

Newsletter

JULY – SEPT 2023

48A Hillside Rd Postal Bag 2003
Aundeck Omni Kanning, ON P0P 1K0
705-368-2182 Fax: 705-368-2229
www.mnaamodzawin.com



MNAAMODZAWIN
HEALTH SERVICES INC.



A Weekend Full of Pride

The weekend of August 17 to 20, 2023, marked Manitoulin's annual Pride weekend. Mnaamodzawin staff, along with volunteers from Pride Manitoulin, planned and executed a weekend full of activities. Starting with the (indoor) flag raising and Outspoken: Queer 101 presentation by Bobby Hudon on a rainy Thursday evening, to a Two-Spirit drum circle, painting activity, u-pick flower event and Glow Party concert on Friday, the weekend of fun was just beginning. A beautiful Saturday morning saw a 5km Color Run, Amazing Race family edition, intro to archery with Rainbow Hood, Express Yourself make-up tutorial, and an adult fun-filled evening with Queer trivia and Drag Show at the Little Current Legion. On a sunny Sunday, the Pride parade wended through the downtown core of Little Current and ended with a community BBQ at the United Church parking lot. All events were well attended and the crowds were pleased, with many saying that they would return next year. We would like to thank all of our sponsors and volunteers who helped make this a successful Pride weekend.

Dgwaagi Bindiigen



Welcome to the October 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.



Partnerships



Team Challenge 2023

In honor of our missing children and as a lead up to National Truth & Reconciliation Day, for the month of September, Mnaamodzawin Health Services challenged Island health agencies to a Team Challenge. Individuals and teams were asked to keep track of the minutes of exercise they completed on a daily basis. For every 10 minutes of exercise (walk, bike, run, canoe), you earned 1 point. Prizes were given out weekly to the individual who logged the most points and their points were added to the cumulative total of their agency. On September 29, at the Truth & Reconciliation Ceremony, the winner of the Team Challenge was announced. Congratulations to Veronica Roy from KTEI for the top individual points of 300 and MHS who won with a combined total of 2192.6 points!



Partnership: Gwekwaadziwin Miikan

Gwekwaadziwin Miikan Youth Mental Health & Addiction Program is a 3 phase program that offers land based treatment, live in after care and community aftercare programs for young adults 19+ struggling with addictions and other mental health issues. Gwekwaadziwin Miikan weaves traditional culture with therapeutic best practices and outdoor experiential learning to offer a full spectrum of care for individuals on their path to recovery. Mnaamodzawin is proud to be a partner agency by providing nursing services such as immunizations, first aid, and health check-ups for their clients. As a reciprocal relationship, Gwek receives referrals from our mental health department and we share traditional healing services.



Meals on Wheels



Eating it up: positive feedback

Mnaamodzawin's Meals on Wheels Program is in its second year of existence. In an effort to always improve our services, we hired a third party to conduct a survey with our Meals on Wheels clients, asking them for their feedback on the program and the meals offered. For the second year in a row, the feedback has been positive. There were 11 questions on the survey and we had 58 clients participate. Here is a little taste of the results.

**MEALS ON WHEELS HAS HELPED ME
IMPROVE OR MAINTAIN MY
NUTRITIONAL INTAKE.**

yes 90% **no 10%**

**I AM SATISFIED WITH THE QUALITY
AND VARIETY OF FOOD.**

yes 79% **no 21%**

**HOW WOULD YOU RATE THE
TASTE OF FOOD?**

excellent 21%

average 72%

below average 7%

**I HAVE BEEN ABLE TO STAY IN MY
HOME BECAUSE OF MEALS ON WHEELS.**

yes 83% **no 17%**

**I WOULD RECOMMEND MEALS ON
WHEELS TO A FRIEND.**

yes 86% **no 14%**

**HOW DOES MEALS ON WHEELS
BENEFIT YOU?**

convenient

nutritional

accessible

MNAAMODZAWIN HEALTH SERVICES WOULD LIKE TO EXTEND A

CHI MIIGWECH

TO OUR

**PRIDE MANITOULIN
SUPPORTERS**



valu-mart



IndigenEd

Indigenous Education



Flower Farm



Sheshegwaning First Nation



United Church of Canada



DJ Tom A Haw



Manitoulin Hotel  Conference Centre



BE A SUPPORTER FOR PRIDE MANITOULIN IN 2024

CONTACT MNAAMODZAWIN HEALTH SERVICES AT 705-368-2182 OR EMAIL REBECCA

AT REBECCA.MILNE@MNAAMODZAWIN.COM

Bindiigen

New Staff



Mnaamodzawin Health Services is proud to welcome new staff to the team. Anne Julie Lozeau the newest addition to the Mental Health team. She will be our fifth Mental Health Clinician.



Anne Julie Lozeau

I'm Anne-Julie, or A-J for short, and I am the new Mental Health Clinician with Mnaamodzawin Health Services. I'm originally from the suburbs of Montreal, a pure Québécoise with French/English Canadian origins. My partner and I moved to beautiful Manitoulin Island a year ago with our dog and we are in love with the island and everyone living here. For the past years, I have mostly worked with the Cree population in Quebec as a social worker in Ouje-Bougoumou and Mistissini, and as a clinical advisor for the Cree Health Board. I obtained a Bachelor of Art from the University of Montreal and a Bachelor of Social Work from McGill University. Currently, I am pursuing my Master's degree in Indigenous Trauma and Resilience at the University of Toronto.

Here are 3 Random facts about me:

- **Baking sweets and decorating cakes bring me happiness!**
- **Figure skating, dancing, and exercising are things I really enjoy and need in my life.**
- **Finally, I cannot leave the house without earrings... Ever!**

I cannot wait to meet you, get to know all of you, and to start this exciting journey.



Baa maa pii

On June 28, 2023 our beloved buddy and Finance Assistant, Roberta Watts finally retired. Roberta had worked for Mnaamodzawin for over 5 years in a variety of roles, from casual receptionist to inventory to finance. We enjoyed a small good-bye party for Roberta and shared a delicious cake with a hilarious message of 'quitter' written on it. Roberta received many well wishes and gifts, including an engraved charcuterie board from Mnaamodzawin. Roberta and her husband plan on staying on the Island and enjoying their retirement by spending time with friends and family. Baa maa pii Roberta. Happy Retirement!

**THIS GAL'S
RETIRED**



Alternative Services



Mnaamodzawin Health Services
is proud to offer
the services of



Nathalie Fert

Reiki

**Alternative Therapy (help with trauma)
Relaxation Massage**

OCTOBER 16-20, 2023

Nathalie is a holistic healer who has graduated in Reiki (Practitioner and Master, Member of the Reiki Healing Association RHA), is a Healing Wicca (Practitioner and Master), practices Holistic Herbalism (Member of the International Therapists Association IOTHA), and can aid with Crystal Healing, Aromatherapy, Alternative Medicine and Holistic Therapies.

APPOINTMENTS FILL UP FAST, BOOK YOURS SOON

Please call Robin Maltby at
705-368-2182, ext. 230
to book your appointment

Spotlight



Learning, Laughing & Language

As part of our Aadziwin Policy at Mnaamodzawin, we take it upon ourselves to offer our staff many opportunities to learn Anishnaabemowin and First Nations culture. Throughout the year, we offer lunch n'learns, and at our monthly staff meeting, there is an activity pertaining to the Ojibwe language. Every year, we host a two day Culture and Language Camp and invite our partner agencies and community health center staff. This year the camp was at Rainbow Lodge in Whitefish River First Nation on August 15 and 16. We play games to learn things like numbers, colors, food, animals, and clothing items. We listen to presentations and teachings on language and culture. We do traditional crafts like making dreamcatchers, and we have the help of local Elders to assist us in pronunciation and translation. It is a blast, a great team building event, and we look forward to it every year!



Coming Events



Mark it on a calendar

October 12 - Psychiatry Clinic Dr Sanchez

October 16-19 - Traditional Healer Arrole Laurence

October 16-20 - Alternative therapies with Nathalie Fert

October 18- Annual General Meeting

October 19- Psychiatry clinic with Dr Koka

October 24 -I am Exceptional - Special Needs Conference

November 1 - Diabetes Conference

November 22 & 23 - National Addictions Awareness Week Conference

Tasenwan- Halloween

gwataach-chigan- scarecrow

jii buy- skeleton

mshwi- blood

kwus mahn - pumpkin

Zhimaagnishii Giizhigad- Remembrance Day

Jiibaya Giizhigad- All Souls Day

Bnaakwii Giizis - October

Zhimaagnish- soldier



It's flu season.
To receive your flu shot, contact a Community Health Nurse to book an appointment.



MEALS ON WHEELS

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

Office Closures

Mnaamodzawin will be closed on the following days:

October 2- National Truth & Reconciliation Day

October 9 - Thanksgiving

November 13- Remembrance Day

