

Noojmowin Teg
Health Centre
A place of healing

NEWSLETTER

Pokwaagami—Giizis Broken Snowshoe Moon

April 2019



Mnookmi

Spring

Love

Zaagidwin

To know love is to know peace



Noojmowin Teg
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Noojmowin Teg Health Centre is providing notice
that it is necessary to regularly update our files
and we are asking for your cooperation
in completing a Registration Update form
along with gathering of voluntary geographic data
We thank you in advance for helping us
service you better

Any concerns with confidential or privacy of information
you may contact Kelly Jackson, Privacy Officer
at 705-368-2182 ext. 207

**MONDAY & TUESDAY
APRIL 8 & 9, 2019**

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

TRADITIONAL HEALING SERVICES

With Esstin McLeod

THURSDAY, APRIL 11, 2019

ESPANOLA OFFICE ADDRESS

407 Centre Street, Espanola, Ontario

Contact Jennifer Marenger, Cultural Support Worker at
705-869-1564 Ext. 4262 to book appointment.
Visit www.noojmowin-teg.ca



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Health
Canada Sante
Canada

Name _____

GOOD CHARACTER WORD SEARCH

O	P	A	R	D	E	W	F	A	I	R	N	E	S	S
B	E	T	S	A	J	T	I	L	P	E	O	F	M	L
F	R	I	E	N	D	S	H	I	P	S	O	R	W	T
N	S	A	L	C	A	T	R	E	S	P	E	C	T	U
R	E	B	F	C	E	W	R	T	S	O	U	W	M	I
Q	V	M	D	C	I	T	I	Z	E	N	S	H	I	P
L	E	K	I	U	Y	L	V	E	A	S	L	A	E	T
T	R	U	S	T	W	O	R	T	H	I	N	E	S	S
E	A	W	C	R	Y	B	E	M	N	B	L	O	E	R
B	N	Y	I	V	G	R	L	K	E	I	H	A	D	J
U	C	J	P	A	B	Y	E	B	G	L	O	U	W	A
Y	E	O	L	B	H	I	C	A	R	I	N	G	P	F
M	G	N	I	L	G	M	E	A	H	T	R	T	L	O
W	H	F	N	H	O	N	E	S	T	Y	G	O	U	I
A	U	W	E	Q	J	U	C	O	U	R	A	G	E	T

RESPECT CARING RESPONSIBILITY
FAIRNESS HONESTY PERSEVERANCE
FRIENDSHIP TRUSTWORTHINESS
CITIZENSHIP SELF-DISCIPLINE COURAGE

WORKING WITH ENERGY

With Isabelle Meawasige

TUESDAY & WEDNESDAY

APRIL 16 & 17, 2019

Contact Evelyn Leeson at
705-368-2182 Ext. 201 to book appointment.
www.noojmowin-teg.ca



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National Autism Awareness Month Resource Reference Guide

"The thought of diagnosing a child with autism can be daunting to physicians. This book - filled with clever illustrations and easy explanations - is a great tool for physicians and other caregivers trying to deal with this issue. Thank you to the Help Autism Now Society and Autism Canada for putting together a very helpful resource that can easily be used by anyone involved in the early detection of autism."

DR. WENDY EDWARDS
Pediatrician
Chatham, ON

"I have gone through the Autism Physician Handbook materials and found the information presented to be a truly excellent and a very creative visual resource for physicians, educators and other caregivers working with young children."

DR. SUZANNE LEWIS
Clinical Professor
University of British Columbia



Autism Physician Handbook

The fully illustrated Physician Handbook, with over 100 illustrations showing the common characteristics of autism in toddlers, comes complete with the M-CHAT-R Checklist, a visual guide to behavioural symptoms, summary of potential referrals, and tips for optimizing office visits.

You may download the handbook at the following website

https://autismcanada.org/wp-content/uploads/2016/05/PhyHandbook_Eng051116-2.pdf

Cannabis and your Kids

Cannabis has been available under special access for medicinal purposes since 2001. This has been a great benefit in a variety of conditions such as a treatment option for nausea and vomiting in chemotherapy, certain types of pain treatment scenarios and refractory bladder spasms for some MS patients.

Recent legalization and the reduction in criminalization for recreational use also has some arguable benefits. The concern from a pharmacist and a parent is in regard to the health risks associated with marijuana use and the likelihood of greater youth experimentation due to the social acceptance of recreational cannabis use. Further is the social acceptance without the informed risk of short- and long-term effects of regular marijuana use.

For instance, for the general population, there is a 1 in 11 (9% risk) that a new user will develop an addiction problem with cannabis. The risk increases the younger the age. For youth and teens, the estimated risk is between 25% and 50% risk of addiction. 1 in 2 to 1 in 4 youth are likely to have an addiction issue related to early marijuana use.

The broader spectrum of short-term risk(s) for the average recreational user include difficulty concentrating, remembering or learning things. It may be more difficult to make a decision and impair your performance at work or at school. Cannabis can cause anxiety or panic attacks. It can also trigger psychotic episodes. In our youth those short-term effects may be more pronounced and last longer from weeks to years. The risk increases for adults and youth with a positive family history of mental illness.

Long term effects may include damage to lungs from smoking (chemicals in marijuana can cause similar damage to lungs caused by regular tobacco use). Physical dependence and addiction are a long term risk (1 out of 11 new users are estimated to develop this problem). Effects on mental health (anxiety, panic, psychosis) is also listed as a common effect from cannabis use that can become a long-term health issue

Long term effects for the unborn child of women who smoke or vape regularly in pregnancy are also well known. The risk is lower birth weight, lower alertness leading to health problems for the growing child. Cannabis use in pregnancy can also affect the child's brain development leading to behaviour and mental health issues as the child grows. ie at 0-3 years the child may have increased sleep problems, difficulty calming down and exaggerated startles. Age 3-6 for a child from a regular marijuana user, you may see poorer memory, less attentiveness and lower ability to follow and understand instructions. Age 6-10 health Canada warns that the child has a risk of being more impulsive, have more difficulty learning, may show symptoms of depression and anxiety and have more trouble making decisions. Age 14-18 this same child will have the risk of poorer school performance, continued hyper activity, impulsiveness and less attentiveness.

For your own benefit and for those around you, visit the Health Canada Website and search Cannabis Health. The rush to legalize cannabis without educating the public and putting safe guards in place (in my opinion) has been reckless and irresponsible. The legal age to possess cannabis in Ontario is 18 yrs of age yet the brain is still developing and growing to the age of 21.

The responsibility lies in ourselves to protect our kids and community members through education. Talk about it to others. Educate them EVEN if it is not a popular topic.

So, if you choose to smoke or vape, please do so responsibly. Do not expose others to second hand smoke (ie smoke outside away from others). Know the risks of over use. Be aware of how your actions are seen through a child or youths' eyes. The risks are greater, and it is very unhealthy for kids to smoke or vape (as explained above) If you are pregnant or trying to conceive, don't use cannabis. You may harm your unborn child.

All this information is available to public access on the Health Canada Website.

For more questions of discussion about Cannabis use please contact pharmacist Jim Roszell through our Noojmowin Teg office. Via Monique.blais@noojmowin-teg.on.ca



Eat healthy stay healthy
World Health Day
7 April



From 1950 onward, 7 April has been World Health Day, a UN and World Health Organization (WHO) observance meant to raise awareness of the need to improve global health. While the WHO also sponsors several disease-specific observance days, World Health Day is meant to be comprehensive in scope.

Your body hears everything your mind says.

—Naomi Judd, Singer



2 Day Symposium

Engaging Providers with Indigenous Communities to Enhance Dementia Care (EPIC)

Community Conversations

PURPOSE

To bring families and health care providers together and to explore and elaborate on stories of power and passion in dementia care

OBJECTIVES

1. To hear the voices of dementia care patients and families, health care providers, and health care system representatives
2. To articulate the strengths and perceived gaps in current approaches to community care of dementia patients and their families

Attendees

This 2 day symposium is welcoming dementia care patients and their families, community representatives, health care providers (PSW's, nurses, rehabilitation staff and doctors) and health care system representatives (health directors and managers) to attend

Entertainment

One night of musical entertainment provided by Winston Wuttunee, fiddlers and a comedy show with Don Burnstick

Date and Time

Wed, 24th April 2019
Thur, 25th April 2019

Location

Quattro Hotel & Conf. Centre
229 Great Northern Road
Sault Ste. Marie, ON P6B 4Z2

-
- Accommodations and mileage provided
 - Free hotel accommodations available for April 23rd - 26th

RSVP

Please work with your respective point of contact (POC) on mileage reimbursements and if you require accommodations

Michael-Ann MacLean
Noojmowin-Teg Health Centre
POC for Manitoulin Island
Phone: 705-368-0229 Ext. 242

Jeanette McLeod
N'Minoeyaa Health Access Centre
POC for the North Shore
Phone: 705-844-2021 Ext. 306

Here are plants that grow well together:

- Roses and Garlic ...
- Marigolds and Melons. ...
- Tomatoes and Cabbage. ...
- Cucumbers and Nasturtiums. ...
- Peppers and Pigweed. ...
- Cabbage and Dill. ...
- Corn and Beans. ...
- Lettuce and Tall Flowers...



Word of the Month

Spring

Mnookmi



FACT about running:

The youngest marathon finisher was only five years old at the time of the race, and the oldest one was 101. However, like every other dynamic activity, **running** requires preparation, adequate equipment, and caution. While **running** itself has no down sides, **running**-related injuries are more common than you may think.

Hope - Dabigosendami

I sit waiting, with others who wait -- Younger, older, some just babies

Dawiidbimaak - Shkiyaak, Eziikjigik, Binoojiisak Aanin

All are represented, there is no discrimination

Kina Maandosh Nook

Many fighting back tears, trying to be strong for their loved ones

Aanin Gegaa Mowiyok, Wii Weji Zongish Mowaat

Trying to smile as their heart quietly breaks

Weji Zhobiin Gwenok Niin Meziawaat

Their pillows silent and sole witness, as the grief overcomes them in the dark

Da Pikweshmowinan Zhini Niboonenmowaat

They watch their loves at night -- Not knowing, what the future holds

Kowaamaan Ezaakchigaasjik -- Gaakenjgaa-Desno Waani Shiwebook

If I am gone who will care for them

lishpinwii Maajaa Wegnesh Waa Naagdenwaat

Who will love them, wipe their eyes, dry their tears, who will comfort them

Wegnesh Waa Zaagaat, Wiigiziingweyaat, Wiiwaanenwaat

The dawn breaks and it is time to begin again -- To smile and laugh, to pretend and hope

Waaban Miiwaa Wii Maad Sek Kina Wego

To come to this room -- Or a room, somewhere else, very much like this one

**Wii Digoshnang Maanpii Aachkingaming -- Maage Gooji Pikaan Aachkingan Mii Wiigwa
Deyaapshko**

Resigned to the diagnosis -- Yes, we all have it, we all know it

Miisa Owe -- Kina Gwa Gidoyaanaa

We will all fight, many of us will win -- Still, some of us will not
Kaa Maanenda Maanda, Kaa Maashaa Gwa -- Aanin Gaawii Da Zhaabwiisii Yok

For the winners life will go on, and we will see hope in every sunrise
Ganda Gaa Zhaabwiiik Aabjibzowok, Maa Dash Gedabigosenmang Ni Waabang

We will have won, but we will always fear the unknown, what if it is not done
Gii Zhaabwiidsawiing, Gaktaanaa Owa, Minido Bashingwiing Miinwaage

For the others, the sunrises and sunsets will be few
Ganda Ge Aanin Wii Waamdawowaat Ensosek Giishgak, Naakshik

And loved ones left behind must find a way to cope, or at least live
Ganda Eshkwiiik Zaak Chignak Wii Mowendiswaatweni

For now, we all sit here as survivors, we all have hope
Nango Dasheta Gidaawmieshaabwiiik Jigabigosendaaming

It is the one thing we cling hardest too
Gdo Songan Dabigsendami

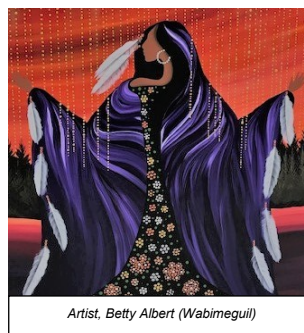
We come into this world crying but with hope, we leave it quietly but with hope
Gii Mookiiyiing Kii Mowini

And we travel the road of life with hope
Gii Bigosen Mamii Yaadsimi Wii Naagdowina Bigosenmang Miikan

- Chief R. Stacey Laforme

Cancer Care Ontario

Chronic diseases are preventable when detected early through screening tests. Diseases like cancer, diabetes, and heart disease are easier to treat in the beginning. Speak with your health care professional.



Artist, Betty Albert (Wabimeguli)

Understanding the Neurobiological and Psychological effects of *Violence and Abuse*

A two-day conference to examine:

Theoretical and practical strategies to assist those working with survivors of sexual assault and intimate partner violence.

An opportunity to enhance understanding of complex trauma and the lasting effects of violence.

- ♦ with emphasis on Indigenous context
- ♦ with a variety of professionals in a multi-sectoral environment

Keynote Speaker: Dr. Lori Haskell, C. Psych.

Dr. Lori Haskell is a clinical psychologist in private practice in Toronto. She also has a status appointment as an assistant professor in psychiatry at the University of Toronto and is an academic research associate with the Centre for Research on Violence Against Women and Children. She has been dedicated to the prevention, treatment and training on issues relating to violence against women and children for the past 30 years including Indigenous peoples. Dr. Haskell has presented at workshops, conferences and professional meetings in Canada and internationally. She has written a book entitled *First Stage Trauma Treatment: A Guide for Therapists Working with Women*, in addition to several other publications.

DATE: April 24th & 25th, 2019

8:00 a.m. Registration

8:30am – 4:00pm

Lunch & refreshments provided

LOCATION:

NEMI Recreational Centre
9001 Hwy 6,
Little Current, ON

FEE: No charge

This is a fully funded event for frontline healthcare, mental health & social services, policing and victim service providers.

For registration and inquiries please contact Monique Blais, Program Support

705-368-2182 ext. 254

monique.blais@noojmowin-teg.ca



Noojmowin Teg Health Centre

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Communities Served:

Aundeck Omni Kaning First Nation
M'Chigeeng First Nation
Sheguandah First Nation
Sheshegwaning First Nation
Whitefish River First Nation
Wiikwemkoong Unceded Territory
Zhiibaahaasing First Nation
Anishinabek Population Off-Reserve
Anishinabek Population - Espanola & Area

Primary & Clinical Care Services

- Anishinabek Health Care Navigator
- Diabetes Foot Care Nurse
- Diabetes Wellness Dietitian
- Diabetes Wellness Nurse
- Nurse Practitioners
- Physicians
- Registered Dietitian
- Registered Practical Nurse

Mental Health & Addictions Services

- Community Withdrawal Management
- Geriatric Social Worker
- Mental Health & Addictions Counsellor
- Psychologists
- Sexual Assault/Domestic Violence Counsellor

Traditional Health Services

- Firekeeper
- Traditional Healers

Cultural Support

- Indian Residential School
- Sexual Assault/Domestic Violence

Health and Wellness Programs

- Aging at Home Van Transportation Services
- Child Nutrition
- Healthy Living Children and Youth
- New Beginnings Fetal Alcohol Spectrum Disorder

Projects

- Indigenous Food Sovereignty
- Manitoulin Community Fresh Food Initiative

Research

- Manitoulin Anishinabek Research Review Committee (MARRC)

Website: www.noojmowin-teg.ca



Mission Statement

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 and programs and services, establish partnership and promote healthier communities through both traditional and western healing methods.

Noojmowin Teg Health Centre**Hours of Operation**

Monday - Friday

8:30am - 4:00pm

Main Office Telephone

Phone: (705) 368-2182

Fax: (705) 368-2229

Espanola Office

Phone: (705) 869-1584

Fax: (705) 869-4141

Satellite Office

Phone: (705) 368-0229

Fax: (705) 368-1920

Website

www.noojmowin-teg.ca



**Noojmowin Teg
Health Centre**

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**The office will be closed
Friday, April 19th
and Monday, April 22nd**

**We will re-open
Tuesday, April 23rd**