



## Health Centre Service Changes

This summer the NAANDWECHIGE-GAMIG Wikwemikong Health celebrated 29 years of service. The Centre first opened its doors on July 11th, 1988.

In 1994, Health Canada transferred most of the services to Wikwemikong Unceded Indian Reserve (WUIR). All services provided at the Health Centre are provided with the option of Anishinaabemowin or English to better serve all members of the community. In the past 'almost' three decades, the Centre has evolved from providing the basic healthcare to a now fully functional Centre serving all ages: Children's Services, Youth Centre, Nadmadwin Mental Health Clinic, Community Health-Primary Care, Long Term-Home and Community Care, Medical Transportation and Additional Services (Chiropractic, Massage, Chiropodist and Dental Hygienist).

For the most part, the WHC has and continues to fulfill the health and well-being needs of community members. Having noted this, there have been some changes to the services offered. The most recent being the cancellation of the daily 'walk-in' clinic.

However, the 'same day' appointment process is in full operation for community members who need medical care for minor illnesses and injuries. These

include (but not completely limited to): ear, nose and throat infection; skin conditions; minor injuries and sprains.

If citizens do need to see a physician, a Community Health Nurse (CHN) or Nurse Practitioner (NP), they must call the WHC at 8am in order to try to get in 'that day' for an appointment. Daily appointments do fill up quickly and if the WHC is unable to book a same day appointment, citizens will be advised alternate care options or to call back the next day at 8am to book a same day appointment.

However, if citizens have urgent conditions like chest pain, shortness of breath, high fever, broken bones etc, they are advised to seek more immediate medical attention by going to the Manitoulin Health Centre Emergency Department.

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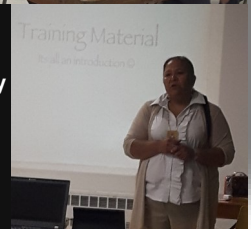
*Calendar of Events*

Another change within the Centre is the addition of a new Communications & Media Services unit. Taking on the new role for this is Wikwemikong's own Kerry Assiniwe. She brings back home her numerous years of media, communications and governmental relations expertise; all in the effort to assist the WHC in achieving its community & stakeholder outreach, education, awareness and promotion.



**WHC staff participated in First Nations Mental Awareness Continuum Framework Implementation Session presented by Carol Hopkins, Executive Director @ Thunderbird Partnership Foundation. (August 31, 2017)**

*Sidenote...August 31st was International Overdose Awareness Day*





Wiikwemkoong Teaching Lodge August 2017 (Photos courtesy: Roxanne Recollet)

## Wiikwemkoong's New Teaching Lodge

The new Wiikwemkoong Teaching Lodge at Wiikwemkoong Thunderbird Park has finally become a reality! Thanks to the commitment, planning and hard work of various community citizens and leadership (Chief & Council).

The idea to build a new teaching lodge came from the Community Wellness Workplan (CCW) which was approved by council in July 2016. The CCW stems from the 2013 Community Wellness Strategy and Action Plan; a plan created by Wiikwemkoong community members, program/service staff and leadership.

Ceremonial land preparation for the lodge was held July 21st followed by

construction on August 1st & 2nd.

"Building the Teaching Lodge occurred August 1st and 2nd. Working side by side with other programs, community members and leadership was exciting, emotional and humbling. To bear witness as the lodge was coming together at different phases brought smiles and tears to me," says Roxanne Recollet, Wikwemikong Health Centre Wellness Facilitator.

The creation of the Lodge was a collaborative effort of the Wikwemikong Lands Department, Wikwemikong Heritage Organization, Wikwemikong Ontario Works and Wikwemikong Health Centre. Other programs such as Rainbow Lodge, Wikwemikong Library, Wikwemikong Youth Center also helped in different capacities.

The Lodge was officially welcomed on August 2nd, 2017 through a community feast held at the Lodge.

"Special thanks goes to community member Gabriel Trudeau who volunteered each day and has role modelled community spirit. During the feast, Gabriel was honored with an eagle fan and given the responsibility of the Lodge's Fire Keeper", says Recollet.

The Lodge is available for use to host teachings, workshops and other educational type initiatives or events.

Bookings can be made by contacting Chuck Peltier, Maintenance Supervisor at the Wiikwemkoong Band Office, (705) 859-3123.

**Chi-Miigwetch** : Community Natural Helpers-Urban Mejaki and Harvey Bell Jr., Ontario Works staff member Ronnie Jackson and summer students-Carlos Wemigwans and Jonas Aia-bens, Maigan Fox, SATF Nadmadwin placement, Public Works and Wikwemikong Technical Services

## A New Addition to Foot Care Clinic

WHC is happy to welcome Hope Bond as the new foot care nurse working in the Foot Care Clinic. Hope comes to us from Mnaamodzawin Health Centre where she worked as a home care nurse servicing foot care, wound care, palliative care etc.

**July 26, 2017** NAANDWECHIGE-GAMIG Wikwemikong Health Centre bid a pleasant 'Baa Maampii' to Dr. Sherri Renwick, General Practitioner, OBS. Dr. Renwick served Manitoulin Island for past 17 years. She is now in Ottawa continuing her practice there. WHC staff and community members wish her the best of luck and wellness with her new venture.



WHC HBHC Manager Judy Black and Dr. Sherri Renwick

using her practice there. WHC staff and community members wish her the best of luck and wellness with her new venture.

Chi-Miigwetch  
Dr. Renwick!



Hope Bond, New Foot Care Nurse



## OALE Summer Program Another Huge Success!

The Wikwemikong Outdoor Adventure Leadership Experience (OALE) Program has seen yet another successful ‘canoeing’ excursion for youth in our community.

In total, 4 groups went out on excursions: two 10-day trips paddling 137kms from the French River to Wikwemikong Bay; and two 5-day ‘family trips’ paddling 37kms in and around Iroquois Island and McGregor island. Each group is facilitated and accompanied by adult lead guides and facilitators.

According to WHC Youth Centre Manager, Lawrence Enosse, the program not only strives to ‘train’ youth to become leaders, but more so ‘extracts leadership skills’ already within the youths themselves. “The OALE program is an instrumental



OALE Family Trip (5 day) - July 11 2017



OALE Experience (10 day) - Aug 3, 2017



OALE Experience (10 day) - Aug 16, 2017



Canoers homecoming August 2017

step in a youth’s life. It provides challenges, adversity and resilience that

allows them to grow which will give them skills to build on for the future.”

## Shelter to Provide Safe Haven

Construction plans are expected to begin this month of the new Wikwemikong shelter for victims of violence.

The shelter will provide a safe haven for those in need of emergency residential safety and protection due to violence and abuse. It will also foster courage within individuals to reconnect to wellness. The shelter will be accessible to all citizens living on Manitoulin Island. Services and programming will be based on Anishinaabe history and culture. Furthermore, the shelter is something rather new and unique as it will also be welcoming men who are victims of violence.

According to Wikwemikong Health Centre, Health Services Director, Mary Jo Wabano, the shelter will provide a

blended living environment for all.

“As a community, we recognize the need to provide a new beginning for those who are in need of a safe living environment and this will be accomplished with the new shelter being built in Wikwemikong.”

One of the main priorities once the construction begins is to commence the staff recruitment process. It’s expected upwards of 20 full-time, part-time and casual jobs will be created directly within the shelter.

“Education and experience are valued elements. We will also be cognizant of the importance of the cultural values that the organization will honour within the delivery of services,” says Wabano. Information sessions are ongoing across the community to better inform citizens about the shelter and to engage discussion about its goals.

A ground-breaking ceremony is sched-

uled for September 6th, 2017 at the site of the future shelter; Lot 144-148 across from 58 Genevieve Street, Wikwemikong.

The shelter is expected to open its doors for clients summer/fall 2018.



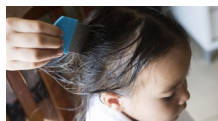
Shelter planning committee members met in mid-August to discuss the vision, mission and essence of the new shelter.





## Keeping on Top of... 'What's on Top'...

With our little ones back in the classroom, that means the increased potential of getting or spreading head lice. Here are some basic facts to share. Head lice can't fly or hop but they can crawl very quickly! Head lice can spread easily from child to child, especially in child care settings and at schools. Head lice can live up to 3 days off the scalp. Although the eggs can also survive for up to 3 days, they need a warm environment to develop and are unlikely to hatch at room temperature. In Canada, 3 insecticides (*substances that kill the lice*) are approved for use in treating head lice. Do not treat anyone with a head lice product unless you



find lice in their hair. To get rid of lice or nits from items like hats or pillowcases: wash them in hot water and dry in a hot dryer for 15 minutes; store the items in an airtight plastic bag for two weeks. Since head lice do not live long off the scalp, and since the eggs are not likely to hatch at room temperature, you do not need to do excessive cleaning. Avoid head-to-head contact with others until lice are gone. Don't share personal items like combs, brushes or hair accessories. Schools and child care centres should advise families if there is a case of head lice and provide information about diagnosis and treatment.

## Nutrition Reminders and Tips



Back to school means back to making lunches for the kids! And as parents, we all know that can sometimes be a challenge to provide a balanced meal and snacks to get them through their days of learning and fun.

Bottom line is, whatever you do pack for your kids' lunches, just follow the basic food guidelines per day.

If you are looking for some great combinations of lunch ideas that cover the basis for a well balanced meal and snacks...check out this website.

<http://www.parents.com/kids/nutrition/lunch/healthy-school-lunches-snacks/>



Parents, help keep your children safe by talking about bus safety with them.

### Boarding and Leaving a Bus

Be at the bus stop before the bus comes.

Wait in a safe place well back from the edge of the road - don't play in ditches or on snow banks.

Stay out of the DANGER ZONE. If you can touch the bus, you're too close. Use 10 giants steps to take you out of the DANGER ZONE, and make sure you and the bus driver can see each other.

Always cross the road in front of the bus, never behind.

Look all ways and wait for the driver to signal before you cross in front of a bus.

Walk at least 10 big steps from the front of the bus.

Enter or exit the bus in single file. Never push or shove.

Walk - never run - across the road.

NEVER stop to pick up anything that you may have dropped in the DANGER ZONE. Ask an adult or the bus driver to help.

(Above information courtesy: Ontario Ministry of Transportation)







## "Biindigen"

Meet our WHC Nigodweyaangiziwin (Family)



**Gail Shawande, CHR, Primary Health Care Program**

Gail Shawande has worked for the WHC, Community Health Primary Care Program as a Community Health Representative-for 22 years.

Her role is to provide health education

Mary Mishibinijima is a Physical Activity Health Promoter in the Primary Care Program. She has worked at the WHC for 5 years. Her role is to promote healthy lifestyles for adults 25 years and older.

Mary choose this field of work because she says she was always told "if you love what you do, it will never feel like work".

She says what is most rewarding for her about working at the WHC is that she has the opportunity to work for her home community; making a difference by providing different programs.



**Mary Mishibinijima  
Physical Activity Health Promoter**

and promotion relating to individual wellness and wholistic well-being. For Gail, the most rewarding aspect about working for the WHC, is being an agent of change, planting that seed of personal wellness/self-awareness for program participants and building a rapport with community members. Gail's interests are all about learning to bring creativity to light and learning to speak in anishnabemowin (Ngi-chi-nendam, mino bimaadziwin). Gail takes great enjoyment in being outdoors. She truly believes that we all have so much to learn from Shkagamik kwe; teaches us a lot about ourselves - "the land is our health, the health is our land" -learning about bimaadziwin/life".



**Cody Wassengeso, Clinician, Nadmadwin Mental Health**

Cody Wassengeso is a Clinician for the Nadmadwin Mental Health Clinic. He provides various types of counseling such as one-on-one, family and couples and in the community, various programs such as self-esteem, team building and stress management. He has always been interested in the body and mind, and how they work together. His goal is to help people who suffer from mental health problems, as well teach and learn from clients. He takes pride in being able to provide services for our community to help citizens achieve success in whatever challenge they may be facing. On a personal side, Cody is a very family oriented person and is extremely proud to have been an Olympic Torch Bearer for the 2010 Olympic Games. And, his motto in life... "To strive, to seek, to find, and not to yield"

## "Aambe Baapdaa!"

*(Let's laugh!)*

*"Why did the man go out with a prune?"*

*Because he couldn't find a date!*

*Knock knock. 'Whose there?' Little old lady. 'Little old lady who?'*

*Wow... I didn't know you could yoddlle!*



## WHC CALENDAR SEPTEMBER 2017

### Children's Services

Tuesdays: Baby Weigh-in; 1-3pm *(No Appointment Necessary)*

Thursdays: Prenatal Clinic; 10am-2pm *(Must Make Appointment)*

September 8: Baby Food Making; 11am-1pm; Daystar

September 19: Infant Massage; 1pm-3pm; Wasse-Abin Highschool Library

### Primary/Community Care

Mondays: Co-Ed Biking; 6:30am; Meet @ WHC

Mondays: Co-Ed Biking-Ages 30+; 4:30pm-6pm; Meet @ WHC

Tuesdays: Aqua Fit Van Leaves @ 8:15am to Espanola

Wednesdays: Morning Bootcamp; 6:30am; Dance Studio *(beside Wiky Post Office)*

Wednesdays: Seniors Morning Bootcamp; 9am @ Amikook

Wednesdays: Nordic Pole Walking; 10am; Thunderbird Ball Park

Wednesdays: Blood Pressure Screenings; 10am-12pm; call WHC for locations

Thursdays: EHO *(Environmental Health Officer)* Visits; all day

Thursdays; Yoga: 4:30pm; Dance Studio

Thursdays: Stability Ball Work-Out; 6pm; Amikook Seniors Centre

September 1: 9:15am; Hike & Nature Walk; Meet @ WHC; drive to Southbaymouth hiking trails

September 11: Pep Talk: Diabetes, Healthy Feet & You; 12:30pm-3pm @ Daystar; Lunch Provided

September 15: 9:15am; Hike & Nature Walk; Meet @ WHC; drive to MacLean's Park hiking trails

September 21: Safety for Seniors; 11am-1pm; Amikook Seniors Centre

September 23 (Sat): Apple Harvest @ Wiky Fall Fair; 12pm-3pm; Thunderbird Park

September 25: Fantastic Casseroles; 4:30pm-6:30pm @ Southbay Centre

September 29: Diabetes Community Walk; 10am; Starts at Wasse-Abin Highschool to Band Office

### Nadmadwin Mental Health - September is Suicide Awareness Month

September 7, 14, 21, 28: Seeking Safety Trauma & Addiction Support Group 1-2pm; Medicine Lodge; WHC

September 12 & 13: A.S.I.S.T.; 8:30am-4pm ; Multi Purpose Room; WHC

September 25-29: Forgiveness Journey; 8:30am-4pm; Teaching Lodge; Thunderbird Ball Park

### Amikook Seniors Centre - *(Will close early Wed., Sept 27 @ 1pm; Closed Thurs., Sept 28; Re-opens Fri., Sept. 29)*

September 6: Maamwi TNT with Gail; 10am *(Please sign up)*

September 7: Picnic @ the Beach; Leave @ 10am; bring own lawn chair & feast bundles *(Please sign up)*

September 9: Yard & Bake Sale; 9am - 1pm; fundraising for Agawa Trip

September 10: Grand Parent's Celebration; 11am

September 12: Birthday Social; 12pm

September 14: Soup & Scone \$3.00 Meal Deal; 11am

### Youth Services - Youth Centre - Contact # (705) 859-3597

Hours of Operation: Monday - Thursday 4pm - 9pm; Friday til 10pm and Saturday 2pm -10pm

September Programming: Open Gym, Drop In, Cooking Classes, Movie Night, Weekend Programming

*Please Note: The Youth Centre will be under construction renovations during September so the gym side will be closed for certain dates. We apologize for any inconvenience.*



## OTHER EVENTS IN COMMUNITY

### "AAMBE WIISNIDAA"

SENIORS COOKOUT  
September 6, 2017  
10am, Quanja Lake  
(If inclement weather, event will be held at  
Southbay Centre)  
Call Gail: 705-859-3164 Ext. 300  
Must Pre-Register

### "Living with FASD— Finding Purpose"

With Myles Himmelreich  
September 9, 2017  
9am, Wikwemikong Arena  
Billboard Unveiling — 4:15pm  
Winners of FASD High School Contest  
to be announced  
Call Amanda: 705-859-3164 Ext. 247

### Pep Talk:

Diabetes, Healthy Feet and You  
Educational Workshop  
September 11, 2017  
12pm - 3pm  
@ Daystar (2495 Wikwemikong Way)  
Call Bonnie: 705-859-3164 Ext. 296

### Mino Bmaazowin

Living the Good Life  
Health and Wellness Program  
Starting: September 18, 2017  
1pm & 6pm  
Mnjaamowin Centre  
Call Gail: 705-859-3164 Ext. 300

### Soupalicious

September 19, 2017  
10am  
Southbay Community Centre  
Must Pre-Register  
Call Gail: 705-859-3164 Ext. 300

### Bead & Tea

Starting: September 26, 2017  
(Every Tuesday this Fall)  
6pm - 8pm  
Multi-Purpose Room @ WHC  
To Register  
Call Anna: 705-859-3164 Ext. 298

## WIKWEMIKONG HEALTH CENTRE PROGRAM/SERVICE CONTACTS

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 Community Youth Services Manager; Lawrence Enosse, 705-859-3597

Nadmadwin Mental Health Manager; Diane Jacko, Ext. 238

Community Health Nurse Manager; Doris Manitowabi, Ext. 293

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

Shelter Manager; Mary Pheasant, Ext. 236



## GOOD FOOD BOX PROGRAM MANITOULIN ISLAND

The Good Food Box is a non-profit community initiative helping individuals and families in need of assistance put fresh produce on the table. Order through the WHC.

⇒ **Small Box Sample- \$9.00:** 5lbs potatoes; 1.5lbs carrots; 1.5lbs onions; 1 head of lettuce; 1 cucumber or tomato; 2 apples; 2 oranges; 1 banana; 2 cobs of corn

⇒ **Large Box Sample- \$17.00:** 10lbs potatoes, 3lbs carrots, 3lbs onions, 1 head of lettuce, 1 cucumber, 1 tomato, 3-4 apples, 3-4 oranges, 3-4 bananas, 4 cobs of corn

- **Orders & payments are due by/on 1st of every month**
- **Boxes are ready for pick-up @ WHC on the 3rd Tuesday every month**
- **Please bring your own box/bag to transfer food into**
- **No delivery**

**TO ORDER CALL: 705-859-3164 Ext. 244**  
**Preferred Payment Method: CASH**



## CONTACT

### NAANDWECHIGE- GAMIG

Wikwemikong Health Centre  
16A Complex Drive  
Wikwemikong, Ontario  
POP 2J0  
PO Box 101

Phone: 705-859-3164

Website:

[www.wikyhealth.ca](http://www.wikyhealth.ca)

The WHC Newsletter is  
produced through  
WHC

Communications & Media  
Services

Contact:

Kerry Assiniwe  
Ext. 287

[kassiniwe@wikyhealth.ca](mailto:kassiniwe@wikyhealth.ca)

(PDF version of newsletter available  
[www.wikyhealth.ca](http://www.wikyhealth.ca))



*The Naandwechige-Gamig Wikwemikong Health Centre  
cordially invites you to attend the*

*"Wikwemikong Shelter for Victims of Violence"  
Ground-breaking Ceremonies*

*Wednesday September 6, 2017 at 10:00 am - 12 noon*

*Across from 58 Genevieve Street, Wikwemikong*

*Reception to Follow*

*Please join us as we celebrate this exciting new community  
development.*

*In the case of inclement weather, after the Ceremonies  
conclude at the land site, the guest speakers and guests, will gather  
for the reception at the Wikwemikong Recreation Centre  
(upstairs)*

**For More Information Please Contact Mary Pheasant,  
Shelter Manager at (705) 859-3164 Ext. 236. Miigwech!**