



Talking About One of the Most Under Diagnosed Sleep Conditions That Could Lead to Serious Health Problems

By: Kerry Assiniwe

Snoring, waking up during the night gasping or being tired/fatigued during the day; these are some of the more prominent indications that something 'might' be wrong with your sleep - ***Sleep Apnea.***

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts.

According to the Canadian Lung Association, obstructive sleep apnea happens when the upper airway gets blocked during sleep. Most often, the blockage happens when the soft tissue in the back of the throat collapses and closes during sleep. Relaxed throat muscles, a narrow airway, a large tongue or extra fatty tissue in the throat can also block the airway. Central apnea and mixed apnea are more rare. In central sleep apnea the part of the brain that controls breathing doesn't work properly.

The signs and symptoms of obstructive and central sleep apneas overlap, sometimes making it difficult to determine which type you have. The most common signs and symptoms of obstructive and central sleep apneas include:

- Loud snoring
- Episodes in which you stop breathing during sleep which would be noticed/ reported by another person
- Gasping for air during sleep
- Awakening with a dry mouth
- Morning headache
- Difficulty staying asleep (insomnia)

- Excessive daytime sleepiness
- Difficulty paying attention while awake
- Irritability

And despite a common 'assumption' that sleep apnea is more a 'men's' issue, it is not.

Statistics Canada reports: 2016-2017

Sleep apnea symptoms differ between males and females. Males and females tend to present different symptoms related to sleep apnea, which may partly explain the difference in diagnosis between the sexes.

Males tend to display more classical symptoms such as snoring or trouble breathing compared with females.

In 2016 and 2017, males were almost two times more likely to report snoring loud enough to be heard through closed doors compared with females. Males were three times more likely to report that someone had observed them stop breathing during sleep compared with females.



By contrast, women tend to present symptoms such as fatigue or insomnia. In 2016 and 2017, females were more likely than males to report that they often felt tired, fatigued or sleepy during the day time. Females were also more likely to report having trouble going to sleep or staying asleep some-

times, often or always (without the use of sleeping aids).

The varying presentation of symptoms between men and women underline a potential under-diagnosis of sleep apnea in women.

This is problematic from a public health perspective because of the higher risk of cardiovascular disease and other diseases associated with sleep apnea. Previous results showed that Canadian adults who reported being diagnosed with sleep apnea were more likely to report having other diseases such as diabetes, hypertension, heart disease, and mood disorders.

The key is to confirm whether you have sleep apnea so you can start treatment.

Your doctor may send you for overnight testing at a sleep disorder centre where your condition can be studied thoroughly.

In the Manitoulin area, there are sleep clinics at the Espanola Hospital and at Health Sciences North in Sudbury.

This sleep test will require a person to be 'connected' to numerous 'wires' that monitors a person's full night sleep.

If, based on the results of the 'sleep test' and review/assessment by a sleep specialist, it may be determined that a sleep device is needed. A prescription may be made at this point as well.

The most common treatment for sleep apnea is continuous Positive Airway Pressure (CPAP). This includes a mask connected to a pump that keeps the airway open with airflow.

(Sleep Apnea;

Continued on Page 2)



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





Diabetes Tip of the Month “Sue-Ann Says...”

You Can Do It!



Six Ways to Stay Motivated to Manage Your Diabetes

Instead of “avoiding complications,” think about how better blood sugars can benefit you now;
Remember that blood glucose numbers are for information and not a grade on how well you are doing;
Think about how people in your life can help – loved ones, family and friends can be close allies in your diabetes management;
Commit yourself to something that will benefit your diabetes management and make it public;
Foster intrinsic motivation;
Remember how lucky you are

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

DIABETES PROGRAMMING MARCH 2020

Monday, March 2, Diabetes Café 10am at Daystar
Wednesday, March 4, Nutrition Bingo 6pm at the Arena
Monday, March 9, Kidney Presentation 6pm at Rainbow Ridge
(Please Call to Register; Limited Seating)
Tuesday, March 10, Let’s Get Cooking 6pm at the Arena
(Please Call to Register; Limited Seating)
Wednesday, March 11, Wellness Wednesday (Beading Night) 5pm, Arena
Monday, March 23, Diabetes Café, 10am, Daystar
Wednesday March 25, Wellness Wednesday (Beading Night) 5pm, Arena

TESTING TUESDAYS

(Diabetes)

MARCH 3 & 24

Health Centre Lobby

10am

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

(Sleep Apnea; Continued from Front Page)

There are various types of CPAP masks; you will work with a CPAP system provider to select the most appropriate and comfortable one for you. Another device is a dental device (airway dilator) placed in the mouth at night to hold the lower jaw and tongue forward.

Whatever the treatment is will depend on whether your sleep apnea is mild,

moderate or severe.

There are also some lifestyle changes that one can make to every day/night life which may help lessen sleep apnea. Some of the most common lifestyle changes may include: losing weight, exercising, following a regular sleep schedule, sleeping on your side (*as opposed to on back*) avoiding alcohol or sleeping pills and quitting smoking.

There is so much to learn and understand about sleep apnea. And there are also so many ‘myths’ or questions.

In response to this, *Naandwechige-Gamig Wikwemikong Health Centre’s Primary Care team is hosting an awareness evening on Sleep Apnea; March 5th, 6pm-8pm, Rainbow Ridge Golf Course.*

(See below)

In the meantime, if anyone has any questions about Sleep Apnea, feel free to contact our Primary Care team: 705-859-3164.

PRIMARY CARE

PRESENTS:

SLEEP APNEA

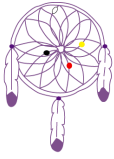
WHERE: RAINBOW RIDGE

WHEN: MARCH 5th, 2020

TIME: 6:00PM TO 8:00PM

SUPPER PROVIDED

WAASA NAABIN COMMUNITY YOUTH SERVICES



Waasa Naabin
Community Youth
Services Centre



CONTACT: 705-859-3597

Manager: Lawrence Enosse

Email: lawrencee@wikyhealth.ca

N'BWAACHWEDAA - Let's Visit

Indian Day School Common Experience Gathering

An opportunity to share stories and experiences...

and to socialize; Supper will be served

Thursday, March 12th, 5pm, Rabbit Island Centre

Thursday, March 26th, 5pm, Amikook Seniors Centre

*Hosted by: Naandwechige-Gamig Wikwemikong Health Centre's
'Aasnaa Naad Maad Daa Miinwaa' Program &
N'gwaagan Gamig Recovery Centre Inc.*

Guest Speaker: Steven George

Historical Knowledge Keeper

CONTACT

Teresa Trudeau, 705-859-3164, Ext. 291
Julie Eby or Kim Kitchikeg, 705-859-2324



'Aambe Anishinaabemndaa' - 'Let's Speak Anishinaabemowin'

Biboon - It is winter

Goon- Snow

Gizooopo- It is snowing

Biizpo- Small snow flakes

Maangpo– Large snow flakes

Nbiiwaagnagizi/nbiishpo– Wet snow

Knigbiigii – Changing to a mixture of rain

G`nigbiisaa– There is a mixture of rain and snow falling

Mkoomiibiisaa – Freezing rain

Mshkwaa`aagkamgadin – The ground is frozen

Waabaagonesin– Frost

Waabaagonigaa – Slight sprinkling of snow on the ground

Ksin bngisin/maasin – Snow crystals

Ngigzo`oog/ngiigjiwag/ngibiigjiwag - Frost/crystallization on trees



*Miigwetch Brian Peltier and staff at Wikwemikong Heritage
Organization for providing words & phrases for WHC monthly section
'Aambe Anishinaabemndaa'*

Girls In Sports Program

Mondays @ High School,
Wednesdays @ Rainbow Ridge
Mondays- 6pm-8pm
Wednesday- 4pm & 6pm

March Break Cultural Camp

March 16th- 20th
10am-3pm

6 Week Swimming Program

Sundays
March 1st, 8th, 22nd, 29th
12pm-1pm

High School After School Sports

Mondays & Fridays
3:30pm till 5pm

Games Night Date

Mondays and Thursday (*Except
March Break*) Starting March 5th
6pm-9pm

Pokemon Trade, Learn, Play & Tournament

March 14th & 28th
1pm-4pm

Teen Zone - Bowling

March 11th
Depart @ 4:30

St. Patrick's Day Craft

March 12th
6:30pm

Fitness Club

6:30pm

Maple Sugar Bush Tour

March 26 & 27 @4pm-7pm
March 28 @ 10am-2pm

MMA Classes

March 7th, 14th, 21st, 28th
Session 1 (ages 6-8) - 11am
Session 2 (ages 9-12) - 11:45am
Session 3 (ages 13+) - 12:30pm

The Y.E.S. (Youth Empower- ment and Safety) Conference-

March 27th & 28th
Little Current

Naandwechige-Gamig Wikwemikong Health Centre
CALENDAR OF EVENTS / PROGRAMS

March
“Naabdin Giizis” Snowcrust Moon

PRIMARY CARE

March 2, 9, 16, 23, 30; all day; Primary Care department; Weight Loss Challenge Check-ins

Cold & Flu Care Packages; March 6; 6-8pm; N’Baachwen

Meatless Monday; March 16 & 30; 6-8pm; Arena

TEArrific Cooking; March 18; 1-3pm; Arena

World Water Day; March 22; 9am-3pm; Arena

Amikook Exercise; March 2, 4, 6, 9, 11, 25, 27, 30, 31; 9am

Badminton; March 3, 10, 24, 31 6pm-8pm; Wikwemikong High School

Aquafit; (Must Pre-Register): March 10, 24, 31 ; *Will depart WHC by 8:30am to Espanola

Snowshoeing; (Weather Permitting): March 4, 11, 25; 4:15-5:15pm; Ball Park

Kickboxing; March 4, 11, 25, 6pm-7pm Pontiac School

CHILDREN’S SERVICES (CSP)- ‘Minaawsang’: As We Parent; 79 Peltier’s Trail, 705-859-1262

Infant & Parent Drop-In / Baby Weigh In; EVERY Thursday; 1pm-3pm (Call WHC if need transportation)

Sing, Laugh, Play; March 2, 9, 23, 30; 6:00 – 7:00 pm; Hub Centre

Infant & Parent Drop In; March 5, 12, 19, 26; 1:00 – 3:00 pm

Mama Bear; March 12; 10:00 am – 12:00 pm

Infant Massage; March 24; 1:00 pm – 3:00 pm

Baby Welcoming 2019; March 25; 5:00 – 7:00pm; Pontiac School Gym

CPR & First Aid for Parents; March 26; 5:00 pm – 8:00 pm; Youth Centre Gym

NADMADWIN MENTAL HEALTH CLINIC - Naandwe Miikaan

Nar-Anon Meeting; March 2, 30; Medicine Lodge (WHC); 6pm-8pm

Men’s Circle; March 9; Medicine Lodge; 6pm-8pm

Women’s Circle; March 23; Medicine Lodge; 6pm-8pm

Meal Prep “Making Spicy Noodles”; March 3; with Prevention Services, OW, ASI and Primary Care;

Wellness Wednesday – Beading; March 4 & 25

Tea Time Thursday; March 5

Cultural Day; March 6; with all schools and in collaboration with all agencies

Women’s Wellness Day; March 9; at Little Current

March 10th Presentation from Dr. Lorrilee McGregor on “Determinants of physical activity and nutrition in First Nations children.”

Self Care Day; March 11; with Prevention Services, OW, ASI and Primary Care at Rabbit Island Centre

Indian Day School Common Experience Gatherng “N’Bwaachwedaa”; March 12; Rabbit Island Centre; 5pm

Fabulous Friday Beading; March 13 & 27

Language Camp; March 16-20

Painting with Santana Eshkawkogan; March 23; 5:30pm-8:00pm; Wiky Arena

N.A. Meeting; March 3rd, 10th, 24th & 31; 7pm

Indian Day School Common Experience Gathering “N’Bwaachwedaa”; March 26; Amikook Senior’s Centre; 5pm

Minigun Making-Collecting Ingredients; March 30 & 31



AMIKOOK Seniors' Centre
All Amikook programming open to ages 55yrs +

**March "Naabdin Giizis"
Snowcrust Moon**

March 2; Smudge 8am; Exercise 9am; Arts/Crafts 10am-12pm; Scrapbooking 1pm

March 3; Language Class with the WHO 10am (Open to Public); **SOUP DEAL**
\$5.00 11am

March 4; Exercise 9am; VON 10am; Scrapbooking 1pm

March 5; Quilting All Day; Minds in Motion 10am; Games & Puzzles 1pm; Coffee House 5pm (Public Welcome)

March 6; Quilting All Day; Exercise 9am; Games & Puzzles 1pm

March 9; Smudge 8am; Exercise 9am; Arts/Crafts 10am; Sewing Projects 1pm

March 10; Surnames with the WHO 10am (Open to Public)

March 11; Exercise 9am; VON 10am; Afternoon Movie 1pm; Men's Night 5pm

March 12; Quilting All Day; Minds in Motion 10am; Barbara 1pm

March 13; Exercise 9am; St. Patrick's Day Social 1pm

March 16; Smudge 8am; Exercise 9am; Arts/Crafts 10am; Scrapbooking 1pm

March 17; Language Gathering with the WHO 10am (Open to Public)

March 18; Exercise 9am; VON 10am; Scrapbooking 1pm

March 19; Quilting All Day; Minds in Motion 10am; Unfinished Sewing Projects 1pm

March 20; Quilting All Day; Exercise 9am; Games & Puzzles 1pm

March 23; Smudge 8am; Exercise 9am; Arts/Crafts 10am; Games & Puzzles 1pm

March 24; Scrapbooking 10am; Birthday Social 1pm

March 25; Exercise 9am; VON 10am; Library Time 1pm

March 26; Quilting All Day; Minds in Motion 10am; Games & Puzzles 1pm

March 27; SHOPPING TRIP TO SUDBURY Leaves 8am (MUST REGISTER);

Quilting All Day; Exercise 9am; Games & Puzzles 1pm

March 30; Smudge 8am; Exercise 9am; Arts/Crafts 10am; FOOD BINGO 1pm

March 31; Baking 10am; PRIZE BINGO 7PM (Doors Open 6pm; PUBLIC WELCOME)

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

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

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

February Anti-Bullying Awareness Poster Contest in February Promotes Family Togetherness



This year's national theme was 'Lift Each Other Up'; a simple but powerful message encouraging us to look beyond our differences and celebrate the things that make us unique.

When we lift each other up, we see past the things that separate us and see instead the things that unite us as people.

In recognition of this awareness day, WHC's Primary Care team hosted a poster contest mid-February.

Wiikwemkoong community members were asked to draw, color or paint, as a family, what standing up to bullying would look like. They were also asked to also provide a brief write up on their image as well the importance of promoting kindness.

CONGRATULATIONS to the Winner(s):

Kyson and Kyle Aiabens!

Great work of art and message! Miigwetch!

The Story Behind the Image...

"Me, my son and friend discussed that the way to stand up

to bullying would be by doing acts of kindness.

We believe that talking or asking others how they feel or

'are you okay' can go a long way at making others feel better and not letting bullies get the best of you.

We decided to show a picture of two birds outside to show love, kindness, caring for others and it takes courage to stand-up

or courage to help someone sad.

Always smiling can go a long way in making someone feel better.

So, not letting bullies get the best of you is the best way but sometimes it takes two people."



**AASGAABWITWINDWAA BINOOJIIINHIK WIIN NI
GSHKIWEWZIWAAT CONFERENCE**

*Supporting our Children as They Continue Toward the Future
(formerly School Health Support Services)*

**REGISTER WITH SHERI MISHIBINIJIMA
705-859-2592**

**MARCH 9-10, 2020
9 AM - 4 PM
CONFERENCE HALL**

**MANITOULIN HOTEL AND
CONFERENCE CENTRE,
LITTLE CURRENT, ON**

CONTACT

NAANDWECHIGE-GAMIG

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

Phone: 705-859-3164

www.wikyhealth.ca

WHC Newsletter Produced By:
Communications & Media
Services



Kerry Assiniwe

Ext. 248

kassiniwe@wikyhealth.ca

PDF Online Newsletter

www.wikyhealth.ca

STAY CONNECTED...

NAANDWECHIGE-GAMIG WIKWEMIKONG HEALTH CENTRE

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

Aasgaabwitwindwaa Binoojiinhik Wiin ni Gshkiwewziwaat (*formerly School Health Support Services*) Manager Jocelyn Bebamikawe, 705-859-2592

Nookomisnaang Shelter, 705-859-1543, Manager; Mary Pheasant

Amikook Seniors Centre; 705-859-2194

Naandwe Miikaan; 705-859-1390

Northwood Clinic; 705-859-3280



wikyhealth.ca



UN WATER
22 MARCH
WORLD
WATER
DAY

March 22, 2020 is dedicated to the relationship between water and climate change. To honor this day, WHC Primary Care is hosting an event from

9am to 3pm at the Wikwemikong Arena to help create community awareness about water source protection as well as the cultural importance of water.

There will be a variety of topics presented such as water teachings, ribbon skirts, traditional tobacco; all ending with a walk to the Wikwemikong Marina to provide a water offering to honor Wiikwemkoong's water.

Prior to this event there will be a coloring contest for Wiikwemkoong students in kindergarten to grade 8. We will have more details on that in the very near future; stay tuned to our WHC Facebook page. Miigwetch!

NGO DWE WAANGIZID ANISHINABE KINOOMAADZIWIN ANISHINABEK FAMILY TEACHINGS CONFERENCE

MARCH 30 & 31, 2020, 9am - 4pm
Manitoulin Hotel & Conference Centre, Little Current, ON



**Anishinabemowin * Spirituality * Living Off the Land * Medicines
Women's / Men's Roles * Life/Spirit Journey Teachings ...and more.**

NO COST. REGISTER with KIM MANITOWABI
kmanitowabi@wikyhealth.ca

(Naandwechige-Gamig Wikwemikong Health Centre)

Presented by: Mnidoo Mnising Mental Wellness Crisis Response Team & Partners:

*M'Chigeeng First Nation, UCCMM, UCCMM Police, Gwekwaadziwin Miikaan,
Mnaamodzawin Health Services, Kenjgewin Teg, Aundeck Omni Kaning, Whitefish River
First Nation, Wikwemikong Heritage Organization*

Servicing Seven First Nations within Mnidoo Mnising

