



NEWSLETTER

ODEMIINI GIIZIS | STRAWBERRY MOON | JUNE 1, 2019



Noojmowin Teg
Health Centre
A place of healing

NOOJMOWIN TEG HEALTH CENTRE

Noojmowin Teg Health Centre
Hwy 540, Postal Bag 2002
48 Hillside Rd
Aundeck Omni Kaning
Little Current, ON P0P1K0

Tel: (705) 368-2182
Fax: (705) 368-2229
info@noojmowin-teg.ca
www.noojmowin-teg.ca

AGM

Annual General Meeting

Honouring our Elders: Truth and Reconciliation

Monday, June 17, 2019

9:30am—1:00pm

M'Chigeeng Community Complex

M'Chigeeng First Nation

- Presentations
- Giveaways
- Feast
- Networking
- Laughter
- Interactive Booths

Transportation Services are available for residents aged 55 years or older.

Please contact, (705) 368-2182 ext. 201 to reserve.

6:00am Sunrise Ceremony

Live Entertainment by Debajehmujig Theatre Group titled, "The New Elder".

"The New Elder" is about healing, learning and reconnecting through our stories. How are we now, living in the wake of Residential Schools, and how do we move forward in a good way? How do we turn tragedy into resilience for the generations to come? An emotional story...positively.



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

Accredited by
Canadian Centre
for Accreditation



Aggré par
Centre canadien
de l'agrément



**Find us on
Facebook**

"NoojmowinTegHealthCentre"

ANNUAL GENERAL MEETING, JUNE 17TH

Noojmowin Teg Health Centre would like to invite you to attend our 22nd Annual General Meeting (AGM), Monday, June 17, 2019 at M'Chigeeng First Nation.

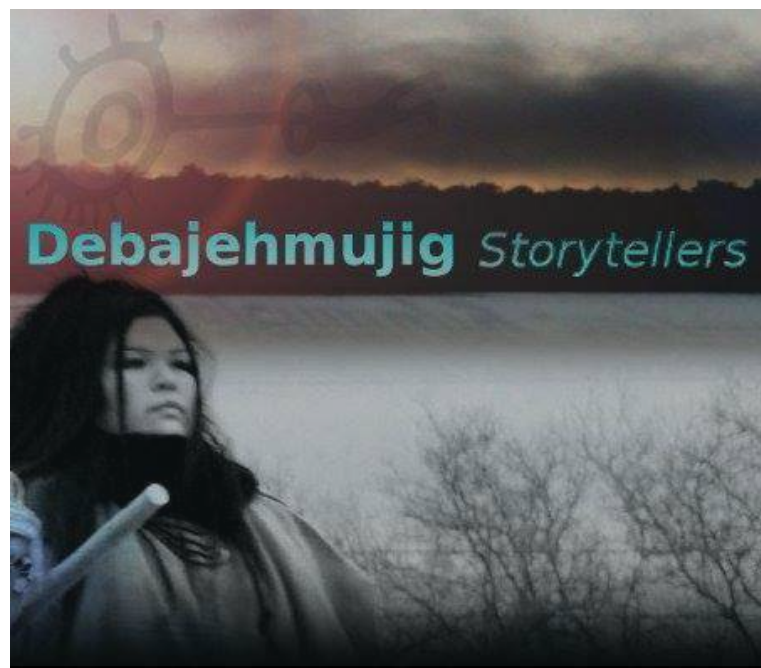
This year's theme is: **Honouring our Elders: Truth and Reconciliation** and will include a live performance from Debajehmujig Theatre Group titled, "The New Elder". "The New Elder" is about healing, learning and reconnecting through our stories. How are we now, living in the wake of Residential Schools, and how do we move forward in a good way? How do we turn tragedy into resilience for the generations to come? An emotional story... positively.

The AGM will begin with a sunrise ceremony at the

M'Chigeeng Complex at 6:00am. The AGM presentation is scheduled to begin at 9:30am and will include an opening prayer, followed by a welcome song from the host community, presentation of the annual report, interactive booths, and a feast.

The event will be a great way for participants to learn about Noojmowin Teg Health Centre's program and services, meet the staff, network and share some laughs. There will also be giveaways and door prizes.

For more information, call (705) 368-2182 or visit us on Facebook to stay up to date. We hope to see you there!



AGING AT HOME VAN SERVICES

Transportation services are available through the Aging at Home Van Services for residents aged 55 years or older to attend the AGM, please contact Evelyn,

(705) 368-2182 Ext. 201



SENIORS MONTH

June 2019 marks the 34th annual Seniors Month. The theme this year is, *"Now's the time to start something new"* and it identifies how aging does not prevent any of us from leading fulfilling lives. Seniors continue to contribute to our communities and we can all benefit from their wisdom, friendship, and experience.

AGING AT HOME SERVICES (705) 368-2182

Aging at Home Van Service, Ext. 201

Geriatric Social Worker Ext. 268

Anishinabek Health Care Navigator Ext. 241

SENIORS MONTH



You've probably heard the popular expression, *"You can't teach an old dog new tricks."* Well, we're not here to speak for the dogs, but we do know you're never too old to learn something new. In fact, the benefits of trying a new activity far outweigh the initial frustrations of dealing with a learning curve. If you've been searching for the push to take up a new hobby or learn a new skill, look no further. Here are five benefits to trying something new as an older adult.

1. Improved Memory

Keeping your brain healthy and active is an important part of growing older. Challenging your mind with a new activity – like learning a language or taking up an instrument – helps keep your memory sharp and can slow cognitive aging.

2. Self-discovery

To quote another popular expression: *"You never know until you try."* When you make the effort to try something new, you open the door to the possibility of finding your new favourite activity or discovering a talent you didn't know you had.

3. Increased Happiness

Regardless of whether you ever end up mastering the saxophone or learning all the rules to chess, trying a new activity can be extremely fulfilling. Not only can it shake up your rou-

tine, the enjoyment of engaging in something new can help make you happier.

4. Opportunity for Socialization

When you try something new, you open yourself up to the prospect of meeting new people and enjoying additional socialization opportunities. Having an active social life provides numerous benefits to older adults, such as improving cognitive function and reducing the risk for depression.

5. Sense of Accomplishment

Perhaps there's a skill or achievement you've always meant to obtain, but never made the time for in your younger days. With that thought, we'll share one final popular expression: *"There's no time like*

the present!" Finally trying something you've always meant to try will leave you with a great sense of pride and accomplishment.

Don't let a fear of failure or the misconception that you're too "old" stop you from trying something new whether it's a skill, craft, activity, or adventure. And if you're not ready to devote all your time to finally learning that language or taking archery lessons, try starting small.

Source: Giacobbe, L. (2015, Jan.) The Benefits of Trying Something New as an Older Adult. Retrieved from: <https://www.kendalthome.org/blog/the-benefits-of-trying-something-new-as-an-older-adult>

Tips to Get Active

Physical Activity Tips for Older Adults (65 years and older)
Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active

- Find an activity you like such as gardening or hunting
- Minutes count—increase your activity level 10 minutes at a time. Every little bit helps.
- Active time can be social time—look for group activities or classes in your community, or get your family or friends to be active with you.
- Walk whenever you can.
- Take stairs instead of the elevator, when possible.



1. Take part in at least 2.5 hours of moderate to vigorous-intensity aerobic activity each week
2. Spread out the activities into sessions of 10 minutes or more.
3. It is beneficial to add muscle and bone strengthening activities using major muscle groups at least twice a week. This will help your posture and balance.

Start Slowly | Listen to your body | Every step counts

Health Benefits for Being Active

- Improve your balance
- Reduce falls and injuries
- Help you stay independent longer
- Help prevent disease, stroke, osteoporosis, type 2 diabetes, some cancers and premature death

Aerobic activity, like **PUSHING A LAWN MOWER, TAKING A DANCE CLASS, OR BIKING TO THE STORE**, is continuous movement that makes you feel warm and breathe deeply. Strengthening activity, like **LIFTING WEIGHTS OR YOGA**, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

MENTAL HEALTH

NATIONAL CHILD AND YOUTH MENTAL HEALTH DAY

WIIKWEMKOONG

My name is David Pitawanakwat and I am the Firekeeper/ Harvester from Noojmowin Teg Health Centre's Traditional Medicine Department.

I was fortunate enough to be a part of the National Child and Youth Mental Health Day located at the Wiikwemkoong Arena on Tuesday, May 7, 2019. My colleague, Patty Ann Gabow, assisted myself with the distribution of Semaa (Tobacco) pods and seeds.

We engaged with the youth and parents about the procedure of planting and growing Semaa. We had a great turnout with 107 signatures at our booth!

Towards the end of the day, we gave away door prizes provided by our organization with a fishing net being the Grand Prize! All of the children and parents who visited our booth left with Semaa seeds and a smile on their face!

Chi-Miigwech to our partners, staff and most of all our community members!

David Pitawanakwat
Firekeeper/Harvester
Noojmowin Teg Health Centre



Noojmowin Teg Staff and participants at the National Child and Youth Mental Health Day event held in Wiikwemkoong last month.



Communication and the Important Role it Plays with our Mental Health

Did you know:

55% of communication is body language

38% is the tone of voice, and

7% is the actual words spoken

Using 'I' messages when speaking can take away blame and defensiveness.

Example:

Blame: *"You are always late and its so inconsiderate."*

"I" Message: *"I feel worried when you come home late. Its hard for me to sleep"*

NOOJMOWIN TEG HEALTH CENTRE

MENTAL HEALTH & ADDICTIONS SERVICES (705) 368-2182

Community Withdrawal Management Services, Ext. 266 or 267

Geriatric Social Worker, Ext. 268

Intensive Counselling Services, Ext. 252

Psychological Services, Ext.222

Visit www.noojmowin-teg.ca for more information

Everyday, I pray

To the SUN, to the MOON,

To the CLOUDS; to the STARS

To the great lakes & to the mountains AFAR

EVERY DAY, I PRAY

I pray for my friends & those CLOSE to me

To those in my HEART & to the ones I wish to see

To the fallen warrior & to the CREATOR

I wish to take away the hate, & replace it with LOVE

So that so that you may enjoy the HEAT from above

I can take away the pain & give you a SHOWER with the rain

To cleanse your SPIRIT & your SOUL

To help show you and to achieve your GOAL

All I need is for you to BELIEVE

your fallen loved ones don't want you to GRIEVE, to cry when they die

They are finally FREE, more free than you & me

No longer tied down by GRAVITY

I know you feel their passing was a TRAGEDY, but in the end, we'll all be TOGETHER again

My friend, every day I pray

By: Cody Aaron Towers

Nimkii Onkwut Diizhniikaz

Mukwa Doodem

Shuggah-endah Doonjibah

PRIMARY & CLINICAL CARE

Canadian Men's Health Week June 10th-16th, 2019

72% OF CANADIAN MEN LIVE UNHEALTHY LIFESTYLES

First National Study of all Health Behaviours

Toronto, June 11, 2018 – New Canadian research released today finds seventy-two percent of men regularly demonstrate two or more unhealthy habits, including a poor diet, smoking cigarettes, problem drinking, not exercising or not getting

regular sleep.

The study, conducted on behalf of the Canadian Men's Health Foundation (CMHF), is the first in this country to study health behaviours rather than diseases, and the first to simultaneously look at five key health behaviours that help prevent chronic disease (diet, sleep, exercise, smoking and drinking). Its release coincides with the first day of Canadian Men's Health Week, which takes place

annually in the week leading up to Father's Day.

Details of the study findings include: 62% of Canadian men have an unhealthy diet; 54% of Canadian men under or over sleep; 59% of Canadian men do not get 150 minutes of moderate-to-strenuous exercise per week; 39% of Canadian men have unhealthy alcohol consumption; and 20% of Canadian men smoke cigarettes.

Only 6% of respondents exhibited no unhealthy behaviours and were classified as 'very healthy.' Those who exhibited only one unhealthy behaviour were deemed healthy (22%). Men with two unhealthy behaviours were considered borderline (31%) and those with three or more of the above behaviours were classified as unhealthy (42%).

Wayne Hartrick, President of the CMHF, points out that it doesn't take much for a man to go from the "unhealthy" category to the "healthy" category. "Think of these categories as a ladder. Most Canadian men can move up a rung by changing just one unhealthy behaviour. They can go up two rungs by changing two behaviours, like eating five fist-sized servings of fruit

and getting seven hours of sleep. It's about having the control to veer away from disease versus 'Oops, I've got it, it sucks and why didn't I prevent it!'

Dr. Larry Goldenberg, Chairman of the CMHF, says "We now have a platform to evaluate health behaviours of Canadian men over time. I hope other researchers will use this platform to study different populations around the globe and design targeted interventions to engage men to live healthier lifestyles. After all, 70% of men's chronic health conditions are caused by lifestyle and, unlike genetics, can be changed to improve your health."

Hartrick is challenging men: "Visit the website, see where you are on the 'health ladder' and move up one rung. It's much easier than you think."

The CMHF website DontChangeMuch.ca offers easy to follow, medically-backed simple tips and tools to help men and their families live healthier lives.

Source: <https://menshealthfoundation.ca/menshealthweek/2018/press-release/>

NOOJMOWIN TEG DIABETES WELLNESS TEAM
& M'CHIGEENG HEALTH CENTRE

BREAKFAST LEARNING SERIES

FIRST WEDNESDAY OF EVERY MONTH
9:30AM - 11:30AM
M'CHIGEENG HEALTH CENTRE
BREAKFAST PROVIDED

MAY 1
HYPERTENSION

JUNE 5
KETO &
INTERMITTENT FASTING

JULY 3
SELF CARE

TRANSPORTATION
AVAILABLE

★
PLEASE CALL
TO ARRANGE PICK UP

FOR MORE INFORMATION
PLEASE CONTACT VALERIE
(705) 377-5347

WHERE DO YOU STAND?

How healthy are you?

What are unhealthy behaviours?



Smoking

Reduce with the goal to quit



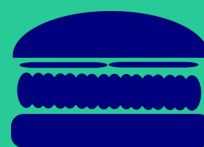
Not Enough Sleep

A healthy sleep is 7-8 hours per night



Inactivity

Aim for 30 minutes a day/5 days a week of moderate to vigorous activity per week



Unhealthy Eating

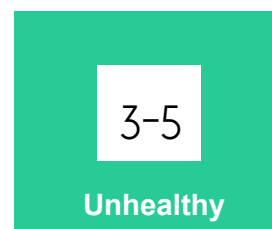
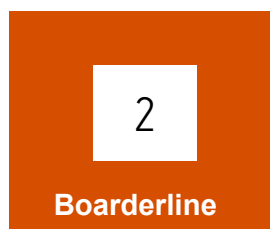
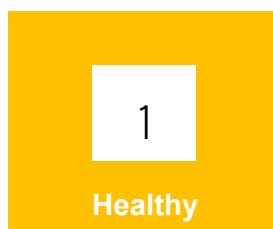
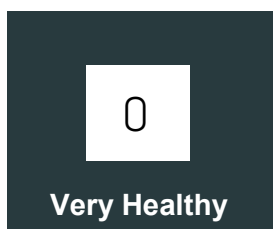
Work to get 5 to 7 fist servings of fruits and veggies per day



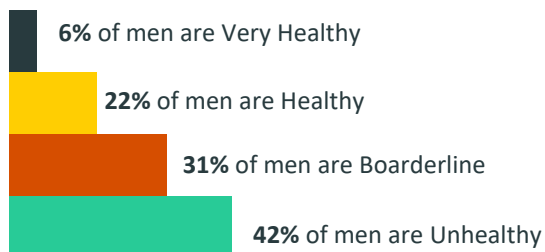
Alcohol Consumption

No more than 3 drinks per day with two alcohol free days per week

How many unhealthy behaviours do you have?



Here's how you compare to Canadian Men:



20% of Canadian men smoke cigarettes

54% of Canadian men under or over sleep

59% of Canadian men do not get 150 minutes of moderate to strenuous exercise per week

62% of Canadian men have an unhealthy diet

39% of Canadian men have unhealthy alcohol consumption



Noojmowin Teg
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It all begins with small, simple steps. **Book an appointment** in your community with the **Noojmowin Teg** Nurse Practitioners, Diabetes Wellness Team or the Registered Dietitian.

TRADITIONAL HEALTH

HOW TO PROPERLY HARVEST MSHKIKI (MEDICINE)

BY: DAVID PITAWANAKWAT
FIREKEEPER/HARVESTER
NOOJMOWIN TEG HEALTH CENTRE

The very first thing you do when harvesting is to put semaa (tobacco) down. The reason is to show the plant, tree, or whatever it is you're working with that you are sincere and show respect. Just like with people, you wouldn't take something and not give anything in return, it's a fair trade. Secondly, the direction of the mshkiki (medicine) you pick from is also important. Depending on what you are using the mshkiki for depends on which direction you are picking off of. Also keep in mind the time of year and day. Mshkiki has a soul

like us two legged creatures therefore it has to sleep. How would you like it if someone wakes you up when you are trying to sleep? Same thing for mshkiki.

Pick anytime when the sun comes up until the middle of the afternoon. Once the middle of the afternoon peaks they are going to sleep so be mindful of that. Lastly, remember to not damage mshkiki more than necessary. Leave enough of the buds, roots and or leaves on it so that it can regenerate its energy and live a healthy life. Take no more than what you need and say K'chi miigwech (big thank you) to it before, during and after harvesting.



NOOJMOWIN TEG HEALTH CENTRE

TRADITIONAL HEALTH & CULTURAL SUPPORT SERVICES (705) 368-2182

Anishinabe Aadzawin Manager, Ext. 209

Cultural Support Provider, Ext. 238

Indian Residential School Support Worker, Ext 237

ESPANOLA OFFICE: (705) 869-1564

Cultural Support Worker, Ext. 4262

Noojmowin Teg Traditional Program Presents

WORKING WITH ENERGY

With Isabelle Meawasige

MONDAY & TUESDAY
JUNE 10 & 11, 2019

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



Noojmowin Teg Health Centre Espanola Site

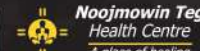
Working with Energy

With Isabelle Meawasige

WEDNESDAY JUNE 12, 2019

407 Centre Street - Espanola, Ontario

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



GARDENING DAY AT NOOJMOWIN TEG

BY: KENN PITAWANAKWAT
TRADITIONAL HEALER

Today, Monday, May 27, 2019 witnessed an auspicious moment for Noojmowin Teg Health Centre as Kristin Bickell and Cody Leeson planted the season's first tobacco seedlings in full sunlight and access to the sky's air, wind, earth, and pakawenezigan standing in for fire.

The sacred ground was spoken about in the third person as Ms. Bickell and Mr. Leeson took the lead in rotor-till skills followed by a good dose of mulch and a rich Northern Ontario mix of potting soil. Knowledge keepers Rosella Kinoshmeg and Barb Recllet (unfortunately not available) were recognized for their abilities to hand on tobacco seeds, but to place trust in Kristin and Cody to carry on ancient

Nishinaabe tradition that would have found such an event with a grand pow-wow type of celebration and to celebrate the female species, represented by Kristin, for their ability to create and keep on healing and give birth to tradition, plant, and the power of ancient tobacco discovered in South America some millennia ago.

Cody represented the balance of male and female as he worked in

cooperation and tandem with Kristin.

The fruits of their creation will evolve over the season and will yield a rich bounty of seeds for the next cycle.



'Kitigeng' | Gardening



NOOJMOWIN TEG TRADITIONAL PROGRAM PRESENTS

TRADITIONAL HEALER VISITS

KENN PITAWANAKWAT
Nishnaabe Nini from Wiikwemkoong Unceded Territory

WIKWEMKOONG - WIKWEMKONG HEALING LODGE -	May 31 & June 28, 2019
SHESEGWANING - SHESEGWANING HEALTH CENTRE -	May 28 & June 25, 2019
M'CHIGEENG - OJBWE CULTURAL FOUNDATION -	May 16 & June 20, 2019
ESPANOLA - ESPANOLA SATELLITE OFFICE - (407 CENTRE STREET)	May 15 & June 19, 2019
AUNDECK OMNI KANING - NOOJMOWIN-TEG HEALTH CENTRE -	Mondays to Fridays

Appointments
10:00am, 11:00am,
1:00pm, 2:00pm

Noojmowin Teg Health Centre
A place of healing

Find us on Facebook
"Noojmowin Teg Health Centre"

Accredited by Canadian Centre for Accreditation
Agree par Centre canadien de l'agrément

**TO BOOK AN APPOINTMENT PLEASE CONTACT EVELYN LEESON
AT 705-368-2182 EXT. 201 OR CULTURAL ASSISTANT EXT. 106
WWW.NOOJMOWIN-TEG.CA**

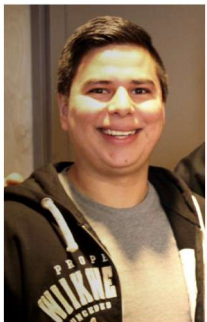
WHATS NEW

Meet some of our new Staff Members



Aanii! Michael-Ann MacLean n'dizhnikaaz, Migizi Miigwun kwe ndegoo, Maang ndodem. I am the Dementia Projects Coordinator working at Noojmowin Teg Health Centre. I am an Anishnaabe-kwe from Wiikwemkoong and currently live in Little Current.

"I'm here to serve the communities as a support to help engage and empower communities to take initiative into their own research." The projects that I will be assisting in are the MInD Care, WISE Care research projects. I look forward to continue working with the communities as the research projects progress.



Aanii, nanabozho. Debit Biidankwad n'disnacaz. Wiikwemkoong n'doonjibaa miinwa Muk-waa n'dodem. Niishtina ashi niisho-swe boon ge-teh. My name is David Pitawanakwat. I'm from Wikwemikong Unceded Indian Reserve and I'm from the Bear Clan. I'm 27 winters old. I started working at Noojmowin Teg Health Centre at the end of February 2019. My position is the Firekeeper/ Harvester. I am an avid outdoors man and my hobbies are: fishing, foraging and taking care of my 7 egg layer chickens. If you ever want to stop by my office, (The Healing Lodge) I will be more than happy to share with you some teachings/stories. K'chi miigwech, David Pitawanakwat



Aanii, Boozhoo! Kayla Karn ndizhnikaas, M'Chigeeng ndoonjiba, Ajijaak n'dodem. I started working as the Marketing Officer on April 29, 2019 and am excited to be a part of the Noojmowin Teg Health Centre. I began working in marketing and communications seven years ago as a need to channel my creativity, and I feel blessed to be able to do what I enjoy while working in and amongst our Anishinawbek communities. When I am not designing and playing on my laptop, you can find me reading or exploring the outdoors with my family.

Farewell to Staff

Bridget Douglas, Child & Youth Counsellor, last day Friday, May 31, 2019

Migwans Pitawanakwat, Finance Clerk, last day Monday, May 27, 2019

Baa maa pii....We wish you all the best in your future endeavors

NEW WEBSITE!

Have you seen our new website? Visit www.noojmowin-teg.ca to learn about our programs and services, and stay up to date with news and events.



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

HOME

aanii-welcome

PROGRAMS & SERVICES

blending traditional & western

NEWS & EVENTS

workshops & more

ABOUT US

what we do

CONTACT US

telephone: 705.368.2182

search...

Anishinaabewomin Word of the Month
Biindigen – Come in

See more »

Our Mission – Our Vision

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.

June 21st is

NATIONAL INDIGENOUS PEOPLES DAY

Noojmowin Teg Health
Centre will be closed on
Friday, June 21st, 2019
for the Holiday



Dot-to-Dot Image Source: <https://www.aadnc-aandc.gc.ca/eng/1528210353182/15282103890>
27



DOT-TO-DOT IMAGE



AGING AT HOME TRANSPORTATION

The ***Aging at Home Transportation Service*** is a free service which is accessible for all Manitoulin Island Residents over age 55 years and older. This service provides pick-up and drop off transportation services only; it is not intended to provide medical care/assistance.

The Aging at Home Van may be used for:

- Medical Appointments
- Instrumental activities of daily living such as home management (Banking, grocery shopping, etc.)
- Social and Community Events (Elder picnics, diners club, berry picking, etc.).
- Mental Health Counselling

**The Aging at Home Van operates on a first come, first served basis.
Book your trip today...space can fill up quickly! (705) 368-2182 ext.201**

In the interest of providing equitable service to all clients, the Aging at Home Van is available to each client for a maximum of 2 bookings in one month. We have limited the van use to day trips, to ensure availability of the service to others on the following day. For your information this van does not have a special lift for wheelchairs. We are able to transport a client who uses a wheelchair provided the client can transfer from the wheelchair to the van with the assistance of one person, maximum - in other words, the client must not need to be lifted into the van. In this case, we ask that the caregiver accompany the client to assist with his/her transfer.

BOOK YOUR TRIP TODAY!

(705) 368-2182 ext. 201

If a cancellation must be made, clients are asked to call at latest the day before the booking to cancel.

Drivers are insured by Noojmowin Teg Health Centre and provide acceptable references and a criminal Records Check.



NATIONAL DAY OF AWARENESS FOR MISSING AND MURDERED NATIVE AMERICAN WOMEN AND GIRLS

WIIKWEMKOONG

It was an honour and a privilege to take part in the May 5th National Day of Awareness for Missing and Murdered Native American Women and Girls. The event was hosted by the Wiikwemkoong Health Centre.

The event was well attended by community members. A community walk from the Wiikwemkoong High School to the Wiikwemkoong Band office was led by women holding various banners, followed by guest speakers, and a community feast and a giveaway.

Patty Gabow
Cultural Support Worker
Noojmowin Teg



CLIENT BENEFIT QUESTIONNAIRES

WE WOULD LIKE TO HEAR FROM YOU!

Every year Noojmowin Teg Health Centre distributes Client Benefit Questionnaires (CBQ's) to receive feedback from clients about our programs and services. CBQ's will be distributed over the next few months. We would appreciate if you could take the time to let us know what you think about the services offered to you. All feedback is anonymous. Miigwetch/Thankyou for your participation and feedback!

SEXUAL ASSAULT DOMESTIC VIOLENCE (SADV) CONFERENCE

LITTLE CURRENT

On April 24-25, 2019, the Sexual Assault Domestic Violence (SADV) Program of Noojmowin Teg hosted a Conference, "Understanding the Neurobiological Psychological Effects of Violence and Abuse". The two day conference was delivered by Dr. Lori Haskell. The Conference was well attended by many health professionals.

Dr. Lori Haskell is a clinical psychologist in private practice. Her research has focused on victimiza-

tion and its effects, violence prevention, and trauma and psychological development. She is currently working on projects addressing the impacts of trauma on Aboriginal peoples, trauma and service challenges for developmentally disabled people, and restorative justice and gendered violence. Dr. Haskell has presented at workshops, conferences, and professional meetings in Canada and internationally on issues relating to violence against women and children, as well as publishing various book.

YOUTH BASKETBALL CAMP AGES 11-14



AUGUST 6 - 10 / 2:30PM-4:00PM
A.B. ELLIS SCHOOL GYM ESPANOLA

Open to Anishinabek youth within Espanola and area.

- Registration Required
- Please wear appropriate footwear
- Bring a reusable water bottle
- Healthy snacks will be provided.

For more information please contact, Dakota Recollet

705-869-1564 ext. 4263 or dakota.recollet@noojmowin-teg.ca



Noojmowin Teg
Health Centre
A place of healing



www.noojmowin-teg.ca

A part of the Manitoulin Community Fresh Food Initiative

The Three Sisters

Garden Teaching

In partnership with Debajehmujig Storytellers

Physically connecting with the three sisters. How does one have a relationship with the sisters? What can we learn and explore by planting them in our gardens?

Each workshop will involve planting a three sisters community garden. Every participant will take home seeds and knowledge to grow the three sisters at home.

Workshop Schedule

June 6th 6:00pm

Zhiibaahaasing Community Garden

June 13th 10:00am

M'Chigeeng Community Garden
(Health Centre)

June 18th 10:00am

Sheguiandah Community Garden
(Elder's Centre)

June 18th 6:00pm

Aundeck Omni Kaning Community Garden
(1880 Hwy 540)

For more information, 705-368-0229 ext 270

kristin.bickell@noojmowin-teg.ca

#localfoodManitoulin

www.noojmowin-teg.ca



SLEEP NIBAAN

HELPING LITTLE ONE'S SLEEP, SO YOU CAN SLEEP TOO

Learn How to Set a Bed Time Routine
Make-and-Take Home Sleeping Aid

THURSDAY, June 20 2019, 11AM-1PM
SHEHGWANING HEALTH CENTRE
LIGHT LUNCH INCLUDED

For more information, contact Kim Stewart,
New Beginnings FASD Coordinator

kim.stewart@noojmowin-teg.ca | (705) 368-0229 ext. 240

www.noojmowin-teg.ca



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Noojmowin Teg
Health Centre
A place of healing

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WORD SEARCH

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

Anicinabec (Algonquian): All First Nations people

Chiniskumitin (Cree): thank you

Gitwinksihik (Nisga'a): people of the place

of the lizard

Ikajurtau (Inuktitut): help me

Kinauviit (Inuktitut): What's your name?

Kishnamawachik (Michif): youth

Laxkwalaams (Tsimshian): place of the wild roses

Lustagooch (Mi'qmaq): five-branched river

Mani-Utenam (Montagnais): Mary's village

Matimekush (Montagnais): little trout

Mooskudobogwek (Mi'qmaq): that which makes foam

Natashkuan (Montagnais): where we hunt bear

Nawsyoon (Michif): nation

Onitariio (Huron): magnificent lake

Rimouski (Mi'qmaq or Malecite): land of the moose

Sandakwa (Huron): eagle

Sohkicwahisipi (Cree): fast-flowing river

Sunaunaa (Inuktitut): What is it?

Wahdobeakung (Ojibway): where the alders grow

NURSE PRACTITIONER CLINICS

Call to make an appointment

ESPANOLA (705) 862-7991

801 McKinnon Dr. Espanola.

Monday-Thursday 8:30am-4:00pm, Friday 8:30am-12:00pm

**NOOJMOWIN TEG HEALTH CENTRE
(705) 368-2182 Ext.201**

Noojmowin Teg Main Office

48 Hillside Rd. Aundeck Omni Kaning First Nation

June 25, July 23, August 28 | 9:00am-3:00pm

Services are for Anishinabek peoples and their families
residing in the Manitoulin Island and Espanola area.
Please bring your Health Card and list of any western
and traditional medications



SUBSCRIBE TO OUR MONTHLY

NEWSLETTER

CONTACT: kayla.karn@noojmowin-teg.ca
or phone (705) 368-2182 ext. 227

A part of the Manitoulin Community Fresh Food Initiative

Introductory Beekeeping

Saturday, June 15th OR Sunday, June 16th
10:00am - 4:00pm

Aundeck Omni Kaning First Nation
4 Directions Complex

In partnership with Wayne LeBlanc, Journeyman Beekeeper

This one (1) day course includes information on what it takes to
become a beekeeper, hands on apiary set up, live extracting
demonstration, and an Ontario Beekeeping Manual.

The course will be facilitated by Wayne LeBlanc, Journeyman
Beekeeper with 15 years experience beekeeping, mentoring, and
teaching with the Sudbury District Beekeeper's Association.

Bee suits will be provided.

More information on how to come prepared
will be available upon registration.

Course is limited to 24 participants per day.
To register, contact Kristin at 705-368-0229 ext. 270 or
kristin.bickell@noojmowin-teg.ca
www.noojmowin-teg.ca #localfoodManitoulin

**SLEEP
NIBAAN**

**HELPING LITTLE ONE'S SLEEP,
SO YOU CAN SLEEP TOO**

Learn How to Set a Bed Time Routine
Make-and-Take Home Sleeping Aid

MONDAY, JUNE 10 2019, 11AM-1PM
THURSDAY, JUNE 27 2019, 5PM-7PM
M'CHIGEENG HEALTH CENTRE
LIGHT LUNCH OR DINNER INCLUDED

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Ontario
Trillium
Foundation

Fondation
Trillium
de l'Ontario

Fresh Food
Initiative

**CHILD POVERTY
TASK FORCE**
MANITOULIN ISLAND

CONTACT US

Noojmowin Teg Main Office

Tel: (705) 368-2182 | Fax: (705) 368-2229

Satellite Office

Tel: (705) 368-0229 | Fax: (705) 368-1920

Espanola Office

Tel: (705) 869-1584 | Fax: (705) 869-4141



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NOOJMOWIN TEG HEALTH CENTRE

Noojmowin Teg Health Centre
Hwy 540, Postal Bag 2002
48 Hillside Rd
Aundeck Omni Kaning
Little Current, ON P0P1K0

Tel: (705) 368-2182
Fax: (705) 368-2229
info@noojmowin-teg.ca
www.noojmowin-teg.ca