



### Aboriginal Youth Mentorship Program Thriving (AYMP)

For almost two years, the Wikwemikong Health Centre's (WHC) Binoojiinhak: Gwiiwzenhsak, Kwewzenhasak Facilitator has been preparing to implement the Aboriginal Youth Mentorship Program (AYMP) in Wikwemikong.

The focus of the program is to instill healthier lifestyle practices among youth between grades 3 & 4 and high school students focusing on prevention of Type 2 diabetes.

As such, the program provides awareness of healthy cooking and eating; incorporating physical activity into the learning process.

This is done through the implementation of an after school program which will be delivered to grade 4 students

with the help and mentorship of high school students.

The program came to the community through the determination of the WHC Health Services Director and other Centre representatives meeting with creators of the program. Initial discussions eventually evolved into a pilot project in the community which now sees its official implementation this month.

AYMP Wikwemikong Community Research Assistant, Roxanne Mandamin, is tasked to not only plan, implement and monitor the various AYMP initiatives, she is also responsible for collecting data to feed into the national AYMP initiative.

"It's important as First Nations to educate our children about Type 2 Diabetes and how we can prevent and conquer it through living a healthier lifestyle. We need this program in order to benefit the future wellness of our community as a whole".

Jon McGavock, Associate Professor at the University of Manitoba and AYMP Lead Researcher has worked with other professionals nationwide through the AYMP initiative. As a result he has seen the negative impacts of diabetes, especially in Northern Canada.

"I came in as someone who was interested in diabetes

### IN THIS ISSUE...

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"Living with FASD"

*Ground Ready for*  
*New Victims of Violence*  
*Shelter Construction*

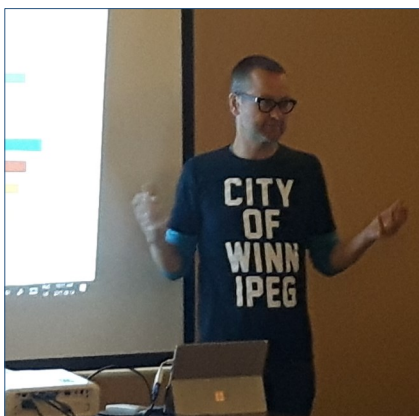
*Health Advisory:*  
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up north in an Oji-Cree community, Garden Hill, that has one of the highest rates of type 2 diabetes in the world. In Canada, one in a hundred thousand children have type 2 diabetes and in Garden Hill, its one in a hundred so it's like a thousand times the national average".

It's hoped that the numbers don't reach anywhere near those levels in Wikwemikong which makes initiatives like AYMP critical to overall community well-being.



*AYMP's Lead Researcher, Jon McGavock, Associate Professor, University of Manitoba, presents during the AYMP Eastern Door Mtg & Training, Sept. 14-16 @ Manitoulin Conference Centre-Little Current, ON*



*From left to right: Addy Poulette (Kahnawake), Marnie Anderson (Laurentian University), Kyle Zacherie (Kawhnawake), Rita Corbiere (Elder-Wikwemkoong), Donna Ivimey (Queen's University), Jenna Stacey (University of Manitoba), Roxanne Mandamin (AYMP Wikwemikong Community Research Assistant)*



Motivational speaker Myles Himmelreich lives with FASD and dedicates his life to spreading awareness about it. WHC hosted Myles at the Wiky arena on Sept. 9 for the 12th annual FASD Awareness Day. Himmelreich also helped unveil the new FASD billboard in the community; a creation done by poster contest winner Annie Wemigwans. Also pictured below is t-shirt contest winner Hannah Peltier.

### International/National Motivational Speaker Living with FASD Educates and Spreads Awareness

The Wikwemikong Health Centre's Children's Services unit hosted its 12th Annual Fetal Alcohol Spectrum Disorder (FASD) Awareness Day Event on September 9th.

It was a full day workshop at the Wiky arena that featured international/national motivational speaker Myles Himmelreich, a Calgary resident living with FASD.

As he does worldwide, Himmelreich shared his life story through his presentation: *Living with FASD, Finding Purpose*.

His focus is to bring awareness and education to not only the general public or community, but to those who have a responsibility to also educate, to create or change policy, to conduct research or make relevant decisions in the context of mental health/health and wellness; with a focus on impacts of/on FASD.

He provides deep insight into his experiences living with FASD including the challenges and the successes he's faced. According to the WHC's Children's Services FASD Awareness Coordinator, Amanda Mishibinijima, inviting Himmelreich to the community was a real inspiration to all who attended.

"I heard him speak at the FASD G7 conference in Sudbury three years ago. He is well known in the FASD educating and advocating world...a very engaging speaker with lots to share."

Not only did he conduct his day long presentation/workshop, but he also partook in the official unveiling of the new FASD billboard, which currently stands in an area just as one enters Wiky.

The billboard comes as a result of a contest held amongst youth, through WHC's FASD initiative that Mishibinijima coordinates. The initiatives focusing on classroom education and awareness sessions about FASD whereby the contest was implemented. Highschool students were asked to create either a poster, a t-shirt or a written essay about FASD.



The winner of the poster contest, which is now on the billboard, is Annie Wemigwans; and for the T-shirt design, Hannah Peltier. Each also won a \$200-dollar prize.

Mishibinijima is proud to say that the WHC FASD awareness initiative has proven successful over the years and hopes are...that will continue.

"In doing the awareness, I also find that I touch some of the students in their impacts of themselves in possibly having FASD." And even more, she notes that educational representatives are also showing an increased dedicated commitment to learning and being part of the awareness initiatives.

**OCTOBER IS BREAST CANCER AWARENESS MONTH**

Wikwemikong Health Centre Presents...  
 Dinner & Movie Night  
 October 10, 2017  
 Wikwemikong Arena

Doors Open @ 4:30pm  
 Dinner @ 5pm  
 Movie @ 6pm  
 Free Admission

RSVP  
 705-859-3164  
 Extension 300  
 Adults Only Event

## **Blastomycosis: Be Aware and Be Careful**

Tis the season for increased potential of exposure to the fungus that causes *blastomycosis*; an infection caused by the fungus *Blastomyces*.

The fungus is found in moist acidic soil in parts of Northern Ontario, Manitoba, Saskatchewan, Quebec as well as other areas around the Great Lakes and Mississippi Valley.

Manitoulin Island is an area of high potential for exposure to the fungus. And according to the Wikwemikong Health Centre's Daniel Wassengeso, Community & Environmental Health Representative, Manitoulin has already seen cases of the infection.

"Through information provided by Health Canada, there have been seven diagnosed cases on the west end of Manitoulin and all are currently under treatment."

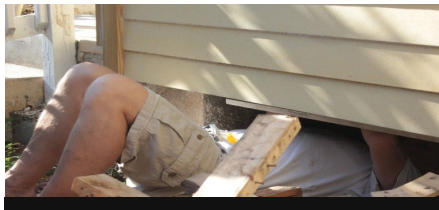
He adds that of utmost importance right now, is to inform citizens about preventative measures in an effort to minimize exposure.

Exposure is elevated when working in moist soil areas, such as under a house,

camp, porch or shed, raking leaves or gardening or even cutting down trees and chopping wood. Exposure can happen through inhaling the microscopic spores or they can enter through open wounds and even through bruises- although not very common.



*Blastomycosis fungus spores can be released by cutting or chopping older trees*



*Working under houses, sheds or porches can also disturb blastomycosis fungus in ground*



*Raking leaves or gardening is also a way that the blastomycosis fungus spores can be disturbed and released*

"If you do any outdoor activities that involve 'disturbing' soil/ground, there are precautionary measures you can take. These include wearing work gloves, proper footwear, long pants, long-sleeved shirts, and a disposable N95 or greater approved HEPA filter dust mask readily available anywhere," says Wassengeso.

Some of the most common symptoms of blastomycosis are similar to those of the flu or pneumonia. That means symptoms like low fever, chills, muscle aches, tiredness, joint pain, persistent cough, chills, unexplained weight loss or skin sores. In some people, such as those who have weakened immune systems, the infection can become severe, especially if it spreads from the lungs to other organs. And, it can be fatal.

If you or someone you know have these symptoms, you should let your health care provider know that you 'may' have been exposed to blastomycosis.

**One last note, dogs and cats are also very susceptible to blastomycosis. So, as a precaution, wipe their feet, face and body in case they may have come across the fungus while outdoors.**

## **Donation to Manitoulin Community Food Network to Benefit Good Food Box Program**

The 'Redrum Motorcycle Club' Spirit Island Chapter made a donation of \$4,165.00 to the Manitoulin Community Food Network. The network assists the Manitoulin Good Food Box Program which Wikwemikong is a part of. The Chapter raised the funds during it's 3rd Annual Manitoulin Motorcycle Run, held annually during the Labour Day weekend. Other Ontario Chapters of the Club joined in the run. They also received donations from Manitoulin businesses and communities. The Wikwemikong Health Centre assists in

providing the Good Food Box Program to Wiiwemkoong citizens through the help of staff volunteers. Community citizens are reminded that orders for the food boxes are due on the 1st of each month with pick-up at the WHC on the 3rd Tuesday each month.



*Redrum Motorcycle Club, Spirit Island Chapter donates \$4,165.00 to the Manitoulin Community Food Network; assists Good Food Box. WHC's Judy Black and Yvette Assinewai on hand to represent WHC as volunteers offering program to Wiiwemkoong community.*



*WHC volunteers help unload Good Food Boxes for Wiiwemkoong citizens who purchased one. Orders due by 1st of each month with pick-up on 3rd Tuesday each month.*

## Grounds Ready for New Victims of Violence Shelter in Wiikwemkoong

The ground for the soon to be built shelter for victims of violence was traditionally blessed on September 6th.

Wiikwemkoong citizens, leaders and visitors gathered for the groundbreaking ceremony.

The establishment of the facility, which will be located on Genevieve Street, has been made possible through a contribution from the federal government of 2.3 million dollars to the Wikwemikong Health Centre.

The Shelter will provide an immediate temporary safe haven for women, children, youth and men who are victims of violence. Services and programs will also be based on the Anishinabe culture.

The 8,000 square foot shelter will feature 13 bedrooms and two family suites. In total, the facility will be able to accommodate 17 individuals when at full capacity. Completion of the shelter is expected in late summer or fall 2018.



Ogimaa (Chief) Duke Peltier (Wiikwemkoong Unceded Territory), Councillor Cecilia Pitawanakwat, Donna Debassige-Kwewag Council for Anishinabek Nations, Rita Corbiere-Elder, Phyllis Williams-Elder, Mary Jo Wabano-Health Services Director-Wikwemikong Health Centre, Mary Pheasant-Wikwemikong Shelter Manager and Robert Pheasant (in back)-conducted pipe ceremony

## Citizens are Reminded to Safely Dispose Needles, Syringes, Auto Injectors, Infusion Sets and Lancets

Wikwemikong Health Centre representatives from the Home Care-Primary Care program are reminding citizens to properly dispose any needles, syringes, auto injectors (*ie: epi-pens*), infusion sets, lancets and connection needles/sets (*ie: home hemodialysis*)

These items are often referred to as

‘Sharps’ which is the medical term. They are devices with sharp points that can puncture or cut skin; commonly used at home, work or during travel to manage various health/medical conditions.

Used devices, if just put in a regular garbage bag or bin, pose a risk of falling out or puncturing through then possibly puncturing, poking or cutting someone.

And that can lead to the spread of disease, the most common being: Hepatitis B (HBV), Hepatitis C (HCV); and HIV.

WHC representatives stress that ‘used sharps’ should be immediately placed in a ‘sharps disposal container’ (*see photo below*). The disposal containers are made of puncture-resistant plastic with leak-resistant sides and bottom as well as a tight fitting, puncture-resistant lid. If one is not readily available, you can also use something like a heavy duty plastic laundry detergent container.



## Pilot Project Underway in Community for Children with Exceptional Needs

School Health Support Services is a pilot project launched by the partnership of the Health & Education Leadership from four First Nation communities: Sagamok First Nation, Whitefish River First Nation, M’Chigeeng First Nation, and Wiikwemkoong-coordinated through the Wikwemikong Health Centre.

The project began from the voices of parents and community members of children with exceptional needs. The community felt that specialized services

for their children in schools were not adequate, leading them to fall further behind in their learning and education. With Wiikwemkoong’s leadership, a proposal was made to Health Canada to request for funding to meet children’s needs. The aim of this project is to improve the health of school-aged children through a centralized shared-care model by providing on-site services in occupational therapy, physiotherapy, speech-language pathology, and psycho-educational therapy. With early intervention and improved access attendance rates, academic achievement and long-term health outcomes can be improved for our children with exceptional needs.

If you need a ‘Sharps’ disposal container, you can get one by providing either the health centre or a pharmacist with a valid prescription from your physician to show that you require the ‘sharp’ device you are using.

If you need more information or would like to obtain a disposal container, please contact Lisa Madahbee, Diabetes Wellness Nurse @ WHC: 705-859-3164, Extension 296.



## "Biindigen"

Meet our WHC Nigodweyaangiziwin (*Family*)



**Robin Peltier**  
Administrative Clerk  
Front Reception

Robin Peltier is no stranger to the WHC and certainly not to the community either. She has worked at the Centre for 16 years in various

capacities. Her most recent being front reception as an Administrative Clerk. Her responsibilities include the scheduling and booking of appointments for the nurse practitioners, family physicians, teleophthamology, dieticians etc. For those who know Robin aka 'Pitchees', they know she loves working to help her community of Wiikwemkoong in any way she possibly can. Robin is a mom to two children; Travis and Selene and spouse to Darren-also in the 'health' field (*paramedic*). When she isn't busy with work, Robin spends as much time as possible with her family or friends fishing, travelling and watching her children participate in sports or other physical activities.



**Marilyn Kimewon,**  
Administrative Support  
Nadmadwin Mental Health Clinic

Marilyn Kimewon is a lady of many talents. Over the past 22 years, she has worked at the WHC in various administrative support roles.

Everyday she is responsible for filing and clerical duties that help ensure effective daily operations of the Clinic.

She prides herself in assisting people acquire the quality of care they require. For Marilyn, this is the most rewarding aspect of working at the WHC.

On a personal note, before moving to Wiikwemkoong, Marilyn lived in Michigan until she was 17 years old. She has a twin sister and a daughter Pamela.

Marilyn loves to jog...but admits she is currently a 'non-jogger'; and she's happiest when she's mowing the lawn.

Her favorite quote is: *'Workin!'*

Kim Manitowabi has been working for the Wikwemikong Health Centre for the past five years; starting off working for the medical transportation unit before moving to the front reception area.

Her daily responsibilities keep her very busy as she does everything from booking appointments and ordering supplies to filing and compiling clinic stats. She loves working at the WHC because she wants to help citizens of her community.

Outside of work, she's a mother, grandmother and wife of Randy-who also works at the WHC.

For fun, Kim is all about spending time with family, friends and 4-wheeling!



**Kim Manitowabi,**  
Administrative Support  
Front Reception

**"Aambe Baapdaa!"** (*Let's laugh!*)

*'What did the red light say to the green'*

*'Don't look, I'm changing!'*

*'Why was the computer late for work''*

*'Because it had a 'hard drive''*



# WHC CALENDAR OCTOBER 2017

## Children's Services

Mondays: Sing, Laugh & Play; 6pm-7 pm @ Hub Centre

Tuesdays: 1pm-3pm; No appointment necessary (NOTE: *NO weigh-ins on October 24*)

October 17: Infant Massage; 1pm-3pm @ Wasse-Abin Highschool Public Library

October 3, 10, 17: Bead & Tea for Mothers of Children between 0-6 years old; 6p-8pm; MPR @ WHC

October 19: Pumpkin Carving for Children 0-6yrs; 5pm-7pm; Wikwemikong Public Library; Must be accompanied by adult

## Primary/Community Care ; October is Breast Cancer Awareness Month ALSO NOTE: Flu Shot Clinics TBA - See FB for updates

Mondays: Circuit Training; 4:30pm-5:30; @ Dance Studio

Tuesdays: Drum Fit; 10am; @ Dance Studio

Tuesdays: Volleyball Ages 30+; 6pm-8pm; @ Pontiac School

Tuesdays: Aqua Fit: Van leaves WHC @ 8:15am to Espanola (Must Register)

Wednesdays: Archery for ages 19+; 5pm; @ Thunderbird Park (Must Register)

Wednesdays: Blood Pressure Screenings; 10am-12pm; call 705-859-3164 Ext. 303 for locations

Thursdays: Mino-bimaaziwin; 1pm-3pm & 6pm-8pm; Mnjaamowin Centre

October 6: Hike & Nature Walk; Bridal Veil Falls-Kagawong; 705-859-3164 Extension 294

October 12, 19, 26: Morning Boot Camp; 6:30am; @ Dance Studio

October 12, 19, 26: YOGA; 4:30pm; Dance Studio

October 13: Soup Kitchen Lunch & Learn; @ High School Library; Contact 705-859-3164 Extension 294

October 15: 10KM WIKY ROAD RACE; Contact 705-859-3164 Extension 303

October 20: Soupalicious; 10am; Buzwah Church

October 23 & 30: Diabetes Prevention Program Day; 12:30pm-3:30pm; Contact 705-859-3164 Extension 294

October 25: Men's Hockey for ages 30+; 8pm; @ Wiky Arena

## Nadmadwin Mental Health Contact: 705-859-2330

Monday's Meditation-4pm @ WHC Medicine Lodge & Tuesday-10am @ WHC Medicine Lodge

Pre-Registrations for Mental Health First Aid Canada-DECEMBER 4th & 5th Training Sessions; Contact 705-859-2330

## Amikook Seniors Centre (Note: will be CLOSED Monday, October 9-Thanksgiving Day)

Wednesdays: VON; 10am-12pm

October 2, 17: Games, Puzzles: 1pm

October 3, 24: Language Class/Gathering; 10am

October 10, 23: Afternoon Movie; 1pm

October 11, 18, 25: Exercise Class; 9am

October 6, 12, 13, 19, 20, 26 & 27: Quilting

October 12: Soup & Scone Meal Deal \$3.00; 11am

October 16, 23: Crafts and Sewing; 1pm

October 22 & 23: Soak and Swim (Monday for women; Tuesday for men)

October 26: Connecting with Barb; Wreath Making; 1pm-3pm

October 27: BINGO; 7pm

October 30: Birthday & HALLOWEEN Social; 12pm

October 31: Handing out Halloween Candies!

## Youth Services & Centre-(705) 859-3597 HOURS: Monday - Thursday 4pm - 9pm; Friday til 10pm and Saturday 2pm -10pm

October Programming: Weight Room, Drop In, Cooking Classes, Movie Night, Weekend Programming

Leanne: OCF Culture Trip, Silvercity Movie Trip-Sudbury, Arts & Craft Night, Healthy Workshops, Babysitter Training

Roxanne: Karate, AYMP After School Program, Explore the Outdoors, HKCC Lil Chefs, Swimming-Espanola

Jessica: Right To Play After School Program, Youth Leadership Program

Jesse: Outdoor Lacrosse, Multi-Sports, Morning Fitness

Active Living Studio: Swimming, Wikwemikong School of Dance, Can-Skate

*Please Note: Due to ongoing construction, the Youth Centre gymnasium is NOT accessible*

## OTHER EVENTS IN COMMUNITY

### ANNUAL DIABETES WALK

October 12

8am Pipe Ceremony @ WHC

Medicine Lodge

10am Walk starts @

Wasse-Abin Highschool

11:30am Brunch @ Wiky Arena

### 45th WIKY ROAD RACE

October 15

All Ages

\$20 Registration-Adults

\$10 Registration-Students

Contact

Wikwemikong Health Centre

Wikwemikong Board of Education

### PROUD TO PARENT CONFERENCE

October 25 & 26

Wiky Arena

Register Online Through Link

on WHC Facebook page

\$150 Fee

Non-Agency affiliated Wiky Band

Members Admitted FREE

But Still MUST Register

### SAVE THE DATE

WIKWEMKOONG MEMORIAL

ROUND DANCE

November 25, 2017

Wasse-Abin Highschool



And...



## 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



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



LIKE US ON...

facebook



.WIKYHEALTH.CA



## 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. 320 & 321**

**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))

# PROUD TO PARENT CONFERENCE *"...a cycle of pride"*

OCTOBER 25 & 26, 2017

WIKWEMIKONG ARENA



## Presenting...



**STEPHANIE  
GEORGE**  
*Postpartum Depression,  
Breastfeeding  
& Bonding*



**SYLVIA RECOLLET**  
*Co-Parenting: The Good, The  
Bad & The Ugly*



**KEYNOTE SPEAKER**  
*Janet Fox,*  
*Traditional Family Healing*

**DAN GARCIA**  
*Reclaiming Our  
Anishinabe Roots,  
Men's Roles  
& Responsibilities*



**SARAH WELLS**  
*Understanding Temperament in  
the Family & Transitioning  
Together-The Move to School or  
Daycare*



**AMY ASSINEWAI**  
*'Mirror'  
Communication*

**REGISTRATION \$150.00**

NON-AGENCY  
WIKWEMIKONG  
BAND MEMBERS  
FREE



**DEADLINE:**  
FRIDAY, OCTOBER 13, 2017

CONTACT WHC  
CHILDREN'S SERVICES  
705-859-3164  
ANNA KABONI EXT. 298  
DAPHNE CORBIERE EXT. 299

**REGISTRATION FORMS:**  
AVAILABLE ONLINE  
THROUGH OUR  
FACEBOOK PAGE  
OR BY EMAIL  
HARD COPIES @ WHC

**BROUGHT TO YOU BY CHILDREN'S SERVICES**

**(NO ONSITE CHILDCARE SERVICES AVAILABLE)**

**NAANDWECHIGE-GAMIG WIKWEMIKONG HEALTH CENTRE**