



Noojmowin Teg Health Centre

A Place of Healing

MARCH 2018 NEWSLETTER



Noojmowin Teg Health Centre Aanishnaabe Aadziwin invites you to

IRS (Indian Residential School Conference)

Reclaiming Losses FOR Next Generation
March 8 & 9, 2018

Aundeck Omni Kaning 4 Directions Complex - 1300 Hwy. 540

Barbara Nolan – is b a c k!

Opening Remarks:
Grand Chief Patrick Madahbee

Welcome: Pam Williamson
Noojmowin – Teg Executive Director

Day 1

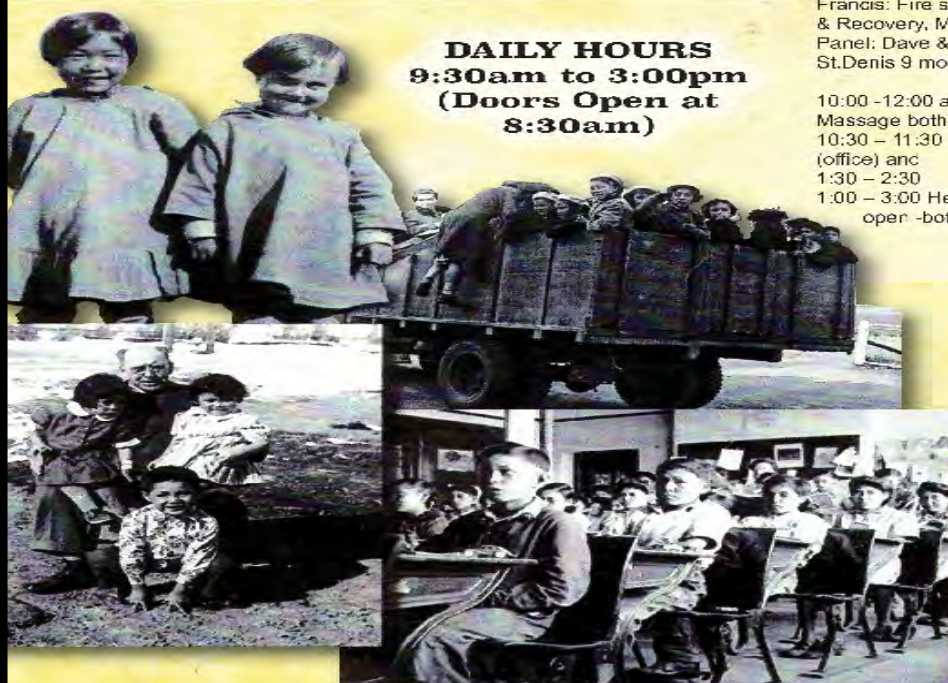
Speakers: Rosella Kinoshameg, Constable Murray Still: Elder Safety, Isabelle Maewasige: Human Trafficking, Wendy: Tai chi demonstration, Brian Waboose, Art and its meaning
Panel: Frank & Verna Trudeau, Georgina Nahwegahbow

Day 2

Speakers: Gregory Schraeder, IRS Survivor and Viet Nam Vet, Henry & Peter – fish fillet skill demonstration, Louie Francis: Fire starter demonstration, Valerie Lavallee – Grief & Recovery, Michael Ann McLean – Yoga
Panel: Dave & Valerie Lavallee next Generation, Brent St.Denis 9 month IRS student, Courtney Kurek, Youth Rep

10:00 - 12:00 and 1:00 – 3:00 Isabelle Maewasige, Energy Massage both days
10:30 – 11:30 Melanie Francis, Foot Soak at Cedar Room (office) and
1:30 – 2:30
1:00 – 3:00 Healing Circle in Noojmowin Healing Lodge – open -both days

DAILY HOURS
9:30am to 3:00pm
(Doors Open at 8:30am)



**Please call to register
(for catering purposes)**



Health
Canada



Noojmowin Teg
Health Centre
A place of healing

For information, contact Margaret Jackson, Residential School Support at
705 368-2182 ext. 237 or email margaret.jackson@noojmowin-teg.ca



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.

**Noojmowin Teg Health Centre's
Traditional Program Presents;**

Cultural Teachings 2017/2018

From Noon to 1pm

May 1	Approaching a Traditional Healer, Elder or Medicine Person
June 5	The Four Sacred Medicines
July 10	The Raindance and Sundance
Aug. 14	The Sweat Lodge
Sept. 25	Feasts & Giveaways
Oct. 30	Understanding Fasting
Nov. 27	Spirit Journeys
Dec. 18	Your Name and Your Colours
Jan. 29	Moons and Moontime
Feb. 26	The Clan System
Mar. 26	Natural Medicines

**For More Information Please
Contact Linda Maloney at
(705) 368-2182 or visit
www.noojmowin-teg.ca**


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Health Centre**
A place of healing

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"Noojmowin Teg Health Centre"
 **Ministry of
Health and Long-Term Care**



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



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Noojmowin Teg Traditional Program Presents

WORKING WITH ENERGY

With Isabelle Meawasige

TUESDAY & WEDNESDAY
March 6 & 7, 2018

To Book An Appointment Contact:
Linda Maloney at 705-568-2182 ext. 201
www.noojmowin-teg.ca



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Noojmowin Teg Health Centre's Traditional Program Presents:

NATURAL MEDICINES

with

EDNA MANITOWABI

MARCH 26, 2018 | 2:00PM-1:00PM

For More Information Please Contact
Linda Maloney at
(705) 368-2182 or visit
www.noojmowin-teg.ca



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Linda Maloney
Facebook

"Noojmowin Teg Health Centre"

Noojmowin Teg Health Centre welcomes a new Nurse Practitioner to the team

My name is Natalie Cameron, I was born and raised in Sault Ste. Marie, Ontario and I am the newest Nurse Practitioner at Noojmowin Teg Health Centre.

I have spent much of my life in school: I hold a Bachelor of Arts degree in English and History from the University of Western Ontario. Life led me into nursing in my early 30s. I hold a Bachelor of Science Degree in Nursing and recently obtained my Master of Science in Nursing, Primary Healthcare Nurse Practitioner, degree from Laurentian University. The majority of my nursing career is a collection of years of experiences working in the Intensive Care Unit at Sault Area Hospital (SAH). I hold a graduate certificate in Critical Care nursing from Durham College. More recently, I worked in the Algoma District Cancer Program as an oncology nurse, as well as a casual Registered Nurse with the SAH Sexual Assault and Domestic Violence Program. I have extra training in cardiology, palliative care, organ donation and chemotherapy. Further, I hold personal and academic in research that includes the experience of breastfeeding difficulties and traditional roles of Indigenous women.

I am a mother and a wife. I have 2 beautiful daughters: Aeva, age 15 and Sophia, age 3 ½. In my non-work life, I enjoy reading, knitting, walking, cross country skiing and snowshoeing. My family and I enjoy camping, hiking, music, travelling and laying on the beach. We have a really cool dog named Russell. We are excited to be on Manitoulin Island – truly adjusting to life “on island time”.

Thanks for the many warm welcomes and generosity. I feel very welcome here. I look forward to a great career at Noojmowin Teg Health Centre!



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.



MARCH IS COLORECTAL CANCER AWARENESS MONTH

Screening for colorectal cancer

Screening means checking or testing for a disease in a group of people who don't show any symptoms of the disease. Screening tests help find colorectal cancer before any symptoms develop. When colorectal cancer is found and treated early, the chances of successful treatment are better.

Who should have a stool test

If you are 50 to 74 years old and not at high risk for colorectal cancer, have a stool test every 2 years. If you are 75 or older, talk to your doctor about whether a stool test is right for you.

There is convincing evidence that stool tests with the right follow-ups can lower the number of deaths from colorectal cancer.

Stool tests

A stool test checks for hidden (occult) blood in the stool. Cancerous tumours and other growths in the lining of the colon or rectum (such as polyps) have blood vessels on their surface that can release a small amount of blood into the stool. Stool tests help identify **adenomas** (adenomatous polyps) early, before they become cancerous.

There are 2 types of stool tests used to screen for colorectal cancer in Canada.

- **gFOBT (guaiac-based fecal occult blood test)** is the original type of stool test. It uses a chemical reaction on a paper card to find blood in the stool from adenomatous polyps or tumours.

FIT (fecal immunochemical test) uses specific **antibodies** for human blood to find blood in the stool. FIT is being used by most screening programs in Canada.

Find out more about [stool tests](#).

Follow-up after screening

A **positive** stool test result means that blood has been found in the stool. People who have a positive result will need to have follow-up tests. They include:

colonoscopy – a test that lets the doctor look at the lining of the whole colon using a long, thin, lighted tube

flexible sigmoidoscopy – a test that lets the doctor look at the lining of the rectum and lower part of the colon using a thin, flexible tube

double-contrast barium enema – an x-ray of the colon and rectum

A **negative** stool test result means that blood has not been found in the stool. If you have a negative stool test result, you should have another stool test in 2 years.

See your doctor if you have blood in the stool, bleeding from the rectum or other **signs and symptoms of colorectal cancer** in between stool tests.

Screening programs in Canada

Most provinces have organized colorectal cancer screening programs with specific guidelines. Although the guidelines may be different in each province and territory, all guidelines include regular stool tests to help find colorectal cancer early.

Make sure to read the instructions included with your stool test. Depending on the type of test and your province, there might be medicine or food restrictions. And each program will have instructions on how to provide a sample and how to return the test.

Ask your doctor about how the program works where you live.

You can also call the Canadian Cancer Society's Cancer Information Service toll-free at 1-888-939-3333 for information about colorectal cancer and screening programs.

Know what puts you at high risk

Some people have a higher risk of colorectal cancer. People at higher risk may need to be tested more often and at an earlier age than people with average risk. You may be at higher risk if you have:

- a parent, sibling or child with colorectal cancer
 - a personal history of colorectal cancer
 - a personal history of non-cancerous (benign) polyps in the colon or rectum
 - inflammatory bowel disease (ulcerative colitis or Crohn's disease)
 - inherited conditions, such as familial adenomatous polyposis (FAP) or Lynch syndrome (also called hereditary non-polyposis colorectal cancer, or HNPCC)
- signs or symptoms of colorectal cancer

Talk to your doctor about your risk. If you are at higher risk, you may need a personal plan for testing. This may include:

- stool test (gFOBT or FIT)
- genetic risk assessment, counselling and [testing](#), if available
- colonoscopy
 - flexible sigmoidoscopy
- double-contrast barium enema

Questions to ask your healthcare team

To make the right decisions for you speak with your Nurse Practitioner or Family Physician.

Article submitted by Nicole Sokoloski, Nurse Practitioner; Information courtesy of <http://www.cancer.ca/en/cancer-information/cancer-type/colorectal/screening/?region=on#ixzz57qVu5A4R>

UNLOCK THE POTENTIAL OF FOOD

Visit NutritionMonth2018.ca



THE POTENTIAL TO FUEL

Stay energized by planning nutritious snacks into your day.

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

Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 per cent of Canadians say they snack to stay fuelled in a busy day. This Nutrition Month, dietitians want to remind you of the power of snacking to stay fuelled all day long.

FIVE TIPS FOR HEALTHY SNACKS

Snacks are foods or drinks that are consumed between meals. When you're on-the-run during a busy day, think of snacks as mini-meals that offer some nutritional value and an energy boost. Examples are an apple with peanut butter or cheese with crackers. These are different than treats, such as cookies, chocolate and chips, which are not as nourishing as snacks. Choosing healthy snacks can be a great way to get all the nutrients your body needs each day. **Here are five helpful snacking tips:**

1. **Plan ahead.** Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cut up veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.
2. **Be aware of portion sizes.** Instead of snacking from a large bag or box, take



DIETITIAN TIP

Diana Steele RD
Vancouver, BC

Fueling your body with healthy snacks between meals can help maintain stable blood sugar levels and lead to more consistent energy throughout the day. Snacks can also curb your appetite and prevent overeating at meals. I have an afternoon snack every day. I always include a fruit or vegetable and a source of protein to anchor my energy. Some of my favorite snacks include: blueberries with Greek yogurt and walnuts, or apple slices with peanut butter and bran cereal.

TRY THIS!



Eggplant dip



Sweet and salty salsa with feta



Balsamic, chic avocado toast

Find all 15 feature recipes at 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 FUEL

visit nutritionmontreal2018.ca



- a portion and put it on a plate or bowl.
- 3. Listen to your hunger cues.** Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
 - 4. Skip distracted snacking!** Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
 - 5. Snack on vegetables!** About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to your day.

HEALTHY SNACK IDEAS

We asked dietitians about their favourite snacks. They recommend looking for snacks with some protein and fibre. Here are 11 great ideas!

1. Carrots and peppers with hummus
2. Almond butter on banana slices
3. Greek yogurt topped with berries
4. Whole grain toast with peanut butter
5. Cheddar cheese and apple slices
6. Small handful of trail mix made with nuts, seeds and raisins*
7. Roasted chickpeas and popcorn mix*
8. Whole grain cereal with milk
9. Sliced vegetables with yogurt dip
10. Tuna on crackers
11. Whole grain toast with avocado and sesame seeds

*Great to keep in your bag, car or desk drawer

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.

Find all 5 fact sheets at www.NutritionMontreal2018.ca

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FACT SHEET
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SWEET AND SALTY SALSA WITH FETA

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

SERVINGS: 4 to 6

PREPARATION TIME:

5 minutes

INGREDIENTS

- 1 cup (250 mL) Canadian Feta, finely diced
- 1 cup (250 mL) watermelon, finely diced
- 1 cup (250 mL) cantaloupe, finely diced
- 1 cup (250 mL) red bell pepper, finely diced
- 1 cup (250 mL) pineapple, finely diced
- 1/4 cup (60 mL) red onion, chopped
- 1/4 cup (60 mL) fresh cilantro, chopped
- Freshly ground pepper

INSTRUCTIONS

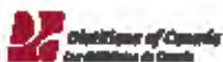
STEP 1

In a large bowl, mix all the ingredients together and season with pepper.

STEP 2

Serve with meat or grilled fish, or as an accompaniment to Mexican dishes.

Find all 15 feature recipes at www.NutritionMonth2018.ca



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Get inspired with recipe ideas from Cookspiration.



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TEASPOONS OF
SUGAR IN 1 PLAIN
GLASS OF WATER



4 GRAMS
OF SUGAR



COLA, CARBONATED DRINK (250ml)



SPORTS DRINK (250ml)



1% CHOCOLATE MILK (250ml)



100% ORANGE JUICE (250ml)



FLAVOURED CAFFEINE FREE
ENERGY DRINK (250ml)



FRUIT YOGURT BEVERAGE (250ml)



FRUIT JUICE VS FRESH FRUIT



100% ORANGE JUICE (250ml)



UNSWEETENED APPLE JUICE (250ml)



1 FRESH ORANGE (small)



1 FRESH APPLE (small)



Real fruit provides an important source of fiber.



Source: Health Canada, Canadian Nutrient File <http://webprod3.hc-sc.gc.ca/cnf-fca/index-eng.jsp>
Catalogue No. 020579 ISBN 978-1-4606-8117-6 (PDF) July 2016 © 2016 Queen's Printer for Ontario

Ask the Geriatrician, Dr. Janet McElhaney

What is the difference between Alzheimer's and Dementia?

Alzheimer's Disease is one type of dementia that is caused by an acceleration of the loss of neurons that we experience with aging. There are several other causes of dementia, the most common of which is vascular dementia where mini strokes or major strokes cause a loss of circulation to areas of the brain – which result in death of nerve cells in the area. Other diseases like Parkinson's disease and alcoholism are other conditions where brain cells die more quickly, for instance as a direct effect of alcohol toxicity.

What are multiple chronic conditions?

MCC are defined as two or more of chronic diseases such as diabetes, heart and lung disease, and dementia.

Where can I go for more information about these topics?

www.i-caare.com is a great website to find links to other resources, fact sheets, and more.

What is WISE Care and MInD Care?

New names have been provided by our project Elder, Elder Betty McKenna in Saskatchewan and one was translated by Elder Jerry Otowadjiwan in Wikwemikong:

Kitimakinaw Nokatohke' - Lovingly Care For People (Wholistic Integrated Safe and Effective Care Project)

Wiidongoma, Wiinagomiiya, Wiiniimiya zaaktowa nendomowin - We touch, we sing, and dance to love our minds (Models of Indigenous Dementia Care Project)

WISE Care is a project that will focus on the needs of older adults with multiple chronic conditions and their caregivers. In this first phase of the project, 3 communities within the Manitoulin region are invited to share their ideas, challenges, and needs of care for multiple chronic conditions. MInD Care is a project that will focus on the needs of older adults with dementia and their caregivers. We are searching for youth, older adults, caregiver, elders, and service providers from the communities to join us in an information session next month – details will be in the February newsletter.

How can you get involved?

You can contact Michael-Ann MacLean to find out how you or your community can get involved.

Who to contact:

Michael Ann – Research Assistant; Ph: 705.368-2182 x254;

E-mail: michaelann.maclean@noojmowin-teg.ca

Janet McElhaney, WISE Care and MInD Care Principal Investigator; Ph: 705.523.7300 x2725

E-mail: jmcelhaney@hsnri.ca



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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

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