



Shkagamik-Kwe

HEALTH CENTRE

2018
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 Nadjivon

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 our 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.





TEACHING WORDS

Family

Ngodwe`aangizing

My grandmother

Nookmis maaba

My grandfather

Nmishoomis maaba



JANUARY

Alzheimer's Disease

Awareness Month

January 21-27: National

Non-Smoking Week



DECEMBER 2017
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31

JANUARY 2018

MANIDOO GIIZIS (*Spirit Moon*)

FEBRUARY 2018
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day <i>Offices closed</i> 1	Full Moon Ceremony 2	3	Men's Group 4	5	6
7	Diabetes Support Group 8	Beading Session Children's Drum 9	Youth Drum Group LGBTQIA+ Youth Group Community Kitchen Good Food Box Order Deadline 10	Men's Group 11	Bowling Art Drop-In 12	13
14	Parent Support Circle 15	Beading Session Two-Spirit LGBT Circle 16	Youth Drum Group Lunch N' Learn Good Food Box Pick-up FASD Family Support Circle 17	Men's Group FASD Family Support Circle 18	Good Food Box Cooking Art Drop-In 19	20
21	22	Beading Session Children's Drum 23	Youth Drum Group LGBTQIA+ Youth Group Community Kitchen 24	Men's Group 25	Nutrition Bingo Art Drop-In 26	27
28	Parent Support Circle 29	Beading Session Two-Spirit LGBT Circle 30	Youth Drum Group Naming Ceremony 31			



TEACHING WORDS

These are my parents
Nii gwonda ngitziimak

My mother
Ngashi maaba

My father
Noos maaba



FEBRUARY

National Heart Month

February 4: World Cancer
Day



JANUARY 2018
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FEBRUARY 2018

MAKWA GIIZIS (*Bear Moon*)

MARCH 2018
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Full Moon Ceremony Men's Group ○	Groundhog Day PA Day Art Drop-In	
4	5	6 Beading Session Children's Drum	7 Youth Drum Group LGBTQIA+ Youth Group Community Kitchen ◐	8 Men's Group	9 Bowling Art Drop-In	10
11	12 Diabetes Support Group	13 Beading Session Two-Spirit LGBT Circle	14 Valentine's Day Youth Drum Group Good Food Box Order Deadline FASD Family Support Circle	15 Men's Group Parent Support Circle FASD Family Support Circle ●	16 Feasting the Bear Good Food Box Cooking Art Drop-In	17
18	19 Family Day Offices closed Louis Riel Day	20 Children's Drum	21 Youth Drum Group LGBTQIA+ Youth Group Lunch N' Learn Community Kitchen Good Food Box Pick-up	22 Men's Group	23 Nutrition Bingo Art Drop-In ◐	24
25	26	27 Beading Session Two-Spirit LGBT Circle	28 Youth Drum Group			



TEACHING WORDS

My child
Nijjaanhis Maaba

My grandchild
Nooshenh maaba



MARCH

National Nutrition Month
and Child Life Month

March 8: International
Women's Day



FEBRUARY 2018
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MARCH 2018

APRIL 2018
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29 30

NAABIDIN GIIZIS (*Snow Crust Moon*) | BOPOGAAME GIIZIS (*Broken Snowshoe Moon*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Full Moon Ceremony Men's Group ○	PA Day Art Drop-In	
4	Parent Support Circle 5	Beading Session Children's Drum 6	Youth Drum Group LGBTQIA+ Youth Group 7	Men's Group 8	Bowling Art Drop-In 9 ◐	10
Daylight Savings Begins 11	March Break Diabetes Support Group 12	March Break Beaded Session Two-Spirit LGBT Circle 13	March Break Good Food Box Order Deadline 14	March Break Men's Group Dietitian Day 15	March Break Good Food Box Cooking Art Drop-In 16	St. Patrick's Day 17 ●
18	Parent Support Circle 19	First Day of Spring Beaded Session Children's Drum 20	Youth Drum Group LGBTQIA+ Youth Group Lunch N' Learn Community Kitchen Good Food Box Pick-up FASD Family Support Circle 21	Men's Group FASD Family Support Circle 22	Nutrition Bingo Art Drop-In 23	24 ◐
25	26	Beading Session Two-Spirit LGBT Circle 27	Youth Drum Group Community Kitchen 28	Men's Group 29	Good Friday Offices closed 30	31



TEACHING WORDS

Baby
Binoojiinhs

Child
Binoojiinh



APRIL

Cancer Awareness Month



MARCH 2018
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25 26 27 28 29 30 31

APRIL 2018

MAY 2018
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27 28 29 30 31

BOPOGAAME GIIZIS (*Broken Snowshoe Moon*) | ZIISIBAAKADAKE GIIZIS (*Sugar Moon*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Easter 1	Easter Monday Offices closed 2	Full Moon Ceremony 3	Youth Drum Group LGBTQIA+ Youth Group 4	Men's Group 5	Children's Drum Art Drop-In 6	7
8	Diabetes Support Group Parent Support Circle 9	Beaded Session Two-Spirit LGBT Circle 10	Youth Drum Group Community Kitchen Good Food Box Order Deadline 11	Men's Group 12	Bowling Art Drop-In 13	14
15	PA Day 16	Beaded Session 17	Youth Drum Group LGBTQIA+ Youth Group Lunch N' Learn Good Food Box Pick-up FASD Family Support Circle 18	Men's Group 19	Good Food Box Cooking Children's Drum Art Drop-In 20	21
22	Parent Support Circle 23	Beaded Session Two-Spirit LGBT Circle 24	Youth Drum Group Community Kitchen 25	Men's Group 26	Nutrition Bingo Art Drop-In 27	28
29	Full Moon Ceremony 30					



TEACHING WORDS

Girl

Kwezenhs

Young girl

Shkiniik kwens



MAY

May 7-13: National
Mental Health Week

May 6-12: National
Nursing Week

May 31: World No
Tobacco Day

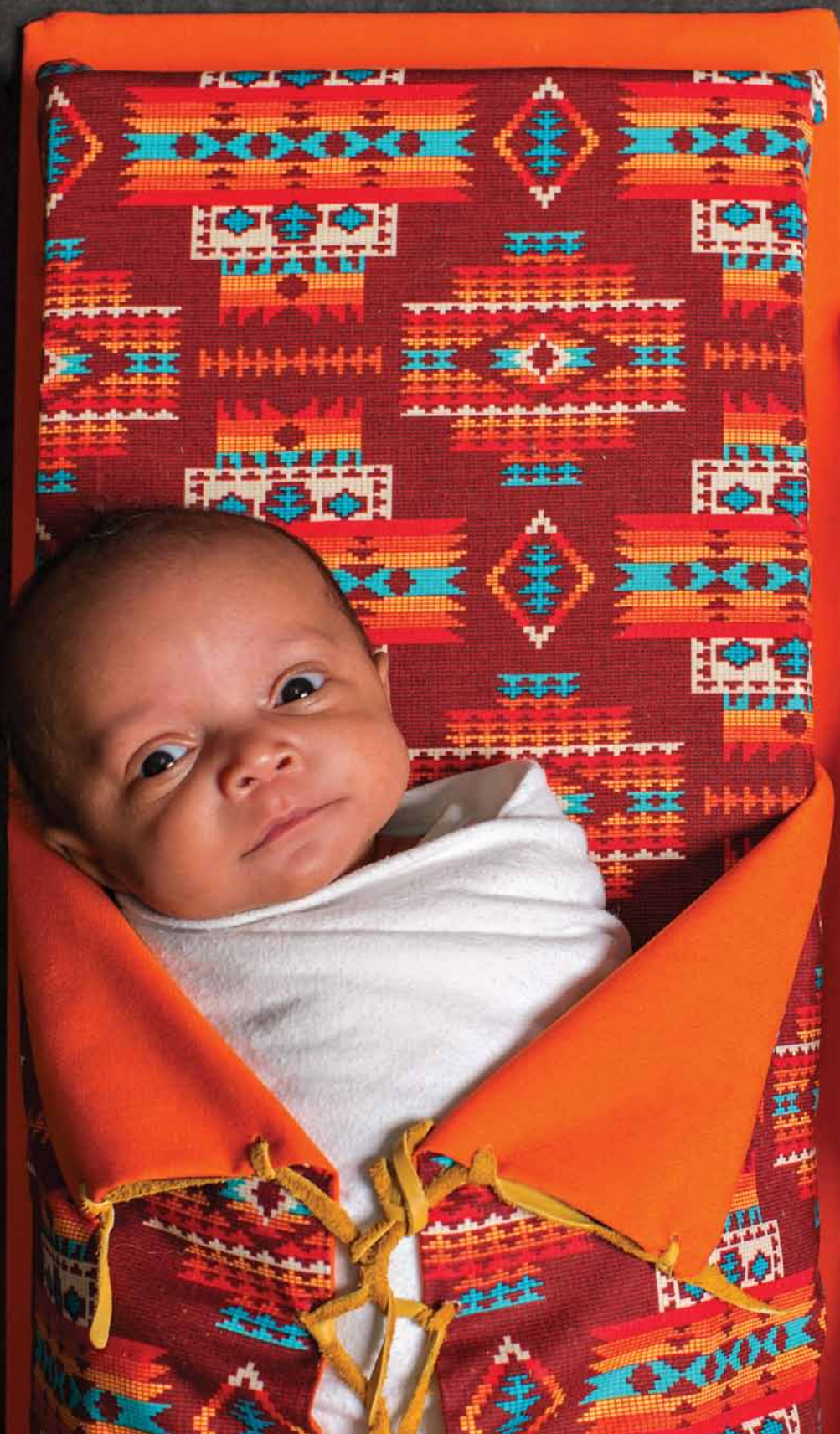
APRIL 2018
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MAY 2018

NMEBINE GIIZIS (*Sucker Moon*)

JUNE 2018
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17 18 19 20 21 22 23
24 25 26 27 28 29 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Beading Session 1 Children's Drum	LGBTQIA+ Youth Group 2	Men's Group 3 Craving Change	Art Drop-In 4	5
6	Parent Support Circle 7	Beading Session 8 Two-Spirit LGBT Circle	Youth Drum Group 9 Medicine Walk Community Kitchen Good Food Box Order Deadline	Men's Spring Retreat 10 Craving Change	Men's Spring Retreat 11 Bowling Art Drop-In	12
Mother's Day 13	Sweat Lodge 14 Diabetes Support Group	Beading Session 15 Children's Drum	LGBTQIA+ Youth Group 16 Lunch N' Learn Good Food Box Pick-up	Men's Group 17 Craving Change FASD Family Support Circle	Good Food Box Cooking 18 Art Drop-In	19
20	Victoria Day 21 <i>Offices closed</i>	Two-Spirit LGBT Circle 22	Spring Fast Camp 23 Community Kitchen	Spring Fast Camp 24 Men's Group Craving Change	Spring Fast Camp 25 Nutrition Bingo Art Drop-In	Spring Fast Camp 26
Spring Fast Camp 27	Parent Support Circle 28	Full Moon Ceremony 29 Beading Session Two-Spirit LGBT Circle Children's Drum	Youth Drum Group 30 LGBTQIA+ Youth Group	Men's Group 31 Craving Change		



TEACHING WORDS

Boys

Gwiizehs

Young Boys

Shkiniigish



JUNE

Stroke Awareness Month

June 21: Aboriginal
Solidarity Day

MAY 2018
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20 21 22 23 24 25 26
27 28 29 30 31

JUNE 2018

WAABGONII GIIZIS (*Blossom/Flower Moon*)

JULY 2018
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22 23 24 25 26 27 28
29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Art Drop-In 1	2
3	4	Two-Spirit LGBT Circle 5	Youth Drum Group 6 ☾	Men's Group 7 Craving Change	Bowling 8 Art Drop-In	9
10	Diabetes Support Group 11 Parent Support Circle	Children's Drum 12	LGBTQIA+ Youth Group 13 Medicine Walk Community Kitchen Good Food Box Order Deadline ●	Men's Group 14	Art Drop-In 15	16
Fathers Day 17	PA Day 18 Sweat Lodge	Two-Spirit LGBT Circle 19	3rd Annual SKHC Gala 20 Youth Drum Group Lunch N' Learn Community Kitchen Good Food Box Pick-up ☾	First Day of Summer 21 National Aboriginal Day Offices closed	Nutrition Bingo 22 Art Drop-In	23
24	Parent Support Circle 25	Children's Drum 26	Youth Drum Group 27 LGBTQIA+ Youth Group	Full Moon Ceremony 28 Men's Group Good Food Box Cooking ○	Last Day of School 29 Art Drop-In	30



TEACHING WORDS

Feelings
Enmanjiwang

I am happy
Ngichinendam

I am kind
Nminoziwebiz



JULY

July 25: Preschool Clinic

JUNE 2018
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17 18 19 20 21 22 23
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JULY 2018

MIIN GIIZIS (*Berry Moon*)

AUGUST 2018
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19 20 21 22 23 24 25
26 27 28 29 30 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Canada Day 1	Offices closed 2	Two-Spirit LGBT Circle Summer Cooking 3	4	Men's Group 5	Art Drop-In 6	7
8	Diabetes Support Group 9	Summer Cooking Strawberry Picking 10	Medicine Camp Good Food Box Order Deadline 11	Medicine Camp 12	Art Drop-In 13	14
15	Sweat Lodge 16	Two-Spirit LGBT Circle Summer Cooking 17	Lunch N' Learn Good Food Box Pick-up 18	Men's Group 19	Good Food Box Cooking Art Drop-In 20	21
22	23	Summer Cooking 24	LGBTQIA+ Youth Group 25	Men's Group 26	Full Moon Ceremony Nutrition Bingo Art Drop-In 27	28
29	30	Two-Spirit LGBT Circle Summer Cooking 31				



TEACHING WORDS

I am worried
N'niiskaadendam

I am cold
Nbiinhgech



AUGUST

August 1-7: World
Breastfeeding Week

August 12: International
Youth Day



JULY 2018
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AUGUST 2018

MNOOMNI GIIZIS (*Rice Moon*)

SEPTEMBER 2018
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Men's Group	2 Art Drop-In	3	4 
5	6 Civic Holiday <i>Offices closed</i>	7 Summer Cooking	8 LGBTQIA+ Youth Group Medicine Walk Good Food Box Order Deadline	9 Men's Group	10 Art Drop-In	11 
12	13 Diabetes Support Group	14 Two-Spirit LGBT Circle Summer Cooking	15 Preschool Clinic Good Food Box Pick-up	16 Men's Group	17 Good Food Box Cooking Art Drop-In	18 
19	20 Sweat Lodge	21 Summer Cooking	22 LGBTQIA+ Youth Group	23 Men's Group	24 Nutrition Bingo Art Drop-In	25
26	27 Full Moon Ceremony 	28 Two-Spirit LGBT Circle Summer Cooking	29	30 Men's Group	31 Art Drop-In	



TEACHING WORDS

To crawl
Bimoodaewin

To cry
Inudaemoowin



SEPTEMBER

Cancer Awareness Month
National Arthritis Month
September 9: Fetal Alcohol
Spectrum Disorder (FASD)
Awareness Day

AUGUST 2018
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SEPTEMBER 2018

WAABAGAA GIIZIS (*Changing Leaves Moon*)

OCTOBER 2018
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Labour Day Offices closed	3 Beading Session	4 Youth Drum Group LGBTQIA+ Youth Group	5 Men's Group	6 Art Drop-In	8
	●					
9	Sweat Lodge Diabetes Support Group	10 Beading Session Two-Spirit LGBT Circle Children's Drum	11 Youth Drum Group Medicine Walk Community Kitchen Good Food Box Order Deadline	12 Men's Group	13 Bowling Art Drop-In	15
●						
16	Parent Support Circle	17	18 Fall Fast Camp Lunch N' Learn Community Kitchen Good Food Box Pick-up FASD Family Support Circle	19 Fall Fast Camp FASD Family Support Circle	20 Fall Fast Camp Good Food Box Cooking Art Drop-In	21 Fall Fast Camp
●						
First Day of Autumn Fall Fast Camp	23 Full Moon Ceremony	24 Beading Session Two-Spirit LGBT Circle Children's Drum	25 Youth Drum Group	26 Men's Group	27 Nutrition Bingo Art Drop-In	28
	○					
30						



TEACHING WORDS

Fall (autumn)

Dgwaagi

Let's go hunting

Paa giisedaa



OCTOBER

Breast Cancer
Awareness Month

October 10: World
Mental Health Day

October 16: World
Food Day



SEPTEMBER 2018
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OCTOBER 2018

BNAAKWII GIIZIS (*Falling Leaves Moon*)

NOVEMBER 2018
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Parent Support Circle 1	Youth Hunt Camp 2	Youth Hunt Camp 3	Youth Hunt Camp 4	Art Drop-In 5	6
		☾				
7	Thanksgiving Offices closed 8	Beading Session 9 Two-Spirit LGBT Circle Children's Drum	Youth Drum Group 10 Community Kitchen Good Food Box Order Deadline	Men's Group 11	Bowling 12 Art Drop-In	13
	●					
14	Sweat Lodge 15 Diabetes Support Group	Beading Session 16	Youth Drum Group 17 LGBTQIA+ Youth Group Lunch N' Learn Good Food Box Pick-up FASD Family Support Circle	Men's Fall Retreat 18 FASD Family Support Circle	Men's Fall Retreat 19 Good Food Box Cooking Art Drop-In	20
		☾				
21	Parent Support Circle 22	Beading Session 23 Two-Spirit LGBT Circle Children's Drum	Full Moon Ceremony 24 Youth Drum Group Community Kitchen	Men's Group 25	Nutrition Bingo 26 Art Drop-In	27
			○			
28	29	Beading Session 30	Halloween 31			
			☾			



TEACHING WORDS

Cradle board

Tikinaagan

It is snowing

Zogpo



NOVEMBER

Diabetes Awareness

Month *and*

Osteoporosis Month

November 14: World

Diabetes Day



OCTOBER 2018
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NOVEMBER 2018

BAASHKAAKODIN GIIZIS (*Freezing Moon*)

DECEMBER 2018
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	All Souls Day Feasting our Ancestors Art Drop-In	2	3
Daylight Savings Ends 4	Parent Support Circle 5	Beading Session Two-Spirit LGBT Circle Children's Drum 6	Youth Drum Group 7	Men's Group 8	Bowling Art Drop-In 9	10	
Remembrance Day 11	Diabetes Support Group 12	Beading Session 13	Youth Drum Group LGBTQIA+ Youth Group World Diabetes Day Community Kitchen Good Food Box Order Deadline 14	Men's Fall Retreat 15	Men's Fall Retreat Art Drop-In 16	17	
18	Sweat Lodge Parent Support Circle 19	Beading Session Two-Spirit LGBT Circle 20	Youth Drum Group Lunch N' Learn Good Food Box Pick-up FASD Family Support Circle 21	Men's Group FASD Family Support Circle 22	Full Moon Ceremony Good Food Box Cooking Art Drop-In 23	24	
25	26	Beading Session Children's Drum 27	Youth Drum Group LGBTQIA+ Youth Group Community Kitchen 28	Men's Group 29	Nutrition Bingo Art Drop-In 30		



TEACHING WORDS

I will smudge
N'ga bkwenezge

We will smudge
N'ga bkwenezgemi



DECEMBER

December 1: World
AIDS Day

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



NOVEMBER 2018
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DECEMBER 2018

MANIDOO GIIZISOONHS (*Little Spirit Moon*)

JANUARY 2019
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	Parent Support Circle 3	Beading Session Two-Spirit LGBT Circle 4	Youth Drum Group Community Kitchen 5	Men's Group 6	Art Drop-In 7	8
4th Annual Indigenous Christmas Market 9	Sweat Lodge Diabetes Support Group 10	Beading Session Children's Drum 11	Youth Drum Group LGBTQIA+ Youth Group Lunch N' Learn Community Kitchen FASD Family Support Circle 12	Men's Fall Retreat FASD Family Support Circle 13	Men's Fall Retreat Bowling Holiday Cooking Art Drop-In 14	15
16	Parent Support Circle 17	Beading Session Two-Spirit LGBT Circle 18	Youth Drum Group 19	Men's Group 20	First Day of Winter 21	22
23	24	Christmas Offices closed 25	Boxing Day Offices closed 26	27	28	29
30	New Years Eve 31					

Programs & Services

TRADITIONAL

- Beading Workshop
- Youth Big Drum Group
- Ceremony By Request
- Community Workshops (once a month)
- Cross Cultural Training
- Cultural/Medicine Workshops
- Feasts
- Full Moon Ceremony
- Hospice Visits
- Long Term Care Visits
- Medicine Walk
- Men's Wellness (bi-annual)
- Seasonal Shake Tent Ceremonies (spring/summer/fall/winter)
- Sweat Lodge Ceremonies (May-November)
- Traditional Cooking
- Traditional Doctors Program
- Two Spirited Circle/LGBT Group

COMMUNITY PROGRAMS

Health Promotion

- Bowling
- Cranberry Marsh
- Diabetes Education
- Diabetes Prevention Activities
- Exercise RX
- Kids Cooking
- Life Style Coaching (drop-in)
- Nutrition Bingo
- Quit Smoking Café and Finding Balance
- School Year – Professional Development (PD) Day Activities
- Seated Massage
- Smoking Cessation
- Soup's On! (winter months)
- Strawberry Picking
- Urban Pole Walking
- YMCA – Fitness Health
- Yoga
- Youth Programs

PRIMARY CARE

Support Groups

- Menopause Group
- Prenatal Group
- Two Spirited Circle/LGBT Group

Specialized Clinics

- Annual Pre-School Clinic
- Annual World Diabetes Day
- Breastfeeding Support
- Diabetes Care
- Flu Vaccine Clinic
- Foot Care (diabetic)
- OB/GYN Specialist – Dr.Jocko
- Pediatrics/Dermatology – Dr.Pluta
- Phlebotomy
- Physiotherapy
- Registered Massage Therapy
- Well Woman

ADMINISTRATION

- Accountability Systems
- Financial Management
- Funder Relations
- Funder Reporting
- Government Relations
- Human Resources
- Information Systems
- Marketing and Promotion
- Public Relations
- Research and Development
- Strategic Planning

External Partnerships

- Association of Ontario Health Centres
- Cambrian College
- Canadian Mental Health Association
- Community Mobilization
- Greater Sudbury Health Link
- Health Sciences North
- Henvey Inlet First Nation
- Laurentian University
- Magnetawan First Nation

- Weekly Men's Group
- Wild Food Bank
- Youth Cultural Camps
- Youth Cultural Teachings
- Youth Hunt Camps
- Youth Sharing Circles
- Youth Summer Program (July-August)

Mental Wellness

- Art/Craft Drop-In
- Meditation
- Men's Support Groups and Workshops
- Mindful Way Workshop
- Scheduled Counselling Session
- Soup Drop-In

Healthy Choices Program

- Bounce Back and Thrive Resiliency Classes
- Children's Drum Circle
- Community Kitchen
- Cultural Workshops
- Family Activities
- Family Drop-In (in partnership with the Aboriginal Hub)
- Home and Office Visits
- Nutrition Workshops
- Parent Support Circle
- Prenatal Classes (5-week class)
- Sharing and Caring FASD Family Support Group
- Resource Library
- Triple P Parenting (4 individual sessions)

Choices Program

- Life Choices Program (10 weeks, ages 12-17)

Mishko-Deh-Wendam

In partnership with the Rainbow District School Board

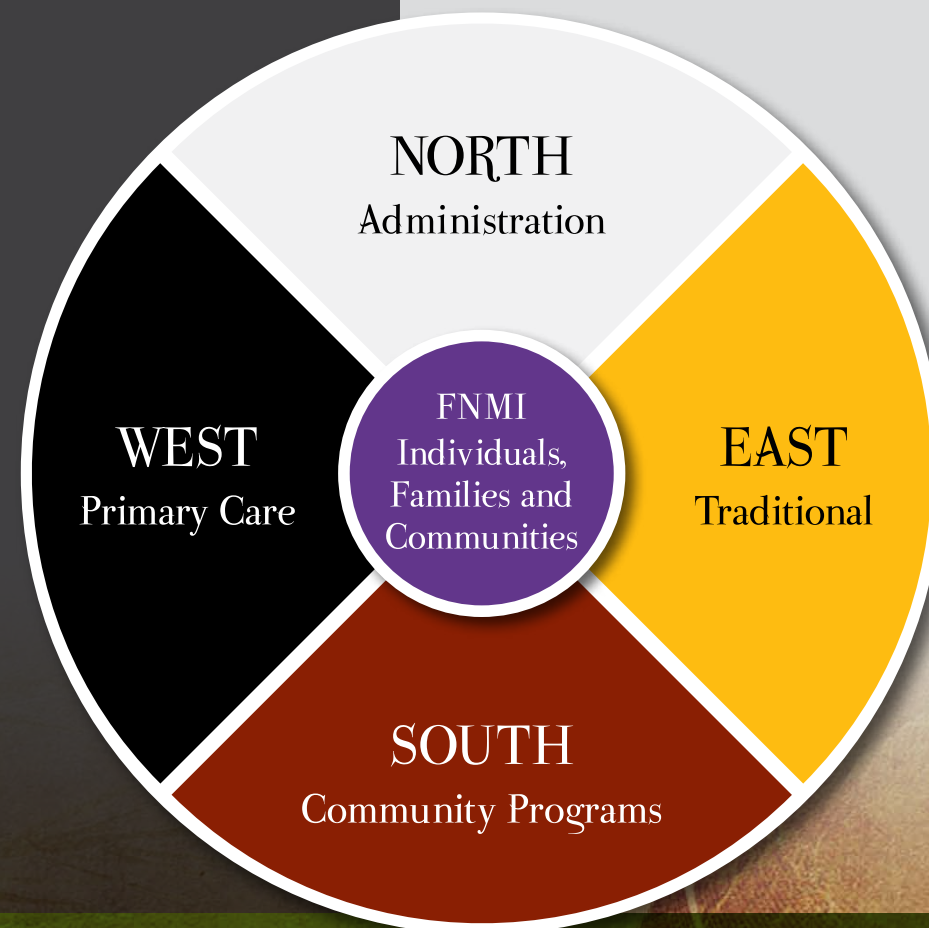
- Alternative School for Youth (ages 12-17)
- Experience Anishinaabe Culture, Language and Ceremony
- One-on-One Guidance Sessions
- Support students who struggle in mainstream education institutions, heal, gain confidence, gain identity, and motivate to thrive in their journey
- Youth Programming

Clinical Support (Client Centered)

- Co-Op Placements for High School
- Diabetes Education
- Dietitian
- NOSM – Laurentian University Partnerships for Learners
- Ontario Telemedicine Network Equipped
- Primary Care Navigator
- Summer Youth Programs

- N'Swakamok Friendship Centre
- North East Fetal Alcohol Spectrum Disorder
- Northern Ontario School of Medicine
- Rainbow District School Board
- Under/Never Screened Cancer Care
- Wahnapiatae First Nation

All programs are at various dates and times. Please call us at 705-675-1596 for detailed program information.



Recipes *and* Dishes

MOOSE SPAGHETTI

Ingredients

1 lb moose burger
Spice blend: 1 tbsp garlic powder, 1 tbsp Italian seasoning, 1 tbsp oregano dried 1 tsp of black pepper, add salt to taste
3 garlic cloves minced
1 onion diced
1 green pepper diced
1 can of sliced mushroom
1 can (28 oz) of diced tomatoes
1 can (28 oz) of spaghetti sauce

Directions

1. On medium to high heat, brown moose burger in a large pot with spice blend. Add garlic and onions, cook for 5 minutes.
2. Next add green pepper and mushrooms, cook for another 5 minutes.
3. Then add tomatoes and spaghetti sauce and cook for an additional 20 minutes on medium to low heat. Be careful not to burn. Cook pasta according to package instructions.

MOOSE MEAT BALLS

Ingredients

1lb moose burger
1lb ground beef
1 package onion soup mix
1/3 cup bread crumbs
1 egg
500 ml honey garlic sauce

Directions

1. Mix moose burger with ground beef. Add package of onion soup mix, bread crumbs and egg to meat mixture and combine well.
2. Roll into 1" balls. In a single layer bake in a 9x12 baking pan for 30 minutes covered at 350°F.
3. Add honey garlic barbecue sauce to cooked meatballs and stir. Place back into oven for 15 minutes uncovered.

MOOSE CHILI

Ingredients

2 lbs moose burger
1 tbsp garlic powder
1 tbsp chilli powder
1 tsp of black pepper
2 onions
2 medium sized cans of red kidney beans
2 L of tomato juice
2 tbsp of tomato paste
¼ tsp of cayenne pepper (optional to increase spice level)
Salt to taste

Directions

1. In a large pot brown moose burger with garlic powder, chili powder, black pepper and salt to taste.
2. Add onions and red kidney beans (rinse beans with cold water in a pasta strainer) and cook for an additional 20 minutes on medium to high heat, stirring frequently.
3. Add tomato juice and tomato paste and simmer for 1 hour uncovered on medium to low heat, stirring occasionally. Add more chili to taste, if spice level is too low, add ¼ tsp of cayenne pepper.

MOOSE STIR FRY

Ingredients

1 lb moose steak, sliced
1 green pepper, sliced
1 red pepper, sliced
1 package of sliced mushrooms
1 package of bean sprouts
1 onion diced
3 stalks of celery
2 tbsp soya sauce
1 tbsp of Worcestershire sauce
4 tbsp of vegetable oil
3 cloves minced garlic
1 tbsp sesame seed oil (optional)

Directions

1. Marinate sliced moose steak in soya sauce and Worcestershire sauce for 1 hour.
2. In a large pan combine 2 tbsp of vegetable oil and minced garlic, fry for 3 minutes on medium to high heat.
3. Add moose steak to the pan and fry for 7 minutes. Remove moose steak from pan.
4. Use left over oil with 2 tbsp of fresh vegetable oil and fry diced onions for 3 minutes on medium to high heat.
5. Add sliced peppers, sliced celery, sliced mushrooms and fry for an additional 4 minutes.
6. Next add moose steak and bean sprouts to fried vegetables. For additional taste, add sesame seed oil, stir fry for an additional 2 minutes.
7. Cook rice according to package.

Suggested: Serve moose stir fry over bed of rice.

GLAZED CHICKEN NESTED IN WILD RICE

Ingredients

4 chicken breast halves deboned (skinned if desired)
Butter, salt and pepper to taste
4 tbsp celery, chopped

Glaze

½ cup orange or apricot preserves
1 tin (15 oz) of mandarin oranges, drained (save juice)
2 cups wild rice, cooked
Pinch of coriander powder or onion salt
1 tbsp parsley, chopped

Directions

1. Brown chicken breasts in butter, salt and pepper to taste. Place in buttered baking dish. Brush chicken with melted butter. Sprinkle with chopped celery. Cover tightly and bake in 350°F oven for 25 minutes.
2. Remove from oven and spread glaze liberally over breasts.
3. Place wild rice in buttered casserole. Sprinkle coriander powder over wild rice.
4. Nest the glazed chicken in wild rice. Dot with butter and pour remaining glaze over chicken and rice. Cover tightly and return to oven, 325°F for 15 minutes.
5. Remove from oven for 10 minutes. Serve hot in baking dish.

Glaze: Combine orange or apricot preserves, liqueur and a little juice saved from oranges. Set aside. The orange segments may be brushed with liqueur is desired.

CRANBERRY WILD RICE MUFFINS

Yields 12 muffins

Ingredients

- 1 ½ cups sifted all-purpose flour
- 1 tbsp baking powder
- ½ tsp salt
- ¼ cup sugar
- 1/3 cup chopped fresh or frozen cranberries
- ½ cup milk
- 1 ½ tsp grated orange rind
- ¼ cup orange juice
- 1 egg lightly beaten
- 4 tbsp melted butter, slightly cooled
- 1 cup wild rice, cooked

Directions

1. Sift dry ingredients together into mixing bowl. Combine all the other ingredients and stir into dry ingredients until well blended.
2. Spoon into greased muffin cups. Bake at 425°F for 25 minutes.

THREE SISTERS' SOUP

Serves 6

Ingredients

- 1 medium yellow onion, chopped
- 1 large celery rib, chopped
- 1 tbsp canola oil
- 1 tsp curry powder
- 6 cups low/no sodium chicken broth
- 2 cups yellow or cooked hominy corn
- 2 cups (500 ml) of red kidney beans, rinsed
- 1 ¾ cup (482 ml) of canned or homemade pumpkin puree
- 5 fresh sage leaves or ½ tsp dried

Directions

1. Add onions, celery, canola and curry spice to a large saucepot and bring to medium heat on stovetop for 5 minutes or until onions are translucent.
2. Add broth to pot and bring to a slow boil.
3. Add corn, kidney beans and bring to a boil for 10 minutes.
4. Lower to medium heat then add the pumpkin and the sage. Simmer for 20 minutes, stirring occasionally. Remove from heat and serve.

STRAWBERRY DRINK

Ingredients

- 1 cup crushed or pureed strawberries (approximately 15 berries)
- 4 cups water
- Sugar or honey to taste
- Ice

Tip: substitute any wild berry that is in season, blueberries, Saskatoon berries or goose berries. More honey or sugar maybe be needed when using different berries.

Directions

1. Rinse berries and remove leaves. Puree in a food processor or use a knife to chop and crush to a smooth texture.
2. Mix the crushed berries and water in a pitcher. Put the mixture in the refrigerator and chill for 30 minutes or pour over ice.
3. Serve with sugar or honey on the side to be sweetened to taste. Pour into ice filled glass and garnish with a strawberry.

BANNOCK

Serves 12

Ingredients

- 5 cups white flour
- 1 tsp salt
- 4 tsp baking powder
- ½ cup vegetable oil or melted non – hydrogenated margarine
- 2 ¼ cups water or 1% milk
- 1 tbsp melted nonhydrogenated margarine (once the bannock is baked)

Directions

1. Preheat the oven to 350°F. In a large bowl, mix together all the dry ingredients.
2. Make a well in the middle of the flour and fill it with some liquid and oil or margarine. Stir it in gently with a spoon or fork. Continue adding liquid until a soft ball of dough forms. You might have to add more liquid or flour as you stir.
3. Leave enough flour on the side of the bowl so you can knead the bread and then pat it into a bread pan. Inside the bowl, gently knead the dough for about a minute.
4. Pat the dough flat into a bread pan of your choosing (a 10" round cake pan is suggested). Make a cross on the bread and then cut it into sections. The cut is about a ¼ inch deep. Bake for about 45 minutes or until the sides and top are golden brown.
5. Remove from oven. Spread margarine over the top to make it soft. Cover with a clean dish towel, let cool.

BAKED WALLEYE

Serves 2-3

Ingredients

- 2 walleye fillets, 4 ounces (120 g) each
- 2 garlic cloves, minced
- 1 tbsp butter, melted
- 1 tsp pepper
- 1 tsp basil or oregano or thyme, dried or 1 tbsp fresh zest of one lemon

Directions

1. Preheat oven to 400°F.
2. Mix melted butter, minced garlic, pepper, herbs and lemon zest.
3. Pour the mixture over the fillets and bake for 15 minutes or until the fish is opaque.

CORN SOUP

Serves 8

Ingredients

- 2 cups white Indian (hominy) corn
- 1 cup cooked or canned red kidney beans, drained
- ¼ cup hard wood ashes or 2 tsp baking soda
- ½ pound salt pork, cut into half inch cubes
- 2 large onions, sliced
- 3 cups of potatoes, diced, boiled then drained
- 4 cups of whole milk (optional)
- 2 cups of water
- Salt and pepper to taste

Directions

1. Cover corn with water and simmer with ash or baking soda for 2 hours.
2. Rinse corn and remove loose skins. Set aside.
3. In the same pot, fry salt pork with the onions until onions are softened.
4. Add corn, beans, potatoes, water and milk. Bring to a simmer. Ready to serve.



Shkagamik-Kwe HEALTH CENTRE

Building Healthy Communities – Respecting Traditional Values
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Shkagamik-Kwe Health Centre honours the sacred four stages of life through the delivery of programs and services. They are as follows:



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
Gezhuoojig Employment and Training: 705-692-0766
Suicide/Self Harm Prevention: 1-800-366-8288
N'Swakamok Native Friendship Centre: 705-674-2128



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