

Newsletter

APRIL – JUNE 2023

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MNAAMODZAWIN
HEALTH SERVICES INC.

A Sense of Pride

On March 25, 2023, Mnaamodzawin hosted its annual 2SLGBTQ+ Conference at the Manitoulin Hotel and Conference Center. The conference theme this year was Coming In: Claiming Your Space in the Circle and was well attended despite the inclement weather and road conditions that day. The conference began with a Fire Teaching with Elder Josh Eshkawkogan, accompanied by Mnaamodzawin Executive Director, Craig Abotossaway. An open panel discussion revealed the gaps in service and education that most would like to see offered on Manitoulin Island for individuals, allies, and parents of 2SLGBTQ+. After lunch, Mark Seabrook led the group through guided woodland art and Nookomis Oshkabewisens provided a teaching on Talking Sticks and guided the group on how to make their own. Two lucky participants won an iPad and a pair of Beats headphones.



In the months following the conference, Mnaamodzawin has proceeded with expanding its Sex & Gender Diversity Program by hiring a Two Spirit Elder, 2SLGBTQ+ Activities Coordinator, and a Mental Health Counsellor to help support Manitoulin's 2SLGBTQ+ community. Follow us on Facebook for the latest news and upcoming events.

Niibin It is Summer



Welcome to the July 2023 edition of Mnaamodzawin Health Service's newsletter. In an effort to keep our service communities in the know, we would like to take this opportunity to introduce you to some of our past, current and future events. If you have any suggestions for events or health promotion ideas for your community, drop us a line at our main office in Aundeck Omni Kanning by calling 705-368-2182. Miigwech.



July 2023 Newsletter

Partnerships



Partnership: Pride Manitoulin

Mnaamodzawin Health Services is excited to announce that they will be continuing the legacy of Pride Manitoulin from founder and chair, Sarah Seabrook. As part of the 2SLGBTQ+ initiative and Sex & Gender Diversity Program, Mnaamodzawin will be responsible for the planning and execution of Manitoulin's annual Pride Weekend that takes place every year in August. For this year's Pride Weekend on August 17 to 20, Mnaamodzawin will be working with Sarah and a group of volunteers to plan events across Manitoulin Island. There are lots of family friendly, fun, and educational events in store, so stay tuned for the schedule to be announced soon. See our Facebook page for upcoming 2SLGBTQ+ activities and events.

Partnership: Northern Ontario School of Medicine

Between May 8 and June 2, Mnaamodzawin hosted four medical students from the Northern Ontario School of Medicine (NOSM). These students are in their first year of the NOSM MD program and are studying to become doctors. As part of the cultural component of learning, NOSM MD students are to live, work and interact in a First Nation community. Carter, Johnny, Rachel and Melissa job shadowed with the various departments and programs of Mnaamodzawin Health Services, travelling the Island and meeting with clients and staff. At the end of their placement, the NOSM students presented their observations at the Spring Ceremony on June 2 and received ribbon skirts and shirts for their efforts.



Executive Director, Craig Abotossaway with NOSM medical students: Rachel, Melissa, Johnny & Carter

Open House



Open for Business

Mnaamodzawin Health Services hosted an Open House on July 5, 2023 to showcase the new addition to the building. Mnaamodzawin was able to secure monies to finance an expansion to the building with construction beginning in November 2022. MCI prepared the foundation and Preeminent Construction completed the rest of the renovation. Three new office spaces were created, along with an expanded board room and outdoor patio area.

The Open House was open to the public and our community partners, board members, and local dignitaries were invited to the event. Tours were provided by the Executive Director, Craig Abotossaway that included the new wall murals painted by local artists, Duncan Pheasant and Ivan Shawana. The Open House also provided an opportunity for our services and programs to be on display, and for our Meals on Wheels chefs to showcase their culinary skills with appetizers like venison sliders, smoked trout rillette, blueberry granita, and cedar iced tea. More than 70 people attended the Open House. If you would like to see the new and improved Mnaamodzawin Health Services, please stop by the office for a tour.

On the Left: Building expansion has the roof trusses installed in December 2022. On the right: Local artist Duncan Pheasant poses in front of his wall mural in the administration hallway.



Grand opening on July 5, 2023. Executive Director, Craig Abotossaway and Board of Director Chair, Kevin Mossip, cut the ribbon on the new outdoor patio area as staff gather in the background.

Pride Flags AND WHAT THEY STAND FOR



Two Spirit Pride



Rainbow Pride

Trans Pride



Progress Pride

Asexual Pride



Non-Binary Pride

Lesbian Pride



Bi-Sexual Pride

Genderfluid Pride



PanSexual Pride

The first Pride flag was created by Gilbert Baker in 1978. Over the past 45 years, the rainbow Pride flag has become a symbol synonymous with the LGBTQ+ community and its fight for equal rights and acceptance. In the original eight-color version, pink stood for sexuality, red for life, orange for healing, yellow for the sun, green for nature, turquoise for art, indigo for harmony, and violet for spirit.

Bindiigen

New Staff



Mnaamodzawin Health Services is proud to welcome new staff to the team. Shelby Hester is a new addition to the Home and Community Care department. She joins the team as a Community Health Nurse. And Leslie Taylor joins the Sex and Gender Diversity Program as our 2SLGBTQ+ Activities Coordinator.

We are also pleased to have a summer student this year. Willow Corbiere is our Health Promotion Support Worker until the end of summer when she returns to her studies as a nurse at Cambrian College.



I'm Shelby, a new community health nurse with the Mnaamodzawin team. I am very excited to meet everyone! I am from the west end of the Island and have grown up here. I love exploring the land through hiking, sea-dooing and other adventures. I went away to school at Laurentian and quickly came back home to start working in my community. I have a passion towards creating healthy, happy, holistic, healthcare experience for everyone and hope to work with you all towards this. If you see me around yell "hey" as I get to know everyone.

Shelby Hester

Aanii. My name is Leslie (she/her) and I was born and raised on Manitoulin, and now reside in Mindemoya with my wife on our beautiful flower farm, Island Roots. I am a passionate flower farmer, carpenter, home cook, sports enthusiast, hunter and sunset chaser while on my outdoor adventures.

I obtained my Bachelor of Science in Human Kinetics from the University of Guelph in 2014 and registered with the College of Kinesiologists of Ontario. Since registration I worked as a Kinesiologist at Manitoulin Physio Centre where I developed positive relationships with the residents of Manitoulin. After a decade of direct client care and facilitating group education courses, I look to utilize my acquired skills to develop the 2SLGBTQ+ Activities Coordinator position at Mnaamodzawin Health Services. As the 2SLGBTQ+ Activities Coordinator, I look forward to enhancing my knowledge in 2SLGBTQ+ history and creating a safe and inclusive space for visitors and the community who call Manitoulin home.



Leslie Taylor



My name Willow and I am the Summer Student Support Worker for Mnaamodzawin. I just finished my first year Practical Nursing program with Georgian College and moved back home for the summer. My most current goals are to finish school and work close to home for a bit till I can work up north with other indigenous communities. I like to spend my free time outdoors or with my family and friends.

Willow Corbiere

Traditional Healer



Mnaamodzawin Health Services

Arrole Lawrence Traditional Healer

Arrole Lawrence is a Saulteaux healer and bandmember of the Keeseekoowenin First Nation. As a healer, Arrole specializes in finding individual solutions to problems that affect the mental, physical, spiritual and emotional being.

Mnaamodzawin Health Services - August 21

AOK Health Centre - August 22

Sheguiandah Health Centre - August 23

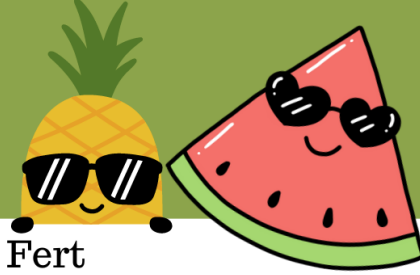
WRFN Health Centre - August 24

****Appointments will be IN PERSON at the participating community health centres**



For appointments, please contact Robin Maltby at:
(705)368-2182 ext.230 or
robin.maltby@mnaamodzawin.com

Spotlight



Alternative Therapies with Nathalie Fert

Nathalie Fert is a healer and a professionally graduated Reiki Master with membership in Reiki Healing Association (RHA). She is also a member of the International Association of Therapists (IAOTH) which recognizes her certifications in Holistic Herbalism, Crystal Healing, Aromatherapy, Alternative Medicine, and Holistic Therapies in addition to her specialties in Healing Wicca. Through the Complementary Therapists Accredited Association (CTAA), she practices many massage methods including Relaxation, Hawaiian Lomi Lomi, Indian Head, Seated Chair Massage, and the therapeutic use of hot stones. Nathalie continues to study in Acupressure Traditional Chinese Medicine & Professional Hijama Cupping Therapy.

Nathalie works with several First Nation Health Centres on Manitoulin, including Mnaamodzawin Health Services. You can make an appointment with Nathalie by contacting our Program Assistant, Robin Maltby at 705-368-2182 ext. 230 or email robin.maltby@mnaamodzawin.com.



Naturopath Clinic with Dr Tara Clapp

Naturopathic doctor Dr. Tara Clapp will be providing in-person appointments on Monday, August 14. You can make an appointment with Dr. Clapp by contacting our Program Assistant, Robin Maltby at 705-368-2182 ext. 230 or email robin.maltby@mnaamodzawin.com.

Coming Events



Mark it on a calendar

August 14 - Naturopath clinic with Dr. Clapp

August 17 - Psychiatry Clinic with Dr Koka

August 17-20- Manitoulin Pride Weekend

August 21-24 -Traditional Healer Arrole Lawrence

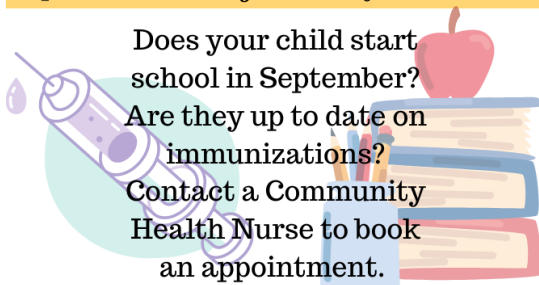
September 7 - Child Psychiatry Clinic with Dr Sanchez

September 11-14 - Traditional Healer Doreen South

September 21 - Psychiatry clinic with Dr Koka

September 23 - Grief Camp with Christine Dernederlanden

September 29- Orange Shirt Day at MHS



Does your child start school in September?

Are they up to date on immunizations?

Contact a Community Health Nurse to book an appointment.

Niibin- it is Summer

naakdowendisan- take care of yourself

A'nimkiika- it's thundering

Mino Naakzhe- nice evening

minwaate - warm and sunny

Aabiji Zhoomiingwenin- keep smiling

Ka waabmin- see you later

Gazhaate - it's hot

Nooch- move over



MEALS ON WHEELS

delivered Tuesdays and Thursdays
Contact Home Care department for more information.

Office Closures

Mnaamodzawin will be closed on the following days:

AUGUST 7- Civic Holiday

SEPTEMBER 4 - Labour Day

OCTOBER 9 - Thanksgiving