



Shkagamik-Kwe

HEALTH CENTRE

2015 CALENDAR





Debenjiged, Gzhemnidoo, Gmishoomsina.

From the purple blanket of the sky nation
to the first rays of dazzling light, when
Grandfather sun rises to shine his light on
all of his children and creation.

Let us all embrace the creator's love.

We are thankful for our mother
Shkagamik-Kwe. Our father, father sky.
Our grandparents, Nookomis—moon and
grandfather sun.

We are thankful for the gifts of the Four
Directions and for the combined successes
they bring that we may continue to be of
greater service to you and others.

We offer ourselves to you as instruments.
We Trust that you will guide us with the
medicine of leading through example.

Teach us to nurture each other, and to
encourage each other's growth, that
will support the development of others
abilities.

Help us to be humble and thankful, and
to be proud of all our accomplishments,
through self-esteem and not of self-
importance.

We humbly ask for continued blessings of
life and breath so that, the creator's love,
our love, may be felt in the lives of all we
meet.

Thank you for hearing our prayer.

Miigwetch

Elder Hilda Nadjiwon

Who we serve

Shkagamik-Kwe Health Centre (SKHC) is an Aboriginal Health Access Centre (AHAC) dedicated to providing equal access to quality health care for all Aboriginal, Métis and Inuit people in the City of Greater Sudbury, and individuals and families from our partner First Nations: Wahnapiatae, Henvey Inlet and Magnetawan.

We are a culturally based holistic health centre dedicated to balanced and healthy lifestyles. Programs and services support traditional Aboriginal values encompassing the connectedness of emotional, spiritual, physical and mental well-being. In meeting our mandate and honouring the ancestors and the seven generations we have an intake process to access services of SKHC.

Service delivery philosophy

SKHC has a responsibility to promote and maintain health and provide therapeutic services, health promotion, disease prevention, support, community development and treatment programs. We offer an interprofessional team approach to the care of the community members because we believe that health care is best when planned with professionals from many disciplines. We believe that the maintenance of client confidentiality is of utmost importance.

We recognize that a client is a worthwhile person and has the right to be treated with dignity while maintaining his/her identity. We believe that the client should be assured equal access to integrated services that incorporate the unique values, beliefs and traditions as we strive to maintain a balance of understanding by practicing Traditional healing ways and adopting good Western healing practices.

SKHC respects the value and contribution of all employees, and we strive to uphold the highest professional and ethical standards. We recognize that health services must be provided as economically as possible while striving to obtain sufficient resources to meet out service objectives.

We believe in and value the teachings of the Seven Sacred Grandfathers: **WISDOM, LOVE, RESPECT, BRAVERY, HONESTY, HUMILITY and TRUTH.**

We strive to integrate these principles in our work and in our lives.

Seven Grandfather Teachings

WISDOM NIBWAAKAAWIN

To cherish knowledge is to know Wisdom. Wisdom is given by the Creator to be used for the good of the people. In the Anishinaabe language, this word expresses not only “wisdom,” but also means “prudence,” or “intelligence.” In some communities, Gikendaasowin is used; in addition to “wisdom,” this word can also mean “intelligence” or “knowledge.”

LOVE ZAAGI’IDIWIN

To know **Love** is to know peace. Love must be unconditional. When people are weak they need love the most.

In the Anishinaabe language, this word with the reciprocal theme /idi/ indicates that this form of love is mutual. In some communities, Gizhaawenidiwin is used, which in most context means “jealousy” but in this context is translated as either “love” or “zeal”. Again, the reciprocal theme /idi/ indicates that this form of love is mutual.

RESPECT MINAADENDAMOWIN

To honor all creation is to have **Respect**. All of creation should be treated with respect. You must give respect if you wish to be respected. Some communities instead use Ozhibwaadenindiwin or Manazoonidiwin.

BRAVERY AAKODE’EWIN

Bravery is to face the foe with integrity. In the Anishinaabe language, this word literally means “state of having a fearless heart.” To do what is right even when the consequences are unpleasant. Some communities instead use either Zoongadikiwin (“state of having a strong casing”) or Zoongide’ewin (“state of having a strong heart”).

HONESTY GWAYAKWAADIZIWIN

Honesty in facing a situation is to be brave. Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others. In the Anishinaabe language, this word can also mean “righteousness.”

HUMILITY DABAADENDIZIWIN

Humility is to know yourself as a sacred part of Creation. In the Anishinaabe language, this word can also mean “compassion.” You are equal to others, but you are not better. Some communities instead express this with Bekaadiziwin, which in addition to “humility” can also be translated as “calmness,” “meekness,” “gentility” or “patience.”

TRUTH DEBWEWIN

Truth is to know all of these things. Speak the truth. Do not deceive yourself or others.





MEDICINE

Winter Green Leaves
Wiinisii bag aniibiishan



TEACHING WORDS

It is winter.
Biboon.

It is snowing.
Zogpo.

I am cold.
Nbiinhgech



JANUARY

Alzheimer's Disease
Awareness Month

January 18-24: National
Non-Smoking Week

DECEMBER 2014
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JANUARY 2015

MANIDOO GIIZIS

FEBRUARY 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				New Year's Day Offices closed 1	Offices closed 2	3
4 	Full Moon Ceremony Foot Care Clinic 5	Meditation 4 p.m. to 4:30 p.m. 6	7	Men's Group 8	Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 9	10
11	Parent Support Circle Foot Care Clinic 12	Children's Drum Meditation 4 p.m. to 4:30 p.m. Well Women Clinic 13	Community Kitchen Good Food Box order deadline 14	Men's Group Soup Lunch drop-in 15	Bowling 1 p.m. to 3 p.m. Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 16	17
18 	Foot Care Clinic 19	Meditation 4 p.m. to 4:30 p.m. 20	Community Kitchen Good Food Box pick-up 21	Men's Group Soup Lunch drop-in 22	Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 23	24
25	Parent Support Circle Foot Care Clinic 26	Children's Drum Meditation 4 p.m. to 4:30 p.m. 27	Community Kitchen 28	Men's Group Soup Lunch drop-in 29	Nutrition Bingo 10 a.m. to 1 p.m. Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 30	31



MEDICINE

Rosehips
Oginiig



TEACHING
WORDS

Northern lights
Waasnood



FEBRUARY

Heart Month

February 4: World Cancer
Day

JANUARY 2015
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FEBRUARY 2015

MAWA GIIZIS

MARCH 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Foot Care Clinic 2	Meditation 4 p.m. to 4:30 p.m. 3	Full Moon Ceremony Community Kitchen 4	5	Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 6	7
8	Foot Care Clinic 9	Children's Drum Meditation 4 p.m. to 4:30 p.m. Well Women Clinic 10	Community Kitchen Good Food Box order deadline 11	Soup Lunch drop-in Parent Support Circle 12	Bowling 1 p.m. to 3 p.m. Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 13	Valentine's Day 14
15	Family Day Offices closed 16	Meditation 4 p.m. to 4:30 p.m. 17	Community Kitchen Good Food Box pick-up 18	Soup Lunch drop-in 19	Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 20	21
22	Parent Support Circle Foot Care Clinic 23	Children's Drum Meditation 4 p.m. to 4:30 p.m. 24	Community Kitchen 25	26	Nutrition Bingo 10 a.m. to 1 p.m. Craft/Art drop-in 1 p.m. to 3:30 p.m. Foot Care Clinic 27	28



MEDICINE

White Cedar Leaves
Giizhik Aniibishan



TEACHING WORDS

Child
Abinoojii

It is good food.
Onizhishin miijim.



MARCH

Nutrition Month *and*
Child Life Month

March 8: International
Woman's Day

FEBRUARY 2015
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MARCH 2015

NAABIDIN GIIZIS / BOPOGAAME GIIZIS

APRIL 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Foot Care Clinic 2	Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m. 3	Community Kitchen 4	Full Moon Ceremony 5 Men's Group	Bowling 1 p.m. to 3 p.m. Foot Care Clinic 6	7
8	Parent Support Circle Foot Care Clinic 9	Children's Drum 10 Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m. Well Women Clinic	Community Kitchen 11 Good Food Box order deadline	Men's Group 12	Foot Care Clinic 13	14
15	Foot Care Clinic 16	Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m. 17	Community Kitchen 18 Good Food Box pick-up	Men's Group 19	First Day of Spring Mnookimi Foot Care Clinic 20	21
22	Parent Support Circle Foot Care Clinic 23	Children's Drum 24 Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m.	Community Kitchen 25	Men's Group 26	Nutrition Bingo 10 a.m. to 1 p.m. Foot Care Clinic 27	28
29	Foot Care Clinic 30	31				



MEDICINE

Maple Sugar Sap
Ininaatig Wiishkobaaboo



TEACHING WORDS

Nurse (female)
Aakozii Kwe

Nurse (male)
Aakozii nini



APRIL

Cancer Awareness Month

MARCH 2015
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APRIL 2015

BOPOGAAME GIIZIS / ZIISIBAAKADAKE GIIZIS

MAY 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Full Moon Ceremony	2 Good Friday Offices closed	3	4
Easter 5	Easter Monday Offices closed 6	YMCA 10 a.m. to 11:30 a.m. Children's Drum Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m. 7	Community Kitchen Good Food Box order deadline 8	YMCA 3 p.m. to 4:30 p.m. 9	Foot Care Clinic 10	11
12	Parent Support Circle Foot Care Clinic 13	Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m. Well Women Clinic 14	Medicine Walk Community Kitchen Good Food Box pick-up 15	16	Foot Care Clinic 17	18
19	Foot Care Clinic 20	Children's Drum Meditation 4 p.m. to 4:30 p.m. Mindful Way Evening 6 p.m. to 8 p.m. 21	Community Kitchen 22	23	Nutrition Bingo 10 a.m. to 1 p.m. Foot Care Clinic 24	25
26	Parent Support Circle Foot Care Clinic 27	Meditation 4 p.m. to 4:30 p.m. 28	Community Kitchen 29	30		



MEDICINE

Ferns (young shoots)
Waagaagan



TEACHING WORDS

Happy Mother's Day
Mino Ngashi Giizhigad



MAY

May 6-10: National
Mental Health Week

May 19-25: Aboriginal
Awareness Week

May 6-12: National
Nursing Week

May 31: World No
Tobacco Day

APRIL 2015
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MAY 2015

NMEBINE GIIZIS

JUNE 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Foot Care Clinic 1	2
3 	Full Moon Ceremony 4 Foot Care Clinic	Children's Drum 5 Mindful Way Afternoon 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 6	7	Bowling 8 1 p.m. to 3 p.m. Foot Care Clinic	9
Mother's Day 10	Parent Support Circle 11 Foot Care Clinic	Mindful Way Afternoon 12 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m. Well Women Clinic	Medicine Walk 13 Community Kitchen	14	Foot Care Clinic 15	16
17	Victoria Day 18 Offices closed 	Children's Drum 19 Mindful Way Afternoon 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 20	21	Foot Care Clinic 22	23
24	Parent Support Circle 25 Foot Care Clinic	Mindful Way Afternoon 26 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m.	27	28	Nutrition Bingo 29 10 a.m. to 1 p.m. Foot Care Clinic	30
31						



MEDICINE

Dandelion leaves
*Doodooshaaboojiibik
aniibiishan*



TEACHING WORDS

Medicine
*Mehkiki (strength from the
earth)*

It is summer.
Niibin

Happy Father's Day
Mino Noos Giizhigad



JUNE

Stroke Awareness Month

June 21: Aboriginal
Solidarity Day

MAY 2015
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JUNE 2015

WAABGONII GIIZIS

JULY 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Foot Care Clinic 1	Full Moon Ceremony 2 Children's Drum Mindful Way Afternoon 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m. ○	Community Kitchen 3	4	Bowling 1 p.m. to 3 p.m. Foot Care Clinic 5	6
7	Parent Support Circle Foot Care Clinic 8	Mindful Way Afternoon 9 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m. Well Women Clinic	Medicine Walk 10 Community Kitchen	11	Foot Care Clinic 12	13
Father's Day 14	Foot Care Clinic 15	Children's Drum 16 Mindful Way Afternoon 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m. ●	Community Kitchen 17	18	Foot Care Clinic 19	20
Summer Solstice 21 Aboriginal Solidarity Day	Parent Support Circle 22 Foot Care Clinic	Mindful Way Afternoon 23 1:30 p.m. to 3:30 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 24	25	Nutrition Bingo 26 10 a.m. to 1 p.m. Foot Care Clinic	27
28	Foot Care Clinic 29	Children's Drum 30				



MEDICINE

Strawberries
Ode-iminan



TEACHING WORDS

Heart
Ode



JULY

July 23: Preschool Clinic

JUNE 2015
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JULY 2015

MIIN GIIZIS

AUGUST 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Canada Day Offices closed 1	Full Moon Ceremony 2	Foot Care Clinic 3	4
5	Foot Care Clinic 6	Strawberry Picking Meditation 4 p.m. to 4:30 p.m. 7	8	9	Foot Care Clinic 10	11
12	Foot Care Clinic 13	Nutrition Workshop Preserving Berries Meditation 4 p.m. to 4:30 p.m. Well Women Clinic 14	Medicine Picking 15	16	Foot Care Clinic 17	18
19	Parent Support Circle Foot Care Clinic 20	Bread Making Workshop Meditation 4 p.m. to 4:30 p.m. 21	22	23	Foot Care Clinic 24	25
26	Foot Care Clinic 27	Meditation 4 p.m. to 4:30 p.m. 28	29	30	Foot Care Clinic 31	



MEDICINES

Wild rice
Mahoomin

Choke Cherries
Asasawemiinan



TEACHING WORDS

Walking
Bmosaa

Maple tree
Nenaatig



AUGUST

August 1-7: World
Breastfeeding Week

August 12: International
Youth Day

JULY 2015
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AUGUST 2015

MNOOMNI GIIZIS

SEPTEMBER 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Civic Holiday Offices closed	3 Meditation 4 p.m. to 4:30 p.m.	4 Nutrition Workshop Traditional Food Prep.	5	6 Foot Care Clinic	7 8
9	Foot Care Clinic	10 Meditation 4 p.m. to 4:30 p.m. Well Women Clinic	11 Medicine Walk Cooking for Kids	12	13 Foot Care Clinic	14 15
16	Foot Care Clinic	17 Meditation 4 p.m. to 4:30 p.m.	18	19 Quill Workshop	20 Foot Care Clinic	21 22
23	Foot Care Clinic	24 Meditation 4 p.m. to 4:30 p.m.	25	26	27 Full Moon Ceremony Foot Care Clinic	28 29
30	Foot Care Clinic	31				



MEDICINE

Cranberries
Mashkiigiminag



TEACHING WORDS

Sweetgrass
Wiingaashk



SEPTEMBER

Cancer Awareness Month

National Arthritis Month

September 9: Fetal Alcohol
Spectrum Disorder (FASD)
Awareness Day

AUGUST 2015
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SEPTEMBER 2015

WAABAGAA GIIZIS

OCTOBER 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Meditation 4 p.m. to 4:30 p.m. 1	Community Kitchen 2	3	Foot Care Clinic 4	5
6	Labour Day Offices closed 7	Meditation 4 p.m. to 4:30 p.m. Well Women Clinic 8	Medicine Walk Community Kitchen 9	10	Bowling 1 p.m. to 3 p.m. Foot Care Clinic 11	12
13 ●	Parent Support Circle Foot Care Clinic 14	Meditation 4 p.m. to 4:30 p.m. 15	Community Kitchen 16	17	Foot Care Clinic 18	19
20	Foot Care Clinic 21	Children's Drum Meditation 4 p.m. to 4:30 p.m. 22	First Day of Fall Dgwaagi Community Kitchen 23	24	Nutrition Bingo 10 a.m. to 1 p.m. Foot Care Clinic 25	26
27 ○	Full Moon Ceremony Parent Support Circle Foot Care Clinic 28	Meditation 4 p.m. to 4:30 p.m. 29	Community Kitchen 30			



Shkagamik-Kwe
HEALTH CENTRE

RESPECTING TRADITIONAL VALUES



MEDICINE

Swamp tea leaves or
Labrador tea
*Mashkigobag
aniibiishan*



TEACHING WORDS

Storytelling
Aatsokaawot



OCTOBER

Breast Cancer Awareness
Month

October 10: World Mental
Health Day

October 16: World Food Day

SEPTEMBER 2015
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OCTOBER 2015

BNAAKWII GIIZIS

NOVEMBER 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Foot Care Clinic			1	2 Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	3
4	Foot Care Clinic 5	Children's Drum 6 Mindful Way Morning 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 7	8	9 Bowling 1 p.m. to 3 p.m. Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	10
11	Thanksgiving Offices closed 12	Mindful Way Morning 13 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m. Well Women Clinic	Community Kitchen 14	15	16 Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	Pumpkin Patch Trip 17
18	Foot Care Clinic 19	Children's Drum 20 Mindful Way Morning 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 21	22	23 Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	24
25	Parent Support Circle Foot Care Clinic 26	Full Moon Ceremony 27 Mindful Way Morning 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 28	29	30 Nutrition Bingo 10 a.m. to 1 p.m. Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	Halloween 31



MEDICINE

Red willow bark
Miskwaabiimizhaniimzh



TEACHING WORDS

Firewood
Msan



NOVEMBER

Diabetes Month
Osteoporosis Month
November 14: World
Diabetes Day

OCTOBER 2015
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NOVEMBER 2015

BAASHKAAKODIN GIIZIS

DECEMBER 2015
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Souls Day 1	Foot Care Clinic 2	Children's Drum 3 Mindful Way Morning 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 4	5	Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic 6	7
8	Parent Support Circle Foot Care Clinic 9	Mindful Way Morning 10 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m. Well Women Clinic	Remembrance Day 11 ●	Soup Lunch drop-in 12	Bowling 13 1 p.m. to 3 p.m. Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	14
15	Foot Care Clinic 16	Children's Drum 17 Mindful Way Morning 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m.	Community Kitchen 18	Soup Lunch drop-in 19	Craft/Art drop-in 20 1:30 p.m. to 4 p.m. Foot Care Clinic	21
22	Parent Support Circle Foot Care Clinic 23	Mindful Way Morning 24 10 a.m. to 12 p.m. Meditation 4 p.m. to 4:30 p.m.	Full Moon Ceremony 25 Community Kitchen ○	26	Nutrition Bingo 27 10 a.m. to 1 p.m. Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic	28
29	Foot Care Clinic 30					



MEDICINE

Wild Sage leaves (smudge)
*Mashkodewashk
aniibiishan*



TEACHING WORDS

Snowshoes
Aagmook



DECEMBER

December 1: World AIDS
Day

December 6: National
Day of Remembrance and
Action on Violence Against
Women In Canada

NOVEMBER 2015
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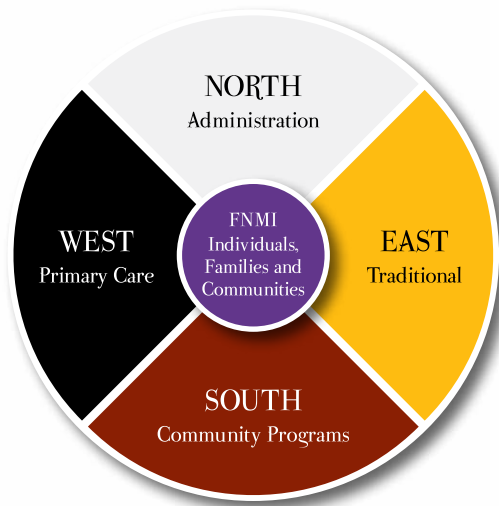
DECEMBER 2015

MANIDOO GIIZISOONHS

JANUARY 2016
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Children's Drum Meditation 4 p.m. to 4:30 p.m. 1	Community Kitchen 2	3	Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic 4	5
6	Parent Support Circle Foot Care Clinic 7	Meditation 4 p.m. to 4:30 p.m. Well Women Clinic 8	Community Kitchen 9	Soup Lunch drop-in 10	Bowling 1 p.m. to 3 p.m. Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic 11	12
13	Foot Care Clinic 14	Meditation 4 p.m. to 4:30 p.m. 15	16	Soup Lunch drop-in 17	Craft/Art drop-in 1:30 p.m. to 4 p.m. Foot Care Clinic 18	19
20	Foot Care Clinic 21	Meditation 4 p.m. to 4:30 p.m. 22	23	24	Christmas Offices closed 25	Boxing Day 26
27	Offices closed 28	Meditation 4 p.m. to 4:30 p.m. 29	30	31		

Our Programs



TRADITIONAL

- Men's Group, every Thursday from January to June and September to December, once a month in July and August
- Community Workshops, once a month
- Beading workshop, Tuesdays from 1 p.m. to 3 p.m., ending in June
- Medicine Walk, every second Wednesday from April to September
- Youth Summer Program, July and August
- Wild Food Bank
- Boys Big Drum
- Two Spirited Circle
- Traditional Doctors Program
- Cultural/Medicine Workshops
- Cross Cultural Training
- Hospice Visits
- Long Term Care Visits
- Full Moon Ceremony
- Ceremony By Request
- Traditional Cooking

CLINICAL

Support groups

- Transgender support group
- Pre-natal group
- Menopause group

Specialized Clinics

- Pediatrics/Dermatology, Dr.Pluta
- Pain Specialist, Dr. Dupuis
- OB/GYN Specialist, Dr.Jocko
- Phlebotomy
- Well Woman
- Breastfeeding support
- Foot care (diabetic)
- Annual Pre-School clinic
- Annual World Diabetes Day
- Flu Vaccine clinic
- Diabetes Care

Clinical Support (client centered)

- Ontario Telemedicine Network equipped
- Child Life Specialist
- Primary Care Navigator
- Summer Youth Programs
- NOSM – Laurentian University Partnerships for learners
- Co-Op placements for high school
- Diabetes Education
- Dietitian

COMMUNITY AND PROGRAMS

Health Promotion

- Quit Smoking Café & Finding Balance
- Yoga
- Bowling

- Nutrition Bingo
- YMCA – Fitness Health
- Urban Pole Walking
- Woman's Wellness Series
- Wellness Day Lunch & Learn
- Hydro Therapy
- Life Style Coaching – Drop-ins
- Smoking Cessation
- Strawberry Picking
- Cranberry Marsh
- Youth Programs
- Pain Management
- Seated Massage
- Exercise RX
- Diabetes Education

- Sharing and Caring FASD Family Support Group, every third Wednesday of the month from 5 p.m. to 7 p.m.
- Cultural Workshops
- Family Activities
- Bounce Back and Thrive Resiliency Classes, 10-week class offered in the spring
- Triple P Parenting individual sessions, four scheduled sessions
- Prenatal Classes, 5-week class
- Resource Library
- Home visits and office visits

CHOICES PROGRAM

- Ten week Life Choices Program (ages: 12 - 17)

All programs are at various dates and times, must call to register/access. Most services listed are accessible to SKHC clinical patients only.

MENTAL WELLNESS

- Meditation
- Craft/Art Drop-in
- Mindful Way Morning/Afternoon/Evening Workshop
- Soup Drop In

HEALTHY CHOICES PROGRAM

- Parent Support Circle, biweekly Monday evenings from 5 p.m. to 7:30 p.m.
- Family Drop-In in partnership with the Aboriginal Hub, weekly on Tuesdays from 10 a.m. to 2 p.m.
- Children's Drum Circle, biweekly
- Community Kitchen, September to June on Wednesday from 10 a.m. to 1:30 p.m.
- Nutrition Workshops, bimonthly



Recipes & Dishes

To reduce your risk of diabetes, heart disease and cancer, it is recommended that Aboriginal people make healthy choices that blend traditional food and nutritious market food from the community store.

http://www.eatrightontario.ca/en/Articles/Aboriginal-Health/Traditional-Food-for-Aboriginal-People.aspx-.VG5G6_nF98E

WHAT IS TRADITIONAL FOOD?

While the traditional food eaten by First Nations, Métis or Inuit may vary, some common foods include:

Vegetables, fruit, beans and nuts		
Blueberries	Strawberries	Blackberries
Raspberries	Beans	Corn
Squash	Potatoes	Hickory nuts
Grains		
Barley	Bannock	Oatmeal
Wild rice		
Meat and Fish		
Caribou	Deer	Moose
Goose	Duck	Ptarmigan
Quail	Wild turkey	Pheasant
Beaver	Muskrat	Black bear
Trout	Salmon	Pickrel
Perch	Bass	Smelt

WHAT ARE THE HEALTH BENEFITS OF TRADITIONAL FOOD?

Good nutrition	Health benefit
Less calories and saturated fat	Improved weight control and heart health
Less sodium	Maintains healthy blood pressure
More iron	Prevents anemia
More fibre	Promotes heart health
More zinc	Helps wound healing
More vitamin A	Supports vision
More calcium	Helps build strong bones

TIPS ON HEALTHY EATING

Try more often:

- Whole wheat flour, berries and raisins in bannock
- Whole wheat pastas and brown rice
- Oatmeal ("mush") for breakfast
- Country meats - moose, deer, caribou
- Fish meals two or more times a week
- Barley in moose stew, caribou stew or fish head soup
- Fruit in season (can and preserve fruit to use in the winter months or buy canned or plain frozen ones)

- Beans, peas and lentils are inexpensive - add to salads and soups
- Whole fruit more often than 100% unsweetened fruit juice because the fruit has more fibre
- Drinking plenty of water
- Herbal teas

WILD RICE

Wild Rice or Manomin in Ojibway, is a traditional native food harvested in the fall. Wild Rice is actually a wild grass which grows in the water. Wild Rice has a wonderful nutty flavour and is rich in nutrients. It is low in fat content, high in protein, fibre, B vitamins and minerals, especially zinc and potassium.

Wild Rice can be used in a variety of ways and is very tasty on its own or combined with other vegetables and meats. See our examples of some very delicious recipes using wild rice.

Basic preparation of Wild Rice

For best results in basic preparation of Wild Rice we recommend using a heavy weight saucepan or skillet.

Method

1. In heavy saucepan pour 4 cups boiling water over 1 cup rinsed Wild Rice. Add 1 tsp salt. Bring to brisk boil and boil for 1 minute.
2. Cover tightly, reduce heat to retain gentle roll. Boil at gentle roll for 30 minutes. Do not remove cover.

3. Turn heat off but leave saucepan on cooling element. Do not remove cover for at least 25 minutes to retain heat and steam. Wild Rice should be fully popped at this point. If Wild Rice is not sufficiently popped cover again and let set until fully popped, or flowered.
4. Drain off excess water and keep it for use in recipes if moisture is required or use in homemade soups.
5. Fluff lightly with fork. Your Wild Rice is now ready to be used in your favorite recipes.

Wild Rice	1 cup	2 cups	3 cups
Water	4 cups	9 cups	12 cups
Salt	1 tsp	2 tsp	2 tsp
Brisk boil	1 min	1 min	2 min
Gentle simmer, covered	30 min	30 min	35 min
Setting time, covered, heat off	25 min	30 min	40 min

Note: The setting time will vary according to the texture you desire. The longer the Wild Rice sets, the softer it becomes. During setting time check the degree of the opening of the kernels and the softness. When kernels are the texture you desire drain off excess water. When the kernel is "flowered", (opened) the flavor is enhanced and the texture is chewy.

Recipes & Dishes

GREEN PEPPER STUFFED WITH WILD RICE

Ingredients

3 green pepper
4 cups Wild Rice, cooked
1 lb lean ground beef
2 tbsp slivered almonds
½ cup onion, chopped
½ cup plain yogurt
½ cup chopped celery
1 tbsp melted butter
½ cup shredded carrots
½ cup dry, seasoned bread crumbs
½ tsp salt

Method

Cut green peppers lengthwise, removing seeds and membrane. Parboil pepper halves in salted water for 5 minutes, drain. Stir-fry ground beef, onion, celery and carrots, salt. Cook until vegetables are just tender. Add cooked Wild Rice, almonds and yogurt. Mix lightly together. Stuff pepper halves. Place in cake pan or baking dish. Stir crumbs in melted butter and sprinkle over stuffed peppers. Bake at 325° F in oven for about 30 minutes or until peppers are tender.

WILD RICE WITH ASPARAGUS & CHICKEN

Ingredients

4 cups Wild Rice, cooked
1 (10 ½ oz tin) cream of mushroom soup diluted with ¼ cup water
2 cups chicken broth

30 asparagus spears
1 tin mushrooms, sliced, undrained
¼ cup melted butter
2 tbsp butter, Paprika, coriander
6 chicken breasts, halved
½ package of onion soup mix

Method

Spread cooked Wild Rice evenly in bottom of baking pan. Pour chicken broth evenly over rice. Add mushrooms with juice and dot with butter. Arrange chicken breasts in center of rice. Sprinkle onion soup mix over chicken and rice. Spread diluted mushroom soup over chicken breasts. Bake uncovered at 350° F in oven for 1 hour. Trim bottom ends of asparagus. Arrange around wild rice and brush with melted butter and sprinkle with paprika or coriander. Cover and return to oven for 30 minutes or until asparagus and chicken are tender.

ELEGANT WILD RICE SOUP

Ingredients

6 tbsp butter or margarine
½ cup finely grated carrots
1 tbsp minced onion
3 tbsp slivered almonds
½ cup flour
1 cup 10% cream
9 cups chicken broth
2 tbsp dried sherry (optional)
2 cups Wild Rice, cooked
snipped parsley or chives
1/3 cup diced ham

Melt butter in sauce pan; sauté onion until tender. Blend in flour; gradually add broth. Cook stirring constantly, until mixture comes to a boil; boil for 1 minute. Stir in Wild Rice, ham, carrots and almonds. Simmer for about 5 minutes. Blend in cream and sherry. Heat to serving temperature. Garnish with snipped parsley or chives. Makes 6 cups.

BANNOCK

Bannock, also known as frybread, muqpaaraq, skaan (or scone), or Indian bread, is found throughout North American Native cuisine, including that of the Inuit/Eskimo of Canada and Alaska, other Alaska Natives, the First Nations of the rest of Canada, the Native Americans in the United States, and the Métis.

Ingredients

1 tsp salt
4 tbsp fat (animal lard or shortening)
4 tbsp baking powder
4 cups flour
2 cups water

Method

Preheat oven to 350° F. Grease a 9 x 12 (rectangle) cake pan. Stir flour, baking powder, and salt together thoroughly. Cut in (room temperature) fat to flour mixture until pea sized lumps are formed in flour. Make a “lake” in the flour and pour water in your “lake.” Mix gently with fork until a nice and sticky dough is formed. Place in greased pan. Pat down with hands softly. Bake in oven for about an hour and a half or until cooked in middle. A nice golden brown color should be on top.

Important!! Place out of pan on towel, leaned up on its side against a pot to cool.

Gookums instructions

Break pieces off with hands and eat with butter, lard, or margarine.

WILD GAME

The creatures of creation, like the moose or deer, have a very important emotional, mental, physical and spiritual connection to us. Part of their journey is to be here for our wellbeing. They spend much of their lives grazing our earth mother, taking in the plant and root medicines she provides for us. These special animals will then offer them selves to us through the harvest dance we do with them in the fall. We offer our tobacco first to them and in time they will come to us and offer their vessel so we may receive the medicine they carry. Good food is good medicine.

MOOSE KEBABS

Ingredients

¼ cup teriyaki sauce
1 onion cut into 1 inch pieces
1 tbsp peanut butter
1 green pepper cut into 1 inch pieces
1 tsp brown sugar
2 cups small mushrooms
1 tsp garlic powder
½ tsp hot sauce
1lb boneless moose meat, cut into 1 inch cubes

Method

In medium bowl, combine teriyaki sauce, peanut butter, brown sugar, garlic powder and hot sauce. Mix well, then add moose cubes and stir to coat. Cover and refrigerate for 1 hour. Preheat grill to medium. Remove moose meat from marinade (reserving marinade for basting later) and thread onto skewers, alternating with onions peppers pieces and mushrooms. Grill for 10 to 15 minutes turning occasionally and basting with reserved marinate, until meat is cooked.

MOOSE ROAST

Ingredients

Moose round roast
Hunter Blend Spice or Steak Spice
1/3 cup Dijon mustard
½ large white onion (chopped)
1 cup beef broth
6 large white mushrooms (sliced)
1/3 cup red wine
Few drops of liquid smoke
Garlic cloves 3 (crushed)
Salt and pepper

Method

Spread the Dijon mustard over the roast to make a nice even coating. Add chopped onion and sliced mushrooms. Sprinkle them over the roast letting them fall into the bottom of the cooker. Crush garlic over the roast. Add liquid smoke, broth and red wine by pouring it into the pot. Do not pour directly onto the roast. Sprinkle roast with 2-3 tablespoons of the Hunter Blend Spice mix and ground some salt and pepper on top. Cook in crock pot for about 8 hours on medium-low setting.

MOOSE MARINADE

Ingredients

2 tbsp balsamic vinegar
3 tbsp dry mustard
½ tbsp onion powder
2 tbsp Garlic Plus Spice
1 tbsp lemon juice
½ tbsp Montreal Steak Spice
2 garlic cloves, finely chopped

Or

1 tbsp olive oil
1 clove garlic
1 tbsp worchester
1 tbsp vinegar
1 tsp mustard
1 tbsp soya

Method

Mix ingredients in large bowl. Paint thick paste over steak to ensure coverage. Keep in fridge over night. Cook accordingly to as you like it. For people who don't like the wild taste, marinate in milk and garlic spice or buttermilk.

Please note: For best results mix all ingredients all together and keep in the refrigerator over night.

STRAWBERRIES POACHED IN HONEY SYRUP

Ingredients

1 quart fresh strawberries, washed and stemmed
¼ cup honey
2 tbsp sugar
2/3 cup water

Method

Place honey, sugar, and water in a saucepan, and boil rapidly for 5 minutes. Reduce heat, drop in whole strawberries, and simmer for 5 minutes. Turn off heat and let the berries cool to room temperature in the syrup. May serve warm or cold, ladling syrup over each portion.

RAISIN RICE PUDDING

Ingredients

3 tbsp uncooked white rice
¾ tsp cinnamon
½ cup raisins
1½ tbsp sugar
1 quart milk
2 eggs
½ tsp salt

Method

Rinse rice well. Add all ingredients except the eggs. Separate eggs, beat whites until stiff. Beat egg yolks and fold into rice mixture, then fold in egg whites. Spoon gently into a casserole dish. Bake at 300° F for approximately 2 hours or until done; be sure to stir several times. This dish is best served warm.

BLUEBERRY COBBLER

Ingredients

2 cups blueberries, or more
¼ cup milk
4 tsp sugar
½ tsp vanilla
1 cup flour
2 tsp butter

1 tsp baking powder
½ cup sugar
½ tsp salt
1 egg, well beaten

Method

Cover a baking dish with blueberries and sprinkle with sugar. Sift remaining dry ingredients in a bowl and add egg, milk, vanilla and melted butter, stirring just enough to combine. Spread batter over blueberries and bake at 350°F (180°C) for approximately 40 minutes. Invert on a plate and serve with cream or lemon sauce.



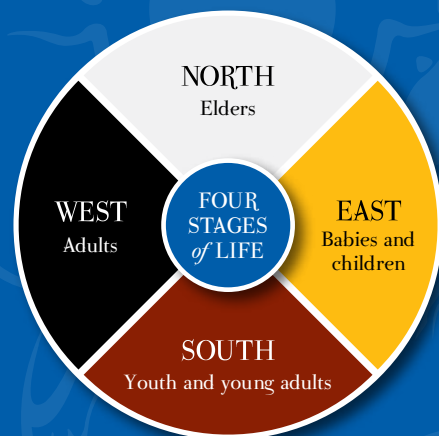
Grandmother Moon

Grandmother Moon is a powerful teaching about Aboriginal women's special connection to our Grandmothers who have passed into the Spirit world. Grandmother Moon provides us **direction**, strength, knowledge and wisdom in taking our sacred place in our families, communities and beyond. She teaches us about our sacred role as the life-givers and the heart of our nations – for without women our nations cannot go on. We need Grandmother Moon's presence in our lives now more than ever, especially for our young women who live in the dark and struggle to live in the light.

Prayer

Grandmother Moon
You know all women from birth to death
We seek your knowledge
We seek your strength
Some are STARS up there with you
Some are STARS on Mother Earth
Grandmother, lighten our path in the dark
Creator, keep our sisters safe from harm

Shkagamik-Kwe Health Centre honours the **sacred four stages of life** through the delivery of programs and services. They are as follows:



These four stages of life correspond to the four directions of the medicine wheel, the four seasons and the four components of self.

POLICE, AMBULANCE, FIRE: 911

Police, Non- Emergency: 705-675-9171

Poison Control: 705-674-3636

Health Sciences North (Hospital): 705-523-7100

Crises Intervention Program: 705-675-4760

Health Care Connect (if no family physician): 1-800-461-2919

Telehealth Ontario: 1-866-797-0000

Sudbury And District Health Unit: 705-522-9200

Employment Support, Ontario Works: 705-674-4455

Ontario Disability Support Plan (ODSP): 705-564- 4515

Gezhtoojig Employment and Training: 705-692-0766

Suicide/Self Harm Prevention: 1-800-366-8288

N'Swakamok Native Friendship Centre: 705-674-2128

Shkagamik-Kwe Health Centre is a multi-funded agency and would like to acknowledge the ongoing support from our funders.



Ontario

Ministry of Health
and Long-Term Care

North East **LHIN**
RLISS du Nord-Est

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario



Ontario

Ministry of Children
and Youth Services



Shkagamik-Kwe
H E A L T H C E N T R E

Building Healthy Communities – Respecting Traditional Values

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