

# NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE

ISSUE - JUNE 2019

**“WAABGONII GIIZIS”**  
*‘Blooming Moon’*

*“Wholistic community well-being through traditional and western health services”*



Naandwe Miikaan staff Alison Recollet-Simon, Amy Assinewai and Jess Kaboni open Naandwe' Miikaan's 5th Anniversary with song and prayer. Remarks were also shared by Johnathan Peltier (former client) and Jean Oshkabewisens whose daughter, Nikki Trudeau, was a former client of Naandwe Miikaan. Nikki passed on to the Spirit World, July 2018. Jean thanked Naandwe Miikaan and others for helping her daughter.

## Naandwe Miikaan Celebrates 5 Years of Providing Services in our Community!

Recognizing and celebrating the services of Naandwe Miikaan in helping community members on their journeys toward overcoming substance dependency and abuse.

That's exactly what May 27th was all about in Wiikwemkoong.

In celebration of five years of providing services in Wiikwemkoong, a community Bar-B-Q and Open House was held. Since 2014, the organization, located at 18 Hills Trail, has assisted community members who are having difficulties and/or issues with substance dependency - seeking treatment.

Prior to the facility opening in the community, band members had to travel

over 100kms for care and services.

One of the key objectives of Naandwe Miikaan is to establish coordinated case management processes and to support compassion and trust among clients and service providers – *the goal being to help reduce stigma and empower clients to be responsible for their well-being.*

The main services offered include: Narcotics Anonymous sessions, Trauma & Addiction Support Groups, various Alternative Healing and Holistic Wellness workshops and the Circle of Hope Group.

Also contributing to the services of Naandwe Miikaan are the various 'collaborative partners' including:

Northwood Recovery Team, Mereb Pharmacy Pharmacist and Assistant, Community Wellness Case Management Team, community Mental Health and Natural Helpers, Wellness Facilitators, and community services: Noojmowin Teg, Ngwaagan Gamig Rainbow Lodge, Wiikwemkoong Ontario Works, and other service providers involved with the client.



*For more information on the services provided, please contact:*

**Naandwe Miikaan:**

**705-859-1390, 8am-4pm;**

**Northwood Recovery Clinic:**

**705-859-3280; 7am-2pm;**

**Mereb Pharmacy;**

**705-859-3282; Mon-Fri: 7am-12pm;**

**Weekends/Holidays: 8:30am-11:30am.**



## Monthly Diabetes Feature: "Sue-Ann Says..."

### You Can Do It!



*"Being active for at  
LEAST 150 minutes/week,  
30 minutes/day for 5 days,  
can help reduce many  
health risks."*

*"Are you up for  
the challenge?"*

*Sue-Ann Oshkabewisens is the  
Aboriginal Diabetes Initiative  
Worker:  
705-859-3164, Extension 304*

## TESTING TUESDAYS

(Diabetes) 9am

June 4 - Wikwemikong High School

June 18 - Andy's

We Will Check: *A1C, BMI, Blood Pressure and Weight.*

You will also be treated to a light breakfast/snack during an informal information session with our Diabetes Team

## Back to School Check ups!



### Wikwemikong Health Centre

The appointment will consist of immunization checks, Height, Weight, BMI, Blood Pressure and More!

Every Child that participates will receive a free lunch bag with utensils, a water bottle and re-usable containers!



Every Monday, Starting  
June 3rd until August 26th

Students JK  
to Grade 12

Please call  
705-859-3164 to  
book an appointment  
with a nurse!



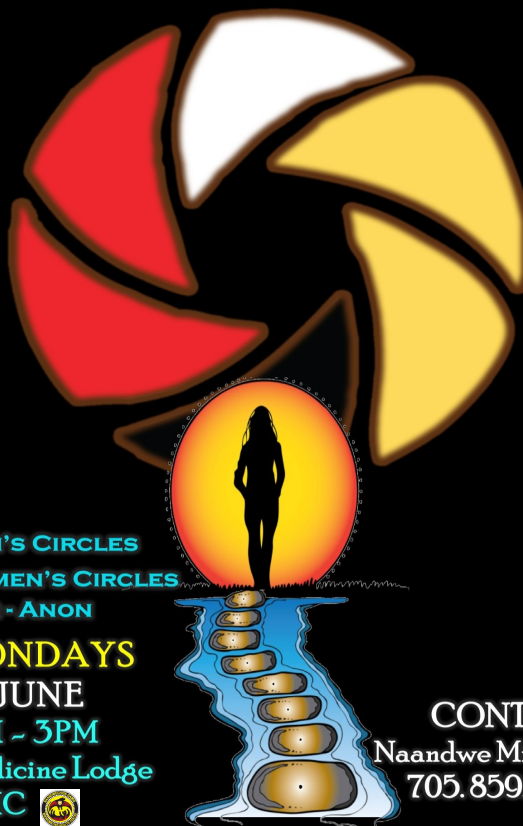
\*\*At the end of each month there will be a draw for the chance to win a bicycle and helmet! \*\*



## SHARING CIRCLES

*With*

*Elder Maxine Shawongonabe*



MEN'S CIRCLES  
WOMEN'S CIRCLES  
NAR - ANON

MONDAYS  
IN JUNE  
1PM - 3PM  
Medicine Lodge  
WHC

CONTACT

Naandwe Miikaan  
705.859.1390



## Liver Health Event (Lunch Provided)

Tuesday, June 25th, 9am - 3pm, Daystar

Liver Scans

Point of Care Testing for Hepatitis C



## Cultural Experience for 1st Year Northern Ontario Medical School Students

Naandwechige-Gamig Wikwemikong Health Centre extends a CHI MI-IGWETCH to the 1st year students



From Left to Right:  
Josee Legault, Dominique Bouchard, Steven Davies & Michelle Filipovic.  
1st Year NOSM students spent 4 weeks in Wiikwemkoong.

from Northern Ontario Medical School (NOSM) who spent 4 weeks in Wiikwemkoong Unceded Territory: May 6 - 31, 2019.

Their time here was part of the Integrated Community Experience (ICE) which 1st year NOSM students must complete as part of their studies.

The intent of the ICE placement is for the NOSM Medical Learners is to spend four weeks in an Aboriginal community in their first year of medical school.

As part of their learning, the medical students get involved with the health services of our community.

They have also been taking part in a wide variety of cultural and community experiences.

Wishing them all...success in their continued medical studies!



## University of Waterloo School of Optometry and Vision Science And...Vision Institute of Canada

*In Partnership with Wiikwemkoong Unceded Territory;  
Naandwechige-Gamig Wikwemikong Health Centre Are once again  
hosting **FREE Children/Youth Comprehensive  
Optometry Exam Clinics***

***Appointments are being booked for June 11th - June 20th, 2019***

Also, for parents/guardians of children who received glasses as a result of the April Eye Exams, if you have **ANY QUESTIONS OR CONCERNS** resulting from the examinations, please call to book an appointment with the optometrist during the June Eye Exam sessions.

The examinations are taking place at the High School. Children will be transported from their school/ hub centre but parents are encouraged to attend the appointment with their children.

***Dr. Andre Stanberry of the University of Waterloo will be presenting a Community Information Session on June 10th from 4pm - 6pm at the arena (upstairs). Topics will include:*** effects of diabetes on eye health, importance of regular eye exams for children, proper care and handling of eyeglasses, children's eye health and common conditions, effects of excessive screen time and an overview of the success of the April optometry program. There will be time for Q&A's as well.

It is the goal of the optometry program to ensure every child living in Wiikwemkoong has a comprehensive eye exam and if glasses are required, 2 free pairs will be provided.

Children attending Junior and Pontiac Schools who received an eye exam in April have been invited to a viewing of Great Bear Rainforest in 3D at the IMAX theatre at Science North, June 6th. Permission forms have been sent home. Please complete and return to your child's school asap.

This field trip is being funded by the Anishinabek Educational Institute.

**INFORMATION: Patti McKenzie, 705-859-2592 Ext. 230**



**June 3; Smudge 8:30am; Exercise 9am; Scrap Booking 10am**  
**June 4; Language Class with the W.H.O 10am (Community Welcome); Scrap Booking 1pm-3pm**  
**June 5; Exercise 9am; VON 10am; Afternoon Movie 1pm; Men's Night 5pm**  
**June 6; MINI POW WOW with HUB CENTRE 10am-11am; Elder's B-Day Social 1pm**  
**June 7; Quilting All Day; Mass 10am; 'Let's Make Aprons' 1pm**  
**June 10; Exercise 9am; Smudge 9:30am; FATHER'S DAY CRAFT-WOOD BURNING 10am; Hair Cuts with Jean (MUST REGISTER)**  
**June 11; Surnames with the W.H.O 9am-3pm (Community Welcome); SOUP DEAL \$5 11am; OUTDOOR GAMES (Weather Permitting)**  
**June 12; Exercise 9am; VON 10am; Afternoon Movie 1pm**  
**June 13; FATHER'S DAY BARBECUE 12PM**  
**June 14; Quilting All Day; Exercise 9am; Men's Fishing Trip (MUST REGISTER)**  
**June 17; Smudge 8:30am; Men's Outing 8:30am; Women's Outing 8:30am; Exercise 9am; Food BINGO 1pm**  
**June 18; Language Gathering with the W.H.O 10am-3pm (Community Welcome); Outdoor Games (Weather Permitting); Coffee House 5pm**  
**June 19; Exercise 9am; VON 10AM; Library Time for Seniors 1pm**  
**June 20; Quilting All Day; A'ki Naaknigewin (Land Law) 10am (Lunch Provided)**  
**June 21; CLOSED - ABORIGINAL DAY**  
**June 24; Smudge 8:30am; Women's Swim & Soak - Leaving 8:30am (MUST REGISTER); Exercise 9am; Arts/Crafts 10am**  
**June 25; Elder's Breakfast 10am; Connecting with Barb 10am-2pm; Prize BINGO 7pm (Community Welcome)**  
**June 26; Exercise 9am; VON 10am; Smoothies 1pm (Make your own Smoothie)**  
**June 27; Quilting All Day**  
**June 28; ELDERS SOCIAL**

**GYM MEMBERSHIPS:** If you are 55 years and older and have just joined the gym, or are thinking about joining, the Wikwemikong Health Centre can reimburse you 50% off your membership fee. To qualify, you must be 55 years old or older and present proof of payment.

**MEALS ON WHEELS**  
 Clients who receive Meals on Wheels, please be sure to call if you are NOT going to be home.  
**GENERIC TRANSPORTATION**  
 Monday-Friday  
 8am - 4pm

**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**

**AMIKOOK SENIORS' CENTRE**  
**16A Complex Drive**  
**PO Box 101**  
**Wikwemikong, Ontario**  
**P0P 2J0**  
**Phone: 705-859-2194**

**CHILDRENS SERVICES (79 Peltier's Trail, P: 705-859-1262; Cell: 705-348-1943)**

*\*All CSP Events are hosted at 79 Peltier's Trail unless otherwise noted\**

**TBALL; June 3, 10, 17, 24; 6pm-7pm; Pontiac Ball Field**

**KIDS EXPLORE; June 6; 6pm-7pm**

**CAR SEAT CLINIC; June 18; 4:30-7:30pm; Health Centre Parking Lot**

**GOOD FOOD BOX COOKING; June 19; 11am – 2pm**

**PRIMARY CARE (705-859-3164)**

**RISE & SHINE WALKING @ BALL PARK; June 3, 5, 10, 12, 17, 19, 24**

**TBALL with WCH Children's Services; June 3, 10, 17, 24; 7pm-8pm; Pontiac School Field**

**CIRCUIT TRAINING; June 6, 11, 13, 18, 20, 25, 27; 12pm-12:45pm; Fitness Centre**

**BLOOD PRESSURE SCREENINGS; June 5, 12, 19, 26; 10am-12pm; Locations TBD**

**CHRONIC PAIN SELF MANAGEMENT; June 4; 11:30am-2:30pm; Daystar**

**MEN'S HEALTH-WESTERN COOKOUT; June 12; Prairie Point**

**MEN'S HEALTH-TRADITIONAL COOKOUT; June 25; Prairie Point**

**TRY IT TUESDAYS/THURSDAYS - AFTERSCHOOL PROGRAM; June 4, 6, 11, 13, 18, 20; Pontiac**

[Diabetes Specific Programming \(Sue-Ann 705-859-3164 Ext 304 AND/OR Verna Ext. 294\)](#)

**DIABETES CAFÉ; June 3, 14, 28; 10am; Daystar**

**RANDOM BLOOD SUGAR TESTING; June 4; 4pm; Rainbow Ridge Golf Course**

**RANDOM BLOOD SUGAR TESTING DURING W.U.T OPEN HOUSE; June 6 & 7**

**WALKING CLUB CLINIC; Leaves from WHC 9am up to Church and back; June 11, 12, 19, 20, 25, 26**

**LET'S GET COOKING; June 11, 26; 6pm; Buzwah Church (Must Register)**

**SALAD IN A JAR; June 17; 6pm; WHC Lobby**

**WOW WEDNESDAY CLINIC; June 19; 5pm; WHC Lobby**

**NUTRITION BINGO; June 24; 6pm; WHC Lobby**

**NADMADWIN MENTAL HEALTH CLINIC (705-859-2330)/NAANDWE MIIKAAN (705-859-1390)**

**SHARING CIRCLES; MONDAYS in June; 1pm-3pm; WHC Medicine Lodge (See Poster on Page 2)**

**TEACHING TUESDAYS; 1pm-3pm; Naandwe Miikaan; Call for Details**

**NA MEETING & ADDICTION RECOVERY WORK; TUESDAYS; 6pm-8pm; Naandwe Miikaan**

**WELLNESS WEDNESDAYS; VARIOUS TIMES; Contact Naandwe Miikaan**

**TEA TIME THURSDAY in ANISHINAABEMDAA NONGO; THURSDAYS; VARIOUS TIMES**

**FABULOUS FRIDAYS; VARIOUS TIMES**

**RIBBON WELLNESS SKIRT MAKING with ABIGAIL AIABENS; June 10; 9am-3pm; Buzwah Church (CALL TO REGISTER)**

**SHARING KNOWLEDGE with HAND DRUM SINGING with JESSE KABONI; June 7, 14; 1pm; Naandwe Miikaan**

## KID'S CORNER...

### WORLD'S BEST FATHER / GRANDFATHER

*'Father's Day', June 16, 2019*

Draw a picture of you and your father/grandfather. Then cut it out and hang it up somewhere where he can see it everyday.



Manitoulin Hotel & Conference Centre, Little Current, May 8, 2019

#### ***Naandwechige-Gamig Wikwemikong Health Centre Staying Connected with Organizational Partners***

In May, Naandwechige-Gamig Wikwemikong Health Centre (WHC) Management team met with health service providers that are integral to the services provided through WHC: Noojmowin Teg, Manitoulin Physio Centre, North-eastern Manitoulin Family Health Team.

Managers had the opportunity to provide overviews about their respective programs, initiatives and goals and for the service providers to do the same. Having this insight helps ensure that services provided by all organizations, are the most efficient and effective they can be for staff, patients/clients and community members that we serve.

## CONTACT

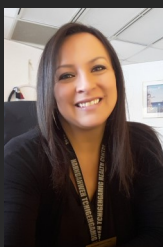
**NAANDWECHIGE-  
GAMIG**

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PDF Online Newsletter

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

# STAY CONNECTED...

**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, 705-859-1262, Ext. 200

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

Primary Care Manager, Theresa Pangowish, Ext. 300

Nadmadwin Mental Health Manager; Diane Jacko, Ext. 238

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

School Health Support Services; Robert Beaudin, 705-859-2592

Nookomisnaang Shelter Manager; Mary Pheasant, Ext. 236

Amikook Seniors Centre; 705-859-2194

Naandwe Miikaan; 705-859-1390

Northwood Clinic; 705-859-3280



facebook



5K Family Run Event on Sunday, May 26th was a huge success! Naandwechige-Gamig Wikwemikong Health Centre's Primary Care and Children's Services programs teamed up to host the event. Just under 100 people participated in the run/walk at Thunderbird Park. Draws were also held with winners being: Sebastian Manitowabi, Sean Manitowabi and Amy Assinewai. And special SHOUT OUT TO 'Sassy', who was the first one to complete the 5k Family Fun Run with a time of 23mins/54secs (23:54)!. (Photo on Right)



*Everyone Welcome  
to Join in the  
Celebration...*



# GRAND OPENING CELEBRATION JUNE 19, 2019

*71 Genevieve Street, Wiikwemkoong  
10am - 12pm*

EVENING COMMUNITY CELEBRATION WILL BE HOSTED BY  
NOOKOMISNAANG SHELTER

4PM -7PM, THUNDERBIRD PARK

(IF INCLEMENT WEATHER, WILL BE HELD AT ARENA - UPSTAIRS)

BBQ/FISH FRY, GAMES, ACTIVITIES & 'OPEN-MIC' LIVE ENTERTAINMENT

INFORMATION CONTACT: ANITA RECOLLET, 705-859-3164, EXT. 232