

NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE NEWSLETTER

ISSUE - NOVEMBER 2018

"BAASHKAAKODIN GIIZIS"

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

Memorial Round Dance to Bring Community Together to Dance With & For Loved Ones Who Have Passed On

Naandwechige-Gamig Wikwemikong Health Centre (WHC) invites the community to join in this year's *Community Memorial Round Dance*, Saturday, November 24th, Wasse Abin High-school; start time 2pm. This is the third year for the 'memorial' round dance in Wiikwemkoong.

Usually held in the winter months, the memorial round dance brings together people of all ages for an evening/

night of hand drumming, singing, dancing and feasting - *with and for* our loved ones who passed away.

Lead organizer Roxanne Recollet, Wellness Facilitator for WHC Nadmadwin Mental Health/Naandwe Miikaan, says round dance supports and encourages healing through ceremony, song and togetherness.

"It's difficult to put into words the feeling that you feel when you are dancing at the memorial round dance. I felt connected to my family members who have passed on - overwhelmed with happiness and sadness was my personal feeling. I danced with a picture of my par-

ents, feeling their Spirits with me - we were dancing together."

The round dance begins with a pipe ceremony which 'calls in or invites in' our loved ones who have passed. This is followed by a pot luck feast - food is brought in by participants and is the 'favorite food' that their loved one enjoyed while they were in 'the physical world'. After the feasting celebration, the singing and dancing begins.

The singing begins when the 'Stickman' chooses a lead singer who then chooses three others to sing with him. The four singers then sing a set of four songs and then the handing of the drum sticks is done again, and again and again and so on for entire duration of round dance. Anyone and everyone is welcome to dance to any song; whether with other family members or even by ones self physically - because even if 'alone' physically, he/she is

still dancing with their loved one who is there in Spirit.

Just as the round dance song sets are done in fours, by four singers each time, the whole memorial round dance is hosted by the same family/ host for four years consecutively; then another family/ host begins a new four year hosting cycle.

The round dance evening/ night usually begins when it gets dark and finishes when daylight breaks. This recognizes that the Spirit World is the opposite to our world - our 'awake time' is usually daytime whereas the Spirit World's 'awake time' is our...dark time.

(Continued on Page 2)



Last year; Community Memorial Round Dance, November 2017, Wasse Abin Highschool. Same location for this year.

LIVER HEALTH SESSION



November 27, 2018,
Naandwe Miikaan
9am
(Details Page 3...)

immunizations



IMMUNIZATION REMINDER for Grade 7 Students:

Naandwechige-Gamig Wikwemikong Health Centre Primary Care and Sudbury & District Health Unit Nurses will be at Pontiac School on November 15th for immunizations: *Hepatitis B, Menactra and Gardasil 9.*

Needle Exchange Program Training for Frontline Workers of Wiikwemkoong



Naandwe Miikaan, in partnership with the Sudbury and District Health Unit's Ginette Cyr, RN-Public Health Nurse, hosted a Needle Exchange Program Training session, October 24th for Wiikwemkoong front line workers at Rainbow Ridge Golf Course. The focus was to address community safety measures in the area of harm reduction approaches when it comes to finding needles and what to do OR not do with them.

This session is also part of a community wide initiative to educate ALL community members about needles and safe disposal practices; all in response to growing safety concerns with needles found in various locations across Wiikwemkoong.

A similar session will be held in the near future which will be open to all community members. In the meantime, if people have questions or comments about needle exchange, contact Amy Assinewai, Care Coordinator-Naandwe Miikaan at 705-859-1390.

(Cont. from Front Page) Memorial Round Dance

So, we spend time with our loved ones of the Spirit World during *THEIR* 'awake time'.

In closing the memorial round dance, an honor song for the giveaway is done as well one for Chief and Council.

A final closing song concludes the memorial round dance which sends our Spirit loved ones back home - *to the Spirit World*.

Round dances, in general, are slowing growing in participation within First Nation communities in the Great Lakes region. And those who are directly involved in conducting or facilitating them, feel the strong energies and bonds created as 'community' comes together as one.

According to Adam Kaboni, who is a drummer and also employee of WHC, round dances create opportunities to learn and share with others as well.

"Being there makes you feel good. To me, it makes me happy to be singing and dancing. I also like to share the songs I create with the round dance community so hopefully they too can then share with others as well."

School Health Support Services (SHSS) has New Location in Community



Written By: Lisa Osawamick, School Based Behaviour Intervention Worker, SHSS

Our School Health Support Services (SHSS) team members are settling into a new office space which is located at the Wiikwemkoong Waasa Naabin

Youth Centre basement. We do have our own entrance to the right back of the building, you will see a landing and a poster on the door that indicates School Health Support Services.

Just a reminder that the SHSS team provides services to all students in 'on-reserve' early learning centres as well as the schools in the four communities we serve: M'Chigeeng, Sagamok, Whitefish River First Nation and Wiikwemkoong.

Our Care Coordinators are available by phone or in person to answer any questions you may have regarding a referral to any of the services we offer or if there are concerns regarding a child's learning and/or development. Referrals are accepted by family, school staff/representatives or medical professionals. School Based Behaviour Intervention (SBBi) workers are currently training with a focus on assisting in the enhancement of program delivery.

For example, the SNAP training (*Stop Now and Plan*) is an intervention evidence-based program model for children and youth with disruptive behavior. It incorporates a youth leadership component.

We are also working on having *Redtail Hawk Training & Consulting*, George Couchie, to deliver training on '*Walking the Path*'. This is a school based curriculum that helps educators, frontline workers and school volunteers work with and help students connect with culture - making a difference in their lives by instilling teachings and addressing issues of self-esteem and confidence. Connecting people back to their culture helps to build self-esteem. '*Walking the Path*' IS coming soon to a school near you!



WHC and Rainbow Ridge Golf Course presented a cheque for \$2340 to the Wiky Food Bank. The funds were raised at the Anishinaabe Kweok Golf Challenge held September 29, 2018. Photo: Roxanne Recollet, Alicia Aiabens & Lauren Assiniwe.

Liver Health Awareness Day
Naandwe Miikaan
November 27th; 9am



What is Liver Health?

Your liver is essential to your life and has over 500 functions. It is like the grand central station for your body. Your liver cleans your blood, filters toxins, regulates body fuel and regulates hormones, essential vitamins and minerals. Your liver processes medications and vitamins. Your liver is your power source- turning food into energy - it is your engine and when IT breaks down...your body will too.

What are potential implications of not having a healthy liver? You can have liver disease and not know it because symptoms can be vague. The liver continues doing it's job until 3/4 or more is damaged. It is better to know what is causing damage and stop it as early as possible. You can learn about what is good or *not good* for your liver.

What are the causes of not having a healthy liver? There are many things that can cause liver damage. Viruses such as hepatitis C can cause damage and you may have no symptoms until there is significant damage. Alcohol can also cause liver damage.

Tips to Help Ensure a Healthy Liver:

Get tested and treated for viruses that can cause damage, viruses like hepatitis C (*combined with alcohol can cause more damage*), learn about healthy diets and exercise that make your liver healthier, never mix alcohol with medications like acetaminophen (*ie: Tylenol*).

LIVER AWARENESS SESSION

O&A: Bring your questions to an expert *Liver Nurse* about a healthy liver - diet, exercise, alcohol & viruses.

Non-Invasive Liver Scans Offered: Determine if your liver is damaged with follow-up education, if needed.

Hepatitis C Testing with Results in 15 Minutes:

Talk to a Liver Nurse about the results and how to prevent or treat hepatitis C.

Above information provided by: Donna Zukowski, Hepatology (Liver) Registered Nurse



JOIN the PARTICIPATION PASSPORT Program.
 It's **FREE** & gives you a chance to win monthly prizes.
 Contact WHC for details.

"MAAWNJIDOOK KWEWOK"
WOMEN'S CIRCLE

With... Maxine Shawongonabe

OCTOBER 24 / NOVEMBER 7 & 21



VOLUNTEER OPPORTUNITY

Nookomisnaang Shelter is seeking to expand it's volunteer base. On an 'as needed basis', volunteers will assist in 'in house/ community planning, preparation or implementation of fundraising and/or social events, sorting out donations such as clothing or personal items, or gardening and other duties and tasks as required. For volunteer information & applications, please contact: 705-859-3164, Ext. 236.

GINGER BREAD HOUSE CONTEST

Nookomisnaang Shelter
 is looking for awesomely awesome...
Ginger Bread Houses!

Submissions Due: November 25

Drop Off: Wiky Arena,
 upstairs during the Christmas Bazaar.

Information: 705-859-3164, Ext. 236



Amikook Seniors' Centre **BAASHKAAKODIN GIIZIS - NOVEMBER 2018**



Nov 1; **All Souls Day Light Lunch** - Come and Go
 Nov 2; Quilting; Exercise with Amanda 9am
 Nov 5; Smudge 9am; Computers with Austin 9am; Afternoon Movie 1pm
 Nov 6; Language Class with the WHO 10AM; Let's Make Poppies 1pm
 Nov 7; Exercise with Amanda 9am; VON 10am; **Remembrance Day Wreath Making 1pm**
 Nov 8; Quilting; Sewing Projects 1pm
 Nov 9; Quilting; Exercise with Amanda 9am
Nov 12; CLOSED to Recognize REMEMBRANCE DAY
 Nov 13; Surnames with the WHO 10am; Games & Puzzles 1pm
 Nov 14; Exercise with Amanda 9am; VON 10am; Afternoon Movie 1pm
 Nov 15; Quilting; **SOUP DEAL \$4.00 @ 11am**; Sewing Projects 1pm
 Nov 16; Quilting; Exercise with Amanda 9am; **Christmas Stocking (Prevention Services)**
 Nov 19; Swim, Steam & Soak 8am (**MUST REGISTER**); Smudge 9am; Computers with Austin 9am; Crafts 1pm
 Nov 20; **Women's Outing 9am**; Language Gathering with the WHO 10am
 Nov 21; Exercise with Amanda 9am; VON 10am; Library Time for Seniors; **YOGA & Smoothies 1pm**
 Nov 22; **Men's Outing 9am**; Quilting; Connecting with Barb 1pm
 Nov 23; Quilting; Exercise with Amanda 9am; **Prevention Family Centre Table Top Christmas Tree 10am**
 Nov 26; Smudge 9am; Birthday Social 1pm
 Nov 27; Let's Bake 10am; Prize BINGO 7pm
 Nov 28; Exercise with Amanda 9am; VON 10am; Movie 1pm
 Nov 29; **CLOSED FOR SUDBURY SHOPPING TRIP - LEAVING 8AM (MUST REGISTER)**
 Nov 30; Quilting; Exercise with Amanda 9am; Christmas Cookie Exchange

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

16B Complex Drive

PO Box 101

Wikwemikong, Ontario

P0P 2J0

Phone: 705-859-2194

Naandwechige-Gamig Wikwemikong Health Centre

BAASHKAAKODIN GIIZIS - NOVEMBER 2018

NOTE : We will be closed November 12, 2018 for Remembrance Day



CHILDRENS SERVICES (New Location: 79 Peltier's Trail, Phone: 705-859-1262)

Nov 1, 8, 15, 22, 29; BABY WEIGH IN; 1pm-2pm; Children's Services Building; 79 Peltier's Trail

Nov 5, 19, 26; Sing, Laugh & Play; 6pm-7pm; Hub Centre

Nov 6, 13, 20, 27: Swimming with Tots (*with Primary Care Program*) - Espanola; 9am Leave;

MUST REGISTER

Nov 7, 21: Mommy's Designz; 9:30am; Wiky Arena

Nov 20; Infant Massage; 1pm-2pm; Call for Location (705-859-1262)

Nov 28, 29; Ribbon Skirt Making; 9am; Children's Services Building 79 Peltier's Trail

PRIMARY CARE

Nov 1, 8, 15, 22, 29; Circuit Training; 12pm-12:45pm; Fitness Centre

Nov 1, 8, 15, 22, 29; YOGA; 4:30pm-5:30pm; Dance Studio

Nov 5, 19, 26; Low Impact Exercise; 12pm-12:30pm; Dance Studio

Nov 6, 8, 13, 15, 20, 22, 27, 29; ADULT SKATING (FREE); 12pm; Wiky Arena

Nov 6, 13, 20; QUIT SMOKING CAFÉ (Smoking Cessation Program); 4:30pm; Community Living

Nov 6, 13, 20, 27; Pickle Ball; 6pm-7pm; Wasse Abin Highschool

Nov 6, 13, 20, 27; Dodgeball; 7pm-8pm; Pontiac School

Nov 7, 14, 21, 28; WOMEN'S HOCKEY; 8pm-9pm; Wiky Arena

Nov 7, 14, 21, 28; MEN'S HOCKEY; 9pm-10pm; Wiky Arena

Nov 9; Keto vs Paleo Information Session; 1pm-3pm; N'Bwaachwen (Community Living)

Nov 27; MAMMOGRAM Van to Sudbury; Leaves WHC 9:30am; MUST REGISTER

NADMADWIN MENTAL HEALTH CLINIC / NAANDWE MIIKAAN - (18 Hills Trail 705-859-1390)

Meditation Mondays; 4pm; Medicine Lodge (WHC)

Meditation Tuesdays 10am; Medicine Lodge (WHC)

Tuesdays - NA & Addictions Recovery Support Group Sessions; 6pm-8pm; Naandwe Miikaan

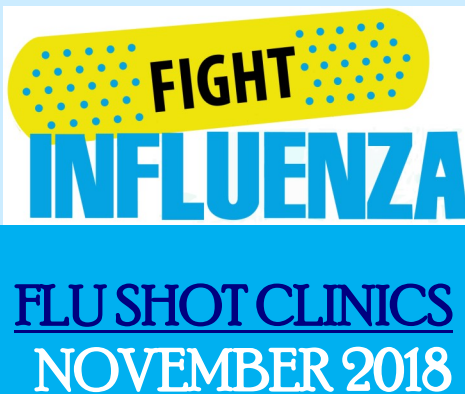
Teaching Tuesdays; 1pm-3pm; Naandwe Miikaan

Wellness Wednesday; 1pm-3pm; Naandwe Miikaan

Nov 6, 20-Drumming and Singing; Medicine Lodge (WHC)

Nov 7, 21; Women's Circle; 1pm-3pm; Naandwe Miikaan

Nov 15; Grief & Loss Support Group; 6pm-8pm; Medicine Lodge (WHC)



MONDAY Flu Shot Clinics - Wikwemikong Health Centre

November 5, 19, 26

8am - 4pm

WEEKEND Flu Shot Clinics - Pontiac School

Saturdays: November 10, 24

11am - 3pm

EVENING Flu Shot Clinics - Pontiac School

November 14, 28

4:30pm - 6:30pm



**** No appointments necessary for above flu shot clinics ****



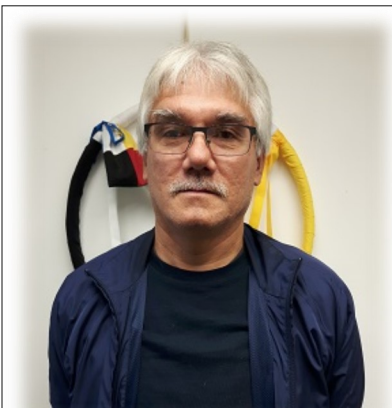
"BIINDIGEN"...Meet our WHC Family



Stephanie Peltier
Child & Youth Worker
Nookomisnaang Shelter

My name is Stephanie Peltier from Wiikwemkoong; a mother of 3 beautiful daughters and a handsome dog/furkid. I have been hired with Nookomisnaang as a Child and Youth Worker. For the last 20 years, I have worked in various fields including Mental Health & Social Services, Family Support, Criminal Justice and Addictions and as a helper to First Nations people in urban centres, Political Territorial Organizations and First Com-

munities. I have an excellent background for advocacy, crisis and grief & loss. My networks spans across Canada. I am well versed in issues facing our people globally and at grassroots. I am also a traditional Anishinaabe Kwe and come with life-long learning of our traditional ways and teachings. I love to sew, bead and create Native crafts. I also teach my children their roles and what their responsibilities are here. I mentor young women and facilitate Traditional Parenting, Nibi Teachings, Rites of Passage and Roles of Women. Working for Nookomisnaang, with the youth and as a team member, will enable me to share knowledge and help young people help themselves. I also come with life experience of accessing services when needed in the past as a women and as a parent. I have walked a path that didn't always lead me making the right choices, but in recovery my own healing journey has helped me to better myself to be a better helper and know my experiences will only help those who want and need help.



Mike Wabano
Counselor
Nookomisnaang Shelter

Mike Wabano is new to the Naandwechige-Gamig Wikwemikong Health Centre team - Nookomisnaang Shelter; starting a new role as a Shelter Counselor.

Mike's qualifications and skills come from his education, training and employment - focused on youth, counsel-

ling, healing and well-being. His previous employment includes serving as a drug and alcohol addictions worker, Youth Counsellor at a youth treatment facility and a Healing and Wellness Coordinator.

In this work, he has enjoyed many aspects of helping others on their journeys to healing and wellness.

He has been involved in providing activities and sports for children and youth with a strong belief that recreation provides our young people with transferable life skills that they can carry with them as they move through the different stages of life.

On the personal side of Mike, he tries to live life to the fullest.

He enjoys hunting and fishing and most sports. His favorite pastime is watching his grandchildren participate in sports and activities.



Naomi Debassige
Child & Youth Worker
Nookomisnaang Shelter

Naomi Debassige is new to Naandwechige-Gamig Wikwemikong Health Centre (WHC), employed as a Child and Youth Worker for the Nookomisnaang Shelter for Victims of Family Violence.

Not only is Naomi new to the WHC, but also new to working in Wiikwemkoong Unceded Territory.

She has worked in counselling in the past, having served as the Post-Secondary Counselor for M'Chigeeng First Nation - managing the Post-Secondary Student Support Program. She is a recent graduate of Laurentian University with a B.A. in Psychology and Indigenous Studies.

With Nookomisnaang at its infancy stages of establishment in the community, Naomi is happy to be a part of a team that provides a safe space for families, women, men and youth where they can heal and grow.

She sums up her thoughts with saying 'It's pretty amazing; especially with the incorporation of Indigenous teachings and healing methods. It's definitely a great privilege and presents the opportunity to learn so much more.'

On a more personal note, Naomi and her 'husband to be' with their little 'fur babies' - their cat and newest addition...a little beagle puppy.

She says spending time with them takes up most of their free time.

She also likes to spend time with family and friends, watch movies and try out new things.

Her favorite quote/motto is:

"Happiness is a way of travel, not a destination"

PLEASE BE ADVISED:

Naandwechige-Gamig
Wikwemikong Health
Centre's *Children's
Services* offices & staff
have moved to a
new location:
79 Peltier's Trail
Phone: 705-859-1262

CHI MIIGWETCH FROM
PRIMARY CARE TO ALL
WHC STAFF AND COMMUNITY
FOR HELPING WITH THIS
YEAR'S 46TH ANNUAL
WIKWEMKOONG ROAD RACE,
SUNDAY, OCTOBER 21ST, 2018.
*GREAT WORK & GREAT
MEMORIES!*

CONTACT

NAANDWECHIGE- GAMIG

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16A Complex Drive
Wikwemikong, Ontario
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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, Ext. 250
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
Shelter Manager; Mary Pheasant, Ext. 236
Amikook Seniors Centre; 705-859-2194
Naandwe Miikaan; 705-859-1390
Northwood Clinic; 705-859-3280



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



LIKE US ON...



FOLLOW US ON...



Wikyhealth.ca

Check out our weekly event announcements/highlights on WikyTV,
EVERY Monday, 9am - 4pm (top of the hour) AND ALSO on
YOUTUBE - weekly announcements/highlights videos posted Mondays.



Naandwechige-Gamig Wikwemikong Health Centre EVENTS & HIGHLIGHTS





NAANDWECHIGE-GAMIG
Wikwemikong Health Centre

MASTER OF CEREMONY

Chris Pheasant

PIPE CEREMONY

Smoking Joe Pahtayken

STICKMAN

Lester Mianskum

POTLUCK FEAST

DRUMMING & SINGING

DANCING

GIVEAWAY

Nathan Pelley

Dan Issac

Kyle Big Canoe

Dave Hookinamaw

Lorne Pawis

Brock Lewis

Micheal Hester

Dion Syrette



2018 COMMUNITY MEMORIAL ROUND DANCE

Saturday
November 24, 2018
2pm

WIKWEMIKONG
HIGH SCHOOL
GYMNASIUM

PLEASE BRING

FEAST FOOD ITEM

(Your departed loved one's favorite food)

FEAST BUNDLES

(Plates/Cutlery NOT Provided)

GIVE AWAY ITEM (Optional)

***Sacred Fire* will be on location**

REMINDER:

Women wear your skirts

CONTACT

705-859-3164 Ext. 291

Roxanne Recollet, Wellness Facilitator, rrecollet@wikyhealth.ca

OR Sarah Odjig, Wellness Facilitator, sodjig@wikyhealth.ca

NO DRUGS OR ALCOHOL