

NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE NEWSLETTER

ISSUE - FEBRUARY 2018



Hydro Outages Hit the Island Over the Month of January: *What to do When it Happens to Help You and Your Family*

The month of January was one to remember when it comes to community pulling together to help each other in times of need.

And that was proven on two occasions last month: January 14th when the Hydro One distribution station in Manitowaning caught fire in the early morning hours.

As a result, over 2,500 customers were without power for close to 15 hours. And that was the situation for customers in communities of Wiikwemkoong, Assiginack, Shesguandah south, Billings, Bidwell north and south, Tehkummah, Carnarvon and Sandfield. Then on the 19th, the island had a 'scheduled' outage from 12am to 6am; although power in some parts of Wiikwemkoong didn't come back on until approximately 9am.

Whether unscheduled or scheduled power outages, Wiikwemkoong citizens had first hand experience on quickly coming together to ensure those who needed help, got it.

Wasse-abin highschool served as the main warming station for the community. There, people had a warm place to go as well food and beverages throughout the outages.

Other community organizations provided rides for citizens to and from the warming station throughout the dura-

tion of both outages.

The Wikwemikong Health Centre (WHC) provided this service as it always does during any power outages. Staff came into the centre to answer phone calls from people who needed a ride from home to the warming station or from the warming station back home. "I want to thank all our staff who volunteered their time at the warming station at the high school as well as at the Centre taking phone calls. I am proud of everyone," says WHC Health Services Director, Mary Jo Wabano.

The outages of January bring to mind reminders to all citizens of what to do or not to do when something like this happens.

People should always be prepared, to some extent, for an outage by ensuring the basic needs can be met. This will help ensure that 'unscheduled' outages won't be as traumatic or stressful to you or your household.

Here's a basic 'checklist' for a **home 72-hour emergency preparedness kit**; as publicized on Hydro One website:

www.hydroone.com.



Partners in Powerful Communities

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*Interagency Process
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Community*

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Meet our WHC Team

*-Windup or battery powered flashlight
and radio & batteries*

*-Portable external battery charger for
smart devices (ie: mobile phones)*

-Water (2 litres per person per day)

-Canned or dried food that won't spoil

-Manual can opener

*-Cash (to purchase gas or other necessary
items as needed)*

-Blankets

-Candles and matches/lighters

-Contact list

-First aid kit

*-Any other medical items and prescriptions
you require*

And, if you do have a generator, it is important to ensure you always have some fuel on hand in case you need to run your generator. It also helps to keep your vehicle fuelled up as well.

Citizens can be informed about the status of a power outage by calling **Hydro One: 1-800-434-1235**. The call centre representative will provide outage information to you specifically based on your address.

You can also check social media through any powered source (ie: mobile phones). And lastly, keeping in communication with friends or family the old fashion way works best - stop in to visit or check up on others if you are able to do so.

February is Heart Health Month

You CAN Reduce Your Risk of Heart Disease *(The following Information Provided by the WHC Primary Care Team)*

If you have diabetes, you are at higher risk for having heart disease. There are several risk factors for heart disease. Many can be prevented or controlled. Here are ways you can reduce your risk for heart disease:

Talk to Your Health Care Provider About Heart Disease

Share your health history. Get your blood pressure and cholesterol checked.

Control Your Blood Pressure and Cholesterol

High blood pressure is one of the leading causes of heart disease. If your blood pressure or cholesterol is high, take steps to lower it. Take small steps to eat healthier foods. Get more exercise. Take your blood pressure and cholesterol medicines as prescribed.

Eat Healthy Foods

What you eat has a big impact on your heart health. When planning your meals and snacks, try to:

- Eat lots of fresh fruits and vegetables.
- Check the labels on your food and choose those with the lowest sodium.
- Limit foods with high amounts of saturated fats, trans fat and cholesterol.

You can find this information on Nutrition Facts labels.

- Cook at home more often. Whenever possible, choose foods that are low in sodium or have no salt added. Limit sauces, mixes and "instant" products.

Get Moving

Obesity can increase your risk for heart disease and stroke. Being physically active most days of the week will help keep you at a healthy weight, and will help lower high blood pressure and high cholesterol. Try to walk at least 30 minutes on most days of the week. For example, you could take a brisk 10-

minute walk, 3 times a day, 5 days a week.

Use Tobacco in Traditional Ways Only
Smoking and chewing tobacco greatly increase your risk for heart disease. If you smoke or chew, get help to quit. If you don't smoke or chew, don't start.

Remember Your ABCS

An easy way to remember how to reduce your risk for heart disease is to remember "ABCS." Talk to your health care provider about heart health ABCS. The heart health ABCS will help you avoid heart disease and live a longer, healthier life:

- **A**ppropriate Aspirin Therapy for those who need it
- **B**lood Pressure Control
- **C**holesterol Management
- **S**moking/Chewing Cessation

For more information on how to have a healthy heart, contact your health care provider or Wikwemikong Health Centre; 705-859-3164.

HEART HEALTH MONTH

Heart disease is the leading cause of death for both men and women.

The good news; it is also one of the most preventable.

Together we can spread awareness.

Wear Red on February 1st!

And...join us for a
Pancake Breakfast

Mnjaamowin Centre (Holy Cross)

9:00am

(Bring your feast bundles)

Activities will include:

Blood Pressure Screening
Know the Risk Factors
Wear Red Get Fit
Nutrition



Bring your Participation Passport. If you don't have one, your host can give you one. It's free to join!

Contact
Gail Shawande
705.859.3164
Ext. 300



A Healthy Heart Nothing Beats it!

BRUNCH

February 21, 2018, Rainbow Ridge
9:30am

**We're also
going to get
YOU...
up and active
with....**

- ♥ **SKIING & SNOWSHOEING**
(Dress Appropriately)
- ♥ **NUTRITION**
- ♥ **HAPPINESS 101**



Guest Speaker...
Dr. Mike Bedard
**"Healthy Heart,
Healthy You"**

**MUST RSVP WITH
GAIL SHAWANDE
705.859.3164
Extension 300**

Transportation Available



**With a Healthy Heart
...the Beat Goes on!**

Bring your Participation Passport to get stamped!



Wiikwemkoong Interagency Process Moving Right Along

Close to 30 community agency representatives met for the regular quarterly Interagency Meeting on January 15, 2018 at the Wikwemikong Arena.

On the agenda for the day-long meeting was a general overview of the last interagency meeting of October 2017, professional development sessions, discussion on Anishinaabemowin language initiatives in Wiikwemkoong and an update on the planning of the community-wide guide of events.

Regarding the professional development component, interagency co-facilitators, (both from Wikwemikong Health Centre-WHC) Kerry Assiniwe and Roxanne Recollet, have introduced the concept of professional development to be part of the agenda for each quarterly interagency meeting. This time around, based on the interest of interagency representatives, the subject was 'Meeting Management 101'. Facilitating that session, as well as a morning session on Communication, was Sylvia Recollet and Sheri Wabanosse from Nadmadwin Mental Health Clinic.

Both have extensive experience in coordinating various types of meetings internally at Wikwemikong Health Centre and in the community.



Sheri Wabanosse and Sylvia Recollet facilitate 'Meeting Management 101' professional development session at the January 15th Interagency Meeting.

The session focused on the key components and processes of coordinating and following up on meetings and tasks. This topic has relevance in any organization because meetings are an integral part of 'conducting business' at any level; providing a venue to discuss priority issues and plan how to address them.

The whole idea of professional development is being prioritized through the interagency process. Facilitators say aside from it being a part of each quarterly meeting, there will also be opportunities for professional development among agencies/organizations through various initiatives like 'lunch and learns'. It's all about sharing skills that may assist others in day to day organizational services.

Another interagency priority is ensuring that community agencies/organizations are providing or have access to learning opportunities for Anishinaabemowin. In discussing this, it was realized that there are many ongoing initiatives in the community and new ones on the horizon.

Lastly, the interagency group continues to plan the community's first ever 'community-wide' events guide. It will compile all agency/organization calendar of events and information on a quarterly basis, to be available to community members in hard copy form. The first official guide is expected to be available for April 1st, 2018. An online shared calendar is also forthcoming.



Representatives from various Wiikwemkoong agencies & organizations gathered at the Wikwemikong arena for the quarterly interagency meeting, January 15, 2018. The interagency process brings the community together to discuss community wide initiatives with a focus on 'cross-organizational' collaboration.



Community agency/organization representatives participate in a morning 'Communication' session during regular quarterly Interagency Meeting.

Celebrate the special days this month... Celebrate love and family...



AMIKOOK SENIORS CENTRE

EVENTS FOR FEBRUARY 2018



Feb 1: Quilting all day

Feb 2: Mass 10am; Quilting all day

Feb 5: Crafts 10am; Soup Care Package with Bonnie; Afternoon Movie 1pm (every Monday)

Feb 6: Language Class 10am-12pm; Soup Deal 11am (\$3.00)

Feb 7: Exercise with Mary 9am; VON 10am-12pm; Ribbon Skirt Making with Mary-Shelter Program 1pm

Feb 8: Quilting all day; Ribbon Skirt Making with Mary-Shelter Program

Feb 9: Quilting all day

Feb 12: Crafts and Sewing 10am; Scrapbooking 1pm

Feb 13: Surnames with the WHO 10am-12pm; Fun with Barb 10am-2pm; Coffee House 5pm

Feb 14: Exercise with Mary 9am; VON 10am-12pm; Valentines Day Social 1pm with Maamwi TNT Craft-Gail Shawande

Feb 15: Quilting all day; Seniors Safety 11am-1pm

Feb 16: Quilting all day

Feb 17: Bake/Yard Sale 10am-2pm (\$10 table rental)

Feb 19 - CLOSED - FAMILY DAY

Feb 20: Language Gathering 10am-12pm

Feb 21: Exercise with Mary 9am; VON 10am-12pm

Feb 22: Quilting all day; Crockpot Cooking 10am

Feb 23: Quilting all day

Feb 26: Crafts & Sewing 10am; Let's Bake 1pm

Feb 27: Birthday Social 1pm; PRIZE BINGO 7pm

Feb 28: Elders Pancake Breakfast 10am

TRANSPORTATION HOURS AND FEES MONDAY - FRIDAY 9am - 2:30pm

MANITOWANING: Mon-Fri: 9am-2:30pm; \$10.00

LITTLE CURRENT: Thursdays Only; \$20.00

ESPANOLA: Last Thursday of the Month; \$40.00

PLEASE BOOK LITTLE CURRENT TRIPS IN ADVANCE



"Biindigen"

Meet our WHC Nigodweyaangiziwin (*Family*)



Judy Black
Manager
Children's Services

Judy Black has served as Wikwemikong Health Centre's Manager of Children's Services since 2013 and prior to that, worked here as a Community Health Nurse since 2010. Judy currently oversees a staff who provide services for the Canada Prenatal Nutrition Program, Fetal Alcohol Spec-

trum Disorder, Maternal Child Health Outreach Program and Healthy Babies Healthy Children. She also works one on one with physicians as well clients/patients.

Judy is proud of the work she and her staff do on a daily basis, which includes regular interactions and collaborations with other community organizations. She also makes it a goal to keep in close connection with clients (parents) to ensure that what they 'need' is heard and provided as best as possible.

On a personal note, Judy is married and lives on 100 acres of 'woodlands' in Providence Bay. She and her husband operate a farm which has chickens, turkeys, ducks, geese, goats and sheep. And when the 'farming work' is done, she loves to quilt, sew, embroider and knit...on her deck overlooking Lake Huron which she describes as *"...serene and private; my own little piece of heaven."*

Adam Kaboni is the finance clerk with *(as he puts it)* "finesse in our beloved finance office". He says he's still the new guy here at the Wikwemikong Health Centre (WHC) with only seven months under his belt. He says he is the closest residing member of the WHC (*literally living only across the street*). Adam is a loving father to three amazing kids who are his alarm clock every morning. He really loves spending time with his little family and travelling every summer on the powwow trail.

While on the 'trail' he says he gets many opportunities to sing and watch his little ones dance. Other than his family, Adam enjoys the competitive world of online gaming; joining his online buddies in *Fortnite* or *Call of Duty*.

When it comes to TV, Adam says he is a big fan of *Star Wars* and *The Office*.

And if there is something that he likes to say a lot or is known to say a lot...it's *"Bears. Beets. Battlestar Galattica."*



Adam Kaboni
Finance Clerk



Katarina Djeletovic
Assistant Researcher-
Aboriginal Children's Health
& Wellbeing Measure

Katarina Djeletovic is fairly new to the Wikwemikong Health Centre (WHC) as is the position she holds; Assistant Researcher for the Aboriginal Children's Health & Wellbeing Measure. This responsibility is a part of a collaborative project between Wikwemikoong and Laurentian University. It involves implementing the ANG survey within Wikwemikoong to promote child wellbeing and community development as well share the measures with other communities and agencies across Canada for the benefit of Indigenous children. Working at the WHC, Katarina has been able to travel to and work with, many Indigenous communities. The most rewarding aspect for Katarina about working for the WHC is having the opportunity to learn and work with such amazing co-workers. Outside of work, Katarina is a loving mother to 6 children. Her hobbies and interests include dancing, fishing, going on adventures and hikes with her partner and children. She is happiest when visiting friends and family to share stories and laughter. Her favorite motto in life...

"Success occurs when your dreams become bigger than your excuses"

WHC CALENDAR

FEBRUARY 2018

Children's Services

Feb 5, 12, 26: Sing, Laugh, Play; 6pm-7pm; Hub Centre

Feb 7, 14, 21, 28: Prenatal Classes; 6pm-7pm; Multi-Purpose Room; WHC

Feb 15 & 16: Rabbit Snaring Workshop (10 participants); 1pm-4pm; CALL Daphne (Ext 299) or Roxanne (Ext 291)

Feb 20: Infant Massage; 1pm-3pm; Public Library

Feb 21, 22, 26 & 27: Knitting; 12pm-3pm; Daystar

Note: Transportation is provided for all of our Children's Services programs. Please call 705-859-3164 Extensions 247, 298 or 299

Youth Services

Feb 1, 15, 22: RTP Youth Leadership Program; 4pm

Feb 1, 8, 15, 22: Can Skate; 4pm

Feb 1: Birds and the Bees/Games; 6:30pm

Feb 2, 9, 16, 23: Free Skating; 4pm-5pm

Feb 2, 16: RTP Sports Night

Feb 2: OHL Sudbury Wolves Game; 4pm

Feb 5, 12, 26: Strengthen Your Stride; 4pm-5pm

Feb 5, 12, 26: Multi-Sports; 6pm

Feb 6, 13, 20, 27: Wikwemikong School of Dance; 4pm

Feb 6, 13, 20, 27: T it Up Golf Program; 4pm; Rainbow Ridge

Feb 6, 13, 20: Boogie Mountain Ski Club; 4pm

Feb 7, 14, 21, 28: : Aboriginal Youth Mentorship Program; 4pm

Feb 7, 14, 21, 28: Sponge Puck Hockey; 4pm-5pm

Feb 7, 14, 21, 28: Multi-Sports; 5pm

Feb 7, 14, 21, 28: Teen Zone; 7pm

Feb 7, 14, 21, 28: Volleyball; 7pm

Primary Care *(Call us for transportation availability for some programs)*

Feb 1: Heart Health Pancake Breakfast; 9am; Rectory (Holy Cross)

Feb 1, 8, 15: YOGA; 4:30pm; Dance Studio

Feb 5, 12, 26: Pathways to Wellness; 4:30pm; Resource Room-WHC

Feb 5, 12, 26: Cross Country Skiing & Snowshoeing; 1pm; Rainbow Ridge

Feb 5, 12, 26: Snowshoeing; 4:30pm; Maingowi Road

Feb 5, 12, 26: Nordic; 4:15pm; WHC (Dental Entrance)

Feb 6, 13, 20, 27: Down Hill Skiing-Espanola; Van leaves @ 4:15pm-Reserve (Ext 316)

Feb 6, 13, 20, 27: Teaching Circle; 6pm-8pm; Medicine Lodge; WHC

Feb 6, 13, 20, 27: Badminton; 7pm-8pm; Wasse Abin High School

Feb 7, 14, 21, 28: Blood Pressure Screening; 10am-12pm; CALL Daniel for locations (Ext 303)

Feb 7, 14, 21, 28: Co-ed Hockey; 7pm-8pm; Wiky Arena

Feb 7, 14, 21, 28: Drumfit; 4pm

Feb 7, 14, 21, 28: Men's Hockey; 8pm-9pm; Wiky Arena

Feb 9, 16, 23: Pathways to Wellness; 10am; Rectory (Holy Cross)

Nadmadwin Mental Health Clinic-WHC

Every Tuesday: NA Group Session; 6pm-7pm; Naandwe Miikaan-18 Hill Trail

Every Tuesday: Teachings; WHO & WHC; 6pm-8pm; Medicine Lodge-WHC

Feb 12: Women's Circle; 6pm-8pm; Medicine Lodge-WHC

Feb 15 & 16: Snaring Rabbits; 1pm-4pm; Outdoor Location

(Snaring is in partnership with Wiikwemkoong Unceded Territory Lands Department)

PLEASE NOTE: We will be closed on Monday, February 19th due to 'Family Day' statutory holiday. We will re-open on Tuesday, February 20th at 8am.

Youth Services *(Continued)*

Feb 8: Valentine's Day Craft Night; 6:30pm

Feb 9, 27: Youth Mental Health Programming

Feb 10: ANNUAL FISHING DERBY

Feb 12, 13, 14, 20, 21, 26, 27, 28: RTP Kwe After School Program; 4pm

Feb 15: Movie/Birthday Social; 6:30pm

Feb 22: Sliding Party; 6:30pm

Feb 24: SPONGE PUCK HOCKEY TOURNAMENT

Primary Care *(Continued)*

Feb 9: Jiibaakwedaa; 10am; Wiky Arena

Feb 14: Maamwii; 1pm; Amikook

Feb 15: Men's Cooking; 10am; Daystar

Feb 21: Heart Health Brunch; 9:30am; Rainbow Ridge

Feb 24 (Saturday): Women's Empowerment; TIME and LOCATION To Be Announced

Neat February Fact... No Full Moon February 2018

How is this possible? This last happened in 1999 and occurs about 4 times a century. February is the only month that this is possible because the lunar cycle is longer than the number of days in February. When this does occur, January and March usually have 2 Full Moons as it does this year.

OTHER EVENTS

18+ Co-Ed Basketball
Starting February 8th & Every
Thursday for 6 Weeks
7:30pm
Wasse Abin Highschool

Snowshoeing & Cross Country Skiing
Daily - 9am-5pm
Rainbow Ridge (Free Equipment &
Weather Permitting)

Adult Free Skate (Wiky Arena)
Tuesdays, Wednesdays
& Thursdays
12pm-1pm

FLU SHOT CLINICS

FEBRUARY SCHEDULE

MONDAYS

FEB 5, 12, 26
9 AM - 3 PM

WEDNESDAYS

FEB 7, 14, 21, 28
9 AM - 3 PM

FRIDAYS

FEB 2, 9, 16, 23
9 AM - 12 PM

WIKWEMIKONG HEALTH CENTRE PROGRAM/SERVICE MANAGERS



Health Services Director; Mary Jo Wabano, Ext. 301
Executive Assistant/Transportation Manager; Melissa Roy, Ext. 241
Children's Services Manager; Judy Black, Ext. 250
Wassa Naabin Youth Services Manager; Lawrence Enosse, 705-859-3597
Nadmadwin Mental Health Manager; Diane Jacko, Ext. 238
Community Health/Primary Care/Nurse Manager; Doris Manitowabi, Ext. 304
Wikwemikong Home Care Manager; Yvette Corbiere, 705-859-3098
Shelter Manager; Mary Pheasant, Ext. 236

STAY CONNECTED...



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CONTACT

NAANDWECHIGE- GAMIG

Wikwemikong Health Centre
16A Complex Drive
Wikwemikong, Ontario
POP 2J0
PO Box 101
Phone: 705-859-3164

Website:

www.wikyhealth.ca

The WHC Newsletter is
produced through

WHC

Communications & Media
Services

Contact:

Kerry Assiniwe

Ext. 287

kassiniwe@wikyhealth.ca

(PDF version of newsletter available
www.wikyhealth.ca)



NAANDWECHIGE-
GAMIG
WIKWEMIKONG
HEALTH CENTRE
PARTICIPATION
PASSPORT

APPROVED

NAME: _____

If you have specific
questions or concerns,
feel free to contact any
Manager through
our 'Contact'
page on our website



WIKYHEALTH.CA

We're Also
On... **You Tube**

JOIN the PARTICIPATION PASSPORT Program. It's FREE and fun to
participate. Every time you attend ANY physical activity, event or initiative hosted by
WHC's Primary Care team, bring your Passport to get it stamped.

The more stamps you get over the month, the more chances you have to win a monthly
prize. Join the 'Participation Passport Events' GROUP Facebook Page.

Contact us to get your Passport- It's YOUR journey to health, fitness and happiness!



“Aambe Baapdaa!” (Let’s Laugh!)

I phoned the gym and I asked if they could teach me how to do the splits. He said, 'How flexible are you?' *I said,,, I can't make Tuesdays or Thursdays.*

What do you call cheese that is not yours?... *NACHO cheese!*

What's the difference between a guitar and a fish? *You can tune a guitar, but you can't tuna fish.*



New bacteria grows on a kitchen sponge every 20 minutes.

Lemons contain more sugar than strawberries.

Fingernails grow 3-4 times faster than toenails.

Women have larger pupils than men.

WORDSEARCH

KITCHEN ITEMS

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

MICROWAVE
CUTLERY
SPONGE
BRUSH
FRIDGE
MOP
BREADMAKER
TOASTER
BLENDER
COFFEE MAKER
PLATES
DISHWASHER
RADIO
OVEN
STOVE
SINK

