



Noojmowin Teg Health Centre

A Place of Healing

SEPTEMBER 2018 NEWSLETTER



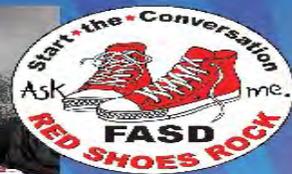
Noojmowin Teg Health Centre provides culturally relevant services, and is committed to support and promote the overall wholistic health and well-being of Anishinabek individuals, families and communities within the District of Manitoulin Island and area. To do this, we will operate community-based programs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

"STOMPING OUT THE STIGMA"

ISLAND WIDE FASD EVENT

September 9th, 2018 - Thunderbird Park, Wikwemikong

GUEST SPEAKER:
RJ FORMANEK



RJ Formanek went through his life facing a number of personal challenges. It wasn't until the age of 47 that RJ received a formal diagnosis of Partial Fetal Alcohol Syndrome which put many things into perspective and lead to many changes. He is currently the head administrator on Flying With Broken Wings, spokesperson for "Red Shoes Rock - Stop FASD", and in a number of other groups RJ utilizes these contacts to reach out to others, especially others who also live with FASD. RJ writes, trains in person, speaks publicly, both in person and through videos and audio podcasts in an effort to further all who live with, work with, or care for someone with FASD.

BANNER MAKING



FACE PAINTING



FAMILY BARBECUE



LIVE ENTERTAINMENT
by Lance Panamick & Dave Southwood



WEAR ANYTHING RED!



ITINERARY

- 11:30am Welcome & Introductions
- 11:45am Banner making
- 12:15pm Community Walk –Red Shoes Rock Walk
- 12:45pm Guest Speaker – RJ Formanek
- 1:45pm Community BBQ & Live music

Noojmowin Teg Health Centre
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FOR MORE INFORMATION PLEASE CONTACT NOOJMOWIN-TEG FASD COORDINATOR AT (705) 368-2182 EXT. 246

Noojmowin Teg Traditional Program Presents

WORKING WITH ENERGY

With Isabelle Meawasige

**TUESDAY & WEDNESDAY
SEPTEMBER 11 & 12, 2018**

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



Noojmowin Teg
Health Centre
A place of healing

Ontario

Ministry of
Health and Long-Term Care



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"Noojmowin Teg Health Centre"

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

PROTOCOLS IN APPROACHING A HEALER, MEDICINE PERSON & ELDER

With

EDWARD PITAWAKWAT

Monday September 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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*Noojmowin Teg Health Centre

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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DIABETES WELLNESS

September Upcoming Events



12
September

ZHIIBAAHAASING

Diabetic eye exams by TELEOPHTHAMOLOGY

Start time 9am, WALK INS WELCOME

Noojmowin Teg DIABETES WELLNESS TEAM will also be available (nurse & dietitian)

FREE LUNCH & SNACKS

SHESHEGWANING

Diabetic eye exams by TELEOPHTHAMOLOGY

Start time 9am, WALK INS WELCOME

Noojmowin Teg DIABETES WELLNESS TEAM will also be available (nurse & dietitian)

FREE LUNCH & SNACKS

26
September

AAMBE NBWAACHWEN!

For more information, please contact Noojmowin Teg Health Centre (705) 368-2182



Aanii! My name is Patty Gabow and I am from Wiikwemkoong Unceded Territory. I began my employment with Noojmowin Teg Health Centre on August 7, 2018 and have been hired as Cultural Support for the Sexual Assault & Domestic Violence Program.

Most of my work experience has been in Aboriginal Justice and I have spent my whole career as a Front Line Worker in various Aboriginal Communities in Ontario.

I enjoy sewing, exercising, dancing at Pow Wow's, and I love my Heavy Metal and Alternative Rock Music!



My name is Laney Campbell and I began at Noojmowin Teg Health Centre on August 13th 2018 as the Counsellor/Navigator for the Sexual Assault & Domestic Violence program.

I recently returned to my hometown of Gore Bay from Toronto, where I completed a Master's in Social Work from the Factor-Inwentash Faculty of Social Work at the University of Toronto. While there, I worked as a Harm Reduction Community Health team member at Regent Park Community Health Centre. This involved providing support and case management to people living with complex health and mental health issues. More recently, I

was an Intern Trauma Therapist in the Sexual Assault and Domestic Violence Care Centre at Women's College Hospital. I am passionate about supporting and empowering survivors along their healing journey, and I am incredibly eager to be involved with this new program at Noojmowin Teg.

When I'm not working, I like to read, write, and spend time outdoors. Thank you for welcoming me to the community!



Aanii! My name is Bridget Douglas and I am very happy to join the Noojmowin Teg Health Centre team in the Child and Youth—Intensive Counselling position which commenced on August 13, 2018.

My background has been in Social Services since 2004 and I began my journey working with patients struggling with addictions. I started my career with two diplomas—Social Work and Addictions Counsellor. I also completed my Bachelors in Social Work degree in Indigenous Studies with Laurentian University. In 2015, I began a Masters in Social Work Degree (main stream) at Laurentian University with a thesis component focused on Research called "*Trauma and Homelessness Among Indigenous People in Northern Ontario: A Narrative Study*" published April

6, 2018. At this time, I also worked with Kenjgewin Teg Educational Institute instructing a number of Mental Health and Addictions courses through Canadore College. In 2016, I began working with Kina G'Bezhgomi Child and Family Services in the role of Child Protection. My work interest is to complete a PhD focused on trauma work.

My personal interests are spending time with my family/grandchildren and becoming more physically active. I also love to travel and last year went to Rome (what an experience)!

I am really excited about this new journey and so thankful to be a part of this team! Chi-Miigwetch!

Mnidoo Mnising Youth Summer Olympics

By Mark Peltier, Healthy Living Children's Coordinator

On Friday August 10, Zhiibaahaasing First Nation hosted the Mnidoo Mnising Youth Summer Olympics. This event was open to children and youth across Mnidoo Mnising ages 6-14 years and provided in partnership by Noojmowin Teg Health Centre, Zhiibaahaasing First Nation, and Sheshegwaning First Nation. Six events were provided: basketball, volleyball, golf, horseshoes, archery, and cross-country running. Ribbons were awarded to the top placers in each event.



Participants include: River Sagon, Preston Riberdy, Madison Panamick , Emily Migwans , David Cyr, Johnny Antoine, Vesta Roy, Cassidy Peltier, and Paisley McCormick. Special congratulations to 8 year old Preston Riberdy who ran three cross-country races throughout the day and placed 1st in all three races.



In the 11-12 year olds cross-country race, Madison Panamick placed 1st in the girls division. Helping her along the route for motivation by also running the race were Carl Antione, Brent Kells, Troy Yellowhorse, and Mark Peltier, who volunteered to run the 3km route when adults were welcomed to join. Adults/parents also participated in the volleyball event, leading to the general feedback that an Adult/Parent division should be offered at next year's event.

Chi-Miigwech to all the organizations and individuals that assisted with the event: UCCMM for providing archery equipment; Sheila and Raymond Madahbee for running the archery event; Charlene Sagon for organizing the registrations and general supervision throughout the day; Bobbi Sue and Crystal Sagon who started work early and stayed late for cleanup long after everyone had left; Zhiibaahaasing's summer students for brush cutting and clearing almost 5km of trails; Charles Wabegijik, Dietrah Hoppe, and Sheshegwaning's summer students for assisting with running of events; Mkwa Catering for providing lunch; and anyone else that I may have forgotten.

For more information on physical activity programs in your community for children and youth ages 6-14 years, please contact Nelson Wood or Mark Peltier at 705-368-0229.



MISHIIKENH MNIS WENJIING

TURTLE ISLAND ROOTS PROGRAM

Colouring Contest 2018



Illustration by:
Local Artist Karleigh Kurek

Grounded in Anishinaabek philosophy, the newly developed Mishiikenh Mnis Wenjiing - Turtle Island Roots program is centered primarily on maintaining sacred methods of securing sustainable foods.

Turn the page to Enter!

RULES & REGULATIONS – Enter for 2 chances to win!

- One winner per Age Group: 0-5 6-12 13-17 18+
- All entries will be entered into the Door Prize draw.
- One entry per individual.
- Entry must be the original work of the entrant and must be kept within the original image and may not be altered.
- Entrants under 18 must have guardians signature to be selected as the winner.

Deadline Date:

- Please submit by **Wednesday, September 12, 2018 at 4:00pm**
- Winners will be selected on Thursday, September 13, 2018 and will be announced in the Manitoulin Expositor on Wednesday, September 19, 2018.

Enter by mail or Hand Deliver to:

Noojmowin Teg Health Centre
 48 Hillside Rd. Postal Bag 2002
 Little Current, ON P0P1K0

Name: _____ Address: _____ Postal Code: _____

(print)

Age: _____ Phone Number: _____ Guardian Name: _____

(print)

I understand that my coloring page will become property of Noojmowin Teg Health Centre, and will not be returned to me. I give permission and photo consent to Noojmowin Teg Health Centre to display my name, picture and entry in the Manitoulin Expositor newspaper, Noojmowin Teg’s website and social media outlets.

 Applicants Signature

 Guardian Signature
 (for applicants under 18)

 Date

For more information please contact Courtney Kurek at 705-368-0229 Ext.218 or email courtney.kurek@noojmowin-teg.ca



Teaching a Child with Fetal Alcohol Spectrum Disorder (FASD)

BEHAVIOURS ARE SYMPTOMS

Some children will not present any obvious characteristics of FASD; their symptoms will be purely behavioural. It is important that teachers are aware of the true effects of the hidden impairments, so they can recognise and accommodate children's learning needs. Children with FASD may score within normal limits on measures of IQ, appear physically mature, and give the appearance of functioning at a level consistent with their chronological age. Their expressive language may be in advance of their actual age, and their reading skills may be chronologically appropriate. However, the academic abilities of individuals with FASD are below their IQ level; their living skills, communication skills and adaptive behaviour levels are even further below IQ levels; and in areas such as social skills and emotional maturity, they may be performing at half of their developmental age.

EDUCATIONAL STRENGTHS OF STUDENTS WITH FASD

It is important to set the learning difficulties of children with FASD in the context of their strengths. These strengths will become the foundations on which to develop personalised curricula, to encourage and develop further strengths, and build emotional resilience. ★ Students with FASD are often ambitious and have a range of practical strengths which are useful in their educational careers and throughout life. ★ Many are articulate and have engaging personalities. They enjoy being with other people. ★ Many have learning strengths around Literacy and practical subjects, such as Art, Performing Arts, Sport, and Technologies, although they often have difficulties with comprehension, ★ While they have working/short-term memory difficulties, rote learning and long-term memory can be strengths.

UNDERSTAND THE ROOT CAUSE OF FASD

FASD impacts each person differently, students with FASD are 'complex.' FASD can be and is often diagnosed alongside other disabilities such as Autistic Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) Attention Deficit Disorder (ADD) Attachment Disorders and Sensory Integration Disorder (SID). Permanent damage to developing organs and bones can occur at particular periods of pregnancy. Damage to the Central Nervous System continues throughout pregnancy and results in changes to the structure of the brain which cannot be reversed and persist throughout life.

YOUR MANITOULIN ISLAND COMMUNITY FASD CONTACTS ARE:

Aundeck Omni Kaning Health Centre—Lois Nawegahbow/Debbie Shawana

M'Chigeeng Health Centre—Leah Migwans

Sheguiandah Health Centre—April McDowell/Jenny McGraw

Sheshegwaning Health Centre—Terrie Pitfield

Wikwemikong Health Centre—Amanda Mishibinjima/Judy Black

Whitefish River Health Centre—Candice Assiniwe

Zhiibaahaasing Health Centre—Bobbi Sue Kells-Riberdy

**GUIDING PRINCIPLES TO SUPPORTING STUDENTS WITH
FETAL ALCOHOL SPECTRUM DISORDER (FASD)**

Approach	Remember that students with FASD will be developmentally younger than their chronological age, particularly in the area of social and emotional skills.
	Adopt a holistic approach which builds on the student's sensory strengths.
	Provide sequential sensory experiences (visual, kinaesthetic or auditory) and ensure a range of sensory opportunities throughout the lesson so that the student receives a multi-sensory experience.
	Demonstrate rather than describe new techniques, and be prepared to repeat demonstrations, instructions, rules and concepts often.
	Prepare students for new concepts by providing them with any new vocabulary beforehand to practise and learn.
	Provide opportunities for small group and 1:1 work where possible and construct a personalised learning plan based on the student's strengths and interests (usually in the areas of practical and artistic ability).
Communication With Families	Ensure effective communication with parents and carers to reduce anxiety and develop an ethos of partnership.
	Consistent language and approaches used and at home school will provide security and predictability for students who are easily overwhelmed by change and disruption.
Environment	Ensure that the environment is free from distractions as far as possible. This includes distraction from noise, smell, tactile and visual distractions.
	Constant supervision may be necessary to keep students who are developmentally younger safe from harm.
Routine and Structure	Ensure routine is communicated to the student to reduce anxiety and enable them to organise themselves as independently as possible.
	Changes to routine should be communicated to the student soon as possible and the student supported through them.
	Structure will help the student with FASD make sense of their environment. Provide frequent breaks throughout a lesson to give the student time to refocus. It may help if they can do something physical for a few minutes between activities.
Simplicity	Ensure that instructions, directions and tasks are broken down into short achievable, easily understood steps and delivered at a level which is developmentally appropriate to the student.
	Be realistic about expectations.
Understanding	Ensure that the student has understood instructions and directions. Say their name before giving instructions and directions.
	Ask them to repeat what you've said them back to you in their own words.
	Ensure that language used is simple, positive, concrete and free from jargon, sarcasm or idioms.
	Provide visual aids if necessary as students may not always respond to auditory input alone.
	Be specific when giving directions and provide step by step instruction.

1 855 554 HEAL
Talk 4 Healing

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

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



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