

# NAANDWECHIGE-GAMIG



WIKWEMIKONG HEALTH CENTRE NEWSLETTER

ISSUE - OCTOBER 2018



## Tis the Season - Cold and Flu

*Written by: Kerry Assiniwe*

By now, I'm sure many of us have already come across someone who is sneezing or coughing - causing us to lunge back so quick it would put Superman to shame - all in the effort to NOT get a trace of that nasty cold virus touching our bodies.

Yes, reality is - it's...here!

The cold and flu season is creeping in; ready to begin it's consumption of health and well-being.

However, as we have all known since we were brought upon this planet, there are ways or practices that we can all follow to at least help keep those attacking germs at bay.

The first step in defense is 'knowledge'. Let's take a closer look at the difference between the common cold and the 'flu', as per information shared on [Ontario.ca](http://Ontario.ca). We will do this by looking at the most common symptoms which 'may' cause

people to 'wonder' if they have a common cold or if it's possibly the flu. *See the chart below.*

This information is meant to serve as a basic guide only - not to diagnose. *Keep in mind, if you do have serious concern about symptoms, please speak to a health care professional.*

Naandwechige-Gamig Wikwemikong Health Centre Community Health-Primary Care Manager, Theresa Pangowish, says the basic 'prevention' measures should always be followed this time of year to help from spreading or getting the cold or flu germs. "I cannot stress enough the importance of handwashing. It sounds simple, but it helps prevent the spread of the common cold virus. Make sure when coughing or sneezing to do so into a tissue or your upper sleeve area covering your mouth and nose. Why you may ask? So those droplets that contain the common cold virus don't land in the air around you,

## ALSO IN THIS ISSUE...

**FASD Island Wide Event Was A Huge Success**

**Needle Exchange Program Training**

**'Scarecrow Contest' Winners**

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or fall on a surface that someone might touch later."

And if one does catch illness, the remedies can vary whether at home with rest and care and/or medication. The same goes for the flu, however there is always the option of immunization - *the 'Flu Shot'*. WHC Flu Shot Clinics will be commence in next few weeks.

For more information, contact Naandwechige-Gamig Wikwemikong Health Centre at 705-859-3164.

SYMPTOM	COLD	FLU
Fever	Rare	Common, High (39°C - 40°C); Starts suddenly; lasts 3-4 days; Not all people with flu
General Aches & Pains	Sometimes, Mild	Common, Often Severe
Muscle Aches	Sometimes, Usually Mild	Often, can be severe
Tired and Weak Fatigue (Extreme Tiredness)	Sometimes, Mild	Common, may Last 2 to 3 weeks or more
Sneezing	Unusual	Common, starts early
Complications	Common	Sometimes
Chest Discomfort and/or coughing	Can lead to sinus congestion or earache	Can lead to pneumonia and respiratory failure, worsen a current chronic respiratory condition, can be life-threatening
	Sometimes, Mild to Moderate	Common, can be severe

## FASD Island Wide Event a Huge Success

By: Amanda Mishibinijima,  
CPNP-FASD (Wiky Health Centre)

Spreading awareness about Fetal Alcohol Spectrum Disorder was front and center in Wiikwemkoong, Sunday, September 9th, 2018 at Thunderbird Park. The event, 'Stomping out the Stigma', included a banner making session to carry during a community walk; then a special guest speaker hit the stage at Thunderbird Park - R.J Formanek. He is an FASD educator and advocate speaker who started the 'Red Shoes Rock' Campaign. It spreads awareness about accepting the differences of others. People with FASD tend to get labelled for instance as bad, disruptive, doesn't care, lazy and/or trouble mak-

ers. In most cases the FASD does not get diagnosed properly, which often creates environments that are non-supportive for the persons affected by FASD.

FASD is caused by women who drink alcohol during their pregnancy. There is no safe time or safe amount to have of any alcoholic beverages throughout the entire 9 months. FASD is non-curable, however a family can find supports for development. One of the stigmas that surrounds this issue is the grief that women feel as they may feel responsible for putting this on their child. In most cases, a woman may not know she has conceived until after 10 weeks of conception. By this time a woman may have drank alcohol during this period. Another issue could be an alcohol addiction. This is a major concern for

anyone who suffers with this addiction. However, coupled with myths that it is okay to drink during pregnancy, this does not create a supportive environment for women suffering with alcoholism. In either case, we need to get to the other side of this issue. If we have a child or adult who is dealing with physical, mental or emotional developmental issues they need support. Our communities need to move beyond the stigmas and labels. We are all human and we make mistakes. There are people that still believe it's okay to drink during pregnancy and it simply is not true. We need to educate ourselves and our community and support our women during their pregnancies.

A new FASD awareness billboard was also erected in September along the roadway coming into our community.



**CONGRATS to the Winners of the  
'Nookmisnaang Wikwemikong Shelter  
'Scarecrow Contest'. The winners were announced during the  
2018 Wiikwemkoong Fall Fair weekend.**



**1st Place \$100 Gift Certificate:** Most Original; "See Spot Run"; Green House Industries from Wiky High-school

**2nd Place \$50 Gift Certificate:** Best Use of Material; "Gookookoonhs"; Kindergarten Class; Junior School

**3rd Place \$25 Gift Certificate:** Most Likely to Scare a Crow; Gerald Toulouse

**Miigwetch to all those who submitted: Daystar After-school Drop-In Gr. 2-5 Boys; Daystar Afterschool Drop-In Gr. 2-5 Girls; Robyn Assiniwe & Kids; Andrew Manitowabi Group; Ontario Works; Arianna Recollet; Hub Centre Day Care Program; Oshkabewisens**



## DOOR PRIZE

### WINNER

**Gina King  
Miigwetch to Dawn,  
Rick and kids at  
Buzwah Variety for  
the door prize  
CANDY  
filled basket!**





## NEEDLE EXCHANGE PROGRAM TRAINING

In effort to continue to work together on community safety measures and harm reduction for Wiikwemkoong, through a collaborative service supports approach, Naandwe Miikaan is currently in the process of coordinating a *Needle Exchange Program* and we are requesting your assistance to join the conversation.

*Needle Exchange Program Training* is scheduled for October 24, 2018 beginning at 9am; Location TBD

### Training Topics Include:

- Needle exchange and harm reduction best practices
- Orientation to tracking, reporting and inventory management
- Universal infection control practices
- How to pick up needles

For more information, contact  
Amy Assinewai, Care Coordinator,  
Naandwe Miikaan - (705) 859-1390





NAANDWECHIGEGAMIG  
WIKWEMIKONG  
HEALTH CENTRE

PARTICIPATION  
PASSPORT

**APPROVED**

NAME: \_\_\_\_\_

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

Come Join Us For....

## Tea & Book Swap

October 20th 2018

(Saturday)

10am - 12pm

@ The Other Half Café

1705 Wikwemikong Way

Everyone welcome; bring as many books as you like. Swap some books to refresh your reads.

Enjoy your choice of tea, coffee, cookies, tea biscuits & muffins!

Children must be accompanied by a parent/guardian. First come, first served and space may be limited. This is a drop-in event.

**FREE!**

Hosted by the Wikwemikong Shelter for Victims of Violence  
"NOOKOMISNAANG"



705-859-3164, Ext. 236  
Email: mvpheasant@wikyhealth.ca or  
lindsayt@wikyhealth.ca



## QUIT CAFÉ



MAAMWI BOONTAADAA  
6 WEEK SMOKING CESSATION PROGRAM

Thinking it's time to QUIT or CUT BACK on  
smoking 'non-traditional' tobacco?

We can help.

**Every MONDAY**

**Starting October 15, 2018**

**To November 29, 2018**

**4:30pm-6pm**

(EXCLUDING November 12th - Closed)

Mnaamodzawin N'Bwaachwen

(Community Living, 2098,

Unit F, Wikwemikong Way)

Just by attending any session, your name goes into a  
draw for a weekly gift certificate!

REGISTER WITH:

Lianne Hovingh, CHN - 705.859.3164 - Ext. 315  
lhovingh@wikyhealth.ca

# AMIKOOK SENIORS CENTRE

## EVENTS - BINAAKWII GIIZIS - OCTOBER 2018



Oct 1; Smudge 9am; Computer with Austin 9am

Oct 2; Language Class with the WHO 10am; Pumpkin Pies 10am

Oct 3; Exercise 9am; VON 10am; Afternoon Movie 1pm

Oct 4; Thanksgiving Feast 12pm

Oct 5; Quilting All Day; Exercise with Amanda 9am; MASS 10am

**Oct 8 - CLOSED FOR THANKSGIVING**

Oct 9; Surnames with the WHO 10am; Coffee House 5pm

Oct 10; Exercise 9am; VON 10am; Afternoon Movie 1pm

Oct 11; Quilting All Day; **SOUP DEAL \$4.00 11am**; **DECK THE HALL FOR HALLOWEEN**  
(Snack Provided) 1pm

Oct 12; Exercise with Amanda 9am; Quilting for Beginners (Prevention Services)

Oct 15; Smudge 9am; Computer with Austin 9am; Scrapbooking 10am

Oct 16; **Women's Outing (PLEASE REGISTER) 9am**; Language Gathering with the WHO  
10am;

Oct 17; Exercise 9am; VON 10am; ADVANCE CARE PLANNING (In Service) 1pm; Library  
Time for Seniors-Cookie Receipt Exchange 1pm

Oct 18; Quilting; Birthday Social 1pm

Oct 19; Quilting All Day; Exercise with Amanda 9am; Games & Puzzles 1pm

Oct 22; Steam, Soak & Swim 8am; Smudge 9am; Computers with Austin 9am

Oct 23; **HALLOWEEN ARTS & CRAFTS 10am**; **PUMPKIN CARVING 1pm**

Oct 24; Exercise with Amanda 9am; VON 10am; Afternoon Movie 1pm

Oct 25; Quilting All Day; Connecting with Barb - Wreath Making 1pm

Oct 26; Exercise with Amanda 9am; Quilting for Beginners (Prevention Services)

Oct 29; **Men's Outing (PLEASE REGISTER) 8:30am**; Smudge 9am; Computers with Austin  
9am; Arts & Crafts 10am; **LET'S BAKE 1pm**

Oct 30; **HALLOWEEN SOCIAL 12pm - Wear Your Costume**; Prize BINGO 7pm

Oct 31; Exercise with Amanda 9am; VON 10am; **Handing out Candies to Ghouls and  
Goblins - HAPPY HALLOWEEN!**

### 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

## EVENTS - BINAALKWII GIIZIS - OCTOBER 2018

### NOTE

**We will be closed on October 8, 2018 for Thanks Givng Day.**

#### Children's Services

(Transportation available for some programs)

Tuesdays; Prenatal CLINIC; All Day; Appointment Required (Call 705-859-3164)

Thursdays; Baby Weigh In; 1pm - 3pm; No Appointment Necessary

Singing, Laughing, and Playing; Monday evenings; 6pm-7pm; Hub Centre

Swimming With Your Tot; Tuesdays; 11am-11:55am (depart Wikwemikong @ 9:30 am); Espanola Recreation Complex

Prenatal Classes; October 3 & 10; 6:30pm-8:30pm; Community Living Centre (Mini Mall)

Mommy's Designz; October 10 & 24; 9:30am-2pm; Wikwemikong Arena

Pregnancy and Infant Loss (PAIL) Awareness Day; October 15; 4pm; For more information contact Anna Kaboni

Moss Bag Making; October 17; 9:00am-4pm; Family Centre (Band Office)

Leather Gun Case Making (limited registrations); October 22 & 23; 9am - 3pm; Location TBD

Nipissing Screening; October 25; 9am - 12pm; Naandwe Miikan

#### Primary Care

(Transportation available for some programs)

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

Oct 2, 9, 16, 23, 30; Parents & Tots Swimming; Departs WHC 9am to Espanola

Oct 3, 10, 17, 24, 31; Circuit Training; 6:15am-7am

Oct 4, 18, 25; YOGA; 4:30pm; Dance Studio

Oct 4, 11; Basketball; 6:30pm-7:30pm; High School Gym

Oct 9, 16, 23, 30; Dodgeball; 7pm-8pm; Pontiac School Gym

Oct 15; Hike; 9:30am; Location TBA

Oct 15, 22, 29; QUIT CAFÉ (Smoking Cessation 6 Week Program); 4:30pm-6pm; N'Bwaachwen (Mini Mall)

Oct 19; WALK FOR AWARENESS - Breast Cancer Awareness-Start 10am WHC Medicine Lodge;

Walk to Wiky Arena; 11:30am Guest Speaker Remarks; 12pm LUNCH (See POSTER on back)

OCTOBER 21 (SATURDAY) - WIKY ROAD RACE

Oct 22; Be Tobacco Wise; 9am; Medicine Lodge

Oct 30; Mammogram Van to Sudbury - Call WHC to Book Seat

#### Youth Services

Future Links Golf - Monday Evenings (Pre-registration Required, ages 14-18 years)

Youth Volleyball Drop In - Monday Evenings - October (Youth Centre)

Wikwemikong School of Dance - Tuesday Evenings (Individual Registration Fee Required)

Youth Mental Health Programming - Tuesday Evenings (Youth Centre)

30 Plus Volleyball League - Wednesday Evenings (High School)

Teen Zone - Wednesday Evenings (Youth Centre)

Can-Skate Manitoulin - Thursday Evenings (Individual Registration Fee Required)

18 Plus Pick Up Basketball - Thursday Evenings (High School)

Swimming Program - Sunday Afternoons (Espanola - Pre-registration Required)

Halloween Monster Ball - Monday, October 29 (Youth Centre)

After School Programs - Begin Week of October 9

Daily In-House/Drop In Activities Available Everyday - Contact Youth Centre



October 31st...  
Be safe, watch  
out for each other  
Halloween night,  
be happy and  
of course....





## "BIINDIGEN"...

### Meet our WHC Family



**Cate Pitawanakwat**  
Care Coordinator  
School Health Support Services  
(SHSS)

Aanii, I'm Cate Pitawanakwat, Care Coordinator for School Health Support Services (SHSS).

My role is to liaise between the family, school, and Health Services.

I love working with the students (and their families), it gives me an oppor-

tunity to get re-acquainted or meet new community members while helping them get the best support possible.

All my previous work has been to help others achieve their goals and my new position falls right in line with my professional journey.

Since returning home to Wiikwemikoong, I have had the pleasure of getting back out on the land to hunt, fish, learn about our traditional medicines and work the land to have my very own garden this year.

One of my favorite Mottos is *Mno Bimaadis, gegwa zegzikeh!* And I like the words of Marianne Williamson who says,

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us."* #MightyMightyWiky



**Aissa Diaz**  
Occupational Therapy Assistant  
School Health Support Services  
(SHSS)

My role in School Health Support Services is to assist the Occupational Therapist in providing occupational therapy treatment/therapeutic intervention to students to help them with their daily activities in school and complete associated documentation with it.

Being in this role, gives me a chance to get back to my passion of helping peo-

ple hands-on in a 'therapeutic' approach especially working with children in school. *New Role = New Challenges = New Adventure!*

Before starting here at the Health Centre, I graduated B.S. in Physiotherapy in the Philippines, came to Canada 6 ½ years ago and worked as a Service Coordinator for Home Care at the Canadian Red Cross in Sudbury. I then became the Therapy Team Coordinator for the Rehab Department at Care Partners.

On a personal note, I'm the only girl and eldest of 3. My whole family is in the Philippines, I love travelling whether within or out of the country. I also love watching movies on the big screen as well series programs on Netflix. I also enjoy hanging out/catching up with friends amidst our busy lives. My favorite quote is *"The only thing that is constant in this world is Change...Life Goes On..."*



**Lisa Osawamick**  
Behavior Intervention Worker  
School Health Support Services  
(SHSS)

Aanii Boozhoo. Lisa Osawamick ndishnikaaz. I am a mother and recently became a new Nokomis! I have an MSW from Wilfred Laurier-Indigenous Field of Study with a focus on trauma and addictions. I recently started a new role as School-Based Behaviour Intervention Worker under the School Health Support Services program at Naandwechige-Gamig Wikwemikong Health Centre. I will be working with the hub centre and at all the Wasse Abin Schools providing behaviour intervention services, strategies and supports to students and staff. We also provide services for neighbouring communities; M'Chigeeng, Whitefish River and Sagamok. I enjoy meeting the students and look forward in being a small part of their learning journey.

Before coming back home to Wiky, I was part of developing a joint project with the N'Swakamok Native Friendship Centre and the Greater Sudbury Police Service entitled *"Looking Ahead to Build the Spirit of our Women-Learning to Live Free from Violence."* This project brought awareness about Missing and Murdered Indigenous Women/Girls to Sudbury and surrounding communities.

In my spare time, I enjoy hand drumming, singing and attending ceremonies as well fishing, being on the water, in the bush and on the quad.

My favorite motto is:

*"Children who challenge us the most are our best teachers"*



### **And Also...**

School Health Support Services also welcomes Katarina Djeletovic - Behavior Intervention Worker. Katarina joins SHSS from her previous role at the Health Centre as a Research Assistant with the Aboriginal Children's Health and Well Being Measure.



**Katarina Djeletovic**  
Behavior Intervention Worker  
School Health Support Services (SHSS)

### **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

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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, 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



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[Wikyhealth.ca](http://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**



# OCTOBER IS



BREAST  
CANCER  
AWARENESS  
MONTH



## WALK FOR AWARENESS

OCTOBER 19, 2018

Join Naandwechige-Gamig Wikwemikong Health Centre  
In the 'Walk for Awareness' on October 19th, 2018.

The Walk is intended to raise awareness on Breast Cancer, it's impacts  
and the importance of helping to find a cure.

### AGENDA

- 10am:** Gather & Ceremony,  
Medicine Lodge, WHC
- 11am:** Walk to Arena (Upstairs)
- 11:30am** Guest Speaker: Mary Jo Wabano,  
'Personal Journey' with Breast Cancer
- 12pm:** LUNCH

*Please Wear  
Pink...for the  
'Walk for  
Awareness'!*

*Contact....*  
WHC Primary Care  
Lianne Hovingh or Courtney Wassegijig  
705-859-3164

