kidney beans, rinsed  
 19 ounce (540 mL) can black beans, rinsed  
 2 cups (500 mL) of frozen kernel corn  
 2 tsp (10 mL) chili powder  
 1 tsp (5 mL) each of cumin, oregano, paprika and garlic powder  
 1/4 tsp (2 mL) of black pepper  
 2 cups (500 mL) water  
 Garnish: dollop of fat-free sour cream

## INSTRUCTIONS

### STEP 1

Brown the hamburger meat at low-medium heat. Drain off any fat.

### STEP 2

Add the onions, celery and green pepper. Cook until soft.

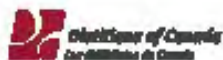
### STEP 3

Add the rest of the ingredients. Add water if soup seems too thick.

### STEP 4

Bring to a boil, then cover and simmer for 30 minutes. Add extra water if getting too thick.

Find all 15 feature recipes at [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)



OFFICIAL SPONSORS:



Get inspired with recipe ideas from Cookspiration.



©Diabetes of Canada, 2018. Permission to reprint in its entirety for noncommercial use only.



# I AM A CAREGIVER!

FOR A PERSON WITH FASD

THE CHALLENGES	THE SUPPORT I NEED	MY CAREGIVING JOB
<b>From Age 0-2:</b> <ul style="list-style-type: none"> <li>Sensory integration issues including aversion to touch, light and sound are common.</li> <li>Failure to thrive due to feeding difficulties</li> <li>Significant difficulties in emotional regulation</li> <li>Sleeping patterns may be disrupted</li> <li>Major developmental milestones are missed.</li> </ul>	<b>RESPITE</b> I need access to respite so I can restore my own emotional reserves.	Foster healthy attachment through responsive caregiving Learn my child's likes and dislikes Provide a controlled and stable environment for my child Seek early intervention and occupational therapy programs
<b>From Age 2-5:</b> <ul style="list-style-type: none"> <li>Problems learning and understanding language</li> <li>Children are easily overstimulated</li> <li>Struggles with transitions and activity changes</li> <li>Hyperactivity</li> <li>Oppositional behaviours</li> <li>Difficulties in learning through consequences</li> </ul>	<b>SPECIALISTS</b> I need access to specialists that can help with developmental delays	Establish regular routines with extra attention to activity transitions Provide extra opportunities for language learning Learn the early signs of overstimulation and behaviour issues Exercise patience and consistency
<b>From Age 5-10:</b> <ul style="list-style-type: none"> <li>Struggles in school due to inattention, hyperactivity, language difficulties and oppositional behaviours</li> <li>Difficulties in planning and following routines</li> <li>Major sleep problems</li> <li>Inappropriate sexual behaviours</li> <li>Sensory issues and environmental sensitivities</li> </ul>	<b>EDUCATIONAL SUPPORT</b> I need a school with funding to provide my child with individualized educational support	Develop a learning plan with my child's school and teacher Provide a consistent, predictable routine Modify my child's environment to reduce sensory stresses Address challenging behaviours immediately as they develop
<b>From Age 10-15:</b> <ul style="list-style-type: none"> <li>Children with FASD are easily influenced by peers</li> <li>Behaviour issues escalate and may include theft, lying and physical violence</li> <li>Struggles with abstract concepts like money and time</li> <li>Lack of empathy and significant social difficulties</li> <li>Underdeveloped emotion regulation skills</li> </ul>	<b>TRAINING</b> I need training on meeting challenges, caring for myself and helping my child succeed	Monitor behaviour and friends closely Seek professional help for major behaviour issues Create a plan with my child to address emotional episodes Teach my child about social situations with many cues and reminders
<b>From Age 15-20:</b> <ul style="list-style-type: none"> <li>Sexual health, drugs and alcohol use are risk areas</li> <li>Continued struggles with impulse control, planning and understanding abstract concepts (math etc.)</li> <li>Oppositional behaviours and possible violence</li> <li>Depression and other disorders may appear</li> <li>Reach legal adulthood - developmentally immature</li> </ul>	<b>BEHAVIOURAL SUPPORT</b> I need access to specialists that can advise me on dealing with difficult behaviours	Proactively talk about major issues like sex, drugs and alcohol use Get help immediately for extreme behaviours or psychological symptoms Plan for my child's adulthood including trusteeship & guardianship Talk about my child's goals and dreams
<b>Adulthood and Beyond:</b> <ul style="list-style-type: none"> <li>Adults often appear more competent than they are</li> <li>Difficulty holding employment</li> <li>Involvement with the legal system</li> <li>Unintended pregnancy and parenthood</li> <li>Continued risky/impulsive behaviours</li> <li>Addictions</li> </ul>	<b>MEDICAL PROFESSIONALS</b> I need medical professionals that understand the challenges of FASD	Continue to provide support with daily living activities Ensure a safe and supportive living environment Help others understand that while the person I care for may look mature, they have a life-long disability and face many challenges
	<b>INFORMATION AND PLANNING</b> I need information on what options exist for my child in adulthood	
	<b>LEGAL HELP</b> I need access to legal advice related to lifespan planning and any legal system problems	
	<b>FINANCIAL RESOURCES</b> I need to know that the person I have cared for will have ongoing financial support	

**MY JOB IS NOT EASY. MY CHILD WILL FACE CHALLENGES. BUT WITH SUPPORT... WE CAN SUCCEED!**


UNIVERSITY OF CALGARY  
FACULTY OF SOCIAL WORK

This peer reviewed poster reflects best practice and care for individuals and caregivers from a lifespan perspective. Please share this resource with families, professionals and communities. A Caregiver Resource Guide was also created in this series with the support of the Alberta FASD Cross-Ministry Committee Supports & Services, Education & Training Council Dorothy Badry & Jamie Hickey, 2016. Faculty of Social Work, University of Calgary. Contact: badry@ucalgary.ca ©

Poster submitted by Melanie Francis, New Beginnings FASD Coordinator, Noojmowin Teg Health Centre; Poster Courtesy of CanFASD Canada FASD Research Network <https://canfasd.ca/wp-content/uploads/sites/35/2016/11/I-Am-a-Caregiver-poster.pdf>





1 855 554 HEAL

A Help Line for Aboriginal Women



<http://www.talk4healing.com/>



### **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](http://www.noojmowin-teg.ca)

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



Find us on:  
**facebook®**