

NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE NEWSLETTER

ISSUE - JULY 2018



"Wholistic community well-being through traditional and western health services"

Naandwechige-Gamig Wikwemikong Health Centre Proud to be Serving Community for the Past Three Decades

30 YEARS

After decades strong, Naandwechige-Gamig Wikwemikong Health Centre (WHC) is celebrating its milestone 30 year anniversary this month.

It was on July 11th, 1988 that Naandwechige-Gamig Wikwemikong Health Centre first opened its doors to the community.

In 1994, Health Canada transferred most of the services to Wikwemikong Unceded Indian Reserve (WUIR). All services provided at the Health Centre can be provided in Anishinabemowin and English.

In taking a closer look at WHC, we should first begin with the meaning behind our logo - Our Shield - House of Healing.

This shield is a 150 year old replica of the Medicine Shield used by Medicine Men and Women of the Wabanowin Medicine Society of the Odawa tribes. The circle represents the entire universe with the all-knowing Thunderbird at the top as the representative of the Great Spirit. The Thunderbird was entrusted with the knowledge and ability to look after the well-being of the Odawa's, Spiritually, Emotionally, Mentally and Physically (wholistic).

The Thunderbird was also given the responsibility of looking after the Upper World, which included the movement of the stars and all the planets. He was also given the responsibility to ascertain by working with the Brother Sun and Grandmother Moon, continued growth of all the species of medicine plants.



The Mishibishiw, Black Panther was the master of the underworld who was responsible for bringing sickness, bad luck and everything nasty and needed to be constantly appeased. The area between the Thunderbird and the Panther represents the In Between World, which the Odawa and other tribes occupied. The In Between World was where everything to sustain life was placed. This included the four sacred herbs, Sweet grass, Tobacco, Sage and Cedar.

The Triangular Heart of the Thunderbird represents the three components of Man; Mind, Body and Spirit.

This symbol became known to only a very few Traditional Healers, due to the influence of Church and State. For over a hundred years, law forbade our people to practice their spiritual ceremonies such as the Sundance, Potlatch and Shaking Tent.

With the establishment of the Medicine Lodge within the Health Centre, this Shield was once again brought out and has become the symbol of Health and

IN THIS ISSUE

**T-Ball for Children 3-6 Years Old
a Big Success**

**"Hope in the Darkness"
National Journey Welcomed in
Community**

Staff Profiles

Wellness in our Community.

Today the WHC offers an array health programs: Children's Services Program, Youth Services Program, Community Health/Primary Care, Long Term Home & Community Care, Medical Transportation Services & Additional Services. Check out our website for more details on our services, our staff and our events. We are also on Facebook, Twitter and Youtube.

The community is invited to join WHC on July 11th, 2018, 11am-1pm, Health Centre parking lot for a 30th Anniversary BBQ and Cake Celebration. See you here!

"WHC is dedicated to empowering community members to take action on their own health care by providing outstanding services and programs by our committed staff"

**Melissa Roy, Executive Assistant to
Health Services Director**

"We are all about encouraging our families to take pride in parenting using the seven grandfather teachings."

Children's Services Program

"As a community member, I have used health center services for the past 30 years and have seen the evolution of services that our community has had access to. As a health center employee, I have seen some changes that were mandatory and necessary to provide universal standards of care.

Many programs were developed to meet the needs and the changes in our community."

**Roxanne Recollet, Wellness Facilitator
Nadmadwin Mental Health Clinic**

T-Ball Program Held in June Promoted Fun and Learning

Naandwechige-Gamig Wikwemikong Health Centre (WHC) Children's Services Program held its first ever T-ball Program for young children aged 3 - 6 years old throughout June. The program saw between 20-30 participants along with their parents.

The program introduced the children to the sport of baseball while promoting the importance of physical activity in young children and having fun learning a new sport.

Miigwech to the children and parents for participating each week!



Naandwechige-Gamig Wikwemikong Health Centre Sends a Fond ...'Baamaa Miinwaa' to Doris Manitowabi!

It's been a wonderful 24 years having Doris Manitowabi part of the health care team at Naandwechige-Gamig Wikwemikong Health Centre.

Doris provided nursing services at WHC and for the last 12 years, she served as the health centre's Primary Care Manager.

On behalf of the entire health centre and community.....



CONGRATS on your professional and personal growth.

MIIGWETCH for sharing all of that with staff and community.

And BEST OF LUCK, HEALTH & HAPPINESS in your retirement years!

Horseback Riding at Kicking Mule Ranch

July 14, 2018
2 Hour Riding Tour
For ages 25+
6 Spots Available
Departing WHC
9:30am

**Register before:
July 11, 2018**



CONTACT
Amanda Trudeau
Wikwemikong Health Centre
705-859-3164 Ext. 316

Wellness Wednesday's

**I AM
TAKING
CARE OF
MYSELF
TODAY**

REIKI
July 4, 1pm - 3pm

FOOT SOAKS
July 11, 1pm - 3pm

FACIALS
July 18, 1pm - 3pm

PAMPERING YOURSELF
July 25, 9am - 4pm



MUST REGISTER
Gail Shawande
Wellness Worker
Naandwe Miikaan
18 Hills Trail
705-859-1390



Wiikwemkoong Welcomes National Founder/Walker Kevin Redsky into Community June 21st

Naandwechige-Gamig Wikwemikong Health Centre was instrumental in the coordination of including Wiikwemkoong Unceded Territory as part of a national awareness journey.

On June 21st, Kevin Redsky, Founder/Walker for the “Hope in the Darkness” national walk for youth mental health, came into our community.

He was greeted at Monument Hill by various community members, media and Wiikwemkoong Director of Operations Kevin Wassegijig.



After a brief discussion on the hill, Kevin and the group walked, with him, into Wiikwemkoong village.



They walkers made their way to Thunderbird Park to join in on the Wiikwemkoong Anishinaabe Giizhigad.



After a brief welcome and introduction by Kerry Assiniwe, Communications & Media Services for Naandwechige-Gamig Wikwemikong Health Centre, others provide welcome remarks: WUT Director of Operations Kevin Wassegijig, Roxanne Recollet-Wellness Facilitator, Nadmadwin Mental Health Clinic and Scott Cooper-Wikwemikong Police Services.

Redsky then took to the mic to share his journey so far as well spread awareness on the importance of the walk-the reasoning behind it all.

The cross-country walk is led by youth and police officers from across the country.

Redsky himself is an Anishinaabe police sergeant with the Anishinabek Police Service, from Shoal Lake #40 First Nation. With a career in community policing for over 15 years, Kevin has worked with at-risk youth and missing persons cases and has personally felt the effects of youth mental health issues. Redsky began his walk April 1st in Cape Spear, Newfoundland with a final destination in Winnipeg, August 3rd. On that day, he will be ‘meeting up with’ the ‘Western’ national walker who began the walk in Old Masset, Haida Gwaii, British Columbia on May 15th.

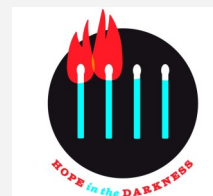
In essence, the walk is intended to be a call to action for Indigenous and non-Indigenous police officers that have worked with youth in crisis-providing officers with an opportunity to meet with youth and listen to their stories along the way.

With support from a number of police services from across the country, ‘Hope in the Darkness’ works with schools, youth groups, Indigenous communities, mental health services and families to encourage youth participation in the walk.

Needless to say, having Redsky and his team in Wiikwemkoong was a milestone event - one that many will not soon forget.



“Hope in the Darkness”



Follow the Journey...

Twitter: @YouthMHWalk

Instagram: @walkforyouthmentalhealth

Facebook: facebook.com/
walkforyouthmentalhealth

Email:

walkforyouthmentalhealth@gmail.com

AMIKOOK SENIORS CENTRE

PHONE NUMBER:
705-859-2194



EVENTS - JULY 2018

July 3; Language Class with W.H.O; 10am-12pm
July 4; Exercise with Amanda 9am; VON 10am; Movie 1pm
July 5; Strawberry Picking; Leaving Amikook at 8am; Quilting All Day
July 6; Mass 10am; Quilting All Day
July 9; Smudge 9am; Arts & Crafts 10am; Cards, Games, Puzzles 1pm
July 10; Surnames with W.H.O; 10am-3pm
July 11; Exercise with Amanda 9am; VON 10am; Outdoor Afternoon Games & Puzzles; 1pm
July 12; Women's Outing; 8am (Sign Up Required); Quilting All Day
July 13; Jamboree at the Wiky Arena; 12pm; Quilting All Day
July 16; Smudge 9am; Arts & Crafts 10am; Food BINGO; 1pm
July 17, Language Gathering; 10am-3pm; Coffee House; 5pm-7pm
July 18; Exercise with Amanda 9am; VON 10am; Library Time for Seniors; 1pm
July 19; Beach Day-Picnic at Kings Bay; Quilting All Day
July 20; Fish Fry for Elders/Seniors 12pm; Quilting All Day
July 23; Smudge 9am; Arts & Crafts 10am; Cards, Games & Puzzles 1pm
July 24; Birthday Social; 12pm
July 26; Quilting All Day; Work on Sewing Projects
July 27; Quilting All Day; Finish all Sewing Projects
July 30; Smudge 9am; Afternoon Movie 1pm
July 31; Elder's BBQ 12pm; Prize BINGO; 7pm

TRANSPORTATION HOURS AND FEES; Mon-Fri; 8am-4pm

MANITOWANING: Mon-Fri: 9am-2:30pm; **\$10**

LITTLE CURRENT: Thursdays Only; **\$20**

ESPANOLA: Last Thursday of the Month; **\$40**

PLEASE BOOK LITTLE CURRENT TRIPS IN ADVANCE

If you are 55 years old or older and want a gym membership, or have one, Wikwemikong Health Centre can reimburse you 50% of the membership fee.

To qualify, you must be 55 years old or older and provide proof of payment.



"BIINDIGEN"...

And meet our WHC Family



Angela Shawanda
Registered Nurse
Diabetes Nurse Educator

My name is Angela Shawanda, I am a Registered Nurse. I graduated from the Bachelor of Science in Nursing Program at Laurentian University in 2008. I worked for several years at the Wiikwemikong Nursing Home, and shortly after, I worked as a Clinician for Noojmowin-Teg Health Centre in Aundeck Omni Kaning. I am a trained Diabetes Educator through the Michener Institute of Health Sciences in Toronto, Ontario. I am also a Certified Diabetes Educator through the National Canadian Diabetes Education Board. I worked as a nurse clinician for over 5 years. My work is very rewarding in

many ways. The most rewarding part of being a nurse is knowing that I helped someone, and it is my job to care for people.

As a Diabetes Nurse Educator my job is to help people self-manage their diabetes. I have training in insulin titration and nutrition counselling.

I am also trained in ASIST Suicide prevention and Critical Incident Stress Management, and Motivational Interviewing. Nursing is very broad, and as you read this, it is obvious that there is always something new to learn.

One other rewarding experience in my work is meeting wonderful and interesting people such as yourself. I could list so many reasons why nursing is rewarding – but I have to keep this short.

Presently, I am taking additional advanced nursing courses to upgrade my skill in nursing..

I am most interested in Chronic Disease Management, Mental Health and Addictions, and Nursing Education.

In my personal life, family is priority. I enjoy spending time with my kids and family, and just being at home watching movies or reading a book. I also love cooking, gardening and landscaping, building our camp and the great outdoors.

My dream vacation is to go on a jungle expedition and hopefully not get lost.



Christina Regli-Shawongonabe
Registered Practical Nurse
Foot Care Clinic

I am a Registered Practical Nurse and was working in Home Care, and Long Term Care before deciding to return home to Wiikwemkoong Unceded Territory.

I have been certified in Basic, Advanced and Diabetic Nursing Foot Care Since 2016. I am extremely grateful for the opportunity to be able to provide Foot Care Services to the community and look forward to improving the overall health of our clients one step at a time.

When I am not working, I enjoy spending time with family, friends and keeping physically active.

I believe that the past should be left behind us, to live in the present, and to embrace what the future has in store for us.



A Latin-inspired dance fitness class for all levels of fitness! Dance the Merengue, Salsa, Cumbia and Reggaeton!

Classes
are... **FREE**
July 9, 16, 23
6pm-7pm
Ages 25+
Dance Studio

CALENDAR of EVENTS

JULY (Miin Giizis) 2018

Children's Services

Tuesdays; Prenatal Clinics; All Day; Appointment Required (Call 705-859-3164)
Thursdays; Baby Weigh In; 1pm - 3pm; No Appointment Necessary
July 3; Foot Soaks & Wellness Kits; 1pm-3pm; Naandwe Miikan (Registration Required)
July 10; Painting on Canvas; 1pm-3pm; South Bay Centre (Registration Required)
July 10; Car Seat Clinic; 5pm-8pm; Health Centre Front Parking Lot
July 17; Infant Massage; 1pm-3pm; Wiky Public Library
July 19; Meditation; 10am-12pm; Health Centre Medicine Lodge (Registration Required)
July 25; Pampering Yourself; 9am-4pm; The Rectory (Registration Required)

Youth Services

July 3-19; Wapokoni Youth Film Studio; Thunderbird Ball Park
July 3-6; Wikwemikong School of Dance Summer Camp; 10am-2pm; Active Living Studios
July 3-5; Right to Play Art Camp; 10am-2pm; Youth Centre
July 9-11; Horse Back Riding Summer Camp; Huronia Bay
July 11; Youth Golf Program; 10am-3pm; Rainbow Ridge Golf Course
July 9-13; Outdoor Adventure Leadership Experience Canoe Trip (Jr/Family)
July 16-18; Mixed Martial Arts Summer Camp; 9am-4pm; Manitowaning Arena
July 17-19; Sports Camp; 10am-1pm; Youth Centre
July 18; Youth Golf Program; 10am-3pm; Rainbow Ridge Golf Course
July 24-26; Sports Camp; 10am-1pm; Youth Centre
July 24 - August 2; Outdoor Adventure Leadership Experience Canoe Trip - 10 Days
July 30 - August 3; Science North Summer Day Camp; 10am-3pm; Pontiac School

Primary Care *(Transportation availability for some programs)*

July 3, 17, 24; Nordic Pole; 10am-11am; Ball Park
July 3, 10, 17, 24, 31; Zumba; 6-7pm; Dance Studio
July 4, 9, 11, 16, 18, 23, 25; Circuit Training; 12-12:45pm; Fitness Centre
July 4, 11, 18, 25; Senior Exercises; 9am; Amikook
July 5, 12, 19; Step Aerobics; 12-12:45pm; Dance Studio
July 6, 13, 20, 27; Low Impact Aerobics; 12-12:30pm; Dance Studio
July 9, 12, 19, 26; Beginner Men's Golf Program; 11am-1pm; R.R.G.C.
July 9; Strawberry Teaching; 10am; Medicine Lodge
July 10; Strawberry Picking; depart 9am; Massey
July 11; Strawberry Preserves; 10am; Arena

Primary Care *(Continued)*

July 11 & 18; Diabetes Café; 1-2:30pm; Rectory
July 12, 19, 26; Yoga; 4:30-5:30pm; Ball Park
July 13; Elders Jamboree; 12-4pm; Arena
July 14; Horseback Riding; depart 9:15am; Kicking Mule Ranch
July 24; International Self-Care Day; 6pm; location TBD
July 25; Grocery Tour; depart at 9am; location TBD
July 27; Hike & Nature walk; 10am-2pm; location TBD
July 30; Pickleball Clinic; 6-8pm; Pontiac School Gym
July 27; Hepatitis Awareness with Access Network; 1pm; Arena upstairs
July 31; Mammogram van; departs at 9:30am; Sudbury
July 31; Hike & Putt; 10am-2pm; Gordon's Park

Nadmadwin Mental Health Clinic 705-859-2330 / Naandwe Miikan 705-859-1390

July 3, 17, 31; Drumming & Singing Circles; 6pm-8pm; Medicine Lodge-Wikwemikong Health Centre
July 4; Reiki; 1pm-3pm; Naandwe Miikan - Must Register
July 11; Foot Soaks; 1pm-3pm; Naandwe Miikan - Must Register
July 18; Facials; 1pm-3pm; Naandwe Miikan - Must Register
July 25; Pampering Yourself; 9am-4pm; Naandwe Miikan - Must Register

Other Highlights

BEST WISHES!

Marilyn Kimewon



After 22 years at WHC, Marilyn Kimewon has bid a fond farewell. She is moving forward on a new professional venture.

Miigwetch Marilyn for all your hard work and dedication in assisting staff and the community with administrative roles in the Health Centre/Clinic and Nadmadwin Mental Health Clinic. Best wishes to Marilyn!

Olvie Li



After 5 years at the WHC, Community Health Nurse, Olvie Li is leaving to pursue higher education. Wishing her continued success!



NAANDWECHIGE-
GAMIG
WIKWEMIKONG
HEALTH CENTRE

PARTICIPATION
PASSPORT

APPROVED

NAME: _____

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!*

NAANDWECHIGE-GAMIG WIKWEMIKONG HEALTH CENTRE MANAGERS

Health Services Director; Mary Jo Wabano, Ext. 301

Executive Assistant/Transportation Manager; Melissa Roy, Ext. 241

Children's Services Manager; Judy Black, RN, Ext. 250

Wassa Naabin Youth Services Manager; Lawrence Enosse, 705-859-3597

Nadmadwin Mental Health Manager; Diane Jacko, Ext. 238

Wikwemikong Long Term Home Community Care Manager; Yvette Corbiere, 705-859-3098

Shelter Manager; Mary Pheasant, Ext. 236

Amikook Seniors Centre; 705-859-2194

Naandwe Miikaan; 705-859-1390

Northwood Clinic; 705-859-3280



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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**

CONTACT

**NAANDWECHIGE-
GAMIG**

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The WHC Newsletter is
produced through
WHC

Communications & Media
Services

Contact:

Kerry Assiniwe

Ext. 287

kassiniwe@wikyhealth.ca

(PDF version of newsletter available
ble

www.wikyhealth.ca)

SENIOR'S JAMBOREE

Live Music

Dancing

BBQ Lunch
(free for Seniors)

July 13, 2018

12pm - 4pm

Wiky Arena



CONTACT

Courtney Wassegijig
Wikwemikong Health Centre
705.859.3164
Extension 316

